

Monday		Tuesday		Wednesday		Thursday		Friday/Saturday	
A American Legion (1291 Madrona Ave, St. Helena) B Brannan Center (1407 3rd Street, Calistoga) C Calistoga Community Ctr (1307 Washington) G Grace Church (1314 Spring Street, St. Helena) H Hybrid (Online & at Rianda House) L Lyman Park (1498 Main Street, St. Helena) P Presbyterian Church (1428 Spring St., St. Helena) R Rianda House (1475 Main Street, St. Helena) Z ZOOM (online) * See Event Description for Location		OCTOBER 		P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Tai Chi & Qi Gong R 9:15 Body Mind Nutrition A 9:30 Zumba Gold A 10:40 Chair Aerobics R 11:00 Astrology A 11:15 Balance and Stretch R 1:00 Needlers Club R 1:00 Intermediate Spanish R 3:00 Dementia Family Caregiver Support Z 6:30 WomenHeart Support Group		1 L 9:00 Tai Chi Z 9:00 Strength for Longevity B 9:00 Calistoga Loop Walk R 10:00 Genealogy R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg		Friday, October 2 Saturday, October 3 B 9:00 Tai Chi B 10:00 Chair Yoga	
5 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch R 12:30 Duplicate Bridge R 1:00 News and Views R 2:15 Grief Support Workshop(full)		6 P 7:30 Strength Training R 9:00 ESL * 9:00 Skyline Park Walk R 9:30 Ladies & A Cuppa Tea R 10:30 iLoteria! A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 1:00 Advanced Beginner Spanish G 1:30 Time for Tap R 3:00 Healthy Habits for Confident Aging		7 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 1:00 Music with Ric R 2:00 Advanced Spanish R 3:00 Peace of Kate Happy Hour R 4:00 A Novel Bunch Book Club		8 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Tai Chi & Qi Gong R 9:15 Body Mind Nutrition A 9:30 Zumba Gold A 10:40 Chair Aerobics R 11:00 Astrology R 11:15 Balance and Stretch R 1:00 Needlers Club R 1:00 Intermediate Spanish A 3:30 String Band Music: Back in Touch!		Friday, October 9 L 9:00 Tai Chi Z 9:00 Strenth for Longevity R 9:30 Vineyard Walk R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg	
12  Indigenous People's Day (Office Closed)		13 P 7:30 Strength Training R 9:30 Ladies & A Cuppa Tea R 10:30 Artes y manualidades simples A 11:15 Yoga Stretch and Flow A 12:30 Access Bars R 1:00 Advanced Beginner Spanish G 1:30 Time for Tap R 3:00 Healthy Habits for Confident Aging R 7:00 Page Turner Book Club		14 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds R 1:00 Music with Ric R 1:00 Tech Today R 2:00 Advanced Spanish R 4:00 Death Cafe		15 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Tai Chi & Qi Gong R 9:15 Body Mind Nutrition A 9:30 Zumba Gold A 10:40 Chair Aerobics R 11:00 Astrology A 11:15 Balance and Stretch R 1:00 Needlers Club R 1:00 Intermediate Spanish Z 3:00 Dementia Caregiver Support R 3:00 Self Care for Joy & Wellness		Friday, October 16 L 9:00 Tai Chi Z 9:00 Strength for Longevity R 10:00 Genealogy R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg	
19 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch R 12:30 Duplicate Bridge R 1:00 News and Views A 1:00 SongShine R 2:15 Grief Support Workshop(full)		20 P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea R 10:30 Amistad y Apoyo R 11:00 Simple Arts & Crafts A 11:15 Yoga Stretch and Flow A 12:30 Access Bars R 1:00 Advanced Beginner Spanish G 1:30 Time for Tap R 3:00 Healthy Habits for Confident Aging		21 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds C 11:00 Lunch and Learn R 1:00 Music with Ric R 2:00 Advanced Spanish R 3:00 Peace of Kate Happy Hour		22 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Tai Chi & Qi Gong R 9:15 Body Mind Nutrition A 9:30 Zumba Gold A 10:40 Chair Aerobics R 11:00 Astrology R 11:00 Baking with Beth A 11:15 Balance and Stretch R 1:00 Needlers Club R 1:00 Intermediate Spanish		Friday, October 23 L 9:00 Tai Chi Z 9:00 Strength for Longevity R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery and Poetry	
26 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch A 11:00 Line Dancing R 12:30 Duplicate Bridge A 1:00 SongShine R 2:15 Grief Support Workshop(full)		27 P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea R 10:30 Artes y manualidades simples A 11:15 Yoga Stretch and Flow A 12:30 Access Bars R 1:00 Advanced Beginner Spanish G 1:30 Time for Tap R 3:00 Healthy Habits for Confident Aging R 3:00 Soul Collage Workshop		28 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds R 1:00 Music with Ric R 1:00 Tech Today R 2:00 Advanced Spanish R 3:00 Friendship & Support Group		29 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Tai Chi & Qi Gong R 9:15 Body Mind Nutrition A 9:30 Zumba Gold A 10:40 Chair Aerobics R 11:00 Astrology A 11:15 Balance and Stretch R 1:00 Needlers Club R 1:00 Intermediate Spanish		Friday, October 30 L 9:00 Tai Chi Z 9:00 Strength for Longevity R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg	
								Saturday, October 24 R 11:00 Nourishing Body & Mind	