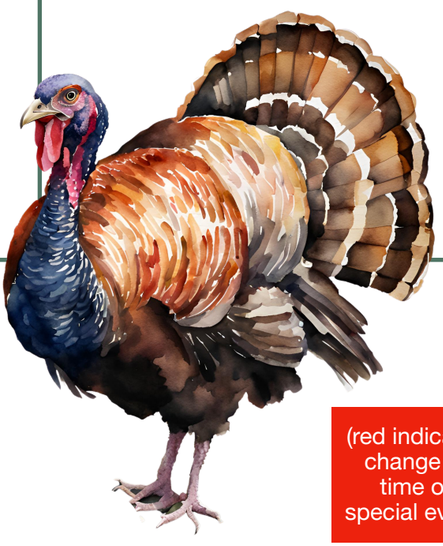
November

Monday	Tuesday	Wednesday	Thursday	Friday/Sat/Sun
2 RH 9:30 French Club AL 9:30 Zumba Gold H 10:00 Balance and Stretch AL 11:00 Line Dancing RH 12:30 Duplicate Bridge RH 1:00 News and Views AL 1:00 SongShine RSVP RH 2:15 Grief Support Workshop (class full)	**3** PC 7:30 Strength Training (Waitlist) AL 9:00 Men's Fitness RH 9:00 ESL RH 9:30 Ladies & A Cuppa Tea RH 10:30 Prevención de Caídas AL 11:15 Yoga Stretch & Flow AL 12:30 Access Bars RSVP RH 1:00 Advanced Beginner Spanish RH 1:00 Fall Prevention Class GC 1:30 Time for Tap RSVP RH 3:00 Healthy Habits for Confident Aging	**4** RH 9:00 Sound Bowl Meditation RH 10:00 Chair Yoga RH 10:00 MasterMinds RSVP RH 1:00 Music with Ric RH 2:00 Advanced Spanish RSVP RH 3:00 Peace of Kate Happy Hour RH 4:00 A Novel Bunch Book Club RSVP	**5** PC 7:30 Strength Training RH 8:30 Gents & A Cuppa Joe CB 8:30 Tai Chi & Qi Gong RH 9:15 Body Mind Nutrition AL 9:30 Zumba Gold AL 10:40 Chair Aerobics RH 11:00 Astrology AL 11:15 Balance and Stretch RH 1:00 Needlers Club RH 1:00 Intermediate Spanish RSVP RH 3:00 Dementia Family Caregiver Support	**Friday, Nov 6** RH 9:00 Tai Chi Z 9:00 Strength for Longevity RSVP CC 9:00 Calistoga Vine Trail Walk RSVP RH 9:00 Improve Your Bridge Game RH 10:00 Genealogy RH 1:00 Canasta RH 1:00 Mah Jongg **Saturday, Nov 7** BC 9:00 Tai Chi RSVP BC 10:00 Chair Yoga RSVP
9 RH 9:30 French Club AL 9:30 Zumba Gold H 10:00 Balance and Stretch AL 11:00 Line Dancing RH 12:30 Duplicate Bridge AL 1:00 SongShine RSVP RH 2:15 Grief Support Workshop (class full)	**10** PC 7:30 Strength Training AL 9:00 Men's Fitness RH 9:30 Ladies & A Cuppa Tea RH 10:30 Artes y manúalidades simples RSVP AL 11:15 Yoga Stretch & Flow AL 12:30 Access Bars RSVP RH 1:00 Advanced Beginner Spanish GC 1:30 Time for Tap RSVP RH 3:00 Healthy Habits for Confident Aging RH 7:00 Page Turner Book Club (Waitlist)	**11** (OFFICE CLOSED) **Veterans Day Memorial** **Wednesday, November 11, 11:00 a.m.** **St. Helena Cemetery** **American Legion Plot**	**12** PC 7:30 Strength Training RH 8:30 Gents & A Cuppa Joe CB 8:30 Tai Chi & Qi Gong RH 9:15 Body Mind Nutrition AL 9:30 Zumba Gold AL 10:40 Chair Aerobics RH 11:00 Astrology AL 11:15 Balance and Stretch RH 1:00 Needlers Club RH 1:00 Intermediate Spanish RSVP RH 3:30 Suzanne Baker Artist RHeception AL 3:30 String Band Music: Back in Touch!	**Friday, Nov 13** RH 9:00 Tai Chi Z 9:00 Strength for Longevity RSVP RH 9:00 Improve Your Bridge Game RH 1:00 Canasta RH 1:00 Mah Jongg **Sunday, Nov 15** RH 12:00 ARTISAN MARKETPLACE
16 RH 9:30 French Club AL 9:30 Zumba Gold H 10:00 Balance and Stretch AL 11:00 Line Dancing RH 12:30 Duplicate Bridge RH 1:00 News and Views	**17** PC 7:30 Strength Training AL 9:00 Men's Fitness RH 9:00 ESL RH 9:30 Ladies & A Cuppa Tea RH 10:30 Amistad y Apoyo RSVP AL 11:15 Yoga Stretch & Flow AL 12:30 Access Bars RSVP RH 1:00 Advanced Beginner Spanish RSVP GC 1:30 Time for Tap RSVP RH 3:00 Healthy Habits for Confident Aging	**18** RH 9:00 Sound Bowl Meditation RH 10:00 Chair Yoga RH 10:00 MasterMinds RSVP CC 11:00 Lunch & Learn RH 1:00 Music with Ric RSVP RH 1:00 Baking with Beth RSVP RH 2:00 Advanced Spanish RSVP RH 3:00 Peace of Kate Happy Hour	**19** PC 7:30 Strength Training RH 8:30 Gents & A Cuppa Joe CB 8:30 Tai Chi & Qi Gong RH 9:15 Body Mind Nutrition RH 11:00 Astrology RH 1:00 Needlers Club RH 1:00 Intermediate Spanish RSVP Z 3:00 Dementia Family Caregiver Support AL 4:00 THANKSGIVING DINNER RSVP (48 max)	**Friday, Nov 20** RH 9:00 Tai Chi Z 9:00 Strength for Longevity RSVP RH 9:00 Improve Your Bridge Game RH 10:00 Genealogy RH 1:00 Canasta RH 1:00 Mah Jongg Z 1:00 Imagery & Poetry **Saturday, November 21** BC 9:00 Tai Chi RSVP BC 10:00 Chair Yoga RSVP
23 RH 9:30 French Club AL 9:30 Zumba Gold H 10:00 Balance and Stretch AL 11:00 Line Dancing RH 12:30 Duplicate Bridge	**24** PC 7:30 Strength Training AL 9:00 Men's Fitness RH 9:00 ESL RH 9:30 Ladies & A Cuppa Tea RH 10:30 ¡Lotería! AL 11:15 Yoga Stretch & Flow AL 12:30 Access Bars RSVP GC 1:30 Time for Tap RSVP RH 3:00 Soul Collage RSVP	**25** RH 9:00 Sound Bowl Meditation RH 10:00 Chair Yoga RH 1:00 Music with Ric RH 1:00 Tech Today RSVP RH 3:00 Friendship & Support Group RSVP	**26**  (OFFICE CLOSED)	**27** (OFFICE CLOSED) 
30 RH 9:30 French Club AL 9:30 Zumba Gold H 10:00 Balance and Stretch AL 11:00 Line Dancing RH 12:30 Duplicate Bridge	AL American Legion (1291 Madrona ALve, St. Helena) BC Brannan Center (1407 3rd Street, Calistoga) CG Carnegie Building (1360 Oak Avenue, St. Helena) CC Calistoga Community Ctr (1307 Washington) GC Grace Church (1314 Spring Street, St. Helena) H Hybrid (Online & at RHHianda House) PC Presbyterian Church (1428 Spring St., St. Helena) RH RHianda House (1475 Main Street, St. Helena) Z ZOOM (online) * See Event Description for Location			

RIANDA HOUSE
1475 Main Street, St. Helena, **riandahouse.org**

RSVP to
(707) 963-8555 x 101

(red indicates change of time or special event)