

# September @ RIANDA HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>R Rianda House  A Rianda House Annex  Z Zoom  H Hybrid (in-person + Zoom option)  M Magnolia Room (1299 Pine, St. Helena)  P Presbyterian Church (1428 Spring St.)  C Calistoga Community Center (1307 Washington)</p>		<p><i>Red  Is For  Special  Events</i></p>	<p><b>1</b>  P 7:30 Strength Training  R 8:30 Gents &amp; A Cuppa Joe  R 10:00 Beginner Mah Jongg  R 1:00 Needlers Club  R 3:00 Dementia Family  Caregiver Support</p>	<p><b>2</b>  R 9:00 Walking Group  M 10:00 Zumba  R 1:00 Canasta</p>
<p><b>5</b>  <div style="background-color: #4a7ebb; color: white; padding: 10px; text-align: center;"> <b>Labor Day  Rianda House  Closed</b> </div> </p>	<p><b>6</b>  P 7:30 Strength Training  R 10:30 Amistad y Apoyo  A 12:30 Senior Service Support  R 3:00 Readers' Theater</p>	<p><b>7</b>  M 10:00 Zumba  Z 1:00 PWR!Moves</p>	<p><b>8</b>  P 7:30 Strength Training  R 8:30 Gents &amp; A Cuppa Joe  R 10:00 Beginner Mah Jongg  R 1:00 Needlers Club</p>	<p><b>9</b>  R 9:00 Walking Group  M 10:00 Zumba  R 1:00 Canasta  Z 1:00 Imagery and Poetry</p>
<p><b>12</b>  R 9:30 French Club  H 10:00 Balance and Stretch  Z 11:00 Embodied Meditation  R 1:00 Duplicate Bridge  R 3:00 Techno Monday</p>	<p><b>13</b>  P 7:30 Strength Training  R 10:30 Amistad y Apoyo  R 3:00 Readers' Theater</p>	<p><b>14</b>  M 10:00 Zumba  R 10:00 Brain Fitness  A 12:00 Memory Assessment  C 11:00 Encore: Walking  Z 1:00 PWR!Moves  Z 5:30 Color Me Calm</p>	<p><b>15</b>  P 7:30 Strength Training  R 8:30 Gents &amp; A Cuppa Joe  R 10:00 Beginner Mah Jongg  R 1:00 Needlers Club  Z 3:00 Dementia Family  Caregiver's Support</p>	<p><b>16</b>  R 9:00 Walking Group  M 10:00 Zumba  R 1:00 Canasta  A 12:00 Victim Services</p>
<p><b>19</b>  R 9:30 French Club  H 10:00 Balance and Stretch  Z 11:00 Embodied Meditation  R 1:00 Duplicate Bridge  R 1:00 Heart of the Matter</p>	<p><b>20</b>  P 7:30 Strength Training  R 10:30 Amistad y Apoyo  R 3:00 Readers' Theater</p>	<p><b>21</b>  M 10:00 Zumba  C 11:00 Lunch and Learn  Z 1:00 PWR!Moves  R 3:00 <b>Handel in London</b></p>	<p><b>22</b>  P 7:30 Strength Training  R 8:30 Gents &amp; A Cuppa Joe  R 10:00 Beginner Mah Jongg  R 1:00 Needlers Club</p>	<p><b>23</b>  R 9:00 Walking Group  M 10:00 Zumba  R 1:00 Canasta  Z 1:00 Imagery and Poetry</p>
<p><b>26</b>  R 9:30 French Club  H 10:00 Balance and Stretch  R 11:00 Embodied Meditation  (in person)  R 1:00 Duplicate Bridge</p>	<p><b>27</b>  P 7:30 Strength Training  R 10:30 Amistad y Apoyo  R 3:00 Readers' Theater</p>	<p><b>28</b>  M 10:00 Zumba  R 10:00 Brain Fitness  C 11:00 <b>History of Cannabis</b>  Z 1:00 PWR!Moves  R 1:30 <b>Safe at Home</b>  R 4:00 <b>Stone Arch Bridges</b>  Z 5:30 Color me Calm</p>	<p><b>29</b>  P 7:30 Strength Training  R 8:30 Gents &amp; A Cuppa Joe  R 10:00 Beginner Mah Jongg  R 1:00 Needlers Club</p>	<p><b>30</b>  R 9:00 Walking Group  M 10:00 Zumba  R 1:00 Canasta</p>