We give thanks

for my friend
Sandra

for my wife
Duncan

for my puppy
Robin

for sounds
Sue & Skip

for being 87
Charlie

for Rianda House
Marge

for no fires
Diane

for running
Milo

The Wrinkle

November, 2022
Perspectives

Thanksgiving (and Black Friday)

Black Friday has always struck me as a contradiction. If we went to bed on Thursday filled with gratitude, shouldn't we sit at home on Friday, awash in contentment? Nope. On Friday, we attack the stores like starved locusts.

What if we decided enough was enough? It would be a disaster. Consumption fuels the economy. We shop or we drop. Advertisers come to the rescue, keeping the spotlight on our needs, making us experts in the art of longing. Nevermind that we live in the wealthiest nation on earth. Nevermind that our glass isn't just half full—it's overflowing. We gotta have a new ______.

The best expression of Thanksgiving has nothing to do with the fulness or emptiness of our glass. A child reminded me of this last month at the Harvest Festival.

I asked Milo (the Lion on the cover) to tell me one thing he was grateful for. His answer was so unexpected I thought I had misheard.

"Running," he said.

Running? Yes. Running. The pure joy of being. Joie d' vivre. You see it in a kitten, or a puppy, or a green sprout poking its head out of the soil.

Truly grateful people don't say, "I'm thankful for..." but simply, "I'm thankful." They aren't just grateful for the stuff of life, but for life itself.

We may be past the age when we can run like Milo, but we can join him in giving an enthusiastic thumbs-up for this day in the sun, for the pure joy of being here together in this moment.

Happy Thanksgiving!

Maury

Welcome to Rianda House!

The Wrinkle is the monthly newsletter of Rianda House. We welcome ideas and submissions. Call (707) 963-8555 x106.

Rianda house is open Monday through Friday from 9:00 - 5:00. We offer dozens of activities and services. We hope to meet you soon!

Our Mission

We increase life expectations by providing programs and activities that help older adults remain strong in mind and body, connected in meaningful relationships, and giving from the overflow of their lives. In this way, we make life's final chapter the best of all.

RIANDA HOUSE TEAM

EXECUTIVE DIRECTOR: Maury Robertson DEVELOPMENT: Katherine Kelly OPERATIONS: Toni Abdalla

PROGRAMS: Amanda Cole, Robin McGuire

RIANDA HOUSE BOARD MEMBERS: Peter Working - Board Chair, Kris Coryell- Treasurer, Carroll Cotten- Secretary

Stephen Buel, Leslie Moreland, Jon Lail, Bonnie Thoreen

November, 2022
At Rianda House we provide exceptional no-cost programming for maintaining an active, engaged lifestyle with a focus on remaining strong in mind and body throughout our golden chapter of life. We’re flipping the script on what it means to age.

Through thoughtfully developed classes, discussion topics, and events, we provide opportunities to explore continued learning, exercise and nutrition classes, and so much more—all in a warm, welcoming, and inclusive environment. We do this while providing a hub for in-person connectivity and community.

Our ability to deliver these enriching experiences to our members is made possible through the generosity of our donors and private grants. Our hope is that you will consider helping us sustain these life-changing connections and opportunities by giving a gift of any amount that is comfortable for you in support of our much-needed programming for UpValley’s fastest growing demographic. What a gift!

To donate online please visit www.riandahouse.org/funding

Or send a check to Rianda House 1475 Main Street St. Helena, CA 94574

Want to chat? I welcome your call! 707-963-8555 extension 108

Katherine Kelly

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The newly refreshed garden, made possible by gifts from the many who donated to the project in Carol’s honor.

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Thank You, Carol!

On Saturday, October 22, nearly a hundred people gathered to celebrate the life of Carol Spencer, a lifelong friend of Rianda House, a faithful supporter, and mother of Sue and Julie Spencer.

Carol loved the Rianda House garden, and spent hours keeping it in pristine shape. Many drops of her sweat live in the ground. We miss her greatly.
Don’t Miss Medicare Open Enrollment
October 15-December 7
Health Insurance Counseling & Advocacy Program is here to help
Michael Thompson, HICAP
Tuesday, November 29, 1:00-2:00
Rianda House

HICAP Can Help!

(800) 434-0222
hicapinfo@sasnb.org
www.SeniorAdvocacyServices.org

Outdoor Hike
Nature Walk & Picnic
Dr. John Duncan,
Professor of Biology
Friday, November 18, 2:30
Pacific Union College

Come join us as John Duncan, Professor of Biology at Pacific Union College guides us on a nature walk through the beautiful Pacific Union College trails. Please call Amanda at Rianda House for specific details at (707)963-8555 ext. 101 or email amanda@riandahouse.org

What Is a Village?
¿Qué es un Pueblo o ‘Village’?
Tracy Rodriguez-Biggs
Tuesday, November 1, 10:30-12:00
Rianda House

Neighbors helping Neighbors! Information on the national village movement and how you can help OR be a part of your local village!
Vecinos ayudando a vecinos! Información sobre el movimiento nacional de pueblos y cómo puede ayudar O ser parte de su pueblo local!

Milkweed Gardening
Aimee Wyrick-Brownworth
Asst. Prof. of Biology, Pacific Union College
Friday, November 4, 2:30
Rianda House

In this class we will plant milkweed seeds and discuss the importance of milkweed plants to monarch butterflies and other native pollinators. You will learn where and when to plant seedlings and how to use native plants in your yard and garden.

Stone Arch Bridges
An Art Gallery Exhibit with
Jay Green
Thursday, November 10, 4:00-5:30
Rianda House

Jay Green will describe the history of the paintings and photographs of nine historic Napa Valley stone arch bridges and introduce us to the artists. These remarkable portraits have a story of their own. How did they come to reside at Rianda House?
Five Highlights

November, 2022

Strong, Connected, Giving

“**It’s Never Too Late**”

Three short plays performed by the Rianda House Readers’ Theatre Group

- **The College Reunion**
- **Gin and Tonic**
- **Blind Date**

**Wednesday, Nov 2, 3:00-4:00 PM**

The Magnolia Room
1299 Pine Street
St. Helena
RSVP @ (707) 963-8555 x 101
Admission is Free

Come and join us to watch our own Readers’ Theatre perform 3 skits all about relationships! Light refreshments will be served. Please RSVP to attend. Call Amanda or Robin at Rianda House to make a reservation at (707) 963-8555 ext. 101 or email amanda@riandahouse.org

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**Italian Cooking**

with Mariano Orlando

**Wednesday, 2:00, Nov 30, Rianda House**

Enjoy a free cooking class with renowned chef, Mariano Orlando. Just in time for the holidays!

Chef Orlando will be demonstrating and serving gnocchi with a fall salad.

Must RSVP to attend – **maximum of 10 for this special event**. Call Amanda at Rianda House to make a reservation at (707)963-8555 ext. 101 or email amanda@riandahouse.org.
**Classes & Activities**

**Amistad y Apoyo**  
Lupe Calderon, Mentis  
**Tuesdays, 10:30-12:00, Rianda House**  
Friendship and support in English and Spanish. To enroll, call Healthy Minds Healthy Aging, a Mentis program, (707) 299-1885. En persona en Rianda House Unase a nosotros el martes, de 10 de la mañana a 12:00 para el encuentro del grupo de amistad tan querido. Para registrarse, favor de llamar a Healthy Minds Healthy Aging al número (707) 299-1885.

**Balance & Stretch**  
Kris Coryell  
**Mondays, 10:00-11:00, Rianda House + Zoom**  
Instructor, Kris Coryell, leads an energizing exercise class designed to increase activity, strength and confidence while decreasing the potential for falling.

**Brain Fitness**  
Collabria Care  
**Wednesdays, 10:00-11:30, Nov 9 & 23, Rianda House**  
The Brain Fitness Program is for anyone concerned about their memory changes. Working in a small group, you will learn the connection between physical activities, exercise, and overall brain health and exercise your mind with new techniques for memory enhancement.

**Canasta**  
Lucy Thater  
**Fridays, 1:00-4:00, Rianda House (except Nov 11, 25)**  
Typically played with four people, Canasta is a great game for both mind and spirit. Come laugh with friends, old and new. The game takes 2-4 hours, as each has multiple rounds. If you don’t know how to play, don’t worry! Lucy will teach you!

**Color Me Calm**  
Leticia Russell  
**Wednesdays, 5:30-6:30, Nov 9, 23, Rianda House**  
Let’s color! A creative stress-busting social activity to increase calm while visiting with fellow colorists. No artistic experience necessary.

**Dementia Family Caregiver’s Support Group**  
**Thursdays, November 3, 3:00-4:30, Rianda House**  
**Thursday, November 17, Zoom**  
Caregiver Support Groups are offered in partnership with the Alzheimer’s Association and Collabria Care. For more information or support, contact Melissa Gerard at Collabria Care (707) 815-6258 or email: mgerard@collabriacare.org.

**Duplicate Bridge**  
Tammy McDonald  
**Mondays, 12:30-4:00, Rianda House**  
Duplicate Bridge is fun, social, and competitive. It is a paired game, so please bring a partner or reach out to Rianda House and we will help you find one. Tammy will be available to discuss hands or answer questions after the game.

**Embodied Meditation**  
Marla Tofie, Somatic Coaching  
**Mondays, 11:00-12:00 Nov 7, 14, 21, Zoom & Healing Nov 28, Rianda House**  
Body-based meditation opens us to our natural state of ease. We start with rejuvenating simple movements, then relax into a body-based meditation. It helps us loosen our grip on the worries and be in the flow. For beginners and experienced meditators alike.

**French Club**  
Sue & Skip Hopgood  
**Mondays, 9:30-11:00, Rianda House**  
Share experiences and cultural history through conversational French. Reading aloud, translating French literature to Tin Tin. French skills vary greatly. Some knowledge of French is necessary to actively participate.

**Gentle Yoga for All (NEW)**  
Patricia Reis  
**Thursdays, 10:30-11:30, Begins Nov 11, Rianda House**  
Join Patricia in this Hatha Yoga Class for all levels. The class begins with a brief meditation followed by a mix of chair, floor and standing poses. Modifications will be provided as needed. Bring a Yoga mat and any other yoga props that may assist you on your yoga journey.

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**Please Pre-Register for Classes & Events**

Rianda House classes are no-cost but we ask that you pre-register. Contact Program Manager, Amanda Cole to register: (707) 963-8555, ext. 101 or email amanda@riandahouse.org. Masks are provided for those who wish to wear them.
**Gents & A Cuppa Joe**  
*Carroll Cotten*  
**Thursdays, 8:30-9:30, Rianda House**  
Calling all gents! Come share a Cuppa Joe, discuss local issues, and swap stories with friends and neighbors. Always fun and informative!

**Heart of the Matter**  
*Dr. Lisa Hinz*  
**Mondays, 1:00-2:00, Nov 7, 21, Rianda House**  
Share ideas and life experiences around topics of interest. Group leaders curate topics relevant to our current life experiences and encourage safe and respectful sharing of ideas.

**Ladies & A Cuppa Tea**  
*Toni Abdalla*  
**Tuesdays, 9:30-10:30, Rianda House**  
Ladies, please join us for friendship and a cup of tea during the month of October. A warm and inviting atmosphere will encourage fun and lively discussions.

**Mah Jongg**  
*Michele Barberi Hyde*  
**Fridays, 1:00-4:00, Rianda House (except Nov 11, 25)**  
All levels of players are welcome to join this Friday afternoon game. To play this fun and stimulating game, you will need to buy an American Mah Jongg card at https://nationalmahjonggleague.org.

**Memory Assessment**  
*Melissa Gerard*  
**Wednesday, 12:00, Nov 9, Rianda House**  
Are you a person in need of memory assessment or their caregiver? Call Melissa Gerard at Collabria Care (707) 815-6258 or email: mgerard@collabriacare.org. New appointments available at Rianda House - 2nd Wednesday of each month between 12:00-2:00.

**Needlers’ Club**  
*Julie Bolander*  
**Thursdays, 1:00-3:00, Rianda House (except Nov 11, 25)**  
A casual, encouraging, fun and helpful handicraft circle. Relax and work at your own pace as you socialize with other craftspersons. Some materials available. All levels welcome.

**Readers’ Theatre**  
*Dianne Fraser & Carol Gruetzner*  
**Tuesdays, 2:15-3:45, Rianda House**  
Be a part of this lively and interactive theater group that enjoys reading scripts and learning how to act, perform and develop new scripts. No memorization necessary. Fun guaranteed!

**Senior Services Support**  
*Lupe Calderon, Mentis*  
**By Appointment, Tuesday, Nov 1, 12:30-2:00, Rianda House Annex**  
Need help finding the right resource? Receive one-on-one guidance to get senior services to match your individual needs. Call (707) 255-0966, ext. 165 to speak with Lupe Calderson, Prevention Specialist.

**Strength Training**  
*Kathy Carrick*  
**Tuesdays & Thursdays, 7:30-8:30am**  
**Presbyterian Church, 1428 Spring St., St. Helena**  
Enhance muscle strength and tone. All levels welcome. $5 donation per workout suggested.

**Seated Strength Training**  
*Becky Jo Peterson*  
**Wednesdays & Fridays, 10:30-11:00 (except Nov 11, 25)**  
**Magnolia Room 1299 Pine Street, St. Helena**  
Enhance your life! Strengthening your upper body may enhance your life by improving your ability to do everyday activities. You will be seated for these exercises. You may bring your own light weights, or we will provide water bottles for your use. Bring some water and a towel and give it a try.

**Victim Services Advocate Counseling**  
*Irma Luna*  
**Friday, 12:00-2:00, Nov 18, Rianda House**  
If you or someone you know is a victim of a crime, scam, abuse or eviction, or in a crisis situation, Irma Luna from Napa County District Attorney’s Office can help with no-cost & bilingual support! Call Irma for immediate assistance or to book a counseling session: (707) 299-1411.

**Zumba**  
*Becky Jo Peterson*  
**Wednesdays & Fridays, 9:30-10:30 (except Nov 11, 25)**  
**Magnolia Room, 1299 Pine Street, St. Helena**  
For all who like to move to music and have fun! Put on your best dance moves and get your heart pumping while you improve your balance and stamina and tone important muscles.
Calistoga

**Bringing Bridge to Calistoga!** Tammy McDonald
(NEW) Wednesday, 11:00-12:30, November 9
Calistoga Community Center, 1307 Washington St.

Bridge is a “mind sport” and one of the best exercises for the brain. Mini lesson & supervised play on various topics to help improve your game. Not for new bridge players. Light refreshments provided. Come join us for some “cool” bridge. Call Amanda at Rianda House to make a reservation at (707) 963-8555 ext. 101 or email amanda@riandahouse.org

Lunch & Learn
Rianda House, UpValley Family Center, Calistoga Parks & Rec.
Wednesday, 11:00-1:00, November 16
Calistoga Community Center, 1307 Washington St.
Features an educational theme, timely resources, and community connections along with a healthy lunch. Call early to reserve lunch (707) 963-8555, ext. 101 or email Amanda (amanda@riandahouse.org).

Nutrition with Amanda (NEW) Amanda Cole
Wednesday, 11:00-12:30, November 23
Calistoga Community Center, 1307 Washington St.
This interactive nutrition workshop is forward-thinking and positive. Get tips and go over a variety of topics that will empower you to be strong in both mind and body this holiday season! Call Amanda at Rianda House to make a reservation at (707) 963-8555 ext. or email Amanda (amanda@riandahouse.org).

Community Resources

**Need Help? Rianda House can help you find the resources you need!**
Call (707) 963-8555 ext. 101

The Napa Valley is rich with organizations dedicated to meeting the needs of senior adults. There are so many that it can be overwhelming! Who do you call? It’s easy! Call Rianda House! We collaborate closely with dozens of partners. We can point you in the right direction. For example...

Need **legal assistance**? Call the Legal Services of Northern California (707) 643-0054.

Are you **prepared for the next emergency**? Check out the Community Organizations Active in Disaster (COAD) preparedness calendar.

https://napavalleycoad.org/preparedness-calendar/

Need **help with food**? Get Meals on Wheels by calling Community Action of Napa Valley (707) 253-6100 ext. 111.

Need **transportation to medical appointments**? Call Molly’s Angels (707) 224-8971 or email mollysangels@mollysangels.com.

Are you a **person in need of memory assessment or their caregiver**? Call Melissa Gerard at Collabria Care (707) 815-6258 or email: mgerard@collabriacare.org. New appointments available at Rianda House - 2nd Wednesday of each month between 12:00-2:00.

Need **health care equipment**? Call Share the Care @ (707) 492-3198 or go to https://www.sharethecarenv.org

This is just a sample! Call Rianda House for more.
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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
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<td>5 R 2:30 Milkweed Gardening</td>
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<td>16 M 9:30 Zumba P 11:30 Thanksgiving Lunch at the Presbyterian Church (OFFICE CLOSED)</td>
<td>17 M 9:30 Zumba P 7:30 Strength Training</td>
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(Cancelled due to illness)

* (red indicates new or special event)
Thank You, Veterans!

Thanksgiving Luncheon
Tuesday, November 15th
11:30am, Presbyterian Church
1428 Spring Street, St. Helena

The Federated Women of the Upper Napa Valley who are famous for their pies are preparing a feast with all the fixings this holiday season! 50 people maximum, RSVP required. Reserve your spot now. Call Amanda or Robin at Rianda House to make a reservation at (707) 963-8555 ext. 101.

“Thank You!” Veterans Breakfast
Thursday, Nov 10, 10:00 AM

Rianda House

Please join us as we celebrate you and your service! Happy Veterans Day to our soldiers, both past and present. Please RSVP to attend. Call Amanda or Robin at Rianda House to make a reservation at (707)963-8555 ext. 101 or email amanda@riandahouse.org