

# RIANDA HOUSE

Increasing life expectations

## NEVER STOP GROWING



Zumba

**STRONG**

*in mind,  
body,  
and spirit*



Rianda House Greeters

**CONNECTED**

*in  
meaningful  
relationships*



Rianda House  
Wine Makers

**GIVING**

*from the  
abundance of  
our lives*

# Looking Back, Looking Forward

**L**ast weekend I found myself in a shop full of 70's kitsch: Flash cubes. Pet Rocks. Archie comic books... I stood there, lost in longing for simpler days. I didn't want to leave. But it is impossible to live in the past. Today demands my attention and tomorrow keeps giving me the bum-rush. Nothing stands still.

I get the most from the past, not by trying to live in it, but by letting it live in me, enriching my present and guiding my future.

I will never tire of the stories about the generous and daring



souls who made Rianda House what it is today. But take a good look at them: the heroes of Rianda House are revered because they gathered up the wisdom of their years, looked boldly into the future, and set out on a grand adventure. We honor them best by continuing their journey, taking them along with us for inspiration.

I am grateful to serve an organization that is rich with memories. I also love being a part of an organization that has a dream.

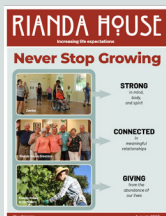
Our dream is an UpValley where elderhood is treasured as the sweetest chapter of life, where elders are fully present in all levels of society, playing a needed role, adding a lifetime of wisdom to help younger people create a brighter future.

At Rianda House we aim to gather up all that is best from our history—the warm friendships, the welcoming atmo-

sphere, the genuine caring, the playful spirit, the meeting of needs, the collaborative spirit—we mean to take all this and spread it to every square inch of the UpValley.

We aren't just trying to fill the calendar with activities. We mean to destroy toxic cultural assumptions about aging and fill lives with joy and purpose.

The secret lies with today. Today ripples backward and forward, bringing the past to life and filling the future with possibilities. Let's treasure the past and welcome the future by siezing the day.



## Welcome to Rianda House!

The Wrinkle is the monthly newsletter of Rianda House. We welcome ideas and submissions. Email [robin@riandahouse.org](mailto:robin@riandahouse.org)

Rianda house is open Monday through Friday from 9:00 - 5:00. We offer a full slate 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, body, and spirit, **connected** in meaningful relationships, and **giving** from the abundance of their lives. In this way, we make elderhood life's best chapter.

## RIANDA HOUSE TEAM

EXECUTIVE DIRECTOR : Maury Robertson DEVELOPMENT : Becky Jo Peterson

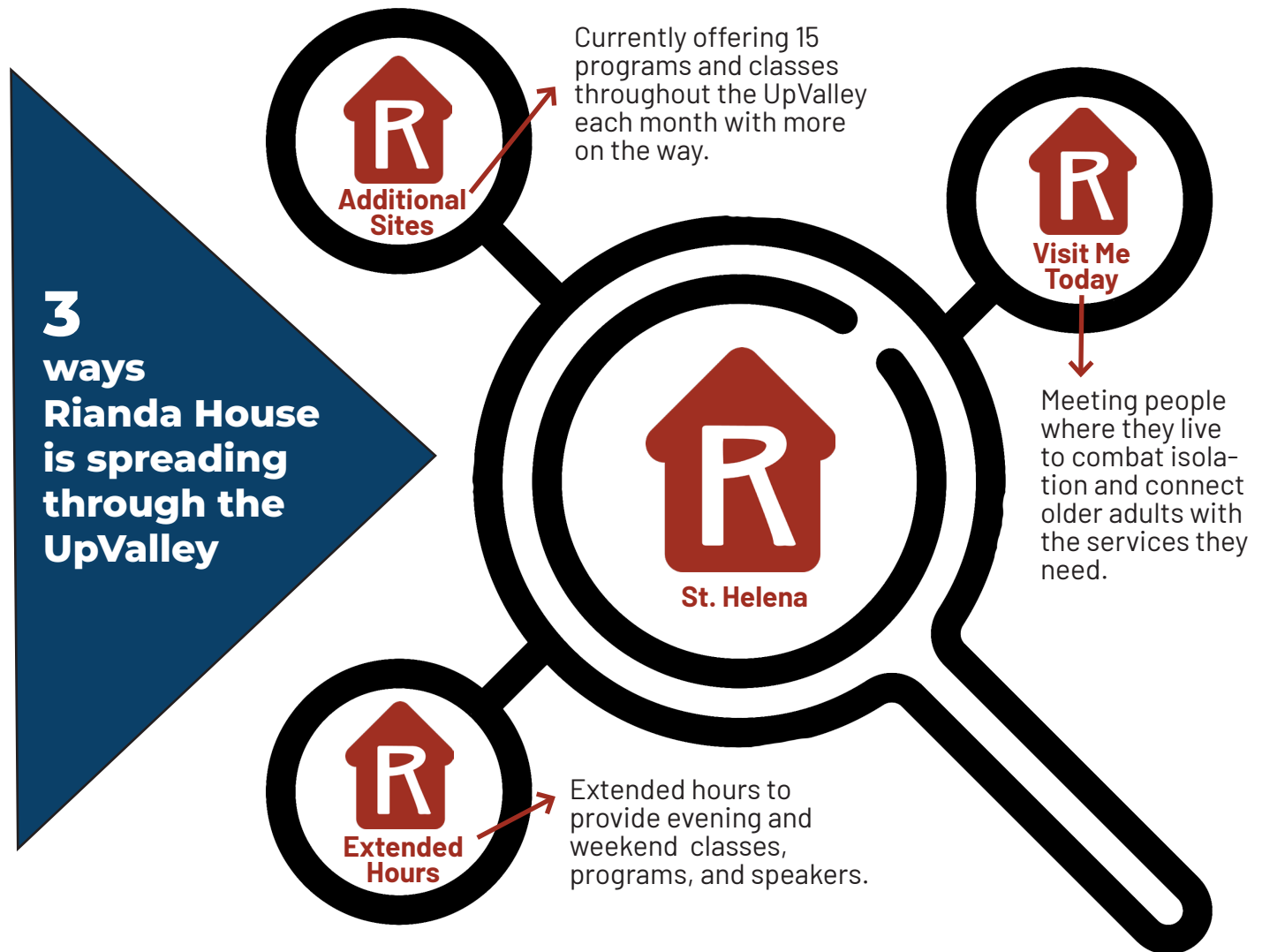
PROGRAMS : Amanda Cole, Robin McGuire

RIANDA HOUSE BOARD MEMBERS: Peter Working - Board Chair, Leslie Moreland - Treasurer, Carroll Cotten - Secretary

Stephen Buel, Jon Lail, John Muhler, Bonnie Thoreen

# Expanding in the UpValley

When most people think of Rianda House, they think of the craftsman house next to the Post Office. That's right! But there's more. Over the years, Rianda House has become a hub of community for UpValley older adults. But not everyone can make it to Rianda House on Monday-Friday between 9:00 and 5:00. For some, it is hard to make the trip to St. Helena. Others aren't able to leave their homes. Some are still working and can't attend daytime events. Our goal is to meet the need of EVERY UpValley older adult by removing these barriers. Here's how:



*Thanks, Toni!*

## Staff Update

Last month marked Toni Abdalla's final month serving UpValley older adults at Rianda House. We are grateful for her seven years of faithful service and wish her the very best in upcoming adventures. Thanks, Toni!



# Special Events *Call to register (707) 963-8555 x 101*

## Calistoga Loop Walk

Julie Spencer & Amanda Cole

**Wednesday, Aug 2, 9:00-10:30**

**Calistoga Community Center**

The Calistoga Loop is approximately a 3 mile walk through the tree-lined, historic, residential streets. It's a 1-1.5 hour walk at a moderate to brisk pace. We start and end at the Community Pool (or Community Center). Join us for a great way to support your overall health and an enjoyable social event! Meet at Calistoga Community Center, 1307 Washington St., Calistoga.



## Rianda House at the Market

Rianda House Staff & Volunteers

**Friday, August 4, 7:30-12:00**

**Crane Park, 360 Crane Avenue**



Stop by our tent for a visit. We'll tell you about all the fabulous activities happening at Rianda House. Please bring your questions, comments, and suggestions!

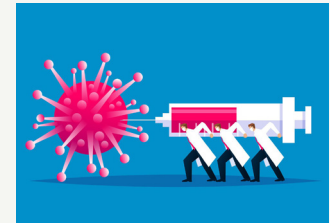
## Adventist Health Vaccination Clinic

Adventist Health

**Wednesday, Aug 16, 11:00-12:30**

**Rianda House**

Adventist Health will be hosting a clinic for the latest Covid vaccine at Rianda House for those 65+. If under 65, you must be immunocompromised and need to call ahead of time to see if eligible and cleared by a Registered Nurse. No health insurance required. **RSVP is required** at (707) 963-8555 x 101.

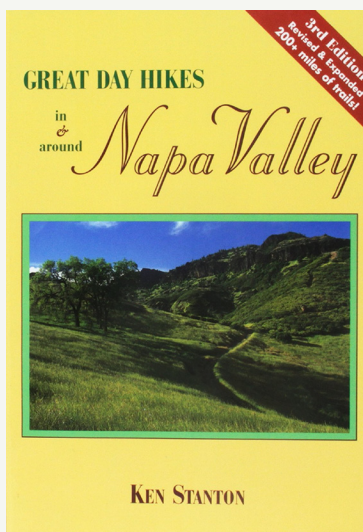


## Guided Lake Hennessey Hike

Ken Stanton

**Tuesday, August 15, 9:00-11:00**

**Moore Creek Parking Lot**



A Lake Hennessey Shoreline Trail hike guided by Ken Stanton author of "Great Day Hikes Around Napa Valley." Ken will talk about pioneer history and the completion of the dam in the 1940's. We meet at the Moore Creek parking lot, and hike along Chiles Creek trail to connect with the shady Shoreline Trail. This intermediate-advanced

hike is an out-and-back loop, approximately 2 hours in length. RSVP at (707) 963-8555 x 101

## Three Cities Travelogue

Robin McGuire

**Thursday, August 31, 3:00-4:00**

**Rianda House**



Take a photographic tour of three historic European cities - Amsterdam, Bruges and Paris.

In Amsterdam we'll explore the canals and museums, peek inside a working windmill, and stroll along in a charming fishing village. Nearby Bruges is best known for

its chocolate and canals, but did you know it is also the home of a Michelangelo Madonna? Then we'll hop on a fast train to Paris where I will be your guide at iconic sites, bohemian neighborhoods, and spectacular art. I have traveled solo throughout my life, was a flight attendant for 14 years and continue to be avid traveler.

## Summer Flower Workshop

Helen Dake

**Thursday, August 17, 1:00-2:30**  
**Rianda House**

Local gardener, Helen Dake, will talk about flowers that grow well in Napa and give hints on how to grow them successfully. She will bring flowers from her garden to use in your own arrangements. Local floral designer, Pat Friday, will talk about how to make the cut flowers last longer and give tips on designing. Please bring a vase from home, clippers and your imagination to make an arrangement to take home. Donations are accepted at this event to support the *What If Foundation*, which funds grassroots organization in Haiti, serving children and families in extreme



poverty. **15 people maximum**, please call early to RSVP.

## Renaissance & Baroque Dances

Laura Pritchard

**Friday, August 25, 4:30-5:30**  
**Rianda House**

An Easy How-to Class where you will learn the Minuet, Pavane, Galliard, Fleurée, and more.

A regular speaker at Rianda House from the San Francisco Opera, Laura Pritchard will lead us in a learn-as-you-go class on the most famous (and simple!) renaissance and baroque dances. All members of society were required to learn these dances to participate in courtly life, so they were designed to be elegant and stately.

*Options:* No partner needed. You can learn a few steps, or simply watch and enjoy. No dance experience necessary. These dances do not involve jumping or running, and were not designed to be high impact sports, since men wore fairly high heels (and weapons) to dance until the Age of Revolution. Please RSVP at 707-963-8555 ext. 101.

## Lets Talk Immunizations

Purva Patel

**Wednesday, Aug 30, 11:00-12:00**  
**Rianda House**



As we age, our immune system weakens. Immunity from some vaccines can decrease over time, which means booster doses are necessary to maintain protection. Do you know if you are up to date with your vaccines? Are you on the fence about getting certain vaccines? Would you like to know their efficacies? If so, don't miss this important talk on immunizations with Dr. Purva Patel of Smith's Pharmacy. You will get a copy of the CDC immunization schedule and have an opportunity to ask questions. RSVP (707) 963-8555 x 101

## Paint & Sip with Pam

Pam McCullagh

**Friday, August 18, 4:00-7:00**  
**Rianda House**

Come paint and sip with Pam, Rianda House's art curator. Pam will demonstrate basic watercolor techniques and start you on your way to creating beautiful paintings. Completing simple greeting cards will be the project and all supplies are provided. Come join us for a fun-filled evening and discover the magic of watercolor!



## COAD Emergency Preparedness & Meet Your Neighbor

**Wednesday, Aug 23, 11:00-12:00**  
**Rianda House**

Join Napa Valley COAD and learn about the importance of emergency preparedness and neighborhood connections through the Meet Your Neighbor Program! We will discuss alerts, go bags, stay boxes, emergency planning and the need to build a network within your neighborhood to stay safe during a disaster. Preparing for any type of emergency is easier together.



# Rianda House Classes & Activities

Thanks to the generosity of our community, all Rianda House classes are offered at no cost, and there is no need to register unless specified in the description. Contact Program Manager, Amanda Cole with questions: (707) 963-8555, ext. 104 or email [amanda@riandahouse.org](mailto:amanda@riandahouse.org).

Masks are provided for those who wish to wear them.

## Balance & Stretch

Amanda Cole & Kerry Brackett

**Mondays, 10:00-10:45, Hybrid**

**Thursdays, 11:00-11:30, Rianda House**

Balance is a concern on everyone's mind and typically we lose it as we age. The good news is that it can be improved with practice! Join us on Zoom or in-person on Mondays (Zoom) or Thursdays (in-person) practicing balance exercises followed by a relaxing stretch to improve flexibility.

## Brain Fitness

Providence

**Wednesdays, 10:00-11:30, August 9 & 23, Rianda House**

Are you concerned about your memory changes? Join us every 2nd and 4th Wednesday to exercise your mind by learning new techniques for memory enhancement, engage our five domains of brain health, and find connections between physical activities, exercise, and overall brain health within a small group.

## Bridge for Beginners

Tammy McDonald

**Fridays, 10:00-12:00, Rianda House**

Learn the ultimate card game from an extraordinary teacher. Sessions will cover how to bid, play and defend, feature strategy and partnership development and interactive learning through playing cards. This beginner Bridge course will be divided in two sessions:

Session 1: 8/4, 8/11, 8/18 & 8/25

Session 2: 9/8, 9/15, 9/22 & 9/29

## Canasta

Lucy Thater

**Fridays, 1:00-4:00, Rianda House**

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!

## Chair Aerobics NEW!

Kerry Brackett

**Thursdays, 10:30-11:00, Rianda House**

A 30-minute class full of fun and energy! We will exercise the whole body while sitting in a chair accompanied by some fun, upbeat music! No experience necessary.

## Current Events: Heart of the Matter

Dr. Lisa Hinz

**Monday, 1:00-2:00, August 7 & 21, Rianda House**



Group leaders curate topics relevant to our current experiences, world events, local happenings and more. We encourage safe and respectful sharing of ideas.

## Dementia Family Caregiver's Support Group

**Thursday, 3:00-4:30, August 3, Rianda House, August 17, Zoom**  
Caregiver Support Groups are offered in partnership with the Alzheimer's Association and Providence. For information or support, contact Melissa Gerard (707) 815-6258 or [mgerard@providence.org](mailto:mgerard@providence.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 contact Rianda House and we will help you find one. Tammy is available to discuss hands or answer questions after the game.

## French Club

Sue & Skip Hopgood

**Mondays, 9:30-11:00, Rianda House**

Share experiences and cultural history through conversational French. Read aloud and translate French literature to Tin Tin. French skills vary greatly. Some knowledge of French is necessary to actively participate.

## The Future of Our Democracy

Dr. John Oliver Wilson

**Thursday, August 10 & 24, 2:00-4:00, Rianda House**

**(This session is FULL)** Engaged civic-minded citizens discuss some of the most pressing challenges we face as a society and a nation. Lend your knowledge and deepen your understanding of these challenges. Participants must be respectful of the views of others.

## 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!

## Imagery and Poetry

Dr. Lisa Hinz

**Friday, 1:00-2:30, August 4, Zoom**

Poetry is often inspired by imagery. Figures, structures, or other forms inspire metaphorical connections. Creating a collage will be the foundation for writing poetry. No experience required.

## Introduction to Spanish NEW!

Lorraine Ruston

**Wednesday, August 16 – October 4, 3:00-4:30**

This eight-week course will provide learners with the ability to speak and understand beginning Spanish. We will use vocabulary introduced in Duolingo's "Rookie" level to practice and create original conversations. We recommend that participants obtain Duolingo's free app. A workbook will be provided by the instructor. 15-person maximum. RSVP required.



# Classes *Call to register (707) 963-8555 x 101*

## Line Dancing

Becky Jo Peterson

**Wednesdays, 1:00-2:00, Magnolia Room**

You don't need a partner and anyone can do it—even beginners. Bring a sense of fun and exploration as you kick up your heels to the lively music. The instructor will provide videos to help you practice at home. Wear comfortable shoes and bring a water bottle. Y'all Come!

## LGBTQ

Heather Bailie

**Thursday, 11:00-12:00, August 24th, Rianda House**

Finding Balance: So many of us ride a daily teeter-totter – up and down and out of balance. In our meeting we will discuss what finding balance in life means to us. Finding balance can be difficult, but it is a challenge that is well worth the work. Focusing on things that truly matter to you, and minimizing those that don't is a sure way to enjoy this great balancing act we call life.

## Mah Jongg

Michele Barberi Hyde & Bev Popko

**Fridays, 1:00-4:00, Rianda House**

All levels of players are welcome to join this Friday afternoon game. Mah Jongg cards are available. *Bev Popko will be available for a beginners class August 4th -25.*

## Mind Body Practices

Joseph Nase

**Thursdays, (except Aug 17) + Tues, Aug 8 & 22, 9:00-10:00 Lyman Park, 1498 Main St, St. Helena**

Optimize energy within the body, mind and spirit with the goal of improving and maintaining overall health and well-being with focused breath-work, meditation and Qigong (slow, gentle movement).

## Needlers' Club

Julie Bolander

**Thursdays, 1:00-3:00, Rianda House**

A casual, encouraging, fun and helpful handicraft circle. Relax and work at your own pace as you socialize with other craftspeople. Some materials available. All levels welcome.

## Potenciando la Memoria NEW!

Reina Monge, Providence

**Monday, 3:30-4:30, August 7th, Rianda House**

Esta clase personas interesadas en aprender sobre las primeras etapas de la pérdida de memoria y que desean saber cómo mantener una Buena salud cerebral.

## Readers' Theatre Group

Dianne Fraser

**Tuesday, 3:00-4:30, 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!

## Seated Strength Training

Becky Jo Peterson

**Wednesdays & Fridays, 10:30-11:00 (No class Aug 9 & 11)**

**Magnolia Room, 1229 Pine Street, St. Helena**

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 weights. Bring water and a towel and give it a try.

## 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.

## Tai Chi

Diana Latorre

**Mondays, 11:30-12:15, Rianda House**

A gently moving meditation suitable for various fitness abilities. This Tai Chi class uses the Taijifit method created by David Dorian Ross which uses music and repetitive movement that allows your energy to move and flow.

## Tech Today NEW!

Nick Groth

**Wednesday, 3:00-4:30, August 9, Rianda House**

Hard time keeping up with the latest gadgets? Come get some help from the younger generation! Nick will answer questions and help you with your handheld devices (iphones, ipads, tablets, e-readers...). Please register at (707) 963-8555 x 101.

## Victim Services Advocate Counseling

Irma Luna

**Friday, 12:00-1:00, August 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 and bilingual support! Call Irma for immediate assistance or to book a counseling session: (707) 299-1411.

## Yoga: Stretch and Flow

Kaylee Hardin

**Tuesdays, 11:00-12:00, Rianda House**

A soothing class that combines deep stretches and gentle movements to create more mobility and fluidity within the body and mind. This class is suitable for all levels of ability, with options and modifications to increase or decrease intensity. Please bring a mat. Chair modifications are available.

## Zumba

Becky Jo Peterson

**Wednesdays & Fridays, 9:30-10:30**

**Magnolia Room, 1229 Pine Street, St. Helena**

Put on your best dance moves and get your heart pumping while you improve your balance and stamina and tone important muscles. All levels welcome! Bring your water bottle.

# Calistoga

## Bothe Redwood Trail Walk

Amanda Cole & Julie Spencer

**Wednesday, 9:30-11:30, August 23, Bothe State Park, 3801 St. Helena Highway, Calistoga**

Looking for a way to stay active and socialize while outdoors? Join us for a refreshing morning walk on the Redwood Trail at Bothe State Park in Calistoga. Call to RSVP (707) 963-8555 x 104 or email [amanda@riandahouse.org](mailto:amanda@riandahouse.org)

## Bridge in Calistoga

Tammy McDonald

**Wednesday, 11:00-12:30, August 9th**

**Calistoga Community Center, 1307 Washington St.**

Bridge is a "mind sport" and one of the best exercises for the brain. Mini lessons and 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 Rianda House to make a reservation at (707) 963-8555 x 101 or email [amanda@riandahouse.org](mailto:amanda@riandahouse.org)

## Lunch & Learn

Lupe Maldonado

**Wednesday, 11:00-1:00, August 16th**

**Calistoga Community Center, 1307 Washington St.**

Features an educational theme, timely resources, and community connections along with a healthy lunch. Call to reserve lunch (707) 963-8555, x 101 or email [amanda@riandahouse.org](mailto:amanda@riandahouse.org).

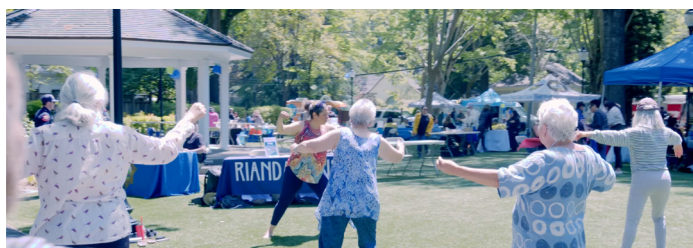
## Tai Chi NEW!

Diane Lotorre

**Mondays, 1:00-1:45**

**Calistoga Community Center, 1307 Washington St. or Pioneer Park, 1308 Cedar St.**

Welcome to a gently-moving meditation suitable for various fitness abilities. This Tai Chi class uses the Taijifit method created by David Dorian Ross which uses music, repetitive movement and allows your energy to move and flow. Class is held outdoors at Pioneer Park or indoors at the Community Center, weather permitting. Call to reserve (707) 963-8555 x 101



## 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...

### Mental Health Crisis Hotline 707-253-4711

### Concerned about maintaining a good quality of life?

Call Napa County Commission on Aging (707) 253-3818.

Are you **prepared for the next emergency**? Check out the Community Organizations Active in Disaster (COAD) preparedness calendar. <https://napavalleycoad.org/preparedness-calendar/>

Need Grief Support? Call **Napa Valley Hospice Adult Day Services**. (707) 258-9080

Need **transportation to medical appointments**? Call Molly's Angels (707) 224-8971 or email [mollysangels@mollysangels.com](mailto:mollysangels@mollysangels.com).

**This is just a sample!  
Call Rianda House  
for more.**

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](mailto: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>



# August @ RIANDA HOUSE

1475 Main Street (707) 963-8555

Red indicates new or special event

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> P 7:30 Strength Training R 10:30 Amistad y Apoyo R 11:00 Yoga: Stretch and Flow R 3:00 Readers' Theatre	<b>2</b> <b>C 9:00 Calistoga Loop Walk</b> M 9:30 Zumba M 10:30 Seated Strength Training M 1:00 Line Dancing	<b>3</b> P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Mind Body Practices <b>R 10:30 Chair Aerobics</b> <b>R 11:00 Balance and Stretch</b> R 1:00 Needlers Club R 3:00 Dementia Family Caregiver Support	<b>4</b> <b>F 7:30 Farmer's Market</b> M 9:30 Zumba <b>R 10:00 Bridge for Beginners</b> <b>R 10:00 Genealogy</b> M 10:30 Seated Strength R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery and Poetry
<b>7</b> R 9:30 French Club H 10:00 Balance and Stretch R 11:30 Tai Chi R 12:30 Duplicate Bridge C 1:00 Tai Chi R 1:00 Heart of the Matter <b>R 3:30 Potenciando la Memoria</b>	<b>8</b> P 7:30 Strength Training L 9:00 Mind Body Practices R 10:30 Amistad y Apoyo R 11:00 Yoga: Stretch and Flow R 3:00 Readers Theatre	<b>9</b> R 9:30 Zumba R 10:00 Brain Fitness C 11:00 Bridge in Calistoga M 1:00 Line Dancing <b>R 3:00 Tech Today</b>	<b>10</b> P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Mind Body Practices <b>R 10:30 Chair Aerobics</b> <b>R 11:00 Balance and Stretch</b> R 1:00 Needlers Club R 2:00 Future of Our Democracy (full)	<b>11</b> R 9:30 Zumba <b>R 10:00 Bridge for Beginners</b> R 1:00 Canasta R 1:00 Mah Jongg
<b>14</b> R 9:30 French Club H 10:00 Balance and Stretch R 11:30 Tai Chi R 12:30 Duplicate Bridge C 1:00 Tai Chi	<b>15</b> P 7:30 Strength Training <b>F 9:00 Hike with Ken Stanton: Lake Hennessey</b> R 10:30 Amistad y Apoyo R 11:00 Yoga: Stretch and Flow R 3:00 Readers' Theatre	<b>16</b> M 9:30 Zumba M 10:30 Seated Strength Training C 11:00 Lunch and Learn <b>R 11:00 Adventist Health Vaccination Clinic</b> M 1:00 Line Dancing <b>R 3:00 Introduction to Spanish</b>	<b>17</b> P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe <b>R 10:30 Chair Aerobics</b> <b>R 11:00 Balance and Stretch</b> R 1:00 Needlers Club <b>R 1:00 Summer Flowers Workshop</b> Z 3:00 Dementia Family Support	<b>18</b> M 9:30 Zumba <b>R 10:00 Bridge for Beginners</b> <b>R 10:00 Genealogy</b> M 10:30 Seated Strength R 12:00 Victim Services R 1:00 Canasta R 1:00 Mah Jongg <b>R 4:00 Paint and Sip with Pam</b>
<b>21</b> R 9:30 French Club H 10:00 Balance and Stretch R 11:30 Tai Chi R 12:30 Duplicate Bridge C 1:00 Tai Chi R 1:00 Heart of the Matter	<b>22</b> P 7:30 Strength Training L 9:00 Mind Body Practices R 10:30 Amistad y Apoyo R 11:00 Yoga: Stretch and Flow R 3:00 Readers' Theatre	<b>23</b> M 9:30 Zumba * 9:30 Bothe Trail Walk R 10:00 Brain Fitness M 10:30 Seated Strength Training <b>R 11:00 COAD: Emergency Preparedness &amp; MYN</b> M 1:00 Line Dancing <b>R 3:00 Introduction to Spanish</b>	<b>24</b> P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Mind Body Practices <b>R 10:30 Chair Aerobics</b> <b>R 11:00 Balance and Stretch</b> R 11:00 LGBTQ R 1:00 Needlers Club R 2:00 Future of Our Democracy	<b>25</b> M 9:30 Zumba <b>R 10:00 Bridge for Beginners</b> M 10:30 Seated Strength R 1:00 Canasta R 1:00 Mah Jongg <b>R 4:30 Renaissance &amp; Baroque Dances</b>
<b>28</b> R 9:30 French Club H 10:00 Balance and Stretch R 11:30 Tai Chi R 12:30 Duplicate Bridge C 1:00 Tai Chi	<b>29</b> P 7:30 Strength Training R 10:30 Amistad y Apoyo R 11:00 Yoga: Stretch and Flow R 3:00 Readers' Theatre	<b>30</b> M 9:30 Zumba M 10:30 Seated Strength Training <b>R 11:00 Let's Talk Immunizations!</b> M 1:00 Line Dancing <b>R 3:00 Introduction to Spanish</b>	<b>31</b> P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Mind Body Practices <b>R 10:30 Chair Aerobics</b> <b>R 11:00 Balance and Stretch</b> R 1:00 Needlers Club <b>R 3:00 Travelogue</b>	R Rianda House Z Zoom H Hybrid M Magnolia Room P Presbyterian Church C Calistoga Community Ctr F Field Trip L Lyman Park * See Description

# RIANDA HOUSE

1475 Main Street  
St. Helena, CA 94574

PRESORTED  
NON-PROFIT  
US POSTAGE PAID  
ST. HELENA, CA  
PERMIT NO. 90

Return Address Requested



to support



## Genealogy Class

Kelly Wheaton

Friday, August 4 & 18, 10-12pm  
Rianda House



Are you a beginning or a seasoned genealogist? These meetings will explore different topics from DNA to Genealogical Research to Family History writing. Newcomers and drop-ins always welcome. Kelly Wheaton was a founding member of the Napa Valley Genealogical Society back in 1973. Kelly is also the author of the *Beginner's Guide to Genetic Genealogy* and her blog at [WheatonWood.com](http://WheatonWood.com).