

RIANDA HOUSE

Increasing life expectations



MOVEMENT

Life Before Death

It's why I keep moving

In my 40's I was fanatical about road biking. One day, an 80-year-old man came into the bike shop to buy a new tire. When I asked for his secret of going strong into his 80's, he offered me two words: "Keep moving."

When we are young, we can't help but move. We tell our kids, "Sit still!" In adulthood, we channel our motion into accomplishments: A career. A family. A house.

When elderhood arrives, we are tired. Maybe we have achieved our goals. Maybe we haven't. Either way, it is hard to face another mountain. Movement becomes difficult, even painful.

The end of the road, that seemed so far off when we were young, rushes up on us. It's tempting to stop moving.

That temptation is not unique to elderhood, just harder to ignore.

We could reasonably ask a young adult "Why bother raising a family?" We could ask a child, "Why bother with school?" We could ask an infant, "Why bother opening your eyes?" When we are young, the answer comes rushing back: "Because I want to live!"

In elderhood, the answer is not so automatic. Mortality stares us in the face. We survey our sagging body and ponder life-after-death. But the real question is the one we have always faced: *life-before-death*. I hope to give the same answer at 95 that I did at 25: "I want to live!" It may not be logical, but it is natural.



When I am in the Sierras, I marvel at trees growing from vertical cliffs, apparently out of solid granite. How do they do it? Why do they do it? Talk about a "yes" to life! Everything in nature says "yes" for as long as it can, no matter what

kind of crazy hand mother nature deals it. It may be hard to understand the logic of *life-before-death*, but it is clearly nature's rule.

I'm comfortable leaving the mysteries of *life-after-death* for when I get there. The question today is *life-before-death*. I'm with the man in the bike shop and the tree on the cliff. My answer is, "Yes."

Sometimes people ask me why I never stop smiling as I walk around at Rianda House. The answer is that I get to spend my days in a life-affirming place among people who stretch their bodies, their minds, and their circle of friends. "Yes" people. We are like little kids. We can't sit still. How could I not smile?



Welcome to Rianda House!

The Wrinkle is the monthly newsletter of Rianda House. We welcome ideas and submissions. Email 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, Gayle Davies, Robin McGuire

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

Stephen Buel, Jon Lail, John Muhlner, Bonnie Thoreen

KEEP MOVING!

Regular exercise helps older adults stay independent and prevents many health problems that come with age.

- Boosts Cardiovascular Function
- Enhances natural immunity
- Reduces risk of osteoporosis
- Promotes weight maintenance
- Increases balance, flexibility and mobility
- Benefits cognitive health
- Helps mitigate chronic health conditions and disabilities



Expanded Staff, Expanded Services

Congratulations, Amanda! Welcome, Gayle!

In Amanda's first year with Rianda House she expanded programming over 60%, including several new offerings in Calistoga. Her cheerful and professional manner have made her a greatly appreciated addition to our staff. It is our pleasure to announce Amanda's promotion from Program Manager to Program Director. Keep up the good work, Amanda!

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A native of St. Helena, Gayle brings extensive experience in education, management, and working with volunteers. Gayle joins us as a full-time employee on September 11. Her coming is a milestone for Rianda House: the first time it has had two full-time program staff. This will allow us to expand our hours and extend our services. We are so glad you have joined us, Gayle!

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Special Events

Please Register for All Special Events (707) 963-8555 x 101

Understanding Your Medicare Changes

Daniela Farina

Tuesday, September 26, 1:00-2:00

Rianda House

Come join us to learn the basics of Medicare and how it can impact your plan selections. We will discuss the difference between Medicare Advantage plans vs. Medicare Supplement plans and tricks on how you can reduce your prescription drug costs. Come with your questions and leave with answers. **RSVP**



Genealogy

Kelly Wheaton

Friday, September 1 & 15,

10:00-12:00

Rianda House

Explore 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 in 1973 and is the author of the Beginner's Guide to Genetic Genealogy and her blog at WheatonWood.com. **RSVP**



Gardening On Deck

Amiee Wyrick

Friday, September 29,

2:30-3:30

Rianda House

Unlock endless gardening opportunities with Aimee Wyrick from Pacific Union College. Succulents have been one of the most popular and easy to grow plans in the garden. **RSVP**



Visit Me Today

Ben Hill

Wednesday, September 20, 2:00-3:00

Rianda House



Visit Me Today by Ben Hill joins Rianda House! In May, the Surgeon General declared loneliness and isolation a public health crisis. This is especially true among older adults. Visit Me Today offers a loving presence and allows people

to reconnect. Visit Me Today is currently seeking volunteers – please attend this informational meeting on September 20th from 2:00-3:00 to hear more information. **RSVP**

Sunny Portugal

Jay Fehan and Robin McGuire

Wednesday, September 13, 1:00-2:30

Rianda House

We're heading to the sunny coastal region of the Algarve and the Portuguese Riviera- March 2, 2024. Jay Fehan, Collette travel company, and Robin McGuire will introduce the trip and answer questions. Our 10 day trip begins and ends in Lisbon (opt. 4 nights in Madeira Island and/or 3 nights in Porto). \$2999/pp dbl/\$3,499 single-includes roundtrip air, hotels, 13 meals, all land transfers, guided excursions, and more. Join us to learn about all the exciting highlights of the tour. Limited to 20 travelers.

RSVP



Special Events

Please Register for All Special Events (707) 963-8555 x 101

Farmers Market

Rianda Staff & Volunteers

Friday, September 1, 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!

ST. HELENA FARMERS MARKET
EAT YOUR VEGGIES

Share Your Gifts!

As Rianda House expands its community offerings, we know that the UpValley Area of Napa Valley is rich in talented people of all ages.

Do you have some special background or results of your years in a certain career? Are you glad to share inspirational thoughts? What about information on various topics such as health, the arts, cooking, other fields of interest? Rianda House is considering providing a speaker series.

If interested, please call!

Readers Theatre Talent Show

Tuesday, Sept 19, 3:00-4:00

Rianda House

The Readers' Theatre group will share their original stories, poems and musical talents.

Toni Allegra will share a true life experience that is riveting. Jean Martin will tickle your funny bone with her poetry and add a skit about chocolate with Carroll Cotton. Gail Terminello will provide an interesting twist. **RSVP**



Save The Date

Growing Old Without Grace

October 6, 5:00-6:30pm

Magnolia Room

The ladies are back at it again, in the full-length production of Growing Old WithOUT Grace! If you loved Bea, Alex and Roxy, in the one-act, or are eager to get to know these fabulous friends for the very first time, prepare to laugh, cry, and relate as we skewer their not-so-elegant climb from middle age, into the Golden Years, over the course of three fun-filled decades.

The play opens at a 50th birthday bash that flies off the rails as opinions and attitudes clash over everything from sagging breasts and dried up sex lives to menopause and mortality. Next, the fearless friends confront relationship challenges, unexpected loss, and a closing act that peaks with an epic showdown at a Palm Springs retirement community! **RSVP**

Aspects of Spirituality Senior Seminar

Theresa Meyer

Mondays, October 16-November 9,
3:00-4:30 ZOOM

Join us for this **5-week Zoom series** as we study, reflect upon, and share our thoughts about a spiritual classic, the Sermon on the Mount. This timeless writing has inspired people through the centuries. We will read and discuss a recent book titled *Sermon on the Mount: A Beginners Guide to the Kingdom of Heaven* by noted Jewish religious scholar, author, and teacher Amy-Jill Levine, Ph.D., who takes us back in time to uncover the context of this foundational text. Whether you wish to go deeper into the Sermon as a source of spiritual guidance or simply want to gain a fresh perspective on it, you are welcome to explore with us. **RSVP.**

Rianda House Classes & Activities

Thanks to the generosity of our community, all Rianda House classes are offered at no cost.

There is no need to register unless specified in the description.

Call Program Director, Amanda Cole with questions. (707) 963-8555, ext. 104; amanda@riandahouse.org

Amistad y Apoyo

Alma Perez

Tuesdays, 10:30-12:00, Rianda House

Friendship and support in English and Spanish. En persona en Rianda House Unase a nosotros el martes, de 10 de la mañana a 12:00 para el rencuentro del grupo de Amistad tan querido. RSVP (707) 299-1885

Balance & Stretch

Amanda Cole & Kerry Brackett

Mondays, 10:00-10:45, Hybrid

Thursdays, 11:00-11:30, Rianda House (except 9/14)

We tend to lose balance as we age, but it can be improved with practice! Join us on zoom or in-person on Mondays (zoom) or Thursdays (in-person) for balance exercises followed by a stretch for flexibility

Brain Fitness

Providence

Wednesdays, 10:00-11:30, Sept 13 & 27, Rianda House

This program is for those concerned about memory changes who want to maintain their brain health. You will learn new techniques for memory enhancement, engage the 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 how to bid, play and defend, strategy and partnership development and interactive learning through playing Bridge. 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; great for both mind and spirit. The game takes 2-4 hours, as each has multiple rounds. If you don't know how to play, Lucy will teach you!

Chair Aerobics

Kerry Brackett

Thursdays, 10:30-11:00, Rianda House (except 9/14)

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

Current Events: Heart of the Matter

Lorne Glaim

Monday, 1:00-2:00, September 18, Rianda House

Group leaders curate topics relevant to our current experiences, world events, local happenings and more. Share ideas and life experiences around topics of interest in a safe and respectful setting.

Dementia Family Caregiver's Support Group

Thursday, 3:00-4:30, Sept 7, Rianda House, Sept 21, Zoom

Offered in partnership with the Alzheimer's Association and Providence. For information or support, contact Melissa Gerard at Providence (707) 815-6258; mgerard@providence.org

Duplicate Bridge

Tammy McDonald

Mondays, 12:30-4:00, Rianda House

Fun, social, and competitive. Please bring a partner or we will help you find one. Tammy will be 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; reading aloud, translating French literature. Some knowledge of French is necessary, but skills vary widely.

The Future of Our Democracy

Dr. John Oliver Wilson

Thursday, September 14 & 28, 2:00-4:00, Rianda House

(FULL) John Wilson is a leader in programs addressing what it means to be an engaged American. This class is for civic-minded citizens to discuss and deepen their understanding of some of the most pressing challenges facing society and our nation. 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, September 1 & 22, Zoom

Imagery often inspires poetry and we'll create a collage as the foundation for writing poetry. No experience required.

Ladies & A Cuppa Tea

Ellen Cotten

Tuesdays, 9:30-10:30, Rianda House

Ladies, please join us for friendship and a cup of tea. A warm and inviting atmosphere will encourage fun and lively discussions.

Line Dancing

Becky Jo Peterson

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

A great low impact way to keep fit and socialize. Kick up your heels to lively music and learn five new dances each session. Step-by-step videos help you keep up with the class. Beginners welcome.

Classes & Activities

There is no need to register unless specified in the description.

LGBTQ

Heather Bailie

Thursday, 11:00-12:00, September 28, Rianda House

Finding balance in life can be difficult, but it is a challenge well worth the work. We will discuss what finding balance in life means, focusing on things that truly matter and minimizing those that don't.

Mah Jongg

Michele Barberi Hyde

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

All levels of players are welcome to play. Mah Jongg cards are available.

Memoirs Writing Class **NEW!**

Linda Williamson

Wednesdays, 9:00-11:30, Rianda House

This class offers the opportunity to write the precious memories of your life and preserve the experiences that are unique to you. Positive criticism offered. Maximum of 12 participants.

RSVP

Mind Body Practices

Joseph Nase

**Tues, September 5 & 19 & EVERY Thursday, 9:00-10:00
Lyman Park, 1498 Main St.**

Optimize energy within the body, mind and spirit to improve and maintain overall health and well-being with focused breathwork, meditation and Qigong.

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

Reina Monge, Providence

Monday, 3:30-4:30, September 11, 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

Join this lively and interactive 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, Magnolia Room,
1229 Pine St.**

Strengthening your upper body for everyday activities with seated exercises. Bring your own light weights, or we will provide water bottles for weights.

Introduction to Spanish

Lorraine Ruston

Wednesdays, through October 4, 3:00-4:30

(This session is **FULL**). An eight-week course to speak and understand beginning Spanish using vocabulary introduced in Duolingo's "Rookie" level.

Strength Training

Kathy Carrick

Tuesdays & Thursdays, 7:30-8:30am

Presbyterian Church, 1428 Spring St.

Enhance muscle strength and tone. An excellent workout! All levels welcome.

Tai Chi

Diana Latorre

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

A gently moving meditation suitable for various fitness abilities. The class uses the Taijifit method created by David Dorian Ross using music and repetitive movement to allow energy to move and flow.

Tech Today

James Scanlon

Wednesday, 3:00-4:30, September 13, Rianda House

Hard time keeping up with the latest gadgets? Let a pro help you. Bring your handheld devices (iphones, ipads, tablets, e-readers...). **RSVP**

Victim Services Advocate Counseling

Irma Luna

Friday, 12:00-1:00, September 15, 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 combining deep stretches and gentle movements to create more mobility and fluidity within body and mind. Suitable for all levels. Bring a mat. Chair modifications available.

Zumba Gold

Becky Jo Peterson

Wednesdays & Fridays, 9:30-10:30

Magnolia Room, 1299 Pine Street

Move to music and have fun! Get your heart pumping while you improve your balance and stamina and tone important muscles.

Calistoga

Bothe Redwood Trail Walk

Wednesday, 9:30-11:00, September 27, Bothe State Park, 3801 St. Helena Highway, Calistoga

Stay active and socialize outdoors with a refreshing morning walk on the Redwood Trail at Bothe State Park in Calistoga. **RSVP.**

Bridge in Calistoga

Tammy McDonald

Wednesday, 11:00-12:30, September 13

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

Lunch & Learn Rianda House, UpValley Family Center, Calistoga Parks & Rec.

Wednesday, 11:00-1:00, September 20, 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.

Tai Chi

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 (weather permitting) or indoors at the Community Center.



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.

**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. 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>

(red indicates new
or special event)

September @ RIANDA HOUSE

1475 Main Street
(707) 963-8555



Monday			Tuesday			Wednesday			Thursday			Friday		
R	Rianda House		P	7:30 Strength Training		R	9:00 Memoir Writing Class		P	7:30 Strength Training		F	7:30 Farmers Market	
Z	Zoom		L	9:00 Mind Body Practices		M	9:30 Zumba Gold		R	8:30 Gents & A Cuppa Joe		M	9:30 Zumba Gold	
H	Hybrid (in-person + Zoom option)		R	9:30 Ladies & A Cuppa Tea		M	10:30 Seated Strength		R	9:00 Mind Body Practices		R	10:00 Bridge for Beginners	
M	Magnolia Room (1299 Pine, St. Helena)		R	10:30 Amistad y Apoyo		M	1:00 Line Dancing		R	10:30 Chair Aerobics		R	10:00 Genealogy	
P	Presbyterian Church (1428 Spring St. St. Helena)		R	11:00 Yoga: Stretch and Flow		R	3:00 Introduction to Spanish		R	11:00 Balance and Stretch		M	10:30 Seated Strength	
C	Calistoga Community Center (1307 Washington)		R	3:00 Readers' Theatre					R	1:00 Needlers Club		R	1:00 Canasta	
F	Field Trip								R	3:00 Dementia Family Caregiver Support		R	1:00 Mah Jongg	
L	Lyman Park (1498 Main Street, St. Helena)											Z	1:00 Imagery and Poetry	
*	See Event Description													
			4			5			6			7		
R	French Club		P	7:30 Strength Training		P	7:30 Strength Training		R	9:00 Memoir Writing Class		P	7:30 Strength Training	
H	Balance and Stretch		R	9:30 Ladies & A Cuppa Tea		L	9:00 Mind Body Practices		M	9:30 Zumba Gold		R	8:30 Gents & A Cuppa Joe	
R	Tai Chi		R	10:30 Amistad y Apoyo		R	9:30 Ladies & A Cuppa Tea		M	10:30 Seated Strength		L	9:00 Mind Body Practices	
R	Duplicate Bridge		R	11:00 Yoga: Stretch and Flow		R	10:30 Amistad y Apoyo		M	1:00 Line Dancing		R	10:30 Chair Aerobics	
C	Tai Chi		R	3:00 Readers' Theatre		R	11:00 Yoga: Stretch and Flow		R	3:00 Introduction to Spanish		R	11:00 Balance and Stretch	
R	Potenciando la Memoria					R	3:00 Readers' Theatre					R	1:00 Needlers Club	
11			12			13			14			15		
R	French Club		P	7:30 Strength Training		R	9:00 Memoir Writing Class		P	7:30 Strength Training		M	9:30 Zumba Gold	
H	Balance and Stretch		R	9:30 Ladies & A Cuppa Tea		M	9:30 Zumba Gold		R	8:30 Gents & A Cuppa Joe		R	10:00 Bridge for Beginners	
R	Tai Chi		R	10:30 Amistad y Apoyo		R	10:00 Brain Fitness		L	9:00 Mind Body Practices		R	10:00 Genealogy	
R	Duplicate Bridge		R	11:00 Yoga: Stretch and Flow		C	11:00 Bridge in Calistoga		R	9:00 Mind Body Practices		M	10:30 Seated Strength	
C	Tai Chi		R	3:00 Readers' Theatre		R	1:00 Portugal Travel Presentation		R	1:00 Needlers Club		R	12:00 Victim Services	
R	Potenciando la Memoria					M	1:00 Line Dancing		R	2:00 Future of Our Democracy		R	1:00 Canasta	
18			19			20			21			22		
R	French Club		P	7:30 Strength Training		R	9:00 Memoir Writing Class		P	7:30 Strength Training		M	9:30 Zumba Gold	
H	Balance and Stretch		L	9:00 Mind Body Practices		M	9:30 Zumba Gold		R	8:30 Gents & A Cuppa Joe		R	10:00 Bridge for Beginners	
R	Tai Chi		R	9:30 Ladies & A Cuppa Tea		M	10:30 Seated Strength		L	9:00 Mind Body Practices		M	10:30 Seated Strength	
R	Duplicate Bridge		R	10:30 Amistad y Apoyo		C	11:00 Lunch and Learn		R	10:30 Chair Aerobics		R	1:00 Canasta	
C	Tai Chi		R	11:00 Yoga: Stretch and Flow		M	1:00 Line Dancing		R	11:00 Balance and Stretch		R	1:00 Mah Jongg	
R	Heart of the Matter		R	3:00 Readers' Theatre Talent Show!		R	2:00 Visit Me Today		Z	3:00 Dementia Family Caregiver Support		Z	1:00 Imagery and Poetry	
25			26			27			28			29		
R	French Club		P	7:30 Strength Training		R	9:00 Memoir Writing Class		P	7:30 Strength Training		M	9:30 Zumba Gold	
H	Balance and Stretch		R	9:30 Ladies & A Cuppa Tea		M	9:30 Zumba Gold		R	8:30 Gents & A Cuppa Joe		R	10:00 Bridge for Beginners	
R	Tai Chi		R	10:30 Amistad y Apoyo		*	9:30 Bothe Trail Walk		L	9:00 Mind Body Practices		M	10:30 Seated Strength	
R	Duplicate Bridge		R	11:00 Yoga: Stretch and Flow		R	10:00 Brain Fitness		R	10:30 Chair Aerobics		R	1:00 Canasta	
C	Tai Chi		R	1:00 Understanding Your Medicare Changes		M	10:30 Seated Strength		R	11:00 Balance and Stretch		R	1:00 Mah Jongg	
			R	3:00 Readers' Theatre		M	1:00 Line Dancing		R	1:00 Needlers Club		R	2:30 Gardening on the Deck	

RIANDA HOUSE

1475 Main Street
St. Helena, CA 94574

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to support



Enjoy a Free Hot Lunch Courtesy of Meals on Wheels

Begins October 4

Wednesdays, 12:15-1:15

Rianda House is excited to bring back a weekly lunch, courtesy of Meals on Wheels. Enjoy a nutritious lunch with new and old friends. This is for those over sixty (60). Lunch served at Rianda House. **Please RSVP 707-253-6100 x111.**



WALK TO END ALZHEIMER'S

ALZHEIMER'S ASSOCIATION®

Join the Rianda House Team
in the Walk to End Alzheimers

Saturday, September 9

Check-in 8:30 am | Ceremony 9:30 am
Walk 10:00 am

Yountville Park | 2900 Lincoln Ave. Yountville

Route Length: 1 mile or 3 miles
RSVP your participation at
707-963-8555 ext. 104.