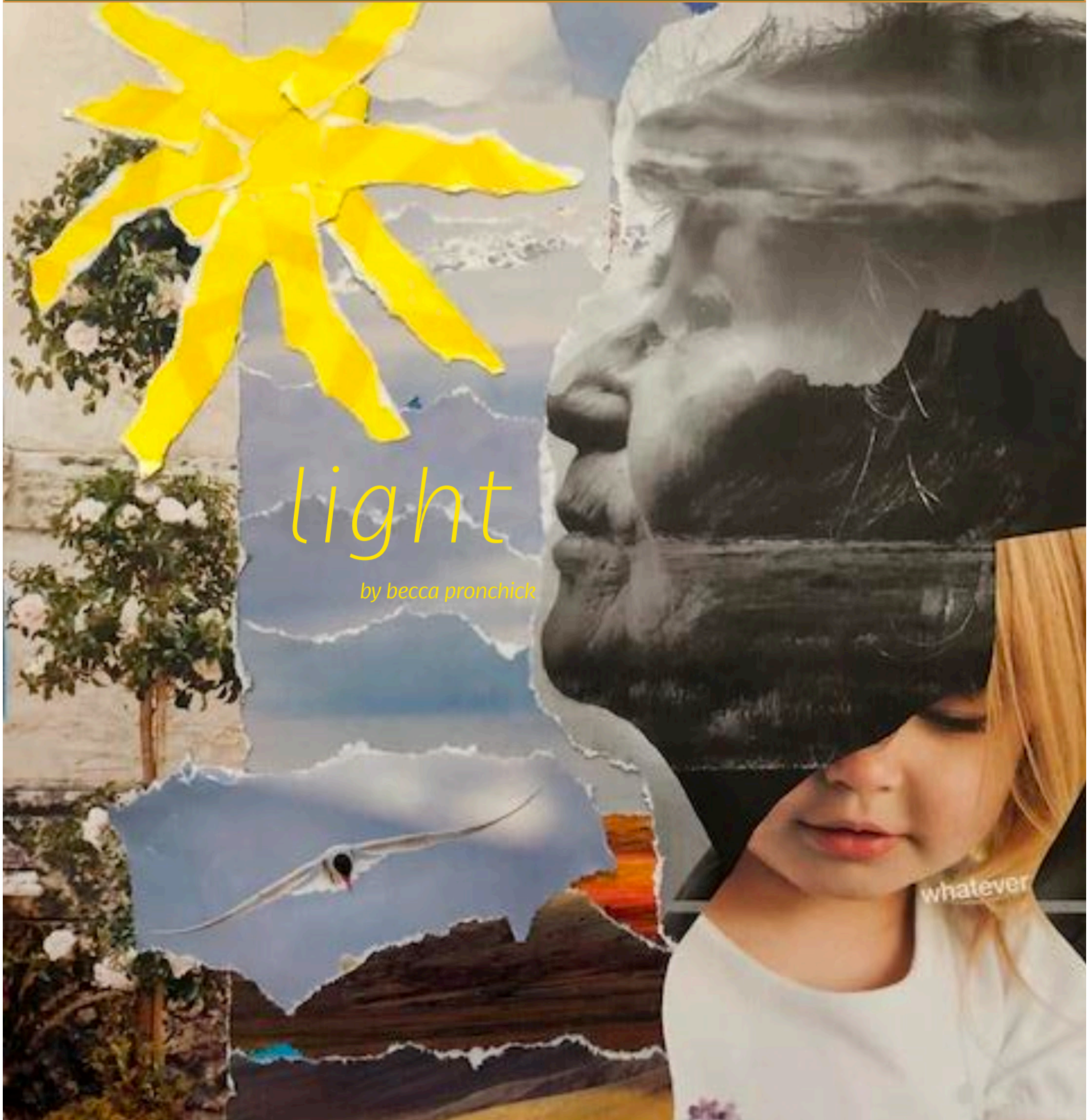


# RIANDA HOUSE

Increasing life expectations



*light*

*by becca prouchick*

# This Little Light of Mine

## Facing the Darkness

Over the past month, it's been easy to feel like the darkness will swallow us: the attack on Israel, the dysfunction in Washington, climate change, homelessness... We want to do something but it's like trying to extinguish a forest fire by spitting at it.

In truth, the problems of our world have always been overwhelming. The difference today is that it is harder not to fixate on them. We are blasted with nonstop news coverage. Our cell phones buzz in our pockets with "breaking news." We get sucked in by an industry whose business model is to amplify our neurosis and monetize it.

There is something we can all do that makes a big difference. Actually it's the only thing we've ever been able to do. You probably learned it as a kid.

*This little light of mine, I'm gonna let it shine. This little light of mine, I'm gonna let it shine, let it shine, let it shine.*

To conceive what is wrong with the world will always be overwhelming, like staring into outer space. We aren't made to fathom darkness on that scale, let alone do battle with it. All we have is our little light.

A smile is a good start. How about a hug? Maybe a card. A sincere compliment. Instead of scowling at the person with the overloaded cart in the line at the grocery store, strike up a conversation. Volunteer for one of the

myriad Upvalley organizations where we care for one another.

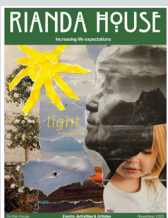
What good does it do? More than you think. The tiniest flame brightens the darkest room.

But the most important change is not the one that happens in the room. It's the one that happens in our hearts. Our little light makes the darkness a lot easier to face.

At Rianda House, we aren't crafting a plan for world peace. We won't fix the climate crisis. We don't have a solution for congress. We just shine our little light. It makes all the difference. Who knows? If enough of us shine our little lights, maybe the big problems will vanish.

Whether they do or not, one thing is sure: *This little light of mine, I'm gonna let it shine!*

*Maury*



### Welcome to Rianda House!

*On the House* 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, Gayle Davies, Robin McGuire

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

Stephen Buel, Jon Lail, John Muhler, Bonnie Thoreen, Frank Mueller



# Getting to Know You

## Donna Hardy

Each month, Rianda House is pleased to highlight a person from our growing community.



Even if you've never met Donna Hardy, it's likely you've seen her walking around town gathering recyclables from city streets and parks. Her walking partner has moved out of state, but Donna continues on her own, delivering aluminum and plastic to the recycling center and donating the proceeds.

In 2009, her first year recycling, she turned in \$31. Since then, she's averaged \$1,200 - \$3,400 a year in donations to Rianda House from recycling.

### When did you begin your recycling forays?

When my husband was alive, if I woke up at 4 a.m., I'd go out with a headlamp on and it was just the skunks, the opossums and me - and the raccoons. My neighbor and I started collecting recycling in 2008; it was like the carrot in front of us to get us to walk. I know most of the parks people now, and the police, and they know what I do it for. I've met some of the nicest people.

### How long have you been involved with Rianda House?

I got involved with Rianda when my late husband Mike was volunteering here. Gene Armstead suggested he volunteer as a greeter, he did and eventually was president of the board. (Mike Hardy was also one of the forces behind the creation of the vineyard at Meily Park and the Rianda winemaking project.) It's hard when you get older and lose your spouse and most of your social connections. And I've lost two friends. I was looking for other people to do things with. Rianda has a lot for active seniors.

### What would you like to see more of in the way of activities?

I was happy to see we started the nature walks. It's an opportunity to meet some of the more active seniors. And I signed up for the Portugal trip; another way to meet people who are more active.

### How would you describe St. Helena to a first-time visitor?

I think St. Helena is a very friendly small town. Where else can you have the main highway through town blocked off for a homecoming parade?

### What is something that people don't know about you?

I grew up in Berkeley and went to the same elementary school that Kamala Harris went to years later.

### What were your best and worst jobs over the course of your career?

I taught junior high school in west Modesto for five years. That was the most challenging. I would lose 5 or 6 seventh- and eighth-graders to pregnancy. Seventy-five percent of my kids were on some kind of aid, most raised by single mothers. I had some kids who would go pick cherries with their families and come to school about 11 a.m., bringing me a bag of cherries. One of the jobs I really enjoyed was working here in town for Norm Manzer at State Farm Insurance.

### What is your favorite place to travel?

I really enjoyed a trip to Italy with my daughter for my 75th birthday. We had the best time; walking the trail in Cinque Terre, taking a cooking class. We walked 22,000 steps in Rome. We had a great time!

### What's your favorite restaurant in town? Favorite food?

Most of the time I go to the Himalayan Sherpa; I like curries. And Farmstead - I like to eat outside there. I have a vegetable garden and during the summer grow tomatoes, cucumbers and eggplant. I don't eat a lot of meat.

### If you were to come back as animal, which one would it be and why?

Probably a cat because they're so independent.

### How is Rianda House doing in your opinion?

I think in the beginning it was hard to get people to support Rianda House, but now they've got the community behind them. It's good that they have activities for Hispanics, focusing on their wants and needs too. When Mike was president of the board, they had a tamale or salsa making class. That's a way you can combine cultures; it got a lot of interest.

*Interview by Susan McWilliams*



# Special Events

Please Register for All Special Events (707) 963-8555 x 1001

## Watermark Napa

Colleen Kabeary

Thursday, November 9,

4:00-5:00pm

Rianda House

An opportunity to learn about Napa's newest option for Luxury Senior Living located in North Napa. Watermark Senior Living opened a new Independent Living, Assisted Living and Memory Care community in October 2020. Come and learn about what options are available for those looking for exceptional retirement living. **RSVP**



## Meuse Gallery

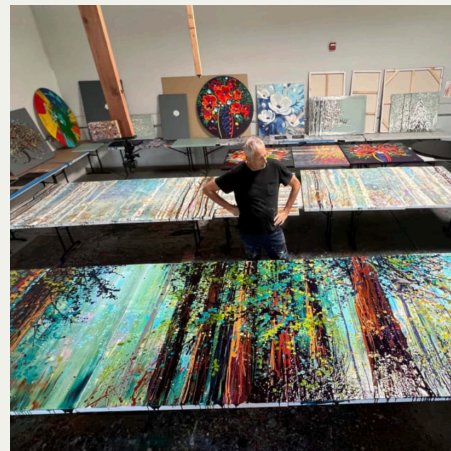
Katherine Bull

Friday, November 17,

4:00-5:00pm,

Meet at Rianda House

Immerse yourself in the art of Simon Bull as you explore his latest exhibition - the lush green forest of his imagination and beyond. Simon Bull is an English-born artist living in Carmel, California. His bright colorful artworks are inspired by nature,



infused with joy, and embrace a wide range of innovative printmaking and painting techniques. A gallery tour + wine will be provided.

**RSVP**

## Russian Orphanages

Norm Manzer

Wednesday, November 29, 2:00-3:00pm

Rianda House

Norm Manzer will talk about his work with Orphanages in Russia. He's made 38 trips to Russia. Norm will share a movie that will further explain his work.

**RSVP**



## Calistoga Loop Walk

Julie Spencer & Amanda Cole

Thursday, November 30th, 9:00-10:00am

Community Center, Calistoga

The Calistoga Loop Walk is approximately three enjoyable miles through residential streets, starting



at the Community Center. It is a 1-1.5 hour walk at a moderate to brisk pace. This is an enjoyable social event that supports your overall health. **RSVP**



# Special Events

Please Register for All Special Events (707) 963-8555 x 1001

## Paint and Sip

Pam McCullagh

Thursday, November 30th, 4:00-7:00pm

Rianda House

Come join the holiday fun and watercolor a greeting card of a festive family of snowmen! They are sure to put a smile on your face and capture the spirit of the winter season. All materials are furnished and snacks and wine will be provided. **RSVP**



## Veteran's Day Brunch

Rianda House, Nurse Next Door

Friday, November 10th, 10:00-12:00

Rianda House



A day to honor and celebrate our Veterans. Please join us for brunch at Rianda House. A proud partner of the Veterans

Affairs Home Care Program, Nurse Next Door, will be available to provide information on services specifically for Veterans. 20 person maximum.

**RSVP**



## Record Harvest!

Congratulations to our **Rianda House Wine Makers** on a successful crush. Thanks to Aaron Barak and Evan Marti for donating their Cabernet to add to our Zinfandel. 2023 vintage promises to be one of our best ever.



# 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. 1004; amanda@riandahouse.org

## Amistad y Apoyo

**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 encuentro del grupo de Amistad tan querido. RSVP (707) 299-1885.

Alma Perez

## Aspects of Spirituality Senior Seminar

**Mondays, October 16 – November 13, 3:00-4:30, Zoom**

A 5-week Zoom series to study, reflect, and share our thoughts about a spiritual classic. We read *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. Whether you wish to go deeper into the Sermon as a source of spiritual guidance or simply want to gain a fresh perspective, you are welcome to explore with us. **RSVP.**

Theresa Meyer

## Balance & Stretch

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

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

We tend to lose balance as we age, but we can improve 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

Amanda Cole & Kerry Brackett

## Brain Fitness

**Wednesdays, 10:00-11:30, November 8 & 22, Rianda House**

For anyone concerned about maintaining their brain health. You will learn new techniques and find connections between physical activities, exercise, and overall brain health within a small group.

Providence

## Bridge for Beginners

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

Learn how to bid, play and defend, strategy and partnership development and interactive learning through playing Bridge.

Tammy McDonald

## Canasta

**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!

Lucy Thater

## Chair Aerobics

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

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.

Kerry Brackett

## Current Events: Heart of the Matter

**Monday, 1:00-2:00, November 6 & 20, 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.

Lorne Glaim

## Dementia Family Caregiver's Support Group

**Thurs, 3:00-4:30, November 2, at Rianda House, & November 16, Zoom only**

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

## Duplicate Bridge

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

Bridge is 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.

Tammy McDonald

## French Club

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

Share experiences and cultural history through conversational French; reading aloud and translating French literature. Some knowledge of French is necessary, but skills vary widely.

Sue & Skip Hopgood

## Genealogy

**Fridays, 10:00-12:00, Rianda House, November 3 & 17**

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 see her blog at WheatonWood.com.

Kelly Wheaton

## Gents & A Cuppa Joe

**Thursdays, 8:30-9:30, Rianda House**

Share a Cuppa Joe, discuss local issues, and swap stories with friends and neighbors. Always fun and informative!

Carroll Cotten

## Hatha Yoga

**Wednesdays, 5:30-6:30, Rianda House (No class 11/22)**

A slow flow where we hold poses to allow the body time to find balance between strength and softness, effort and surrender. Participants will leave feeling grounded and relaxed. Blocks and a strap are recommended.

Kaylee Hardin

## Imagery and Poetry

**Friday, 1:00, November 17, Zoom only**

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

Dr. Lisa Hinz

## Ladies & A Cuppa Tea

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

Join us for friendship and a cup of tea. A warm, inviting atmosphere encourages fun and lively discussions.

Ellen Cotten





# Classes & Activities

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

## Line Dancing

Becky Jo Peterson

**Wednesdays, 1:00-2:00, Magnolia Room  
(No class Nov 1 & 22)**

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.

## 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

Linda Williamson

**Wed, 10:00-11:30, Rianda House (No class on 10/21-11/10)**

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

**Tuesday, November, 14 & 28 & 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.

## Music with Ric **NEW!**

Ric Morgan

**Tuesdays, 4:00-5:00, Rianda House**

The sing along is to encourage participants to reacquaint themselves with songs they knew in their youth with a focus on music from the 30's-60's. **RSVP**

## 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

**Tuesday, 9:00-10:00, November 7, 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

**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!

## Short Story Writing **NEW!**

Richard Abramson

**Thursday, Oct 19 through Nov 30, 1-2:30, Rianda House**

Always wanted to try your hand at writing fiction? This workshop will introduce you to the elements of a good short story and, through an entertaining series of writing exercises, help you to craft and get some initial feedback on your own. Maximum of 12 participants. **RSVP**

## Spanish Conversation **NEW!**

Ric Morgan

**Mondays, 2:00-3:00, Rianda House**

A chance to learn ordinary words and phrases in common settings, plus a little music! Join Ric Morgan for a group conversation to speak comfortably in Spanish, for beginners to intermediate.

## Spanish Intro 2

Lorraine Ruston

**Wednesdays, 3:00-4:30, Rianda House (No class 11/22)**

This second, 8-week course, will provide learners with practice in speaking and understanding conversational Spanish at a beginner level. Download Duolingo's free app to work on vocabulary. Weekly homework and practice assignments.

## Strength Training

Kathy Carrick

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

**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 **NEW!**

James Scanlon

**Tuesday, 2:00-3:30, November 7, Rianda House**

Do you have a 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, November 17, 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, 11:00-12:15, 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. Bring a water bottle.



# Calistoga

## Bridge in Calistoga

Tammy McDonald

**Wednesday, 11:00-12:30, November 8,**

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

Exercise your brain with mini lessons and supervised play to help improve your game. Not for new bridge players. Light refreshments provided. **RSVP**

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

**Wednesday, 11:00-1:00, November 15,**

**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 x1001 or email amanda@riandahouse.org. **RSVP**

## Tai Chi

Diane Lotorre

**Mondays, 1:00-1:45 Calistoga Community Center, 1307**

**Washington St. or Pioneer Park, 1308 Cedar St.**

A gently-moving meditation suitable for various fitness abilities. The class uses the Taijifit method created by David Dorian Ross which uses music, repetitive movement to allow energy to move and flow. Outdoors at Pioneer Park (weather permitting) or indoors at the Community Center.



## Angwin

### Lunch and Learn in Angwin! **NEW!**

**Wednesday, November 8, Pacific Union College, Fireside Room, 10 Angwin Ave Providence & UpValley Family Centers**

Lunch and learn has come to Angwin! Lunch and Learn is for those 55 and over. It features an educational theme, timely resources and community connections along with a healthy lunch. The first program Rianda House will present their programs and services as well as explore what the Angwin senior community is interested in learning about. Call to reserve lunch (707) 963-8555 x101. **RSVP**

## Community Resources

**Need Help? Rianda House can help you find the resources you need!**

**Call (707) 963-8555 ext. 1001**

**Rianda House is pleased to welcome Karen Lustig, at your service!**

**Karen will be at Rianda House on most Tuesdays, by appointment.**

Karen started in July with Providence Community Health (formerly known as Collabria) as the

Information & Assistance Social Worker for older adults upvalley. She has been a social worker for 35 years, working as a case



manager and supervisor in agencies such as long-term care, conservatorship, referrals, foster care and supported living services for those with intellectual and developmental disabilities. She has lived in Napa for 21 years and raised two children here with her husband. She will have a regular schedule in Yountville, St. Helena, Calistoga and Angwin. **Karen will be a community navigator for older adults and their families, to provide support and help ensure that appropriate services get connected, do**

**community education, and provide our upvalley nonprofit partners with the resources their constituents need to age in place.**

Tuesdays will be her St. Helena day. Make an appointment to stop in and say hi by calling the main Information and Assistant number at (707) 253-4248.



Community Health Foundation Napa Valley  
Adult Day Health | Palliative Care | Hospice



(red indicates new  
or special event)

# November @ RIANDA HOUSE

1475 Main Street  
(707) 963-8555



Monday		Tuesday		Wednesday		Thursday		Friday				
R	Rianda House	See Event Description	6	9:30 French Club 10:00 Balance and Stretch 11:30 Tai Chi 12:30 Duplicate Bridge 1:00 Heart of the Matter 1:00 Tai Chi 2:00 Spanish Conversation 3:00 Aspects of Spirituality	7	7:30 Strength Training 9:00 Potenciando la Memoria 9:30 Ladies & A Cuppa Tea 10:30 Amistad y Apoyo 11:00 Yoga: Stretch and Flow 2:00 Tech Today 3:00 Readers' Theatre 4:00 Music with Ric	1	9:30 Zumba Gold 3:00 Introduction to Spanish 2 5:30 Hatha Yoga	2	8:30 Gents & A Cuppa Joe 9:00 Mind Body Practices 10:30 Chair Aerobics 11:00 Balance and Stretch 1:00 Needlers Club 1:00 Short Story Writing 3:00 Dementia Family Caregiver Support	3	9:30 Zumba Gold 10:00 Bridge for Beginners 10:00 Genealogy 1:00 Canasta 1:00 Mah Jongg
Z	Zoom		13	9:30 French Club 10:00 Balance and Stretch 11:30 Tai Chi 12:30 Duplicate Bridge 1:00 Tai Chi 2:00 Spanish Conversation 3:00 Aspects of Spirituality	14	7:30 Strength Training 9:00 Mind Body Practices 9:30 Ladies & A Cuppa Tea 10:30 Amistad y Apoyo 11:00 Yoga: Stretch and Flow 3:00 Readers' Theatre 4:00 Music with Ric	8	9:30 Zumba Gold 10:00 Brain Fitness 11:00 Bridge 11:00 Lunch and Learn in Angwin 1:00 Line Dancing 3:00 Introduction to Spanish 2 5:30 Hatha Yoga	9	7:30 Strength Training 8:30 Gents & A Cuppa Joe 9:00 Mind Body Practices 10:30 Chair Aerobics 11:00 Balance and Stretch 1:00 Needlers Club 1:00 Short Story Writing 4:00 Watermark Napa	10	Veterans Day Brunch 10:00 (office closed)
H	Hybrid (in-person + Zoom option)		20	9:30 French Club 10:00 Balance and Stretch 11:30 Tai Chi 12:30 Duplicate Bridge 1:00 Tai Chi 2:00 Spanish Conversation	21	7:30 Strength Training 9:30 Ladies & A Cuppa Tea 10:30 Amistad y Apoyo 11:00 Yoga: Stretch and Flow 3:00 Readers' Theatre 4:00 Music with Ric	15	9:30 Zumba Gold 10:00 Memoir Writing Class 11:00 Lunch and Learn 1:00 Line Dancing 3:00 Introduction to Spanish 2 5:30 Hatha Yoga	16	7:30 Strength Training 8:30 Gents & A Cuppa Joe 9:00 Mind Body Practices 10:30 Chair Aerobics 11:00 Balance and Stretch 1:00 Needlers Club 1:00 Short Story Writing 3:00 Dementia Family Caregiver Support	17	9:30 Zumba Gold 10:00 Bridge for Beginners 10:00 Genealogy 12:00 Victim Services 1:00 Canasta 1:00 Mah Jongg 1:00 Imagery and Poetry 4:00 Meuse Gallery
M	Magnolia Room (1299 Pine, St. Helena)		27	9:30 French Club 10:00 Balance and Stretch 11:30 Tai Chi 12:30 Duplicate Bridge 1:00 Tai Chi 2:00 Spanish Conversation	28	7:30 Strength Training 9:00 Mind Body Practices 9:30 Ladies & A Cuppa Tea 10:30 Amistad y Apoyo 11:00 Yoga: Stretch and Flow 3:00 Readers' Theatre 4:00 Music with Ric	22	9:30 Zumba 10:00 Brain Fitness 10:00 Memoirs Writing Class	23	happy Thanksgiving	24	
P	Presbyterian Church (1428 Spring St. St. Helena)		28	9:30 French Club 10:00 Balance and Stretch 11:30 Tai Chi 12:30 Duplicate Bridge 1:00 Tai Chi 2:00 Spanish Conversation	29	7:30 Strength Training 9:00 Mind Body Practices 9:30 Ladies & A Cuppa Tea 10:30 Amistad y Apoyo 11:00 Yoga: Stretch and Flow 3:00 Readers' Theatre 4:00 Music with Ric	29	9:30 Zumba 10:00 Memoirs Writing Class 1:00 Line Dancing 2:00 Russian Orphanages 3:00 Introduction to Spanish 2 5:30 Hatha Yoga	30	7:30 Strength Training 8:30 Gents & A Cuppa Joe 9:00 Mind Body Practices 9:00 Calistoga Loop Walk 10:30 Chair Aerobics 11:00 Balance and Stretch 1:00 Needlers Club 1:00 Short Story Writing 4:00 Paint and Sip	31	9:30 Zumba Gold 10:00 Bridge for Beginners 10:00 Genealogy 12:00 Victim Services 1:00 Canasta 1:00 Mah Jongg
C	Calistoga Community Center (1307 Washington)		29	9:30 French Club 10:00 Balance and Stretch 11:30 Tai Chi 12:30 Duplicate Bridge 1:00 Tai Chi 2:00 Spanish Conversation	30	7:30 Strength Training 9:00 Mind Body Practices 9:30 Ladies & A Cuppa Tea 10:30 Amistad y Apoyo 11:00 Yoga: Stretch and Flow 3:00 Readers' Theatre 4:00 Music with Ric	30	9:30 Zumba 10:00 Memoirs Writing Class 1:00 Line Dancing 2:00 Russian Orphanages 3:00 Introduction to Spanish 2 5:30 Hatha Yoga	31	7:30 Strength Training 8:30 Gents & A Cuppa Joe 9:00 Mind Body Practices 9:00 Calistoga Loop Walk 10:30 Chair Aerobics 11:00 Balance and Stretch 1:00 Needlers Club 1:00 Short Story Writing 4:00 Paint and Sip	32	9:30 Zumba Gold 10:00 Bridge for Beginners 10:00 Genealogy 12:00 Victim Services 1:00 Canasta 1:00 Mah Jongg 1:00 Imagery and Poetry 4:00 Meuse Gallery
F	Field Trip		30	9:30 French Club 10:00 Balance and Stretch 11:30 Tai Chi 12:30 Duplicate Bridge 1:00 Tai Chi 2:00 Spanish Conversation	31	7:30 Strength Training 9:00 Mind Body Practices 9:30 Ladies & A Cuppa Tea 10:30 Amistad y Apoyo 11:00 Yoga: Stretch and Flow 3:00 Readers' Theatre 4:00 Music with Ric	31	9:30 Zumba 10:00 Brain Fitness 10:00 Memoirs Writing Class	32	7:30 Strength Training 8:30 Gents & A Cuppa Joe 9:00 Mind Body Practices 9:00 Calistoga Loop Walk 10:30 Chair Aerobics 11:00 Balance and Stretch 1:00 Needlers Club 1:00 Short Story Writing 4:00 Paint and Sip	33	9:30 Zumba Gold 10:00 Bridge for Beginners 10:00 Genealogy 12:00 Victim Services 1:00 Canasta 1:00 Mah Jongg 1:00 Imagery and Poetry 4:00 Meuse Gallery
L	Lyman Park (1498 Main Street, St. Helena)	31	9:30 French Club 10:00 Balance and Stretch 11:30 Tai Chi 12:30 Duplicate Bridge 1:00 Tai Chi 2:00 Spanish Conversation	32	7:30 Strength Training 9:00 Mind Body Practices 9:30 Ladies & A Cuppa Tea 10:30 Amistad y Apoyo 11:00 Yoga: Stretch and Flow 3:00 Readers' Theatre 4:00 Music with Ric	32	9:30 Zumba 10:00 Brain Fitness 10:00 Memoirs Writing Class	33	7:30 Strength Training 8:30 Gents & A Cuppa Joe 9:00 Mind Body Practices 9:00 Calistoga Loop Walk 10:30 Chair Aerobics 11:00 Balance and Stretch 1:00 Needlers Club 1:00 Short Story Writing 4:00 Paint and Sip	34	9:30 Zumba Gold 10:00 Bridge for Beginners 10:00 Genealogy 12:00 Victim Services 1:00 Canasta 1:00 Mah Jongg 1:00 Imagery and Poetry 4:00 Meuse Gallery	
*	See Event Description	32	9:30 French Club 10:00 Balance and Stretch 11:30 Tai Chi 12:30 Duplicate Bridge 1:00 Tai Chi 2:00 Spanish Conversation	33	7:30 Strength Training 9:00 Mind Body Practices 9:30 Ladies & A Cuppa Tea 10:30 Amistad y Apoyo 11:00 Yoga: Stretch and Flow 3:00 Readers' Theatre 4:00 Music with Ric	33	9:30 Zumba 10:00 Brain Fitness 10:00 Memoirs Writing Class	34	7:30 Strength Training 8:30 Gents & A Cuppa Joe 9:00 Mind Body Practices 9:00 Calistoga Loop Walk 10:30 Chair Aerobics 11:00 Balance and Stretch 1:00 Needlers Club 1:00 Short Story Writing 4:00 Paint and Sip	35	9:30 Zumba Gold 10:00 Bridge for Beginners 10:00 Genealogy 12:00 Victim Services 1:00 Canasta 1:00 Mah Jongg 1:00 Imagery and Poetry 4:00 Meuse Gallery	

# RIANDA HOUSE

1475 Main Street  
St. Helena, CA 94574  
707-963-8555

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## Help Us Grow! Make Your Year-End Contribution

You have seen our growth in 2023. Consider supporting another year of helping every Upvalley elder remain **STRONG** in mind, body and spirit, **CONNECTED** in meaningful relationships and **GIVING** from the abundance of their life. **All our services are free because of people like you!**



Save The Date

## Growing Old Without Grace

Thursday, December 7, 5-6:45pm  
Rianda House

Follow Bea, Alex, Roxy, and a whole new cast of characters over the course of 3 decades, in this uproarious sendoff to aging in world that isn't always ready to accept the new you!

