

RIANDA HOUSE

Increasing life expectations



2024 Father's Day Car Show

Come Together

The power of community to
support Upvalley older adults

Come Together

It's our only way out

People are not safe. The smartest thing you can do is avoid them. Stay home. Close the blinds. Ignore the phone. If you have to venture out, move fast and don't make eye contact.

But we need people! The data is clear: Isolation puts us at a 30% greater risk of early death. It depresses us and leads to mental decay. It's as lethal as smoking 15 cigarettes a day.

So here is our dilemma: people are not safe but we cannot survive without them. Our species' superpower is coming together. If we forget this, it will be our undoing.

As we celebrate the 4th of July, it's hard not to be distressed by the polarization we see in our nation. "United States of America"

sounds painfully ironic. We monitor the movements of "the others" with bated breath, checking the news every ten minutes to hear of their latest atrocities. This only makes things worse.



Want to know what makes things better? Coming together. I experienced this magic at the Father's Day car show. Hundreds of people gathered to celebrate something we all have in common: cars. Not

a single fight broke out. We smiled at each other, enjoyed pizza, tacos, and gelato, listened to first rate music, drank wine and beer (thanks, Kiwanis!), and pooled our resources to support older adults.

Our differences are real. I'm not saying they will be easy to overcome. But if we can't start on

the ground of our shared humanity, we are doomed before we even begin. The things we have in common: the birth of a child, the death of a loved one, the wonder of a sunset, the joy of friendship... These things, and thousands like them, put every human being on common ground.

Rianda House is one of dozens of great organizations that bring people together. Togetherness runs deep in our little valley. Rianda House focuses on older adults. Others place the emphasis elsewhere. Whatever the focus, every group that brings people together is helping to save us all.



Welcome to Rianda House!

On the House 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 : Ben Hill

PROGRAMS : Amanda Cole, Tessa Lorraine, Robin McGuire

RIANDA HOUSE BOARD MEMBERS: Peter Working - Board Chair, John Muhlnher - Treasurer, Carroll Cotten - Secretary

Leslie Moreland, Stephen Buehl, Jon Lail, Frank Mueller, Richard Walloch, Meg Scrofani



Coming Together



to give **\$257,056** for Upvalley older adults!

\$1,000 - \$4,999

Barry Brown & Joy Roades-Brown
Denis Sutro & Anne Carver
Francis Coppola
John Coyle
Gregg & Kris Dawley
Scott Gridley
Dale Grossman
Donald Hardin
H. William & Deborah Harlan
Lisa Hinz
Janet & Andrew Isaacs
St. Helena Oddfellows Lodge 167
Jennifer Lamb
Eric Lochner
David & Leslie Moreland
John & Jennifer Muhlner
Sharon Scott
Manny & Margaret Scrofani
CalMart
Jay & Mary Smith

\$25,000 or more

Daniel & Susan Boeschen
Terry & Anne Clark
The Prairie Foundation

\$5000 - \$15,000

David & Anita Cummings
Grace Episcopal Church
Kelly Crane
Donna Hardy
The Carpy Family Foundation
John Peters & Laura Holmes
Janet Myers
The Pay It Forward Fund
Richard & Barbara Shurtz
Julie A. Spencer
Mary Stuard
Roger Trincherro

\$1,000 - \$4,999

John Smith & Noreen Alldredge
Howard & Lyndal Walker
Richard Walloch
Greg & Carol Yurek
Spottswode Estate

\$500 - \$999

Margaret L. Baskerville
Thomas & Margot Belt
Charles & Helen Dake
Natalie & Ben DiMaio
Tim & Missy Doran
Richard & Sue Enger
Klaus & Carol Gruetzner
Ben Hill
Jay & Karen Lewis
Carolyn & Norman Low
Isobel Burger Luria
Francis & Angela Mueller
Richard Seiferheld
Michael & Ann Thomas

Up to \$499

Antonia Allegra
Demetra Andreasen
Nancy Andressen
Bill Angeloni
Dave & Joyce Armington
Ana M Arostegui
Darlene Asbill
George & Emmy Baba
Norma Beltrami
Richard & Linda Bertoli
Adria Bini
Julia Bolander
Peter Borck
Ian Bothwell
Betty Briggs
Beth Brown
Jonathan Buehler
Kay Burtis
Bobbie Casey
Amanda Cole
Carroll & Ellen Cotten
Judy Crabb
Fred Croshaw
Celia Cummings
Bill Dakin
Tom & Cara Davies

Melissa & Joshua Devore
Jeff & Kim Farmer
Jeff Feeney
Tom & Valli Ferrell
Daisy
Leslie Fickinger
David & Juliette Finley
Robert & Margaret Fiumara
Rudy & Therese Frey
Barbara Galante
Jim & Stephanie Gamble
Colleen Gillaspay
Nancy Gilmore
Robert & Lorraine Green
Thomas & Jacqueline Gumina
Geraldine Anne Hansen
Beverly Hood
Janice & Marvin Humphrey
Jerry & Michele Hyde
Ericka Iten
Jeffrey & Kimberlee Jeanes
D'Orta Kenealy Household
Tom Pickering & Chris Killion
Grace Kistner
Hannelore Kreiden
Chris Kreiden

John & Diane Kuykendall
Catherine Lai
Linda J. Leonard
Janet Lochner
Liz Manfree
Norm Manzer
Patti Martin
Peter McClory & Holly Mason
Bob & Cindy Matheny
Reece Baswell & Jeanne McCann Baswell
John McCreedy
Terry & Susan McWilliams
Bill Moseley
Philip & Andrea Murphy
Norma Neil
Bruce & Helen Nelson
Karen Jacobs Nolan
Mary Nuernberger
Myrl & Joann Patton
Mary Lee Pina
John & Biserka Potrebic
Denise Renteria
Philip Rich & Barbara Morrisette
Beverly Kinney & Tom Rinaldi
Julie & Maury Robertson
Holly Rogers

Cheryl Rorie
David Ross
Lorraine Ruston
Ellen Sabine
John Sales
Carolyn Sanders
Ramesh Sawhney
Claudia Schmidt
Edith Schwartz
Linda Shaw
Mary Sherman
Ted & Jamie Shuel
Chandler Smith
Glenn Smith & Anne Carr
Laryl & Annette Smith
George & Sharon Steinauer
George & Thelma Stratton
Jack & Loraine Stuart
Joan Tetzloff
Carl & Lucy Thater
Barbara Toner
Dolores Torrigino
Janet Weitz
Lisa Welborn
Judith A. Whitney
Angelika Wieling

Getting to Know You

Joseph Nase Mind Body Practices Instructor

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

What brought you to the Napa Valley and the Rianda House?

I never wanted to live here. Being in the wine business, I had visited so many times and it didn't make sense to live here. But once I went into the healing arts combining food, wine and healing, I thought this would be a spot that made the most sense. Amanda came to one of my classes at Solage, enjoyed it and that's how the Rianda classes came together.



What do people not know about you?

My first career was an incredible journey, working with all the greats in food and wine ... Julia Child, Jacques Pepin, Daniel Boulud. I started as a dishwasher in Pittsburg, but then got a job as a waiter. I was all of 18 and had no clue, but in Pennsylvania you could bartend and serve alcohol at that age. At 19, I won a case of wine at Victoria Station for selling the most wine in a month, began accumulating wines and that was the start of it. And food ... growing up in a big extended Italian family, there was always a flask of wine on the table, along with Romano cheese.

Tell us more about your wine career.

I fell in love with French wine and food and my first foray was learning everything French. I spent five months wandering the vineyards of France and eating in every 3-star restaurant my credit card could handle. Italian wine was just getting started here in the '70s. I opened the MGM in Reno in 1978 – that's where I studied – then went to Tahoe, then San Francisco to bartend at L'Etoile where the who's who of San Francisco came by every night. L'Etoile went on strike after I'd worked there about a year and a half and I went to New York, where I got to work with so many of the great names. I was at Hubert's, the first American restaurant to get 3 stars from the New York Times and worked in the cellar at Windows on the World. You had to go to New York to learn. I went back and forth between California and New York three or four times with stints in the Bay area at Stars, Ernie's, The Blue Fox.

What was your best job?

Best job was wine and spirits director at the St. Regis. I did all the buying for the hotel and Lespinasse restaurant. During the '90s, the dot.com time, I would have tables spend \$40,000, \$50,000 – up to \$100,000 on wine. It was a crazy time.

If you were an animal, which would it be?

Bears like me for some reason. I love bears and have had a few encounters with them; a cub rearranged the interior of my car in Tahoe. There was nothing in it but a case of wine, but the Bear League said they can

smell through the corks. That little guy tore everything up but didn't take any wine. And I'm a Leo; I have a fascination with lions; just the power and the energy. Bears know when to sleep, when to eat, when to take care of themselves. Coming out of the wine world, I needed to learn that.

What's your "desert island" food?

Some wonderful Italian food – a great pasta and, of course a great Italian wine. In my 20s, I was on the circuit in New York tasting 250 wines a week. Doing 41 years of food and beverage, tasting every food imaginable, you do a little damage. After that, you need to learn how to take care of yourself. I've learned to eat really clean; my food at home now is vegetable-based, except I do have a 36-month aged Reggiano in the fridge.

What do you know now that you didn't know when you were 20?

If I had it to do all over again, I wish I had come across the healing arts sooner. My classes are "Mind Body practices;" I don't like to say Qi Gong or tai chi because it scares a lot of people away. But all the studies have put this at the top for relieving stress, for pain relief, for balance. The healing arts have branched off so much in the last 20 years, I know I'm just scratching the surface. I'm excited to do a lot more here.

Interview by Susan McWilliams

Special Events

Please register for all special events (707) 963-8555 x 101

Visit Me Today Building Friendships

Ben Hill

July 3, 17, 25

Various Locations

A volunteer visitation program for seniors designed to reduce loneliness and isolation. This program includes sing-a-longs, poetry and storytelling.

Volunteers are needed. Join us to get more information and see if this is a perfect match for you. **RSVP**

Wednesday, July 3, 3:00-4:00

Calistoga Senior Apartments, 611 Washington St.

Wednesday, July 17, 1:00-2:00

Rosehaven, 520 Sanitarium Rd, St. Helena

Thursday, July 25, 1:00-2:00

Silverado Orchards, 601 Pope St, St. Helena

Being Mortal: Discussing What's Important

Frank Mueller, MD

Mondays, 3:00-4:30, July 8-29

Rianda House

Join Frank Mueller, MD, a retired Specialist in Serious Illness and Supportive (Palliative) Care, for a series of conversations delving into the vital aspects of aging and the approach toward the end of life. We'll explore strategies for maximizing elderhood, articulating preferences for our final days, navigating medical care, initiating conversations with healthcare providers, and proactively making decisions about future care.

**RSVP 16
maximum.**



Recycling and Composting

Amanda Griffis

Monday, July 8, 1:00-2:00

Rianda House

Recycling and composting is great for the environment, but it can leave a lot of questions! Join Amanda Griffis with the Upper Valley Waste Management Agency to learn about what goes in your blue recycling cart, green compost cart and what's left in the trash. Be sure to bring your questions and we'll have a pop quiz at the end with prizes!

RSVP



Tropical Costa Rica

Jay Fehan & Robin McGuire

Wednesday, July 10, 12:30-1:30

Rianda House

We are heading to Costa Rica, February 5-13, 2025. Jay will be on hand to unveil Collette's latest trip and answer your questions. Over nine days, immerse yourself in experiences like touring a coffee plantation, gliding along the Cano Negro River, trekking through the Monteverde Cloud Forest, and encountering an astonishing array of wildlife.

Limited to 20 travelers.

RSVP



Alzheimer's Walk Informational Session

Madyson Palmer

Thursday, July 11, 1:00-2:00

Rianda House

**WALK TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

More than 6 million Americans are living with Alzheimer's, an escalating health crisis that affects many in our community. Join us for a brief informative program to learn about the impact of the disease. You can join the Napa Valley Walk to End Alzheimer's. **RSVP**

PET ADOPTION

We Care Animal Rescue
& Napa County Animal Shelter

Saturday, July 13, 9:00-12:00

Rianda House

Come join us for the Rianda House Adoption event. We Care Animal Rescue and the Napa County Animal Shelter will have some four-legged companions all looking for a good home. Not looking for a new friend? Feel free to stop by to learn about the events and volunteer opportunities each organization is having. **RSVP**



Special Events

Please register for all special events (707) 963-8555 x 101

Yoga for Success

Bianca Erghelegiu

Sunday, July 14, 10:00-11:15

Rianda House

Your success in life hinges on your ability to effectively harness both your mind and body. These sessions provide straightforward yet potent yoga poses aimed at fostering stability and equilibrium. No prior yoga experience is required. The practices offered encompass:

*Simple Neck Practices: exercises that can be performed anytime to enhance alertness and memory while reducing lethargy.

*Yoga Namaskar: A routine that engages the lumbar region, fortifying the muscles along the spine. **RSVP**



Meditation for Mental Health

Vinit Tare

Sunday, July 14, 11:45-1:00

Rianda House

These practices offer simple yet potent ways to enhance mental health and foster clarity, joy, and wellbeing. Nadi Shuddhi, a yogic technique, purifies the channels through which pranic energy flows, promoting balance and psychological wellness. Meanwhile, Isha Kriya, a guided meditation lasting 12-18 minutes, is easy to learn and can be practiced anywhere, offering clarity, health, and joy. Both practices provide accessible tools for nurturing mental health and cultivating a deeper sense of inner peace and contentment.

RSVP



How to Create a Photobook

Stan Knight

Wednesday, July 24 & 31, 1:00-2:30,

Rianda House

Would you like to make a photo album from images stored in your smartphone, computer or shoebox - trips, family, nature? You will learn how to create an attractive hardcover photo album with a user-friendly app (Shutterfly). We will follow easy steps for two sessions to move and organize photos, open your blank photobook, add photos and text to each page, save and submit the finished product for printing. Please bring your laptop and smartphone. **RSVP**



Medicare Workshop

Rachel Olea-Lizarraga

Wednesday, July 24, 3:00-4:00,

Rianda House

Rachel is a Medicare and Retirement Specialist who focuses on helping individuals navigate their insurance needs and financial literacy. Increase your medicare IQ by joining this complimentary workshop and helping you take proactive steps toward optimizing your Medicare coverage. Your future self will thank you! **RSVP by 7/17**



Meet Marlen de la Cruz from Molly's Angels

(Here at Rianda House on Wednesdays)

Robin: Can you give us a brief overview of what Molly's Angels does?

Marlen: Molly's Angels provides transportation for elderly individuals aged 60 or older in Napa County. We help them get to medical, dental, and vision appointments, as well as other essential services. We can help enroll them in VineGo, which is available for errands and social events. Paratransit is available to eligible disabled seniors. We can assist them with door-to-door transit. We also have the Molly Cares program. Volunteers provide weekly calls to chat, wish happy birthday, give important reminders or inform them about local performances and events. These kinds of connections serve as vital lifelines, easing feelings of isolation and depression.

Robin: Tell us what participants can expect when they call Molly's Angels to set up an appointment?

Marlen: We start by gathering basic information: name, address, phone number, and some demographic details for our military programs. Our services are free and include assistance from volunteers who are specialists in areas like dental and vision care.

Robin: How do clients schedule a ride?

Marlen: We help them pre-register over the phone, it takes 5-10 minutes. and set up appointments, seven days in advance, this is to give our volunteers time for scheduling.



Robin: Tell me about the volunteer aspect of Molly's Angels.

Marlen: We're always looking for volunteers to support this mission. Volunteers can be either drivers or make 'care calls' as described earlier. They also refer clients for mental health screenings, if needed. We match volunteers with clients in the same town to build a supportive community network.

Volunteers can choose their roles based on their preference.

Robin: What kind of training do volunteers receive?

Marlen: I want to highlight that all volunteers have to do a background check first and we require detailed information. This is followed by instructions on how to interact with clients and report concerns. They learn to recognize potential issues and how to report them, such as confusion or harassment. Then we can follow up and provide additional support. Once a year all volunteers come back for a 3 hour training.

Robin: How many employees does Molly's Angels have?

Marlen: We have 13 employees overall, with four in the office.

To reach Molly's Angels call 707-224-8971.

Marlen joined Molly's Angels in May 2023, stepping into the role of Office Administrator and Bilingual Program Coordinator with adeptness and enthusiasm. She bridges the gap for Spanish-speaking clients, facilitating communication and understanding. Marlen is an active member of the Napa North Rotary.

molly's  angels
OF NAPA VALLEY



Classes & Activities

All Classes are no-cost and **there is no need to register unless specified in the description.**
Call Program Manager, Tessa Lorraine with questions. (707) 963-8555, ext. 103

Amistad y Apoyo

Alma Perez

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

Friendship and support in English and Spanish. Unase con nosotros los martes para el encuentro del grupo de Amistad tan querido. RSVP (707) 299-1885.

Aspects of Spirituality **NEW**

Theresa Meyer

Mondays (bi-weekly), July 1 - August 19, 3:00-4:30, ZOOM

Have you ever thought of the Earth as sacred, as holy ground? It is home not only to us humans, but also to an amazing array of life forms. In this bi-weekly Zoom seminar, we will read and discuss the recent book *Sacred Nature: Restoring Our Ancient Bond with the Natural World*, by British author Karen Armstrong. Join us for lively conversations about how other cultures at other times in history have viewed the natural world. Bring the book to the first meeting.

Balance and Stretch

Amanda Cole & Kerry Brackett

Mondays, 10:00-10:45, Hybrid

Thursdays, 11:15-11:45, American Legion Hall

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.

Brain Fitness

Providence

Wednesdays, July 10 & 24, 10:00-11:30, Rianda House

Concerned about maintaining brain health? Learn new techniques 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

Discover the art of playing bridge: from bidding to gameplay, defense tactics, strategy formulation and enhancing partnership coordination.

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, 10:40-11:10, American Legion Hall

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.

Dementia Family Caregiver's Support Group

Thursday, July 18, 3:00-4:30, Zoom Only

Guided by a skilled social worker, this support group provides a comforting setting to ease isolation, depression, and anxiety commonly faced by care partners. Learn practical tips and share experiences. Contact: Melissa Gerard at Providence Adult Day Health, 707-815-6258; melissa.gerard@providence.org. Presented by the Alzheimer's Association and Providence Adult Day Health.

Duplicate Bridge

Tammy McDonald

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

Bridge is a fun, social, and competitive card game. Bring a partner or we will help you find one. Tammy is available to discuss hands and answer questions after the game.

ESL (English Second Language)

Lorraine Ruston

Tuesdays, 9:00-10:00, Rianda House (no class 7/30)

Emphasizes basic English vocabulary and conversational practice needed for speaking in the community, at work, and at home. A workbook is provided.

ESL (Ingles Segundo Idioma)

Lorraine Ruston

Los martes, 9:00-10:00, Rianda House (no class 7/30)

El énfasis de la clase será vocabulario básico de inglés y la práctica de conversaciones que se necesita para hablar en la comunidad, en el trabajo, y en casa. Se proporciona un libro de trabajo.

French Club

Sue & Skip Hopgood

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

Participants share personal experiences and cultural history through conversational French by; reading aloud, translating, discussing French literature and current topics; playing games, watching short films, celebrating French holidays with good food, and much more! Some knowledge of French is necessary, but skills vary widely.

Genealogy

Kelly Wheaton

Fridays, July 5 & 19, 10:00-12:00, Rianda House

Explore topics from DNA to genealogical research to family history writing. Kelly Wheaton was a founding member of the Napa Valley Genealogical Society in 1973 and is author of the *Beginner's Guide to Genetic Genealogy*. See her blog at WheatonWood.com.





Classes & Activities

All Classes are no-cost and **there is no need to register unless specified in the description.**
Call Program Manager, Tessa Lorraine with questions. (707) 963-8555, ext. 103

Gents & A Cuppa Joe

Carroll Cotten

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!

Heart of the Matter

Lorne Glaim

Monday, July 1 & 15, 1:00-2:00, Rianda House

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

Jazzercise

Jennifer McClester

Tuesdays & Thursdays, 9:30-10:30, American Legion Hall

Jazzercise blends dance with Pilates, Yoga, Kickboxing and Strength Training in one session. Get long, lean muscles with an undeniable mood boost!

Ladies & A Cuppa Tea

Ellen Cotten

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

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

Mah Jongg

Michele Barberi Hyde

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

Mah Jongg is a traditional Chinese tile-based game that requires skill, strategy and a bit of luck. All levels are welcome. Mah Jongg cards available.

Memoir Plus Writing

Linda Williamson

Wednesdays, 10:30-12:00, Rianda House July 3, 10

This class offers the opportunity to write precious memories of your life and preserve experiences that are unique to you. Constructive criticism offered. Maximum of 12 participants. Last class July 31st.

Men's Fitness

Evan Massaro

Tuesdays, 8:00-9:00, American Legion Hall

Improve balance, flexibility and cardiovascular fitness with a splash of dad jokes! "Stay within your safety zone but push your comfort zone!" All levels are welcome. Please bring a mat.

Music with Ric

Ric Morgan

Wednesdays, 1:00-2:00, Rianda House

This sing along program will rekindle nostalgia of songs from the 1930's to the 1960's, allowing participants to rediscover and enjoy the music of their youth.

Needlers' Club

Julie Bolander

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

Relax and work at your own pace as you socialize with other craftspeople in a casual, encouraging, fun and helpful environment. Some materials are available. All levels are welcome.

Readers' Theatre Group

Tuesday, 3:00-4:30, Rianda House

Dive into a fun and interactive community passionate about script reading and writing with in-house performing. No memorization necessary. Fun assured!

Sound Bowl Meditation

Kaylee Hardin

Wednesdays, 9:00-9:45, Rianda House

Calming breathing exercises, a short guided meditation, and the soothing sounds of crystal singing bowls help to relax and refresh the body and mind.

Spanish - Intermediate 2

Lorraine Ruston

Wednesdays, May 8-July 24, 3:00-4:30, Rianda House

This class continues to use Duolingo starting with section 3, unit 12 through section 4, unit 7. Students practice speaking in the past tense and learn vocabulary for more advanced conversational situations. A workbook is provided.

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 & Qi Gong

Joseph Nase

Tuesday, July 2, 16, 30 and Thursdays, 9:00-10:00

Lyman Park, 1498 Main St.

Optimize energy within the body, mind and spirit. Improve and maintain overall health and well-being with focused breath work, meditation and slow, gentle movement.

Tech Today

James Scanlan

Wednesday, July 10, 2:30-4:00, Rianda House

Hard time keeping up with the latest gadgets? Let a pro help you. Bring your handheld devices (iphones, ipads, tablets, e-readers...). Call to reserve a 30 minute one-on-one session. **RSVP**



Classes & Activities

Victim Services Advocate Counseling Irma Luna **Friday, July 19, 12:00-1:00, Rianda House**

If you or someone you know is a victim of a crime, scam, abuse, eviction, or in a crisis situation, Irma Luna from Napa County District Attorney's Office can help. Services are free and with bilingual support! Call Irma for immediate assistance or to book a counseling session: (707) 299-1411.

Yoga: Stretch and Flow Kaylee Hardin **Tuesdays, 11:15-12:15, American Legion Hall**

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 Evan Massaro **Mondays (ONLY), 9:30-10:30, American Legion Hall**

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



Calistoga

Calistoga Loop Walk Julie Spencer, Bobbie Casey **Friday, July 12, 8:45-10:00, Calistoga Community Center**

The Calistoga Loop Walk is approximately 3 miles through residential streets, starting at the Community Center. It is a 1-1.5 hour walk at a moderate to brisk pace. Join us for an enjoyable social event that supports your overall health. **RSVP**

Lunch & Learn Rianda House, UVFC, Calistoga Parks & Rec **Wednesday, June 19, 11-1:00, Calistoga Community Center, 1307 Washington St.**

Features an educational theme, timely resources, and community connections along with a healthy lunch. This month we'll have lunch and games in the park. Call early to reserve lunch. **RSVP**

Tai Chi Diane Latorre **Mondays, 1:15-2:00, Pioneer Park, 1308 Cedar St (If too hot indoors at Calistoga Community Center)**

NO CLASS 7/15.

A gently-moving meditation suitable for various fitness levels. Music and repetitive movement allow energy to move and flow.

Angwin

Lunch and Learn Rianda House, Providence, UVFC **Wednesday, July 3, 11:00-1:00, Pacific Union College Fireside Room, 10 Angwin Avenue**

UpValley Family Centers, recognized by the Department of Justice, offers free bilingual (Spanish and English) Citizenship classes covering U.S. government, history, and civics to prepare for the Citizenship Test. They also coordinate volunteer tutors to help with civics exam preparation. Interested in volunteering, please visit the volunteer page on their website. **RSVP**

Yoga: Stretch and Flow **NEW!** Kaylee Hardin **Thursdays, 11:00-12:00, Fireside Room, PUC**

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. **RSVP**

Community Resources

**Need Help? Napa County offers many resources.
Rianda House can help you find them!
Call (707) 963-8555 x101**

Karen Lustig is a Social Worker with 35 years of experience. Courtesy of Providence Community Health, she will help you navigate the labyrinth of federal, state, county, and nonprofit services.



Karen is at Rianda House on Tuesdays and in Angwin every other Monday and some Wednesdays. Call to make an appointment. (707) 989-0120.

RIANDA HOUSE

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

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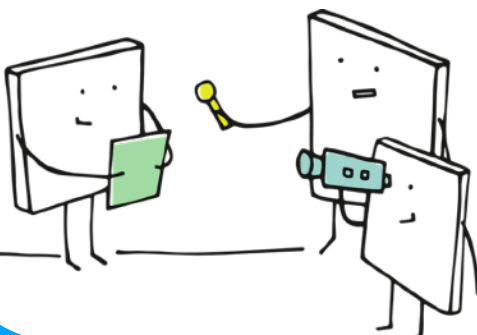


If you would like to be removed from our mailing list please call 707-963-8555. Thank you.

Rianda House Summer Survey

During the month of July, Rianda House requests that every participant complete an **anonymous, very short** survey. It won't take more than a minute. We need answers to a few simple questions that will help us apply for grant funding so that we can continue to provide no-cost programs to Upvalley older adults.

Thanks for your cooperation!



Seeking Talented Director for Rianda House Readers' Theater.

Are you passionate about theater? Join Rianda House Readers' Theatre ensemble of local readers, writers, and actors with a shared passion to bring literature to life through presentation or theatrical performances. The Director will coordinate the elements of weekly readings and assist actors with expressing words and skills necessary so that the audience will appreciate overall feelings by the writers. Contact tessa@riandahouse.org

Is this your chair?

