

RIANDA HOUSE

Increasing life expectations



**Feel
More
Human**



Re-Humanized

It happens every day at Rianda House

A couple of weeks ago I went on my first overnight backpack trip of the season. I stopped at a McDonalds to grab a couple of Egg McMuffins.



A screen popped up asking if I would like to add an Egg McMuffin.

Next, I was told to take a tent and enter the number. Tent?

Number? What was a tent? Since I was stuck, I arbitrarily typed "101" to get the machine to let me pay. Making my way to a table, I spied a stack of numbered triangles attached to the side of the kiosk. Ah! Those were "tents." They were supposed to be placed on my table so my server could find me.

"What is your name?" Maury. "What category of food do you want?" Breakfast sandwiches. I was presented with three expensive options, none of which were familiar. I tapped the screen, searching for an Egg McMuffin. I gave up and chose "Sandwich #1."

Five minutes later, I had my first human interaction. An employee trudged over with my food on a tray. I asked if she could fill my water bottle. She shook her head sadly and disappeared into the back. I took a bite out of

"Sandwich #1." It tasted like an algorithm.

Driving away, it struck me that the restaurant had *literally* been de-humanized.

Puffing up the trail to the lake, I thought how different that was than coming to Rianda House. No matter how I feel when I walk through the door, I always leave feeling a little more alive, a little more human.

With so many things becoming impersonal these days, it is difficult not to feel de-humanized. What we need is re-humanization. Rianda House is a great place to get it.



Maury



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

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

Getting to Know You

Lorraine Ruston Spanish and ESL Instructor

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

Are you a native St. Helenan?

Almost. I lived in Berkeley and when I was a little kid, my parents came to Napa Valley, loved it, and bought a prune ranch. I spent a lot of summers up here picking prunes. I remember coming to Main Street and there was a store that sold newspapers and candy and I also remember getting ice cream cones at a business that is now, I believe, Market Restaurant. The town was a little different then. I was just a kid and didn't know very many people. But we would bring our friends up from Berkeley – I had Rainbow Girls and Girl Scouts – and everyone would bring their sleeping bags and stay over. My Dad eventually sold 15 acres of the ranch which would become Sylvaner Estates. I still have a vineyard. When I moved here, the prunes were all dying so I planted grapes.



went to Miami and the last place was Bangladesh. I remember the women in Bangladesh in their gorgeous saris – they were so beautiful. People might also not know that I grow wine grapes and one of the wines we make is named after me. It's called La Maestra, the teacher.

What were your best and worst jobs?

I think my best job was doing that consulting for the Peace Corps. And I loved working with the native teachers. I can't really think of a job I disliked.

I've done a lot of teacher training in California and have done teaching workshops all over the country and I think that's how I got into the Peace Corps consultancy. I lived in Fresno for 18 years, where my husband was a teacher at Fresno City College. There was a secondary migration of the Hmong people from Laos to Fresno, so I did some workshops for the Fresno Unified School District on helping teachers to be ESL capable. I really enjoyed working with those people.

If you were an animal, which would it be?

I think some kind of a seabird. I love the ocean and I like flying. As a bird, you could swim, you could fly; wouldn't that be wonderful?

What are your favorite foods?

I really enjoy cooking. My specialty is paella because I lived in Spain for a year and got the recipe from a woman I worked for. I make gazpacho too, but paella is my specialty. And you'd find a lot of vegetables in my fridge.

Are you a traveler?

I've been to Costa Rica twice and one of my ESL students was from Ecuador. I went there and visited them for two weeks and they showed me the whole country; it was wonderful. I'd like to go to Cuba or Puerto Rico or anyplace where they speak Spanish. That would be a treat for me.

How did you get interested in Spanish?

I spent my junior year abroad in Madrid and was a Spanish major because they had more units in Spanish than anything else. I have a Master's in linguistics with a specialization in ESL. Teaching both Spanish and English is fun; English is of course our native language, but to teach it you have to know what's going on in English grammar; it's very complicated. When I first moved to St. Helena, I was teaching Spanish at Napa College and English as a second language at the adult school as well.

What do people not know about you?

They might not know that I was a consultant for the Peace Corps and did teacher training in places like Vladivostok, Russia, which was really interesting



because it was right after Russia opened up. Then I went to Moldova, then Surinam where they speak Dutch, and that was really different. After Surinam, I

Interview by Susan McWilliams

Special Events

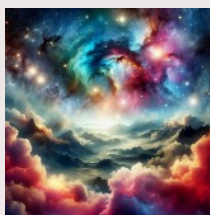
To register for special events call (707) 963-8555 x 101

St. Helena Forum We Are Alone in the Universe

Doug Barr & Tom Ferrell

Friday, August 9, 4:00-5:30, Rianda House

Guest speaker, Dr. Nathalie Cabrol, a French-American explorer and astrobiologist, the director of the Carl Sagan Center at the SETI Institute has researched habitability and life beyond Earth and developed science exploration strategies for NASA for Mars and Titan. Cabrol also documents life's adaptation to extreme environments and the effects of rapid climate change. She has written over six hundred peer reviewed publications, and has published four books on planetary science. Cabrol holds the women's record for free and scuba diving at high altitude. The subject, based upon her soon to be released book, will be, "An astrobiologist's search for the origins and frontiers of Life." **RSVP**



Music in the Vineyards

The Cabaletta Quartet

Thursday, August 8, 5:30-6:30

Legion Hall, 1291 Madrone

2024 is the seventh year of Music in the Vineyards' Fellowship String Quartet Program. This year's winner, chosen by national audition, is the Cabaletta Quartet. The Cabaletta Quartet will perform a program put together specially for Rianda House attendees of works by Haydn, Beethoven, Mendelssohn and Dvořák. The quartet's presentation will be a historical travelogue of the string quartet form as it evolved in



the hands of the above-mentioned well-known composers.

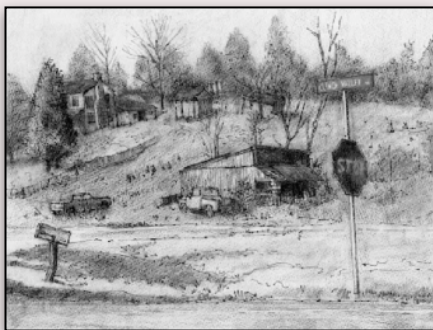
RSVP

Plein Air Art Workshop

Vincent Pagniucci

Sunday, August 18, 9:00-12:00

Pacific Union College



An art workshop using charcoal and pastels. Vincent holds a Bachelor of Fine Arts from Ringling College of Art and Design. This class is

offered by Paulin Center for the Arts and will be held at Pacific Union College on Sunday, August 18 from 9-12. **\$45 per person, all supplies included.** Payment can be made by check or online. To register, contact Becky St. Clair at paulincenter@puc.edu or Amanda at amanda@riandahouse.org or 707-963-8555, ext. 104. **RSVP**

Continuum Hospice

Maria Mann

Wednesday, August 21, 1:00-2:00

Rianda House

Continuum Hospice provides a special way of caring for people with a life limiting illness and for their loved ones. Find



the information you are looking for and resources to support your healthcare needs. Whether you are living with an illness, you are a family member supporting a loved one, a healthcare professional, or an interested volunteer, Maria Mann from Continuum Hospice can provide answers to help navigate your way. **RSVP**

Special Events

To register for special events call (707) 963-8555 x 101

National Night Out

St. Helena Police Department
Tuesday, August 6, 5:00-8:00
Lyman Park, 1498 Main St

Stop by Rianda House booth for National Night Out annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community.



Bothe State Park Hike

Kerry Brackett
Tuesday, August 13, 9:00-10:30
Bothe State Park

Hike the beautiful Redwood Trail at Bothe State Park. This is a moderate out-and-back hike with an elevation gain of 393 ft that takes approximately one and a half hours. After the hike Kerry will lead some gentle stretches. **RSVP**



Farmers Market

Amanda Cole
Fridays, 7:30-12:00, Crane Park
360 Crane Ave

The St. Helena Farmers Market provides our community with a beautiful venue to meet friends, greet neighbors, enjoy fresh produce and more! Stop by the Rianda House booth to hear more about our programs, ask questions and provide suggestions. See you there!



Visit Me Today

Ben Hill
Wednesday, August 7,
3:00-4:00pm, Calistoga Senior Apts,
611 Washington St, Calistoga
Wednesday, August 21,
1:00-2:00pm, Rosehaven, 520
Sanitarium Rd, St. Helena
Thursday, August 22
1:00-2:00 Silverado Orchards,
601 Pope St, St. Helena

Visit Me Today, is a volunteer visitation program for seniors designed to build community. Ben Hill, Director of Development for Rianda House, founded the program in 2023. **RSVP**



Intermediate/Advanced Spanish

Lorraine Ruston
Wednesdays, 3:00-4:30
Sep 4- Nov 20, Rianda House



This twelve-week course is for students who want to practice Spanish conversation

at an advanced level. Students are encouraged to practice with Duolingo, a free language study app. Vocabulary and grammar will come from Sections 4 and 5 of Duolingo. A workbook will be provided by the instructor.

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

Aspects of Spirituality

Theresa Meyer

Mondays, 3:00-4:30, (bi-weekly), August 12, 26 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. Enjoy lively conversations about how other cultures at other times in history have viewed the natural world. Please bring the book to the meeting.

Balance and Stretch

Amanda Cole & Kerry Bracket

**Mondays, 10:00-10:45, Rianda House or Zoom (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 Mondays (Rianda House or Zoom) or Thursdays (American Legion only) for balance exercises followed by a stretch for flexibility.

Brain Fitness

Providence

Wednesday, August 14 & 28, 10-11:30, 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.

Chair Yoga NEW

Kaylee Hardin

Wednesdays, 10:00-10:45, Rianda House

A great way to enjoy Yoga, especially for those experiencing injuries or mobility restrictions. Poses are performed seated or standing with a chair for stability. Chair Yoga is gentle, designed to help lengthen and strengthen the body while remaining low impact.

Dementia Family Caregiver's Support Group

Thur, Aug 1, 3-4:00, Rianda House. Thur, Aug 15, 3-4:00, Zoom

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. By the Alzheimer's Association & 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

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

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

Friday, August 2 & 16, 10:00-12:00, Rianda House

Explore topics from DNA to genealogical research to family history writing. Kelly Wheaton is 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.

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, August 5 & 19, 1:00, 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.

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

Imagery and Poetry

Dr. Lisa Hinz

Friday, August 9 & 23, 1:00, Zoom

Imagery often inspires poetry. We'll create a visual collage as the foundation for writing poetry. You'll discover talents you didn't know you have.

Jazzercise

Jennifer McClester

Tuesdays, 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.

Line Dancing- Session 4

Becky Jo Peterson

Mondays, 11:30-12:30, American Legion

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

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.

Men's Fitness

Evan Massaro

Tuesdays, 8:00-9:00, American Legion Hall Aug 27 Only

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!



Rock Steady Boxing for Parkinsons

Daniel Burkhardt

Mondays and Wednesdays, 10:00-11:30, ZOOM

Begins on Wednesday, August 7 NEW

Daniel Burkhardt Master Certified Personal Trainer, Senior Fitness Instructor and Owner of Rock Steady Boxing Greater Bay Area has a passion to help individuals with Parkinson's develop a "never quit" mindset. Through exercises and consistency, he sees his participants feel better and gain self-confidence with everyday tasks.



This 90 minute online boxing class begins with stretching and focuses on range of motion, posture, proper body mechanics, and getting the heart rate up to build dopamine naturally through exercise.

RSVP

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 Beginner/Intermediate

Lorraine Ruston

Thursdays, 1:00-2:30, Rianda House, Aug 22 - Nov 7

This twelve-week course will review beginning grammatical concepts and basic vocabulary. In addition, conversational practice will include an introduction to the past tense. Students are encouraged to practice with Duolingo, a free language study app. If possible, students should have completed Duolingo Sections 1 and 2. A workbook will be provided by the instructor. **RSVP**

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 & Qi Gong

Joseph Nase

Tuesday, August, 27, and EVERY Thursday, 9:00-10:00,

Lyman Park, 1498 Main St. No class on 8/13

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, August 14, 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, August 16, 12-1:00, 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

Becky Jo Peterson

Mondays & Thursdays, 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.



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.

Calistoga

Calistoga Loop Walk Julie Spencer, Bobbie Casey

Friday, August 16, 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. An enjoyable social event that supports your overall health. **RSVP**

Lunch & Learn COAD

Wednesday, August 21, 11-1:00, Calistoga Community Center, 1307 Washington St.

Meet Your Neighbor (MYN) -formerly known as Map Your Neighborhood- is a unique program that brings neighbors together to plan for emergencies. The program walks you and your neighbors through a process to identify your neighborhood strengths and needs and how to better prepare together for all potential hazards. **RSVP**

Tai Chi Diane Latorre

Mon, 1:15-2:00, Aug 5 ONLY, Pioneer Park, 1308 Cedar St (If too hot indoors at Calistoga Community Center)

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, Upvalley Family Center

Wednesday, Aug 7, 11:00-1:00, Pacific Union College Fireside Room, 10 Angwin Avenue

Learn the ins and outs of healthy aging with a presentation on health promotion and disease prevention. Hear about Healthy People 2030, a national initiative to promote health and well being. Learn effective approaches for every phase of aging with Rianda House's own Amanda Cole, Program Director and Tessa Lorraine, Program Manager. **RSVP**



Yoga: Stretch and Flow NEW! Kaylee Hardin

Thursdays, 11:00-12:00, Fireside Room, PUC

No Class on August 1

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**

Nature Walk John Duncan

Friday, August 9, 9:30-10:45 PUC Forest

Come join us as John Duncan, Professor of Biology at Pacific Union College guides us on a nature walk through the beautiful Pacific Union College trails. **RSVP**

Monday		Tuesday		Wednesday		Thursday		Friday	
<div><div>AUGUST</div><div><div><div>RIANDA HOUSE</div><div>1475 Main St.</div><div>(707) 963-8555</div><div>riandahouse.org</div></div><div>Red indicates new or special event.</div></div></div>		<div><div>A American Legion Hall (1291 Madrona, St Helena)</div><div>C Calistoga Community Center (1307 Washington)</div><div>CSA Calistoga Senior Apartments (611 Washington St)</div><div>H Hybrid (in-person at Rianda + Zoom option)</div><div>L Lyman Park (1498 Main Street, St. Helena)</div><div>P Presbyterian Church (1428 Spring St. St. Helena)</div><div>PUC Pacific Union College</div><div>R Rianda House (1475 Main St, St. Helena)</div><div>S Silverado Orchards (601 Pope St, St. Helena)</div><div>Z ZOOM</div><div>* Check description for location</div></div>		<div><div>P 7:30 Strength Training</div><div>R 8:30 Gents & A Cuppa Joe</div><div>L 9:00 Tai Chi & Qi Gong</div><div>A 9:30 Zumba Gold</div><div>A 10:40 Chair Aerobics</div><div>A 11:15 Balance and Stretch</div><div>R 1:00 Needlers' Club</div><div>R 3:00 Dementia Caregiver Support</div><div>*No Yoga at PUC</div></div>		<div><div>1</div><div>2</div><div>* 7:30 Farmers Market</div><div>R 10:00 Bridge for Beginners</div><div>R 10:00 Genealogy</div><div>R 1:00 Mah Jongg</div><div>R 1:00 Canasta</div></div>			
<div><div>5</div><div>R 9:30 French Club</div><div>A 9:30 Zumba Gold</div><div>H 10:00 Balance and Stretch</div><div>A 11:30 Line Dancing</div><div>R 12:30 Duplicate Bridge</div><div>R 1:00 Heart of the Matter</div><div>C 1:15 Tai Chi</div></div>		<div><div>6</div><div>P 7:30 Strength Training</div><div>R 9:00 ESL</div><div>R 9:30 Ladies & A Cuppa Tea</div><div>A 9:30 Jazzercise</div><div>R 10:30 Amistad y Apoyo</div><div>A 11:15 Yoga Stretch and Flow</div><div>R 3:00 Readers' Theatre</div><div>L 5:00 National Night Out</div></div>		<div><div>7</div><div>R 9:00 Sound Bowl Meditation</div><div>R 10:00 Chair Yoga</div><div>Z 10:00 Rock Steady for Parkinsons</div><div>PUC 11:00 Lunch and Learn</div><div>R 1:00 Music with Ric</div><div>CSA 3:00 Visit Me Today</div></div>		<div><div>8</div><div>P 7:30 Strength Training</div><div>R 8:30 Gents & A Cuppa Joe</div><div>L 9:00 Tai Chi & Qi Gong</div><div>A 9:30 Zumba Gold</div><div>A 10:40 Chair Aerobics</div><div>PUC 11:00 Yoga Stretch and Flow</div><div>A 11:15 Balance and Stretch</div><div>R 1:00 Needlers' Club</div><div>A 5:30 Music in the Vineyards</div></div>		<div><div>9</div><div>* 7:30 Farmers Market</div><div>PUC 9:30 Nature Walk</div><div>R 10:00 Bridge for Beginners</div><div>R 1:00 Mah Jongg</div><div>R 1:00 Canasta</div><div>Z 1:00 Imagery and Poetry</div><div>R 4:00 St. Helena Forum: We Are Alone in the Universe</div></div>	
<div><div>12</div><div>R 9:30 French Club</div><div>A 9:30 Zumba Gold</div><div>H 10:00 Balance and Stretch</div><div>Z 10:00 Rock Steady for Parkinsons</div><div>A 11:30 Line Dancing</div><div>R 12:30 Duplicate Bridge</div><div>Z 3:00 Aspects of Spirituality</div></div>		<div><div>13</div><div>P 7:30 Strength Training</div><div>R 9:00 ESL</div><div>* 9:00 Bothe State Park Hike</div><div>R 9:30 Ladies & A Cuppa Tea</div><div>A 9:30 Jazzercise</div><div>A 10:30 Amistad y Apoyo</div><div>A 11:15 Yoga Stretch and Flow</div><div>R 3:00 Readers' Theatre</div></div>		<div><div>14</div><div>R 9:00 Sound Bowl Meditation</div><div>R 10:00 Chair Yoga</div><div>Z 10:00 Rock Steady for Parkinsons</div><div>R 10:00 Brain Fitness</div><div>R 1:00 Music with Ric</div><div>R 2:30 Tech Today</div></div>		<div><div>15</div><div>P 7:30 Strength Training</div><div>R 8:30 Gents & A Cuppa Joe</div><div>L 9:00 Tai Chi & Qi Gong</div><div>A 9:30 Zumba Gold</div><div>A 10:40 Chair Aerobics</div><div>PUC 11:00 Yoga Stretch and Flow</div><div>A 11:15 Balance and Stretch</div><div>R 1:00 Needlers' Club</div><div>Z 3:00 Dementia Caregiver Support</div></div>		<div><div>16</div><div>* 7:30 Farmers Market</div><div>C 8:45 Calistoga Loop Walk</div><div>R 10:00 Bridge for Beginners</div><div>R 10:00 Genealogy</div><div>R 12:00 Victim Services</div><div>R 1:00 Canasta</div><div>R 1:00 Mah Jongg</div><div>Sunday, August 18 PUC 9:00 Plein Air Art Workshop</div></div>	
<div><div>19</div><div>R 9:30 French Club</div><div>A 9:30 Zumba Gold</div><div>H 10:00 Balance and Stretch</div><div>Z 10:00 Rock Steady for Parkinsons</div><div>A 11:30 Line Dancing</div><div>R 12:30 Duplicate Bridge</div><div>R 1:00 Heart of the Matter</div></div>		<div><div>20</div><div>P 7:30 Strength Training</div><div>R 9:00 ESL</div><div>L 9:00 Tai Chi & Qi Gong</div><div>R 9:30 Ladies & A Cuppa Tea</div><div>A 9:30 Jazzercise</div><div>R 10:30 Amistad y Apoyo</div><div>A 11:15 Yoga Stretch and Flow</div><div>R 3:00 Readers' Theatre</div></div>		<div><div>21</div><div>R 9:00 Sound Bowl Meditation</div><div>R 10:00 Chair Yoga</div><div>Z 10:00 Rock Steady for Parkinsons</div><div>C 11:00 Lunch and Learn</div><div>* 1:00 Visit Me Today</div><div>R 1:00 Music with Ric</div><div>R 1:00 Continuum Hospice</div></div>		<div><div>22</div><div>R 7:30 Strength Training</div><div>R 8:30 Gents & A Cuppa Joe</div><div>L 9:00 Tai Chi & Qi Gong</div><div>A 9:30 Zumba Gold</div><div>A 10:40 Chair Aerobics</div><div>PUC 11:00 Yoga Stretch and Flow</div><div>A 11:15 Balance and Stretch</div><div>R 1:00 Needlers' Club</div><div>R 1:00 Begin/Intermediate Spanish</div><div>* 1:00 Visit Me Today</div></div>		<div><div>23</div><div>* 7:30 Farmers Market</div><div>R 10:00 Bridge for Beginners</div><div>R 1:00 Canasta</div><div>R 1:00 Mah Jongg</div><div>Z 1:00 Imagery and Poetry</div></div>	
<div><div>26</div><div>R 9:30 French Club</div><div>A 9:30 Zumba Gold</div><div>H 10:00 Balance and Stretch</div><div>Z 10:00 Rock Steady for Parkinsons</div><div>A 11:30 Line Dancing</div><div>R 12:30 Duplicate Bridge</div><div>Z 3:00 Aspects of Spirituality</div></div>		<div><div>27</div><div>P 7:30 Strength Training</div><div>A 8:00 Men's Fitness</div><div>R 9:00 ESL</div><div>L 9:00 Tai Chi & Qi Gong</div><div>R 9:30 Ladies & A Cuppa Tea</div><div>A 9:30 Jazzercise</div><div>R 10:30 Amistad y Apoyo</div><div>A 11:15 Yoga Stretch and Flow</div><div>R 3:00 Readers' Theatre</div></div>		<div><div>28</div><div>R 9:00 Sound Bowl Meditation</div><div>R 10:00 Chair Yoga</div><div>Z 10:00 Rock Steady for Parkinsons</div><div>R 10:00 Brain Fitness</div><div>R 1:00 Music with Ric</div></div>		<div><div>29</div><div>P 7:30 Strength Training</div><div>R 8:30 Gents & A Cuppa Joe</div><div>L 9:00 Tai Chi & Qi Gong</div><div>A 9:30 Zumba Gold</div><div>A 10:40 Chair Aerobics</div><div>PUC 11:00 Yoga Stretch and Flow</div><div>A 11:15 Balance and Stretch</div><div>R 1:00 Needlers' Club</div><div>R 1:00 Begin/Intermediate Spanish</div></div>		<div><div>30</div><div>* 7:30 Farmers Market</div><div>R 10:00 Bridge for Beginners</div><div>R 1:00 Canasta</div><div>R 1:00 Mah Jongg</div><div></div></div>	

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