

# RIANDA HOUSE

increasing life expectations



**Better Together**





# Our Way

In our 35 years of marriage, I can only think of three times when Julie and I dug in and went to battle. I'm not talking about a little disagreement, I mean all-out war. One blow-up came on Halloween.



When the kids were little, I pastored a conservative church. Some of the members thought Halloween was a celebration of the Devil and that any Christian worth his salt would have nothing to do with it.

I wasn't sure about that. What I did know is that if my kids went trick-or-treating, it could create a controversy. I would rather go

toe-to-toe with the Devil himself than referee a church squabble.

For Julie, Halloween was a treasured memory of playing dress-up and being part of her neighborhood—plus candy! She thought we would be robbing our kids of a precious piece of their childhood not to let them go.

We sat at the dining table, going back and forth, arguing our side with escalating ferocity. Finally I shouted,

"Our children WILL NOT go trick-or-treating!"

"FINE!" She shouted back, displaying the full fire of her Italian heritage.

I had won. But as the smoke cleared it was obvious that my victory was hollow. I saw the resentment on her face and felt a wall between us. We sat back down at the table.

"This is no good," I said. "It can't be *my way* or *your way*. We have to work at this until we find *our way*."

They went trick-or-treating.

If you think that means Julie won, you are wrong. WE won. When I stopped trying to defend my position and really listened, I saw that my adamancy was rooted in fear, not the welfare of my family.

In the tension leading up to the election this November, my hope for our nation is that we can find *our way*. It's also why it means so much to me that Rianda House is a place of common ground, where people of all kinds come together and celebrate *our way*.



## 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 : 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

Kathy Carrick, Strength Training Instructor

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

## When did you get involved with Rianda House?

It must have been 2007 or 2008 when (former mayor) Greta Ericson called me and said she was calling a meeting of interested people – there were about 10 of us – and explained she had talked her friend, Mrs. Rianda, into leaving this property as a senior center. She wanted us to form the first board of directors. I was on the Rianda House board for six years as we developed the house, hired a director and got started.

## How did your strength training class become part of Rianda House?

I was doing an exercise class for years through Napa College and when I retired in 2010, my class said, “you can’t just drop us,” so I went and talked to (then Director) Julie Spencer and said I’d do the class for Rianda House.

## What brought you to Napa Valley?

The City Recreation Director job. I had a teaching degree in PE and art and had gone to Europe traveling for a year and a half and when I got back to the Bay Area, there were no teaching jobs. So I went back to San Francisco State to see what I could do with my degrees and stumbled across the recreation department. I enrolled in the rec program, got my BS degree, and then my Master’s. I started looking for jobs during the winter of 1979, and came across St. Helena. At first I didn’t get the job, but the first person they initially hired came up and decided he couldn’t afford to live here. The salary was \$12,000 a year. I renegotiated that salary really quickly and eventually took the job.

## How would you describe the changes you’ve seen in St. Helena over the years?



Pretty remarkable. There are things I’m very happy to see have changed, but I do think we’ve lost some of our charm. When I came



here in 1980, vineyard owners were farmers and it was just a farm town. There wasn’t any of this hype yet. One of the good changes was when the Roasting Company came to town and you could finally get a decent cup of coffee. When the dry cleaners closed down in that building and they said they were going to have an espresso café, I said “Oh, I’ve died and gone to heaven.”

## What do you know now that you wish you knew when you were 20?

I wished I knew to follow my heart and not consider what other people may think or do because of the direction I’m going. At 20, I was still living with my parents in San Francisco and it was hard to go my own direction. That was during the Vietnam war and I was on one side and my parents were on the other.

## What were your best and worst jobs?

I had a lot of jobs working my way through college. I was a telephone operator at night working the switchboard for all the big hotels. I’d get men calling home and they were lonely and they’d want to talk, meanwhile your supervisor was listening at the other end of the switchboard. So that was not a really terrific job. My best job was being here.

## What’s always in your fridge?

There’s always sweet vermouth and dry vermouth; I keep my cocktail supplies in the fridge. There’s always cheese. I pretty much like to eat everything except red meat. Whatever’s put in front of me is my favorite at the time.

## Thoughts on Rianda House?

I think Rianda House is doing a spectacular job. I couldn’t have foreseen it to be such a resounding success.

## If you were an animal, which would it be?

My favorite animal is the elephant, so I’d want to be an elephant. I think they’re noble, smart and loving.

Interview by Susan McWilliams



# Special Events

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

## Hike Bothe

Kerry Brackett

**Tuesday, October 8, 9-10:30**  
**Bothe State Park**

Come 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**



## Veronica Beard Gives Back

**Saturday, October 12, 12:00-2:00**  
**1234 Adams St, St Helena**

Pam McCullagh, Robin McGuire, Tessa Lorraine, and Amanda Cole invite you to a special event benefiting Rianda House. Enjoy shopping and a glass of wine, as Veronica Beard will generously donate 15% of the proceeds to Rianda House. **RSVP**



## Breathe It Away

Ray Chandra

**Monday, October 14 & 28**  
**1:00-2:00, American Legion Hall**

Learn conscious breathing techniques that can enhance your physical, mental, and emotional well-being. Potential benefits include reduced stress, anxiety, and tension, boosted immunity, increased focus, clarity, and more. Join Ray for this relaxing and beneficial class.

**RSVP**



## Paint and Sip

Pam McCullagh

**Tuesday, October 15, 4:00-7:00**  
**Rianda House**

Enjoy a relaxing evening of creativity as you sip a glass of wine and create your own simple acrylic abstract. All materials, including stencils, brushes, and paints, will be provided to help you craft a unique design. Space is limited, so be sure to reserve your spot early! **RSVP**



## Author Presentation

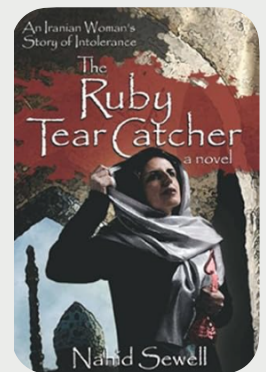
**Risking Homeland to Write a Book**

Nahid Sewell

**Friday, October 18, 4:30-6:00**  
**Rianda House**

Join Nahid Sewell, former St. Helena resident, award-winning author and speaker as she shares a heart-warming discussion of her novel, "The Ruby Tear Catcher". Nahid paints a poignant portrait of joy and sadness unveiling raw human emotions during the Islamic Revolution in Iran in the '70s and '80s. A prolific writer and speaker, Nahid is the author of four nonfiction books, hundreds of articles, and has served as a columnist for two magazines. A limited number of signed books will be available onsite for \$15. <http://www.therubytearcatcher.com>

**RSVP**





# Special Events

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



## HICAP Medicare Choices and Changes

Michael Thompson

**Monday, October 21, 2:30-4:00**

**Rianda House**



HICAP (Health Insurance Counseling & Advocacy Program) is a free service to Medicare beneficiaries. Get educated so you can make informed choices, learn which Part D premiums & formularies are changing,

understand Advantage Plan changes and pay less for your medications. HICAP is dedicated to making Medicare's program work well for all beneficiaries. Learn more at; <https://cahealthadvocates.org/hicap/>. **RSVP**



Call HICAP: 1-800-434-0222

HICAP offices are located throughout California.

Schedule an appointment to see a counselor at your local HICAP office. If you are homebound, a HICAP counselor can come see you in your home.

## Fall Soup and Salad

Mariano Orlando

**Wednesday, October 23, 4:00-7:00**

**Rianda House**

Discover the authentic taste of Italy at Rianda House! In this engaging session, private Chef Mariano Orlando will teach you how to make Tuscan Ribollita Soup and Panzanella Salad. Ideal for novice cooks and seasoned food enthusiasts, this will certainly bring the fall flavors of Tuscany into your kitchen!

Maximum of 10. **RSVP**



## Artist Reception

Linda Benton

**Thursday, October 24, 4:00-5:30**

**Rianda House**

Linda Benton is a local St. Helenan and retired teacher of 34 years. She is fascinated by the ever-



evolving beauty and mystery of the natural world, especially skies, trees and water.

The dynamic play of lights and darks, and the wonderfully rich colors of nature captivate and

inspire her. Please join us for an Artist Reception that will include wine and refreshments. **RSVP**

## Financial Wellness Seminars

Doug Allen, MBA

Financial Services Professional, New York Life  
**Wednesdays, October 2, 9, 16 & 23, 11:00-12:00**  
**Boys and Girls Club, (1401 N Oak St. Calistoga)**

A four-part seminar series covering key financial topics for today's retirees. Learn about...

- **Estate planning: mistakes & solutions (10/2)**
- **Updates on the Secure Act 2.0 (10/9)**
- **The state of long-term care insurance (10/16)**
- **Strategies for generating retirement income (10/23)**

Each seminar will be hosted by Calistoga resident and financial professional Douglas Allan, along with invited subject matter experts. Light refreshments will be provided. **RSVP**





# Special Events

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



## Meditation for Mental Health

Vinit Tare

**Saturday, October 26 , 11:15-1:00**

**Rianda House**

This session introduces simple yet effective practices to boost mental health and enhance clarity, joy, and well-being. You'll learn *Nadi Shuddhi*, a yogic technique for balancing energy and improving psychological well-being, and *Isha Kriya*, a 12-18 minute guided meditation that you can practice anywhere to bring clarity and joy to your life. **RSVP**



## Yoga for Success

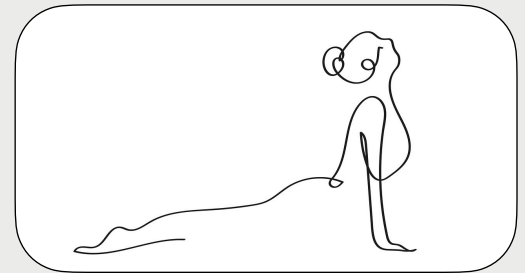
Bianca Erghelegiu

**Saturday, October 26 , 10:00-11:15**

**Rianda House**

Success in life largely depends on how effectively you can use your mind and body. These sessions provide simple yet powerful yoga postures designed to bring stability and balance. No prior yoga experience needed. The practices include Simple Neck Practices that boost alertness, memory, and reduce lethargy, Yoga Namaskar, a comprehensive routine that strengthens and protects the spine as you age.

**RSVP**



## White Sulphur Springs Walk

Brad Skibbins

**Friday, October 25, 2:00-3:30**

**Rianda House**

Follow the bubbling creek through the woods and up White Sulphur Springs Road in St Helena. We walk on the paved county road past historic sites under silent redwoods. The pace is a leisurely 2 miles. Meet at Rianda House or call for a specific location. There is plenty of parking on Sylvaner Ave.

**RSVP**



## Visit Me Today

Ben Hill

**Wednesday, October 16**

1:00-2:00, Rosehaven,  
520 Sanitarium Rd, St. Helena

**Tuesday, October 22,**

2:00-3:00 Woodbridge Village,  
727 Hunt Ave., St. Helena.

**(NEW LOCATION)**

**Thursday, October 24,**

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 which includes sing-a-longs, poetry and storytelling.

**RSVP**

## Halloween Happy Hour

Tessa Lorraine

**Thursday, October 31, 4:00-6:00**

**Rianda House**

Treat yourself to a social happy hour at Rianda House. It would be sweet if you joined us. No tricks. Just treats! **RSVP**



# Special Events

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

## Farmers Market

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



## Harvest Festival

St. Helena Parks & Recreation  
Saturday, October 19, 10:00-4:00  
Rianda House

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!



Rianda House will be at the Festival. Come say hello! The Hometown Harvest Festival is St. Helena's most-beloved Fall event for the young and old held on the 3rd Saturday in October each year. The Hometown Harvest Festival features live music, wine and beer, a food alley, kids zone, and an array of arts and crafts vendors. Activities will include the 5k & Community Fun Run, Pet PAWrade, and Hometown Harvest Festival Street Fair.

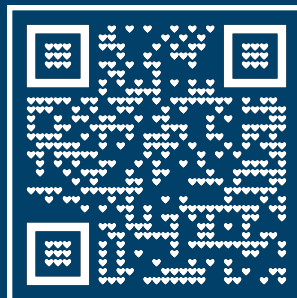


# Thank-You, Monthly Supporters!

Consider making a monthly donation that fits your budget.

Even small monthly donations provide Rianda House with consistent cash flow and make a big difference over the course of a year.

To become a monthly supporter, scan the QR code below or go to <https://riandahouse.org/support> and choose "monthly"  
THANK YOU



Joyce Armington  
Adria Bini Bini  
Stephanie Gamble  
Nancy Gilmore  
Kimberlee Jeanes  
Sally Kimsey  
Julie Robertson  
Susan Sandler  
Chandler Smith  
Helen Yost

*Rianda House events and activities are all no-cost, thanks to your faithful support.*





# 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.

## Balance and Stretch

Amanda Cole & Kerry Brackett

**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.

## 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**

Enjoy a fun, energetic 30-minute class that exercises the entire body while seated in a chair, all set to upbeat music! No experience needed.

## Chair Yoga

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, Oct. 3, 3-4:00, Rianda House. Thur, Oct. 17, 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](mailto: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**

Share personal experiences and cultural history through conversational French by; reading aloud, translating, discussing French literature, current topics and much more! Some knowledge of French is necessary, skills vary.

## Genealogy

Kelly Wheaton

**Friday, Oct. 4 & 18, 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](http://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, Oct. 7 & 21, 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.

## Imagery and Poetry

Dr. Lisa Hinz

**Friday, Oct. 18 & 25, 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.



# 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

## Line Dancing

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 and drop-ins 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.

## Master Minds **NEW**

Verona Ladd

**Wednesdays, Oct 2 - Nov 6, 10:00-11:30, Rianda House**

As we age, our memory functions change, and our ability to absorb information slows down. This new Brain Health & Wellness Program is a 6-week course designed to help participants understand memory, learn strategies to improve it, and develop practical skills for daily use. **RSVP**

## Men's Fitness

Evan Massaro

**Tuesdays, 8:00-9:00, American Legion Hall (no class 10/1 & 10/8)**

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 1930s to the 1960s, 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 and helpful environment. Some materials are available. All levels are welcome.

## Readers' Theatre Group

Cheryl Fiedler

**Tuesdays, 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**

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

## Page Turner Book Club

Dianne Frazier

**Tuesday, Oct. 8, 7:00-9:00pm, Rianda House**

A passion for reading brings our book club members together to explore a variety of genres and engage in meaningful discussions.

## 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 reviews beginning grammatical concepts and basic vocabulary. Conversational practice includes an introduction to past tense. Students practice with Duolingo, a free language study app. Students should have completed Duolingo Sections 1 and 2. **RSVP**

## Spanish Intermediate/Advanced

Lorraine Ruston

**Wednesdays, 3:00-4:30, Rianda House**

**September 4 - November 20**

You will practice Spanish conversation at an advanced level in this twelve-week course. Students are encouraged to use Duolingo, a free language study app. Vocabulary and grammar come from Sections 4 and 5 of Duolingo.

## 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

**Tai Chi: Tuesdays, October 1 & 8, 9:00-10:00, Lyman Park**

**Tai Chi & Qi Gong: 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, Oct, 9, 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, Oct. 18, 12-1:00, by appointment, 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.



Like us on Facebook!



*If you would like to be removed from our mailing list please call 707-963-8555 x101*

## 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, Oct. 18, 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 Rianda House, UVFC, Calistoga Parks & Rec.

**Wednesday, Oct. 16, 11-1:00, Calistoga Community Center, 1307 Washington St.**

Lunch and Learn is a monthly meeting for older adults focused on enhancing community connections and providing informational resources. A guest speaker will present and provide education on a different topic. Free lunch is provided for all participants. **RSVP**

### Tai Chi Diane Latorre

**Saturday, Oct. 5 & 19, 9-9:45, Pioneer Park, 1308 Cedar St (if too hot go 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

**Wed, Oct. 2, 11:00-1:00, Pacific Union College Fireside Room, 10 Angwin Avenue**

Providence Community Health Napa Valley will present brain teasers and mental acrobatics, in the style of Jeopardy!, as well as an explanation of the Home and Community Care Model available to seniors throughout Napa County. Have fun, win a prize, and learn something new. **RSVP and bring a friend!**



### Nature Walk John Duncan

**Friday, Oct. 11, 2:00-3:30, 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**

### Stretch and Flow 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**

**OCTOBER**

**RIANDA HOUSE**  
1475 Main St.  
(707) 963-8555  
[riandahouse.org](http://riandahouse.org)

Please register for events in red

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**1**  
P 7:30 Strength Training  
R 9:00 ESL  
L 9:00 Tai Chi  
R 9:30 Ladies & A Cuppa Tea  
A 9:30 Jazzercise  
R 10:30 Amistad y Apoyo  
A 11:15 Stretch and Flow  
R 3:00 Readers' Theatre

**2**  
R 9:00 Sound Bowl Meditation  
R 10:00 Chair Yoga  
Z 10:00 Rock Steady for Parkinsons  
R 10:00 Master Minds  
PUC 11:00 Lunch and Learn  
\* 11:00 Estate Planning: Mistakes, Solutions & Strategies  
R 1:00 Music with Ric  
R 3:00 Int/Advanced Spanish

**3**  
R 7:30 Strength Training  
R 8:30 Gents & A Cuppa Joe  
L 9:00 Tai Chi & Qi Gong  
A 9:30 Zumba Gold  
A 10:40 Chair Aerobics  
PUC 11:00 Stretch and Flow  
A 11:15 Balance and Stretch  
R 1:00 Needlers Club  
R 1:00 Beginner/Int Spanish  
R 3:00 Dementia Caregiver Support

**4**  
R 10:00 Bridge for Beginners  
R 10:00 Genealogy  
R 1:00 Mah Jongg  
R 1:00 Canasta

**Saturday, Oct 5**  
C 9:00 Tai Chi

**7**  
R 9:30 French Club  
A 9:30 Zumba Gold  
H 10:00 Balance and Stretch  
Z 10:00 Rock Steady for Parkinsons  
A 11:30 Line Dancing  
R 12:30 Duplicate Bridge  
R 1:00 Heart of the Matter

**8**  
R 7:30 Strength Training  
\* 9:00 Bothe State Park Hike  
L 9:00 Tai Chi  
R 9:00 ESL  
R 9:30 Ladies & A Cuppa Tea  
A 9:30 Jazzercise  
R 10:30 Amistad y Apoyo  
A 11:15 Stretch and Flow  
R 3:00 Readers' Theatre  
R 7:00 Page Turner Book Club

**9**  
R 9:00 Sound Bowl Meditation  
R 10:00 Chair Yoga  
Z 10:00 Rock Steady for Parkinsons  
R 10:00 Master Minds  
\* 11:00 Secure Act 2.0  
R 1:00 Music with Ric  
R 2:30 Tech Today  
R 3:00 Int/Advanced Spanish

**10**  
R 7:30 Strength Training  
R 8:30 Gents & A Cuppa Joe  
L 9:00 Tai Chi & Qi Gong  
A 9:30 Zumba Gold  
R 10:00 Covid & Flu Vaccination  
A 10:40 Chair Aerobics  
PUC 11:00 Stretch and Flow  
A 11:15 Balance and Stretch  
R 1:00 Needlers Club  
R 1:00 Beginner/Int Spanish

**11**  
\* 7:30 Farmers Market  
R 10:00 Bridge for Beginners  
R 1:00 Mah Jongg  
R 1:00 Canasta  
PUC 2:00 Nature Walk

**Saturday, Oct 12**  
\* 12:00 Veronica Beard Gives Back

**14**  
R 9:30 French Club  
A 9:30 Zumba Gold  
H 10:00 Balance and Stretch  
Z 10:00 Rock Steady for Parkinsons  
A 11:30 Line Dancing  
R 12:30 Duplicate Bridge  
A 1:00 Breathe it Away

**15**  
P 7:30 Strength Training  
A 8:00 Mens Fitness  
R 9:00 ESL  
R 9:30 Ladies & A Cuppa Tea  
A 9:30 Jazzercise  
R 10:30 Amistad y Apoyo  
A 11:15 Stretch and Flow  
R 3:00 Readers' Theatre  
R 4:00 Paint and Sip

**16**  
R 9:00 Sound Bowl Meditation  
R 10:00 Chair Yoga  
Z 10:00 Rock Steady for Parkinsons  
R 10:00 Master Minds  
C 11:00 Lunch and Learn  
\* 11:00 State of Long-Term Care  
\* 1:00 Visit Me Today  
R 1:00 Music with Ric  
R 3:00 Int/Advanced Spanish

**17**  
R 7:30 Strength Training  
R 8:30 Gents & A Cuppa Joe  
L 9:00 Tai Chi & Qi Gong  
A 9:30 Zumba Gold  
A 10:40 Chair Aerobics  
PUC 11:00 Stretch and Flow  
A 11:15 Balance and Stretch  
R 1:00 Needlers Club  
R 1:00 Beginner/Int Spanish  
Z 3:00 Dementia Caregiver Support

**18**  
R 8:45 Calistoga Loop Walk  
R 10:00 Bridge for Beginners  
R 10:00 Genealogy  
R 12:00 Victim Services  
R 1:00 Mah Jongg  
R 1:00 Canasta  
Z 1:00 Imagery and Poetry  
R 4:00 Author Presentation

**Saturday, Oct 19**  
C 9:00 Tai Chi  
\* 10:00 Harvest Festival

**21**  
R 9:30 French Club  
A 9:30 Zumba Gold  
H 10:00 Balance and Stretch  
Z 10:00 Rock Steady for Parkinsons  
A 11:30 Line Dancing  
R 12:30 Duplicate Bridge  
R 1:00 Heart of the Matter  
R 2:30 HICAP: Choices and Changes

**22**  
P 7:30 Strength Training  
A 8:00 Mens Fitness  
R 9:00 ESL  
R 9:30 Ladies & A Cuppa Tea  
A 9:30 Jazzercise  
R 10:30 Amistad y Apoyo  
A 11:15 Stretch and Flow  
\* 2:00 Visit Me Today  
R 3:00 Readers' Theatre

**23**  
R 9:00 Sound Bowl Meditation  
R 10:00 Chair Yoga  
Z 10:00 Rock Steady for Parkinsons  
R 10:00 Master Minds  
\* 11:00 Generate Retirement Income  
R 1:00 Music with Ric  
R 3:00 Int/Advanced Spanish  
R 4:00 Fall Soup and Salad with Mariano Orlando

**24**  
R 7:30 Strength Training  
R 8:30 Gents & A Cuppa Joe  
A 9:30 Zumba Gold  
A 10:40 Chair Aerobics  
PUC 11:00 Stretch and Flow  
A 11:15 Balance and Stretch  
R 1:00 Needlers Club  
S 1:00 Visit Me Today  
R 1:00 Beginner/Int Spanish  
R 4:00 Artist Reception

**25**  
R 10:00 Bridge for Beginners  
R 1:00 Mah Jongg  
R 1:00 Canasta  
Z 1:00 Imagery and Poetry  
\* 2:00 White Sulphur Spr. Walk

**Saturday, Oct 26**  
R 10:00 Yoga  
R 11:15 Meditation

**A American Legion**  
**C Calistoga Community Ctr**  
**CSA Calistoga Sr Apartments**  
**H Hybrid**  
**L Lyman Park**  
**P Presbyterian Church**  
**PUC Pacific Union College**  
**R Rianda House**  
**S Silverado Orchards**  
**Z ZOOM**  
**\* Check description**

**28**  
R 9:30 French Club  
A 9:30 Zumba Gold  
H 10:00 Balance and Stretch  
Z 10:00 Rock Steady for Parkinsons  
A 11:30 Line Dancing  
R 12:30 Duplicate Bridge  
L 1:00 Breathe it Away

**29**  
P 7:30 Strength Training  
A 8:00 Mens Fitness  
R 9:00 ESL  
R 9:30 Ladies & A Cuppa Tea  
A 9:30 Jazzercise  
R 10:30 Amistad y Apoyo  
A 11:15 Stretch and Flow  
R 3:00 Readers' Theatre

**30**  
R 9:00 Sound Bowl Meditation  
R 10:00 Chair Yoga  
Z 10:00 Rock Steady for Parkinsons  
R 10:00 Master Minds  
R 1:00 Music with Ric  
R 3:00 Int/Advanced Spanish  
R 3:00 How I See Music

**31**  
P 7:30 Strength Training  
R 8:30 Gents & A Cuppa Joe  
A 9:30 Zumba Gold  
A 10:40 Chair Aerobics  
PUC 11:00 Stretch and Flow  
A 11:15 Balance and Stretch  
R 1:00 Needlers Club  
R 1:00 Beginner/Int Spanish  
R 4:00 Halloween Happy Hour



# RIANDA HOUSE

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## COVID & Flu Vaccination St. Helena Hospital Foundation

Thursday, October 10, 10:00-12:00  
Rianda House

Get your winter shots free and in the comfort of Rianda House. Brought to you by Adventist Health and the St. Helena Hospital Foundation.

**Please register for this event**  
**(707) 963-8555 x 101**



## How I See Music by Festival Napa Valley

Wednesday October 30, 3:00-4:30  
Rianda House

Be part of a community art project that explores music and creative expression. This hands-on workshop includes a deep listening to a recording the Butterfly Lovers' Violin Concerto, inspiring attendees to paint what they hear in real time and create original artwork that will be featured onstage during a live performance during Festival Napa Valley's 2025 Summer Season. **RSVP**

