

# RIANDA HOUSE

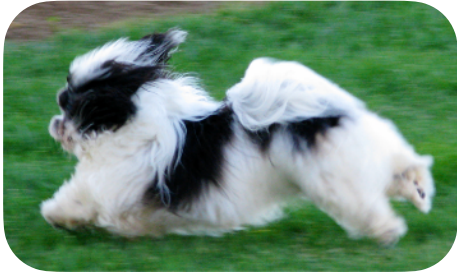
increasing life expectations

## Gratitude

Happy  
Thanksgiving!

A person is standing on a beach at sunset, holding a rope that is attached to a large, red, heart-shaped balloon. The balloon is inflated and floats in the sky. The sky is filled with soft, orange and yellow clouds, and the sun is low on the horizon, creating a warm, golden glow. The person is silhouetted against the bright light of the sunset.

# Puppy Love



When Julie and I lived in the Central Valley, we bred and showed Havanese dogs. The absurdities of the show world are well captured in the movie, *Best of Show*. It was a bit much for us. We had to stop.

One thing I miss, though: opening the bedroom door in the morning and hearing the sound



of puppy feet clicking on the wood floor as they rushed down the hall to greet me. What a way to start the day!

If they had hats, they would throw them in the air. If they had rose petals, they would cast them at my feet. If they had a brass band, it would play *Hail to the Chief*.

As it was, they only had wiggly little bodies that couldn't contain the flood of joy my presence unleashed in them.

They spun in circles and bounced up and down, tails wagging, tongues flapping, straining to get a lick of me.



It isn't the same when I enter the coffee shop later in the morning. The barista smiles pleasantly but there are no hats in the air. No rose petals. No brass band.

I don't judge her. I, too, fail to celebrate the wonder of other human beings with appropriate enthusiasm.

When puppies get older, we train them. If we had had any sense we would let them train us.

*Maury*



## Welcome to Rianda House!

*On the House* is the monthly newsletter of Rianda House. We welcome ideas and submissions. Email [robin@riandahouse.org](mailto:robin@riandahouse.org).

Rianda House is open Monday through Friday from 9:00 - 5:00. We offer a full slate of activities and services. We hope to meet you soon!

## Our Mission

We increase life expectations by providing programs and activities that help older adults remain **strong** in mind, body, and spirit, **connected** in meaningful relationships, and **giving** from the abundance of their lives.

In this way, we make elderhood life's best chapter.

## RIANDA HOUSE TEAM

Executive Director : Maury Robertson Development : 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

Amanda Cole, Program Director

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



## What brought you to Rianda House?

I was working as a Wellness Coordinator in Marin and pursuing my master's in public health. One of my projects involved helping older adults and people with disabilities access resources that could improve their overall

health and wellness. Staying

active and exercising is so important, and I became passionate about creating programs for that.

When I saw the job opening at Rianda House, I noticed there weren't many exercise and wellness programs. After meeting with Maury and the staff, I felt comfortable with everyone and knew it would be a great place to work. I've now been here for over two years.

## What do people not know about you?

Health and wellness is my passion. I've been a certified personal trainer for 14 years and run a small training business. I also hold a bachelor's degree in nutrition and a master's in public health. I love being involved in the community. I also love traveling and going to concerts, but as much as I like staying busy and being around others, I also enjoy my solitude. I often take trips to the mountains for a few days by myself—though I'm never entirely alone, as my two dogs, Hans and Wanda, always come along!



Hans and Wanda

## What have been your best and worst jobs?

I initially went to school to become a dietitian and worked in a hospital's diet office. That was easily the worst job. It was disturbing to see what sick people were being fed—nothing was fresh. How can we expect people to get well if they aren't eating well? It's so important, and yet, hospitals haven't caught up. I couldn't stand being part of that system, so I left.

As for my best job? I truly love working here at Rianda House. There's so much flexibility and variety in my role, and I'm incredibly thankful for that. There's always something happening, and I feel lucky to work with such a great team.

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

I'm fascinated by wild animals—coyotes, bears, wolves. They're all such beautiful survivalists, and I admire them.

## What are some of your favorite foods?

It's no secret around Rianda House that I bring a ton of food with me each week. I love to eat, and I love to cook! I hate being hungry, and Robin often sneaks into my Tupperware to steal my food. I prefer fresh, quality ingredients, and I'm a big meat eater—my favorite is duck. If you're ever at the Farmers Market, you must try Woodlands Charcuterie. My fridge is always stocked with meat and vegetables. This year, I grew my own garden for the first time with tomatoes, squash, zucchini, peppers, and more!

## Are you a traveler?

I absolutely love to travel. I've been to South America a few times—Argentina, Peru to hike Machu Picchu—and I've also visited France, Italy, the Netherlands, Canada, and Mexico. My favorite trip was hiking Machu Picchu. It was literally

brehtaking, especially at the summit. The view was the most stunning I've ever seen, and it took nearly a week to hike, making it all the more rewarding.

## What would you like to see at Rianda House?

There are so many exciting ideas in the works. Now that we're adequately staffed, I'd love to explore extending our hours and offering more classes throughout the day. I think we're at an exciting point of growth, and there's so much potential for new activities.

Interview by Susan McWilliams

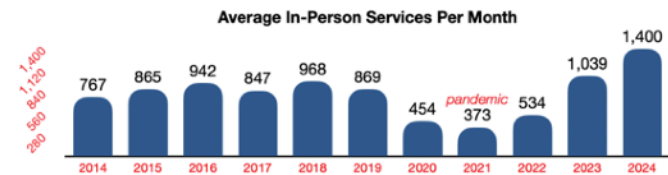
# Keep Rianda Going Strong!

Join the stream of sustaining support

by Maury Robertson

The moment I walked through the door, Rianda House won my heart. I have never been in such a warm and welcoming place, so affirming of older adults.

I saw immediately that my task was not to change anything, but to spread the magic of Rianda House far and wide. Through our partnership with the American Legion and programs like Visit Me Today, we have done just that. Our monthly engagements are at record level and we are just getting started.



My first taste of fundraising at Rianda House was the 2022 *Rally4Rianda* at Spottswode Estate. I was awestruck by Upvalley generosity.

Celebrations like the Rally are an important way we call attention to the needs of an often-overlooked demographic in the Upvalley. But events are like sugar highs. They provide a burst of energy, not sustained vitality.

The Board wants to ensure that Rianda House will be going strong fifty years from now. To achieve this, two things are essential:

## 1. Elder Advocacy Group

Rianda House is an Upvalley jewel that would not exist without the legacy of Priscilla Upton, Kris Coryell, Elaine John, Martha May, Mary Stuard, and Peter Working. These people understood that good intentions fall flat without financial muscle behind them and formed a group to raise money. They knew the vital role Rianda House plays in the Upvalley and were not shy about urging others to make

Rianda House part of their philanthropy.

**Rianda House is seeking volunteers to revitalize this group.**

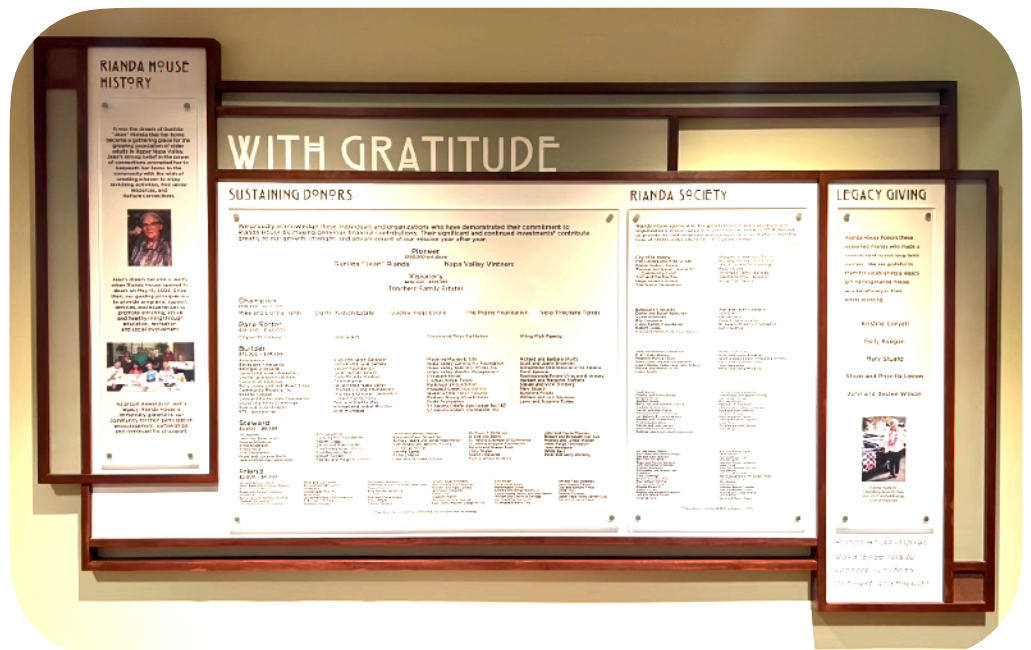
## 2. Sustaining Supporters

Just before Covid hit, the Elder Advocacy Group invited donors to make a **three-year pledge**. This created a stream of predictable income that freed Rianda House from the feast-and-famine cycle of fundraisers. Beginning with our 2024 end-of-year appeal, Rianda House will reengage this wise strategy.

Another great way to offer sustained support is by making a **monthly donation**. Even small donations add up when you multiply them by 12 and once it is set up, it is an easy way to support Rianda House.

**To join the Elder Advocacy Group or make a three-year pledge, please call Ben Hill at (707) 337-8948**

**To become a monthly supporter go to <https://riandahouse.org/support>**



The donor wall will be redone in 2025

# Special Events

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

## Readers' Theatre Performance

Cheryl Fiedler

**Tuesday, November 12, 2:00,  
American Legion Hall**

Join us for "Pastiche," our lively Readers' Theatre Variety Show that promises to keep you entertained! You'll enjoy a mix of play scenes, music, singing, poetry, and maybe even a few surprises along the way. Be part of the fun by playing the most important role of all—our audience!



## Trip to Costa Rica!

Collette Travel, Robin McGuire

**February 5-13  
Depart from St. Helena**

Planning a getaway can be overwhelming, but with Collette Travel, the hassle disappears! From coastal beach towns to secluded cloud forests and wildlife river viewing, this tour gives you a broad view of Costa Rica's beauty. Plus, with Collette's 100 years of expertise and Robin's 30+ years of travel experience, you'll be guided through airports, customs, public transit, and hotel check-ins. Just sit back, relax, and enjoy your vacation!



**Call now for pricing and availability.**

## Baking with Beth

Beth Brown

**Friday, November 8, 1:00-3:00  
Rianda House**

Join home baker Beth Brown for a fun and interactive baking session where you'll learn to make mouthwatering Lemon Blueberry muffins from scratch! Whether you're an experienced baker or just starting out, Beth will guide you through each step of the process. You'll not only get to sample the freshly baked treats, but there will be plenty of muffins to take with you and enjoy later! Don't miss this opportunity to bake, learn, and savor some delicious goodies! Maximum of 6 participants. **RSVP**



## Visit Me Today

Ben Hill

**Wednesday, November 20, 1:00-2:00, Rosehaven  
Tuesday, November 26, 2:00-3:00, Woodbridge**

Visit Me Today, is a volunteer visitation program designed to build community among older adults who may find it difficult to get out of their homes. The program includes sing-a-longs, poetry and storytelling.

**We are excited to add Woodbridge to our growing group of friends.**

Want to volunteer?  
Call Ben at (707)  
963-8555 x105

**Rosehaven**  
520 Sanitarium Road  
**Woodbridge**  
727 Hunt Avenue



# Special Events

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

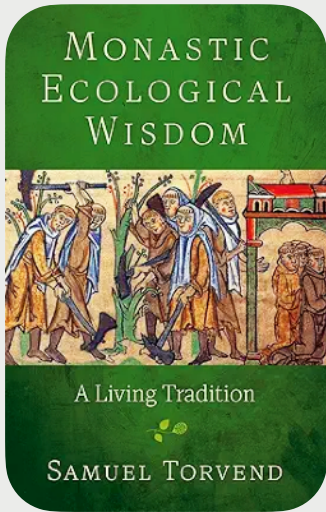
## Aspects of Spirituality

Teresa Meyer

**Mondays, Nov 4 & 18, Dec 2 & 16, 3:00-4:30**  
**Zoom**

We live in a time of great challenges and equally great opportunities. Join us as we discuss the challenges posted by environmental

changes and the opportunities provided to us by ancient practices for preserving the natural world. Our book will be *Monastic Ecological Wisdom: A Living Tradition* by Samuel Torvend (2023). Bring the book to our zoom meetings on Mondays Nov 4 & 18, Dec 2 & 16, 3-4:30pm. **RSVP**



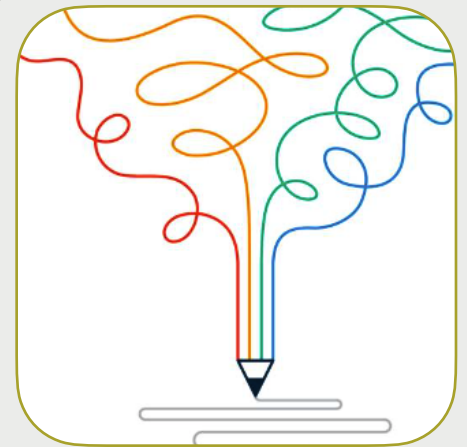
## Fundamentals of Fiction Writing

Richard Abramson

**Wednesdays, Nov 6, 13, 20 & Dec 4, 11, 18, 2:00-3:30**  
**Rianda House**

Have you always wanted to try your hand at writing fiction? This workshop will cover the fundamentals of fiction writing, introducing you to the essential elements of a compelling story. Through a series of fun and engaging writing exercises, you'll have the chance to develop your craft and bring your ideas to life. Whether you're new to writing or looking to improve, this workshop is a great place to start. Space is limited to 12 so sign up soon!

**RSVP**



## Common Table

Holly Hughson

**Wednesday, Nov 13, 6:00-8:00**  
**Grace Episcopal Church**

**FREE DINNER**, connection, conversation! Celebrate the many things we have in common. We all need...

- Food and water to sustain us.
- Connection to build meaningful relationships.
- A welcoming space to truly see and know the faces we pass in our streets and stores.
- Each other to remind us we're never alone.

**RSVP** to Rianda House  
**Bring your utensils, plate, & beverage.**

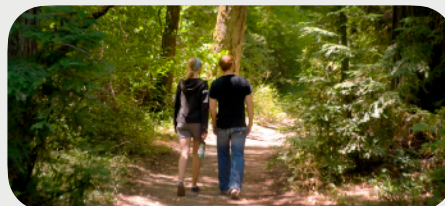


## White Sulphur Springs Walk

Brad Skibbins

**Friday, November 15, 2:00-3:30**  
**(Location in description)**

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, ranchettes and under silent redwoods. The walk is approximately 2 miles and the pace is leisurely. Meet at Rianda House or call for a specific location. There is plenty of parking on Sylvaner Ave. **RSVP**



## Hike Bothe

Kerry Brackett

**Tuesday, Nov 12, 9:30-10:30**  
**Bothe State Park**

A scenic hike along the beautiful Redwood Trail at Bothe State Park! This moderate, out-and-back hike features a 393 ft elevation gain and takes about an hour and a half to complete. After the hike, Kerry will guide us through some gentle stretches to cool down.

**RSVP**



# Classes & Activities

All Classes are no-cost and there is no need to register unless specified in the description.  
For more detailed descriptions go to [riandahouse.org](http://riandahouse.org)

## 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, (no class 11/21) 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!

## Bridge for Beginners

Tammy McDonald

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

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

## Canasta

Lucy Thater

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

Great for both mind and spirit. Lucy will teach you!

## Chair Aerobics

Kerry Brackett

**Thursdays, 10:40-11:10, (no class 11/21) American Legion Hall**

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

## Chair Yoga

Kaylee Hardin

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

Chair Yoga is gentle, designed to help lengthen and strengthen the body while remaining low impact.

## Dementia Family Caregiver's Support Group

**Thur, Nov. 7, 3-4:00, Rianda House. Thur, Nov. 21, 3-4:00, Zoom**

This support group provides a comforting setting for care partners. Melissa Gerard at Providence Adult Day Health, 707-815-6258; [melissa.gerard@providence.org](mailto:melissa.gerard@providence.org).

## Duplicate Bridge

Tammy McDonald

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

Bridge is a fun, social and competitive card game.

## ESL (English Second Language)

Lorraine Ruston

**Tuesdays, 9:00-10:00, Rianda House**

Basic English vocabulary and conversational practice.

## 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.

## French Club

Sue & Skip Hopgood

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

Share personal experiences and cultural history through conversational French. Some knowledge of French is necessary, skills vary.

## Genealogy

Kelly Wheaton

**Friday, Nov. 1 & 15, 10-12:00, Rianda House**

Explore topics from DNA to genealogical research to family history writing.



## 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, Nov. 4 & 18, 1:00, Rianda House**

Share ideas on local and world events.

## Imagery and Poetry

Dr. Lisa Hinz

**Friday, Nov. 15 & 22, 1:00, Zoom**

Create a visual collage as the foundation for writing poetry.

## 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

Becky Jo Peterson

**Mondays, 11:30-12:30, (no class 11/4), American Legion**

Kick up your heels to lively music and learn five new dances each session. Beginners and drop-ins welcome.

## Mah Jongg

Michele Barberi Hyde

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

Traditional Chinese tile-based game that requires skill, strategy and a bit of luck. All levels are welcome.

## Masterminds **NEW**

Verona Ladd

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

This new Brain Health & Wellness Program is designed to help understand memory and learn to improve it. **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! All levels are welcome. Please bring a mat.

## Music with Ric

Ric Morgan

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

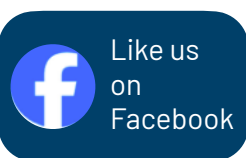
This sing along program will rekindle nostalgia of songs from the 1930s to the 1960s.

## Needlers' Club

Julie Bolander

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

Relax and work at your own pace as you socialize with other craftspeople. All levels are welcome.



# Classes & Activities

All Classes are no-cost and there is no need to register unless specified in the description.

For more detailed descriptions go to [riandahouse.org](http://riandahouse.org)

## Readers' Theatre Group

Cheryl Fiedler

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

A fun and interactive community passionate about script reading and writing with in-house performing. Fun assured!

## 2nd Tuesday Page Turner Book Club.

Lorraine Rustin

Tuesday, Nov. 12, 7:00-9:00pm, Rianda House

Enjoy tea or coffee while exploring different genres and engaging in meaningful conversations.

## 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.

## Spanish Beginner/Intermediate

Lorraine Ruston

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

Conversational practice includes an introduction to past tense. Complete Duolingo Sections 1 and 2. **RSVP**

## Spanish Intermediate/Advanced

Lorraine Ruston

Wednesdays, 3:00-4:30, Sept 4 - Nov 20, Rianda House

Practice Spanish conversation at an advanced level. Vocabulary and grammar from Sections 4 and 5 of Duolingo.

## Strength Training

Kathy Carrick

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

Enhance muscle strength and tone. An excellent workout! All levels welcome. 1428 Spring Street.

## Tai Chi & Qi Gong

Joseph Nase

Tai Chi: Tuesdays, Nov. 5, 19 & 26, 9:00-10:00, Lyman Park

Qi Gong: Thursdays, 9:00-10:00, Lyman Park

Optimize energy within the body, mind and spirit. Improve and maintain overall health and well-being.

## Tech Today

James Scanlan

Wednesday, Nov. 13, 2:30-4:00, Rianda House

Hard time keeping up, let a pro help you. Bring your handheld device. Call to reserve a 30 minute one-on-one session. **RSVP**

## Victim Services Advocate Counseling

Irma Luna

Friday, Nov. 15, 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, 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

Combining deep stretches and gentle movements. 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.

## Calistoga

### Calistoga Loop Walk

Julie Spencer, Bobbie Casey

Friday, Nov. 22, 9:00-10:00, Calistoga Community Center

The walk is approximately 3 miles through residential streets. It is a 1-1.5 hour walk at a moderate to brisk pace. **RSVP**

### Lunch & Learn

Rianda House, UVFC, Calistoga Parks & Rec.

Wednesday, Nov. 20, 11-1:00, Calistoga Community Center, 1307 Washington St.

Focused on enhancing community connections and providing informational resources. Free lunch is provided for all participants. **RSVP**

### Tai Chi

Diane Latorre

Saturday, Nov. 2 & 16, 9-9:45, Pioneer Park, 1308 Cedar

A gently-moving meditation suitable for various fitness levels.

## Need Help?

Call Rianda House at (707) 963-8555 x 101. We will either help you ourselves or direct you to one of our partners who serve Upvalley older adults.

For a personal appointment with a resource expert, call Karen Lustig at (707) 989-0120. (Courtesy of Providence Community Health)

## Angwin

### Lunch and Learn

Rianda House, Providence

Wed, Nov. 6, 11:00-1:00, Pacific Union College Fireside Room, 10 Angwin Avenue

Visit Me Today will present its innovative strategy for meeting the needs of older adults where they live. Come see old friends, meet new ones, and learn about this program. Lunch is provided. **RSVP and bring a friend!**

### Bird Watching Walk

Floyd Hays

Friday, Nov 8, 2:15-3:30, PUC Forest

A beginner/intermediate bird walk starting at the PUC Forest Trailhead. We will explore the trails and learn about our flying friends. **RSVP**

### Stretch and Flow

Kaylee Hardin

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

Combining deep stretches and gentle movements to create more mobility and fluidity. Suitable for all levels. Bring a mat. Chair modifications available. **RSVP**



# RIANDA HOUSE

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707-963-8555

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707-963-8555 x101

## Thanksgiving Dinner at Rianda House

Thursday, November 21, 4:00-5:30

You're invited to join us for a warm and welcoming Thanksgiving Dinner! Share a delicious meal with neighbors, friends, and community members as we gather in the spirit of gratitude and togetherness. Enjoy traditional Thanksgiving dishes, great conversation, and the joy of being part of a community that feels like family. **The UpValley Women's Club will be providing pies. (YUM!)** Bring your appetite and a heart full of gratitude.

**RSVP 35 guest maximum!**

