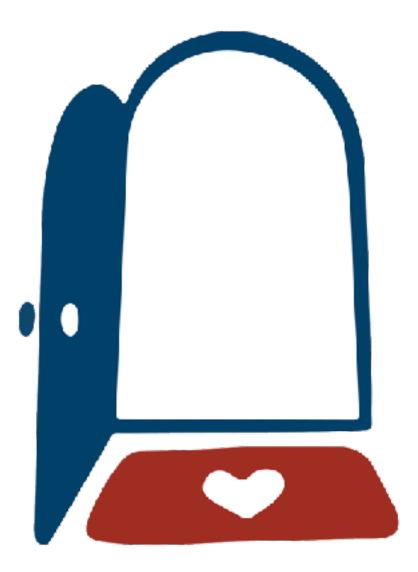
# RIANDA HOUSE

increasing life expectations

# Welcome!



Where all kinds of people gather to celebrate life's greatest chapter.

Rianda House Is Your House

# We Like You (even if we're not like you)

Back when I was a pastor I had a joke I liked to tell. I'd say,

"I can't wait to get to heaven where there won't be all these denominations...

(pause for punchline)

We'll all be Baptists."

This always got the best kind of laughter—the kind directed at ourselves. It highlighted the absurdity of a God who would restrict love to one little sect.

It also pointed to something real. When we envision the perfect

community, we are likely to imagine it as a place where everyone is just like us.

This isn't just a problem for the religious. We splinter apart on all kinds of issues: politics, gender, income level... We can't help but like to be around people who look and think like us. It's baked right into the word "like."

"I like you."

"I'm like you."

Like likes like.

My #1 favorite thing about Rianda House (and I have a long list)

is the way people who are NOT alike like each other.

At Rianda House you'll encounter a wide variety of religious backgrounds, races, personal histories, incomes, sexual orientations, ages, etc. You'll also find something wonderful:

none of that matters.

People gather at Rianda House on the ground of shared humanity to celebrate life's greatest chapter together. Friendship is the only agenda.

Want to know if you'll fit in at Rianda House? There's a quick test. Put your hand on your chest. Feel a heartbeat? You'll fit right in.

From the bottom of our hearts we welcome you and hope to see you soon!







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 Muhlner - Treasurer, Carroll Cotten - Secretary

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

# **Getting to Know You**

### Tessa Lorraine, Program Manager

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

#### What brought you to Rianda House?

I was flying from San Francisco to
Austria. Perusing Indeed for new
jobs, as one does on transatlantic
flights. I came across Rianda House.
At the time I was working at
Watermark in Napa as concierge.
While fun, I was underutilized. I have
a master's degree in Gerontology and
have worked on some significant
aging issues. I figured I could write a
good cover letter and just see where it
goes. Here we are. I couldn't be happier.



In the mid-90s I had the opportunity to figure out what I wanted to do. The Baby Boomers hadn't retired yet, but I understood the age boom was coming. While my husband was in the Air Force at Beale Air Force Base, I went to graduate school. That had the benefit of furthering my education AND getting me back to the City once a week, an absolute treat. My first job out of graduate school, I was program manager at UC Irvine for the largest elder abuse research project in the country.

#### What do people not know about you?

I'm a huge civic duty geek. I worked/volunteered at polling places in my late teens, early 20's. Starting out as a clerk, I eventually got promoted to Commissioner. I held tours for grade schoolers to see the voting process. That part was great. But the best part was declaring "polls open"! and "polls closed" at the beginning and end on Election Day.

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

That sciatica is a real problem.

#### What were your best and worst jobs?

That's really subjective; it depends on where you are at a particular time in your life. I was once a waitress for three weeks during Christmas break. I



didn't last long. I wasn't good at it. I couldn't believe people wanted me to bring them things. That's outrageous! And then there are the shoes. The shoes are very ugly. Sure they can protect your feet from aching injury. But, still. My best job was not something I got paid for. I'm an avid volunteer; I've done work for local civic, political and community organizations and loved it. For years, I interviewed medical students in

Hungary for scholarships to do a clinical rotation at UC Davis medical school/center.

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

There are a whole bunch of species discovered lately. There's this frog that will burrow itself and cover its eyes with its front "hands." It's a protective thing. That's fascinating to me. It was just discovered in the past year.

#### What's always in your fridge?

Bacon. I eat bacon every day. I ordered it by the slab from South Carolina. There was a horrible hurricane there several years ago and the farm didn't make it. So I went online and bought every single bit of that bacon that could be found. It lasted me over two years. Now I get it from lowa. I also go to the farmers market every weekend for fresh fruits and vegetables. You know, to balance out the bacon.

#### Are you still a traveler?

The last trip I took was to Austria and Hungary, to visit family. As an extension, I treated myself to a side trip to Finland to see the aurora borealis. I stayed in a glass topped igloo with an "aurora alarm". The alarm went off in the middle of the night. I jumped out of bed, threw on my coat and boots and raced to a meadow in my pajamas. Shortly after, there it was, the aurora, green lights dancing across the sky. It was amazing!

Interview by Susan McWilliams

# **Snapshots of '24**



## Special Events

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

# Being Mortal: Discussing What's Important

Frank Mueller, MD

Tuesdays, January 7 - 28, 1:00-2:30 Rianda House

Join Frank Mueller, MD, retired Serious Illness and Supportive (Palliative) Care Specialist in a series of discussions about what's really important as we age and approach our death. We will discuss getting the most out of elderhood, giving back to our communities, how to make our wishes for our final days known, what to expect from medical

care, how to talk to your doctor and how to make choices now for the care you want to receive in the future.

**RSVP-Max 20** 

#### **Vineyard Walk**

Brad Skibbins

Friday, January 17, 9:30-10:30 Rianda House

Come meet new people, build friendships and improve your physical health by walking through the beautiful St. Helena Vineyards. This walk will begin at Rianda House and will be a flat, 1.5 mile walk taking approximately 45 minutes. **RSVP** 



# Travelogue: Antarctica The Last Continent

Tessa Lorraine

Friday, January 17, 4:00-5:00 Rianda House

Did someone say "Adventure"? Because Antarctica is a big one! There's magic awaiting anyone wishing to take on the frozen Continent, brave the Drake Passage and commune with penguins, walrus, seals and whales. There is so much to do, to see and to know. Come hear Rianda House's own Tessa

Lorraine share her experience visiting the Antarctic Peninsula. RSVP



# Identity Theft, Fraud and Scam

Tyler Olson, Napa PD

Monday, January 20, 3:00-4:00 Rianda House

This presentation will cover essential strategies to prevent elder fraud, identify common scams targeting older adults, and protect against identity theft. We'll

discuss tactics fraudsters use, how to recognize red flags, and practical steps seniors and their families can take to safeguard their personal information and financial security.





### Special Events

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

#### **Artist Reception**

Frank Bruno & Pam McCullagh

Thursday, January 23, 3:30-5:00 Rianda House

Just prior to retirement Frank decided to see if he could develop some right-brained activity, such as art. He was so left brain focused that he knew he had to do something. He first started with oils because



you don't have to be able to draw to paint. Drawing fascinated Frank so he soon found himself immersed in learning to draw. He did multiple drawings, mostly pencil, but some colored

pencil and also some ink drawings. From there to acrylics and some watercolor. Here he is, twenty vears later still doing art and still learning. RSVP



Big News from the Rianda Tripsters!



### Croatia and **Beyond 2026!**

You asked for it, and we're making it happen—get ready to pack your bags for 14 unforgettable days of exploring Croatia, Slovenia, and the breathtaking Adriatic Coast! Here's the scoop:

Departure Date: May 7, 2026

**Price:** \$5,999 per person (double occupancy), including airfare. Book by Nov. 8, 2025 **Extras:** All internal transportation included.

Robin McGuire will be your group leader on this incredible Collette travel journey. Look for sign up information in the February newsletter.



### **Need Help?**

Call Rianda House at (707) 963-8555 x 101. We will either help you ourselves or direct you to one of our many 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)

For a Victim Services Advocate Counselor

Call Irma Luna at (707) 299-1411 to schedule an appointment at Rianda House. (Courtesy of Providence Community Health) Friday, January 17, 12-1:00

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.





### Classes & Activities

<u>All Classes are no-cost</u> and there is no need to register unless specified in the description. For more detailed descriptions go to riandahouse.org

#### **Amistad y Apoyo**

Alma Perez

**Tuesdays, 10:30-12:30, Rianda House (no class on 1/14)** 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.

#### **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

As we age, we may find our balance isn't as steady, but with regular exercises and stretching for flexibility, we can improve.

#### **Breathe it Away with Ray NEW!**

Ray Chandra

Monday, January 13 & 27, 1:00-2:00pm, American Legion Hall Conscious breathing techniques improve physical, mental and emotional well-being by reducing stress, anxiety, and tension. RSVP

#### **Bridge for Beginners**

TammyMcDonald

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. The game takes 2-4 hours, and multiple rounds. Lucy will teach you!

#### **Chair Aerobics**

Kerry Brackett

Thursdays, 10:40-11:10, 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 - good for injuries or mobility restrictions; low impact-designed to help lengthen and strengthen the body.

#### **Dementia Family Caregiver's Support Group**

Thur., Jan. 2, Rianda House, Thur., Jan. 16, 3-4:30, Zoom This support group provides a comforting setting for care partners. Contact Melissa Gerard, Providence Adult Day Health, 707-815-6258; melissa.gerard@providence.org.

#### **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.

#### **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, Jan. 3 & 17, 10-12:00, Rianda House** Explore topics from DNA to genealogical research to family history writing. Drop-ins welcome.



#### **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, Jan. 6 & 20, 1:00, Rianda House Share ideas on local and world events in a respectful setting.

#### **Imagery and Poetry**

Dr. Lisa Hinz

Friday, TBD, 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, American Legion Hall

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 requiring skill, strategy and a bit of luck. All levels welcome - cards available.

#### **MasterMinds**

Verona Ladd

Wednesdays, Jan. 8-Feb 12., 10:00-11:30, Rianda House This new Brain Health & Wellness Program is designed to help understand memory and learn to improve it. RSVP 15 Max.

#### **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! 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. All are welcomed.



### 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

#### **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.

#### **Readers' Theatre Group**

Cheryl Fiedler

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

Come join our special group of actors even if you are not yet one! We read scenes, play improv games and have occasional performances (with scripts in hand-no memorizing!) Guaranteed laughter and fun!

**2nd Tuesday Page Turner Book Club.** Lorraine Rustin

Tuesday, Jan. 14, 7:00-9:00pm, Rianda House

Each month a member chooses a book, leads discussion and provides refreshments. Call to be on the **WAIT LIST!** 

#### **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.

#### **Introduction to Spanish**

Lorraine Ruston

**Tuesdays, 1:00-2:30, Dec 3-March 4, Rianda House**This course provides learners with the ability to speak and understand beginning Spanish. Vocabulary and grammar from Sections 1 and 2 of Duolingo. **RSVP** 

#### **Intermediate Spanish NEW**

Lorraine Ruston

Thursdays, 1:00-2:30, Jan 9 - March 27, Rianda House
This course is for learners who have studied Spanish in the
past. Conversational practice will be based on grammar and
vocabulary that is introduced in Duolingo's Sections 3 and 4.
RSVP

#### Advanced Spanish **NEW**

Lorraine Ruston

Wednesdays, 2:30-4:00, Jan 8 - March 26, Rianda House A twelve-week course for students to practice Spanish conversation at an advanced level. Vocabulary and grammar will come from Sections 5, 6, 7 and 8 of Duolingo. RSVP

#### **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** Joseph Nase

Tuesdays, Jan. 14 & 28, 9:00-10:00, American Legion Hall This practice involves gentle movements and physical postures, a meditative state of mind and controlled breathing.

#### Tai Chi & Qi Gong

Joseph Nase

Thursdays, 9:00-10:00, Rianda House

Optimize energy within the body, mind and spirit to improve overall health with focused breathwork, meditation and slow, gentle movement.

Tech Today RSVP James Scanlan Wednesday, Jan. 8 & 22, 2:30-4:00, Rianda House

Hard time keeping up with tech, let a pro help you. Bring your handheld device. Reserve a 30 minute one-on-one session.

#### **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 (no class 1/2))

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, Jan. 3, 9:30-10:30, 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, Jan. 15, 11-1:00, Calistoga Community Center, 1307 Washington St.

Focused on enhancing community connections and providing informational resources through guest speakers and a variety of topics. Free lunch is provided. **RSVP** 

Tai Chi

Diane Latorre

**Saturday, Jan. 18, 9-9:45, Pioneer Park, 1308 Cedar** A gently-moving meditation suitable for various fitness levels. Outdoor only.

#### Angwin

#### **Lunch and Learn**

Rianda House, Providence

Wed, Jan. 8, 11:00-1:00, Pacific Union College Fireside Room, 10 Angwin Avenue

ANTARCTICA: THE LAST CONTINENT. There's magic awaiting anyone wishing to take on the frozen Continent, brave the Drake Passage and commune with penguins, walrus, seals and whales. There is so much to do, to see and to know. Come hear Rianda House's own Tessa Lorraine share her experience visiting the Antarctic Peninsula. **RSVP and bring a friend!** 

#### **Nature Walk**

John Duncan

Friday, Jan. 10, 2:15-3:30, PUC Forest

Join us for a nature walk on the PUC Forest trailhead taking us out to the Angwin Airport. Learn history as well as some fun facts about this area. **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** 

Monday	Tuesday	Wednesday	Thursday	Friday
A American Legion C Calistoga Community Center H Hybrid P Presbyterian Church PUC Pacific Union College R Rianda House Z ZOOM * Check description	RIANDA HQUSE 1475 Main St. (707) 963-8555 riandahouse.org	Happy Office Closed  New Year	P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe R 9:00 Tai Chi & Qi Gong A 10:40 Chair Aerobics PUC 11:00 Stretch and Flow A 11:15 Balance and Stretch R 1:00 Needlers Club R 3:00 Dementia Caregiver Support	C 9:30 Calistoga Loop Walk R 10:00 Bridge for Beginners R 10:00 Genealogy R 1:00 Canasta R 1:00 Mah Jongg
R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch A 11:30 Line Dancing R 12:30 Duplicate Bridge R 1:00 Heart of the Matter	P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea R 10:30 Amistad y Apoyo A 11:15 Yoga: Stretch and Flow R 1:00 Introduction to Spanish R 1:00 Being Mortal R 3:00 Readers' Theatre	R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds PUC 11:00 Lunch and Learn R 1:00 Music with Ric R 2:30 Tech Today R 2:30 Advanced Spanish	P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe R 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 Intermediate Spanish	R 10:00 Bridge for Beginners R 1:00 Canasta R 1:00 Mah Jongg PUC 2:15 Nature Walk
R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch A 11:30 Line Dancing R 12:30 Duplicate Bridge A 1:00 Breathe it Away with Ray	P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL A 9:00 Tai Chi R 9:30 Ladies & A Cuppa Tea A 11:15 Yoga: Stretch and Flow R 1:00 Introduction to Spanish R 1:00 Being Mortal R 3:00 Readers' Theatre R 7:00 Page Turner Book Club	R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds C 11:00 Lunch and Learn R 1:00 Music with Ric R 2:30 Advanced Spanish	P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe R 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 Intermediate Spanish Z 3:00 Dementia Caregiver Support	R 10:00 Bridge for Beginners R 10:00 Genealogy R 12:00 Victim Services R 1:00 Canasta R 1:00 Mah Jongg R 4:00 Travelogue: Antarctica the Last Continent  SATURDAY, Jan 18
R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch A 11:30 Line Dancing R 12:30 Duplicate Bridge R 1:00 Heart of the Matter R 3:00 Identity Theft, Fraud & Scam	P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea R 10:30 Amistad y Apoyo A 11:15 Yoga: Stretch and Flow R 1:00 Introduction to Spanish R 1:00 Being Mortal R 3:00 Readers' Theatre	R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds R 1:00 Music with Ric R 2:30 Tech Today R 2:30 Advanced Spanish	P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe R 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 Intermediate Spanish R 3:30 Artist Reception	R 10:00 Bridge for Beginners R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery and Poetry 5:30 BINGO! at the Native Son's Hall (1313 Spring)
R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch A 11:30 Line Dancing R 12:30 Duplicate Bridge A 1:00 Breathe it Away with Ray	P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL A 9:00 Tai Chi R 9:30 Ladies & A Cuppa Tea R 10:30 Amistad y Apoyo A 11:15 Yoga: Stretch and Flow R 1:00 Introduction to Spanish R 1:00 Being Mortal R 3:00 Readers' Theatre	R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds R 1:00 Music with Ric R 2:30 Advanced Spanish	P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe R 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 Intermediate Spanish	R 10:00 Bridge for Beginners R 1:00 Canasta R 1:00 Mah Jongg

# RIANDA HOUSE

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Return Address Requested

Please support UpValley older adults.



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



## **BINGO NIGHT!**

Friday, January 24, 5:30pm, Native Sons Hall, 1313 Spring St., St Helena

Soroptimist International of St. Helena Sunrise will team with Rianda House to host our annual **Bingo Fun Night on Friday, January 24, 2025**.

Doors open at 5:30. \$30 for 7 games with multiple cards.



Prizes include wine and gift cards.

Food and beverages and wine will be available for purchase.

Proceeds from the event will benefit Rianda House, supporting our community programs.