

RIANDA HOUSE

increasing life expectations

We Care



Kerry Brackett's
Chair Aerobics Class

I'm Selfish

That's why I care

As the decades roll by, I have come to the unwelcome conclusion that I am selfish. I wish it were not so. I like to think of myself as an angel of goodness, sent from the heavens to give and give and give, with never a thought for myself. But when I examine my motives, I inevitably find self-interest at the center, running the show. I can't help but look out for #1.

This is Ayn Rand's conclusion too. She has no patience with those who pretend to be fountains of goodness. She harpoons self-congratulatory do-gooders and exposes their underlying selfishness. We're all looking out for #1. Stop the charade. Let the feeding frenzy begin.



But Rand is missing something. Compassion and kindness are more gratifying than conquest. When I behave with empathy toward others I experience a connection that widens my world and lifts my spirit. In fact, treating others with compassion is the most pleasurable human experience I can have. So it is possible to be both selfish and kind. In fact selfishness is the best reason to be kind.

Sure, I can behave like a locust but it's a bad deal. I'll end up like Montgomery Burns on the Simpsons. No one envies Montgomery, sitting in his mansion like a dragon in its lair, counting his money. Ever notice how much he looks like a mosquito?



Far better to indulge in what really satisfies: caring. At Rianda House, you'll find a bunch of people who genuinely care about each other and go out of their way to help. Not because they are good. Because caring is.

Come indulge with us!



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

Programs : Amanda Cole, Tessa Lorraine, Robin McGuire

Rianda House Board Members: Carroll Cotten - Board Chair, John Muhlner - Treasurer, Frank Mueller - Secretary

Julie Garvey, Meg Scrofani, Richard Walloch

Getting to Know You

Kaylee Hardin

Yoga and Sound Bowl Meditation Instructor

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

How long have you practiced yoga?

I started taking yoga in college in Washington. But I started practicing consistently about five years ago and I've been teaching for three. I moved to California about 10 years ago; my Mom and sister had already moved down. My Dad's from Pope Valley.

How did you get into teaching yoga?

I'd always worked in restaurants, but let me tell you: restaurant jobs are stressful. With the culture of restaurant life, the stress and the hours, I found myself talking to customers about astrology, which was my gateway to wellness. I just thought if I could do yoga and astrology all day, I'd be so much happier. I began my training, got certified and my life is so much more peaceful now. I've been finding a lot of open doors, which tells me I'm on the right path.

What brought you to the Rianda House?

A yoga friend told me about an opening for a yoga teacher at Rianda House so I reached out to Amanda. And now I have mat and chair yoga classes here, at PUC and at Rancho de Calistoga. For chair yoga, I had some training, but I also learn as I go, adapting to the energy in the room.

What are the benefits of yoga?

My dad deals with a lot of chronic discomfort and pain and I know that when you get older and haven't been active, you can be uncomfortable. And when you're uncomfortable, you don't want to do things, don't socialize and you can just go downhill. Yoga is great to physically stretch out the body and do some strength training. Physically yoga makes you feel more grounded and is great for the nervous system.



I do a class in Pope Valley, and resort yoga at places like Solage and Auberge. I also go to the Boys and Girls Club once a week. But most of the people who come to my various classes are older. I always try to give options for different levels of ability. I don't want anyone to ever feel discouraged. We learn how to breathe properly so it's great for the mental aspect, it's calming. My style is slower, "stretchier."

Tell us about Sound Bowl meditation.

It's just such an amazing experience. Sound bowls are another way to relax. It's all about the vibrations; some of the bowls are tuned to the various chakras in the body. It can help to relieve tension and can be stress relief.

What do you do when you're not teaching wellness classes?

I like to be crafty; I love to crochet. I can do it for hours.

If you were an animal, which would it be?

I've always been drawn to owls; I like to think of owls as spirit animals. I like bats too, but think I'd rather be an owl.

What are your favorite foods?

I'm a sucker for a good ice cream. I love to make ice cream too. And when I was growing up, my Dad made a great pesto. His pesto is definitely high on my list.

Where do you see yourself 10 years from now?

It would be great to have my own studio. I do astrology readings and I'm Reiki certified. I'd love to get into more somatic work. Doing more one-on-one work would be really great. And having all my things in one place.

Interview by Susan McWilliams

You've Done It Again!

Every year, we marvel at Upvalley support for older adults. In 2024, 416 people and businesses supported Rianda House. Way to go, Upvalley!

Trailblazers (More than \$50,000)

Daniel and Susan Boesch

Terry and Anne Clark

Sloan and Priscilla Upton

The Prairie Foundation

Jule Grant

Champions (\$10,000 - \$49,999)

City of St Helena

David and Anita Cummings

Ed and Sue Fish

Freeman A Ford

Donna Hardy

Napa Valley Community Foundation

Pay It Forward Fund

Providence Queen of the Valley Medical Center

Richard and Barbara Shurtz

The Peter A. and Vernice H. Gasser Foundation

Stewards (\$500 - \$9,999)

Antonia Allegra	Jim and Stephanie Gamble	Brasswood Estate	John Smith and Noreen Alldredge
Gene and Denise Armstead	Patrick and Julie Garvey	Napa Fund	Laura Snideman
Heidi Barrett	Nancy Gilmore	Isabel and Michael Mondavi	Scott and Joann Snowden
Margaret L. Baskerville	Mary Givens	David and Leslie Moreland	Julie A. Spencer
Reece Baswell & Jeanne McCann Baswell	Ken and Alice Green	John and Melinda Moynier	St. Helena Rotary
Les Behrens and Lisa Drinkward	Scott Gridley	Francis and Angela Mueller	George and Thelma Stratton
Thomas and Margot Belt	Dale Grossman	John and Jennifer Muhlner	Mary Stuard
Dan and Diane Beltrami	Klaus and Carol Gruetzner	Madeline E. Murray	Denis Sutro and Anne Carver
Richard and Linda Bertoli	Donald Hardin	Janet Myers	Nena Hopkins Talcott
Charles and Donna Broder	St. Helena Kiwanis Club	Terry Neeley	Joan Temple
Barry and Joy Roades-Brown	H. William and Deborah Harlan	Marie Mason Oliver	John and Carrie Thacher
Greg and Kris Brown	The Carpy Family Foundation	Renee Paladini	Michael and Ann Thomas
Soroptimist Intl. of St. Helena	Ben Hill	Jane Pepe	John and Bonnie Thoren
Mike Chisek and Polly Jones	Lisa Hinz	John Peters and Laura Holmes	Roger Trincherro
Francis Coppola	Janet Kappmeyer & Andrew Isaacs	Chris and Maria Phelps	Larry and Suzanne Turley
Carroll and Ellen Cotten	St. Helena Oddfellows Lodge 167	Jean Phillips	Westamerica Bank
John Coyle	Margo Kennedy	Kathi Polachek	Julie Wagner
Cynthia Kee and Kelly Crane	Tor and Susan Kenward	Community Projects Napa	Howard and Lyndal Walker
Charles and Helen Dake	Paul and Sally Kimsey	George Pugh	Richard Walloch
Gregg and Kris Dawley	Cody Kirkham	Julie and Maury Robertson	Wendy Watson
Natalie and Ben DiMaio	Pam and Bruce Krell	Castello di Amorosa	Frank and Barbie Wentworth
Tim and Missy Doran	Cheryl LaFranchi	Emily Savinar-Nogue	Elle Wheeler
Randall and Lorelee Dunn	Jennifer Lamb	Sharon Scott	O.K. Tire Store
Sue Enger	Jay and Karen Lewis	Manny and Margaret Scrofani	Richard Wollack
Jeff and Kim Farmer	John and Diane Livingston	Richard Seiferheld	Peter and Gerry Working
Denise Flaherty	Eric Lochner	Doug and Annette Shafer	David and Nancy Yewell
Terence Ford	Carolyn and Norman Low	CalMart	Helen Yost
Pat Friday	Sandra Lowry	Paul and Mary Slawson	Greg and Carol Yurek
Rodney Friedrich	Isobel Burger Luria	Denise Smith	David and Sherlyn Zumwalt
City Of Calistoga	Susan Leick	Jay and Mary Smith	Grace Episcopal Church

Friends (\$1 - \$499)

Nancy Aaen	Bill Dakin	Grace Kistner	Pamela Rianda
Leo and Margot Ainsworth	Brianna Danielson	Sara Kozel	Calistoga Roastery
Tom Amato	Jo Davies	Christina Kreiden	Sallie Rios
Demetra Andreasen	Tom and Cara Davies	Chris Kreiden	Nancy Robichaud
Nancy Andressen	Susan Davis	Hannelore Kreiden	Vivian Robison
Anita Angell	Ellen Deal	John and Diane Kuykendall	Holly Rogers
Heidi Angell	Priscilla Dell	Catherine Lai	Cheryl Rorie
Bill Angeloni	Patricia M. Dettman	Carol Ann Lapsley	Autumn Skies Landscapes
Lorene S. Arbios	Judith Devolder	Patricia A. Larson	David Ross
Dave and Joyce Armington	Melissa and Joshua Devore	Diana Lavagnino	Molly Rowe
Diane and Allan Armstrong	Robert Distad and Linda Messenger	Frank and Elizabeth Leeds	Lorraine Ruston
Ana M Arostegui	Mary Dodd	Martie Lemos	Ellen Sabine
Darlene Asbill	RH and Gale Dunham	Linda J. Leonard	John Sales
George and Emmy Baba	Aaron Elam	Huey Guan Lin	Carolyn Sanders
Lynne Baker	Carolyn Ellis	Beth Lincoln	Susan and Guy Sandler
Allen Balik	Mark G. Epstein	Janet Lochner	Ramesh Sawhney
Mark Barclay	Steve and Marla Ericson	Liz Manfree	Leslie Scheinfeld
Douglas and Clare Barr	Lois Fanzone	Norm Manzer	Claudia Schmidt
Bob and Julie Bath	Jeff Feeney	Patti Martin	Edith Schwartz
Janie L. Beach	Tom and Valli Ferrell	Bob and Cindy Matheny	Karen Scriven
Robert and Linda Beckstrom	Daisy	Joann E. Mattioda	Linda Shaw
Diane Beere	Leslie Fickinger	Thomas Mc Keever	Mary Sherman
Norma Beltrami	Fideaux	June McCarthy	Ted and Jamie Shuel
Slim and Suzanne Benson	David and Juliette Finley	Peter McClory and Holly Mason	Donald and Patricia Simons
Janet S. Berg	Nancy Fireman	John McCreedy	Cathy Small
Adria Bini	Robert and Margaret Fiumara	Naomi McGinn	Ellen Smith & Johanna Quinn-Sheridan
Wyatt Bland	Market Restaurant	Terry and Susan McWilliams	Laryl and Annette Smith
Jack Blenkinsop	Don and Dianne Fraser	Maxine Mendoza	Chandler Smith
Julia Bolander	Bob Frescura	Kathy Merritt	Glenn Smith and Anne Carr
Craig and Carolyn Bond	Rudy and Therese Frey	Patricia Michael	Copperfield's Books
Peter Borck	Sharyn Fuller	Donna Michel	Sharon Smitherman
Ian Bothwell	Barbara Galante	Mavis Militante	George and Sharon Steinauer
Earl and Trudy Bouligny	Dewitt and Shanti Garlock	Elizabeth Moffitt	Wendy Steiner
Kevin and Karen Bradley	Colleen Gillaspay	Philip Rich and Barbara Morrisette	Judee Stemmer
Betty Briggs	Lorne and Marilyn Glaim	Bill Moseley	Jay and Diane Stewart
Beth Brown	Matthew and Anne Golden	Elizabeth Munk	Wendy Strachan
Anne K. Brown	Cary and Victoria Gott	Philip and Andrea Murphy	Diane Stremel
Diane Brown	Lois Gouveia	Barbara Nechis	Curtis and Carrie Strohl
Holly Beth Brownscombe	Robert and Lorraine Green	Celeste Neeley	Jack and Loraine Stuart
Ron and Esther Brunswick	Thomas and Jacqueline Gumina	Norma Neil	Joan Sullivan and Walter Norton
Florence Bryan	Mark Hadler	Bruce and Helen Nelson	Karen Sunseri
Vicki Buckle-Clark	Lee and Miriam Hamilton	Michele Neumann	Louise Switzer
Jonathan Buehler	Geraldine Anne Hansen	Nancy Newell Bassette	Joan Tetzloff
Mary Joan Bunce	Jeri Hansen	Karen Jacobs Nolan	Carl and Lucy Thater
Chris Burditt	Dennis and Mariam Hansen	Mary Nuernberger	Robert and Harolyn Thompson
Kay Burtis	Ian and Regan Hardy	Polly Sue Ogden	Linda Thorsen
Alf Burtleson	William Hart	Harini Oken	Steven Ticen
Lynda Burton	Gabi Hays	Robert Oliver	Barbara Toner
Malloy Imrie & Vasconi Insurance	Friederike Heidger	Dan Oliver	Dolores Torrigino
Cafe Sarafornia	Steven and Joan Heller	Joseph and Robyn Orsini	John and Gail Urbanik
Steve and Kellie Carlin	Richard and Cheryl Henry	Joan Osterman	Cindy Veness
Sandra Carr	Sue Hepple	Rebecca Palmisano	Alonso Villa
Bobbie Casey	James and Mary Hester	Larry and Judy Parady	Yvonne Vosti
Stacy Clark	Lester and Unni Hoel	Carole Parr	Matthew and Mary Walter
Anne Marie Clifford	Nancy Hogenson	Kathleen Patterson and Daniel Harder	Marilyn Walters
Marielle Coeytaux	Aurora Hollenbeck	Myrl and Joann Patton	Douglas and Lamar Webb
Amanda Cole	Aurora Hollenbeck	Mandie Perez	Joel and Jennlea Weiss
Christopher and Wendy Cole	Arthur and Susanna Hopgood	Greg and Karen Peterschmidt	Janet Weitz
Kerry Brackett and Cary Collins	Elizabeth Hudson	Becky Jo Peterson and Ed Edwards	Lisa Welborn
John and Ann Conover	Janice and Marvin Humphrey	Paula Peterson	Albert and Margot Werle
Cook St. Helena	Beth Huning	Tom Pickering and Chris Killion	Jeff Whitehead
Arlene Corsetti	Jerry and Michele Hyde	Susan Pillsbury	Dan and Kathleen Whitehurst
Jodi Couick	Jane Iffeld	Mary Lee Pina	Judith A. Whitney
Marshall Cox	Ericka Iten	Beverly Pinkos-Hood	Angelika Wieling
Nick and Marilyn Coy	Dinah Cross James	Paige Pohlens-Meek	David and Madeline Wise
Judy Crabb	Barbie Jamieson	John and Biserka Potrebic	Robert Withrow
Fred Croshaw	Jeffrey and Kimberlee Jeanes	Diane Price and Norman Krause	Ronald and Karyn Yost
Far Niente	Polly Keegan	Donna Marie Randall	Bill and Paula Young
Celia Cummings	Maureen Kelly	Yvonne Rasmussen	
D'Orta Kenealy Household	Katherine Kelly	Denise Renteria	
	Tom Rinaldi		

Artist's Way Workshop

Dr. Max Van Praag

Tuesdays, February 4, 11 & 18, 11:00-1:00

Rianda House



The Artist's Way is a 12-week individual program of readings and exercises to facilitate the creative recovery of blocked artists or the development of creativity in anyone. The medium of choice is irrelevant, be it acting, music, dance, painting, writing, filmmaking, sculpting. This program is designed to re-ignite creativity for those who feel that their well has run dry.

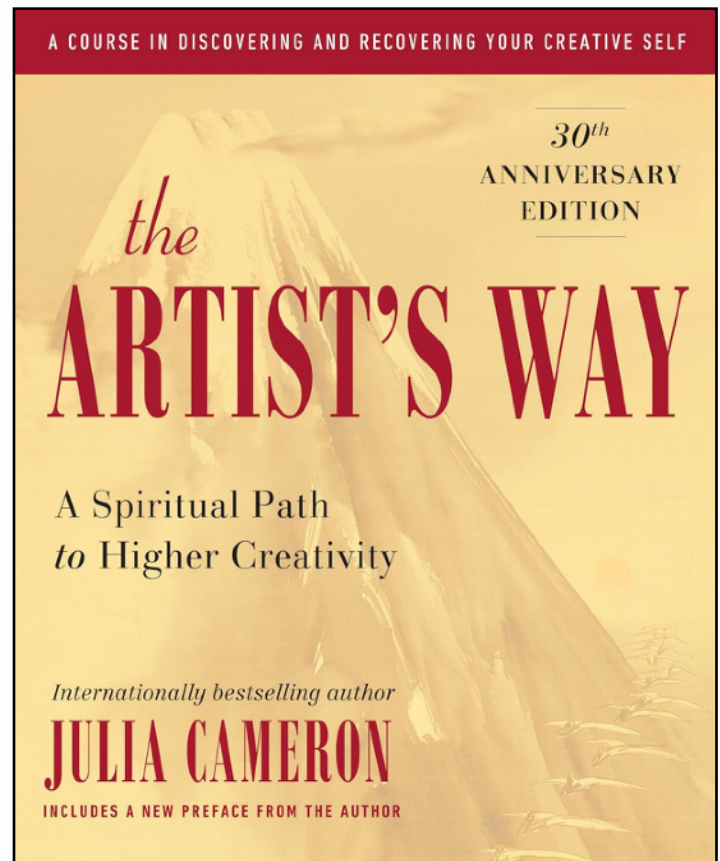
In our dream for a creative life we often feel isolated. May this workshop be a safe space of inspiration and exchange to be reminded that we are not alone.

This 3-week series is to help you kickstart your creative journey or recovery as we focus on the first 3 chapters of the book. During sessions we will engage in various exercises and practices, we will discuss basic tools (morning pages and artist dates), we will check in with everyone about the past week, and there will be coaching for those who feel stuck. Anyone is welcome to share their accomplishments, art works and progress with the group. You will feel empowered to continue on your own, and more support for this process will be offered later this year.

Please purchase a copy of the book and read until the end of the first chapter before the class starts: The Artists Way by Julia Cameron.

Max Van Praag is a performing artist and guide based in Calistoga, who has facilitated the Artist's Way process since 2002.

More information at maxvanpraag.com



Special Events

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

Advancing Care Through Innovation

Dr. Nitin Reddy and Krista Clark
Friday, February 14, 10:00-11:00
Rianda House

Discover how Neurovations is transforming lives with the latest breakthroughs in health care! Join Dr. Nitin Reddy and Krista Clark for an engaging discussion about ongoing studies on Alzheimer's, Osteoarthritis, and Lupus. Learn about cutting-edge treatments like TMS for depression, advanced pain relief therapies, and Alzheimer's infusions. Find out how these innovations are making a real difference in patients' lives. **RSVP**



Vineyard Walk

Brad Skibbins & Carmen Benavides
Friday, February 21, 9:30-10:30,
Rianda House

Come meet new people, build friendships and improve your physical health by walking through beautiful St. Helena Vineyards. This walk will begin at Rianda House and will be a flat, 1.5 mile walk taking approximately 45 minutes. Carmen Benavidez from the Alzheimer's Association will join you to talk about how the brain and body are connected and how lifestyle choices may help you keep your brain and body healthy as you age.

RSVP



Travelogue: The Galapagos: Land of Evolution

Tessa Lorraine
Friday, February 21, 4:00-5:00,
Rianda House

Finches! Iguanas! And, tortoises! Oh my! The Galapagos Islands in Ecuador are a linchpin to our understanding of evolution. Come hear Tessa Lorraine share an adventure bar none from an UNESCO World Heritage Site. From San Cristobal island to a hummingbird garden just outside of Quito, you'll see wildlife beyond imagination.

RSVP



St. Helena Forum: Rosa Parks Beyond the Bus

Doug Barr & Robin McGuire
Friday, February 28, 11:00-12:00
Rianda House

Rosa Parks Beyond the Bus: a personal and inspiring glimpse into Rosa Parks' life, as seen through the eyes of author and dear friend H.H. Leonards, who hosted Mrs. Parks in her Washington, DC home for a decade. While widely known for her pivotal role in the Montgomery Bus Boycott, this SHForum interview reveals Parks' depth as a leader and advocate for civil, human, and women's rights. **RSVP**



Special Events

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BASEBALL ANYONE?

Did you know that St. Helena has a first-rate 65+ baseball team?

You can cheer for them this spring at the High School or better yet, you can **join them on the field**. This is a competitive, traveling league for people 65 and older. Why not get out the old glove and see if you still got it?

To schedule a tryout, or for more information, contact Nick Marnell. nick.marnell9@gmail.com. 925 899-6479



STOP FALLS!

Dr Hayden - St. Helena Adventist Health
Tuesday, March 4, 12:00-1:00pm
Rianda House

SAVE THE DATE!

Dr. Hayden Block, DPT, a seasoned physical therapist and clinic manager at PT Solutions in St. Helena will present, STOP FALLS: Preventing Falls for Seniors. With extensive expertise in musculoskeletal care, post-operative rehabilitation, and mobility improvement, Dr. Block will share practical strategies to enhance strength, independence, and safety for seniors, drawing on years of experience in outpatient care and home health. **RSVP**



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.

To speak with a personal resource expert and/or make an in-person appointment at Rianda House,

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 by appointment at Rianda House.
(Courtesy of Providence Community Health)
on Friday, February 21, 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.



Karen Lustig



Irma Luna

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

Amistad y Apoyo Alma Perez & Lorraine Ruston
Tuesdays, 10:30-12:30, Rianda House (No Class on Feb. 11)
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 Jennifer Duncan & Kerry Brackett
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, Feb. 10 & 24, 1:00-2:00pm, American Legion Hall
Conscious breathing techniques improve physical, mental and emotional well-being by reducing stress, anxiety, and tension.

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. 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., Feb. 6, Rianda House, Thur., Feb. 20, 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, Feb. 7 & 21, 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, Feb. 3 & 17, 1:00, Rianda House
Share ideas on local and world events in a respectful setting.

Imagery and Poetry Dr. Lisa Hinz
Friday, Feb. 7 & 21, 1:00, Zoom
Create a visual collage as the foundation for writing poetry.

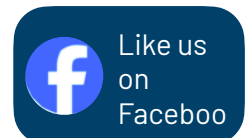
Ladies & A Cuppa Tea Ellen Cotten
Tuesdays, 9:30-10:30, Rianda House
Join us for friendship and a cup of tea. A warm, inviting atmosphere encourages fun and engaging discussions.

Line Dancing (no class 2/10) 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.



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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.

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.

2nd Tuesday Page Turner Book Club

Lorraine Rustin

Tuesday, Feb. 11, 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.

Intermediate Spanish

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.

Advanced Spanish

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.

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, Feb. 11 & 25, 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, Feb. 12 & 26, 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

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, Feb. 7, 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, Feb. 19, 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, Feb. 8 & 22, 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, Feb. 5, 11:00-1:00, Pacific Union College Fireside Room, 10 Angwin Avenue

Fast Fall the Night: *Exploring Depression and Suicidality delves into the complexities of depression and its impact on human life. The discussion covers types of depression, including major depressive disorder and bipolar depression, along with effective treatments. We'll also examine suicide risks, prevention strategies, and the role of faith in offering meaning and hope amidst challenges. **RSVP and bring a friend!***

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

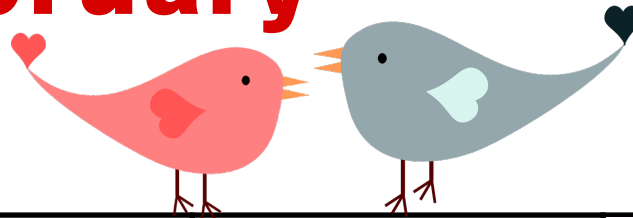
Thursday

Friday



February

Red indicates
new or required
registration



- A American Legion
- C Calistoga Community Center
- H Hybrid
- P Presbyterian Church
- PUC Pacific Union College
- R Rianda House
- Z ZOOM
- * Check description

RIANDA HOUSE
1475 Main St.
(707) 963-8555
riandahouse.org

3	4	5	6	7
<p>R 9:30 French Club</p> <p>A 9:30 Zumba Gold</p> <p>H 10:00 Balance and Stretch</p> <p>A 11:30 Line Dancing</p> <p>R 12:30 Duplicate Bridge</p> <p>R 1:00 Heart of the Matter</p>	<p>P 7:30 Strength Training</p> <p>A 8:00 Mens Fitness</p> <p>R 9:00 ESL</p> <p>R 9:30 Ladies & A Cuppa Tea</p> <p>R 10:30 Amistad y Apoyo</p> <p>R 11:00 Artist Way Workshop</p> <p>A 11:15 Yoga: Stretch and Flow</p> <p>R 1:00 Introduction to Spanish</p>	<p>R 9:00 Sound Bowl Meditation</p> <p>R 10:00 Chair Yoga</p> <p>R 10:00 MasterMinds</p> <p>PUC 11:00 Lunch and Learn</p> <p>R 1:00 Music with Ric</p> <p>R 2:30 Advanced Spanish</p>	<p>P 7:30 Strength Training</p> <p>R 8:30 Gents & A Cuppa Joe</p> <p>R 9:00 Tai Chi & Qi Gong</p> <p>A 9:30 Zumba Gold</p> <p>A 10:40 Chair Aerobics</p> <p>PUC 11:00 Stretch and Flow</p> <p>A 11:15 Balance and Stretch</p> <p>R 1:00 Needlers Club</p> <p>R 1:00 Intermediate Spanish</p> <p>R 3:00 Dementia Caregiver Support</p>	<p>C 9:30 Calistoga Loop Walk</p> <p>R 10:00 Bridge for Beginners</p> <p>R 10:00 Genealogy</p> <p>R 1:00 Canasta</p> <p>R 1:00 Mah Jongg</p> <p>Z 1:00 Imagery and Poetry</p>
Saturday, Feb 8				
10	11	12	13	14
<p>R 9:30 French Club</p> <p>A 9:30 Zumba Gold</p> <p>H 10:00 Balance and Stretch</p> <p>R 12:30 Duplicate Bridge</p> <p>A 1:00 Breathe it Away with Ray</p>	<p>P 7:30 Strength Training</p> <p>A 8:00 Mens Fitness</p> <p>R 9:00 ESL</p> <p>A 9:00 Tai Chi</p> <p>R 9:30 Ladies & A Cuppa Tea</p> <p>R 11:00 Artist Way Workshop</p> <p>A 11:15 Yoga: Stretch and Flow</p> <p>R 1:00 Introduction to Spanish</p> <p>R 7:00 Page Turner Book Club</p>	<p>R 9:00 Sound Bowl Meditation</p> <p>R 10:00 Chair Yoga</p> <p>R 10:00 MasterMinds</p> <p>R 1:00 Music with Ric</p> <p>R 2:30 Tech Today</p> <p>R 2:30 Advanced Spanish</p>	<p>P 7:30 Strength Training</p> <p>R 8:30 Gents & A Cuppa Joe</p> <p>R 9:00 Tai Chi & Qi Gong</p> <p>A 9:30 Zumba Gold</p> <p>A 10:40 Chair Aerobics</p> <p>PUC 11:00 Stretch and Flow</p> <p>A 11:15 Balance and Stretch</p> <p>R 1:00 Needlers Club</p> <p>R 1:00 Intermediate Spanish</p>	<p>R 10:00 Bridge for Beginners</p> <p>R 10:00 Advancing Care Through Innovation</p> <p>R 1:00 Canasta</p> <p>R 1:00 Mah Jongg</p>
17	18	19	20	21
<p>R 9:30 French Club</p> <p>A 9:30 Zumba Gold</p> <p>H 10:00 Balance and Stretch</p> <p>A 11:30 Line Dancing</p> <p>R 12:30 Duplicate Bridge</p> <p>R 1:00 Heart of the Matter</p>	<p>P 7:30 Strength Training</p> <p>A 8:00 Mens Fitness</p> <p>R 9:00 ESL</p> <p>R 9:30 Ladies & A Cuppa Tea</p> <p>R 10:30 Amistad y Apoyo</p> <p>R 11:00 Artist Way Workshop</p> <p>A 11:15 Yoga: Stretch and Flow</p> <p>R 1:00 Introduction to Spanish</p>	<p>R 9:00 Sound Bowl Meditation</p> <p>R 10:00 Chair Yoga</p> <p>C 11:00 Lunch and Learn</p> <p>R 1:00 Music with Ric</p> <p>R 2:30 Advanced Spanish</p>	<p>P 7:30 Strength Training</p> <p>R 8:30 Gents & A Cuppa Joe</p> <p>R 9:00 Tai Chi & Qi Gong</p> <p>A 9:30 Zumba Gold</p> <p>A 10:40 Chair Aerobics</p> <p>PUC 11:00 Stretch and Flow</p> <p>A 11:15 Balance and Stretch</p> <p>R 1:00 Needlers Club</p> <p>R 1:00 Intermediate Spanish</p> <p>Z 3:00 Dementia Caregiver Support</p>	<p>P 9:30 Vineyard Walk</p> <p>R 10:00 Bridge for Beginners</p> <p>R 10:00 Genealogy</p> <p>R 12:00 Victim Services</p> <p>R 1:00 Canasta</p> <p>R 1:00 Mah Jongg</p> <p>Z 1:00 Imagery and Poetry</p> <p>R 4:00 Travelogue: Galapagos</p>
Saturday, Feb 22				
24	25	26	27	28
<p>R 9:30 French Club</p> <p>A 9:30 Zumba Gold</p> <p>H 10:00 Balance and Stretch</p> <p>A 11:30 Line Dancing</p> <p>R 12:30 Duplicate Bridge</p> <p>A 1:00 Breathe it Away with Ray</p>	<p>P 7:30 Strength Training</p> <p>A 8:00 Mens Fitness</p> <p>R 9:00 ESL</p> <p>A 9:00 Tai Chi</p> <p>R 9:30 Ladies & A Cuppa Tea</p> <p>R 10:30 Amistad y Apoyo</p> <p>A 11:15 Yoga: Stretch and Flow</p> <p>R 1:00 Introduction to Spanish</p>	<p>R 9:00 Sound Bowl Meditation</p> <p>R 10:00 Chair Yoga</p> <p>R 1:00 Music with Ric</p> <p>R 12:00 Croatia Presentation</p> <p>R 2:30 Advanced Spanish</p> <p>R 2:30 Tech Today</p>	<p>P 7:30 Strength Training</p> <p>R 8:30 Gents & A Cuppa Joe</p> <p>R 9:00 Tai Chi & Qi Gong</p> <p>A 9:30 Zumba Gold</p> <p>A 10:40 Chair Aerobics</p> <p>PUC 11:00 Stretch and Flow</p> <p>A 11:15 Balance and Stretch</p> <p>R 1:00 Needlers Club</p> <p>R 1:00 Intermediate Spanish</p>	<p>R 10:00 Bridge for Beginners</p> <p>R 11:00 Rosa Parks - Beyond The Bus</p> <p>R 1:00 Canasta</p> <p>R 1:00 Mah Jongg</p>

RIANDA HOUSE

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Croatia, Slovenia and the Adriatic Coast

Travel presentation by Jay Fehan of Collette travel

February 26, 12-1:00, Rianda House

The Rianda House Tripsters are heading to the Adriatic May 7, 2026! Join us and wander the cobblestone streets of Ljubljana, Slovenia's romantic capital, and soak up the glamour of Opatija, the "Riviera of Croatia." Stroll through Plitvice Lakes National Park, where shimmering waterfalls connect sixteen jewel-like lakes. Time travel to ancient Rome in Split's Diocletian's Palace and savor local flavors at cozy restaurants, wineries, and artisanal food spots. Marvel at Dubrovnik's iconic white-stone buildings and towering city walls, and

explore the vibrant streets of Zagreb by foot and funicular. Get ready to fall in love with this sun-kissed Adriatic wonderland!

Spring is a wonderful time to visit Croatia and Slovenia with charming towns waking up from a winter slumber. Plitvice Lakes National Park is blooming with wildflowers. Enjoy the region's bounty of seasonal fruits and vegetables such as asparagus, artichokes, and strawberries.

Book before November 8, 2025 and save \$450 per person. Robin McGuire will accompany you on the journey.

More at <https://gateway.gocollette.com/link/1315547>

