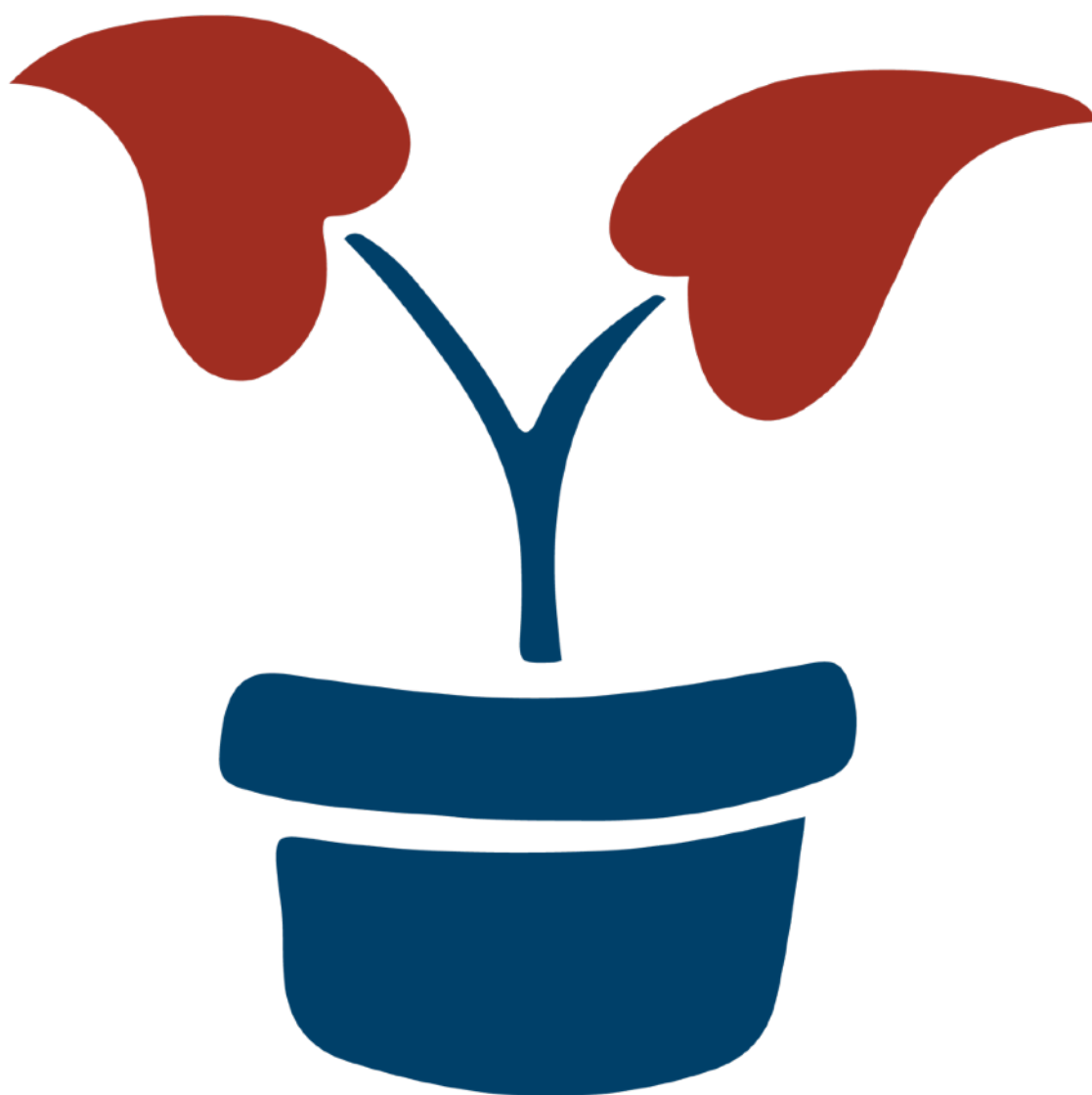


# RIANDA HOUSE

increasing life expectations

## We Grow



# The Life Cycle

## Never stop growing!

It goes like this:

1. You are born (*childhood*)
2. You grow (*youth*)
3. You have your day in the sun (*adulthood*)
4. You decay (*elderhood*)
5. You die (*mystery*)



We call this the life cycle. It applies to everything: plants, planets and people.

We enter #1-3 eagerly. We're less excited about #4-5.

This explains why so many people have an allergic reaction when you suggest that they participate at Rianda House. To go to a senior center is to admit that you have reached stage #4. Who wants to be a rotten banana? Surely it hasn't come to that!

You would think that in valley that is world famous for the process of decay called fermentation, it would be obvious that stage #4 can be a good thing.

Like grapes, our bodies go through a series of transformations. We can't opt out of these but we can decide what to make of them.

We treat newborns with love and care. We send our children to school and nourish them with healthy food. We celebrate as they reach milestones of adulthood. Then what?

Elderhood. That's what. Elderhood has its challenges, just like all the other stages. But it can be the most fulfilling stage of life if we choose to make it so.



Unattended grapes wither on the vine and fall to the ground.

But if you treat them right, they can turn them into something exquisite. This is what elderhood becomes when we embrace it.

Coming to Rianda House doesn't mean you've thrown in the towel. It means you're ready for the good stuff.



### 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

Programs Director: Amanda Cole, Program Manager: Tessa Lorraine, Program Coordinator: 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

Maury Robertson Executive Director,  
Rianda House

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

## Describe your early life.

My folks were both educators, and I grew up in the wheat fields of the Palouse in eastern Washington. I went to Washington State and majored in music and then went to Boise for one year. I knew I wanted to be a pastor but wanted a year off before seminary. I played French Horn in the Boise



Maury & Julie, hitting the road in 2016

Philharmonic but it wasn't enough to pay the bills. So, like most music majors, I took a second job and went to work at the Sizzler. I grew up very sheltered and it was fun to be with a crowd that was less straitlaced than I was used to.

## What was your road to the ministry?

I went to Golden Gate Baptist Theological Seminary in Mill Valley for four years and got a Master of Divinity. Since no church wanted to hire a 26-year-old single man, I decided to keep going to school and get a Ph.D. After Julie and I were married I finally got the chance to pastor a tiny little Southern Baptist Church in Yuba City. I was sure I would save the world. But after just a few months, the congregation split on a social issue. Some of the people wanted me to help them start a new church and I agreed. That's the one I built and led for over 20 years. It got pretty big. It was more like a community church. During this time, I got to go back and teach at the seminary. I even developed a whole online course on biblical Greek.

Then, I had what you might call a midlife crisis. I began to question a lot of my assumptions. What I was seeing and experiencing was not matching what I was preaching and saying. I felt compelled to resign. I didn't have a Plan B. It was scary!

## What happened then?

My wife, Julie, and I sold our house and we lived in a little travel trailer for two years, circling the United States twice. I started an online group aimed at

people like me who were struggling with their faith. I wrote a book trying to reimagine my Christian faith in a way I could live with. In the end, I gave up. This transition for me turned out not to be about finding a new foundation, but learning to live without one, learning to live in a world where I don't have answers.

I wrote a little poem that describes my experience.

*I was a preacher,  
A professor,  
A Godsplainer,  
A Rock.  
Then my high pulpit crumbled.  
I thought I would land,  
But just kept falling.  
So I traded my firm foundation,  
For a set of wings,  
And made my home,  
On a rush of wind.*

## What brought you to Rianda House?

Julie grew up in Novato, so there was a pull back to this area. Along the way, I developed digital skills and I had people skills from being a pastor. I interviewed for the Rianda House position during Covid and moved here in 2022. This place has been more than I ever imagined. The people here have so much to offer, so much energy, such amazing backgrounds. We're loving this chapter and are so happy here.

## What were your worst and best jobs?

Rianda House is my best job, hands down. A second would be hauling hay with a direct descendent of Daniel Boone in Washington. He taught me to turn work into play. I've never had a job I hated.

## What's your favorite food?

Mac and Cheese. And Villa Corona. I'm a regular there.

*Interview by Susan McWilliams*

# Rianda House Receives Two Legacy Gifts

In 2024, Rianda House received two legacy gifts, one from the estate of **Sloan and Priscilla Upton** and the other from the estate of **Jule Grant**.

**Priscilla** played a vital role on the development committee, placing the organization on firm financial footing. **Sloan** was a regular attendee at the Thursday Morning gathering of the Gents. **Jule** was a passionate advocate, a regular participant, and generous supporter.

If you attend classes and events at Rianda House, you partake of their laughter, goodness, and generosity, whether you know it or not. Their legacy is baked into our walls.

The Rianda House board is considering how to best use these gifts to serve UpValley older adults and strengthen the organization these precious friends loved so much.

Thank you, Sloan and Priscilla. Thank you, Jule. We love and miss you!

Looking for a way to make a lasting impact?

Consider following Jule, Priscilla, and Sloan by making Rianda House part of your estate plan. This helps ensure that others can enjoy free services at Rianda House for years to come.

For more information, call Maury at (707) 227-9559

## 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, March 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



# Special Events

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

## CROATIA, SLOVENIA and the ADRIATIC COAST

Robin McGuire

May 7th-May 20th, 2026



Rianda House Tripsters Are Off to the Adriatic! Explore Ljubljana's charm, Opatija's coastal glamour, and the stunning Plitvice Lakes. Walk through history in Split's

Diocletian's Palace,

savor local flavors, and marvel at Dubrovnik's iconic beauty. Zagreb awaits with its vibrant streets and scenic funicular rides! Spring brings blooming landscapes, fresh flavors & fewer crowds!

More information: <https://gateway.gocollette.com/link/1315547> or Robin McGuire at 707-963-8555 x102

## Tug McGraw Softball

Sunday, May 18, 10:30-12:00pm

Veterans Home Cleve Borman Field

SAVE the DATE

### Cheer on the Veterans as they take on Leadership Napa Valley!

The Mixed Nutts Softball Program, part of the Tug McGraw Foundation's wellness initiative, helps Yountville Veterans Home residents enhance their physical, cognitive, social, and spiritual health through softball. Played on historic Cleve Borman Field (est. 1800s), it's more than a game—it's a Field of Dreams!



## Vineyard Walk

Brad Skibbins & Carmen Benavides

Friday, March 21, 9:30-10:30,

Rianda House

Meet new friends and boost your health with a flat, 1.5 mile vineyard walk taking approximately 45 minutes. We begin at Rianda House. Join Carmen Benavidez from the Alzheimer's Association to learn how the brain and body are connected and how smart lifestyle choices can support healthy aging.

**RSVP**



## Medicare

Rachel Olea-Lizarraga

Friday, March 28, 11:00-12:00

Rianda House

Increase your Medicare IQ by making sense of medicare workshop. We look forward to welcoming you and helping you take proactive steps towards optimizing your medicare coverage. Your future self will thank you!

**RSVP**



# Special Events

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

## STOP FALLS!

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

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**



## Conozca a Su Vecino

Peter Heredia  
**Tuesday, March 18, 10:30-12:00pm**  
Rianda House

Conozca a su vecino o Meet Your Neighbor (MYN por sus siglas en inglés) es un programa único que reúne a los vecinos para planificar las emergencias. El programa le guía paso por paso a usted y a sus vecinos a través de un proceso para identificar las ventajas y necesidades de todos y cómo prepararse mejor juntos para todos los peligros potenciales. **RSVP**



## Swing Dancing

Susan Gai  
**Fridays, 3:00-3:50pm**  
Rianda House

**New Class**

Learn the All-American Swing dance that was created in New York in the 1920's. Originally danced to the Big Band sounds of the '40's, the Swing is again widely popular with contemporary swing bands as well. It's a versatile dance that's easy to learn. **RSVP**



## Rumba Dance

Susan Gai  
**Fridays, 4:00-4:50pm**  
Rianda House

**New Class**

A slow, romantic dance that originated in Cuba. Known as "the dance of love", the Rumba characterized by "Cuban Motion", a rolling action of the hips and legs that gives it its sensual look. The Rumba's distinguishing features are a romantic feel with a slow languorous beat. **RSVP**



**No dance partner?  
No problem!**



# Classes & Activities



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

**Access Bars** **NEW!** Kaylee Hardin  
**Tuesdays, 12:30-2:00, American Legion**  
Like clearing a cluttered hard drive, Access Bars® gently releases stuck energy by lightly touching points on the head. Ideal for easing negative thoughts, brain fog, anxiety, or simply unwinding, it leaves you feeling calm and refreshed. **RSVP**

**Amistad y Apoyo** Alma Perez & Lorraine Ruston  
**Tuesdays, 10:30-12:30, Rianda House, March 4, 25**  
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**  
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, March 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. **RSVP**

**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**  
**Thursday, March 6, Rianda House, 3-4:30**  
**Thursday, March 20, Zoom, 3-4:30**  
This support group provides a comforting setting for care partners. Contact Melissa Gerard, 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. 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, March 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, March 3 & 17, 1:00, Rianda House**  
Share ideas on local and world events in a respectful setting.

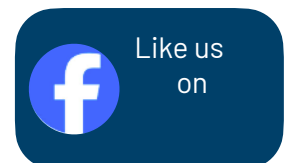
**Imagery and Poetry** Dr. Lisa Hinz  
**Friday, March 7 & 28, 1:00, Zoom**  
Create a visual collage as the foundation for writing poetry.

**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 3/31) 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, March 5 - April 9, 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.**







# 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)

## 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. 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.

## 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, March 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

**Tuesday, 1:00-2:30, March 4 (final class) 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, March 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, March 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, Mar. 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, Mar. 11, 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, Mar. 1 & 15, 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, March 5, 11:00-1:00, Pacific Union College Fireside Room, 10 Angwin Avenue**

*"Emotions, energy in motion" : Explore how emotions move through our bodies and learn somatic tools to self-regulate. During this hands-on experience, you will be able to fully engage in the mind body connection. Physical participation encouraged but not required. RSVP and bring a friend!*

### Stretch and Flow

Kaylee Hardin

**Thursdays, 11:00-12:00, (No class Mar. 13 & 20) 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
<p><b>3</b></p> <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><b>4</b></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 &amp; A Cuppa Tea</p> <p>R 10:30 Amistad y Apoyo</p> <p>A 11:15 Yoga: Stretch and Flow</p> <p>R 12:00 STOP FALLS</p> <p>A 12:30 Access Bars</p> <p>R 1:00 Introduction to Spanish</p> <p>R 1:30 Travel Presentation</p>	<p><b>5</b></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><b>6</b></p> <p>P 7:30 Strength Training</p> <p>R 8:30 Gents &amp; A Cuppa Joe</p> <p>R 9:00 Tai Chi &amp; 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><b>SATURDAY, MARCH 1</b></p> <p>C 9:00 Tai Chi</p> <p><b>7</b></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> <p>R 3:00 Swing Dancing</p> <p>R 4:00 Rumba Dance</p>
<p><b>10</b></p> <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><b>11</b></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 &amp; A Cuppa Tea</p> <p>A 11:15 Yoga: Stretch and Flow</p> <p>A 12:30 Access Bars</p> <p>R 7:00 Page Turner Book Club</p>	<p><b>12</b></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><b>13</b></p> <p>P 7:30 Strength Training</p> <p>R 8:30 Gents &amp; A Cuppa Joe</p> <p>R 9:00 Tai Chi &amp; Qi Gong</p> <p>A 9:30 Zumba Gold</p> <p>A 10:40 Chair Aerobics</p> <p>A 11:15 Balance and Stretch</p> <p>R 1:00 Needlers Club</p> <p>R 1:00 Intermediate Spanish</p>	<p><b>14</b></p> <p>R 10:00 Bridge for Beginners</p> <p>R 1:00 Canasta</p> <p>R 1:00 Mah Jongg</p> <p>R 3:00 Swing Dancing</p> <p>R 4:00 Rumba Dance</p> <p><b>SATURDAY, MARCH 15</b></p> <p>C 9:00 Tai Chi</p>
<p><b>17</b></p> <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><b>18</b></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 &amp; A Cuppa Tea</p> <p>R 10:30 Conozco a su vecino</p> <p>A 11:15 Yoga: Stretch and Flow</p> <p>A 12:30 Access Bars</p>	<p><b>19</b></p> <p>R 9:00 Sound Bowl Meditation</p> <p>R 10:00 Chair Yoga</p> <p>R 10:00 MasterMinds</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><b>20</b></p> <p>P 7:30 Strength Training</p> <p>R 8:30 Gents &amp; A Cuppa Joe</p> <p>R 9:00 Tai Chi &amp; Qi Gong</p> <p>A 9:30 Zumba Gold</p> <p>A 10:40 Chair Aerobics</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><b>21</b></p> <p>R 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>R 3:00 Swing Dancing</p> <p>R 4:00 Rumba Dance</p>
<p><b>24</b></p> <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><b>25</b></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 &amp; A Cuppa Tea</p> <p>R 10:30 Amistad y Apoyo</p> <p>A 11:15 Yoga: Stretch and Flow</p> <p>A 12:30 Access Bars</p>	<p><b>26</b></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 Advanced Spanish</p> <p>R 2:30 Tech Today</p>	<p><b>27</b></p> <p>P 7:30 Strength Training</p> <p>R 8:30 Gents &amp; A Cuppa Joe</p> <p>R 9:00 Tai Chi &amp; 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><b>28</b></p> <p>R 10:00 Bridge for Beginners</p> <p>R 1:00 Medicare Workshop</p> <p>R 1:00 Canasta</p> <p>R 1:00 Mah Jongg</p> <p>Z 1:00 Imagery and Poetry</p> <p>R 3:00 Swing Dancing</p> <p>R 4:00 Rumba Dance</p>

**31**

R 9:30 French Club

A 9:30 Zumba Gold

H 10:00 Balance and Stretch

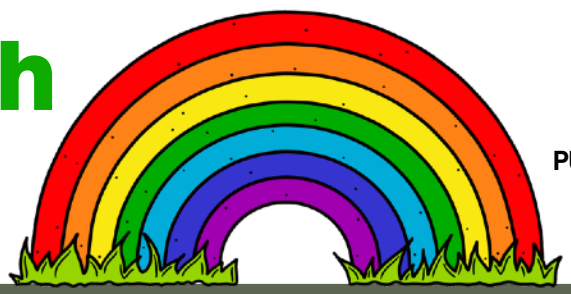
R 12:30 Duplicate Bridge

(no line dancing)

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

# March

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 Street  
St. Helena, CA 94574  
707-963-8555

PRESORTED  
NON-PROFIT  
US POSTAGE PAID  
ST. HELENA, CA  
PERMIT NO. 90

Return Address Requested

Please support UpValley older adults.

[riandahouse.org](http://riandahouse.org)



If you would like to be removed from our mailing list call 707-963-8555 x101 or or email [info@riandahouse.org](mailto:info@riandahouse.org).



## Southern Charm: Charleston, Savannah & Jekyll Island

Travel presentation by Jay Fehan, Collette travel  
Tuesday, March 4, 1:30-2:30, Rianda House



**Sept. 29-Oct 5, 2025** The Rianda House Tripsters are heading south! Discover the charm of America's southeast as you stroll cobblestone streets, tour historic homes, and enjoy unspoiled coastlines. Stay two nights each in Charleston and Savannah, exploring Charleston's historic City Market and Savannah's sprawling Historic District by trolley or on foot. Relax with two nights at the exclusive Jekyll Island Club and visit the Georgia Sea Turtle Center to see sea turtle rehabilitation in action. Experience the unique beauty and warm hospitality of South Carolina and Georgia's "Low Country." **RSVP 707-963-8555 x101**

More information available at <https://gateway.gocollette.com/link/1321139>