

RIANDA HOUSE

Increasing Life Expectations



Father's Day Car Show and wine tasting

Adams Street @ Library Lane

Food, Life Music, Wine, Beer

Free Admission

11AM-3 PM

celebrating
Vintage Adults
since 2008



Grand Marshal, Dr. Steve Herber

A Shelter in a Storm



It's easy to feel battered by events in our world these days, especially if you're an older adult.

Last month, I had a conversation with a retired friend who struggles to pay her bills. "I used to barely come out ahead each month," she told me. "Now I go a little deeper in the hole."

I have no magic to make such problems disappear but I can recommend something that will help: Rianda House. Rianda House is part of a network of organizations that

address the challenges of aging. If we can't help with your problem, we probably know a friend who can.

But Rianda House goes beyond meeting physical needs. It is a place to step away from the gut-wrenching roller coaster of daily news and ground yourself in our shared humanity.

You might choose to strengthen your body with an exercise class or stretch your mind by learning a language or refresh your soul with art and music. These may not alter the world around us but they certainly alter the world within us.

Thanks to our generous supporters, no one has to question whether they can afford Rianda House. They only

have to ask whether they wish to be **strong** in mind, body, and spirit, **connected** in meaningful relationships and **giving** from the abundance of their lives. Each month, a growing number from our Upvalley community answers, "Yes!"

The Rally 4 Rianda makes this happen. This year, our goal is \$200,000. To all who have given and to all who will give, **thank you for providing this shelter in a storm.**



Welcome to Rianda House!

On the House is the monthly newsletter of Rianda House. We welcome ideas and submissions. Email info@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 Program Director: Amanda Cole

Program Manager: Tessa Lorraine, Program Coordinator: Cassie Kisiel, Newsletter: Robin McGuire

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

Julie Garvey, Braulio Muñoz, Meg Scrofani, Richard Walloch

Rianda House Named Nonprofit of the Year (Congratulations, St. Helena)

Rianda House is proud to have been chosen as Nonprofit of the Year by the St. Helena Chamber of Commerce. We'll gladly take a bow but **the honor rightly belongs to the whole city.** Do you know of any other town that has come together to support its seniors in such a warm way?



Tessa Lorraine, Robin McGuire, Amanda Cole

We who serve at Rianda House feel the love of the entire Upvalley for older adults. It is shown by our beautiful facility and the community's faithful ongoing support. When we walk downtown, we receive spontaneous words of acknowledgment and encouragement. St. Helena is rightly proud of this special place.

Rianda House is unlike other Senior Centers because it is an expression of love from the community. It's a big hug of older adults.

Every town should have a Rianda House! We seek to inspire others to follow our lead. We're excited to see a group in Angwin working to create an "Angwin House." We are eager to cheer them on and support their efforts. You'll hear more about this in upcoming issues.

The staff is also aware that we are reaping what others have sown. We are especially grateful for the dedication of Julie Spencer and Elizabeth Cobb-Bruno. We are honored to carry on their grand tradition.



Pam McCullagh, Robin McGuire, Amanda Cole, Maury Robertson



Julie Spencer, Maury Robertson, Elizabeth Cobb-Bruno

Let's Rev It Up for Rianda!

May is Older Americans' Month. This is our opportunity to call attention to the needs of Upvalley older adults and invite the community to support our work at Rianda House.



May is a great time to give. **All contributions are matched by our generous donors from May 1 through the Car Show on June 15.** Thank you for keeping the magic of Rianda House going!

This year's goal: \$200,000



Thanks, Robin. You're Awesome!

At the end of March, Robin McGuire stepped down from her role of Program Coordinator at Rianda House to be more available for her aging parents. Robin greatly enhanced the programs by adding her kind and generous spirit to everything she touched. She helped us deepen our engagement with the wider community and established our travel program. Robin will continue to participate at Rianda House and help with the production of our newsletter.



Welcome, Cassie. We're glad you're here!

Cassie is a lifelong native of the Valley, coming to us from the wine industry. She enjoys working with people as has been evidenced by the way she instantly fit in at Rianda House. She is "whip-smart" (Tessa's description) and capable of stepping in to help wherever needed. Please introduce yourself to her and join us in welcoming her to the community.



Register on the Mindbody App

or go to the Mindbody website:

<https://www.mindbodyonline.com/>

DID YOU KNOW?

You can now register for all classes on the Mind Body app.

Download: Mind Body Health and Wellness and register today!

Getting to Know You

Ric Morgan

Instructor, Music with Ric

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

Tell me about your musical background.

I used to make a living singing and playing the guitar in the San Francisco Bay area – going to coffee houses, bars. Actually, it was sort of a side job for me; my profession was being a high school teacher and crisis counselor for high school students in San Francisco, Sacramento and various other places. Believe it or not, I taught psychology back in the days when you could teach that sort of thing in high school; nowadays the curriculum is pretty narrow. I also taught philosophy, but I was trained as an English teacher.



What brought you to the Napa Valley?

I moved to Napa when I had a teaching job in Vallejo. Years ago, I was working at various retirement homes in Napa doing singalongs once or twice a week. I put together some songbooks and would ask people “what would you like to sing?” and I’d strum along on my guitar. I did that a number of years in Napa. I think there were 120 pages of songs and it’s great because people have the lyrics right in front of them. It’s basically songs from the 40s, 50s and 60s. People like to talk about the memories associated with the songs. That’s what we do at Rianda House; I’ve been here somewhere between 5 and 10 years.

What do people not know about you?

I could make a bad joke and say, “they don’t know about any of my sins.” But I don’t believe in sin. The word actually comes from an old Sanskrit archery term meaning “to miss the mark,” later adopted into Latin. From that perspective, sin is simply falling short of love. Whenever someone makes a mistake or does something wrong, they’ve just missed the opportunity to act with love. It’s a gentler, more compassionate view of human imperfection.

You sound like quite the philosopher.

I taught philosophy; it’s my background and closely related to psychology. I think one of the things that I look at differently is that it’s OK to be uncertain. People get stuck in knowledge and they’re no longer curious about life. People make up their minds in politics and religion, but I like to compare making up your mind to making the bed: it’s all nice and neat but don’t forget, you’re going to have to get back in there to sleep. Making up your mind is like that; you’re going to have to get back in there.

After music and philosophy what else do you like to do?

I like to write, but just for myself, not for publication. I’m on a quest to match Shakespeare’s number of sonnets. He wrote 150 of them and I’m about halfway there. And I love going to the ocean and walking along the seashore, being enchanted by waves. There’s nothing more beautiful to me. You can go down the coast in either direction and find these incredible places. If I want to have time to think, that’s where I go, to the ocean.

Throughout your life, what have been your best and worst jobs?

I think the most challenging job was being a counselor for young men at Juvenile Hall in San Francisco. What was tough was seeing the suffering of those kids and what their lives were like. The most positive experience was teaching; I loved teaching; I loved those kids.

If you were an animal, which would it be and why?

I’ve always liked foxes. I’ve always thought they were terribly beautiful, interesting and pretty private. They don’t do anything in packs; they’re solitary. They make their own rules.

Interview by Susan McWilliams

Special Events

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

Memoir Writing

Linda Williamson

Thursdays, May 1 - June 5

9:30-10:30

Rianda House

We all have had experiences that are worthy of being written and, perhaps, passed down to others. This class will explore what makes our personal histories special and how to get that quality down on paper. No past writing experience required. **RSVP**



Farmers Market

Staff

Friday, May 2, 7:30-12:00

Crane Park

Stop by the Rianda House booth at the St. Helena Farmers Market on the first Friday of each month to get information about programs and activities. Enjoy fresh produce, gourmet food vendors, beautiful hand-crafted items and non-profit organizations in this family friend atmosphere!



Sound Bath

Kaylee Hardin

Sunday, May 4, 11:15-12:15

Rianda House

A meditative experience where participants will sit or lay down as sound waves from various instruments wash over them. These vibrations help to cleanse energy and promote a sense of calm and relaxation. Please bring all that you need to be comfortable, including yoga mats, blankets, pillows, or eye masks. Chairs will be provided.



3 Stages of Dementia

Providence

Friday, May 9, 16 & 23

1:00-2:00

Rianda House

A three-part seminar to understand the three main stages of dementia; what to expect; how to respond; and how to communicate and care for the person effectively. For community caregivers, friends and family members. **RSVP**



Life Story

SHOP Program

Tuesdays in May, 9:30-10:15

Legion Hall

S.H.O.P. is a program for students ages 18-22 years old with significant intellectual and developmental disabilities who have completed high school and are ready for transition services as they move into adulthood. Come and tell your life story to the St. Helena Opportunity Program young adults. They want to hear all about YOU! Hot tea and cookies will be provided. **Space is limited, 5 maximum. RSVP today.**



Detener Caídas

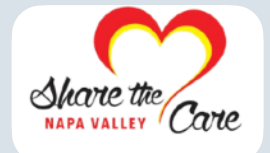
Michele Alba, Share the Care

martes, 6 de mayo 11:30-12:30

Rianda House

Muchos adultos mayores sienten gran preocupación por las caídas y limitan sus actividades para evitarlos. ¡Hay una mejor manera! Vengan a conocer los programas y servicios gratuitos de Share The Care Napa Valley, y aprenda como Usted puede prevenir las caídas." **RSVP**

This program will be in Spanish only.



Special Events

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

Charsaw Lavender Farm Tour

Julie Thompson

Saturday, May 31, 10:00-11:00
1210 Cuttings Wharf Road, Napa

Charsaw Farms is a family owned lavender farm launched in 2021 in Napa, California. Come tour the property, learn about their handmade soaps, oils and baking goods from the lavender they grow and harvest by hand. Meet at the farm. **RSVP**



<https://charsawfarms.com/>

COAD: Meet Your Neighbor

Peter Heredia

Monday, May 19, 2:15-3:15
Rianda House

Join Napa Valley COAD and learn about the importance of emergency preparedness and neighborhood connections through the Meet Your Neighbor program! We will discuss alerts, GO bags, stay boxes, emergency planning and the need to build a network within your neighborhood to stay safe during a disaster. Preparing for any type of emergency is easier together. **RSVP**



Balance and Fall Prevention

Robert Leavitt

Saturday, May 24, 10:00-11:00
Rianda House

Research tells us that approximately 30% of individuals over age 65, and almost 50% of those over 80 will fall during the next year. This lecture addresses where falls most often occur, the factors that increase fall risk, how to minimize those risk factors, effective interventions for you to reduce your fall risk, and effective exercises to decrease your fall risk. **RSVP**



Music Appreciation: Richard Strauss

Laura Prichard

Wednesday, May 28, 4:30-5:30
Rianda House

Join us for a brief look at the complex legacy of Richard Strauss. Spanning eight decades, his career produced iconic symphonic poems (Don Quixote) and operas (Die Frau ohne Schatten, a 2023 SF Opera highlight). His Elektra (think CSI: Argos) is set to sell out in June 2026. Strauss navigated art and society between the wars with candor and irony, crafting heroines from cursed empresses to doomed queens. **RSVP**



Music Appreciation: Mahler's Second Symphony

Laura Prichard

Wednesday, May 28, 5:30-6:30
Rianda House

Gustav Mahler brought his genius from Vienna to New York, conducting the Metropolitan Opera and New York Philharmonic (1907-1911) while leaving a lasting mark on both continents. Mahler's symphonies and songs, beloved by choral singers, blend folk tunes, literature, and rich orchestration, inspiring composers like Michael Tilson Thomas and Erich Korngold. **RSVP**



Author Presentation

Heidi Porch

Thursday, June 12, 4:00
Rianda House

Heidi's story is a powerful tale of survival and resilience. After her plane crashed 540 miles from land, she spent nine hours battling rough seas in a tiny raft before being rescued by a Soviet ship. More than just survival, her journey reflects dreams fulfilled, love lost, and the inner strength shaped by past trauma. **RSVP**



Classes & Activities

All Classes are no-cost. There is no need to register unless specified in the description.
For more detailed descriptions go to riandahouse.org

Don't miss out! Seats are filling fast!

Rianda House Tripsters Adventures

Fall 2025 & Spring 2026



Charleston, Savannah & Jekyll Island

Wait list!

Sept. 29-Oct 5, 2025

More info: <https://gateway.gocollette.com/link/1321139> or (800) 581-8942



Croatia, Slovenia & the Adriatic Coast

May 7th-May 20th, 2026

More info: <https://gateway.gocollette.com/link/1315547> or (800) 581-8942 refer to booking #1315547

Calistoga

Calistoga Loop Walk

Bobbie Casey

Friday, May 2, 9:00-10:30, 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.

Lunch & Learn

Rianda House, UVFC, Calistoga Parks & Rec.

Wednesday, May 21, 11-1:00, Calistoga Community Center, 1307 Washington St.

Focused on enhancing community connections and providing informational resources and a variety of topics.

April's topic: Community Health Initiative: Medi-Cal for Older Adults. Free lunch is provided. **RSVP**

Tai Chi

Diane Latorre

Saturday, May 3 & 17, 9-9:45, Pioneer Park, 1308 Cedar

A gently-moving meditation suitable for various fitness levels. Outdoor only.

Mixed Nutts Softball

Amanda Cole

Sunday, May 18, 10:30

Cleve Borman Field

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

KVYN and Leadership Napa Valley want to take you out to the ballgame! Leadership Napa Valley is partnering with the Tug McGraw Foundation to expand veteran and community participation in the Mixed Nutts Program at the Cleve Borman Baseball Field in Yountville Vets Home. KVYN will be broadcasting live from the field. Free Admission - For tickets please go to the website: <https://www.tugmcgraw.org/tmf-events>. It's more than a game - it's a field of dreams!



tugmcgraw.org/about-us

Need Help?

Resources are available through our many partners.

Resource Expert

Karen connects seniors with essential information, resources, and services needed to maintain independence and support quality of life. Whether you need support with housing, caregiving, transportation, or food access, Karen can help. Call Karen Lustig (707) 989-0219.



Karen Lustig

Victim Services Advocate Counselor

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.



Irma Luna

(Courtesy of Providence Community Health)

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.

Classes & Activities

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

Access Bars

Kaylee Hardin

Tuesdays, 12:30-2:00, American Legion

Access Bars® clears mental clutter with light touch on specific head points, releasing stuck thoughts, stress, and negative patterns. Ideal for easing brain fog, anxiety, or simply unwinding, it leaves you feeling calm and refreshed.

RSVP for 1-on-1, 30 minute sessions.

Astrology **NEW!**

Kaylee Hardin

Fridays, May 9 & 23, 11:15-12:15, Rianda House

Just as the moon affects the tides, planetary placements influence our daily energies. This class offers astrology basics, covering planetary qualities, element temperaments, and the traits of each zodiac sign.

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.

Improve Your Bridge Game Tammy McDonald

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

Learn and have fun while playing cards, including bidding and defending.

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 (No class 5/22)

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, May 1 & 15, 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.

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.

Ejercicio y Actividades (no class May 13) Juana Torres

Tuesdays, 10:30-11:30, Rianda House

Join Juana for stretching, balancing, coordination and other exercise activities.

Únase a Juana para realizar actividades de estiramiento, equilibrio, coordinación y otros ejercicios.

ESL (English Second Language) Lorraine Ruston

Tuesdays, 9:00-10:15, Rianda House

Basic English vocabulary and conversational practice.

ESL (Inglés Segundo Idioma) Lorraine Ruston

Los martes, 9:00-10:15, 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, May 2, 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, May 5 & 19, 1:00, Rianda House

Share ideas on local and world events in a respectful setting.

Imagery and Poetry

Dr. Lisa Hinz

Friday, May 16 & 30, 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. Learn five new dances each session. Beginners and drop-ins welcome. **May 5th the class is at Rianda House at 11:00.**

¡Lotería! **NEW-starts May 20th!**

Lorraine Ruston

Tuesdays, 11:30-12:00, Rianda House

Lotería is a traditional Mexican board game of chance, similar to bingo, but played with a deck of cards instead of numbered balls. We will play in Spanish and English. Conversational practice included and encouraged!

La lotería es un juego de mesa tradicional mexicano de azar, similar al bingo, pero que se juega con una baraja de cartas en lugar de bolas numeradas. Jugaremos en español e inglés. ¡Se incluye y fomenta la práctica de conversación!

Classes & Activities

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

For more detailed descriptions go to riandahouse.org

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 (New Session, April 30)

Verona Ladd

Wednesdays, April 30-June 4, 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

Tuesday, May 6 only, 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.

Readers' Theatre Group

Michael Bauer

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

Join this lively, interactive group for a fun exploration of acting and storytelling—no memorization required! Under the guidance of Michael Bauer—a professional actor, director, producer, and published playwright—you'll read, perform, and even develop new scripts. Beginner or seasoned actor, you'll enjoy a fun, welcoming environment where you can bring your creativity to life.

Second Tuesday Page Turner Book Club

Lorraine Ruston

Tuesday, April 8, 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, Apr. 1-June 17, 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, Apr. 17-July 3, 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, 2:15-3:45, Apr. 16-July 2, 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, May 6 Only, 9:00-10:00, Lyman Park

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, Lyman Park

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, May 14 & 28, 2:30-4:00, Rianda House

Hard time keeping up with tech? Let a pro help you. Reserve a 30 minute 1-on-1 session and bring your handheld device.

Vineyard Walk

Brad Skibbins & Carmen Benavides

Friday, May 16, 9:30-10:30, Rianda House

Make new friends and improve your health with a scenic, flat 1.5-mile vineyard walk (about 45 minutes), starting at Rianda House. Join Carmen Benavidez from the Alzheimer's Association to explore the connection between brain and body and how smart lifestyle choices support healthy aging.

Intro to Yoga Poses **NEW!**

Kaylee Hardin

Thursdays, 11:00-12:00, Rianda House

Perfect for beginners and seasoned yogis, this class breaks down classic mat-based poses with a focus on alignment and muscle engagement. Modifications and variations are offered for all abilities. Limited props available—please bring your own mat. **RSVP - MAX 15**

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.

Angwin House Lunch & Learn

Wednesday, May 7, 11:00-1:00, PUC Fireside Room

This month, Tessa Lorraine will be presenting her travelogue of her trip in the Galapagos Islands.

Please RSVP to Nancy Aaen at (909) 725-6919

Monday

Tuesday

Wednesday

Thursday

Friday

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



- A American Legion**
- C Calistoga Community Center**
- H Hybrid**
- L Rianda House Library**
- P Presbyterian Church**
- R Rianda House**
- Z ZOOM** *Red indicates new class or required registration*

- P** 7:30 Strength Training **1**
- R** 8:30 Gents & A Cuppa Joe
- L** 9:00 Tai Chi & Qi Gong
- A** 9:30 Zumba Gold
- R** 9:30 **Memoir Writing**
- A** 10:40 Chair Aerobics
- R** 11:00 **Intro to Yoga Poses**
- A** 11:15 Balance and Stretch
- R** 1:00 Needlers Club
- R** 1:00 Intermediate Spanish
- Z** 3:00 Dementia Caregiver Group

- * 7:30 Farmers Market** **2**
- C 9:00 Calistoga Loop Walk**
- R** 10:00 Improve Your Bridge Game
- R** 10:00 Genealogy
- R** 1:00 Canasta
- R** 1:00 Mah Jongg
- SATURDAY, May 3**
- C 9:00 Tai Chi**
- SUNDAY, May 4**
- R 11:15 Sound Bath**

- 5**
- R** 9:30 French Club
- H** 10:00 Balance and Stretch
- R** 11:00 **Line Dancing**
- R** 12:30 Duplicate Bridge
- R** 1:00 Heart of the Matter

- 6**
- P** 7:30 Strength Training
- A** 8:00 Mens Fitness
- R** 9:00 ESL
- L** 9:00 Tai Chi
- R** 9:30 Ladies & A Cuppa Tea
- A** 9:30 **Tell Your Life Story - SHOP Pgm**
- R** 10:30 **Ejercicio y actividades**
- A** 11:15 Yoga Stretch and Flow
- R** 11:30 **Detener Caídas**
- A** 12:30 Access Bars
- R** 1:00 Introduction to Spanish
- R** 3:00 Readers Theatre

- 7**
- R** 9:00 Sound Bowl Meditation
- R** 10:00 Chair Yoga
- R** 10:00 MasterMinds
- R** 1:00 Music with Ric
- R** 2:15 Advanced Spanish

- 8**
- P** 7:30 Strength Training
- R** 8:30 Gents & A Cuppa Joe
- L** 9:00 Tai Chi & Qi Gong
- A** 9:30 Zumba Gold
- R** 9:30 **Memoir Writing**
- A** 10:40 Chair Aerobics
- R** 11:00 **Intro to Yoga Poses**
- A** 11:15 Balance and Stretch
- R** 1:00 Needlers Club
- R** 1:00 Intermediate Spanish

- 9**
- R** 10:00 Improve Your Bridge Game
- R** 11:15 **Astrology**
- R** 1:00 Canasta
- R** 1:00 Mah Jongg
- R** 1:00 **3 Stages of Dementia**

- 12**
- 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

- 13**
- P** 7:30 Strength Training
- R** 9:00 ESL
- R** 9:30 Ladies & A Cuppa Tea
- A** 9:30 **Tell Your Life Story - SHOP Pgm**
- A** 11:15 Yoga Stretch and Flow
- A** 12:30 Access Bars
- R** 1:00 Introduction to Spanish
- R** 3:00 Readers' Theatre
- R** 7:00 Page Turner Book Club

- 14**
- R** 9:00 Sound Bowl Meditation
- R** 10:00 Chair Yoga
- R** 10:00 MasterMinds
- R** 1:00 Music with Ric
- R** 2:15 Advanced Spanish
- R** 2:30 Tech Today

- 15**
- P** 7:30 Strength Training
- R** 8:30 Gents & A Cuppa Joe
- L** 9:00 Tai Chi & Qi Gong
- A** 9:30 Zumba Gold
- R** 9:30 **Memoir Writing**
- A** 10:40 Chair Aerobics
- R** 11:00 **Intro to Yoga Poses**
- A** 11:15 Balance and Stretch
- R** 1:00 Needlers Club
- R** 1:00 Intermediate Spanish
- Z** 3:00 Dementia Caregiver Group

- 16**
- R** 9:30 **Vineyard Walk**
- R** 10:00 Improve Your Bridge Game
- R** 12:00 Victim Services
- R** 1:00 Canasta
- R** 1:00 Mah Jongg
- R** 1:00 **3 Stages of Dementia**
- Z** 1:00 Imagery and Poetry
- SATURDAY, May 17**
- C 9:00 Tai Chi**
- SUNDAY, May 18**
- * 10:30 Veteran's Softball**

- 19**
- 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** 2:30 **COAD: Meet Your Neighbor**

- 20**
- P** 7:30 Strength Training
- R** 9:00 ESL
- R** 9:30 Ladies & A Cuppa Tea
- A** 9:30 **Tell Your Life Story - SHOP Pgm**
- R** 10:30 **Ejercicio y actividades**
- A** 11:15 Yoga Stretch and Flow
- R** 11:30 **iLoteria!**
- A** 12:30 Access Bars
- R** 1:00 Introduction to Spanish
- R** 3:00 Readers Theatre

- 21**
- 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** 2:15 Advanced Spanish

- 22**
- P** 7:30 Strength Training
- R** 8:30 Gents & A Cuppa Joe
- A** 9:30 Zumba Gold
- R** 9:30 **Memoir Writing**
- R** 11:00 **Intro to Yoga Poses**
- R** 1:00 Needlers Club
- R** 1:00 Intermediate Spanish

- 23**
- R** 10:00 Improve Your Bridge Game
- R** 11:15 **Astrology**
- R** 1:00 Canasta
- R** 1:00 Mah Jongg
- R** 1:00 **3 Stages of Dementia**
- SATURDAY, May 24**
- C 10:00 Balance & Fall Prevention**

Office Closed **26**

MEMORIAL DAY

- 27**
- P** 7:30 Strength Training
- R** 9:00 ESL
- R** 9:30 Ladies & A Cuppa Tea
- R** 9:30 **Tell Your Life Story - SHOP Pgm**
- R** 10:30 **Ejercicio y actividades**
- A** 11:15 Yoga Stretch and Flow
- R** 11:30 **iLoteria!**
- A** 12:30 Access Bars
- R** 1:00 Introduction to Spanish
- R** 3:00 Readers Theatre

- 28**
- P** 7:30 Sound Bowl Meditation
- R** 10:00 Chair Yoga
- R** 10:00 MasterMinds
- R** 1:00 Music with Ric
- R** 2:15 Advanced Spanish
- R** 2:30 Tech Today
- R** 4:30 **Music Appreciation: Richard Strauss**
- R** 5:30 **Music Appreciation: Mahler and his second symphony**

- 29**
- P** 7:30 Strength Training
- R** 8:30 Gents & A Cuppa Joe
- L** 9:00 Tai Chi & Qi Gong
- A** 9:30 Zumba Gold
- R** 9:30 **Memoir Writing**
- A** 10:40 Chair Aerobics
- R** 11:00 **Intro to Yoga Poses**
- A** 11:15 Balance and Stretch
- R** 1:00 Needlers Club
- R** 1:00 Intermediate Spanish
- R** 4:00 **Imagery & Poetry Art Reception**

- 30**
- R** 10:00 Improve Your Bridge Game
- R** 1:00 Canasta
- R** 1:00 Mah Jongg
- Z** 1:00 Imagery and Poetry
- SATURDAY, May 31**
- C 10:00 Charsaw Lavendar Tour**

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Imagery and Poetry Artist Reception

Lisa Hinz

Thursday May 29, 4:00-5:00

Welcome to our *Imagery and Poetry*, exhibition. These images come from a unique class where each week, participants embark on a journey in which they allow images to "choose them"—connecting intuitively and giving rise to new perceptions, emotions, and stories. Through guided prompts, each individual responds to their collages with poetry, capturing the essence of their reflections and transforming visual language into a deeply personal poetic expression. This space holds the energy of self-discovery and artistic exploration, where participants have embraced the joy of creating and reflecting, turning their emotional

landscapes into vibrant works of art. Thank you for joining us in celebrating this creative journey. **RSVP**

