

# RIANDA HOUSE

increasing life expectations



**All Donations Matched  
Through June 15**

***Help us continue to offer  
free services so that  
EVERYONE CAN JOIN THE FUN!***

# Are You Vintage or Old?



Nobody wants to be old. "Old" carries negative connotations, like old and *worn out*, old and *broken*, old and *tired*, old and *useless*...

In our utilitarian society, we think of people as consumables—like toothbrushes. When we are young, we are like a toothbrush fresh out of the box. Our bristles stand erect, in neat rows. Each year beats us down. Eventually we become saggy and matted down. We feel worn out and useless.

But not everything depreciates with age. We stand in awe of 3,000-year-old Sequoias. No one thinks less of them for being old—quite the opposite. We ponder the fact that they were alive before Buddha, or



the Roman Empire, or Jesus. We marvel at all they have witnessed and survived.

Or, take wine. At a wine tasting you are told a story that goes all the way back to the geological formation of the valley. This left unique minerals in the soil. The vines have history too. Over the years, they endured stresses which produced nuances in the grapes. After harvest, the wine is aged in a cave. After it is bottled it is allowed to rest, adding even more character.

So here's the question: Are you vintage or old?

If you are a toothbrush, you are a consumable that is nearly used up.

If you are a Sequoia or a fine wine, each passing year adds character,

complexity, and value.

Rianda House celebrates *vintage* adults. We look back at the good times and the bad, grateful for the wisdom the years have imparted. We know we won't be around forever. This opens the door to life's big questions and the opportunity to think deeply about our existence rather than just race off to the next thing.

If you're feeling old, stop by Rianda House. We'll help you remember that you're not old. You're vintage.



## Welcome to Rianda House!

*On the House* is the monthly newsletter of Rianda House. We welcome ideas and submissions. Email [info@riandahouse.org](mailto: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 Kiesel, Newsletter: Robin McGuire

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

Julie Garvey, Braulio Muñoz, Meg Scrofani, Richard Walloch

# Let's Rev It Up for Rianda!



All donations doubled  
through June 15 thanks to our  
Match Challengers

Anne & Terry Clark      Susan @ Dann Boeschen

Julie Spencer      Donna Hardy

Grace Episcopal Church      Pay It Forward Fund

Anita & David Cummings      Rianda House Board

CHECK OUT THE

## ONLINE AUCTION!

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

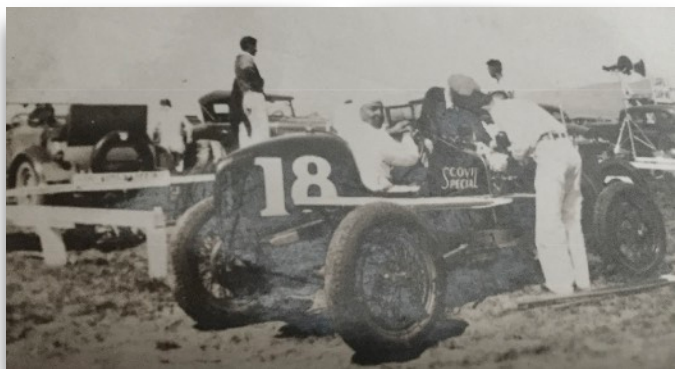
This year's items include...

- A tour & test drive at the Ferrari Museum in Italy
- An Ireland Golf adventure
- Wine tastings and dining at the Valley's best vineyards and restaurants
- An antique Mah-Johgg set with real ivory pieces.

AND MUCH MORE!

**You do not have to attend the show to bid. Please share with your friends!**

**Over 70 classic cars** like this 1930 Art Scovil-Built Sprint Car, + wine, beer, food, & live music. ADMISSION IS FREE. Sunday, June 15, 11-3PM at the corner of Adams and Library Lane. Help us celebrate vintage cars and vintage adults!



## DID YOU KNOW?

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

Download: Mind Body Health and Wellness and register today!



Register  
on the  
Mindbody App

or go to the Mindbody website  
[mindbodyonline.com](http://mindbodyonline.com)

# Getting to Know You

## Tammi McDonald

Instructor, Improve Your Bridge Game

Each month, Rianda House is pleased to highlight a new member of our growing community.



### How long have you played bridge?

Not as long as people would think; a lot of people start bridge when they're kids, watching their parents. But my father was in the Air Force and I grew up in Europe. Mom didn't play bridge

then. Back in the States I went college, got a Master's degree and I was very career-oriented, I didn't have time for bridge. I had a career in the corporate world working 60-80 hours a week and I was raising two kids.

### So when did bridge come into the picture?

I had a 20-year corporate career breaking the glass ceiling as first female program manager for defense contractor Rockwell until a health condition ended my career. I had a Zenker's Diverticulum when the muscle tears away from the back of your throat – it's fairly rare. A failed surgery damaged both recurrent laryngeal nerves, leaving me with vocal cord paralysis. My career was over, I needed a Plan B. One day, I read an article about Alzheimer's. It said the best thing for your mind is playing bridge. So I thought "that's it!" I'll learn to play bridge.

### How did you learn to play?

My Mom taught bridge on cruise ships and I joined her as her assistant for five years. That's where I met my second husband who was a bridge professional. For 10 years of my life we did nothing but play bridge 6 days a week; we traveled 42 weeks out of the year going from one tournament to the next. So I learned to play bridge from a bridge pro.

### And now you teach bridge on cruise ships?

I started teaching classes in 2015. I'd work one cruise a year, sometimes two. My last cruise was 42

days, starting in Cape Town, South Africa, ending in Santiago, Chile. I'll have 60 cruise days this year.

### What's the best thing about teaching bridge on cruise ships?

Meeting interesting people, traveling to new countries and getting the experience of new cultures. Bridge opened up a new world for me which allowed me to continue my traveling that I love. It gives me the same socialization as my job did. I love traveling, I love meeting people, I love teaching bridge. It's a win-win-win for me.

### When did you start your Rianda House class?

I started the Friday class in 2023 with all newbies and now they're all playing bridge. It started out to be six weeks, but everyone wanted to continue. They have the most fun of any group I've taught. It's the ultimate card game; you're always learning. Bridge classes are offered on Mondays and Fridays.

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

I was a workaholic, driven to succeed and I did. I was driven to the point that I wasn't taking care of myself. I know now that you can't take care of someone else if you can't take care of yourself. I didn't know that when I was working.

### What do you enjoy doing when not playing bridge?

I am desperately trying to learn how to relax. When I have the time, I like to read. When I read I'm completely absorbed in the character and I don't care what's going on in the rest of the world. I can't start a book and put it down; I read cover to cover. And I take care of my grandkids in Calistoga probably 20 hours a week. Teaching bridge and taking care of my grandkids are equally satisfying and challenging and equally a lot of work.

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

My animal would definitely be a dolphin. They're extremely intelligent, they're extremely social and they're creatures of beauty. They give me a feeling of calmness when I watch them and I think I aspire to be more like that.

*Interview by Susan McWilliams*



# Special Events

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

## HICAP: Preventing Medicare Fraud

Michael Thompson

**Wednesday, June 4, 2:30-3:30**  
**Rianda House**

Crooks, scams, phishing, emails - what you need to know to recognize and prevent your Medicare benefits from being stolen. Join this unbiased and educational session.

**RSVP**

Protect Yourself and Your Loved Ones from Medicare Fraud

California Senior Medicare Patrol assists in fraud prevention & detection.

If you've been scammed, call us and report it.  
855-613-7080

## Farmer's Market

Staff

**Friday, June 6, 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. Get information about our 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, June 8 11:15-12:15**  
**Rianda House**

Meditative vibrations help cleanse negative energy and promote a sense of calm and relaxation. Please bring all you need to be comfortable, e.g. yoga mats, blankets, pillows, etc. Chairs are provided. **RSVP**



## Seniors Against Scams

Tamara Jones

**Monday, June 9, 3:00-4:00**  
**Rianda House**

Seniors Against Scams is an in-person educational class designed to help older adults recognize and avoid today's most common scams. This informative one-hour presentation offers real-life examples, red flags to watch for with practical tips to stay safe and scam-free. **RSVP**

### Victim Services Advocate Irma Luna

offers no-cost, bilingual support for those facing crime, fraud, abuse, eviction, or crisis. Book a free, private session on Friday, June 20, 12-1 PM at Rianda House by calling Irma directly at (707) 299-1411.

## Readers' Theatre Performance

Michael Bauer

**Tuesday, June 10, 3:30-4:30**  
**Rianda House**

The Readers Theater actors present live readings from comedic and dramatic texts, original skits, and well known classic American plays. This is a staged reading with scripts in hand. Please come show your support for our community. We'd love to see you in the audience! **RSVP**



## Turks Head Hike

Ken Stanton

**Wednesday, June 11, 8:30-11:30, Robert Louis Stevenson Park, Mt. St Helena**

Join Ken Stanton, author of "Great Day Hikes in and Around Napa Valley" on a 4-mile round trip hike. Turks Head Trail is a striking volcanic plug on the county line with views into Knights Valley and the coast. Bring a light lunch and plenty of water. This is an intermediate level hike. **RSVP** for meeting point directions.



# Special Events

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

## Author Presentation

Heidi Porch

**Thursday, June 12, 4:00-5:00**  
**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 inner strength shaped by past trauma.



## Memoir Writing

Linda Williamson

**Thursdays, May 1-June 5**  
**9:30-10:30**  
**Rianda House**

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



## Downton Abbey

Laura Prichard

**Monday, June 23, 3:00-4:00**  
**Rianda House**

This Fall, the Downton Abbey franchise will come to a dramatic end with the Sept. 12 release of the highly anticipated film Downton Abbey: The Grand Finale. Join SFOpera's Laura Stanfield Prichard to explore the music and dance featured in Julian Fellowes' TV series and the two subsequent films. **RSVP**



## Dances of the 1920s and 1930s

Laura Prichard

**Monday, June 23, 4:00-5:00**  
**Rianda House**

Dances of the 20s & 30s relate to Downton Abbey shows and films. London's Victorian & jazz age dances (you may watch and/or participate). Dances include: Reels, Waltz, Foxtrot/Grizzly Bear, Lindy Hop, and dances from the Ghillies Ball at Balmoral. **RSVP**



## Commission on Aging

Marc Frankenstein

**Monday, June 23, 2:00-4:00**  
**Rianda House**

The Commission serves as an advocate for the Napa County senior population and influences public policy through regular reports to the Board of Supervisors. Rianda House is delighted to host the June session. Meetings are open to the public. Please join us. **RSVP**



## Bothe State Park Hike

Kerry Brackett

**Friday, June 27, 9:00-10:00**  
**Bothe State Park Hike**

Join us on this gorgeous well marked trail with plenty of shade. This Redwood Trail out-and-back hike takes you along Ritchey Creek, majestic redwoods and mixed-evergreen forest, followed by light stretches. **RSVP**



# Classes & Activities

**All Classes are no-cost. No registration needed unless noted.**

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

## Access Bars

Kaylee Hardin

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

Feeling overwhelmed by stress, anxiety, or brain fog? Try this gentle technique using light touch on points of the head to help release negative energy and promote relaxation. **RSVP** for 1-on-1, 30 minute session.

## Astrology

Kaylee Hardin

**Fridays, June 13 & 27, 11:15-12:15, Rianda House**

Gain insight into how the planets and their placement influence the temperament of elements as well as the different characteristics 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 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. Game takes 2-4 hours, multiple rounds. No experience needed. 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 workout seated in a chair set to upbeat music! No experience needed.

## Chair Yoga

Kaylee Hardin

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

Chair Yoga is gentle, low impact exercise, designed to help lengthen and strengthen the body; good for injuries or mobility restrictions.

## Dementia Family Caregiver's Support

**Thursday, June 5, Rianda House, Thursday, June 19, Zoom 3:00-4:30**

Led by a skilled social worker, this support group offers a comforting space for care partners sharing experiences and practical tips. Contact Melissa Gerard, Providence Adult Day Health, 707-815-6258

## 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 **NEW**

Juana Torres

**Tuesdays, 10:30-11:30, Rianda House (not June 10)**

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 (Ingles 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, June 6 & 20, 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, June 2 & 16, 1:00, Rianda House**

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

## Imagery and Poetry

Dr. Lisa Hinz

**Friday, June 6, 1:00, Zoom**

Imagery often inspires poetry. Create a visual collage as the foundation for writing poetry.

## Ladies & A Cuppa Tea

Ellen Cotten

**Tuesdays, 9:30-10:30, Rianda House**

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.

## ¡Lotería! **NEW**

Lorraine Ruston

**Tuesdays, 11:30-12:00, Rianda House (not June 10)**

Lotería is a traditional Mexican game similar to bingo, played with cards. We'll play in Spanish and English—conversation practice 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!

## 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.



# Classes & Activities

All Classes are no-cost. No registration needed unless noted.

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

## **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 (No class 6/3 & 6/24)** Evan Massaro

**Tuesday, 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 rekindles 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 Michael Bauer—actor, director, and playwright—for a fun, no-memorization intro to acting and storytelling. Read, perform, and create scripts. All levels welcome!

## **Second Tuesday Page Turner Book Club** Lorraine Ruston

**Tuesday, June 10, 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**

Experience 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**

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**

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, June 3 & 17, 9:00-10:00, Lyman Park, 1498 Main St.**

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, 1498 Main St.**

Boost energy and well-being with breathwork, meditation, and gentle movement for body, mind, and spirit.

## **Tech Today RSVP** James Scanlan

**Wednesday, June 11 & 25, 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. Bring your handheld device.

## **Vineyard Walk** Brad Skibbins & Carmen Benavides

**Friday, June 20, 9:30-10:30, Rianda House**

Meet new friends and boost your health with a scenic, 1.5 mile flat vineyard walk. Approximately 45 minutes.

## **Intro to Yoga Poses NEW!** Kaylee Hardin

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

Great for beginners or those looking to deepen their practice. Modifications offered to fit all bodies and abilities. 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 improving balance, stamina and tone important muscles.

## **Calistoga Loop Walk** Julie Spencer & Bobbie Casey

**Friday, June 6, 9:00, Calistoga Community Center**

Join us for the 3-mile Calistoga Loop Walk—1 to 1.5 hours at a moderate pace, starting at the Community Center. A fun, social way to boost your health. **RSVP**

## **Lunch & Learn** Rianda House, UVFC, & Parks & Rec.

**Wednesday, June 18, 11-1:00, Calistoga Community Center**

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

## **Tai Chi** Diana Latorre

**Saturday, June 7 & 21, 9-9:45am, Pioneer Park, Calistoga**

A gentle, music-based meditation with flowing, repetitive movement—suitable for all fitness levels. **RSVP!**

## **Angwin House Lunch & Learn**


**Wednesday, June 4, 11:00-1:00, PUC Fireside Room**

This month: **How to Classify and Identify Plants**

Aimee Wyrick, Associate Professor, PUC Dept of Biology

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



Monday	Tuesday	Wednesday	Thursday	Friday
2 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	3 P 7:30 Strength Training R 9:00 ESL L 9:00 Tai Chi R 9:30 Ladies & A Cuppa Tea R 10:30 Ejercicio y actividades A 11:15 Yoga Stretch and Flow R 11:30 iLotería! A 12:30 Access Bars R 1:00 Introduction to Spanish R 3:00 Readers Theatre	4 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 Preventing Medicare Fraud	5 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 3:00 Dementia Caregiver Support	6 * 7:30 Farmers Market 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 Z 1:00 Imagery and Poetry Saturday, June 7 C 9:00 Tai Chi Sunday, June 8 R 11:15 Sound Bath
9 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 3:00 Seniors Against Scams	10 P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea A 11:15 Yoga Stretch and Flow A 12:30 Access Bars R 1:00 Introduction to Spanish R 3:30 Readers Theatre Performance R 7:00 Page Turner Book Club	11 * 8:30 Turks Head Hike R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 1:00 Music with Ric R 2:15 Advanced Spanish R 2:30 Tech Today	12 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Tai Chi & Qi Gong A 9:30 Zumba Gold 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 Author Presentation	13 R 10:00 Improve Your Bridge Game R 11:15 Astrology R 1:00 Canasta R 1:00 Mah Jongg Sunday, June 15 * 11:00 CAR SHOW!
16 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	17 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 R 10:30 Ejercicio y actividades A 11:15 Yoga Stretch and Flow R 11:30 iLotería! A 12:30 Access Bars R 1:00 Introduction to Spanish R 3:00 Readers Theatre	18 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga C 11:00 Lunch and Learn R 1:00 Music with Ric R 2:15 Advanced Spanish	19 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Tai Chi & Qi Gong A 9:30 Zumba Gold 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 Support	20 R 9:30 Vineyard Walk R 10:00 Improve Your Bridge Game R 10:00 Genealogy R 12:00 Victim Services R 1:00 Canasta R 1:00 Mah Jongg Saturday, June 21 C 9:00 Tai Chi
23 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch A 11:30 Line Dancing A 12:30 Duplicate Bridge R 2:00 Commission on Aging R 3:00 Downton Abbey R 4:00 Dances of the '20s & '30s	24 P 7:30 Strength Training R 9:00 ESL R 9:30 Ladies & A Cuppa Tea R 10:30 Ejercicio y actividades A 11:15 Yoga Stretch and Flow R 11:30 iLotería! A 12:30 Access Bars R 3:00 Readers Theatre	25 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds(NEW SESSION) R 1:00 Music with Ric R 2:15 Advanced Spanish R 2:30 Tech Today	26 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Tai Chi & Qi Gong A 9:30 Zumba Gold 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	27 * 9:00 Bothe State Park Hike R 10:00 Improve Your Bridge Game R 11:15 Astrology R 1:00 Canasta R 1:00 Mah Jongg
30 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	<div><div><div><div>A American Legion</div><div>C Calistoga Community Center</div><div>H Hybrid</div><div>L Rianda House Library</div><div>P Presbyterian Church</div><div>R Rianda House</div><div>Z ZOOM</div></div><div></div><div><div>June</div><div>Red indicates new class or required registration</div></div><div>ALL DONATIONS DOUBLED THROUGH JUNE 15!</div></div></div>			
<div><div>RIANDA HOUSE</div><div>1475 Main St.</div><div>(707) 963-8555</div><div>riandahouse.org</div></div>				

# RIANDA HOUSE

1475 Main Street  
St. Helena, CA 94574  
707-963-8555

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It's Rally Time!  
[riandahouse.org](http://riandahouse.org)

JUNE

*St Helena*

C  
A 2025

CLASSIC CAR SHOW

WHEELS WINE WELLNESS

FREE  
ADMISSION

**Father's Day**  
Sunday, June 15, 11-3 PM  
Adams @ Library Lane

Food  
Live Music  
Wine, Beer