

# RIANDA HOUSE

increasing life expectations





# Senior Growth Spurt

## Our later years are a great time to grow

When I was young, I assumed old people had life all figured out. I was a kid. Obviously, it would take me a few years to get my bearings. By the time I hit 40, though, I would have life all figured out too.

But human existence proved to be far more complicated than I imagined. Each year made things more fuzzy, not less. Recently, I was laughing about this with my little sister. Here we were, entering our senior years with more questions than when we started, still feeling like children.

Many regard the senior years as a time to achieve wisdom.



There is some truth to this; we pick up a few tips and tricks along our way. But the biggest discovery of elderhood for me has been how little I know.

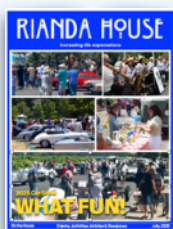
One day I was on the first hole of the golf course, preparing to tee off with my dad, when dad's friend Herb walked up, waving his driver. Herb announced, "I've got golf figured out, Robertson." He paused before dropping his secret... "I'm never gonna figure it out."

What Herb discovered about golf, I discovered about life. My 40s came and went without enlightenment. Then my 50s. Now, entering my 60s, I finally figured it out: I'm not gonna figure it out.

This is a hard pill to swallow but if we can choke it down, not-knowing becomes a source of vitality. It opens the

door to wonder. We can quit trying to be know-it-alls and accept our place as learners. The senior years are not the time to throw in the towel—quite the opposite. They are the perfect time for a growth spurt.

Where there is growth, there is life. If you doubt it, drop by Rianda House. I'll show you people from their 50s to their 90s engaged in all kinds of learning and growth, from language, to dance, to exercise, to Bridge, to Mah Jongg and Canasta, to art, to hikes, to yoga, to... Check out the calendar. Come on in. Let's get growing!



### 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

# 2025 Car Show & Wine Tasting



## 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)





# Getting to Know You

## James Scanlan, Tech Today

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



### **Tell us about your tech background.**

I started out in college as a chemistry major but first part of my college career was a little spotty. I came back, after being declared 4F by the Vietnam war draft

board, and ended up getting a degree in geography. At the time geography was transitioning from a descriptive into an analytic science, taking information and processing it. That's where I first got into computers. From there I became a real estate analyst; I had one of the first IBM PCs. Then the savings and loan situation came along and there was no call for that work. I came to California and went to work for AT&T in tech, then for PacBell. In the meantime I'd been learning how to build computers and have been building them ever since. I developed web pages and helped people with software. Off and on I've been messing with computers since the late 60s.

### **So you rebuild people's laptops?**

I don't work with laptops; they're almost impossible to upgrade. I rebuild people's desktop computers – motherboard, memory, chips, storage and so forth. I can help people with laptops if they have problems like batteries.

### **How did your Tech Today class come about?**

I have a lot of clientele in St. Helena; I've been doing bits and pieces of computer work all over the valley since 2000 and I guess someone gave Amanda my name. I'm more than happy to help folks out; I'm technically retired with more projects than I know what to do with.

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

I went to 27 different schools between 1st and 12th grade. My Dad was a geologist and worked for Continental Oil; we traveled a lot. We lived mostly in the West and Southwest; the only place I lived two

years was Houston. We also were assigned to Venezuela and then Argentina, which was very primitive at the time; it was interesting. I graduated from Oklahoma University, lived in New Mexico for a time and then did real estate analysis in Louisiana.

### **With all the work you've done, what were your best and worst jobs?**

I loved real estate analysis work. But I also like helping people with their computers, it's fun. I help them figure out how to do things just a little better. Worst job was probably unloading box cars in high school and college.

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

Showing up and having fun is the only way to get through the moment. If you're always planning, you're afraid of what's going to happen or what could happen or what might not happen. If you're always concerned about the past and thinking "I wish that had happened or that hadn't happened," you're in grief. The only place you can do anything is right now.

### **What do you like to do when you're not helping folks with computers? Are you still a traveler?**

I like to cook, but I have the inherent problem of making a large pot of something and realizing I don't have room in the refrigerator so I end up calling people and telling them to come over. Another thing I like to do and I do a fair amount of it is political commentary on Facebook. As for travel, there are still places I'd like to visit, like some of the national parks. I've done lapidary work; I love cutting opals. I want to go up to Crater Lake. There are places in eastern Oregon where you can find sun stone; it's like moon stone with gold in it.

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

I think I would love to be a raven. They can fly, for one thing, they're smart and they're loyal. Animals are a lot smarter than we give them credit for.

*Interview by Susan McWilliams*



# Special Events

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

## Programa de PACE

Tracy Rodriguez-Biggz

**Tuesday, July 1, 11:30-12:30**

**Rianda House**

**Spanish and English**

En Español: Programa para atención todo incluido para el adulto mayor. Una atención médica de servicios completos innovadores y programa de servicios senior para mantenerlo saludable y en casa. **RSVP**

**Wednesday, July 9, 11:15-12:15**

**Rianda House**

In English: Come hear about Providence's PACE program. (Program for All-Inclusive Care for the Elderly). An Innovative full-service Healthcare and Senior Service Program to keep you healthy and at home. **RSVP**

## Peace of Kate Happy Hour

Kate Jessup

**Wednesday, July 2, 16 & 30**

**3:00-4:00, Rianda House**

In a world full of stress and uncertainty, we can still choose how we care for ourselves. Join Kate for the Peace of Kate Happy Hour, where she'll share tools like mindfulness

and self-awareness to help bring more joy into your life.

Connect, recharge, and be inspired!

**RSVP**



## Pilates

Darby Perrin

**Wednesday July 9 & 23**

**2:00-3:00**

**Rianda House**

Pilates is a full body exercise class focusing on strength and mobility by enhancing mind body connections. Build a strong and stable core with Darby! Please bring a mat. **RSVP**



## Farmers Market

Staff

**Friday, July 11, 7:30-12:00**

**Crane Park, 360 S Crane Ave,  
St Helena**

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



## Memoir Writing

Linda Williamson

**Thursdays, July only**

**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**



## Beginner Mah Jongg

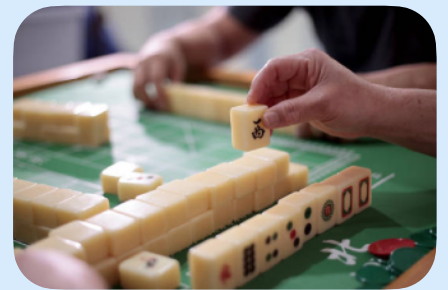
Bev Popko

**Fridays, July only**

**1:00-4:00**

**Rianda House**

Would you like to play Mah Jongg but don't know how? Or maybe you played a long time ago and have forgotten how? Bev will be here for the month of July to cover the basics required to learn Mah Jongg! Come meet friends and get to know the game. **RSVP**





# Special Events

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

## Animal Adoption Yappy Hour

We Care Animal Shelter &  
Napa County Animal Shelter  
**Saturday, July 19, 3:00-5:00**  
**Rianda House**



Join us for a tail-waggin' good time at our Animal Adoption Yappy Hour! Whether you're looking for a furry friend or just some joyful

companionship, these adorable animals are ready to meet you. Join us at Rianda House for catnip and wine sips. **RSVP or drop in.**

## Author Presentation

Nahid Sewell  
**Tuesday, July 22, 4:00-5:00**  
**Rianda House**

Join former St. Helena resident and award-winning author for a heartfelt discussion and signing of *The Ruby Tear Catcher*—a powerful story set during the Islamic Revolution in Iran. Through flashbacks from prison, Leila recalls her youth, love, exile, and return, where hope ultimately triumphs over oppression. **RSVP**

A limited number of books will be available for \$15. Proceeds will go to the Rianda House.  
[therubytearcatcher.com](http://therubytearcatcher.com)



## Mossy Rock Trail Hike

John Duncan  
**Friday, July 25, 9:00-10:00**  
**Las Posadas**



Explore the 1.5-mile Mossy Rock Trail near Angwin—a mostly flat loop through lush forest and moss-covered boulders, perfect for photos. Enjoy a scenic return via Mid Forest Road and watch for banana slugs along the way! **RSVP**

Meet at: Las Posadas Trailhead, 499-477 Las Posadas Road, Angwin

## Supervisor Anne Cottrell on AB 470

Anne Cottrell  
**Monday, July 28, 2:30-3:30**  
**Rianda House**

Come learn about AB 470 with District 3 Supervisor, Anne Cottrell. AB 470 proposes to end the obligation of any carrier to provide landline phone service in specified geographical areas. Carriers would no longer be required to maintain, service or keep alive landline telephone service, especially impacting UpValley seniors.

**RSVP**



## Taller sobre Seguros para Inquilinos

Peter Heredia  
**Tuesday, July 29, 11:30-12:30**  
**Rianda House**



El seguro para inquilinos cubre la propiedad personal, la pérdida de uso y los gastos de responsabilidad civil ante terceros. Los seguros contra terremotos e inundaciones son opciones de cobertura adicionales para los inquilinos. Documentar las pertencias ayuda a seleccionar una cobertura adecuada y a presentar reclamaciones precisas.

**RSVP**

## Walk To End Alzheimer's

Amanda Cole  
**Saturday, September 6**  
**Yountville Park**

Sign up and walk with us!- Please email [amanda@riandahouse.org](mailto:amanda@riandahouse.org) or call 707-963-8555 ext 104 if you are interested in joining the walking group! Register at: [alz.org/napavalleywalk](http://alz.org/napavalleywalk) Search "Rianda House"

**Save the date**







# Classes & Activities

All Classes are **no-cost**. No registration needed unless noted.  
More detailed descriptions go to [riandahouse.org](http://riandahouse.org)



## Access Bars **RSVP**

Kaylee Hardin

**Tuesdays, 12:30-2:00, American Legion (No class 7/15)**

Looking to relax, recharge, and clear your mind? Access Bars is a gentle technique using light touch on points of the head to support balance and well-being. Private, 30 minute session.

## Astrology

Kaylee Hardin

**Fridays, July 11 & 25, 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 playing cards, instruction includes 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. Newcomers welcome. Lucy will teach you!

## Chair Aerobics

Kerry Brackett

**Thursdays, 10:40-11:10, American Legion Hall**

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 - good for injuries or mobility restrictions; low impact-designed to help lengthen and strengthen the body.

## Dementia Family Caregiver's Support

**Thursday, July 3, Rianda House, Thursday, July 17, Zoom 3:00-4:30.**

Led by a skilled social worker, this support group offers a comforting space for care partners while sharing experiences and practical tips. Contact: Melissa Gerard, Providence Adult Day Health, 707-815-6258; [melissa.gerard@providence.org](mailto:melissa.gerard@providence.org)  
Presented by the Alzheimer's Association and Providence Adult Day Health.

## 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

Juana Torres

**Tuesdays, 10:30-11:30, Rianda House (no class July 8)**

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, July 18, 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, July 7 & 21, 1:00-2:00, Rianda House**

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

## Imagery and Poetry

Dr. Lisa Hinz

**Friday, July 11 & 25, 1:00-2:30, 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!

Lorraine Ruston

**Tuesday, July 15 & 22, 11:30-12:00, Rianda House**

Lotería is a traditional Mexican game like bingo, played with cards. 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 **RSVP**

Verona Ladd

**Wednesdays, 10:00-11:30, Rianda House**

As we age, memory can change. This program offers strategies and practical skills to better understand and support memory in daily life.

## Men's Fitness

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. Some materials are available. All levels.

## Readers' Theatre Group

Michael Bauer

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

No-memorization, intro to acting and storytelling. Read, perform, and create scripts. All levels welcome!

## Second Tuesday Page Turner Book Club

Lorraine Ruston

**Tuesday, July 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**

Experience calming breathing exercises, a short guided meditation, and the soothing sounds of crystal singing bowls.

## Sound Bath **RSVP**

Kaylee Hardin

**Sunday, July 6, 11:15-12:15, Rianda House**

Meditative vibrations help cleanse and promote a sense of calm and relaxation. Bring yoga mats, blankets, pillows, etc.

## Intermediate Spanish

Lorraine Ruston

**Thursdays, 1:00-2:30, Apr. 17-July 3, Rianda House**

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**

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.

## Tai Chi

Joseph Nase

**Tuesdays, July 1, 15 & 29, 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**

Boost energy and well-being with breathwork, meditation, and gentle movement for body, mind, and spirit. **(No class July 10)**

## Tech Today **RSVP**

James Scanlan

**Wednesday, July 9 & 23, 2:30-4:00, Rianda House**

Hard time keeping up with tech? Let a pro help you. Reserve a 30 minute private session. Bring your handheld device.

## Vineyard Walk

Brad Skibbins & Carmen Benavides

**Friday, July 18, 9:30-10:30, Rianda House**

Scenic, 1.5 mile flat vineyard walk. Approximately 45 minutes.

## Intro to Yoga Poses **RSVP**

Kaylee Hardin

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

Begin or deepen your practice. Modifications offered. Bring your own mat.

## Yoga: Stretch and Flow

Kaylee Hardin

**Tuesdays, 11:15-12:15, American Legion Hall No class 7/15**

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**

Get your heart pumping while improving balance, stamina and tone important muscles.

## Calistoga Loop Walk **RSVP**

Julie Spencer & Bobbie Casey

**Friday, July 11, 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.

## Lunch & Learn **RSVP**

Rianda House, UVFC, & Parks & Rec.

**Wednesday, July 16, 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.

## Tai Chi **RSVP**

Diana Latorre

**Saturday, July 5 & 19, 9:00-9:45am, Calistoga Community Center**

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

## Looking for players!

Rianda House is considering starting a softball team to play the Yountville Veterans Mixed Nuts team in 2026! If you are interested, please contact [amanda@riandahouse.org](mailto:amanda@riandahouse.org)



Monday	Tuesday	Wednesday	Thursday	Friday
<div><div>JULY</div><div>RIANDA HOUSE</div><div>1475 Main St.</div><div>(707) 963-8555</div><div>riandahouse.org</div></div>	<div><div>P 7:30 Strength Training</div><div>A 8:00 Men's Fitness</div><div>R 9:00 ESL</div><div>L 9:00 Tai Chi</div><div>R 9:30 Ladies &amp; A Cuppa Tea</div><div>R 10:30 Ejercicio y actividades</div><div>A 11:15 Yoga Stretch and Flow</div><div>R 11:30 Programa de PACE</div><div>A 12:30 Access Bars</div><div>R 3:00 Readers Theatre</div></div> <div>1</div>	<div><div>R 9:00 Sound Bowl Meditation</div><div>R 10:00 Chair Yoga</div><div>R 10:00 MasterMinds</div><div>R 1:00 Music with Ric</div><div>R 2:15 Advanced Spanish</div><div>R 3:00 Peace of Kate Happy Hour</div></div> <div>2</div>	<div><div>P 7:30 Strength Training</div><div>R 8:30 Gents &amp; A Cuppa Joe</div><div>L 9:00 Tai Chi &amp; Qi Gong</div><div>A 9:30 Zumba Gold</div><div>R 9:30 Memoir Writing</div><div>A 10:40 Chair Aerobics</div><div>R 11:00 Intro to Yoga Poses</div><div>A 11:15 Balance and Stretch</div><div>R 1:00 Needlers Club</div><div>R 1:00 Intermediate Spanish</div><div>R 3:00 Dementia Caregiver's Support</div></div> <div>3</div>	<div><div></div><div>4th of July</div><div>(office closed)</div></div> <div>SATURDAY, JULY 5</div> <div>C 9:00 Tai Chi</div> <div>SUNDAY, JULY 6</div> <div>R 11:15 Sound Bath</div>
	<div><div>R 9:30 French Club</div><div>A 9:30 Zumba Gold</div><div>H 10:00 Balance and Stretch</div><div>A 11:30 Line Dancing</div><div>R 12:30 Duplicate Bridge</div><div>R 1:00 Heart of the Matter</div></div> <div>7</div>	<div><div>P 7:30 Strength Training</div><div>A 8:00 Men's Fitness</div><div>R 9:00 ESL</div><div>R 9:30 Ladies &amp; A Cuppa Tea</div><div>A 11:15 Yoga Stretch and Flow</div><div>A 12:30 Access Bars</div><div>R 3:00 Readers Theatre</div><div>R 7:00 Page Turner Book Club</div></div> <div>8</div>	<div><div>R 9:00 Sound Bowl Meditation</div><div>R 10:00 Chair Yoga</div><div>R 10:00 MasterMinds</div><div>R 11:15 PACE Program Presentation</div><div>R 1:00 Music with Ric</div><div>R 2:00 Pilates</div><div>R 2:30 Tech Today</div><div>R 3:15 Intro to Ballet</div></div> <div>9</div>	<div><div>P 7:30 Strength Training</div><div>R 8:30 Gents &amp; A Cuppa Joe</div><div>A 9:30 Zumba Gold</div><div>R 9:30 Memoir Writing</div><div>A 10:40 Chair Aerobics</div><div>R 11:00 Intro to Yoga Poses</div><div>A 11:15 Balance and Stretch</div><div>R 1:00 Needlers Club</div></div> <div>10</div>
<div><div>R 9:30 French Club</div><div>A 9:30 Zumba Gold</div><div>H 10:00 Balance and Stretch</div><div>A 11:30 Line Dancing</div><div>R 12:30 Duplicate Bridge</div></div> <div>14</div>	<div><div>P 7:30 Strength Training</div><div>A 8:00 Men's Fitness</div><div>R 9:00 ESL</div><div>L 9:00 Tai Chi</div><div>R 9:30 Ladies &amp; A Cuppa Tea</div><div>R 10:30 Ejercicio y actividades</div><div>R 11:30 iLoteria!</div><div>R 3:00 Readers Theatre</div></div> <div>15</div>	<div><div>R 9:00 Sound Bowl Meditation</div><div>R 10:00 Chair Yoga</div><div>R 10:00 MasterMinds</div><div>C 11:00 Lunch and Learn</div><div>R 1:00 Music with Ric</div><div>R 3:00 Peace of Kate Happy Hour</div></div> <div>16</div>	<div><div>P 7:30 Strength Training</div><div>R 8:30 Gents &amp; A Cuppa Joe</div><div>L 9:00 Tai Chi &amp; Qi Gong</div><div>A 9:30 Zumba Gold</div><div>R 9:30 Memoir Writing</div><div>A 10:40 Chair Aerobics</div><div>R 11:00 Intro to Yoga Poses</div><div>A 11:15 Balance and Stretch</div><div>R 1:00 Needlers Club</div><div>Z 3:00 Dementia Caregiver's Support</div></div> <div>17</div>	<div><div>R 9:30 Vineyard Walk</div><div>R 10:00 Improve Your Bridge Game</div><div>R 10:00 Genealogy</div><div>R 12:00 Victim Services</div><div>R 1:00 Canasta</div><div>R 1:00 Mah Jongg</div><div>R 1:00 Beginner Mah Jongg</div></div> <div>SATURDAY, JULY 19</div> <div>C 9:00 Tai Chi</div> <div>R 3:00 Animal Adopt Yappy Hour</div>
<div><div>R 9:30 French Club</div><div>A 9:30 Zumba Gold</div><div>H 10:00 Balance and Stretch</div><div>A 11:30 Line Dancing</div><div>R 12:30 Duplicate Bridge</div><div>R 1:00 Heart of the Matter</div></div> <div>21</div>	<div><div>P 7:30 Strength Training</div><div>A 8:00 Men's Fitness</div><div>R 9:00 ESL</div><div>R 9:30 Ladies &amp; A Cuppa Tea</div><div>R 10:30 Ejercicio y actividades</div><div>A 11:15 Yoga Stretch and Flow</div><div>R 11:30 iLoteria!</div><div>A 12:30 Access Bars</div><div>R 3:00 Readers Theatre</div><div>R 4:00 Author Presentation</div></div> <div>22</div>	<div><div>R 9:00 Sound Bowl Meditation</div><div>R 10:00 Chair Yoga</div><div>R 10:00 MasterMinds</div><div>R 1:00 Music with Ric</div><div>R 2:00 Pilates</div><div>R 2:30 Tech Today</div><div>R 3:15 Intro to Ballet</div></div> <div>23</div>	<div><div>P 7:30 Strength Training</div><div>R 8:30 Gents &amp; A Cuppa Joe</div><div>L 9:00 Tai Chi &amp; Qi Gong</div><div>A 9:30 Zumba Gold</div><div>R 9:30 Memoir Writing</div><div>A 10:40 Chair Aerobics</div><div>R 11:00 Intro to Yoga Poses</div><div>A 11:15 Balance and Stretch</div><div>R 1:00 Needlers Club</div></div> <div>24</div>	<div><div>* 9:00 Mossy Rock Trail Hike</div><div>R 10:00 Improve Your Bridge Game</div><div>R 11:15 Astrology</div><div>R 1:00 Canasta</div><div>R 1:00 Mah Jongg</div><div>R 1:00 Beginner Mah Jongg</div><div>Z 1:00 Imagery and Poetry</div></div> <div>25</div>
<div><div>R 9:30 French Club</div><div>A 9:30 Zumba Gold</div><div>H 10:00 Balance and Stretch</div><div>A 11:30 Line Dancing</div><div>R 12:30 Duplicate Bridge</div><div>R 2:30 Anne Cottrell AB 470</div></div> <div>28</div>	<div><div>P 7:30 Strength Training</div><div>A 8:00 Men's Fitness</div><div>R 9:00 ESL</div><div>L 9:00 Tai Chi</div><div>R 9:30 Ladies &amp; A Cuppa Tea</div><div>R 10:30 Ejercicio y actividades</div><div>A 11:15 Yoga Stretch and Flow</div><div>R 11:30 Tallers sobre seguros para inquilinos</div><div>A 12:30 Access Bars</div><div>R 3:00 Readers Theatre</div></div> <div>29</div>	<div><div>R 9:00 Sound Bowl Meditation</div><div>R 10:00 Chair Yoga</div><div>R 10:00 MasterMinds</div><div>R 1:00 Music with Ric</div><div>R 3:00 Peace of Kate Happy Hour</div></div> <div>30</div> <div>Red indicates new class or required registration</div>	<div><div>P 7:30 Strength Training</div><div>R 8:30 Gents &amp; A Cuppa Joe</div><div>L 9:00 Tai Chi &amp; Qi Gong</div><div>A 9:30 Zumba Gold</div><div>R 9:30 Memoir Writing</div><div>A 10:40 Chair Aerobics</div><div>R 11:00 Intro to Yoga Poses</div><div>A 11:15 Balance and Stretch</div><div>R 1:00 Needlers Club</div></div> <div>31</div>	<div><div>A American Legion</div><div>C Calistoga Community Ctr</div><div>H Hybrid (online and at RH)</div><div>L Rianda House Library</div><div>P Presbyterian Church</div><div>R Rianda House</div><div>Z ZOOM</div><div>* See description</div></div>



# RIANDA HOUSE

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

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

## Intro to Ballet

Darby Perrin

**Wednesday**  
**July 9 & 23, 3:15-4:00**  
**Rianda House**

Discover the joy of ballet! This beginner-friendly class builds body awareness, coordination, and flow—all set to fun, classical music. No experience needed. **RSVP**

## Bothe State Park Wellness Day

**Saturday, July 12, 9:00-1:00**  
**Bothe State Park, 3801 St. Helena Highway**

Join us for a full day of movement, mindfulness, and nature. From hikes and fitness classes to massages and family-friendly fun, there's something for everyone to enjoy. Stop by the Rianda House booth in between one of your activities! Free with park entry (\$10 unless you are a NVSPA member). All ages welcome.

