

RIANDA HOUSE

increasing life expectations

a passion for Angwin



Meet The Team

Manny Scrofani, Nancy Aaen, Jay and Karen Lewis, Mary Wild, Meg Scrofani
Not pictured: Elle Wheeler, Virginia Trecartin, Karen Lustig, Marsha Toledo

In Defense of a Little Mediocrity

Remember Orville Redenbacher? He's famous for his popcorn, and also for his philosophy: *Do one thing and do it better than anyone else.* He made some really good popcorn but I'm not a fan of his philosophy.

As a young man, I ran into Orville's philosophy everywhere. Teachers exhorted me to set the curve. In band, second chair was shameful. In sports, it was the State Championship or bust; after all, those cute cheerleaders were not yelling, "We're number two!"



Orville Redenbacher got it wrong

Somewhere along the line I figured out that this obsession with being the best was a bad way to live. My philosophy was (and is): Be passably good at as many things as possible.

Not being the best at anything is a small price to pay for the freedom to enjoy everything. Life is a banquet. How can I limit myself to a single dish?

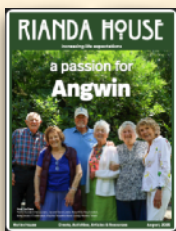
I am a passably good french horn player, golfer, teacher, carpenter, philosopher, fly fisherman, barbecuer, boss, backpacker, photographer, film maker, and writer—among other things.

I am not the world's greatest anything but my life is a fantastically rich banquet. I could no more limit myself to one thing than I could survive by only eating popcorn.



Maybe you look at the list of offerings at Rianda House and feel intimidated. You will never be the best at Foreign Language, Art, Zumba, Hiking, Ballet, Writing, Bridge, Poetry, Mah Jongg...

Don't let that stop you! We have a lot to offer. Come indulge in one of our many programs. The only thing worth bothering to be the best at is getting the most out of life.



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 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

Serving the UpValley

Thoughts after three years on the job by Maury Robertson

When I arrived in St. Helena three years ago, I learned that the mission of Rianda House was to provide services to every older adults in the UpValley. Rianda House is based in St. Helena but it exists to serve every senior from Yountville north.

We set to work strengthening services in St. Helena and adding programs in our sister communities. Yountville already had a senior center provided by the City so we focused on expanding our offerings in Calistoga and Angwin.

In Calistoga, we offered Tai Chi, Bridge, Walking groups, Yoga, Aqua Aerobics, and Special Presentations. In Angwin, we worked with Providence to start a monthly Lunch and Learn and offered an exercise class and nature walks.

Over the past three years, attendance in St. Helena has increased dramatically. This year, 400-500 individuals made 1600+ visits each month to classes, programs and events offered at Rianda

House. The increase is due Amanda Cole, our Program Director, who has a genius for creating programs that meet needs. Also, we are grateful for community support, most notably from the American Legion, which has allowed us to use their building three days a week.

Growth in Calistoga and Angwin has been more challenging, in spite of offering dozens of classes. This puzzled me. What is the difference? After a lot of reflection, I think I have identified the missing ingredient: local buy-in and pride of ownership.

Rianda House is what happens when a local community honors its older residents by creating a first-rate gathering place for them.

Jean Rianda donated her house. The community rallied to remodel it. Service organizations pitched in. Businesses added hundreds of thousands of dollars to get it up and running. Rianda House is a community investment with wide-ranging buy-in.

Julie Spencer harnessed this community good will and molded it into an organization that townspeople are not only proud to have, but also proud to participate in and support.

Rianda House is a gem. You feel it the moment you walk through the doors. The house itself says, "You matter to us." The excellence of the house is also evident in the programming. Rianda House does not offer second-rate programming. It provides first-rate activities for people who want to make elderhood the greatest chapter of their life. Rianda House has become a vital community hub where older adults are honored and find ways to give back.

On a personal note, I was surprised that being the Director of Rianda House made me a local celebrity. Can you think of any other community where being the director of the Senior Center is a prestigious job? This is more a reflection of St. Helena than of me.

It is not surprising that people who visit Rianda House want the same thing in their own community and invite us to come. We gladly go but somehow, when we take Rianda House on the road, it's not the same. Again, the question is, "Why?"

It's because when Rianda House goes on the road it lacks the secret ingredient: local buy-in. The most essential reason for Rianda House's success is that the local community stands



On the Forest Loop Trail with John Duncan

behind it. Rianda House is a citywide “hug” of older adults. St. Helenans take pride in their elders.

Rianda House is sustained by hundreds of people who regard supporting Rianda House to be an act of civic pride. It is no surprise that it was voted Nonprofit of the Year.

But back to the mission. If the job of Rianda House is to serve every adult in the UpValley, how can we do a better job of meeting the needs of the the hundreds of seniors in Calistoga and Angwin?

One way, of course, is to throw our doors wide open to all who come. In that sense, we already serve the entire UpValley. We are delighted when a person winds their way down the road to join us.

We will also continue to offer our programs and classes in Calistoga and Angwin, including nature walks in Angwin, Tai Chi in Calistoga, and, coming this Fall, something we are especially excited about: **classes at the Brannan Center.**

What makes Rianda House unlike other Senior Centers is the fact that it is an expression of love *from a local community*. Each community must find a way to create a special space where older adults can come together to be **strong** in mind, body, and spirit, **connected** in meaningful relationships, and

giving from the abundance of their lives.

To that end, here is something wonderful: **A dedicated group of Angwinites has come together to create a “House” in their community. They’re calling it “Angwin House.”**

Angwin House already leads a monthly program called “Lunch and Learn,” where local speakers give a talk, followed by a meal. There is a lot of interest. Over 160 people have attended over the past year. The leadership team is surveying this group to help shape the future of Angwin House.

Initial results are encouraging. A men’s group met for the first time last week with a good crowd in attendance. Angwin House is already gaining traction.

Rianda House stands 100% behind Angwin House, ready to provide expertise, assist with staffing, share organizational know-how, and **offer financial support.** Angwin House is not the abandonment of our mission to serve the entire UpValley. It is the recognition that the best way to serve seniors in each local community is to inspire and assist those communities to come together and embrace their older adults. Every town needs a Rianda House!

Imagine a day when each UpValley community has its own “House,” each a local “hug” of its senior adults. Each

of our little towns has its own flavor. We play well together, like three kids from the same family. In the same way, our three “Houses” can work together, sharing resources, supporting each other, marshaling resources, and gathering for big events.

The doors of Rianda House will always swing wide to accept everyone. We remain eager to serve every last senior in the UpValley. We will offers programs and services wherever they are needed. We salute and support the efforts of the team in Angwin that is working so hard to honor its elders.

If you are interested in Angwin House and would like to meet its leaders, the best way is to attend the free monthly Lunch and Learn. The next one is on August 6. We hope to see you there!

Angwin House Lunch & Learn
Wednesday, August 6,
11:00-1:00, PUC Fireside Room

THIS MONTH

**WHAT’S IN PUC’S ATTIC?
HISTORY AND HOWELL
MOUNTAIN**

Eric Anderson, Ph.D.
Emeritus Professor of History

**Please RSVP to Nancy Aaen
by calling or texting
(909) 725-6919**

If you are eager to see more services in Calistoga, stay tuned. The wheels are turning!

YOU RALLIED 4 RIANDA

Our goal was \$200,000. You gave **\$218,770**
for UpValley Seniors.



THANK YOU!

All our
services
remain free
because
of YOU

We are especially grateful for the leadership of our Match Challengers who gave \$100,000 in matching funds.

Anne & Terry Clark
Dann & Susan Boeschen
David & Anita Cummings
Grace Episcopal Church

Julie Spencer
Donna Hardy
Pay It Forward Fund
Rianda House Board

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COPPER CANE WINES & SPIRITS



Brown's
Auto Parts

Getting to Know You

Julie Bolander Needlers' Club

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



How did you get involved in needlework?

I've probably been involved since I was 10 years old. My mother sewed and was a knitter. My grandmother taught me to knit when I was 10.

How did you happen to bring your skills to the Rianda House?

They kind of tricked me.

(Laughs.) I was bringing some knitting supplies a neighbor was donating to Rianda House – magazines, books and needles -- and I was asked if I'd like to lead a class and I said OK. I didn't know what I was getting into. The previous class had been asked to knit babies' hats and some of the participants asked if that would continue. I told them "no, I'm just here to help you; you can knit whatever you want."

What's the class like now?

We're all just here to be friends and enjoy something in common. I think we've had as many as 15 people; it varies from week to week. We're called the Needlers because we don't care what kind of a needle you're using. It could be a knitting needle, crochet hook, some people do needlepoint or cross stitch. Everybody's skill level is different and I'm just there to help if they need help. It's been ongoing for at least 10 years.

What do people not know about you?

Maybe that I'm third of five generations in St. Helena. I was born here, my mother was born here and my grandmother was born out on Crystal

Springs Road at the base of Bell Canyon Reservoir. I have long roots in St. Helena. My kids went to school here, my nieces went to school here and now

my grand-nephews go to school here. I live on property my grandfather bought in 1919 or 1920.

How would you describe the changes in town?

I remember when there were no stoplights in town. There are a lot of changes; a lot more traffic. We didn't have 500 wineries; we didn't have the issues we have with water. Some of that is climate change. Downtown shops were local-serving and local-owned. There were very few art galleries and jewelry stores.

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

So many things. Stand up for yourself. As a woman, have your own money; be able to take care of yourself. Don't depend on a man or anybody else. Stand up and use your voice. If you see something that's not right, speak up, especially if you're a woman. There are a lot of women out there who are going to back you up, and I'm finding that more and more as I get older. I don't know if we're smarter or we're braver or older and just don't care anymore. And that's one of the nice things about the Needlers group at Rianda House: they're all older women, they've had jobs, they've raised families and they're paying attention.

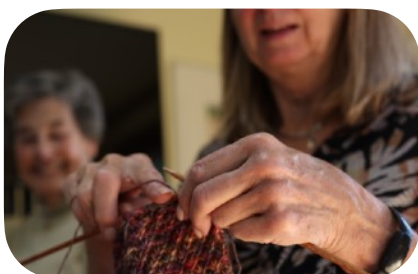
Along with raising a family, you've had a varied work life.

I started out as a hairdresser, then worked in school kitchens while my daughters were in school. When they were older, I worked at the local Sears store on Oak Avenue, then up at the hospital as kitchen supervisor for 11 years. I worked briefly for a commercial embroidery place, then went to work for Tony Knickerbocker Catering, now Oak Avenue Catering, supervising the crew. We did so many parties! I retired from there at the end of 2021. Catering was my best job.

If you were an animal, which would it be?

A fish of some sort. I think I was a fish in a different life; send me to the ocean. Or maybe a dolphin. I love the water.

Interview by Susan McWilliams



Special Events

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

Balance and Fall

Robert Leavitt

**Saturday, August 2
9:00-9:45, 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 will address where falls most occur, the factors that increase your 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**

Osteoporosis

Robert Leavitt

**Saturday, August 2
10:00-10:45, Rianda House**

In the U.S., the prevalence of osteoporosis among adults aged 50 and older is at or above 12%. This disease leads to a high number of fractures, negatively impacting quality of life, and potentially leading to complications, disability, and death. This lecture will help you identify key aspects and risk factors of Osteopenia/ Osteoporosis, as well as identify key elements of Osteopenia/ Osteoporosis exercises to help you alter your risk and increase your quality of life. **RSVP**



Body Mind Nutrition

Susan Arthur

**Thursdays, starting August 7,
9:15-10:30, Rianda House**

Susan Arthur has been coaching and teaching in the field of holistic and therapeutic nutrition for over 30 years. Discover your personal path to better health and a higher quality of daily life through sustainable diet and lifestyle changes. Whether you are dealing with a health issue or just want more vitality, join us to learn how food and lifestyle choices make significant differences in your overall well being. Topics include digestive health, heart and immune health, weight and blood sugar management, improved energy, mood, cognition and more. **RSVP**



Pilates

Darby Perrin

**Mondays, August 4 & 25,
2:00-3:00, Legion Hall
Wednesday August 6,
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**



Intro to Ballet

Darby Perrin

**Mondays, August 4 & 25,
3:15-3:00, Legion Hall
Wednesday August 6,
3:15-4:00, Rianda House**

Learn a new skill - ballet! Ballet involves body awareness, connection and coordination. Move to fun, classical music. All levels. **RSVP**



Forest Loop Trail

John Duncan

**Friday, August 8, 9:00-10:00,
Pacific Union College Trail
405 Las Posadas Road**

Come join us for this lovely morning walk! The loop takes you along a mostly flat walk through a lush

forested area. You will see areas of redwoods, Douglas-fir, madrone and bay-laurels. **RSVP**



Special Events

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

Age Well, Drive Smart

Marc Renspurger, CHP

Wednesday, August 6

10:30-12:30, Rianda House

The CHP's statewide Age Well, Drive Smart program helps older adults stay safe on the road. It covers refreshing knowledge of the rules of the road, updating driving skills, adapting to age-related changes, knowing when to limit or stop driving, and exploring transportation alternatives.

This program is conducted in conjunction with the Department of Motor Vehicles, Department of Aging, Safety Center, Occupational Therapy Association of California, and Paratransit, Inc. **RSVP**



Avanzando hacia una caminata más segura

Carlotta Sainato

Tuesday, August 26

11:30-12:45, Rianda House

Muchos de nosotros experimentamos desafíos o barreras para caminar en nuestras comunidades que nos hacen sentir inseguros o nos impiden caminar por completo.

Este taller de dos partes para personas mayores, dirigido por profesionales de bicicletas y peatones de la Coalición de Bicicletas del Condado de Napa, involucrará a los participantes en la identificación de preocupaciones y barreras personales en torno a caminar en sus vecindarios, describirá consejos y técnicas de seguridad para peatones y capacitará a los participantes para superar las barreras a través de una excursión a pie personalizada que abordará preocupaciones individuales.

RSVP

Pedestrian Safety

Carlotta Sainato

Monday, August 11 & 18

3:00-4:15, Rianda House

This two-part workshop for seniors, led by experts from the **Napa County Bicycle Coalition**, explores walking safety, addresses personal concerns, and includes a guided walk tailored to participants' needs. Join us to build confidence and awareness for safer walking!

Part 1 – Focus Group and Safety Overview: Monday, August 11. **RSVP**

Part 2 – Walking Excursion: Monday, August 18. Meet at Rianda House **RSVP**



National Night Out

Staff

Tuesday August 5, 5:00-8:00

1088 College Avenue, St. Helena

National Night Out is a community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer and more caring places to live. Stop by the Rianda House booth while enjoying a fun night of arts, crafts, music and activities! **RSVP**

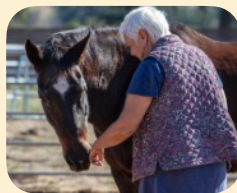


Sunrise Horse Rescue

Mary Taylor

Sunday, August 17, 9:30-11:00

1400 Tubbs Lane, Calistoga



Sunrise Horse Rescue is offering a tour of their Calistoga Sanctuary. You'll be

introduced to the 16 Sunrise horses living at the Sanctuary, each with their own story and personality. Experience the peace of being with rescued horses and learn more about them, too. Wear closed toe shoes and sun protection (hats recommended). Be prepared for walking on uneven ground and meeting some engaging animals. Heart-healthy snacks and water provided. **RSVP**

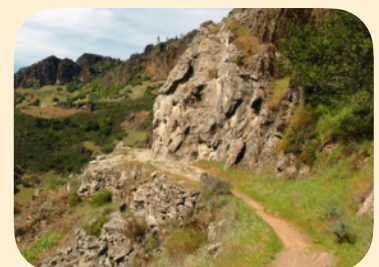
Oat Hill Mine Trail

Kerry Brackett

Friday, August 29, 9:15-10:30

2082 Lake County Hwy 29

Experience 3 miles and 500 ft elevation gain, out-and-back of the Oat Hill Mine Trail in Calistoga. A half mile from the start there are beautiful views of surrounding agricultural fields. Bring water and a hat! (We meet across the street from La Prima Pizza in Calistoga.) **RSVP**



Classes & Activities

All Classes are no-cost. No registration needed unless noted.
More detailed descriptions go to riandahouse.org

Access Bars **RSVP**

Kaylee Hardin

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

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, August 8 & 22, 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 Bracket

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, Aug. 7, Rianda House, Thursday, Aug. 21, 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
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 Aug 12)

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, August 1 & 15, 10:00-12:00, 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, August 4 & 18, 1:00-2:00, Rianda House

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

Imagery and Poetry

Dr. Lisa Hinz

Friday, August 8 & 22, 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, 11:00-12:00, 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, August 5 & 19, 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

MasterMinds **RSVP**

Verona Ladd

Wednesdays, August 20 & 27, 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.

Peace of Kate Happy Hour

Kate Jessup

Wednesday, August 6 & 20, 3:00-4:00, Rianda House

With so much heaviness, anxiety, and worry in the world, we must remember that we can only control how we care for ourselves and respond to life's circumstances.

Second Tuesday Page Turner Book Club Lorraine Ruston

Tuesday, August 12, 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, August 3, 11:15-12:15, Rianda House

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

Introduction to Spanish

Lorraine Ruston

Tuesdays, 1:00-2:30, Rianda House

You will learn 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, Rianda House (Begins 8/21)

Conversational practice will be based on grammar and vocabulary introduced in Duolingo's Sections 3 and 4.

Advanced Spanish

Lorraine Ruston

Wednesdays, 2:15-3:45, Rianda House (Begins 8/13)

Practice conversational Spanish using vocabulary and grammar from Duolingo Sections 5-8.

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, August 12 & 26, 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, Lyman Park

Boost energy and well-being with breathwork, meditation, and gentle movement for body, mind, and spirit. **(No class Aug. 21)**

Tech Today **RSVP**

James Scanlan

Wednesday, August 13 & 27, 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, August 15, 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

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 toning important muscles.

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

Friday, August 1, 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, Aug. 20, 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, August 16, 9:00-9:45am, Calistoga Community Center

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



or go to the Mindbody website
mindbodyonline.com



Monday	Tuesday	Wednesday	Thursday	Friday
<div> <div> AUGUST RIANDA HOUSE 1475 Main St. (707) 963-8555 riandahouse.org </div> <div>  <div>Red indicates new class or required registration</div> </div> <div> A American Legion C Calistoga Community Center H Hybrid L Lyman Park PUC Pacific Union College P Presbyterian Church R Rianda House Z ZOOM * See description </div> </div>				
				1 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, AUG 2 R 9:00 Balance and Fall Prevention R 10:00 Osteoporosis & Bone Health SUNDAY, AUG 3 R 11:15 Sound Bath
4 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch A 11:00 Line Dancing R 12:30 Duplicate Bridge R 1:00 Heart of the Matter A 2:00 Pilates A 3:15 Intro to Ballet	5 P 7:30 Strength Training A 8:00 Men's Fitness 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 1:00 Introduction to Spanish * 5:00 National Night Out	6 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:30 Age Well Drive Smart R 1:00 Music with Ric R 2:00 Pilates R 3:00 Peace of Kate Happy Hour R 3:15 Intro to Ballet	7 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 9:15 Body Mind Nutrition A 10:40 Chair Aerobics R 11:00 Intro to Yoga Poses A 11:15 Balance and Stretch R 1:00 Needlers Club R 3:00 Dementia Family Caregiver Su A 5:00 Pavone String Quartet	8 * 7:30 Farmers Market PUC 9:00 Forest Loop Trail R 10:00 Improve Your Bridge Game R 11:15 Astrology R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery and Poetry
11 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch A 11:00 Line Dancing R 12:30 Duplicate Bridge R 3:00 Pedestrian Safety	12 P 7:30 Strength Training A 8:00 Men's Fitness A 9:00 Tai Chi 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 7:00 Page Turner Book Club	13 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	14 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 9:15 Body Mind Nutrition A 10:40 Chair Aerobics R 11:00 Intro to Yoga Poses A 11:15 Balance and Stretch R 1:00 Needlers Club	15 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, AUG 16 C 9:00 Tai Chi SUNDAY, AUG 17 * 9:30 Sunrise Horse Rescue
18 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch A 11:00 Line Dancing R 12:30 Duplicate Bridge R 1:00 Heart of the Matter R 3:00 Pedestrian Safety	19 P 7:30 Strength Training A 8:00 Men's Fitness 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 1:00 Introduction to Spanish	20 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds (New Session) C 11:00 Lunch and Learn R 1:00 Music with Ric R 2:15 Advanced Spanish R 3:00 Peace of Kate Happy Hour	21 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe A 9:30 Zumba Gold R 9:15 Body Mind Nutrition 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	22 R 10:00 Improve Your Bridge Game R 11:15 Astrology R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery and Poetry
25 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch A 11:00 Line Dancing R 12:30 Duplicate Bridge A 2:00 Pilates A 3:15 Intro to Ballet	26 P 7:30 Strength Training A 8:00 Men's Fitness A 9:00 Tai Chi 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 Avanzando más segura A 12:30 Access Bars R 1:00 Introduction to Spanish	27 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	28 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 9:15 Body Mind Nutrition 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	29 * 9:30 Oat Hill Mine Trail R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg

RIANDA HOUSE

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707-963-8555

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PAVONE STRING QUARTET
RECITAL
THU, AUG 7 | 5 PM - 6 PM
American Legion Hall



The Pavone String Quartet is an emerging ensemble from Rice University's Shepherd School of Music. Formed in 2023 by four close friends united by a passion for chamber music. They've studied with renowned mentors and performed for leading quartets, gaining recognition for their vibrant interpretations of works by Beethoven, Debussy, and Prokofiev. **RSVP**

Save the date



Register at alz.org/napavalleywalk.
Search "Rianda House"

Sign up and walk with us! - Please email amanda@riandahouse.org or call 707-963-8555 ext 104 if are interested in joining the walking group! Annual Walk to End Alzheimer's, **Saturday, September 6, 2025**



Looking for Players!

Rianda House is considering starting a softball team to play the Yountville Veterans Mixed Nutts team in 2026! If you are interested, please contact amanda@riandahouse.org

