

RIANDA HOUSE

increasing life expectations

Top Notch TEACHERS

(our secret sauce)



Carroll Cotten
Gents and a Cuppa Joe



Lorraine Rustin
Spanish Language Classes



Kerry Brackett
Exercise Classes



Frank Mueller
Being Mortal Seminar



Ellen Cotten
Ladies and a Cuppa Tea



Brad Skibbens
Walking Groups Leader

Christy's Big Day

My daughter taught me a lesson at her wedding



On August 2, I stood at the top of Big Mountain, near Whitefish, Montana, and officiated my daughter Christy's marriage to a marvelous man named Graham. I've performed scores of weddings over the years but this one took the cake.

As a young minister, fresh out of seminary, I quickly discovered that weddings are all about the bride. It's the day little girls dream of, when they get to be a princess.

The magic works. I have never seen a bride who wasn't radiant. Christy took my breath away.

But it wasn't the fact that Christy is my daughter that made it the best wedding I ever attended. It's that Christy somehow made me feel like the whole day was about me. She turned her big day into my big day.

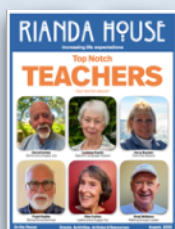
Every guest felt this. At each turn there was a surprising treat, from the gondola ride to the top of the mountain, to whizzing down on wheeled bobsleds, to the "Wanted" posters of every guest that hung in the reception area with our personalized "crimes." A hand-written card sat on each dinner plate, telling every guest why they mattered. She skipped the cake and served huckleberry hand pies for dessert.

Rather than stepping into the spotlight, Christy and Graham spun light around and pointed

it at us. I've never been in such a sea of smiles. People kept coming up to me saying, "This is the best wedding I have ever attended!"

The best gift of all was the one we took home with us: the reminder that when it comes to love, the more you give away, the more you have.

Driving back to California, I reflected on how lucky I am to have such a daughter and to work at a place where so many people understand this.



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

Look at Them Go! Our Teachers in Action



Genealogy



Sound Bowl



Chair Aerobics



Hiking



Needlers



Zumba



Winemaking



Bridge



Canasta

Need Help? Call Rianda House at (707) 963-8555 x 101.



Karen Lustig

Resource Expert

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

Victim Services Counselor

If you or someone you know is a victim of a crime, scam, abuse, eviction, or in a crisis situation, call Irma for immediate assistance or to book a counseling session (707) 299-1411.

(Courtesy of Providence Community Health)



Irma Luna

Getting to Know You

Gerry Working Greeter Extraordinaire

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



How long have you volunteered at Rianda House?

We moved here in 2010 and I'd say I began volunteering in 2011. We live in the house my parents built in 1960 as a weekend house. When we lived in San Francisco, we spent

weekends here and after my parents passed, we moved here full time.

How did you come to Rianda House?

I was at the gym on Dowdell and we were trying to get back into the community, because we'd been away for so long, and we didn't know many people here. I was talking to a woman asking her how she liked living here full time and she was a volunteer for the Rianda House. She told me to check it out because it's a good way to meet people. I did, and volunteered for Wednesdays and have been here ever since. I love it; it's been great.

You had an interesting experience here early on.

I met a gentleman, probably in his 90s, coming out of the former Brain Fitness class who had a World War II cap on. I asked him what branch of the service he was in because my Dad was in the war as well. He told me where he had trained and I said my grandfather had been at the same Army base. Two weeks later he brought in a letter and said, "You might want to read this." It was written to his parents in 1941 saying, "We're pleased to inform you that your son has been admitted



to Army Air Corps training at Santa Ana" and it was signed by my grandfather, the commanding officer. The man gave me the letter and two weeks later brought in a picture of the squadron. It was amazing.

Did you have a career? Best and worst jobs?

I was a teacher and taught first grade; I loved it. I taught in San Mateo for 23 years and the last six years I became the director of the lower school at a private school. I was in charge of teachers, children and parents; it was like herding cats. I went into teaching because I loved the interaction with kids; I loved coming up with new ideas all the time; it gave me a lot of joy. When I went into administration, I felt like I went to the dark side because I wasn't as involved with children.

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

I know that the things I thought were extremely important, that were valuable—many still are. But the things that you obsess about in your 20s, you look back and say, "Wow! Why was I worried about that?"

If you were an animal, which would it be?

I would love to be a bird. We have a multitude of birds at our house and I just envy them being able to ride the thermals. I'd like the perspective of being up there—like being a drone.

Do you like to cook?

Yes; I've learned a lot from the New York Times videos; how to prep and get yourself ready to go. In my fridge you'd find a lot of butter, yogurt, fruit that's not already out on the counter, and miso. I'm always looking for good vegetable side dishes.

Are you a traveler?

We go back and forth to Seattle, where our daughters live, a lot. Last year we took a cruise that started in Naples and hopscotched up the coast of Italy, ending in Nice. And we took our entire family, including grandkids to the Galapagos—a trip of a lifetime. This year, my older daughter and I are taking a river cruise to the European Christmas markets. My most memorable stay was at an *agriturismo* outside Assisi after the big earthquake that destroyed the basilica frescoes.

Interviewed by Susan McWilliams

Special Events

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

Being Mortal

Discussing What's Important

Frank Mueller

**Tuesdays, September 9-30
3:00-4:30, Rianda House**

Explore how to navigate health decline and end-of-life choices in this discussion series led by a retired palliative care specialist. Topics include making your wishes known, talking with doctors, choosing future care, and completing an Advance Healthcare Directive and POLST. Includes interactive exercises like writing your obituary, role-playing treatment decisions, and a brief look at the use of hallucinogens at end of life. **RSVP**



3 Stages of Dementia

Melissa Gerard

**Fridays, September 12, 19 & 26
1:00-2:30, Rianda House**

This three-part seminar explores three main stages of dementia; what to expect; how to respond; and how to communicate and care for the person effectively. Designed for community caregivers, friends and family members of those suffering from dementia.

RSVP



Alzheimer's Walk

Amanda Cole

**Saturday, September 6
9:30-11:00, Yountville Park
2900 Lincoln Avenue**



Held annually in more than 600 communities nationwide, the

Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight. Join us for a 1 or 3 mile walk on Saturday, September 6. Become a member of our team at alz.org/napavalleywalk Search "Rianda House" **RSVP**

Demo Angelina Tomato Sauce

Chef Mariano Orlando

**Saturday, September 20
1:00-3:30, Rianda House**

Observe Chef Mariano Orlando as he prepares Angelina Tomato Sauce. Mariano will explain how to make tomato paste, tomato water and tomato jam at home. Recipes, spaghetti and sauce tasting included. *Buon Appetito!*

RSVP - Maximum 10



Strength and Core Workshop

Kerry Brackett

**Tuesday, September 30
9:30-10:30, American Legion Hall**

Join instructor Kerry Brackett for a 60 minute workshop on strength training (using weights and resistance tubes) balance exercises and core work. Please bring weights if you have them and a mat. If you are not able to get down to the floor, you will be able to use a chair. **RSVP - 20 Maximum**

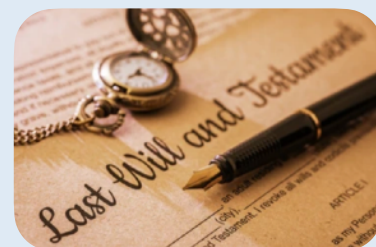


Estate & End of Life Planning

Victoria Lancaster

**Wednesday, September 24
2:00-3:30, Rianda House**

Estate Planning Attorney Victoria Lancaster offers a seminar covering key tools for managing your assets and healthcare wishes. Learn about trusts, wills, powers of attorney, probate, tax laws, and how to keep your plan up to date with current regulations. **RSVP**



Special Events

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

Vaccination Clinic

Adventist Health

Tuesday, September 16 9:30-11:00
American Legion Hall

St Helena Hospital Foundation will be offering the High Dose Flu Vaccination for those 65 years and older. Regular Dose Flu Vaccinations will be available for those under 65 years. **RSVP**



Gong Nidra Meditation

Patrici Flores

Saturday, September 20,
9:15-10:15pm, Rianda House

Gong Nidra is a unique meditation experience that combines the calming practice of Yoga Nidra – often called “yogic sleep” – with the deep and powerful healing tones of the symphonic gong. This class lets you lie back, breathe, and allow the sound to carry you. Build a pathway to rest, restoration, and inner stillness. Bring a mat, pillows and blankets.

RSVP



Common Table Speaker Series

Adventist Health & Rianda House

Wednesday, September 10,
6:00-8:00pm

Grace Episcopal Church

St. Helena Hospital is partnering with Rianda House and Common Table to offer a series of lectures on health and aging.

We kick off the series with none other than the President of St. Helena Hospital himself, Dr. Steve Herber. Dinner and lecture are free to the public.



Avanzando Hacia Una Caminata Más Segura

Napa County Bicycle Coalition

Tuesday, September 2
11:30-12:45, Rianda House

Muchas personas mayores enfrentan desafíos al caminar por sus vecindarios. En este taller en dos partes, expertos de la Coalición de Bicicletas del Condado de Napa ofrecerán consejos de seguridad, técnicas prácticas y una caminata guiada para identificar y superar obstáculos comunes al caminar. **RSVP**



Affordable Workhouse Presentation

Michael Caldarola

Monday, Sept. 22, 1:00-2:00
Rianda House

Learn how *Our Town St. Helena* is working to increase affordable workforce housing. Find out what “affordable” means, what the current need is in Napa Valley and St. Helena, and what *Our Town St. Helena* has done—and plans to do—to address it. **RSVP**



Meadow Loop Walk

John Duncan

Friday, Sept. 12, 9:00-10:00
Pacific Union College Trail
405 Las Posadas Road

Join us for this beautiful walk through meadows and shady forests. See interesting rock formations and Douglas Fir trees. This walk is approximately 2 miles, and will take one hour.

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

KayleeHardin

Fridays, September 12 & 26, 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.

Body Mind Nutrition **RSVP**

Susan Arthur

Thursdays, 9:15-10:30, Rianda House

Discover your personal path to better health and a higher quality of daily life. Topics include digestive health, heart and immune health, weight and blood sugar management, improved energy, mood, cognition and more.

Improve Your Bridge Game

Tammy McDonald

Fridays, 10:00-12:30, 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, Sept 4, Rianda House,

Thursday, Sept 18, 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.

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, Sept. 5 & 19, 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!

Imagery and Poetry

Dr. Lisa Hinz

Friday, Sept 12 & 26, 1:00-2:30, Zoom

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

Intro to Ballet (please note dates)

Darby Perrin

Wednesday, September 3, 3:15-4:00, Rianda House

Thursday, September 11, 4:15-5:00, Rianda House

Monday, September 15, 4:15-5:00, Rianda House

Discover the joy of ballet! This beginner-friendly class builds body awareness and coordination - set to classical music. No experience needed.

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 (no class 9/22)

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! (no class 9/2 or 9/9)

Lorraine Ruston

Tuesdays, 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

This traditional Chinese, tile-based game requires skill, strategy, and a bit of luck. All levels. 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, 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 (no class 9/23 & 9/30)

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.

News and Views

Lorne Glaim

Monday, September 15, 1:00-2:00, Rianda House

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

Peace of Kate Happy Hour

Kate Jessup

Wednesday, Sept. 3 & 17, 3:00-4:00, Rianda House

With so much 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. Kate coaches the group on utilizing mindfulness and self-awareness, as well as other approaches to bring more happiness and joy into their lives.

Pilates

Darby Perrin

Wednesday, September 3, 2:00-3:00, Rianda House

Thursday, Sept. 11, 3:00-4:00, Rianda House

Monday, Sept. 15, 3:00-4:00, American Legion Hall

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

2nd Tuesday Page Turner Book Club

Lorraine Ruston

Tuesday, Sept. 9, 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 (No class 9/10)

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, September 7, 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

Intermediate 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 advanced 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, Sept. 9 & 23, 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 (No class 9/18)

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.

Tech Today RSVP

James Scanlan

Wednesday, Sept. 10 & 24, 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

Friday, September 19, 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

Calistoga Loop Walk

Julie Spencer & Bobbie Casey

Friday, Sept. 5, 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, Sept. 17, 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, Sept. 6 & 20, 9:00-9:45am, Calistoga Community Center

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

Monday	Tuesday	Wednesday	Thursday	Friday	
<div>1</div> <div><div>★ Happy ★</div><div>LABOR DAY</div><div>(office closed)</div></div>	<div>2</div> <div>P 7:30 Strength Training A 8:00 Men's Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea A 11:15 Yoga Stretch and Flow R 11:30 Caminando Más Segura A 12:30 Access Bars R 1:00 Introduction to Spanish</div>	<div>3</div> <div>R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds R 1:00 Music with Ric R 2:00 Pilates R 2:15 Advanced Spanish R 3:00 Peace of Kate Happy Hour R 3:15 Intro to Ballet</div>	<div>4</div> <div>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 R 3:00 Dementia Caregiver Support</div>	<div>5</div> <div>* 7:30 Farmers Market C 9:00 Calistoga Loop Walk R 10:00 Improve Your Bridge Gam R 10:00 Genealogy R 1:00 Canasta R 1:00 Mah Jongg</div> <div>SATURDAY, SEPT 6</div> <div>C 9:00 Tai Chi * 9:30 Alzheimer's Walk</div>	
<div>8</div> <div>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</div>	<div>9</div> <div>P 7:30 Strength Training A 8:00 Men's Fitness R 9:00 ESL A 9:00 Tai Chi 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 3:00 Being Mortal R 7:00 Page Turner Book Club</div>	<div>10</div> <div>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 * 6:00 Common Table Speaker Dr. Steve Herber</div>	<div>11</div> <div>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 R 3:00 Pilates R 4:15 Intro to Ballet</div>	<div>12</div> <div>PUC 9:00 Meadow Loop Walk R 10:00 Improve Your Bridge Game R 11:15 Astrology R 1:00 Canasta R 1:00 Mah Jongg R 1:00 Three Stages of Dementia Z 1:00 Imagery and Poetry</div>	
<div>15</div> <div>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 News and Views A 3:00 Pilates A 4:15 Intro to Ballet</div>	<div>16</div> <div>P 7:30 Strength Training A 8:00 Men's Fitness R 9:00 ESL A 9:30 Vaccination Clinic R 9:30 Ladies & A Cuppa Tea 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 Being Mortal</div>	<div>17</div> <div>R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds C 11:00 Lunch and Learn R 1:00 Music with Ric R 2:15 Advanced Spanish R 3:00 Peace of Kate Happy Hour</div>	<div>18</div> <div>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</div>	<div>19</div> <div>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 R 1:00 Three Stages of Dementia</div> <div>SATURDAY, SEPT 20</div> <div>C 9:00 Tai Chi R 9:15 Gong Nidra Meditation R 1:00 Chef Mariano Demo</div>	
<div>22</div> <div>R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch R 12:30 Duplicate Bridge R 1:00 Affordable Workhouse Presentation</div>	<div>23</div> <div>P 7:30 Strength Training R 9:00 ESL A 9:00 Tai Chi R 9:30 Ladies & A Cuppa Tea 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 Being Mortal</div>	<div>24</div> <div>R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds R 1:00 Music with Ric R 2:00 Estate & End of Life Planning R 2:15 Advanced Spanish R 2:30 Tech Today</div>	<div>25</div> <div>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</div>	<div>26</div> <div>R 10:00 Improve Your Bridge Game R 11:15 Astrology R 1:00 Canasta R 1:00 Mah Jongg R 1:00 Three Stages of Dementia Z 1:00 Imagery and Poetry</div>	
<div>29</div> <div>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</div>	<div>30</div> <div>P 7:30 Strength Training R 9:00 ESL A 9:30 Strength, Core & Balance Workshop R 9:30 Ladies & A Cuppa Tea 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 Being Mortal</div>	<div>SEPTEMBER</div> <div>RIANDA HOUSE</div> <div>1475 Main St.</div> <div>(707) 963-8555</div> <div>riandahouse.org</div>			<div>A American Legion (1291 Madrona Ave, St. Helena)</div> <div>C Calistoga Community Center (1307 Washington St. Calistoga)</div> <div>H Hybrid (Online & at Rianda House)</div> <div>L Lyman Park (1498 Main, St. Helena)</div> <div>PUC Pacific Union College (Meet at 405 Las Posadas Rd., Angwin)</div> <div>P Presbyterian Church (1428 Spring Street, St. Helena)</div> <div>R Rianda House (1475 Main Street, St. Helena)</div> <div>Z ZOOM (online)</div> <div>* Check description in newsletter for location</div> <div>Red indicates new class or required registration</div>

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More renovations coming in September. Huge thanks to the Gasser Foundation and Doug and Annette Shafer for the new roof!

Thanks to the St. Helena Beautification Foundation, the Chamber of Commerce and Meuse Gallery for this beautiful bench!