

RIANDA HOUSE

increasing life expectations

Feeling Thankful

For caring participants



Kerry Brackett's Chair Aerobics Class

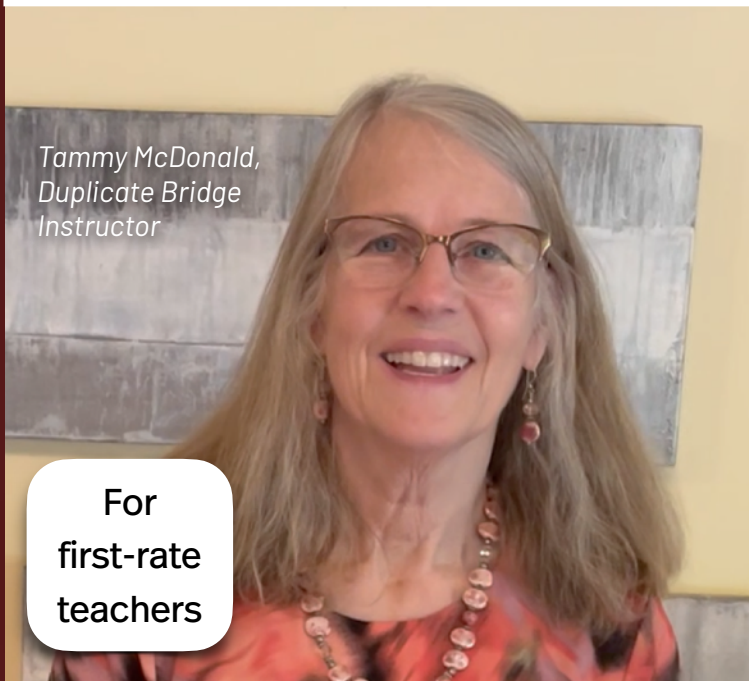
For faithful greeters



Reece Baswell, Greeter Extraordinaire

Tammy McDonald,
Duplicate Bridge
Instructor

For
first-rate
teachers



The Calendar Girls
who fold and address
this newsletter

For hardworking volunteers





A Better Form of Gratitude



At Thanksgiving, we take a break from all that is wrong and focus instead on what is right. It's a nice break from negativity but it's hard to maintain.

Giving thanks for a glass-half-full doesn't change the fact that it is still a glass-half-empty. How can we say we are grateful for our life when we reject half of it?

It is much more satisfying to give thanks for the whole glass, both the full and the empty.

Electricity requires negative and positive polarity for electrons to flow. In the same way, candles burn by an exchange of energy. It is this



dynamic tension that creates power and light.

The deepest gratitude is like this, harnessing the full range of human experience, both positive and negative.

Gratitude uses the power of the empty glass. It

acknowledges what is lacking, what is unfulfilled, and what is wrong. It feels the void and seeks to fill it. The result is not a static state but a living flow.

Go ahead and count your blessings this Thanksgiving. Nothing wrong with that! Just remember that the truest gratitude will not be achieved by focusing solely on what you have but also by taking into account what is lacking and embracing the joy of making things better.



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: Pam McCullagh, Elena Mendez Newsletter: Robin McGuire

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

Julie Garvey, Braulio Muñoz, Meg Scrofani, Richard Walloch

Thanks to all who made our repair & remodel possible!

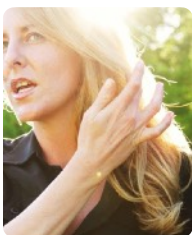
The Peter A.
& Vernice H.
Gasser
FOUNDATION

The Gasser Foundation got the ball rolling with a grant for a badly needed new roof.

Doug and Annette Shafer chipped in to fully fund the cost of the roof.

Erin Martin Design

volunteered their services to help us create a cheery and elegant design scheme.



Victor Landscaping provided free labor and drip system materials to refresh our garden.



Modern Method Roofing and Richner Painting did magnificent work on our roof and exterior paint and repairs.

David Johnston and Rose LeClerc installed a professional art hanging system.

Brian Moucka pressure washed our concrete path and prepped for indoor painting.



Pam McCullagh created a new art piece for the gathering place.

The community helped cover painting the house through our Car Show fund-a-need.

Terry and Anne Clark covered the balance.



A cozy new gathering place!



Getting to Know You

Ellen Cotton, Ladies & a Cuppa Tea

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



How did you come to be in charge of the Ladies and a Cuppa Tea?

I went to the tea with a friend and it was fun, but then the leader left, the tea stopped, and the group wasn't happy. They needed someone to do it, so I said 'OK, I will!' As facilitator I show

up and get people talking one at a time. I try to have something in the back of my mind in case conversation goes dead, but quite often the brilliant idea I've worked hard to come up with never comes up; we get started on one thing and go from one topic and end up with another.

Does it ever become contentious?

No. If people disagree, they disagree in a friendly way. And because there's been some personal talk brought out here, we say 'what's said here, stays here.' People come and go; one participant plays pickleball during the summer, one swims and another is a part-time resident between here and Australia. As soon as she hits town, she's back. It's a good place to come and share your ideas. We share our ideas about what's going on in the city. We don't take care of the affairs as much as the gents do. They want to solve the problems; we discuss them.

And your husband Carroll leads the Gents' group.

The men's group was first, and it was such a success the staff felt we should have a women's group. The men get up earlier; we don't start until 9:30, a more civilized time.

Did you have a career outside the home?

I was a legal secretary in Fresno before we moved here 20 years ago. It was mostly business law and personal injury. Some of it was interesting.

Of the jobs you've had, which were the best and worst?

As a kid, I worked in a clothing store and that was the worst! You had to look busy at all times, folding wrinkled sweaters and stuff. And I worked in a drugstore -- my mother was a pharmacist -- and that was fun. Starting out as a legal secretary was probably my best job, but once I got into it, it was very stressful.

It sounds like you've lived up and down the West Coast.

My parents had been living in Dutch Harbor when word got out it was going to be bombed after Pearl Harbor so they got the women and children out of there. My father stayed at the Army base and my mother moved to Seattle where I was born. After two years we moved to Carmel. My father was a dentist and learned of a need for dentists in Alaska so the family moved to Fairbanks; that was before statehood. As a kid, it was fun. We'd walk to school unless it was 40 below; then we'd take a cab. The town was growing fast so at one point the school had split sessions: you could go to school in the dark or come back in the dark. The trappers and other workers would come in once a year to get their dental work done. We had a flusher, but not everybody had indoor plumbing. It was a little rough, more of the frontier. When I was in 8th grade we moved back to Carmel.

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

We hear some awful things on the news, but people out there are really nice. I've lived in spots where everybody helps one another, everyone was there for one another. People are generally good.

If you were an animal, which would it be?

A well-pampered house cat or a bird that could travel lots of places but doesn't have to pack.

Interview by Susan McWilliams



Special Events

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

Veterans Day Breakfast

Amanda Cole, Pam McCullagh

Tuesday, November 11, 9:30-11:00

American Legion Hall

Join us on Veterans Day for a patriotic atmosphere and a delicious breakfast to show gratitude and appreciation for our nation's veterans.

RSVP - 40 MAXIMUM



Greeting Card Painting Class

Pam McCullagh

Thursday, November 6, 10:30-12:30

Rianda House

Let's ring in the holidays by painting a watercolor greeting card of elegant Christmas balls. All supplies will be furnished and refreshments provided.

RSVP



Common Table Speaker Series Heart Healthy for the Holidays

St. Helena Hospital, Rianda House

Wednesday, November 12, 6:00-8:00

Grace Episcopal Church

Dr. Maia Eng helps her patients understand and manage their condition through lifestyle changes and treatment options that align with their personal health goals. She is board certified in internal medicine as well as cardiovascular disease. Dr. Eng believes in developing long-term connections with her patients to help them live their healthiest and happiest lives.

She will bring helpful recommendations for remaining heart healthy during the holidays. **RSVP**



SongShine Vocal Strength Class

Dr. Eve-Anne Wilkes & Ellen Patterson

Mondays, October 6 - November 10, 1:00-2:30

American Legion Hall

A fun singing class for adults looking to strengthen voices affected by aging or neurological conditions. Using the science-based SongShine method, you'll boost vocal strength, build confidence, and join a supportive community of singers! **RSVP**



Special Events

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

A Novel Bunch Book Club

Patti Antonaccio

Wednesday, November 5, 5:00-7:00

Rianda House



Join us for our monthly book club meeting for fostering a love of reading, building community and exploring literary genres. Each month, a member chooses a book, leads discussion and provides refreshments. **RSVP**

Should I Stay or Should I Go?

John Herrguth

Tuesdays, November 4 - 25, 3:00-4:00

Rianda House

Every senior will face an important question: Should I stay in my home, downsize or move to senior housing? Let us help your options - financially, legally and personally. Join industry experts from Live Better Financial to help you better understand how to navigate: Alzheimer's, Caregiving & Home Equity Solutions, Understanding In-Home care, Smart Financial Planning & Legal Readiness.

RSVP



Oat Hill Mine Trail

Kerry Brackett

Friday, November 14, 10:30-11:30

Oat Hill Mine Trailhead

Experience three 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!

RSVP



Understanding Hospice and Palliative Care

Gladys Portillo

Monday, November 17, 2:15-3:15

Rianda House

This presentation provides an essential overview of palliative and hospice care, differentiating between the two services that focus on the quality of life for individuals with serious illnesses. We will review who receives these services, the services provided by an

interdisciplinary team, and key benefits such as symptom management and patient-centered care.

RSVP



Classes & Activities

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

More detailed descriptions go to riandahouse.org

Access Bars (no class 11/11) RSVP

Kaylee Hardin

Tuesdays, 12:30-1:30, 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

Friday, November 14, 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

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

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, 10:00-12:00, 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, Nov. 6, Rianda House, Thursday, Nov. 20, Zoom

3:00-4:30. Alzheimer's Assoc. and Providence Adult Day Health

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

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 (no class 11/11)

Basic English vocabulary and conversational practice.

ESL (Ingles Segundo Idioma)

Lorraine Ruston

Los martes, 9:00-10:15, Rianda House (no class 11/11)

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, Nov. 7 & 21, 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, Nov. 14 & 21, 1:00-2:30, Zoom

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

Intro to Ballet

Darby Perrin

Saturdays, Nov. 1 & 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

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.

iLotería!

Lorraine Ruston

Tuesdays, Nov. 4, 18 & 25, 10:30-12:00, 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. Juguemos 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.

MasterMinds

Verona Ladd

Wednesdays, Oct. 15 - Nov. 19, 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. 20 person max. **RSVP**

Men's Fitness (no class 11/11)

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.



Classes & Activities

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

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

Mondays, Nov. 3 & 17, 1:00-2:00, Rianda House

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

Peace of Kate Happy Hour

Kate Jessup

Wednesdays, Nov 12 & 26, 3:00-4:00, Rianda House

Kate coaches the group to utilize mindfulness and self-awareness, as well as other approaches to bring more happiness and joy into their lives.

Pilates

Darby Perrin

Saturdays, Nov. 1 & 15, 3:00-4:00, 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

2nd Tuesday Page Turner Book Club

Lorraine Ruston

Tuesday, Nov. 11, 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.

Simple Arts & Crafts

Elena Mendez

Monday, Nov 10, 3:00-5:00, Rianda House

Come join us creating art projects from various materials and things from nature. De-stress, socialize and simply have fun.

Artes y manualidades simples

Elena Mendez

martes 11 de noviembre, 10:30-12:30, Rianda House

Crea proyectos con materiales de la naturaleza en un ambiente relajado y social.

Sound Bowl Meditation

Kaylee Hardin

Wednesdays, 9:00-9:45, Rianda House

Relax and refresh your body and mind with breathing, meditation, and crystal singing bowls.

Introduction to Spanish

Lorraine Ruston

Tuesdays, 1:00-2:30, Rianda House (CLASS ENDS 11/18)

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 (CLASS ENDS 11/20)

Intermediate conversational practice is based on grammar and vocabulary introduced in Duolingo's Sections 3 and 4.

Advanced Spanish

Lorraine Ruston

Wednesdays, 2:15-3:45, Rianda House (CLASS ENDS 11/19)

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

Tuesday, Nov. 4 & 25, 9:00-10:00, American Legion Hall

Tai Chi combines gentle movements, meditation, 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.

Tech Today

James Scanlan

Wednesday, Nov. 12 & 26, 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. **RSVP**

Victim Services Advocate

Irma Luna

Friday, November 21, 12-1:00 by appointment, Rianda House

If you or someone you know is a victim of a crime, fraud, abuse, eviction, or in crisis, Irma Luna from Napa County District Attorney's Office can help with no-cost & bilingual support. Call Irma directly to book a session: (707) 299-1411.

Vineyard Walk

Brad Skibbins

Friday, November 21, 9:30-10:30, Rianda House

Scenic, 1.5 mile flat vineyard walk. Approximately 45 minutes. Meet at Rianda House. **RSVP**

Yoga: Stretch and Flow (no class 11/11)

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

Bothe Park - Big Tree Road Loop

Julie Spencer &

Bobbie Casey

Friday, November 7, 9:00, Calistoga Community Center

An easy 2-mile loop walk starting on the Big Tree Road Loop trail. Starting at Bothe picnic area, we'll visit the parks historic cemetery. **RSVP**

Lunch & Learn

Rianda House, UVFC, & Parks & Rec.

Wednesday, November 19, 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, Nov. 1 & 15, 9:00-9:45am, Brannan Center

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

Chair Yoga

Diana Latorre

Saturday, Nov. 1 & 15, 10-11:00, Brannan Center

Join a chair-based class to breathe, stretch, and reset your body and mind at your own pace. We will be both sitting and standing. **RSVP**

Monday

Tuesday

Wednesday

Thursday

Friday

November

RIANDA HOUSE

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

A American Legion (1291 Madrona Ave, St. Helena)
C Calistoga Community Center (1307 Washington, Calistoga)
B Brannan Center (1407 3rd Street, Calistoga)
H Hybrid (Online & at Rianda House)
L Lyman Park (1498 Main, St. Helena)
P Presbyterian Church (1428 Spring Street, St. Helena)
R Rianda House (1475 Main Street, St. Helena)
Z ZOOM (online)
* Check description in newsletter for location



Red indicates new class
or required registration

Saturday, Nov 1

B 9:00 Tai Chi
B 10:00 Chair Yoga
R 3:00 Pilates
R 4:15 Intro to Ballet

3

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 1:00 SongShine

4

P 7:30 Strength Training
A 8:00 Mens Fitness
R 9:00 ESL
A 9:00 Tai Chi
R 9:30 Ladies & A Cuppa Tea
R 10:30 iLoteria!
A 11:15 Yoga Stretch & Flow
A 12:30 Access Bars
R 1:00 Introduction to Spanish
R 3:00 Should I Stay or Should I Go?

5

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 5:00 A Novel Bunch Book Club

6

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
R 10:30 Greeting Card Painting Class
A 10:40 Chair Aerobics
A 11:15 Balance and Stretch
R 1:00 Needlers Club
R 1:00 Intermediate Spanish
R 3:00 Dementia Caregiver Support

7

* 9:00 Bothe Park - Big Tree Road Loop
R 10:00 Improve Your Bridge Game
R 10:00 Genealogy
R 1:00 Canasta
R 1:00 Mah Jongg

10

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 1:00 SongShine
R 3:00 Simple Arts & Crafts

11

P 7:30 Strength Training
A 9:30 Veterans Day Breakfast
R 10:30 Artes y manualidades simples
R 9:30 Ladies & A Cuppa Tea
R 1:00 Introduction to Spanish
R 3:00 Should I Stay or Should I Go?
R 7:00 Page Turner Book Club

12

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
R 3:00 Peace of Kate Happy Hour
* 6:00 Common Table Speaker Event

13

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
A 11:15 Balance and Stretch
R 1:00 Needlers Club
R 1:00 Intermediate Spanish

14

* 9:30 Oat Hill Mine 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

Saturday, Nov 15

B 9:00 Tai Chi
B 10:00 Chair Yoga
R 3:00 Pilates
R 4:15 Intro to Ballet

17

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
R 2:15 Understanding Hospice & Palliative Care

18

P 7:30 Strength Training
A 8:00 Mens Fitness
R 9:00 ESL
R 9:30 Ladies & A Cuppa Tea
R 10:30 iLoteria!
A 11:15 Yoga Stretch & Flow
A 12:30 Access Bars
R 1:00 Introduction to Spanish
R 3:00 Should I Stay or Should I Go?
A 4:00 Thanksgiving Dinner

19

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

20

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
A 11:15 Balance and Stretch
R 1:00 Needlers Club
R 1:00 Intermediate Spanish
Z 3:00 Dementia Caregiver Support

21

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
Z 1:00 Imagery and Poetry

24

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

25

P 7:30 Strength Training
A 8:00 Mens Fitness
R 9:00 ESL
A 9:00 Tai Chi
R 9:30 Ladies & A Cuppa Tea
R 10:30 iLoteria!
A 11:15 Yoga Stretch & Flow
A 12:30 Access Bars
R 3:00 Should I Stay or Should I Go?

26

R 9:00 Sound Bowl Meditation
R 10:00 Chair Yoga
R 1:00 Music with Ric
R 2:30 Tech Today
R 3:00 Peace of Kate Happy Hour

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Happy
Thanksgiving!

Office Closed

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RIANDA HOUSE

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riandahouse.org

THANKSGIVING



Becky Jo Peterson

Tuesday November 18, 4:00-6:00

American Legion Hall, 1291 Madrona

707-963-8555

Let's celebrate Thanksgiving together! You're invited to a Rianda House community dinner where we can eat, laugh, and give thanks as friends and neighbors. It's the perfect opportunity to relax and catch up over a wonderful meal. The UpValley Women's Club is generously bringing the pies, so you know it's going to be good! Come as you are, bring your family, and let's share in the spirit of the season.

RESERVE YOUR FREE TICKET

44 Maximum - RSVP

DINNER

