

RIANDA HOUSE

increasing life expectations

Finding Joy this holiday season



Finding Joy in the Chaos

Step 1: Unplug



When you reflect on 2025, it is unlikely that the first word that pops to mind will be joy. It's more likely to give you indigestion. Each week of 2025 brought fresh turmoil, from politics, to the economy, to the Epstein files.

Joy can be tough to maintain. It can even feel irresponsible. Shouldn't a good citizen live in a constant state of agitation? Well, no. Joy is more important now than ever. Joy is fuel for the fight. Come to think of it, joy IS the fight. It's hard to champion your cause from a fetal position.

How do you find joy? I don't have a full answer but I do know the first step: unplug.

There was a day when the priority of journalism was to inform. Today, the priority is to turn you into a news junkie—a

frighteningly apt term. It took a nanosecond for computer algorithms to learn that what hooks *homo sapiens* is primal emotions like fear and anger.

My downfall is Youtube videos. Some outrageous headline makes me click. I watch and become upset. Next comes a flood of ten more videos just like it, each deepening my outrage and dragging me deeper into despair. I'm addicted. It's like that scene in *The Matrix* when Neo realizes the machines have taken over and are feeding on people.

To rediscover joy, the first step is to tear this leech from my flesh. I must take my news in measured doses from a news source, not a news pusher. If I watch more than an hour in a day I must face the fact that I'm not consuming the news; it's consuming me.

Joy is rekindled by the little things: a walk in the woods, a drive along the coast, having friends over for a meal, playing a game, a stroll downtown, a concert, helping a neighbor. Suddenly the sky is blue, the air is fresh, and people are friends again.

Rianda House is a great place to experience this. When you walk through the doors you will hear the happy sound of people immersed in little things: a game, a class, a cup of coffee. It will remind you that there is plenty to look forward to in 2026 and that being human is worth the fight.



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, Bonnie Schoch, Meg Scrofani, Richard Walloch

Getting to Know You

Tessa Lorraine, Program Manager

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



What brought you to the Rianda House?

Well, I have a master's degree in gerontology. I was flying from San Francisco to Austria and saw the ad for program manager here and I said, "why don't I try this out?" At the time I

was working at Watermark in Napa as concierge. I'd moved to Napa from San Francisco, where I was working at MOMA, because I wanted a house with a garden. I'd never been to Napa before but did a little research and wanted a town where I could walk to places, where there was a community.

How did you choose gerontology as a field of study?

In the mid-90s I had the opportunity to figure out what I wanted to do. I knew there was a big age boom coming. I was very close to my grandmother, and while my husband was in the Air Force, I could go to graduate school and study gerontology. The Boomers hadn't retired yet, but I knew the age boom was coming. My first job out of graduate school, I was the program manager at UC Irvine for the largest elder abuse project in the country.

What do people not know about you?

I went to Antarctica in 2008 and spent two weeks. The thing I loved was that there were no roads, no power lines, no houses, no trees; everything was where it was supposed to be because it was there. I was standing here, a penguin right there. (Points three feet away.) It was so amazing; crazy magical. The last day we were there a piece of ice shelf the size of Connecticut broke off. That's why I recommend that anyone wanting to go there should go ASAP.

What do you know now that you wish you knew when you were 20?

That sciatica is a real problem.

What were your best and worst jobs?

That's really subjective; it depends on where you are at a particular time in your life. I was once a waitress for three weeks during Christmas break. I could not believe that people wanted me to bring them things. Like the butter. "It's over there; go get it yourself." I wasn't a very good waitress. I was like, "you want me to bring you stuff? That's outrageous." I didn't last long being a waitress. It's horrific. And then there are the shoes you have to wear; the shoes are very ugly. Best job was not something I got paid for. I'm an avid volunteer; I've done a lot of work for local civic, political and community organizations and loved it. I even interviewed medical students in Hungary for scholarships at UC Davis.

If you were an animal, which would it be?

There's a whole bunch of species that have been discovered lately and there's this frog that will burrow itself and cover its eyes with its front "hands." It's a protective thing. That's fascinating to me. It was just discovered in the past year.

What's always in your fridge?

Bacon. I eat bacon every day. I ordered it by the slab from South Carolina. There was a horrible hurricane there several years ago and the farm didn't make it. So I went online and bought every single bit of that bacon that could be found. And it lasted me over two years. Now I get it from Iowa. I also go to the farmers market every weekend for fresh vegetables.

Are you still a traveler?

The last trip I took was to Austria, where I have family, and Hungary. From there I went to Finland where I stayed in an igloo and went out in the middle of the night to a meadow to see the aurora borealis. It was amazing!

Interview by Susan McWilliams

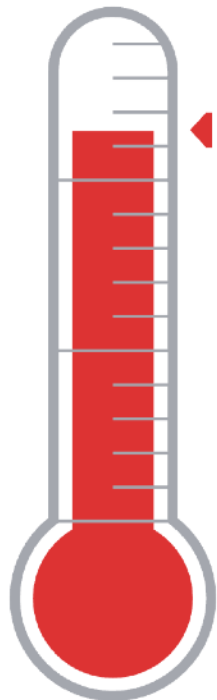


Strength through lifelong learning. Transformation through caring connections and community. **THIS IS RIANDA HOUSE!**



Operating Budget

\$734,000



Raised
\$596,850



to support

Every day at Rianda House, we see what happens when older adults feel seen, supported, and connected. We see confidence return, friendships form, and joy take root. **As the year comes to a close, we invite you to help keep this goodness growing.** As you plan your year-end giving, we hope you'll keep Rianda House in your heart. Your year-end gift—of any size—helps ensure that every UpValley senior has access to community, connection, and programs that truly enrich their lives.

Making a gift is easy: <https://riandahouse.org/support/> or mail a check directly to us.

And to those who have already given—thank you! Your generosity makes this house a home.

Did you know?

- ✓ Nearly 40% of UpValley residents are 55 and older, making all we provide more important than ever.
- ✓ We added over 500 new participants in both 2024 and 2025 totaling over 1000 new participants in just two years!
- ✓ We grew 22% this year, to over 1500 visits per month and average 150 classes each month.
- ✓ We serve between 400-500 unique individuals per month and created a welcoming gathering space for all to enjoy.
- ✓ Rianda House is a 501(c)3 non profit that is 95% funded by donors.

Special Events

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

Comprender Los Cuidados Paliativos Y Los Hospicios

Gladys Portillo, Providence

Martes, 2 Diciembre, 10:30-11:30

Rianda House

Esta presentación ofrece una visión general esencial de los cuidados paliativos y los cuidados terminales, diferenciando entre los dos servicios que se centran en mejorar la calidad de vida de las personas con enfermedades graves. Detalla quiénes reciben estos servicios, los servicios prestados por un equipo interdisciplinario y los beneficios clave, como el control de los síntomas y la atención centrada en el paciente.

RSVP



Dementia and the Holidays

Melissa Gerard, Providence

Tuesday, December 2, 1:00-2:00

Rianda House

The Holidays are filled with family traditions, religious services, and gatherings with friends. But when someone in your family or circle of friends is diagnosed with dementia or Alzheimer's disease, holiday celebrations can be challenging. Old traditions can feel impossible, travel out of the question, and self-care can be forgotten.

Join us to learn about how to create new holiday traditions, learn travel tips, and prioritize self-care over the holidays so that you and those around you can feel included and part of a low-stress celebration.

RSVP



Calistoga Farmers Market

Tessa Lorraine

**Saturday, December 6,
9:00-1:00, 1307 Washington St,
Calistoga**

Stop by the Rianda House booth at the Calistoga Farmers Market on the first Saturday of each month. Get information about programs and activities. Enjoy fresh produce, beautiful hand-crafted items and non-profit organizations in this family friendly atmosphere.



Volunteer at Your Local Veterans Home

Adrianne James-Singh

**Tuesday, December 9,
1:00-2:00, Rianda House**



With busy lives, it can be hard to find time to volunteer. However, the benefits of

volunteering can be enormous. Volunteers play an integral role in supporting the day-to-day needs and quality of life of our Home members. Join Adrianne James-Singh, Yountville Veterans Home Volunteer Coordinator, for a quick talk about volunteer opportunities available at the Veterans Home. **RSVP**

Common Table Speaker Event

Hayden Block, DPT

Physical Therapy Solutions

**Wed, Dec 10, 6:00-8:00,
Grace Church**

(1314 Spring St. Saint Helena)

Be proactive with your health by implementing simple physical therapy practices. Exercise improves all variables of health including sleep, stress reduction, strength, mobility and quality of safe movement. Light refreshments will be provided courtesy of Common Table. **Please RSVP to office@grace-episcopal.org.**



AdventistHealth

Special Events

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

Wonderful Westside Walk

Brad Skibbins

**Friday, December 12,
9:30-10:30, Crane Park,
360 S Crane Ave, St Helena**

Walk along Vallejo Street and Sulphur Springs Avenue to take in the beautiful scenery and fresh air in this quiet neighborhood. The walk has a small incline and is approximately 1.5 miles. **RSVP**



SantaPaws

Molly Abers, Amanda Cole
We Care Animal Rescue

**Saturday, December 13,
10:00-11:30, Rianda House**



Come in for hot cider or cocoa, Christmas day treats and bring in your furry friend to get a picture with Santa Claws. This will also be an opportunity to bring a furry friend home for the holidays, see how you can get involved locally at We Care Animal Shelter or as a volunteer or foster. **RSVP**

Roots, Secrets & Lies: The Amazing Creation of Handels Messiah

Laura Prichard

**Sunday, December 14,
11:00-12:00, Rianda House**

Handel's Messiah is the most iconic and resilient choral work of the 18th century. Join us for an exploration of its surprising roots, following its transformation from Italian Baroque music to a showpiece highlighting the best of cathedral and concert music in the British empire. **RSVP**



Artist Reception

Rose LeClerc

**Sunday, December 14,
2:30-4:00, Rianda House**

I've been a fiber artist since 1976, starting with weaving under Bev Magoon and learning to spin on an Ashford wheel I still use today. I specialize in dyeing hand-spun yarns with natural materials (plants, bugs, food stuffs). My work ranges from wall hangings and home decor to clothing. I will demonstrate weaving on my smaller, two-harness Saori floor loom.



RSVP

Holiday Carols

Laura Prichard

**Saturday, December 20,
11:00-12:00, Rianda House**

Laura and Michael Prichard return from the San Francisco Symphony & Boston Pops to lead a sing-along and historical exploration of holiday favorites. Music from several languages and traditions will be included. We will begin with traditional carols and winter festival songs, then connect older traditions to new American holiday songs by jingle geniuses like Johnny Marks, Mel Torme, Irving Berlin, and Leroy Anderson.

RSVP



Holiday Open House

Tessa Lorraine, Helen Van Deren

**Tuesday, December 23,
10:00-12:00, Rianda House**

Everyone is invited! We are celebrating the holidays at Rianda House and hope you will join us! Enjoy some tasty treats and cider. **RSVP**



**Rianda House will be closed
December 24-January 1. We will
reopen Friday, January 2.**

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, 12:30-1:30, 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.

A Novel Bunch Book Club

Patti Antonaccio

Wednesday, December 3, 4:00-6:00, 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**

Astrology

KayleeHardin

Friday, December 12, 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

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, Dec. 4, Rianda House, Thursday, Dec. 18, 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 12/9)

Basic English vocabulary and conversational practice.

ESL (Ingles Segundo Idioma)

Lorraine Ruston

Los martes, 9:00-10:15, Rianda House (no class 12/9)

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, Dec. 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, Dec. 12, 1:00-2:30, Zoom

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

Intro to Ballet

Darby Perrin

Monday, Dec. 15, 4:15-5:00, American Legion Hall

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

Tuesday, Dec. 16, 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. 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.

Men's Fitness

Evan Massaro

Tuesdays, 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, December 1 & 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

Wednesdays, December 3 & 17, 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

Monday, December 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, December 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**.

Simple Arts & Crafts

Elena Mendez

Monday, December 8, 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 9 de diciembre, 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.

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, December 2 & 16, 9:00-10:00, American Legion Hall

Tai Chi combines gentle movements, meditation, and controlled breathing.

Tai Chi & Qi Gong **NEW LOCATION**

Joseph Nase

Thursdays, 9:00-10:00, Carnegie Bldg., 1360 Oak Ave.

No Class Dec 11

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

Tech Today

James Scanlan

Wednesday, December 10, 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, December 19, 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, December 19, 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

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

A Scenic Stroll Through Calistoga

Julie Spencer

& Bobbie Casey

Friday, December 5, 9:00, Brannan Center

Stroll through the heart of Calistoga and south along the Napa Valley Vine Trail towards Sterling Vineyards. Expect lots of open space, beautiful mountain views, and an easy pace with friends. This walk starts and ends at Brannan Center. Approx. 3 miles. **RSVP**

Lunch & Learn

Rianda House, UVFC, & Parks & Rec.

Wednesday, December 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, December 6 & 20, 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, December 6 & 20, 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**



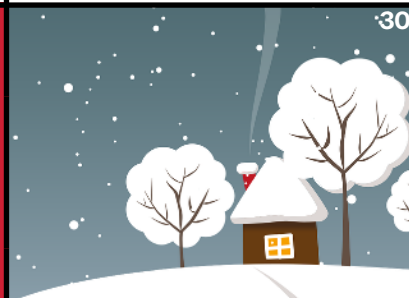
Monday	Tuesday	Wednesday	Thursday	Friday
1 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch A 11:00 Line Dancing R 12:30 Duplicate Bridge R 1:00 News and Views	2 P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL A 9:00 Tai Chi R 9:30 Ladies & A Cuppa Tea R 10:30 Comprender Los Cuidados Paliativos y Los Hospicios A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 1:00 Dementia & The Holidays	3 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 1:00 Music With Ric R 3:00 Peace of Kate Happy Hour R 4:00 A Novel Bunch Book Club	4 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe CB 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 3:00 Dementia Caregiver Support	5 B 9:00 A Stroll Through Calistoga R 10:00 Improve Your Bridge Game R 10:00 Genealogy R 1:00 Canasta R 1:00 Mah Jongg Saturday, Dec 6 C 9:00 Calistoga Farmers Market B 9:00 Tai Chi B 10:00 Chair Yoga
8 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 Simple Arts & Crafts	9 P 7:30 Strength Training A 8:00 Mens Fitness R 9:30 Ladies & A Cuppa Tea R 10:30 Artes y manualidades simples A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 1:00 Volunteering at your local Veterans Home R 7:00 Page Turner Book Club	10 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 1:00 Music with Ric R 2:30 Tech Today * 6:00 Common Table Speaker Event	11 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 A 11:15 Balance and Stretch R 1:00 Needlers Club	* 9:30 Wonderful Westside Walk 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, Dec 13 R 10:00 SantaPaws Sunday, Dec 14 R 11:00 Creation of Handels Messiah R 2:30 Artist Reception
15 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	16 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 ¡Lotería! A 11:15 Yoga Stretch & Flow A 12:30 Access Bars	17 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga C 11:00 Lunch and Learn R 1:00 Music with Ric R 3:00 Peace of Kate Happy Hour	18 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe CB 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 Z 3:00 Dementia Caregiver Support	19 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, Dec 20 B 9:00 Tai Chi B 10:00 Chair Yoga R 11:00 Holiday Carols
22 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	23 Rianda Holiday Open House 10:00 AM Join us for food, fun & friendship! 	24	25	26

Thank you for being part of the Rianda House Community
We can't wait to see what 2026 brings!
(Office Closed)

December

RIANDA HOUSE

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



A American Legion (1291 Madrona Ave, St. Helena)
B Brannan Center (1407 3rd Street, Calistoga)
C Calistoga Community Center (1307 Washington, Calistoga)
CB Carnegie Building (1360 Oak Avenue, St. Helena)
H Hybrid (Online & at Rianda House)
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

RIANDA HOUSE

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

PRESORTED
NON-PROFIT
US POSTAGE PAID
ST. HELENA, CA
PERMIT NO. 90

Return Address Requested

To keep our services free, please support!



riandahouse.org

Dine & Donate

and make a difference!

Join us on **December 2nd and 3rd at Market Restaurant** for a special fundraising event in support of Rianda House! On these two dates, a portion of your bill will be donated to support our amazing programs and our UpValley senior community! Thank you, Market Restaurant!

