

RIANDA HOUSE

increasing life expectations



**Thanks
Carroll**

“That’s How I Look at It”

(What Carroll taught us)



The thing I most admired about Carroll was his ability build bridges between people. He gathered together a roomful of old men like me on Thursday mornings and turned us into friends. He made it look easy.

Carroll didn’t back away from giving his opinions but he always ended with the phrase, “At least that’s how I look at it.” He didn’t consider his opinion to be the end of the matter. He wanted to hear how we looked at it too.

I confess that I am not good at saying “At least that’s how I look at it.” Instead, I say, “That’s how it is,” implying that anyone who disagrees with me is an idiot.

Carroll helped us hold our opinions and listen to each other. He had such a civilizing effect on us that we began referring to each other as “The Gents.”

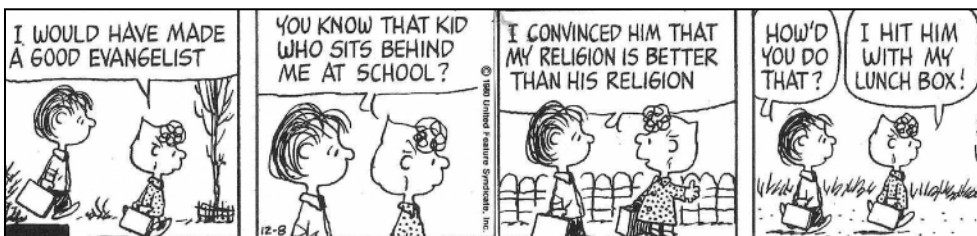
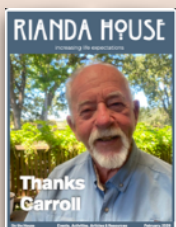
Carroll reminded me of my dad. Dad taped a Peanuts cartoon to the wall in our kitchen. In it, Sally brags to Linus that she converted a classmate to her religion. “How?” asks Linus. “By hitting him with my lunch box,” replies Sally. Carroll and my dad both knew the futility of trying to force other people to see things your way.

When I was faced with a conflict between people, I turned for

Carroll for guidance. He never took sides. He didn’t spout answers. He calmly looked at the situation through each person’s eyes. He would say, “So-and-so is behaving this way because they’re looking at it like this.” Carroll didn’t just look at situations from every angle. He looked at them through each person’s eyes.

We waste too much time trying to make people see things our way. Carroll taught us it is better to see through other people’s eyes.

At least, that’s how I look at it.

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 Coordinators: Pam McCullagh, Elena Mendez, Helen Van Deren Newsletter: Robin McGuire

Rianda House Board: Bonnie Schoch - Board Chair, John Muhlnher - Treasurer, Frank Mueller - Secretary

Dawnine Dyer, Julie Garvey, Braulio Muñoz, Meg Scrofani

Getting to Know... Volunteering!

Program Manager, Tessa Lorraine, on Volunteering at Rianda House

You wanted to talk about volunteering today.

Yes. We are in the process of expanding our volunteer opportunities to include events. Since the inception of Rianda House, there have been greeters and they help with greeting, welcoming people when they come in, helping us set up rooms, answering phones and administrative duties. But we're also looking now at having an event crew that will be available on an as-needed basis to help us with our various events as we expand our offerings throughout the Upvalley. For example, we had our Thanksgiving dinner in November and that was an opportunity for volunteers to help us with everything from setting up to serving food and then cleaning up. We also had the Veterans' breakfast, which was another great opportunity for people to volunteer for an event.

So you're looking to create a pool of people to call on instead of asking for volunteers each time?

That's right, instead of the volunteers who come here on a weekly schedule—they've got a shift and specific duties—this will be a little different. For example I have some new signups who are interested in coming in on an as-needed basis. It's both Rianda House serving the community and utilizing the community to serve Rianda House.

Are you expanding the number of events?

Yes, but we're focusing also on the current events we have, like the Father's Day Rally for Rianda, which will have a large need for volunteers. Between now and then I'll be building up the roster of potential volunteers for that so we can staff it with the pool of volunteers that we need.

How have you recruited volunteers in the past?

I think it was a random thing; people would come up and say, "I want to volunteer; I want to help." It's been on an event-dependent basis. Now we're doing it the other way around; we're going to keep a list of people who are interested and then call on them when we have an event. In the past I've



announced in classes and still will to a certain degree.

Since not everyone will be available for every event, I imagine you're looking to build a large pool.

That's true. I want to build as large a pool as possible and people with a variety of talents. Some people may be able to move tables and chairs, while others may be more interested in passing out pie. What is special about Rianda House is that I'll be focusing on getting to know the people and what their interests are so we don't ask people to do what they won't or can't do.

How are you soliciting these volunteers?

This article is part of it. And we're making announcements, having staff meetings on what it will look like. We'll put it on our website and in the newsletter. Rather than putting out the application at random, this is an opportunity to further understand and get to know the people who come here. My approach is to be more personable about it. The application asks about times available, what you're interested in doing and asks a little bit more about yourself. We'll make applications available for anyone who's interested. My approach is, as many people are interested in giving their time, we'll find a place for them to contribute. I just ask that everyone be patient as we get this system going.

Why should people volunteer?

Because we provide a community service that is truly valuable and the community here in St. Helena especially understands that Rianda House is a place that their parents, their grandparents—and sometimes them—can come and get what they need from this place. Whether it's a social interaction, whether it's our free programs for exercise and language enrichment, people know that's what Rianda House does. And that's more than enough to support what we provide to the community.

Interview by Susan McWilliams



Carroll will be especially missed by the "Gents." Carroll led this group for over a decade. Under his guidance it grew from half a dozen to 25-30. At our gathering on January 8, his chair was left vacant and a white rose placed in his honor.



Carroll served for many years on the Board, most recently as its Chair. This picture was taken in 2019.

Carroll Cotten and Priscilla Upton, two of Rianda House's shining stars.



Join the Paint-By-Number Art Exhibit! It's Easy!

1.

Purchase a paint-by-number kit anywhere
(for example numberartist.com)

2.

Email Pam McCullagh to let her know you are participating.
pam@riandahouse.org

3.

Complete your painting by July 15 and submit it to Pam

Paintings will hang at Rianda House for two months.
Four will be selected for prizes.
Have Fun!

Special Events

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

Fundamentals of Fiction Writing Workshop

Richard Abramson

**Tuesdays, February 3 - March 10,
1:00-2:30pm, Rianda House**

Always wanted to try your hand at writing fiction? This workshop will survey fiction-writing fundamentals, introduce you to the elements of a good story and, through short story reading assignments and an entertaining series of writing exercises, help you build your confidence and develop your craft. **RSVP - MAX**

12 participants



¡Lotería!

St. Helena Library

**Wednesday, February 4,
5:30-6:30, St. Helena Library,
1492 Library Lane**

Join us on Wednesday, 2/4/26 for Lotería, 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 y inglés. "¡Se recomienda practicar conversaciones!"

RSVP

WomenHeart Support Group

Tomi Holt

**Thursday, February 5, 6:30-7:30
Zoom**



This support group is open to women with all types of heart conditions interested in meeting with others coping with the challenges of living with a heart condition. Join other women finding strength and hopefulness. Womenheart.org mission is dedicated to support, educate and advocate for women with cardiovascular disease.

RSVP



Death Cafe

Ann Seagraves

**Wednesday, February 11, 4:00-5:30
Rianda House**

According to its founders, the objective of the Death Cafe is to increase awareness of death with a view to helping people make the most of their (finite) lives. If you're curious about the topic of death and would like to join us for an open-ended conversation, this is the perfect group setting for you! Our monthly gathering provides a safe, supportive environment for your thoughts, ideas, and questions. Refreshments will be provided. **RSVP**



"At a Death Cafe people drink tea, eat cake and discuss death."

Death Cafe

Pilates: Get Energized!

Denise Henquet Sprengers

**Monday, February 23, 2:15-3:15
Rianda House**

In this 1 hour you will go through many of the classical pilates exercises and make sure to address the key pilates principles, to stabilize and strengthen the core, plus experience the wonderful addition of more contemporary flow and mobility work. This mat pilates class with a balance of stretch and strength is for all levels and will leave you feeling energized! **RSVP**

Denise Henquet Sprengers is an upbeat instructor known for her energy, alignment focus, and full-body workouts. A Pilates, barre, and mobility coach with over 20 years of experience, she is trained in Stott Pilates, Balanced Body, and Functional Range Conditioning. Based at Meadowood Resort, she works with clients of all ages and abilities and primarily teaches private, in-home sessions.

Special Events

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

Music Appreciation: Secrets of Bach's Solo Showpieces

Laura Prichard

Wednesday, February 25, 4:15-5:15
Rianda House

Did you know that some of Bach's most uplifting works for solo violin and cello are based on his favorite hymns? Learn about mandolin virtuoso Chris Thiele's upcoming concert at which he will perform Bach & bluegrass at the Green Music Center in Sonoma on February 26. **RSVP**



For tickets & information about Chris' upcoming concert go to: <https://gmc.sonoma.edu/chris-thiele/>

Music Appreciation: Mozart's Amazing Wind Concertos

Laura Prichard

Wednesday, February 25, 5:15-6:15
Rianda House

Best known for his operas and symphonies, Mozart offers a vivid window into the concert culture of Revolutionary Europe. His youthful concertos preserve Baroque traditions while exploring new woodwind design. Concert arias function as mini-concertos, and his innovative piano concertos—written for a range of keyboards, musicians, and venues—date from the era of the American Revolution. Join SFSymphony's Laura Stanfield Prichard for a close-listening tour of Mozart's uplifting, finely crafted music, written for himself, his students (including women), and virtuoso friends, showcasing new sounds such as horn, clarinet, and inventive instrumental combinations. **RSVP**



Calistoga Classes & Activities

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

More detailed descriptions go to riandahouse.org

A Scenic Stroll Through Calistoga

Julie Spencer & Bobbie Casey

Friday, February 6, 9:00-10:00, Brannan Center

Stroll through the heart of Calistoga and then south on 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. 2.5 miles

RSVP

Calistoga Farmers Market

Amanda Cole

Saturday, February 7 & 21, 9:00-1:00, 1307 Washington St,

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!



Lunch & Learn

Rianda House, UpValley Family Center, Calistoga Parks & Rec.

Wednesday, February 18, 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, Feb. 7 & 21, 9:00-9:45, Brannan Center

A gently-moving meditation suitable for various fitness levels.

Music and repetitive movement allow energy to move and flow. **RSVP**

Chair Yoga

Diana Latorre

Saturday, Feb. 7 & 21, 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**



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, February 4, 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

Thursdays, 11:00-12:00 Rianda House

Astrology is an excellent tool for self-reflection and awareness. Learning about the elements, planets, and zodiac helps us better understand ourselves and the world. Since each lesson builds upon the last, attending every class is highly encouraged.

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, Feb. 5, Rianda House 3:00-4:30

Thursday, Feb. 19, 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 2/10)

Basic English vocabulary and conversational practice.

ESL (Ingles Segundo Idioma)

Lorraine Ruston

Los martes, 9:00-10:15, Rianda House (no class 10 de Feb)

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, February 6 & 20, 10:00-12:00, Rianda House

Explore DNA, genealogy, and family history writing with Kelly Wheaton, author of *Beginner's Guide to Genetic Genealogy* and a Napa Valley Genealogical Society founding member.

Gents & A Cuppa Joe

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, Jan. 27, 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 (No class 2/16)

Becky Jo Peterson

Mondays, 11:00-12:00, American Legion NO CLASS FEB 16

Kick up your heels to lively music. Learn five new dances each session. Beginners and drop-ins welcome.

iLotería! (No class 2/10)

Lorraine Ruston

Tuesdays, 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.

Masterminds

Veronna Ladd

Wednesdays, Jan 7 - Feb 11, 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

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, February 2 & 16, 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, February 18, 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.

2nd Tuesday Page Turner Book Club

Lorraine Ruston

Tuesday, February 10, 7:00-9:00, Rianda House

Come join the Second Tuesday Page Turner Book Club. Each month, an individual chooses a book, leads discussion and provides refreshments. **WAIT LIST**

Simple Arts & Crafts

Elena Mendez

Monday, February 9, 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 10 de febrero, 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, 12:30-1:00, Rianda House (ends 2/24)

For students who are brand new to the study of Spanish. Study and practice the vocabulary and grammar in Duolingo's Section 1, units 1-8. Duolingo is a free app that provides language learning practice on a cell phone or on a computer. New students are also encouraged to enroll in Beginner Spanish.

Beginner Spanish

Lorraine Ruston

Tuesdays, 1:00-2:30, Rianda House (ends 5/19)

Learn to speak and understand beginning Spanish. Vocabulary and grammar from Sections 2 and 3 of Duolingo.

Intermediate Spanish

Lorraine Ruston

Thursdays, 1:00-2:30, Rianda House (ends 5/21)

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

Advanced Spanish

Lorraine Ruston

Wednesdays, 2:00-3:30, Rianda House (ends 5/20)

Practice advanced Spanish conversation while reviewing grammar, new vocabulary, and discussing *Pasos Firmes* by Francisco Jiménez—a memoir about his journey from Santa Clara University to pursuing a graduate degree at Columbia.

Strength for Longevity **NEW**

Jennifer Duncan

Fridays, 9:00-9:45, Zoom

Strength training can reduce the risk of diabetes, heart disease, and Alzheimer's. Join Jennifer from the comfort of your home as you build strength and mobility using light weights. Chair modifications provided. **RSVP**

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

Fridays, 8:30-9:30, Rianda House (no class 1/30)

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

Tai Chi & Qi Gong

Joseph Nase

Thursdays, 9:00-10:00, Carnegie Building, 1360 Oak Avenue

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

Tech Today

James Scanlan

Wednesday, February 11 & 25, 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, February 20, 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, February 20, 9:30-10:30, Rianda House

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

Wonderful Westside Walk

Brad Skibbins

Friday, February 13, 9:30-10:30, Crane Park, 360 S Crane Ave, St Helena

Walk along Vallejo St. and Sulphur Springs Ave. 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**

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.



Happy Birthday Noelle!

Anne Cottrell presents Noelle Peterson with a proclamation from Napa County at her 100th birthday party.

Monday

Tuesday

Wednesday

Thursday

Friday

February

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)
CP Crane Park (360 S. Crane Ave, 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)

2

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

P 7:30 Strength Training
A 8:00 Mens Fitness
R 9:00 ESL
R 10:30 iLotería!
R 9:30 Ladies & A Cuppa Tea
A 11:15 Yoga Stretch & Flow
A 12:30 Access Bars
R 12:30 Introduction to Spanish
R 1:00 Beginner Spanish
R 1:00 Fiction Writing Workshop

3

R 9:00 Sound Bowl Meditation
R 10:00 Chair Yoga
R 10:00 MasterMinds
R 1:00 Music With Ric
R 2:00 Advanced Spanish
R 4:00 A Novel Bunch Book Club
L 5:30 iLotería!

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
R 11:00 Astrology
A 11:15 Balance and Stretch
R 1:00 Needlers Club
R 1:00 Intermediate Spanish
R 3:00 Dementia Caregiver Support
Z 6:30 WomenHeart Support Group

5

R 8:30 Tai Chi
Z 9:00 Strength for Longevity
B 9:00 Stroll Through Calistoga
R 10:00 Improve Your Bridge Game
R 10:00 Genealogy
R 1:00 Canasta
R 1:00 Mah Jongg

Saturday 7

C 9:00 Calistoga Farmers Market
B 9:00 Tai Chi
B 10:00 Chair Yoga

9

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

P 7:30 Strength Training
A 8:00 Mens Fitness
R 9:30 Ladies & A Cuppa Tea
R 10:30 Artes y manualidades simple
A 11:15 Yoga Stretch & Flow
A 12:30 Access Bars
R 12:30 Introduction to Spanish
R 1:00 Beginner Spanish
R 1:00 Fiction Writing Workshop
R 7:00 Page Turner Book Club

10

R 9:00 Sound Bowl Meditation
R 10:00 Chair Yoga
R 10:00 MasterMinds
R 1:00 Music With Ric
R 2:00 Advanced Spanish
R 2:30 Tech Today
R 4:00 Death Cafe

11

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

12

R 8:30 Tai Chi
Z 9:00 Strength for Longevity
CP 9:30 Wonderful Westside Walk
R 10:00 Improve Your Bridge Game
R 1:00 Canasta
R 1:00 Mah Jongg
Z 1:00 Imagery and Poetry

13

16

R 9:30 French Club
A 9:30 Zumba Gold
H 10:00 Balance and Stretch
R 12:30 Duplicate Bridge
R 1:00 News and Views

P 7:30 Strength Training
A 8:00 Mens Fitness
R 9:00 ESL
R 9:30 Ladies & A Cuppa Tea
R 10:30 iLotería!
A 11:15 Yoga Stretch & Flow
A 12:30 Access Bars
R 12:30 Introduction to Spanish
R 1:00 Beginner Spanish
R 1:00 Fiction Writing Workshop

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 2:00 Advanced Spanish
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
R 11:00 Astrology
A 11:15 Balance and Stretch
R 1:00 Needlers Club
R 1:00 Intermediate Spanish
Z 3:00 Dementia Caregiver Support

19

R 8:30 Tai Chi
Z 9:00 Strength for Longevity
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

20

Saturday 21

C 9:00 Calistoga Farmers Market
B 9:00 Tai Chi
B 10:00 Chair Yoga

23

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 2:15 Pilates: Get Energized!

P 7:30 Strength Training
A 8:00 Mens Fitness
R 9:00 ESL
R 9:30 Ladies & A Cuppa Tea
R 10:30 iLotería!
A 11:15 Yoga Stretch & Flow
A 12:30 Access Bars
R 12:30 Introduction to Spanish
R 1:00 Beginner Spanish
R 1:00 Fiction Writing Workshop

24

R 9:00 Sound Bowl Meditation
R 10:00 Chair Yoga
R 1:00 Music With Ric
R 2:00 Advanced Spanish
R 2:30 Tech Today
R 4:15 Music Appreciation: Secrets of Bach's Solo Showpieces
R 5:15 Music Appreciation: Mozart's Amazing Wind Concertos

25

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

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R 8:30 Tai Chi
Z 9:00 Strength for Longevity
R 10:00 Improve Your Bridge Game
R 1:00 Canasta
R 1:00 Mah Jongg
Z 1:00 Imagery and Poetry

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RIANDA HOUSE

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707-963-8555

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Save the Date! June 21, 11:00-3:00
Adams Street @ Library Lane



Celebrate Love at Every Stage of Life

Valentine's Day is about connection—romantic, platonic, and kindness to yourself.

Couples may enjoy reminiscing over photos, writing their love story, or planning a small adventure together.

Friends can celebrate with a lunch date, movie outing, craft night, or a cheerful "Galentine's" gathering.

For those celebrating solo, a spa day at home, a nature walk, volunteering, or a simple day trip can be a wonderful way to honor yourself.

However you choose to spend the day, love comes in many forms—and **all of it matters.**

