

# RIANDA HOUSE

increasing life expectations

## Save The Date

12th Annual



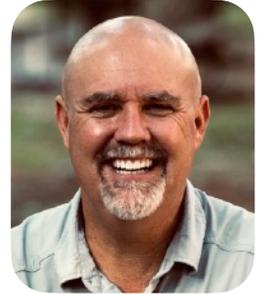
Father's Day, June 21, 11:00-3:00

Adams Street  
@ Library Lane

2026  
Grand Marshall:  
Cathy Buck



# “Powered by Love” (The Magic of Rianda House)



Four years ago, when I walked through the doors of Rianda House, I knew it was not a typical senior center. This was back during Covid. The Board hired me over Zoom and I accepted the job before I even set foot in the place.

I approached Rianda House with an institutional picture of Senior Centers in my mind; you know: tile floors, fluorescent lights, stale cheese sandwiches, sad, lonely people huddled in the corners...

Rianda House is the polar opposite. I have never worked in such a lively, *youthful* setting. But there was something more behind the energy, a feeling of goodwill and inclusion best summed up by the word love.

When we redesigned the website, we used the words “Powered by Love Since 2008.” The truth of these words hits me harder every year as I survey the names of

*hundreds* of people in the UpValley who support Rianda House, people who regard their donations as a privilege, not an obligation.

When I came to Rianda House, it was clear that I did not need to change anything. The only need was to share it with more people. I am delighted to say that this has happened. Participation at Rianda House has increased dramatically over the past few years.

Growth has occurred without increasing the budget. We were able to cut back-office expenses and invest the savings in program staff. It’s been like magic. But after four years, we are running out of expenses to cut.

To meet the needs of our growing population of UpValley seniors, we increased our 2026 budget 15%, from \$750,000 to \$860,000.

I spoke last week with Donna Hardy, who was telling me about the early days of Rianda House, when her husband, Mike, led the board. The newborn Rianda House was fragile. The Hardys, along with many of the names you will see in our report, poured on the love. The result today is the thriving hub for UpValley seniors that we enjoy today, where everyone is welcome and everything is free.

It’s no coincidence that a heart is the favorite symbol of Rianda House. It’s love that brought us to this happy place. Love has a lot more to do. Thanks for being part of the magic.



## Welcome to Rianda House!

*On the House* is the monthly newsletter of Rianda House. We welcome ideas & submissions. Email [info@riandahouse.org](mailto:info@riandahouse.org).

Rianda House is open Monday through Friday from 9:00 - 5:00. We offer a full slate of activities & services. We hope to meet you soon!

## Our Mission

We increase life expectations by providing programs & activities that help older adults remain **strong** in mind, body, & spirit, **connected** in meaningful relationships, & **giving** from the abundance of their lives.

In this way, we make elderhood life’s best chapter.

## RIANDA HOUSE TEAM

Executive Director : Maury Robertson    Director or Advancement: Katherine Kelly    Program Director: Amanda Cole  
Program Manager: Tessa Lorraine, Program Coordinators: Pam McCullagh, Elena Mendez, Helen Van Deren  
Controller: Marshall Cox    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 You

Rose LeClerc & David Johnston

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

## What first brought you to Rianda House?

Rose: The classes. The first class was a meditation class quite a while ago here in the fireplace room & the room was filled. I think if they had more meditation classes, they would be a big hit. David: & Rianda House was sponsoring a class at the mobile home park where we live in Calistoga.

## You're both artists; Rose, your fiber art has been on display here at Rianda House. How long have you been creating this art?

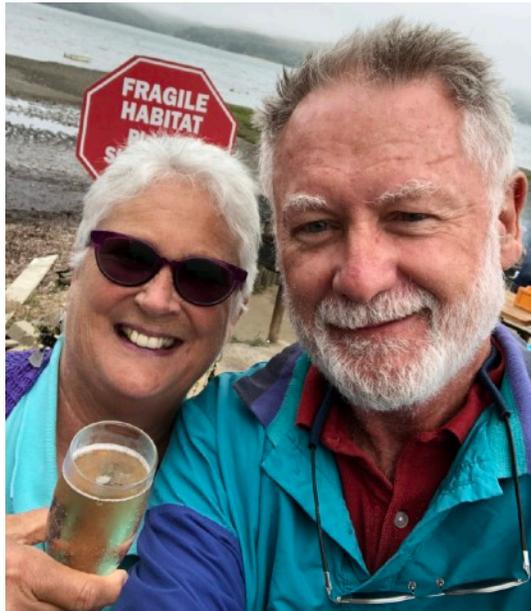
It goes back to 1975 & my first teaching job in Lake County. There was a real general store in Lower Lake that sold things like nails & harnesses & there was a weaver upstairs who got me started on weaving. Then I got into spinning & had to order a wheel from New Zealand, which we assembled ourselves. I still have it; it's a wonderful wheel.

## And David, you do woodworking. Is that a hobby or a profession?

It's been my job for all these years. I went to UC Santa Cruz & got a degree in environmental studies & while I was there a book came out on how to make your own guitar. They had a little wood shop at school that students could use &, although I'd never done any woodworking before, I made my own guitar. That got me started. I worked for a while doing guitar repairs in San Francisco & when a friend of mine who had a business making dulcimers decided to sell it, I bought the business. These were the days when Joni Mitchell was playing dulcimer on her album Blue. We had moved to Lower Lake & I set up shop in the back of that general store. Rose wanted to start weaving so one of my first projects was to make her a loom.

## And Rose, you were a teacher?

I taught special ed for a couple years, then taught second, fourth & seventh grade. While we were there we built a house. David: I mean we BUILT the house ourselves; it took a couple years. We hooked up with some architects from Berkeley who were developing



passive solar & that's what we did in our house. We lived there about eight years. Rose: It was a great design, but once we had babies, the house didn't work. We had sheep, a llama, chickens & rabbits that we butchered for meat. Those were interesting times. David: Yes, the mid-70s, the time of "back to the land," but with our daughters, we decided they needed to be closer to a town so they could walk & ride their bikes & we bought an old farmhouse with an acre of vines in Calistoga.

## Rose's teaching continued after you moved to this area?

Rose: I taught special ed in St Helena at the Presbyterian church & then in Calistoga when the county began full inclusion, meaning placing kids who are developing typically with a handful of those who are not together in the same classroom. I truly believe the kids who went through that program are the ones who will change the world, because they learned to help each other. They saw Jimmy as Jimmy, just another kid, not someone with special needs. It was challenging, but I loved it. The full inclusion class in Calistoga was the most wonderful in my 39 years of teaching.

## David, what was the most rewarding thing you've crafted?

Dulcimers are a fun, easy instrument to learn to play & I always looked at them as a way to get into music. So we came up with an idea for cardboard dulcimers; a box I had custom made with a hardwood fingerboard & we probably sold a thousand. Schools would buy them for everyone in the class. I also had three or four young guys working for me making wood dulcimers & they were into heavy metal so we decided to make an electric dulcimer. We went to a big trade show in LA for a few years & someone from R.E.M ordered one & used it for their next couple albums. I got to go see their show at the Oakland Coliseum. Then Aerosmith ordered a couple & invited us to some concerts. We also sold a couple to Led Zeppelin & our dulcimer was in one of their videos. I don't have a big shop now, but I still build about one a month.

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

David: When opportunities come up, you need to grab them because they don't always come back. Rose: I always thought it was important to stand up for myself & I still believe that's an important thing to do.

## Do you like to travel?

Rose: I lived all over the country when I was growing up & I loved it. David: When we were 20, we hitchhiked across the country & got on an Iceland-Air plane & then hitchhiked around Europe for three months.

Rose: The best part is, we'd saved money & we each had \$600, & \$300 each went to airfare. So we had \$600 to live on for three months. That was our adventure. David: It was really life changing. Rose: We still like to travel, visiting the Galapagos was incredible; we swam with sea turtles.

If you were an animal, which would it be & why?

Rose: Cats because they keep their independence & get waited on hand & foot. David: I'll be a whale because they get to travel. & sing songs.

Interview by Susan McWilliams

## With hearts full of gratitude, we want to thank our donors for making Rianda House possible.

Our mission is fulfilled in large part because of our many devoted supporters. Donors who value and respect the importance of living your best life no matter your age. That's what we do, and we could not do it without all of **YOU!**

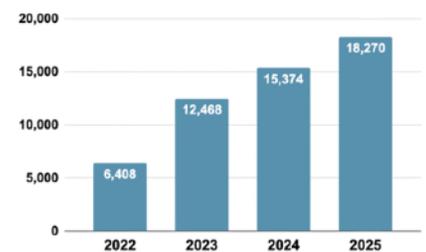
The impact for Rianda House participants is immediate. We provide our participants community, belonging, and inspiration while offering diverse opportunities for lifelong learning. Through programs focused on physical and intellectual wellbeing—along with continued education in the arts, music, and language, or the exploration of new passions—the lives of older UpValley residents are enriched in meaningful ways. Just as importantly, our work helps ease isolation and strengthens social connection. **There is no cost involved for our participants, making the donations you've all made mission critical.**

*"I would feel lost if I didn't have Rianda House, and I know many others feel the same way. The employees are top notch and are very involved in planning events for everyone. They do their utmost to provide a great place for seniors."*

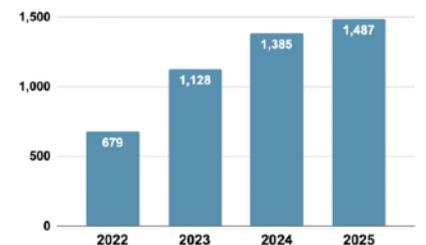
*"Rianda House is a true jewel in the heart of Napa Valley! It has been such a gift in my life. I've found real community, real friends, and opportunities to stay mentally and physically strong. Whether I'm exploring something new or just enjoying the company of others, I always leave feeling hopeful. At Rianda House, I don't just attend classes or talks, I belong..."*

*"For me, as a man, I've found it a bit harder to connect with new people at this age than when I was younger. I came to Rianda House not knowing what to expect and not expecting much. What I found is a group of Gents, as we call ourselves, who want to connect and extend our personal sphere of community. I've also found many other opportunities for social engagement and fun! I'm happy I made the choice to give Rianda House a try."*

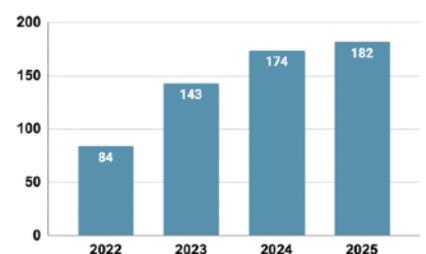
Annual Visits to Rianda House



Annual Unique Participants



Monthly Classes and Events



# ♥ The Rianda House Society ♥

(Consecutive Giving—5 yrs +)

We are both excited and proud to introduce The Rianda House Society, which celebrates the extraordinary members of our community who have supported Rianda House for years. Many of these individuals are founding pioneers of the Napa Valley, and their continued generosity has shaped both our organization and the community we serve.

Rianda House would not exist without this kind of steadfast commitment to connection and community. We are forever grateful for your continued belief in our mission and the health and wellness of every older adult who walks through our doors.

This kind of commitment matters! Every ♥ displayed celebrates five years of consecutive giving and a world of gratitude!

## Visionary (\$50,000+)

**Daniel & Susan Boeschen ♥♥**    **Terry & Anne Clark ♥**    **The Prairie Foundation ♥♥**

## Supporter (\$10,000 - \$49,999)

Charles & Donna Broder ♥♥  
David & Anita Cummings ♥♥  
Napa Valley Community Foundation  
Ed & Sue Fish ♥♥

Patrick & Julie Garvey  
Ken & Alice Green ♥♥  
City of St Helena  
Erik Nickel

Doug & Annette Shafer ♥  
Larry & Suzanne Turley  
Frank & Barbie Wentworth

## Partner (\$5,000 - \$9,999)

Grace Episcopal Church  
William & Andrea Phelps Family Fund  
Greg & Kris Brown  
Freeman A Ford

Donna Hardy ♥♥♥♥  
The Carpy Family Foundation  
Madeline E. Murray ♥♥♥  
John Peters & Laura Holmes ♥♥

Julie A. Spencer ♥♥♥♥  
Elle Wheeler ♥  
Greg & Carol Yurek

## Steward (\$1,000 - \$4,999)

Aegis Living  
James Araujo  
Jack Blenkinsop  
Barry & Joy Roades-Brown ♥♥  
ETS Laboratories  
Roger & Carolyn Cardoza  
Susan Carey  
Soroptimist International of St. Helena  
Francis Coppola ♥  
Carroll & Ellen Cotten ♥♥♥  
Gregg & Kris Dawley  
Tim & Missy Doran ♥♥  
Sue Enger ♥  
Pat Friday ♥♥  
City Of Calistoga  
Central Valley  
Mary Givens ♥  
David Hardy  
H. William & Deborah Harlan ♥♥  
Steven & Katherine Herber  
Lisa Hinz

Dudley Inggs  
St. Helena Oddfellows Lodge No. 167  
Cody Kirkham ♥♥  
Sara Kozel  
Pam & Bruce Krell ♥♥  
Edward L. Kuntz  
John & Diane Livingston  
Eric Lochner & Drew Becher  
Carolyn & Norman Low  
Sandra Lowry ♥♥♥  
Jeffrey Marks  
Mechanics Bank  
David & Leslie Moreland ♥  
Francis & Angela Mueller  
John & Jennifer Muhler ♥♥♥  
Barbara Mulcare  
John Murphy & Paula Key  
Native Sons of the Golden West PRL #53  
Janet Myers ♥  
Beth Novak  
O.K. Tire Store  
Renee Paladini

Laurence Papale & Mary Stephenson  
Jane Pepe  
Maury & Julie Robertson  
Bonnie Schoch  
Sharon Scott ♥♥  
Manny & Margaret Scrofani ♥♥  
Richard & Barbara Shurtz ♥♥♥  
Paul & Mary Slawson ♥  
Denise Smith ♥  
John Smith & Noreen Alldredge ♥  
Scott & Joann Snowden ♥♥  
Denis Sutro & Anne Carver ♥  
Joan Temple  
John & Carrie Thacher ♥  
Sutter Home Winery  
Howard & Lyndal Walker ♥♥♥  
Richard Walloch  
Bob Weiss  
Paul & Betty Woolls  
Peter & Gerry Working ♥♥  
David & Nancy Yewell

## Friend (Up to \$999)

Ester Akersloot	Susan Davis	Cindy Hood	Barbara Nechis ♥♥	Mary Sherman ♥♥
Theresa Alexander	Sara De Luis Hagan	Arthur & Susanna Hopgood	Celeste Neeley	Ted & Jamie Shuel ♥
Antonia Allegra ♥♥	Laudelina De Simas	Janice & Marvin Humphrey ♥	Bruce & Helen Nelson	Donald & Patricia Simons
Karen Amato	Ellen Deal	Beth Huning	Michele Neumann	Daniel Skeoch
Heidi Angell	Gregory & Susan De Lucca	Jane Ilfeld	Angela Nguyen-Dinh	Brad Skibbins
Kathy Anttila	Emily Demmin	Dinah Cross James	Polly Sue Ogden ♥	Cathy Small
Dave & Joyce Armington	Judith Devolder	Barbie Jamieson	Harini Oken	Marjorie Hoyer Smith
Diane & Allan Armstrong	Melissa & Joshua Devore ♥	Jeffrey & Kimberlee Jeanes	Marie Mason Oliver ♥♥♥	Jim & Lorinda Smith
Susan & Richard Arnold	Robert Distad & Linda Messenger	Robyn Jennings	Anastasia Orozco	Laryl & Annette Smith
Diane Patterson & Marvin Asher	Melisa Dooley	Ronald M. Katz	Pat Orr	Glenn Smith & Anne Carr
Mary Athans-Bartlett	David & Sheratan Downie	Mary Kaufmann	Joan Osterman	Chandler Smith
Lynne Baker	William & Dawnine Dyer	Katherine Kelly	Larry & Judy Parady	Laura Snideman
Mark Barclay	Mark G. Epstein	Christina Kelly	Carole Parr	St. Helena Appliance
Douglas & Clare Barr	Steve & Marla Ericson ♥	Margo Kennedy	Micaela Parra	Leslie Stanton
Heidi Barrett	Tom Faherty	Tor & Susan Kenward	Johanna Patri	Kathleen Steiner
Sandra Barros	Jeff & Kim Farmer	Rosita Kernberger	Kathleen P. Patterson	Bob & Verna Steinhauer
Margaret L. Baskerville ♥♥	Carol Fazio	Chris Killion	Joann Patton ♥	Jay & Diane Stewart
Reece Baswell & Jeanne McCann	Tom & Valli Ferrell	Paul & Sally Kimsey	John & Jerri Patton	Steven & Vicki Stolberg
Baswell	Evan Massaro & Norma Ferriz	Tom Rinaldi	Jack & Kathleen Paulus	Warren Stone
Janie L. Beach	Pat & Noreen Fetzer	Grace Kistner ♥	William Tarleton Pease	David & Joni Stoneberg
Andrea Becker	Leslie Fickinger	Tony Knickerbocker	Debbie & Comi Pejman	Wendy Strachan ♥
St. Helena Kiwanis Club	David & Juliette Finley ♥♥	Dan Koellen	Greg & Kaaren Peterschmidt	Diane Stremel
Thomas & Margot Belt ♥	Nancy Fireman	Hannelore Kreiden	Paula Peterson ♥	Curtis & Carrie Strohl
Norma Beltrami ♥♥	Robert & Margaret Fiumara ♥	Chris Kreiden ♥	Noelle Peterson	Jack & Loraine Stuart ♥
Charles & Gloria Bennett	Denise Flaherty ♥♥	Laurel Krsek	Becky Jo Peterson & Ed Edwards	Ljubica Sudar & Jacques Langlois
Slim & Suzanne Benson	Catherine Fox	John & Diane Kuykendall ♥	Chris & Maria Phelps	Joan Sullivan & Walter Norton
Helen Bergin	Heart & Soil Garden Club	Catherine Lai	Shari Pietz	Bard Suverkrop
Frederick & Patricia Berry	Bob Frescura	Wendell & Inger Laidley	Susan Pillsbury	Louise Switzer
Dorothy Blake	Rudy & Therese Frey	Jon & Robin Lail	Mary Lee Pina ♥	Mary Taylor
Julia Bolander ♥	Rodney Friedrich	Jennifer Lamb	Laura Pohlen	Joan Tetzloff ♥
Linda Bowen	Barbara Galante	David & Patricia Larsen	Wendy Pomerantz	Carl & Lucy Thater ♥
Kevin & Karen Bradley	Bonnie Gamble	Diane LeBlanc	Diane Price & Norman Krause	Michael & Ann Thomas ♥
Stacey & Bob Bressler	Jim & Stephanie Gamble	Martie Lemos	James & Dianne Przybylinski	Peggy Thomas
Anne K. Brown	Judy Garcia	Jay & Karen Lewis	George Pugh	Robert & Harolyn Thompson ♥♥♥
Holly Beth Brownscombe ♥♥	Nancy Garden	Beth Lincoln	Martha & Melvin Quick	John & Bonnie Thoreen ♥♥♥
Desiree Brun	Nancy Gilmore	Rian Lindley	Cynthia Radford	Steven Ticen ♥
Ron & Esther Brunswick	Lorne & Marilyn Glaim	Paulette Litz	Donna Marie Randall	Barbara Toner ♥♥
Elaine Bryant	Cary & Victoria Gott	Isobel Burger Luria ♥♥	Michael Raymor	Rosemary Tubman
Stephen Buehl	Lois Gouveia ♥♥	Silverado Credit Union	Celia & John Rehnberg	John & Gail Urbanik ♥♥
Bob Bundy	Robert & Lorraine Green ♥	Leony Manansala	Paul & Louise Renne	Cindy Veness
Chris Burditt ♥	Andrew Green	Sally Manfredi	Pamela Rianda	Viader Vineyards & Winery
Lynda Burton	Klaus & Carol Gruetzner ♥♥	Liz Manfree	Margaret Ritchie	Delia Viader
Eric & Rebecca Cabral	Thomas & Jacqueline Gumina ♥♥♥	Kyle Marney	Rebecca Rivera	Alonso Villa
Paul & Nancy Caffo	Thomas & Anneliese Haas	Alexandra & Michael Marston	Kimberly Rivera-Millan	Westamerica Bank
Calmart	Mark Hadler	Patti Martin ♥	Vivian Robison	Stephen & Yvonne Vosti ♥
Steve & Kellie Carlin	Dan & Chris Hale	Bob & Cindy Matheny	Holly Rogers ♥♥♥	Julie Wagner ♥♥
Sandra Carr	Ashley Halliday	Joann E. Mattioda	KR Rombauer	Neil Walden
Bobbie Casey	Lee & Miriam Hamilton ♥	Kathy McCarthy	Autumn Skies Landscapes	Jane Wallace
Gerald Casey	Carolyn Hamilton	John McCreedy	Linda Rose	Debra Wallace
Charles Chen	Don Hammack	Naomi McGinn	David Ross	Wendy Watson
Stacy Clark	Jeri Hansen	Gwenn McKenzie	Molly Rowe	Stephen & Juliana Weissman
Don Clark & Vicki Buckle-Clark	Dennis & Mariam Hansen	Terry & Susan McWilliams	Lorraine Ruston ♥♥♥	Janet Weitz
Marielle Coeytaux-Britton	Dean & Sandra Hansen	Maxine Mendoza	Allison Saether	Celia Welch
Christine Cole	Jessica Harcourt	Arthur Merla & Rae Elayne	John Sales ♥	Albert & Margot Werle
Arlene Corsetti	Ian & Regan Hardy	Terry Messmer	Susan & Guy Sandler ♥	Dan & Kathleen Whitehurst
Jodi Couick	Norman Hardy	Patricia Michael	Emily Savinar-Nogue	Judith A. Whitney
Nick & Marilyn Coy ♥♥♥	William Hart	Gisele Monteverdi	Charles Sawday	Leslie Wilks
Judy Crabb ♥	Joanne Hatch	Tim & Susan Moore	Ramesh Sawhney	Linda Williamson
Sally Crawford	Alston Hayne	Nancy Morrell & Grant Peniston	Leslie Scheinfeld	Shana Woodfield
Darcy Crowshaw	Will & Gabi Hays	Bill Moseley	Claudia Schmidt ♥	Bill & Paula Young
Celia Cummings ♥♥♥	Steven & Joan Heller	Bill & Diane Moseley-Dillon	Edith Schwartz ♥♥	James & Jacqueline Young
D'Orta Kenealy Household	Richard & Cheryl Henry	John & Melinda Moynier ♥♥	Richard Seiferheld	Fred & Cheryl Zammataro
Charles & Helen Dake	Sue Hepple	Jack Mulkey & Gail Sharpsteen	Lynne Sellars	Pamela Zeidell
Bill Dakin	James & Mary Hester	Susi Mundy	Gerard & Nahid Sewell	David & Sherlyn Zumwalt
Tom & Cara Davies ♥♥	Lester & Unni Hoel	Philip & reamurphy	Stephen Shaw	
	Ann N. Holmes	Linda Nanfria		

Each ♥ represents 5 consecutive years of giving

# 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 &, through short story reading assignments & an entertaining series of writing exercises, help you build your confidence & develop your craft. **RSVP - MAX**

**12 participants**



## Time for Tap

Dolly Grupalo

Tuesdays, Mar 3-31, 2:30-3:15  
American Legion Hall

Learn basic tap steps while dancing to Broadway show tunes and patriotic music. Forget your troubles - come on in and get Tap Happy! **RSVP**



## Gong Nidra Meditation

Patrici Flores

Saturday, March 7, 9:00-9:45  
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**

## Baking with Beth

Beth Brown

Tuesday, March 17, 11:00-1:00  
Rianda House

Make your St. Patrick's Day sweet with mint chocolate brownies, featuring layers of fudgy brownie, mint buttercream frosting and a rich, chocolate glaze. Guaranteed to bring good luck! Please bring a container so you can take some home! **RSVP - 6 participants maximum**



## 10 señales de advertencia de la enfermedad de Alzheimer

Lindsay Brooks

Martes, 24 de marzo, 10:30-11:30  
Rianda House

La enfermedad de Alzheimer, así como otras clases de demencia, ocasionan cambios en la memoria, el pensamiento y el comportamiento que interfieren en la vida diaria. Aprenda con nosotros las 10 señales de advertencia comunes y qué debe observar en usted y en otras personas. **RSVP**



## Join the Paint-By-Number Art Exhibit!

Pam McCullagh

Register Today

Painting Due July 15

Anyone can participate. 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](mailto:pam@riandahouse.org)
3. Complete your painting by July 15 & submit it to Pam

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



# Classes & Activities

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

More detailed descriptions go to [riandahouse.org](http://riandahouse.org)

## Access Bars **RSVP**

Kaylee Hardin

**Tuesdays, 12:30-1:30, American Legion**

Looking to relax, recharge, & clear your mind? Access Bars is a gentle technique using light touch on points of the head to support balance & well-being. Private, 30 minute session.

## A Novel Bunch Book Club

Patti Antonaccio

**Wednesday, March 4, 4:00-6:00, Rianda House**

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

## Astrology

KayleeHardin

**Thursdays, 11:00-12:00 Rianda House**

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

## Balance & Stretch

Jennifer Duncan & Kerry Brackett

**Mondays, 10:00-10:45, Rianda House, or Zoom (hybrid)**

**Thursdays, 11:15-11:45, American Legion (no class 3/12)**

As we age, we may find our balance isn't steady, but with regular exercises & 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 & a higher quality of daily life. Topics include digestive health, heart & immune health, weight & blood sugar management, improved energy, mood, cognition & more.

## Improve Your Bridge Game

Tammy McDonald

**Fridays, 10:00-12:00, Rianda House**

Learn & have fun playing cards, instruction includes bidding & defending.

## Canasta

Lucy Thater

**Fridays, 1:00-4:00, Rianda House**

Great for both mind & spirit. Game takes 2-4 hours, multiple rounds. Newcomers welcome. Lucy will teach you!

## Chair Aerobics (no class 3/12)

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 & strengthen the body.

## Death Cafe

Ann Seagraves

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

The objective of the Death Cafe, according to its founders, 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.

## Dementia Family Caregiver's Support

**Thursday, March 5, Rianda House 3:00-4:30**

**Thursday, March 19, Zoom 3:00-4:30**

**Alzheimer's Assoc. & Providence Adult Day Health**

Led by a skilled social worker, this support group offers a comforting space for care partners while sharing experiences & practical tips. Contact: Melissa Gerard, Providence Adult Day Health, 707-815-6258; [melissa.gerard@providence.org](mailto:melissa.gerard@providence.org)

## Duplicate Bridge

Tammy McDonald

**Mondays, 12:30-4:00, Rianda House**

Bridge is a fun, social & 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 3/10)**

Basic English vocabulary & conversational practice.

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

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 & cultural history through conversational French. Some knowledge of French is necessary, skills vary.

## Genealogy

Kelly Wheaton

**Friday, March 6 & 20, 10:00-12:00, Rianda House**

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

## Gents & A Cuppa Joe

Bob Beckstrom

**Thursdays, 8:30-9:30, Rianda House**

Share a Cuppa Joe, discuss local issues, & swap stories with friends & neighbors. Always fun & informative!

## Imagery & Poetry

Dr. Lisa Hinz

**Friday, March 27, 1:00-2:30, Zoom**

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

## Intro to Ballet

Darby Perrin

**Saturday, March 21, 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 & a cup of tea. A warm, inviting atmosphere encourages fun & engaging discussions.

## Line Dancing

Becky Jo Peterson

**Mondays, 11:00-12:00, American Legion**

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

## iLotería!

Lorraine Ruston

**Tuesday, Mar 3, 17, 31, 10:30-12:00, Rianda House**

Lotería is a traditional Mexican game like bingo, played with cards. Spanish & 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, & a bit of luck. All levels. Cards available.

## Masterminds

Veronna Ladd

**Wednesdays, March 4 - April 8, 10:00-11:30, Rianda House**

As we age, memory can change. This program offers strategies & practical skills to better understand & support memory in daily life.



# Classes & Activities

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

More detailed descriptions go to [riandahouse.org](http://riandahouse.org)

## Men's Fitness

Tuesdays, 8:00-9:00, American Legion Hall

Improve balance, flexibility & cardiovascular fitness with a splash of dad jokes! All levels are welcome. Bring a mat.

Evan Massaro

## Music with Ric

Wednesdays, 1:00-2:00, Rianda House

This sing along program rekindles nostalgia of songs from the 1930s to the 1960s. All are welcomed.

Ric Morgan

## Needlers' Club

Thursdays, 1:00-3:00, Rianda House

Relax & work at your own pace as you socialize with other craftspeople. Some materials are available. All levels.

Julie Bolander

## News & Views

Mondays, March 2 & 16, 1:00-2:00, Rianda House

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

Lorne Glaim

## Peace of Kate Happy Hour

Wednesday, March 4 & 18, 3:00-4:00, Rianda House

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

Kate Jessup

## Pilates

Saturday, March 21, 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.

Darby Perrin

## 2nd Tuesday Page Turner Book Club

Tuesday, March 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 & provides refreshments. **WAIT LIST**

Lorraine Ruston

## Simple Arts & Crafts

Monday, March 9, 3:00-5:00, Rianda House

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

Elena Mendez

## Artes y manualidades simples

martes 10 de marzo, 10:30-12:30, Rianda House

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

Elena Mendez

## Sound Bowl Meditation

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

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

Kaylee Hardin

## Beginner Spanish

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

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

Lorraine Ruston

## Intermediate Spanish

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

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

Lorraine Ruston

## Advanced Spanish

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

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



Lorraine Ruston

## Strength for Longevity **NEW**

Fridays, 9:00-9:45, Zoom

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

Jennifer Duncan

## Strength Training

Tuesdays & Thursdays, 7:30-8:30am, Presbyterian Church

Enhance muscle strength & tone. An excellent workout! All levels welcome.

Kathy Carrick

## Tai Chi

Fridays, 8:30-9:30, Rianda House

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

Joseph Nase

## Tai Chi & Qi Gong

Thursdays, 9:00-10:00, Lyman Park

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

Joseph Nase

## Tech Today

Wednesday, March 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**

James Scanlan

## Victim Services Advocate

Friday, March 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.**

Irma Luna

## Vineyard Walk

Friday, March 20, 9:30-10:30, Rianda House

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

Brad Skibbins

## WomenHeart Support Group

Thursday, March 5, 6:30-7:30, Zoom

This support group welcomes women with all types of heart conditions to connect, share, and find strength together. WomenHeart is dedicated to supporting, educating, and advocating for women with heart disease. [Womenheart.org](http://Womenheart.org)

Tomi Holt

## Wonderful Westside Walk

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

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

Brad Skibbins

## Yoga: Stretch & Flow

Kaylee Hardin

Tuesdays, 11:15-12:15, American Legion Hall

Combining deep stretches & 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 & toning important muscles.



# Calistoga Classes & Activities

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

More detailed descriptions go to [riandahouse.org](http://riandahouse.org)

## Calistoga Loop Walk. Julie Spencer & Bobbie Casey

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

We'll meet at the Brannan Center (1407 3rd St, Calistoga) at 8:50 am and start our walk. Enjoy the easy, scenic Calistoga Loop through neighborhoods and parks, returning around 10:00 am. An optional tour of the new Brannan Center performance and community space will follow. Come for the walk, stay for the connection. **RSVP**

## Calistoga Farmers Market Amanda Cole

Saturday, March 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 & activities. Enjoy fresh produce, beautiful hand-crafted items & non-profit organizations in this family friendly atmosphere!

## Lunch & Learn

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

Wednesday, Mar 18, 11:00, Calistoga Community Center

Focused on enhancing community connections and providing informational resources through guest speakers and a variety of topics. This month, Melissa Gerard, Program Manager from Providence will be presenting on Brain Health and lunch from Cal Mart will be served. **RSVP**

## Tai Chi

Diana Latorre

Saturday, March 7 & 21, 9:00-9:45, Brannan Center

A gently-moving meditation suitable for various fitness levels. Music & repetitive movement allow energy to move & flow. **RSVP**

## Chair Yoga

Diana Latorre

Saturday, March 7 & 21, 10:00-11:00, Brannan Center, 1407 3rd St.

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



Stretching our minds by learning to juggle!



Lunch & Learn in Calistoga



Chair Yoga with Kerry Brackett



Working the wine bar at Bingo Night



Bingo!



Tessa and Helen

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>2</b></p> <p>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>	<p><b>3</b></p> <p>P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies &amp; A Cuppa Tea R 10:30 ¡Lotería! A 11:15 Yoga Stretch &amp; Flow A 12:30 Access Bars R 12:30 Introduction to Spanish R 1:00 Beginner Spanish R 1:00 Fiction Writing Workshop A 2:30 Time for Tap</p>	<p><b>4</b></p> <p>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 3:00 Peace of Kate Happy Hour R 4:00 A Novel Bunch Book Club</p>	<p><b>5</b></p> <p>P 7:30 Strength Training R 8:30 Gents &amp; A Cuppa Joe L 9:00 Tai Chi &amp; 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</p>	<p><b>6</b></p> <p>R 8:30 Tai Chi Z 9:00 Strength for Longevity B 9:00 Calistoga Loop Walk R 10:00 Genealogy R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg</p>	
<p><b>9</b></p> <p>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 &amp; Crafts</p>	<p><b>10</b></p> <p>P 7:30 Strength Training A 8:00 Mens Fitness R 9:30 Ladies &amp; A Cuppa Tea R 10:30 Artes y manualidades simple A 11:15 Yoga Stretch &amp; Flow A 12:30 Access Bars R 1:00 Beginner Spanish R 1:00 Fiction Writing Workshop A 2:30 Time for Tap R 7:00 2 Tues Page Turner Book Club</p>	<p><b>11</b></p> <p>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</p>	<p><b>12</b></p> <p>P 7:30 Strength Training R 8:30 Gents &amp; A Cuppa Joe L 9:00 Tai Chi &amp; Qi Gong R 9:15 Body Mind Nutrition A 9:30 Zumba Gold R 11:00 Astrology R 1:00 Needlers Club R 1:00 Intermediate Spanish</p>	<p><b>13</b></p> <p>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</p>	
<p><b>16</b></p> <p>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>	<p><b>17</b></p> <p>P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies &amp; A Cuppa Tea R 10:30 ¡Lotería! R 11:00 Baking with Beth A 11:15 Yoga Stretch &amp; Flow A 12:30 Access Bars R 1:00 Beginner Spanish A 2:30 Time for Tap</p>	<p><b>18</b></p> <p>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 2:00 Advanced Spanish R 3:00 Peace of Kate Happy Hour</p>	<p><b>19</b></p> <p>P 7:30 Strength Training R 8:30 Gents &amp; A Cuppa Joe L 9:00 Tai Chi &amp; Qi Gong R 9:15 Body Mind Nutrition A 9:30 Zumba Gold 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</p>	<p><b>20</b></p> <p>R 8:30 Tai Chi Z 9:00 Strength for Longevity R 9:30 Vineyard Walk R 10:00 Genealogy R 10:00 Improve Your Bridge Game R 12:00 Victim Services R 1:00 Canasta R 1:00 Mah Jongg</p>	
<p><b>23</b></p> <p>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</p>	<p><b>24</b></p> <p>P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies &amp; A Cuppa Tea R 10:30 10 señales de advertencia de la enfermedad de alzheimer A 11:15 Yoga Stretch &amp; Flow A 12:30 Access Bars R 1:00 Beginner Spanish A 2:30 Time for Tap</p>	<p><b>25</b></p> <p>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</p>	<p><b>26</b></p> <p>P 7:30 Strength Training R 8:30 Gents &amp; A Cuppa Joe L 9:00 Tai Chi &amp; Qi Gong R 9:15 Body Mind Nutrition A 9:30 Zumba Gold 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</p>	<p><b>27</b></p> <p>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</p>	
<p><b>30</b></p> <p>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</p>	<p><b>31</b></p> <p>P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies &amp; A Cuppa Tea R 10:30 ¡Lotería! A 11:15 Yoga Stretch &amp; Flow A 12:30 Access Bars R 1:00 Beginner Spanish A 2:30 Time for Tap</p>	<p><b>March</b></p> <p><b>RIANDA HOUSE</b> 1475 Main St. (707) 963-8555 riandahouse.org</p>			<p><b>Saturday 7</b></p> <p>C 9:00 Calistoga Farmers Market R 9:00 Gong Nidra Meditation B 9:00 Tai Chi B 10:00 Chair Yoga</p>



**March**

**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)
- CP Crane Park (360 S. Crane Ave, St. Helena)
- H Hybrid (Online & at Rianda House)
- L Lyman Park (1498 Main Street, St. Helena)
- P Presbyterian Church (1428 Spring Street, St. Helena)
- R Rianda House (1475 Main Street, St. Helena)
- Z ZOOM (online)

# RIANDA HOUSE

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

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<https://riandahouse.org/support/>



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Nonprofit Corporation  
Tax ID 20-2411077

## Gentlemen (and women) **START YOUR ENGINES!**

The Saint Helena Classic Car Show is back and better than ever! This year will feature a barbecue, live music, and more cars than ever.

**Registration is limited** so you enter your car today and save your place at this celebration of vintage cars and vintage adults!



registration

To register, scan the QR Code or go to

<https://riandahouse.org/carshow>

**See you at the Show!**

