

# RIANDA HOUSE

increasing life expectations

## CLASSIC CAR SHOW

June 21, 11-3pm  
Library Lane



Grand Marshal Cathy Buck



## Goal \$150,000

**ALL SUPPORT MATCHED THROUGH JUNE 21**

### A huge THANK-YOU to Our Match Challengers

*Dann & Susan Boeschen*

*Terry & Anne Clark*

*The Prairie Foundation*

*David & Anita Cummings*

*Julie Spencer*

*Grace Episcopal Church*

*Janet Meyers*

*Donna Hardy*

*Pay It Forward Fund*

*The Rianda House Board*

*Richard and Barbara Shurtz*

# Growing Old Is Better Together



Back in February, my 88-year-old dad broke his hip. Last week, I was in Seattle, helping him move out of rehab back to his assisted living community. This was an unwanted adventure for dad and preview of things to come for me. Through the process, one thing struck me: the healing power of caring.

My big sister, who lives in Seattle, is dad's most faithful friend and fiercest advocate. When she learned that his surgery was to be followed by rehab, she made a list of five places and visited each one in person. She didn't choose the newest or nicest. She went with the friendliest. It was a good decision.

At Shoreline Rehabilitation Center, dad traded barbs with Koi, his physical therapist. Fallon, his occupational therapist, laughed and joked with him. Dad raved about "Mr. B," his nighttime nurse. I bumped into Mr. B in the hall. "We really like your dad," he told me. When dad was released, Koi said, "I'm really gonna miss you, Jack." The staff didn't just do a job; they cared.

Back at the assisted living community, dad was greeted like a hero returning from battle. People kept coming up and putting their arms around him saying, "Great to have you back, Jack."

Mont, his breakfast buddy, made sure dad had a seat at the table. Mont greets everyone with a fist bump. He has turned this into a common greeting at Woodland Terrace—a symbol of friendship and solidarity.

Dad was raised Southern Baptist. Mont held an important role in the

Mormon Church. There's a twinkle in dad's eye as he tells Mont, "I used to think people like you were headed for hell. Now I'm just hoping you'll rent me a room in heaven." When friendships are forged, walls come down.

In Seattle, my mind always drifts back to the Napa Valley where it is my joy to serve Rianda House. Sometimes people see what Rianda House does—creating a thriving hub for older adults—as a luxury. It's so much more.

When my turn comes for rehab, I want the best care possible. But it won't mean much without people who care. If you need some caring people in your life, join the fun at Rianda House. I think you'll agree it's just what the doctor ordered.



Dad (right) and Mont at breakfast



## 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 of Advancement: Katherine Kelly    Program Director: Amanda Cole  
 Program Manager: Tessa Lorraine    Program Coordinators: Pam McCullagh, Elena Mendez, Jenele Saunders  
 Controller: Marshall Cox    Newsletter: Robin McGuire

Rianda House Board: Bonnie Schoch - Board Chair, John Muhlner - Treasurer, Frank Mueller - Secretary  
 Dawnine Dyer, Julie Garvey, Braulio Muñoz, Meg Scrofani

# Getting to Know You

## Virginia and Chloe: Leadership Napa Valley

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

**Leadership Napa Valley** is a nationally recognized program that provides leadership development for individuals who want to make the Napa Valley a better place to live, work, and do business. Each year they select approximately 30 people from a cross-section of Napa Valley organizations. Last year, our own **Amanda Cole** was a graduate.

During the program, students work in teams to develop projects intended to have a lasting impact on the community. This year, Rianda House was chosen as a project and a dedicated team has been working with us to help strengthen our services.

**Chloe and Virginia focused on raising support for Rianda House. For those who want to see Rianda House thrive, their observations about the challenges we face are important.**



**Chloe Tyler** *Communications Director, Napa Valley Grapegrowers*

Supporting Rianda House matters because **the need is real, hidden, and growing**. When I had the chance to see the organization's work firsthand, I was struck by how many **older adults in our community are often overlooked**, not in ways that make the news, but in ways that make daily life harder and lonelier than it should be.

What's equally striking is how difficult it is for Rianda House to raise the funds it needs. **Older adults tend to fall to the bottom of most people's giving lists**, especially in St. Helena, Napa Valley. They're seen as less urgent than children, less visible than other causes, and somehow less deserving of community investment. But aging is the one thing that touches every single family.

**The people walking through Rianda House's doors are our neighbors, our parents, and eventually ourselves.** That's why I'm proud to support this organization through our Leadership Napa Valley program. The classes and activities they offer are more than a social outlet; **they are a lifeline and a critical source of connection.**

**Virginia Salter** *Director of Construction and Real Estate, Theorem Vineyards*

Rianda House plays a vital role in addressing one of the most pressing issues facing older adults which is social isolation. By offering a welcoming space filled with engaging programs **it fosters meaningful connections that improve both mental and physical well-being.**

Supporting Rianda House financially is not just an act of generosity, it's a meaningful way to ensure that no senior has to face the kind of isolation many families know all too well. Having witnessed my own mother struggle with loneliness in her later years, it becomes clear how **disconnection can affect a person's spirit and health.** I am so glad I got the opportunity through Leadership Napa Valley to meet the wonderful people behind Rianda House and support their mission.



# Special Events

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

## The Artist's Way Workshop

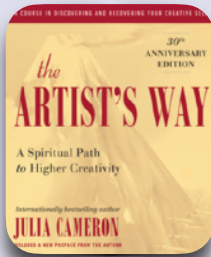
Julia Rydman

Thursdays, May 28 - July 2, 1:00-2:30

Rianda House

Unlock your creativity in this 6-week accelerated Artist's Way workshop (Julia Cameron) for non-artists, hidden creatives, professionals, and artists. In a supportive peer setting, overcome perfectionism and the inner critic, rediscover childlike creativity, and use core tools—daily Morning Pages and weekly Artist Dates—to unblock and inspire you.

**RSVP**



## Diabetes Prevention & Education

Anne Bernardin

Tuesdays, June 9 - June 30

3:00-4:30, Rianda House

Nearly 1 in 3 adults over 65 has diabetes, but small changes can make a big difference. In this 4-part series, Nutrition Educator Anne Bernardin shares simple, practical ways to boost energy and balance blood sugar. Learn how food affects your body and easy strategies that work—no strict diets, just real-life solutions.

**RSVP**



## St. Helena Farmers Market

Rianda House Staff

Friday, June 19, 7:30-12:00

360 S Crane Park, St Helena

Stop by the Rianda House booth at the St. Helena Farmers Market on the second Friday 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!



## Sentar las bases de proporcionar cuidados

Alzheimer's Association

Tuesday, June 16, 10:30-11:30

Rianda House

Cuidar a una persona con demencia conlleva un conjunto único de retos y recompensas. Con la ayuda y el apoyo necesario, usted puede empoderarse para brindar atención de calidad mientras gestiona su propio bienestar.

**RSVP**



## Baking with Beth

Beth Brown

Wednesday, June 17, 11:00-1:00

Rianda House

Come join us for our monthly baking class! Crisp, creamy and brimming with the summery flavor of fresh strawberries. Let's bake this mouth-watering Strawberry Cream Tart. Room for six bakers. **RSVP**



## Conozco Puertas Abiertas y Nuestros Servicios

Esmeralda Gil, Puertas Abiertas

Tuesday, June 23, 10:30-11:30

Rianda House

Puertas Abiertas es un centro comunitario que apoya a la comunidad Latina en el Valle de Napa. Ofrecemos recursos de salud y empleo, ayuda con formularios y talleres sobre finanzas y tecnología. También brindamos apoyo emocional a través de programas como La Cultura Cura y un grupo de arte para personas mayores. Nuestro objetivo es que todos se sientan bienvenidos, apoyados y parte de la comunidad. **RSVP**



**PUERTAS ABIERTAS**  
COMMUNITY  
RESOURCE CENTER  
NAPA VALLEY • 2005

# Special Events

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

## Oat Hill Mine Trail

Kerry Brackett

**Tuesday, June 23, 9:00-10:00**  
**2082 Oat Hill Mine Trail, Calistoga**

Join us for a 1-mile steady incline hike up the Oat Hill Mine trail to see the panoramic view of Napa Valley. This trail begins at the intersection of HWY 29 and Silverado Trail north of Calistoga. Please bring a hat and water bottle. **RSVP**



## Building Foundations of Caregiving

Gene Girimonte, Alzheimer's Association

**Monday, June 29, 1:00-2:00**  
**Rianda House**

Caring for someone living with dementia brings a unique set of challenges and rewards. With the right support, you can empower yourself to provide quality care to the person living with dementia while managing your own well-being. Join us to learn about caregiving and common relationship changes, how to build your support team and ways to manage caregiver stress. **RSVP**



# Calistoga Classes & Activities

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



## Bothe State Park Hike Ritchey Canyon Trail

Julie Spencer & Bobbie Casey

**Friday, June 5, 9:00-10:00,**  
**Bothe Park**

(3801 St. Helena HWY, Calistoga)

Join us for an easy-paced walk beneath coastal redwoods and

Douglas-firs. This trail follows Ritchey Creek to the historic Traverso Homestead site. Enjoy fresh air, beautiful scenery, and the peaceful calm of nature. Approx. 2.5 miles.

**Bring:** comfortable walking shoes. Bottled water and a snack are provided. **Meet:** at group picnic area **Check-in:** 8:50am

Walk begins promptly at 9:00am **RSVP**

## Calistoga Farmers Market

**Saturday, June 6, 9:00-1:00, 1307 Washington Street**

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, Parks & Rec. **Wednesday, June 17, 11:00-1:00, Calistoga Community Center** Focused on enhancing community connections and providing informational resources through guest speakers on a variety of topics. This month: Nutrition by Health Education Specialist, Patricia Martinez from Public Health Services of Napa County. **RSVP**

## Tai Chi

Diana Latorre

**Saturday, June 6 & 20, 9:00-9:45, Brannan Center**

(1407 3rd Street, Calistoga)

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

## Chair Yoga

Diana Latorre

**Saturday, June 6 & 20**

**10:00-11:00**

**Brannan Center**

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



RIANDA HOUSE AT BRANNAN CENTER

# Classes & Activities

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

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

## Access Bars

Kaylee Hardin

**Tuesdays, 12:30 & 1:00, American Legion Hall**

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. Two 30-minute private session available. **RSVP**

## A Novel Bunch Book Club

Patti Antonaccio

**Wednesday, June 3, 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, 11:00-12:30 Rianda House**

Astrology is an excellent tool for self-reflection & awareness. Learning about the elements, planets, & zodiac helps us better understand ourselves & the world. 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 (no class 6/1)**

**Thursdays, 11:15-11:45, American Legion**

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.

## 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

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

Cody Kirkham

**Wednesday, June 10, 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.

## Dementia Family Caregiver's Support

**Thursday, June 4, Rianda House 3:00-4:30**

**Thursday, June 18, 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 & Barry Brown

**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 6/9)**

Basic English vocabulary & conversational practice.

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

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, June 5 & 19, 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!

## Improve Your Bridge

Tammy McDonald & Barry Brown

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

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

## Ladies & A Cuppa Tea

Tessa Lorraine

**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. (no class 6/1 or 6/29)**

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

## iLotería!

Lorraine Ruston

**Tuesday, June 2 & 30, 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. Juguemos en español e inglés. ¡Se incluye y fomenta la práctica de conversación!

## Mah Jongg

Michele Barberi Hyde

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

This traditional Chinese, tile-based game requires skill, strategy, & a bit of luck. All levels. Cards available.

## Masterminds

Veronna Ladd

**Wednesdays, June 24 - July 29, 10:00-11:30, Rianda House**

SAVE THE DATE!

## Beginner Spanish

Lorraine Ruston

**Tuesdays, July 7 -28, 1:00-2:30**

**Rianda House**

# Classes & Activities

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

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

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

**Men's Fitness** Evan Massaro

**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.

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

**News & Views** Lorne Glaim

**Mondays, June 1 & 15, 1:00-2:00, Rianda House**  
Share ideas on local & world events in a respectful setting.

**Peace of Kate Happy Hour** Kate Jessup

**Wednesday, June 3 & 17, 3:00-4:00, Rianda House**  
Kate coaches the group in mindfulness, self-awareness, and other approaches to bring more happiness and joy into their lives.

**2nd Tuesday Page Turner Book Club** Lorraine Ruston

**Tuesday, June 9, 7:00-9:00, Rianda House**  
Each month, an individual chooses a book, leads discussion & provides refreshments. **WAIT LIST**

**Simple Arts & Crafts** Elena Mendez

**Monday, June 8, 3:00-5:00, Rianda House**  
Come join us creating art projects from various materials & items from nature. De-stress, socialize & simply have fun.

**RSVP**

**Artes y manualidades simples** Elena Mendez

**Martes 9 de junio, 10:30-12:30, Rianda House**  
Crea proyectos con materiales de la naturaleza en un ambiente relajado y social. **RSVP**

**Sound Bowl Meditation** Kaylee Hardin

**Wednesdays, 9:00-9:45, Rianda House**  
Relax & refresh your body & mind with breathing, meditation, & crystal singing bowls.

**Strength for Longevity** Jennifer Duncan

**Fridays, 9:00-9:45, Zoom**  
Strength training can help reduce the risk of diabetes, cardiovascular disease, and Alzheimer's. Join us from the comfort of your home as we use light weights to improve strength and mobility. Chair modifications are provided. **RSVP**

**Strength Training** Kathy Carrick

**Tuesdays & Thursdays, 7:30-8:30am, Presbyterian Church**  
Enhance muscle strength & tone. An excellent workout! All levels welcome.

**String Band Music: Back in Touch!** Glenn Smith & Ann Carr

**Thursday, June 11, 3:30-5:00, American Legion Hall**  
Reconnect with dusty instruments—guitar, mandolin, ukulele, violin, banjo, bass, autoharp, or voice—and join fellow pickers to learn, jam, and have fun playing folk, bluegrass, and country. Some experience required; group lyrics and chords provided.

**RSVP**

**Tai Chi** Joseph Nase

**Fridays, 9:00-10:00, Lyman Park**  
Tai Chi combines gentle movements, meditation, & controlled breathing.

**Tai Chi & Qi Gong** Joseph Nase

**Thursdays, 9:00-10:00, Lyman Park**  
Boost energy & well-being with breathwork, meditation, & gentle movement for body, mind, & spirit.

**Time for Tap NEW LOCATION** Dolly Grupalo

**Tuesdays, 1:30-2:15, Grace Church (1314 Spring St)**  
Learn basic tap steps while dancing to Broadway show tunes and patriotic music. Forget your troubles - come on in and get Tap Happy! **RSVP**

**Victim Services Advocate** Irma Luna

**Friday, June 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, June 19, 9:30-10:30, Rianda House**  
Meet new friends and boost your health with a flat, 1.5 mile vineyard walk taking approximately 45 minutes. **RSVP**

**WomenHeart Support Group** Tomi Holt

**Thursday, June 4, 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)

**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.



Rianda House Gents

# Save The Date!

Save the Date for **Sip, Supper & Swing!** — an unforgettable evening in the heart of Napa Valley featuring **extraordinary local wines**, a delicious **BBQ supper**, and lively **square dancing**. This spirited community fundraiser will gather friends old and new for great food, **stompin' good live music**, dancing, **a whole lotta laughter**, and most of all a night of nonstop fun! All in support of Rianda House benefitting older adults who enrich our UpValley community. So dust off those boots and blue jeans, raise a glass, kick up your heels, and celebrate the joy of giving back!

**Tickets Go On Sale July 15**



# Sip, Supper and Swing!

A VINTAGE NAPA VALLEY BARN DANCE



AUGUST  
**29**  
★ 2026 ★

✦ TIME: ✦  
**5 PM**  
COCKTAILS  
— ✦ —  
**6:15**  
BBQ

★  
*Followed by a  
swinging  
good time!*  
★



Monday	Tuesday	Wednesday	Thursday	Friday (Sat)
<p><b>1</b></p> <p>R 9:30 French Club A 9:30 Zumba Gold R 12:30 Duplicate Bridge R 1:00 News and Views</p>	<p><b>2</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 Loteria A 11:15 Yoga Stretch &amp; Flow A 12:30 Access Bars G 1:30 Time for Tap R 3:00 Diabetes Prevention &amp; Education</p>	<p><b>3</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 3:00 Peace of Kate Happy Hour R 4:00 A Novel Bunch Book Club</p>	<p><b>4</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 Artists Way Workshop R 3:00 Dementia Caregiver Support Z 6:30 WomenHeart Support Group</p>	<p><b>5</b></p> <p>L 9:00 Tai Chi Z 9:00 Strength for Longevity C 9:00 Bothe SP: Ritchey Canyon Tr R 10:00 Genealogy R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg</p> <p><b>Saturday 6</b></p> <p>C 9:00 Calistoga Farmers Market B 9:00 Tai Chi B 10:00 Chair Yoga</p>
<p><b>8</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>9</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 G 1:30 Time for Tap R 3:00 Diabetes Prevention &amp; Education R 7:00 Page Turner Book Club</p>	<p><b>10</b></p> <p>R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 1:00 Music With Ric R 4:00 Death Cafe</p>	<p><b>11</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 Artists Way Workshop A 3:30 String Band Music: Back In Touch!</p>	<p><b>12</b></p> <p>L 9:00 Tai Chi Z 9:00 Strength for Longevity R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg</p>
<p><b>15</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>16</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 Sentar Las Bases de Proporcionar Cuidados A 11:15 Yoga Stretch &amp; Flow A 12:30 Access Bars G 1:30 Time for Tap R 3:00 Diabetes Prevention &amp; Education</p>	<p><b>17</b></p> <p>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</p>	<p><b>18</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 Artists Way Workshop Z 3:00 Dementia Caregiver Support</p>	<p><b>19</b></p> <p>CP 7:30 St. Helena Farmers Market L 9:00 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>Saturday 20</b></p> <p>B 9:00 Tai Chi B 10:00 Chair Yoga</p>
<p><b>22</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>23</b></p> <p>P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL * 9:00 Oat Hill Mine Trail R 9:30 Ladies &amp; A Cuppa Tea R 10:30 Conozca Puertas Abiertas y Nuestros Servicios A 11:15 Yoga Stretch &amp; Flow A 12:30 Access Bars G 1:30 Time for Tap R 3:00 Diabetes Prevention &amp; Education</p>	<p><b>24</b></p> <p>R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds R 1:00 Music With Ric</p>	<p><b>25</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 Artists Way Workshop</p>	<p><b>26</b></p> <p>L 9:00 Tai Chi Z 9:00 Strength for Longevity R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg</p>
<p><b>29</b></p> <p>R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch R 12:30 Duplicate Bridge R 1:00 Building Foundations of Caregiving</p>	<p><b>30</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 Loteria A 11:15 Yoga Stretch &amp; Flow A 12:30 Access Bars G 1:30 Time for Tap R 3:00 Diabetes Prevention &amp; Education</p>	<p>A American Legion (1291 Madrona Ave, St. Helena) B Brannan Center (1407 3rd Street, Calistoga) BP Bothe Park (3801 Saint Helena Hwy, Calistoga) C Calistoga Community Center (1307 Washington, Calistoga) CP Crane Park (360 S. Crane Ave, St. Helena) G Grace Church (1314 Spring Street, St. Helena) H Hybrid (Online &amp; 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)</p>		<p><b>JUNE</b> <b>RIANDA HOUSE</b> 1475 Main St. (707) 963-8555 riandahouse.org</p>

# RIANDA HOUSE

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

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12th Annual

## Classic Car Show

Father's Day, June 21, 11:00-3:00  
Library Lane, Saint Helena

- ✓ Over 100 Cars
- ✓ Barbecue
- ✓ Live Music
- ✓ Family Fun

**Free Admission!**

Want to help with the show?  
Volunteer!  
email [tessa@riandahouse.org](mailto:tessa@riandahouse.org)