

RIANDA HOUSE

increasing life expectations

THANK YOU!

to our wonderful community



**for making the Rally a huge success
in support of UpValley Older Adults!**

The Most Patriotic Day of My Life



The most patriotic day of my life occurred when I left the country.

My daughter, Christy, was an exchange student in Argentina. While in South America, she wanted to backpack in Patagonia. The group of friends she was planning to go with dropped out, leaving her to go alone. My wife did not like this idea and asked if I would join her. I thought about it for a tenth of a second and said, "Yes!"

In Argentina, Christy introduced me to her host family and took

me to dinner with her friends and their families. What gracious people! What delicious food! Then we headed for Patagonia.

After a bumpy flight, we landed in Punta Arena, followed by two days of riding buses and staying in youth hostels. Finally, we hit the trail.

Being in Patagonia with my daughter is among the greatest experiences of my life. But the most moving moment happened on the flight home when we landed to pick up a load of Americans.

One by one they filed past my seat. I had never seen such a strange mix of people: a white woman, a black man, an Asian couple with a baby, a young Latina woman... It was like the Apostle John's vision of heaven: people from every tribe and tongue and nation—all under one flag!

It took leaving the country for me to see its most astonishing

feature. The United States was conceived by

people fleeing nations where they didn't fit. They wrote a Constitution to make a nation where everyone fit. For their leader they anointed "We the People."

Living together in harmony with people who are not like us is no easy task. We don't always do it well. But it fills my heart with pride to live in a country that keeps trying: *e pluribus unum!*

This is also one of the reasons I love Rianda House. We are all kinds of people, being ourselves together in a place where there's a place for everyone.



Welcome to Rianda House!

On the House is the monthly newsletter of Rianda House. We welcome ideas & submissions. Email 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, Mary McTiernan, Elena Mendez, Jenele Saunders
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

Julia and Jessica: 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.



Jessica is the Public Works Director for the City of Napa

Julia Newberry and Jessica Lowe developed an Ambassador program to help spread Rianda House's reach to our UpValley community. The Ambassador Program empowers participants to serve as peer connectors within their communities – helping build awareness, encourage participation, and strengthen social connections.



Julia is the General Manager of Rancho Gordo Beans

Through personal invitations and trusted relationships, Rianda House Ambassadors help neighbors feel more comfortable trying something new and becoming part of the Rianda House community.

UpValley seniors represent nearly one-third of the local population, and many live alone or experience limited social connections. Rianda House is a vibrant, free community hub offering more than 175 monthly programs to foster engagement and reduce isolation. Despite these opportunities, many older adults in the community remain unseen and underserved.

As we spoke with the Rianda House team, one challenge became clear: trying something new can feel intimidating, especially in an unfamiliar environment. But when an invitation comes from someone you know and trust or from a friendly face, that experience feels very different. The Ambassador Program is built on a simple but powerful idea: people are more likely to attend a new class, event, or activity when they receive a personal invitation and a little encouragement to give it a try.

Our hope is that the Ambassador Program will strengthen and expand the social connections already woven throughout the community, helping reach seniors who may simply need an extra invitation to engage. Once people experience all that Rianda House has to offer – meaningful programs, new friendships, and a welcoming sense of belonging – we believe they will begin to move away from isolation and toward deeper community connection.

For many UpValley seniors, Rianda House becomes a true home away from home: a place to find friendship, purpose, and belonging. By increasing participation in Rianda House programs, we hope more seniors in the community will experience a richer, more connected, and hopefully, longer life.

Our ambassadors are John Rehnberg, Lynda Burton, Joan Tetzloff, Dot Varland & Charlie Bennett.

Want to be an ambassador? Email Tessa. tessa@riandahouse.org

Special Events

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

Beginner & Intermediate Pilates

Darby Perrin

Wednesday, July 1 & 15, Rianda House

Beginner: 4:00-4:45

Intermediate 5:00-6:00

Beginner 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. Modifications are provided. **RSVP**

Intermediate Pilates is designed for those who have practiced before and have a foundation of basic Pilates principles. Please bring your own hand weights (optional) and mat (required).

RSVP

Wellness Day at Bothe State Park

Napa Valley State Parks Assn.

Saturday, July 11, 9:00-1:00

3801 St Helena Hwy, Calistoga

Join Napa Valley State Parks Association for a morning dedicated to movement, mindfulness and fresh air at Bothe State Park. From energizing fitness classes and peaceful yoga sessions to guided nature hikes and family-friendly activities, there is something for every age and pace.



The Artist's Way Workshop

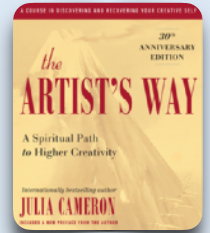
Julia Rydman

Thursday, 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



Beginner Spanish

Lorraine Ruston

Tuesday, July 7-28, 1:00-2:30

Rianda House

This four-week class is for learners who are new to Spanish. Emphasis will be on pronunciation and vocabulary for basic conversations. Students will be encouraged to practice using Duolingo, a free language learning platform available via app or website. **RSVP**



Building Healthy Habits for Self Care

Anne Bernardin

Tuesday, July 7- August 10, 3:00-4:30

Rianda House

This 6-session wellness series is designed for those who want to maintain their strength, energy, independence, and overall well-being as they age, especially while caring for another individual, and balancing everyday responsibilities. Beginning with an overview of what self-care entails, each additional session offers simple, practical strategies for improving sleep, managing stress, making nourishing food choices, staying gently active, and building healthy daily routines. **RSVP**



Music & Wellness Summit

Festival Napa Valley

Friday, July 10, 9:00-3:00

CIA Copia, 500 1st St, Napa

Discover how music can enhance health and wellness at Festival Napa Valley's 2026 Music & Wellness Summit. This one-day gathering features renowned researchers, clinicians, entrepreneurs, and musicians discussing music's impact on brain health, mental wellness, aging, and community connection, along with the latest advances in music-based therapies.



Special Events

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

Bone Health Workshop

Susan Arthur

Saturday, July 11, 11:00-1:00

Rianda House

Explore the fascinating world of bone health. Whether you are looking to maintain an active lifestyle or slow bone loss and prevent fractures, this class will provide you with vital and practical nutrition and lifestyle habits to protect your precious bones. **RSVP**



Italian Language & Culture

Carlo Di Fede

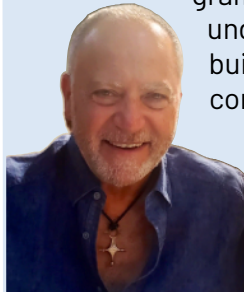
Thursday, July 16 - Sept 3, 6:00-7:30

Rianda House

This eight-week introductory course is designed for learners seeking to acquire basic Italian language skills and a rich cultural immersion of Italy. We'll blend interactive lessons with cultural exploration. Develop conversational abilities and

grammatical understanding, building confident communication.

RSVP, maximum 20 participants



Reiki Caregiver Workshop

Darleen Gardner

Sat July 18 & Sun July 19, 1:00-4:00

Rianda House

Reiki is a gentle, holistic method that can help reduce stress, promote relaxation, and increase well-being. Learn techniques to practice Reiki on yourself or your loved ones. Practicing self-reiki is a wonderful form of self-care that

can help caregivers cope with the chronic stress and fatigue associated with caregiving. **RSVP**



Responder a los comportamientos relacionados con la demencia

Alzheimer's Association

Martes, 21 de julio, 10:30-12:00

Rianda House

Las personas que viven con demencia pueden expresar sus necesidades y emociones a través de cambios de comportamiento. Aprenda cómo la demencia afecta la conducta, cuáles son los posibles desencadenantes y estrategias de atención centradas en la persona para responder de manera efectiva. **RSVP**



Artist Reception

Pam McCullagh

Wednesday, July 22, 3:30-5:00

Rianda House

Rianda House is pleased to announce an artist reception to celebrate the participants in the Paint-By-Number contest. Come offer your congratulations and join the fun! **RSVP**



Why Spirituality Matters in Healthcare

Chaplain, Therese Fischer

Monday, July 27, 1:00-2:00

Rianda House

Learn about the role of spirituality in health and well-being, including how spiritual care supports older adults and caregivers. This presentation explores the connection between spirituality and healthcare, drawing on current research and real-world care practices. **RSVP**



*Therese Fischer
Author of
Walking Through
the Valley of
Dementia*

SAVE THE DATE! Alzheimer's Walk

Saturday, September 26, 9:30-11:00, Yountville Park, 2900 Lincoln Avenue



Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease. Join us for a 1 or 3 mile walk on Saturday, September 6. Register at alz.org/napavalleywalk. Search "Rianda House" **Sign up and walk with us!** Please email amanda@riandahouse.org or call 707-963-8555 ext 104 if you are interested in joining the walking group!

Calistoga Classes & Activities

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

Calistoga Loop Walk

Julie Spencer & Bobbie Casey

Friday, July 3, 9:00-10:15, Calistoga Community Center

Join us for this local favorite - an easy-paced "loop" walk through charming neighborhoods and peaceful parks. It is a fun and energizing way to connect with friends while enjoying the beauty, history and community spirit of Calistoga.

Approximately 3 miles in length **RSVP**

Calistoga Farmers Market

Saturday, July 18, 9:00-1:00, 1307 Washington Street

Stop by the Rianda House booth at the Calistoga Farmers Market. 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, July 15, 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, there will be a summer bbq! **RSVP**



Tai Chi

Diana Latorre

Saturday, July 18, 9:00-9:45, Brannan Center, 1407 3rd St.

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

RSVP

Chair Yoga

Diana Latorre

Saturday, July 18, 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**



Classes & Activities

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

For more detailed descriptions go to riandahouse.org

Access Bars

Kaylee Hardin

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

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. Two, private 30-minute sessions available. **RSVP**

A Novel Bunch Book Club

Patti Antonaccio

Wednesday, July 1, 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 Bracket

Mondays, 10:00-10:45, Rianda House, or Zoom

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, July 8, 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, July 2, Rianda House 3:00-4:30

Thursday, July 16, Zoom 3:00-4:30

Led by a skilled social worker, this support group offers a comforting space for care partners to share 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 & 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 7/14)

Basic English vocabulary & conversational practice.

Los martes, 9:00-10:15, Rianda House (no class 14 de julio)

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, July 3 & 17, 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 and Poetry

Dr. Lisa Hinz

Friday, July 17 & 31, 1:00-2:30, Zoom

Imagery often inspires poetry. We'll create a visual collage as the foundation for writing poetry. You'll discover talents you didn't know you have.

Improve Your Bridge Game

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 7/27)

Kick up your heels to lively music. Learn five new dances each <https://www.sfgate.com/restaurants/article/10-places-to-go-for-a-meal-in-Calistoga-3183779.php> session. Beginners & drop-ins welcome.

iLotería!

Lorraine Ruston

Tuesday, July 7, 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.

Classes & Activities

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

For more detailed descriptions go to riandahouse.org

Masterminds

Veronna Ladd

Wednesdays, June 24 - July 29, 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.

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, July 6 & 20, 1:00-2:00, Rianda House

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

Peace of Kate Happy Hour

Kate Jessup

Wednesday, July 1 & 15, 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, July 14, 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, July 13, 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 14 & 28 de julio, 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. **WAIT LIST**

String Band Music: Back in Touch!

Glenn Smith & Ann Carr

Thursday, July 9, 3:30-5:00, American Legion Hall **RSVP**

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.

St. Helena Farmers Market

Staff

Friday, July 24, 7:30-12:00, 360 S Crane Park, St Helena

Visit the Rianda House booth at the St. Helena Farmers Market on the second Friday of each month for program information, fresh produce, handcrafted goods, and a fun family-friendly atmosphere.

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.

Tech Today **RSVP**

Marshall Cox

Wednesday, July 8 & 22, 1:00-2:00, Rianda House

Hard time keeping up with technology? Book a private 30-minute session with tech expert Marshall Cox. Bring your hand-held device. When reserving, please provide your device and topics you'd like help with. Two spaces available biweekly.

Time for Tap

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, July 17, 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, July 17, 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, July 2, 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 women with heart disease. Womenheart.org **RSVP**

Wonderful Westside Walk

Brad Skibbins

Friday, July 10, 9:30-10:30, Crane Park

Enjoy a scenic 1.5-mile walk along Vallejo St. and Sulphur Springs Ave. This quiet neighborhood route features beautiful views, fresh air, and a gentle incline. **RSVP**

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.



Monday		Tuesday		Wednesday		Thursday		Friday (Sat)	
J U L Y	A American Legion (1291 Madrona Ave, St. Helena) B Brannan Center (1407 3rd Street, Calistoga) BSP Bothe State Park (3801 St Helena Hwy, Calistoga) C Calistoga Community Ctr (1307 Washington) CP Crane Park (360 S. Crane Ave, St. Helena) G Grace Church (1314 Spring Street, St. Helena) H Hybrid (Online & at Rianda House) L Lyman Park (1498 Main Street, St. Helena) N In Napa at CIA Copia, 500 1st St, Napa P Presbyterian Church (1428 Spring St., St. Helena) R Rianda House (1475 Main Street, St. Helena) Z ZOOM (online)								
	6 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	7 P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea R 10:30 Loteria A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 1:00 Beginner Spanish G 1:30 Time for Tap R 3:00 Healthy Habits for Self Care	8 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds R 1:00 Music With Ric R 1:00 Tech Today R 4:00 Death Cafe	9 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Tai Chi & 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 A 3:30 String Band Music: Back in Touch!	10 N 9:00 Music & Wellness Summit L 9:00 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 Saturday 11 BSP 9:00 Wellness Day at Bothe Park R 11:00 Bone Health Workshop				
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Sunday 19 R 1:00 Reiki Caregiver Workshop	21 P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea R 10:30 Responder a los relacionados comportamientos con la demencia A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 1:00 Beginner Spanish G 1:30 Time for Tap R 3:00 Healthy Habits for Self Care	22 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds R 1:00 Music With Ric R 1:00 Tech Today R 3:30 Artist Reception	23 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Tai Chi & 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 6:00 Italian Language & Culture	24 CP 7:30 St. Helena Farmers Market 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					
Monday 20 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									
27 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch R 12:30 Duplicate Bridge R 1:00 Why Spirituality Matters in Healthcare	28 P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea R 10:30 Artes y manualidades simples A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 1:00 Beginner Spanish G 1:30 Time for Tap R 3:00 Healthy Habits for Self Care	29 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	30 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Tai Chi & 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 6:00 Italian Language & Culture	31 L 9:00 Tai Chi Z 9:00 Strength for Longevity R 10:00 Improve Your Bridge Gam R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery and Poetry					

RIANDA HOUSE

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707-963-8555

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Help Us Serve UpValley Seniors! riandahouse.org/support/
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Let's sip, supper, and swing dance to make an impact for Rianda House!

100% of proceeds in support of maintaining free programs and classes for all who come through our doors!

Saturday, August 29, 2026

5:00 pm

Doors Swing Open for Sips & Social

6:15 pm

BBQ Supper is Served

After dinner we'll burn up the dance floor with live music and a caller!

Attire: Napa County Casual

Location: Native Sons Hall
1313 Spring Street, St. Helena

**Tickets go on Sale July 15
\$100.00 per person**

riandahouse.org/sip-supper-and-swing/