

RIANDA HOUSE

increasing life expectations

Sip, Supper and Swing!

A VINTAGE NAPA VALLEY BARN DANCE

TICKETS ON SALE July 15-Aug 21

Early Bird Discount: \$100
After Aug 12: \$125



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!**
(NO EXPERIENCE NEEDED)

Attire

Napa County Casual

Native Sons Hall

1313 Spring Street
Saint Helena

AUGUST

29

★ 2026 ★

★ TIME: ★

5 PM
COCKTAILS

6:15
BBQ

Followed by a
swinging
good time!



Let's Play!

Lessons from the World Cup

I watched my first ever soccer match this summer on TV. My favorite part was the fans. Americans love their sports but World Cup fans make us look downright tepid.

Like anything, sports can be an obsession but they also play an important role in our lives. Even the Pope weighed in on the matter, calling sports "a universal language that brings cultures together, unites peoples, and sows respect, solidarity and personal growth."

It's good for us to care passionately about something that is entirely for fun. It's good practice to keep us from taking ourselves too seriously, forgetting that our lives are just a blip in the grand scheme of



things. If life isn't for fun, what's it for?

Sports are also a picture of how to care about things in the right way. Every game has a goal but the goal is not the point. Goals are arbitrary—kicking a ball between two sticks, being the first one to shout, "Uno!"—these things don't matter in themselves. It's the play that counts.

This doesn't mean you slack off. Have you ever played with someone who isn't trying? It's infuriating. The game is no fun unless everyone is all-in.

At the other extreme are those who live by Vince Lombardi's slogan, "Winning isn't everything, it's the only thing." That's too serious. Later in life, Lombardi clarified that he meant the *will* to win is everything, not winning itself. In other words, don't play to win. Play to win.

Like sports, life is meant to be played. It's a joyful way to engage each day without latching on

with a death grip.

We know how to play at Rianda House. On August 29, you are invited to kick up your heels at *Sip Supper and Swing!* Don't worry if you don't know how to dance. There will be a live band and a caller to guide you every step of the way. No need to be self-conscious. You are your most attractive when you throw caution to the wind and play. Ever seen a puppy?

Whether you join us at *Sip, Supper, and Swing* or come to one of the dozens of free activities Rianda House, we hope you'll join the fun.

And play!



Maury



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, Frank Mueller - Secretary
Dawnine Dyer, Julie Garvey, Braulio Muñoz, Meg Scrofani, Richard Seiferheld

Getting to Know You

Jeremy & Marcus: 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.



Marcus Sitzman & Jeremy Ferguson

Our project, **"From Senior Isolation to Community Connection: Bridging the Gap through Data, Events, and Engagement,"** focused on modernizing Rianda House's digital systems to improve data quality, reporting, and communication as well as boost staff efficiency. We created a brochure to help

participants use MindBody more effectively and set up a digital dashboard so the board and staff can easily measure the effectiveness of their programs.

We are in the process of helping Rianda House move to website to a platform that will be easier for staff to access and use.

We are delighted to have had the opportunity to work with the entire Rianda House team and are looking forward to attending classes and other events in the future.

Jeremy Ferguson & Marcus Sitzman

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

Current ambassadors: John Rehnberg, Lynda Burton, Joan Tetzloff, Dot Varland & Charlie Bennett.

A HUGE THANK-YOU to the Leadership Napa Valley team that helped us this year! This picture summarizes their work.

We will reap the rewards of their investment for years to come.



Ambassador Program

- Program Conception
- Job Description
- Roles and Responsibilities
- Goals
- Handout Materials
- Conduct Orientation and Training
- Conduct Follow-up Session
- External Partners Development

Development, Community Relations, and Rianda Rally

- Strategy
- Brainstorming
- Marketing Materials
- Publicity
 - Flyer Placements
- Sponsorship Overview and Offering
- Raffle Prizes

Technology and Data

- Website Review
- Technology Operations Guide
 - Mindbody App
- Reporting and Data Insights

Special Events

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

Building Healthy Habits for Self Care

Anne Bernardin

Tues., July 7- Aug. 11, 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**



Italian Language & Culture

Carlo Di Fede

Thurs., 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



Transporte con NVT

Zaira Renteria

& Dexter Cypress

Martes 4 de agosto, 10:30-12:00
Rianda House

Repasaremos las rutas fijas, el transporte comunitario, las opciones de pago, la planificación de viajes y la capacitación para usar el transporte. También presentaremos VineGo Paratransit, Taxi Scrip y Vine Up-Valley Link, un programa de vales para Uber/Lyft para residentes de Yountville, St. Helena y Calistoga. Estaremos encantados de ayudar a los participantes a planificar sus viajes de manera individual después de la presentación, si así lo desean.

RSVP



Advanced Beginner Spanish

Lorraine Ruston

Tuesdays, Aug 11-Nov 17, 1:00-2:30
Rianda House

This Advanced Beginner Spanish class is for learners who have already studied at a beginner level. Lessons will be based on vocabulary and grammar that is introduced in Section 3 and 4 of Duolingo. New grammar study will include the past tense. **RSVP**



Intermediate Spanish

Lorraine Ruston

Thursdays, Aug 13-Nov 19, 1:00-2:30
Rianda House

This Intermediate Spanish class is for learners who have previously studied Spanish. Conversational practice will be based on grammar and vocabulary that is introduced in Section 4 of Duolingo. **RSVP**



Advanced Spanish

Lorraine Ruston

Wednesdays, Aug 12-Nov 18 2:00-3:30
Rianda House

This class is for students who want to practice Spanish conversation on an advanced level. In addition to practicing grammar and new vocabulary, we will read and discuss a book by a Hispanic author. **RSVP**



Special Events

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

Women Heart Health Overview

Tomi Holt

Monday, August 10, 1:00-2:00

Rianda House

Get Heart Smart and learn about the unique risk factors women face, a presentation from WomenHeart, the only national organization dedicated to providing support, education and advocacy for women's cardiac health. Please join us for this in-depth and personal presentation. As the saying goes, "knowledge is power" and WomenHeart is dedicated to helping women thrive. **RSVP**



WOMENHEART
THE NATIONAL COALITION FOR
WOMEN WITH HEART DISEASE

Yountville Walk

Amanda Cole &
Alzheimer's Association

Friday, August 14, 9:00-10:00

Yountville Park, 2900 Lincoln Ave

Join us for a 1-mile walk as we prepare for our annual Walk to End Alzheimer's event on September 26. This walk will include a warmup and cool down stretch. Come learn about the latest resources and information from the Alzheimer's Association. **RSVP**



Bothe State Park Hike

Kerry Brackett

Tuesday, August 18, 9:00-10:00

Bothe State Park

Meet at the Redwood Trailhead. The walk meanders up through the campground and onto the Vine trail, along the Schramsberg Vineyard. This out and back walk will include some incline, up one hill on the road to the campground to another incline on the gravel trail. Nothing extreme, but it will warm us up! Entry fee is waived for Rianda House participants. **RSVP**



Baking with Beth

Beth Brown

Monday, August 24, 11:00-1:00

Rianda House

Craving sweets and community? Join us to bake these buttery, crumbly Peach Streusel muffins chock full of fresh peaches and take some home to enjoy! **RSVP**



SoulCollage® Workshop

Anne House

Tuesday, August 25, 3:00-4:30

Rianda House

SoulCollage® involves intuitively creating small collage cards from meaningful images and reflecting on them through journaling and dialogue. Explore your inner journey of loss, allowing the possibility for sorrow, gratitude and healing to exist together. You may bring an image of your deceased loved one to use in a card if desired. You do not have to be an artist to enjoy this powerful practice. All materials are provided. **RSVP** 6 spots only.



Napa Valley Transportation Authority

Dexter Cypress

Monday, August 31, 1:00-2:00

Rianda House

Come discover Napa Valley's fixed-routes, community shuttles, fare payment options, trip planning & how to request a travel training. Learn about VineGo Paratransit, Taxi Scrip, and Vine Up-Valley Link, our new Uber/Lyft voucher program for residents of Yountville, St. Helena & Calistoga. Staff from NVTa is available to assist members with individual trip planning following the presentation. **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

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, August 5, 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

Kaylee Hardin

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

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

As we age, we may find our balance isn't steady, but with regular exercise & 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 with multiple rounds. Newcomers welcome. Lucy will teach you!

Chair Aerobics

Kerry Brackett

Thursdays, 10:40-11:10, American Legion

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, August 12, 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, Aug 6 at Rianda House, Aug 20 on 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 8/11)

Basic English vocabulary & conversational practice.

Los martes, 9:00-10:15, Rianda House (no class 11 de agosto)

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, August 7 & 21, 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, August 14 & 28, 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 8/24)

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

iLotería!

Lorraine Ruston

Tuesday, August 18, 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, Aug 19- Sept 23, 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, Aug 3 & 17, 1:00-2:00, Rianda House

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

Peace of Kate Happy Hour

Kate Jessup

Wednesday, August 12 & 26, 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, August 11, 7:00-9:00, Rianda House

Each month, an individual chooses a book, leads discussion & provides refreshments. **WAIT LIST**

Beginner Pilates

Darby Perrin

Wednesday, August 5 & 19, 4:00-4:45, 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! Modifications are provided. Please bring a mat. **RSVP**

Intermediate Pilates

Darby Perrin

Wednesday, August 5 & 19, 5:00-6:00, Rianda House

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**

Simple Arts & Crafts

Elena Mendez

Monday, August 10, 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 11 & 25 de agosto, 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, August 13, 3:30-5:00, American Legion

Reconnect with dusty instruments—guitar, mandolin, ukulele, violin, banjo, bass, autoharp, 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

St. Helena Farmers Market

Staff

Friday, August 14, 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 (no class 8/20)

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, August 12 & 26, 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

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, August 21, 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, August 21, 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, August 6, 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**

Yoga: Stretch & Flow

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

Combining deep stretches & gentle movements. Suitable for all levels. Bring a mat. Chair modifications available.

Kaylee Hardin

Zumba Gold

Mondays & Thursdays, 9:30-10:30, American Legion Hall

Get your heart pumping while improving balance, stamina & toning important muscles.

Becky Jo Peterson



Get the Rianda House MindBody app today! Benefits include: finding and booking classes, seeing class history and getting class notifications. Download this in your app store. Questions? Call Rianda House and ask for a staff member.

Calistoga Classes & Activities

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

Concerts in the Park

Thursday, August 6, 6:30-8:00, Pioneer Park

Jane Blonde and the Goldfingers deliver a stylish mix of British rock, soul, pop, and contemporary hits with a polished, high-energy flair. Their versatile sound and charismatic stage presence make for an engaging and sophisticated live music experience in Calistoga. Enjoy a summer evening filled with great music, wine, and community.

Kenefick Ranch will be pouring, with Rianda House featured as the evening's nonprofit.

Calistoga Vine Trail Walk

Julie Spencer & Bobbie Casey

Friday, August 7, 9:00-10:15, Brannan Center

Enjoy an easy-paced stroll through downtown Calistoga and south along the scenic Napa Valley Vine Trail to Dunwell Lane. This out-and-back route features beautiful open spaces and lovely mountain views. Approx. 2.5 miles.

After the walk, enjoy an optional 15-minute tour of Brannan Center, Calistoga's new performance venue and community gathering space—an exciting addition to the local cultural landscape. **RSVP**

Calistoga Farmers Market

Saturday, August 1, 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, Aug. 19, 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's topic will be legal services by Evvy Archibald Shulman from Legal Services of Northern California.

RSVP

Tai Chi

Diana Latorre

Saturdays, Aug. 1 & 15, 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, August 1 & 15, 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



Welcome



Care



Grow



Play

Alzheimer's Walk

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



ALZHEIMER'S ASSOCIATION

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 26. 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!

Monday	Tuesday	Wednesday	Thursday	Friday (Sat)
3 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	4 P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea R 10:30 Transporte con NVTa A 11:15 Yoga Stretch & Flow A 12:30 Access Bars G 1:30 Time for Tap R 3:00 Healthy Habits for Self Care	5 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 1:00 Music With Ric R 4:00 A Novel Bunch Book Club R 4:00 Beginner Pilates R 5:00 Intermediate Pilates	6 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 3:00 Dementia Caregiver Support R 6:00 Italian Language & Culture Z 6:30 WomenHeart Support Group * 6:30 Concerts in the Park	Saturday, Aug 1 C 9:00 Calistoga Farmers Market B 9:00 Tai Chi B 10:00 Chair Yoga Friday, Aug 7 L 9:00 Tai Chi Z 9:00 Strength for Longevity B 9:00 Calistoga Vine Trail Walk R 10:00 Genealogy R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg
10 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 Women Heart Health Overview R 3:00 Simple Arts & Crafts	11 P 7:30 Strength Training A 8:00 Mens Fitness R 9:30 Ladies & A Cuppa Tea R 10:30 Artes y manualidades simples A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 1:00 Advanced Beginner Spanish G 1:30 Time for Tap R 3:00 Healthy Habits for Self Care A 4:30 Music in the Vineyards Maple String Quartet R 7:00 Page Turner Book Club	12 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 1:00 Music With Ric R 1:00 Tech Today R 2:00 Advanced Spanish R 3:00 Peace of Kate Happy Hour R 4:00 Death Cafe	13 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 1:00 Intermediate Spanish A 3:30 String Band Music: Back in Touch! R 6:00 Italian Language & Culture	Friday, Aug 14 CP 7:30 St. Helena Farmers Market L 9:00 Tai Chi Z 9:00 Strength for Longevity Y 9:00 Yountville Walk R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery and Poetry Saturday, Aug 15 B 9:00 Tai Chi B 10:00 Chair Yoga
17 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	18 P 7:30 Strength Training A 8:00 Mens Fitness BP 9:00 Bothe State Park Hike 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 Advanced Beginner Spanish G 1:30 Time for Tap	19 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 4:00 Beginner Pilates R 5:00 Intermediate Pilates	20 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe 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 R 6:00 Italian Language & Culture	21 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
24 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch R 11:00 Baking with Beth R 12:30 Duplicate Bridge	25 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 simple A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 1:00 Advanced Beginner Spanish G 1:30 Time for Tap R 3:00 Soul Collage Workshop	26 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 2:00 Advanced Spanish R 3:00 Peace of Kate Happy Hour	27 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 1:00 Intermediate Spanish R 6:00 Italian Language & Culture	Friday, Aug 28 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 Z 1:00 Imagery and Poetry Saturday, Aug 29 * 5:00 Sip, Supper & Swing!
31 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 Transportation with NVTa	A American Legion (1291 Madrona Ave, St. Helena) B Brannan Center (1407 3rd Street, Calistoga) BP 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) P Presbyterian Church (1428 Spring St., St. Helena) R Rianda House (1475 Main Street, St. Helena) Y Yountville Park, 2900 Lincoln Ave Z ZOOM (online)			

RIANDA HOUSE

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Selected from a highly competitive pool of applicants representing top conservatory and university music programs nationwide and abroad, the Maple Quartet will spend three weeks in Napa Valley performing alongside festival musicians, receiving mentorship from internationally acclaimed artists, and engaging with audiences throughout the community. Founded in 2022 at the Eastman School of Music, the **Maple Quartet** is defined by their unified passion for community engagement through performance and presentation in the string quartet medium. Join us for this 1 hour performance at the American Legion Hall.

RSVP

Music in the Vineyards

Maple String Quartet

Tuesday, August 11, 4:30-5:30

American Legion Hall

