

RIANDA HOUSE

increasing life expectations

Friendship



The Rianda House Needlers

is the only agenda

Friendship Is The Only Agenda

Back when I was a minister, one of the other pastors invited all the other pastors in town to a meeting with no agenda. It was an opportunity to get together, just for the sake of friendship.

That may not sound like a big deal but ministers can be very jealous of each other. It was hard not to take it personally when people left my church and went down the street because "they weren't getting fed by my preaching" or they had a better youth group.

As we met, the walls came down. It was a pleasure to celebrate our common ground rather than fight over petty differences. Pretty soon our little group was a big group, meeting weekly for laughter and encouragement.

Just when it was getting really good, we had the dumb idea to hold a giant church service and invite the whole town. Sounds harmless, right?

Almost immediately the old jealousies boiled to the surface and the walls went back up. Who would preach? What music would we sing? Whose church would host the event?

I learned from that experience that sometimes the best agenda for a group is friendship. This is one of the reasons I love Rianda House so much.

It's not that we resonate with everyone equally. It's that there's a place for everyone.

The biggest circle, the one we all share, is our humanity. That is more than enough for meaningful friendships. We all have joys and sorrows, families and adventures, hopes and dreams.

A tighter circle is for those who share common interests and experiences.

The bullseye is the deep connection you develop with people you take the time to really get to know and build trust with. You open up and become vulnerable. It takes time but it's worth the effort.

September is Friendship Month. Turn the page to read about some of the bonds that have formed at Rianda House. Better yet, drop in and make some of your own.

I hope you discover that at Rianda House friendship is the only agenda.



Maury



Gathered for Lunch & Learn in Calistoga



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

September Is Friendship Month

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

Needler Friends

Rianda House Needlers Club is a St. Helena institution. For 15+ plus years running, this group of friends has been providing support for each other and their communities.

Led by Julie Bolander, the group creates afghans, socks, hats, blankets, sweaters, purses and knitting buckets. Those are just material things.

What they cherish most is the friendship, sharing, social support and how much they help each other. Whether it's sharing patterns, their latest favorite book, or gardening tips, there's always friendly advice on hand.

This group extends their friendship beyond a class at Rianda House. They make hats for third and first graders, beanies for cancer patients at St. Helena

hospital and "boobs" for breast cancer survivors (liners to make bras more comfortable to wear).

The Needlers meet Thursdays from 1-3pm, sharing stories, materials and laughter. Most importantly, they share friendship, knitting their stories and sweaters to create a lasting warmth for years to come.



The Needlers have been going strong for over 15 years. Thanks, Julie Bolander, for your faithful leadership of this group!

Cuppa Joe Friends

Carroll and Al's life first intersected at First Presbyterian Church in Saint Helena. Their friendship was nourished by their common Midwest roots and an admiration for Peter Marshall, a Presbyterian minister who, among other things, served as the U.S. Senate Chaplain.

"Carroll was one of the few people I could talk politics with," Al told me. "He was almost like a brother. I really miss him. He was so accepting—and humble. You never would have known he had a doctorate from Stanford."

Their relationship deepened at the Thursday morning "Gents and a Cuppa Joe" gathering at Rianda House. As their friendship matured, Carroll became a growing source of inspiration for Al.

"Carroll encouraged me to become the Chaplain at the American Legion," Al said. "I served as a Chaplain's Assistant in Viet Nam, but I have never been ordained. Carroll told me, 'Just do it. Let God



Carroll Cotten (1936-2025)



Al Albright

tell you what you can and can't do."

That nudge was just what Al needed. Summoning his inner hutzpah, he stepped into the role of Chaplain for the American Legion. This opened doors to serve our community in many new ways.

The best friends do even more than accept us as we are; they inspire us to become all that we can be. Carroll was that kind of friend.

Special Events

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

Building Healthy Habits for Confident Aging

Anne Bernardin

Tuesdays, Sept. 1 - Nov. 17
3:00-4:30, Rianda House

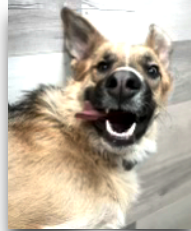
In this interactive 12-week series each session combines a brief wellness presentation with engaging group discussions designed to turn healthy ideas into everyday habits. Each session encourages participants to share experiences and discover new strategies for healthy aging. The emphasis is on small changes to support aging with strength and confidence. Each week you'll choose one simple habit to practice before the next session.



RSVP

Save the Date! Oct 31, 10-12:00

JOIN OUR WELLNESS & PET ADOPTION DAY ON HALLOWEEN!



Hank (Amanda's Dog)

Numerous studies show that pets improve physical and mental health for seniors. Research links animals to lower blood pressure, reduced loneliness, increased physical activity and slower cognitive decline. Explore options for animal adoption, volunteering, or fostering. If you choose to foster, all food & veterinary care is provided by the shelter. This is an excellent choice to help an animal in need, support your local shelter, and provide and receive companionship to a furry friend!

Music Travels in Finland

Laura Prichard

Wednesday, Sept. 9
4:15-5:15, Rianda House

This talk will supplement the upcoming Rianda cultural trip to Finland. All are welcome, as we explore ancient indigenous sounds, literary works, classical composers, and folk music/dance from this vibrant independent country. **RSVP**



Music of the Recent Scottish Invasion

Laura Prichard

Wednesday, September 9
5:15-6:15, Rianda House

During the World Cup, Boston and San Francisco were inundated with Scots. The Scottish Ballet has just returned home from a sold-out American tour. What can we learn about the Scots (and ourselves) from their contemporary folk and classical music? **RSVP**



Crafting a Seashell Nightlight

Christopher Sullivan

Thursday, September 10
10:30-12:30, Rianda House

Join us for a painting workshop! We will begin with a demonstration, followed by a Q&A session. Create a lovely, decorative night light with glow in the dark features to use for yourself or as a gift for a friend. Come have relaxing fun as you enjoy a low-pressure space to unwind and play with color. No experience needed, Chris will guide you step by step. All supplies are included.



RSVP 12 maximum

PWR! Moves

Denise Henquet Sprengers

Mondays, September 14, 21 & 28
2:00-3:30, American Legion Hall

PWR! Moves is designed primarily for Parkinson's disease but its high-effort, large-amplitude principles are also used for other neurological conditions. If you suffer from stiffness, slowness, or balance issues, this class is right for you. The class will also benefit ATypical Parkinsonism, Stroke, and other movement disorders.

RSVP



Special Events

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

Grief Support Workshop

Therese Fischer & Anne House

Mondays, Sept. 14 - Nov. 2
2:15-3:45, Rianda House

This **8-week support group** offers a compassionate space for those grieving the loss of a loved one. Through education, discussion, and shared support, participants will explore grief, learn coping tools, and connect with others in a safe, nonjudgmental environment. Because each session builds on the last, **late registration is not available. RSVP**



Mt. St. Helena Monument Hike

Kerry Brackett

Tuesday, September 15
9:00-10:15, Mt. Saint Helena

Join us for a moderate 2-mile out-and-back hike to the Robert Louis Stevenson Monument on Mount St. Helena. Starting from the Hwy. 29 parking lot in Robert Louis Stevenson State Park, the shaded trail winds through oak and madrone forests to the monument honoring the author. Hike time is approximately **60-75 minutes. RSVP**



Dominó Tren Mexicano

Silvia Segura

martes, 15 & 29 de septiembre
10:30-12:00, Rianda House

Tanto el dominó clásico como el Mexican Train desafían a los jugadores a deshacerse de la mayor cantidad posible de fichas de su mano. En el Mexican Train se utilizan trenes opcionales que pertenecen a todos los jugadores. Es un juego para hasta 8 participantes que utiliza un juego de dominó doble. **RSVP**



**NEW GAME
ADDED!**

Talk on Artificial Intelligence

Osias Encarnacion

Tuesday, September 15
3:30-5:00, Rianda House

Curious about AI? Discover how artificial intelligence is changing our world. Learn how it works, its impact on jobs, society, and the environment, which concerns are real, which are myths, and what the future may hold. **RSVP**



Image generated by ChatGPT

Active Wellness Open House

Amanda Cole

Wednesday, Sept. 16, 10-3:00
Active Wellness Center, Napa

Active Wellness Center in Napa invites the public to their open house. This includes a mini health fair where Rianda House will have a table. Come by and check out their offerings! 3421 Villa Lane, Napa.



Fall Harvest Salad & Nutrition Workshop

Beth Brown & Amanda Cole

Friday, September 18
1:00-3:00, Rianda House



Healthy eating, nutrition tips, and fall harvest salad! Join us for a two-hour workshop to learn about the benefits of eating in season, decoding a

food label and creating and tasting a delicious fall harvest salad filled with nutrient dense ingredients. **RSVP**

Classes & Activities

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

For more detailed descriptions go to riandahouse.org

Access Bars **RSVP**

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.

A Novel Bunch Book Club **RSVP**

Patti Antonaccio

Wednesday, September 2, 4:00-6:00, Rianda House

Our monthly book club meetings foster a love of reading, building community & exploring literary genres. Each month, a member chooses a book, leads discussion & provides refreshments.

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 Bracket

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

Thursdays, 11:15-11:45, American Legion (no class 9/10)

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 (no class 9/10)

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 and good for injuries or mobility restrictions, low impact and designed to help lengthen & strengthen the body.

Death Cafe

Cody Kirkham

Wednesday, September 9, 4:00-5:30, Rianda House

Death Cafe offers a safe, welcoming space to talk openly about death and how an awareness of our mortality can help us live more fully. Join us for thoughtful conversation, questions, and shared perspectives.

Dementia Family Caregiver's Support

Thursday, Sept. 3, Rianda House, & Sept. 17 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 9/8)

Basic English vocabulary & conversational practice.

Los martes, 9:00-10:15, Rianda House (no class 8 de septiembre)

El énfasis de la clase será vocabulario básico de inglés y la práctica de conversaciones.

French Club

Sue & Skip Hopgood

Mondays, 9:30-11:00, Rianda House

Share personal experiences and cultural history through conversational French. Some knowledge of French is necessary. Skills vary.

Genealogy

Kelly Wheaton

Friday, September 4 & 18, 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, September 25, 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 (no class 9/11)

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

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

iLotería!

Micaela Parra

Tuesday, September 1, 10:30-12:00, Rianda House

Lotería is a traditional Mexican game like bingo, played with cards. 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 welcome. Cards available.

Masterminds **RSVP**

Veronna Ladd

Wednesdays, Aug 19- Sept 23, 10:00-11:30, Rianda House

As we age, memory can change. This program offers strategies and practical skills to better understand and support memory in daily life. **RSVP required. 15 maximum.**

Classes & Activities

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

For more detailed descriptions go to 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

Monday, September 21, 1:00-2:00, Rianda House

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

Lorne Glaim

Peace of Kate Happy Hour

Wednesday, September 9 & 23, 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.

Kate Jessup

2nd Tuesday Page Turner Book Club

Tuesday, September 8, 7:00-9:00, Rianda House

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

Lorraine Ruston

Beginner Pilates **RSVP**

Wednesday, September 2 & 16, 4:00-4:45, Rianda House

Friday, September 11 & 25, 10:00-10:45, 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! Modifications are provided. Please bring a mat.

Darby Perrin

Intermediate Pilates **RSVP**

Friday, September 11 & 25, 11:00-12:00, 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).

Darby Perrin

Simple Arts & Crafts **RSVP**

Monday, September 15, 11:00-1:00, Rianda House

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

Elena Mendez

Artes y manualidades simples **RSVP**

Martes 8 & 22 de septiembre, 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

Advanced Beginner Spanish **RSVP**

Tuesdays, August 11 - November 17, 1:00-2:30, Rianda House

This class is for learners who have already studied at a beginner level. Lessons are based on vocabulary and grammar that is introduced in Section 3 and 4 of Duolingo. New grammar study includes the past tense.

Lorraine Ruston



Intermediate Spanish **RSVP**

Thursdays, 1:00-2:30, August 13-November 19, Rianda House

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

Lorraine Ruston

Advanced Spanish. **RSVP**

Wednesdays, 2:00-3:30, August 12-November 18, 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.

Lorraine Ruston

Strength for Longevity **RSVP**

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.

Jennifer Duncan

Strength Training. **RSVP Tuesdays are waitlisted**

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

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

Kathy Carrick

String Band Music: Back in Touch!

Thursday, September 10, 3:30-5:00, American Legion **RSVP**

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.

Glenn Smith & Ann Carr

St. Helena Farmers Market

Friday, September 11, 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.

Staff

Tai Chi (no class 9/18)

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

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

Joseph Nase

Tai Chi & Qi Gong (no class 9/17)

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

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

Joseph Nase

Tech Today **RSVP**

Wednesday, September 9 & 23, 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.

Marshall Cox

Time for Tap **RSVP**

Tuesdays, 1:30-2:15, Grace Church

Learn basic tap steps while dancing to Broadway show tunes

Dolly Grupalo

and patriotic music. Forget your troubles - come on in and get Tap Happy!



Vineyard Walk **RSVP**

Brad Skibbins

Friday, September 11, 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. Bring your pup to walk with us! Must be on leash.

WomenHeart Support Group **RSVP**

Tomi Holt

Thursday, September 3, 6:30-7:30, Zoom

Welcoming 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

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.

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.

Historic Trail - Bothe Cemetery & Grist Mill Walk **RSVP**

Julie Spencer & Bobbie Casey

Friday, September 4, 9:00-10:15, Bothe State Park

Join us for this intermediate-paced walk as we explore the Bothe Pioneer Cemetery and neighboring Bale Grist Mill Historic State Park. Enjoy fresh air, beautiful scenery, and the peaceful calm of nature. Approx. 4 miles.

Calistoga Farmers Market

Saturday, September 5, 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 **RSVP**

Rianda House, UpValley Family Center, Parks & Rec.

Wednesday, Sept. 16, 11:00-1:00, Calistoga Community Center

Presentations are focused on enhancing community connections and providing informational resources through guest speakers on a variety of topics. The speaker this month will be Noemi Mauricio (RN & MPH), from Adventist Health and the topic will be: The Science of Healthy Aging: 8 Habits That Help You Stay Independent Longer.

Tai Chi **RSVP**

Diana Latorre

Saturdays, September 5 & 19, 9:00-9:45, Brannan Center

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

Chair Yoga **RSVP**

Diana Latorre

Saturday, September 5 & 19, 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.

Celebrating the Rianda House Travel Program



Robin McGuire
Travel Coordinator

We are grateful to all who have joined in these amazing trips. You have explored new places, experienced different cultures, and formed friendships that made every journey special. After the November Finland trip, Rianda House will conclude its international travel program to focus on local excursions that we hope will be more accessible for everyone. But fear not! **Robin McGuire will continue to lead small group tours as an independent travel coordinator.** A huge thank you to Robin for making the travel program such a meaningful part of our community and for carrying the ball forward for those who wish to continue.



Eastern Canada 2024



Slovenia & Croatia 2026



Southern USA 2025



Portugal 2024



Costa Rica 2025



Finland, Nov '26

**Six spaces left.
Put yourself here!**

Monday



Friendship Month

Tuesday

P 7:30 Strength Training **1**
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 Advanced Beginner Spanish
G 1:30 Time for Tap
R 3:00 Healthy Habits for Confident Aging

Wednesday

R 9:00 Sound Bowl Meditation
R 10:00 Chair Yoga
R 10:00 MasterMinds
R 1:00 Music with Ric
R 2:00 Advanced Spanish
R 4:00 A Novel Bunch Book Club
R 4:00 Beginner Pilates

Thursday

P 7:30 Strength Training **3**
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 3:00 Dementia Family Caregiver Support
R 6:00 Italian Language & Culture
Z 6:30 WomenHeart Support Group

Friday/Saturday

Friday, Sept 4

L 9:00 Tai Chi
Z 9:00 Strength for Longevity
C 9:00 Bothe Cemetery & Grist Mill Walk
R 10:00 Genealogy
R 10:00 Improve Your Bridge Game
R 1:00 Canasta
R 1:00 Mah Jongg

Saturday, Sept 5

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



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P 7:30 Strength Training **8**
A 8:00 Mens Fitness
R 9:30 Ladies & A Cuppa Tea
R 10:30 Artes y manualidades simples
A 11:15 Yoga Stretch and Flow
A 12:30 Access Bars
R 1:00 Advanced Beginner Spanish
G 1:30 Time for Tap
R 3:00 Healthy Habits for Confident Aging
R 7:00 Page Turner Book Club

R 9:00 Sound Bowl Meditation **9**
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
R 4:00 Death Cafe
R 4:15 Music Travels in Finland
R 5:15 Music of the Recent Scottish Invasion

P 7:30 Strength Training **10**
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
R 10:30 Crafting a Seashell Nightlight
R 11:00 Astrology
R 1:00 Needlers Club
R 1:00 Intermediate Spanish
A 3:30 String Band Music: Back in Touch!

Friday, Sept 11

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 Beginner Pilates
R 11:00 Intermediate Pilates
R 1:00 Canasta
R 1:00 Mah Jongg

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R 9:30 French Club
A 9:30 Zumba Gold
H 10:00 Balance and Stretch
A 11:00 Line Dancing
R 12:30 Duplicate Bridge
A 2:00 PWR! Moves
R 2:15 Grief Support Group

P 7:30 Strength Training **15**
A 8:00 Mens Fitness
R 9:00 ESL
* 9:00 Mt. St Helena Monument Hike
R 9:30 Ladies & A Cuppa Tea
R 10:30 Dominó tren mexicano
R 11:00 Simple Arts & Crafts
A 11:15 Yoga Stretch and Flow
A 12:30 Access Bars
R 1:00 Advanced Beginner Spanish
G 1:30 Time for Tap
R 3:00 Healthy Habits for Confident Aging
R 3:30 Talk on AI

R 9:00 Sound Bowl Meditation **16**
R 10:00 Chair Yoga
R 10:00 MasterMinds
* 10:00 Active Wellness Open House & Free Guest Day
C 11:00 Lunch and Learn
R 1:00 Music with Ric
R 2:00 Advanced Spanish
R 4:00 Beginner Pilates

P 7:30 Strength Training **17**
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

Friday, Sept 18

Z 9:00 Strength for Longevity
R 10:00 Genealogy
R 10:00 Improve Your Bridge Game
R 1:00 Canasta
R 1:00 Mah Jongg
R 1:00 Fall Harvest Salad & Nutrition Workshop

Saturday, Sept 19

B 9:00 Tai Chi
B 10:00 Chair Yoga

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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
A 2:00 PWR! Moves
R 2:15 Grief Support Group

P 7:30 Strength Training **22**
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 and Flow
A 12:30 Access Bars
R 1:00 Advanced Beginner Spanish
G 1:30 Time for Tap
R 3:00 Healthy Habits for Confident Aging

R 9:00 Sound Bowl Meditation **23**
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
R 3:00 Soul Collage Workshop

P 7:30 Strength Training **24**
R 8:30 Gents & A Cuppa Joe
R 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

Friday, Sept 25

L 9:00 Tai Chi
Z 9:00 Strength for Longevity
R 10:00 Beginner Pilates
R 10:00 Improve Your Bridge Game
R 11:00 Intermediate Pilates
R 1:00 Canasta
R 1:00 Mah Jongg
Z 1:00 Imagery and Poetry

Saturday, Sept 26

YP 9:30 Walk to End Alzheimer's

28

R 9:30 French Club
A 9:30 Zumba Gold
H 10:00 Balance and Stretch
A 11:00 Line Dancing
R 12:30 Duplicate Bridge
A 2:00 PWR! Moves
R 2:15 Grief Support Group

P 7:30 Strength Training **29**
A 8:00 Mens Fitness
R 9:00 ESL
R 9:30 Ladies & A Cuppa Tea
R 10:30 Dominó tren mexicano
A 11:15 Yoga Stretch and Flow
A 12:30 Access Bars
R 1:00 Advanced Beginner Spanish
G 1:30 Time for Tap
R 3:00 Healthy Habits for Confident Aging

R 9:00 Sound Bowl Meditation **30**
R 10:00 Chair Yoga
R 1:00 Music with Ric
R 2:00 Advanced Spanish

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)
YP Yountville Park, 2900 Lincoln Ave
Z ZOOM (online)

RIANDA HOUSE

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



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The Rianda House Gents



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Rianda House is a 501(c)(3) Nonprofit Corporation Tax ID 20-2411077

Alzheimer's Walk

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

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!



SoulCollage® Workshop

Anne House

Wednesday, Sept. 23

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**

