

RIANDA HOUSE

increasing life expectations



Legacy of Abundance

Legacy of Abundance

This past week I had the chance to do a 7-day solo backpack trip in the Emigrant Wilderness, just north of Yosemite. Some would consider this to be more of a punishment than a vacation but I found it refreshing. I like to be alone in nature for the same reason I go on dates alone with my wife. It's the best way to be intimate. The words of John Muir resonate with me.

"Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will

blow their own freshness into you, and the storms their energy, while cares will drop away from you like the leaves of Autumn."

As I relaxed by the lake, my mind drifted back to the many times my dad took me into the wilderness of Idaho and Montana as a boy. I felt deeply grateful to him for introducing me to backpacking. I thought about the ways I have passed the tradition on to my children. Then it hit me: My trip was not something I had come up with. It was part of a legacy.

There is a lot of emphasis these days on leaving a legacy, but it is equally vital to remember that we are all recipients of legacy. Legacy is more like passing a baton from one generation to the next than building a monument to oneself.

The Rianda House we enjoy today is the convergence of hundreds of legacies, large and small, left by participants, board members, community organizations and supporters. Julie Spencer and Elizabeth Cobb-Bruno left a legacy. Amanda left a legacy. I could fill all the pages of this newsletter with names of those who have been a part of the legacy of Rianda House. Allow me to shine the light on just two.

Jules Grant and Sloan and Priscilla Upton not only shared their lives with Rianda House; they also put the House in their estate plans. Each year, hundreds of people give to support our work but if it were not for legacy gifts like theirs, Rianda House would not be able to offer the abundance of programs and services that you see today.

(continued next page)



Me and Dad, back in the day



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

Every now and then, someone stops me in the hall to let me know they added Rianda House to their estate plan. This makes my day every time. It's not just the money. It's knowing that Jean's legacy is still flowing strong.

Like so many others, my life has been enriched by Rianda House. As the current Director, I want to

do my part to pass this amazing gift to those who come after me.

Legacies come in many forms. I think of our faithful volunteers and the hundreds of participants who come with a smile to encourage a friend. I think of our partners and board members who give so generously of their time.

The words of Jesus do a nice job of capturing the idea of legacy: "Freely you have received. Freely give."

Three cheers to all who partake in the flow of receiving and giving at Rianda House. What a legacy of abundance!

Mary

Sip Supper, Swing!

Thanks to all who created such a swingin' good time and to all who gave in support of Rianda House!





Special Events

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



Skyline Park Hike Buckeye/Lower Skyline Loop

Kerry Brackett

Tuesday, October 6, 9:00-10:30
Skyline Park, 2201 Imola, Napa

Skyline Wilderness Park has a vast network of singletrack trails through the golden hills and California sage. This route starts near the RV campground and ascends the Buckeye Trail to a high point. The loop finishes descending switchbacks on the Lower Skyline Trail. There is little shade along the route; bring water and sun protection. 3.4 miles total. **RSVP**



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. **Class Full.**



Self Care for Joy & Wellness

Darleen Gardner

Thursday, Oct. 15, 3:00-4:00,
Rianda House

Self-care is essential to our happiness and well-being. Far from being selfish, it is self-love and self-compassion that uplifts us and those around us. In this hour-long workshop, we will take self-care practices from Qigong, mindfulness and the healing energy of sound to learn practical ways to help lower stress, increase joy, and spread positivity to the world.

RSVP



St. Helena Harvest Festival

Staff

Saturday, October 17, 10:00-4:00
Adams Street at Library Lane

The Hometown Harvest Festival is St. Helena's most-beloved Fall event for the young and old, held on the 3rd Saturday in October each year. The Hometown Harvest Festival features live music, wine and beer, a food alley, kids zone, and an array of arts and crafts vendors. Come stop by the Rianda House booth!



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**



Special Events

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

Amistad y Apoyo

Mentis

martes, 20 de octubre, 10:30-12:30
Rianda House

Este grupo para adultos mayores (de 60 años en adelante) ofrece la oportunidad de conectar con otras personas, aprender sobre diversos temas y divertirse juntos. **RSVP**



Baking with Beth

Beth Brown

Thursday, October 22, 11:00-1:00
Rianda House

Join us to bake fall-inspired Cinnamon Swirl Chocolate Chip Pumpkin Bars full of gooey goodness! Let's step sweetly into the new season. There will be plenty to take home!

RSVP 6 people maximum



Nourishing Body & Mind

Susan Arthur

Saturday, October 24, 11:00-1:00
Rianda House

Learn 5 simple morning practices that can strengthen the immune system, support heart health, promote weight management, improve sleep, reduce inflammation and lessen the effects of stress. This program will include a food demo. **RSVP**



SoulCollage® Workshop

Anne House

Tuesday, October 27, 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 people maximum.**



Friendship and Support Group

Mentis, Cassidy Spatz

Wednesday, Oct. 28, 3:00-4:00
Rianda House

This older adult (60+) group offers an opportunity to connect with others, learn about various topics and have fun together.

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, October 7, 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

(no class 10/12)

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

Death Cafe

Cody Kirkham

Wednesday, October 14, 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, Oct. 1, Rianda House, & Oct. 15, 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 **(no class 10/12)**

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 10/13)

Basic English vocabulary & conversational practice.

Los martes, 9:00-10:15, Rianda House (no clase 13 de octubre)

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

French Club **(no class 10/12)**

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, October. 2 & 16, 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, October 23, 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 **(no class 10/5, 12, 19)**

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.



Classes & Activities

All Classes are no-cost. No registration needed unless noted.
For more detailed descriptions go to riandahouse.org

iLotería!

Tuesday, October 6, 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!

Micaela Parra

Mah Jongg

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.

Michele Barberi Hyde

Masterminds RSVP 15 max

Wednesdays, October. 14- Nov. 18, 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.

Veronna Ladd

Men's Fitness (no class 10/6 or 10/13)

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, October 5 & 19, 1:00-2:00, Rianda House

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

Lorne Glaim

Peace of Kate Happy Hour

Wednesday, October 7 & 21, 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, October 13, 7:00-9:00, Rianda House

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

Lorraine Ruston

Simple Arts & Crafts RSVP

Tuesday, October 20, 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 13 & 27 de octubre, 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 TO GET ON WAITLIST

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

Enhance muscle strength & tone. An excellent workout! All levels welcome. **(Class full)**

Kathy Carrick

String Band Music: Back in Touch!

Thursday, October 8, 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

Tai Chi

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

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

Joseph Nase

Tai Chi & Qi Gong

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

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

Joseph Nase

Tech Today RSVP

Wednesday, October 14 & 28, 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 and patriotic music. Forget your troubles - come on in and get Tap Happy!

Dolly Grupalo

Vineyard Walk RSVP

Brad Skibbins

Friday, October 9, 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, October 1, 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 (no class 10/12)

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.

Calistoga Loop Walk RSVP

Julie Spencer & Bobbie Casey

Friday, October 2, 9:00-10:00, Brannan Center

Join us for this local favorite - an easy-paced "loop" walk through charming neighborhoods and peaceful parks. It's a fun and energizing way to connect with friends while enjoying the beauty, history and community spirit of Calistoga. Approx 3 miles.

Lunch & Learn Rianda House, UpValley Family Center, Parks & Rec.

Wednesday, Oct. 21, 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. This month we will have a speaker from Redwood Credit Union on how to build a better budget. **RSVP**

Tai Chi RSVP

Diana Latorre

Saturdays, October 3 & 17, 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, October 3 & 17, 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.



Goodbye Amanda! We'll Miss You!

In September, Amanda bought a home and moved to Benicia. We wish her the very best in her new venture.

Thanks, Amanda, for your hard work, faithful smile, practical jokes, and friendship.



Monday		Tuesday		Wednesday		Thursday		Friday/Saturday	
A American Legion (1291 Madrona Ave, St. Helena) B Brannan Center (1407 3rd Street, Calistoga) C Calistoga Community Ctr (1307 Washington) 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) Z ZOOM (online) * See Event Description for Location		OCTOBER 				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 3:00 Dementia Family Caregiver Support Z 6:30 WomenHeart Support Group		1 Friday, October 2 L 9:00 Tai Chi Z 9:00 Strength for Longevity B 9:00 Calistoga Loop Walk R 10:00 Genealogy R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg Saturday, October 3 B 9:00 Tai Chi B 10:00 Chair Yoga	
5 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch R 12:30 Duplicate Bridge R 1:00 News and Views R 2:15 Grief Support Workshop(full)		6 P 7:30 Strength Training R 9:00 ESL * 9:00 Skyline Park Walk R 9:30 Ladies & A Cuppa Tea R 10:30 iLoteria! 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		7 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 1:00 Music with Ric R 2:00 Advanced Spanish R 3:00 Peace of Kate Happy Hour R 4:00 A Novel Bunch Book Club		8 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 R 11:15 Balance and Stretch R 1:00 Needlers Club R 1:00 Intermediate Spanish A 3:30 String Band Music: Back in Touch!		Friday, October 9 L 9:00 Tai Chi Z 9:00 Strenth for Longevity R 9:30 Vineyard Walk R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg	
12 Indigenous People's Day (Office Closed) 		13 P 7:30 Strength Training 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		14 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 4:00 Death Cafe		15 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 Z 3:00 Dementia Caregiver Support R 3:00 Self Care for Joy & Wellness		Friday, October 16 L 9:00 Tai Chi 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 Saturday, October 17 B 9:00 Tai Chi B 10:00 Chair Yoga * 10:00 St. Helena Harvest Festival	
19 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch R 12:30 Duplicate Bridge R 1:00 News and Views A 1:00 SongShine R 2:15 Grief Support Workshop(full)		20 P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea R 10:30 Amistad y Apoyo 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		21 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds C 11:00 Lunch and Learn R 1:00 Music with Ric R 2:00 Advanced Spanish R 3:00 Peace of Kate Happy Hour		22 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 R 11:00 Baking with Beth A 11:15 Balance and Stretch R 1:00 Needlers Club R 1:00 Intermediate Spanish		Friday, October 23 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, October 24 R 11:00 Nourishing Body & Mind	
26 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 1:00 SongShine R 2:15 Grief Support Workshop(full)		27 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 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 3:00 Soul Collage Workshop		28 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 Friendship & Support Group		29 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		Friday, October 30 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	

RIANDA HOUSE

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Time for Tap!

with 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!



SongShine

Eve-Anne Wiles & Ellen Patterson

**Monday, Oct. 19 - Nov. 9 1:00-2:30,
American Legion Hall**

A fun singing class for adults looking to strengthen voices affected by aging or neurological conditions. Using the science-based SongShine method you'll boost vocal strength, build confidence, and join a supportive community of singers!

RSVP

