RIANDA HOUSE

increasing life expectations

Happy Thanksgiving!

from our house to yours



Love and Marriage



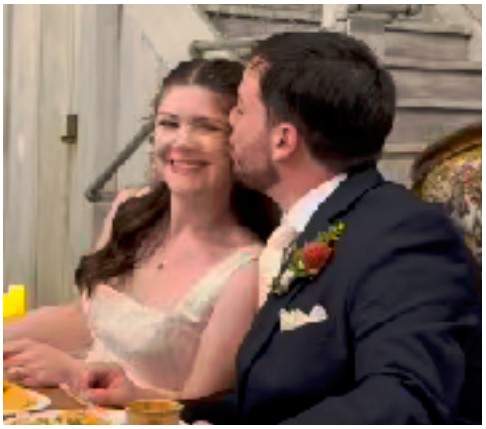
Last month, I had the joy of attending my daughter's wedding. Don't worry. You're not having *deja vu*. In 2025, my other daughter was married—and my son. All three of my kids are hitched now. Whew!

Weddings have changed a lot over the years but I suspect people will always get married because marriage goes beyond custom or tradition. It's an expression of love. Marriage is a special kind of love. We call it "tying a knot." Whatever words a couple uses for their vows, they amount to "We're stuck with each other."

It's a crazy thing to do. You're signing a blank contract. You have no idea what lies ahead or how your partner will change over the years. I wince when I think of all the adjustments Julie has had to make to stay with me. (Thanks, babe.)

I dated Julie for a very simple reason: I was attracted to her. Nothing wrong with that! But marriage is different. It's not just, "I'm attracted to you." It's, "I'm bound to you."

Occasionally, couples make the mistake of trying to light a unity candle at an outdoor wedding. Invariably, the wind blows it out. This is a bit awkward but it's a perfect picture of marriage. You can't light the flame, then sit back and watch it burn. The winds of life blow hard. You have to light it over and over again. Marriage takes determination.



We need a big dose of this kind of love these days, the kind not based on desire but grounded in commitment. That's the kind of love that makes a soldier lay down their life for their county. It's the kind that makes a citizen stop complaining about all that is wrong with their neighborhood, community, or church and roll up their sleeves to make it better.

To love a something because it's attractive isn't wrong but it isn't noteworthy. Any teenager with a crush can do that. Loving someone enough to hang in there with them through thick and thin—that's a different universe.

There are lots of people around Rianda House who love like this. They volunteer at the House and serve in dozens of great organizations in the Valley. These aren't fair weather lovers. They understand the deeper kind of love, the kind that's in it for better or worse, richer or poorer, sickness and health. I'm glad to be surrounded by so many people like this.





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: Tessa Lorraine
Program Coordinators: Shawnti Dunn, Pam McCullagh, Mary McTiernan, Jenele Saunders
Operations: Marshall Cox Newsletter: Robin McGuire

Rianda House Board: Bonnie Schoch - Board Chair, Frank Mueller - Secretary
Kris Brown, Dawnine Dyer, Julie Garvey, Dennis Goncher, Braulio Muñoz, Meg Scrofani, Richard Seiferheld

More Than Friends

Ellen Cotten and Anne Gridley

It started with their children.

Years ago, Ellen and Anne's children were dating and decided it was time for their parents to meet. The parents were nervous. The kids were even more nervous. But when the two couples finally met, something unexpected happened. "We just fell in love with each other," Ellen remembers. What began as an introduction became a friendship, and ultimately that friendship turned into family, community, and ever-lasting sisterhood.

Today, Ellen and Anne live just streets apart in St. Helena. They talk every morning. They check on each other's homes, pick up each other's mail, water plants and run errands for each other and together. If one of them doesn't call, the other notices. "We worry about these things," they say with a laugh. Both of them obviously enjoy the company of one another!

Their friendship has also been strengthened by a place that has become an important part of both their lives: Rianda House. Anne first came to Rianda House in 2013 for a caregiver class. She was going through a difficult time caring for her ailing husband. The class sounded like a good idea but she didn't want to go alone. Ellen's husband, Carroll, offered to go with her. Carroll had been involved with Rianda House for some time and believed it would be really good for her. The class gave her something she desperately needed—a little time to step away from caregiving, breathe, and be around people who understood. "It gave me a moment to be alone," Anne says. "A chance to refresh. A little bit of a break. To me, it was life-saving."

Initially, Ellen found community at Rianda House along with her husband and longtime supporter of Rianda House, Carroll Cotten. At Rianda House, Carroll started a weekly gathering for men that grew into the "Gents Cuppa Joe" group. What began simply as a place for the guys to meet has become a weekly tradition, now bringing together dozens of men. Many of them did not know each other before joining Gents, but are now friends. This is another example of how Rianda House provides something critically important for our seniors — community. Carroll would arrive early, make the coffee and bring treats. "He was a beautiful man," Ellen and Anne agreed, given Carroll passed away early this year.

Over the years, Rianda House became part of Ellen and Anne's everyday lives, too. They joined exercise classes, Spanish, tea gatherings, book clubs and other activities. But when they talk about what makes Rianda House special, they don't talk first about the programs. They talk about the people. They talk about the woman who isn't there one day and how someone immediately notices. The people who share what they've learned. The friendships that grow slowly, sometimes without anyone realizing it. "There's so much support," they both agree.

Ellen and Anne have plenty of stories to share about their life together. Like the time a friend picked them up for lunch, took one look at them and burst out laughing. They didn't understand why until they looked at each other. They were dressed almost exactly alike! "We don't plan it," they insist.

continued on next page



Ellen Cotten and Anne Gridley

"It really is spooky," one says. "It's telepathic." Their connection seems to work that way.

But beneath the laughter is something deeper: a certainty that someone will be there. That's what they see in Rianda House, too. A place where people show up. A place where newcomers can find their footing, longtime residents can deepen their friendships, and people who might otherwise be alone can find a circle of belonging.

"Almost anybody who moves here is told, 'Go to Rianda House'. They'll help you." For Ellen and Anne, that help has become part of a much larger story.

Their friendship began because their children fell in love. Over the years, the families became intertwined. Rianda House added another layer—a community where friendships could grow, where people could care for one another and where showing up became a habit. When asked whether Rianda House is a place where community lives, their answer is immediate. "Oh, yes!"

And perhaps that's what community looks like: a morning phone call, a shared laugh, a cup of coffee, a hand reaching out when someone falls—and a friend who knows what you're going to wear before you do.

For Anne and Ellen, community isn't an abstract idea. It is the morning phone call. The person who notices when you're absent. The friend who checks your house while you're away. The person who shows up when you need help. The group that saves you a seat.

After all these years, they may have met through their children, but the friendship is entirely their own.

And somewhere along the way, friendship became family and a forever sisterhood.

Article by Katherine Kelly



Thanks to all who participated in this year's Walk to End Alzheimer's. Rianda House was one of the top teams!

RIANDA HOUSE

ARTISAN MARKETPLACE



A Treasure trove of
HOLIDAY delectables.

ONE DAY ONLY!

Jewelry, handweavings & tapestries, painted notecards,
Kitchen aprons, seasonal wreaths, fragrant soaps &
candles, biscottti and MORE!

Sunday, November 15, 2026 · 12 to 5 pm
1475 Main Street · Saint Helena, CA 94574

Pam

November

Monday	Tuesday	Wednesday	Thursday	Friday/Sat/Sun
2 RH 9:30 French Club AL 9:30 Zumba Gold H 10:00 Balance and Stretch AL 11:00 Line Dancing RH 12:30 Duplicate Bridge RH 1:00 News and Views AL 1:00 SongShine RSVP RH 2:15 Grief Support Workshop (class full)	**3** PC 7:30 Strength Training (Waitlist) AL 9:00 Men's Fitness RH 9:00 ESL RH 9:30 Ladies & A Cuppa Tea RH 10:30 Prevención de Caídas AL 11:15 Yoga Stretch & Flow AL 12:30 Access Bars RSVP RH 1:00 Advanced Beginner Spanish RH 1:00 Fall Prevention Class GC 1:30 Time for Tap RSVP RH 3:00 Healthy Habits for Confident Aging	**4** RH 9:00 Sound Bowl Meditation RH 10:00 Chair Yoga RH 10:00 MasterMinds RSVP RH 1:00 Music with Ric RH 2:00 Advanced Spanish RSVP RH 3:00 Peace of Kate Happy Hour RH 4:00 A Novel Bunch Book Club RSVP	**5** PC 7:30 Strength Training RH 8:30 Gents & A Cuppa Joe CB 8:30 Tai Chi & Qi Gong RH 9:15 Body Mind Nutrition AL 9:30 Zumba Gold AL 10:40 Chair Aerobics RH 11:00 Astrology AL 11:15 Balance and Stretch RH 1:00 Needlers Club RH 1:00 Intermediate Spanish RSVP RH 3:00 Dementia Family Caregiver Support	**Friday, Nov 6** RH 9:00 Tai Chi Z 9:00 Strength for Longevity RSVP CC 9:00 Calistoga Vine Trail Walk RSVP RH 9:00 Improve Your Bridge Game RH 10:00 Genealogy RH 1:00 Canasta RH 1:00 Mah Jongg **Saturday, Nov 7** BC 9:00 Tai Chi RSVP BC 10:00 Chair Yoga RSVP
9 RH 9:30 French Club AL 9:30 Zumba Gold H 10:00 Balance and Stretch AL 11:00 Line Dancing RH 12:30 Duplicate Bridge AL 1:00 SongShine RSVP RH 2:15 Grief Support Workshop (class full)	**10** PC 7:30 Strength Training AL 9:00 Men's Fitness RH 9:30 Ladies & A Cuppa Tea RH 10:30 Artes y manúalidades simples RSVP AL 11:15 Yoga Stretch & Flow AL 12:30 Access Bars RSVP RH 1:00 Advanced Beginner Spanish GC 1:30 Time for Tap RSVP RH 3:00 Healthy Habits for Confident Aging RH 7:00 Page Turner Book Club (Waitlist)	**11** (OFFICE CLOSED) **Veterans Day Memorial** Wednesday, November 11, 11:00 a.m. St. Helena Cemetery American Legion Plot	**12** PC 7:30 Strength Training RH 8:30 Gents & A Cuppa Joe CB 8:30 Tai Chi & Qi Gong RH 9:15 Body Mind Nutrition AL 9:30 Zumba Gold AL 10:40 Chair Aerobics RH 11:00 Astrology AL 11:15 Balance and Stretch RH 1:00 Needlers Club RH 1:00 Intermediate Spanish RSVP RH 3:30 Suzanne Baker Artist RHeception AL 3:30 String Band Music: Back in Touch!	**Friday, Nov 13** RH 9:00 Tai Chi Z 9:00 Strength for Longevity RSVP RH 9:00 Improve Your Bridge Game RH 1:00 Canasta RH 1:00 Mah Jongg **Sunday, Nov 15** RH 12:00 ARTISAN MARKETPLACE
16 RH 9:30 French Club AL 9:30 Zumba Gold H 10:00 Balance and Stretch AL 11:00 Line Dancing RH 12:30 Duplicate Bridge RH 1:00 News and Views	**17** PC 7:30 Strength Training AL 9:00 Men's Fitness RH 9:00 ESL RH 9:30 Ladies & A Cuppa Tea RH 10:30 Amistad y Apoyo RSVP AL 11:15 Yoga Stretch & Flow AL 12:30 Access Bars RSVP RH 1:00 Advanced Beginner Spanish RSVP GC 1:30 Time for Tap RSVP RH 3:00 Healthy Habits for Confident Aging	**18** RH 9:00 Sound Bowl Meditation RH 10:00 Chair Yoga RH 10:00 MasterMinds RSVP CC 11:00 Lunch & Learn RH 1:00 Music with Ric RSVP RH 1:00 Baking with Beth RSVP RH 2:00 Advanced Spanish RSVP RH 3:00 Peace of Kate Happy Hour	**19** PC 7:30 Strength Training RH 8:30 Gents & A Cuppa Joe CB 8:30 Tai Chi & Qi Gong RH 9:15 Body Mind Nutrition RH 11:00 Astrology RH 1:00 Needlers Club RH 1:00 Intermediate Spanish RSVP Z 3:00 Dementia Family Caregiver Support AL 4:00 THANKSGIVING DINNER RSVP (48 max)	**Friday, Nov 20** RH 9:00 Tai Chi Z 9:00 Strength for Longevity RSVP RH 9:00 Improve Your Bridge Game RH 10:00 Genealogy RH 1:00 Canasta RH 1:00 Mah Jongg Z 1:00 Imagery & Poetry **Saturday, November 21** BC 9:00 Tai Chi RSVP BC 10:00 Chair Yoga RSVP
23 RH 9:30 French Club AL 9:30 Zumba Gold H 10:00 Balance and Stretch AL 11:00 Line Dancing RH 12:30 Duplicate Bridge	**24** PC 7:30 Strength Training AL 9:00 Men's Fitness RH 9:00 ESL RH 9:30 Ladies & A Cuppa Tea RH 10:30 ¡Lotería! AL 11:15 Yoga Stretch & Flow AL 12:30 Access Bars RSVP GC 1:30 Time for Tap RSVP RH 3:00 Soul Collage RSVP	**25** RH 9:00 Sound Bowl Meditation RH 10:00 Chair Yoga RH 1:00 Music with Ric RH 1:00 Tech Today RSVP RH 3:00 Friendship & Support Group RSVP	**26**  (OFFICE CLOSED)	**27** (OFFICE CLOSED) 
30 RH 9:30 French Club AL 9:30 Zumba Gold H 10:00 Balance and Stretch AL 11:00 Line Dancing RH 12:30 Duplicate Bridge	AL American Legion (1291 Madrona ALve, St. Helena) BC Brannan Center (1407 3rd Street, Calistoga) CG Carnegie Building (1360 Oak Avenue, St. Helena) CC Calistoga Community Ctr (1307 Washington) GC Grace Church (1314 Spring Street, St. Helena) H Hybrid (Online & at RHHianda House) PC Presbyterian Church (1428 Spring St., St. Helena) RH RHianda House (1475 Main Street, St. Helena) Z ZOOM (online) * See Event Description for Location			

RIANDA HOUSE
1475 Main Street, St. Helena, **riandahouse.org**

RSVP to
(707) 963-8555 x 101

(red indicates change of time or special event)

Special Events

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



Classes in English and Spanish!

Amistad y Apoyo

Mentis, Jorge Zepeda

martes, 17 de nov, 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**

Friendship and Support Group

Mentis, Cassidy Spatz

Wednesday, Nov. 25, 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**

Fall Prevention Class

Alfredo Alcantar

ESPAÑOL: Tues, Nov. 3, 10:30-11:30, Rianda House

Esta presentación introduce la misión de Share the Care de apoyar a los adultos mayores y a las personas con discapacidades para que mantengan su salud e independencia. También destaca los programas que ofrece Share the Care, como las evaluaciones gratuitas de seguridad en el hogar y su centro de donación de equipo médico. La presentación brinda consejos prácticos para prevenir caídas, mantenerse seguros en casa y prepararse para situaciones de emergencia.

ENGLISH: Tues, Nov. 3, 1:00-2:00, Rianda House

This presentation introduces Share the Care's mission to support older adults and people with disabilities in maintaining health and independence. It highlights the programs offered by Share the Care such as its free home safety assessments and medical equipment donation center. The presentation provides practical guidance for preventing falls, staying safe in your home, and preparing for emergencies.

Baking with Beth

Beth Brown

Wednesday, November 18, 1:00-3:00
Rianda House

Pumpkin Spice Chocolate Chip Scones! Get in the Fall spirit with us when we bake these delicious treats full of the flavors of the season. Everyone takes some home, too!

RSVP 6 people maximum



(photo courtesy of thepioneerwoman.com)

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

American Legion, St. Helena

Veterans Day Memorial

Wednesday, November 11, 11:00 a.m.
St. Helena Cemetery
American Legion Plot

- **Prayer** of gratitude and remembrance
- **Ringing of the Bells** to honor the end of World War I and the service of all military personnel
- **Laying of the Wreath** symbolizing respect, gratitude, and remembrance for all who have served in the U.S. Armed Forces
- **Playing of Taps**



SoulCollage® Workshop

Anne House

Tuesday, November 24, 3:00-4:30
Rianda House



If Autumn were a voice within you what would it be whispering? In November we move toward winter, prepare for harvest Feasts and remember all that has been planted, grown to fruition this year. We notice the leaves of the trees changing color, growing brown and falling to the ground. What has let go in our lives? What are we grateful for?

Come spend a cozy afternoon creating a small collage using your inner wisdom. We will use our imagination and intuition to create a unique and meaningful 5X7 card. Images to spark your creativity are available in addition to scissors, glue and camaraderie. Not an artist? No problem! Anyone can do this activity! You will be amazed at your own wise insights. You will experience a short guided imagery, time to journal, make your card and interpret it through an exercise developed by Seena Frost, LMFT.

Sharing your experience with others can be as fulfilling as making the card! **RSVP 6 people maximum.**

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

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, November 4, 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 (no class 11/26) 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 11/19 OR 11/26)
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 (no class 11/26) 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 (no class 11/27) 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 11/19) 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 (no class 11/11) 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.

Dementia Family Caregiver's Support
Thurs, Nov 5, Rianda House & Thurs, Nov 19, 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. To enroll, contact: Melissa Gerard, Providence Adult Day Health, 707-815-6258; melissa.gerard@providence.org

Duplicate Bridge George Pugh
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 11/10)
Basic English vocabulary & conversational practice.

Los martes, 9:00-10:15, Rianda House (no clase 11/10)
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, November 6 & 20, 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 (no class 11/26) 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, November 20, 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 (no class 11/27) Barry Brown
Fridays, 9:00-11:00 Rianda House (note new time)
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.

¡Lotería! Micaela Parra
Tuesday, November 24, 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 (no class 11/27) 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 18 max (no class 11/11) Veronna Ladd
Wednesday, November 4, 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.

Men's Fitness (note new time) Evan Massaro
Tuesdays, 9:00-10:00, 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 (no class 11/27) 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
Monday, November 2 & 16, 1:00-2:00, Rianda House
Share ideas on local & world events in a respectful setting.



Classes & Activities

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

Peace of Kate Happy Hour Kate Jessup
Wednesday, November 4 & 18 , 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, November 10, 7:00-9:00, Rianda House
Each month, an individual chooses a book, leads discussion & provides refreshments. **WAIT LIST**

Artes y manúalidades simples RSVP Elena Mendez
Martes, 10 de octubre, 10:30-12:30, Rianda House
Crea proyectos con materiales de la naturaleza en un ambiente relajado y social.

Sound Bowl Meditation (no class 11/11) Kaylee Hardin
Wednesdays, 9:00-9:45, Rianda House
Relax & refresh your body & mind with breathing, meditation, & crystal singing bowls.

Advanced Beginner Spanish RSVP Lorraine Ruston
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.

Intermediate Spanish RSVP Lorraine Ruston
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.

Advanced Spanish. RSVP (no class 11/11) Lorraine Ruston
Wednesdays, 2:00-3:30, August 12-November 18, Rianda Hous
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.

Strength for Longevity RSVP (no class 11/27) 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.

Strength Training. RSVP TO GET ON WAITLIST (no class 11/26) Kathy Carrick
Tuesdays & Thursdays, 7:30-8:30am, Presbyterian Church
Enhance muscle strength & tone. An excellent workout! All levels welcome. (Class full)

String Band Music: Back in Touch! Glenn Smith & Ann Carr
Thursday, November 12, 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.

Tai Chi Joseph Nase
Fridays, 9:00-10:00, Rianda House - NEW LOCATION
Tai Chi combines gentle movements, meditation, & controlled breathing.

Tai Chi & Qi Gong Joseph Nase
Thursdays, 8:30-9:30, Carnegie Building 1360 Oak Avenue - NEW LOCATION
Boost energy & well-being with breathwork, meditation, & gentle movement for body, mind, & spirit.

Tech Today RSVP (no class 11/11) Marshall Cox
Wednesday, November 25, 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 RSVP Dolly Grupalo
Tuesdays, 1:30-2:15, Grace Church, 1314 Spring Street
Learn basic tap steps while dancing to broadway show tunes and patriotic music. Forget your troubles - come on in and get Tap Happy!

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 11/19, 26) Becky Jo Peterson
Mondays & Thursdays, 9:30-10:30, American Legion Hall
Get your heart pumping while improving balance, stamina & toning important muscles.

Calistoga Vine Trail Walk RSVP Julie Spencer & Bobbie Casey
Friday, November 6, 9:00-10:30, Calistoga Community Center
Enjoy an easy-paced stroll through downtown Calistoga and south along the scenic Napa Valley Vine Trail to Dunaweal Lane. This out-and-back route features beautiful open spaces and lovely mountain views. Approx. 2.5 miles

Lunch & Learn RSVP
Rianda House, UpValley Family Center, Parks & Recreation
Wednesday, Nov 18, 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. Join us this month for a traditional Thanksgiving meal, community and friendship.



Tai Chi RSVP Diana Latorre
Saturday, November 7 & 21, 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, November 7 & 21, 10:00-11:00, Brannan Center
Join a chair-based class to breathe, stretch, & reset your body &

RIANDA HOUSE

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

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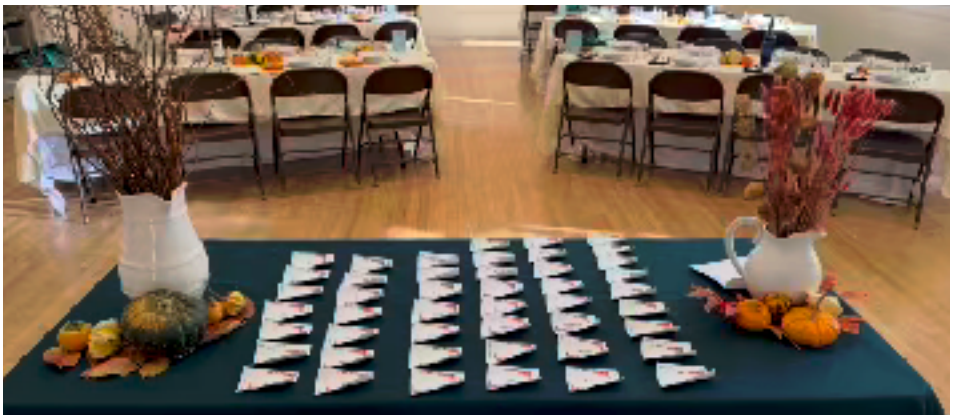


Rianda House Bridge

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Help Us Serve UpValley Seniors! riandahouse.org/support/

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





Thanksgiving Dinner

A huge thank-you to Becky Jo Peterson for organizing this event!

Thursday November 19, 4:00-6:00

American Legion Hall, 1291 Madrona

You're invited to a Rianda house community dinner where we eat, laugh, and give thanks as friends and neighbors. It's the perfect opportunity to relax and catch up over a wonderful meal. **St. Helena Soroptimist** has kindly covered the cost of the meal and the **UpValley Women's Club** is providing pies. **Yum Yum!**

48 MAXIMUM RSVP EARLY! (707) 963-8555

