


RIANDA HOUSE ~ CALENDAR OF ACTIVITIES ~ FEBRUARY 2012

1475 MAIN STREET, ST. HELENA ~ MONDAY THRU FRIDAY 9:00AM-4:00PM ~ www.riandahouse.org (707) 963-8555

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Lunch Bunch</u> Enjoy a nutritious meal in a social setting Monday, Tuesday & Friday -- Reservations required -- Call Meals on Wheels before 2 pm the day prior to your meal (707) 253-6111</p>	<p>FEBRUARY IS HEALTHY HEART MONTH</p> 	<p>1 <i>Coffee & Papers all day</i> 9:30 French Club</p> <p><u>Legal Aid Clinic: 9 am - noon</u> 1 hr. session with an Attorney Call ahead to make appointment</p>	<p>2 <i>Coffee & Papers all day</i> 7:30 Strength Training—Presby. Church 10:00 Solstice Creative Writing Group 1:00 Dominos 1:00 Canasta & Board Games 1:00 Needlers & Fiber Arts Club</p> <p><u>NV Hospice & Adult Day Services:</u> Caregiver Consultations: 10 – Noon 1 hr. sessions with Social Worker Call ahead to make appointment</p>	<p>3 <i>Coffee & Papers all day</i> 9:30 Healthier Living-Session 3 of 6 11:10 SIT & Be Fit - Gentle Exercise 12:00 Lunch Bunch 1:00 Pinochle 1:00 Mah Jongg 1 - 3 Current Events</p>
<p>6 <i>Coffee & Papers all day</i> 9:30 Expressive Arts 9:30 Nia: Soulful Exercise 12:00 Lunch Bunch 12:45 Duplicate Bridge 1:30 Aspects of Spirituality 4 - 6 Great Decisions #2 of 8</p>	<p>7 <i>Coffee & Papers all day</i> 7:30 Strength Training—Presby. Church 9:30 Creative Arts Club 10:00 Computer 101-B&G Club/last class 10:00 Amistad y Apoyo 12:00 Lunch Bunch 4 - 6 Great Decisions #2 of 8</p> <p><u>NV Youth Advocacy Center presents</u> Cell Phone 101 4 – 5 pm How to use your cell phone and iphone!</p>	<p>8 <i>Coffee & Papers all day</i> 9:30 French Club</p> <p><u>Stone Bridges of Napa County</u> Jay Green of the Heritage Fund 3:00 - 4:30 pm</p>	<p>9 <i>Coffee & Papers all day</i> 7:30 Strength Training—Presby. Church 10:00 Solstice Creative Writing Group 1:00 Dominos 1:00 Canasta & Board Games 1:00 Needlers & Fiber Arts Club</p>	<p>10 <i>Coffee & Papers all day</i> 9:30 Healthier Living-Session 4 of 6 11:10 SIT & Be Fit - Gentle Exercise 12:00 Lunch Bunch 1:00 Pinochle 1:00 Mah Jongg 1 - 3 Current Events</p> <p>~ Le Jazz Hot ~ A White Barn Event - 8 pm A Benefit for Rianda House</p>
<p>13 <i>Coffee & Papers all day</i> 9:30 Expressive Arts 9:30 Nia: Soulful Exercise 12:00 Lunch Bunch 12:45 Duplicate Bridge 1:30 Aspects of Spirituality 4 - 6 Great Decisions #3 of 8</p>	<p>14 <i>Coffee & Papers all day</i> 7:30 Strength Training—Presby. Church 9:30 Creative Arts Club 10:00 Amistad y Apoyo 12:00 Lunch Bunch 1 - 4 HICAP: 1 hr. appts. 2nd & 4th 4 - 6 Great Decisions #3 of 8 7:30 2nd Tuesday Book Club</p>	<p>15 <i>Coffee & Papers all day</i> 9:30 French Club</p> <p>Flip to the back of the calendar for sign-up requirements, fees and activity & event details</p>	<p>16 <i>Coffee & Papers all day</i> 7:30 Strength Training—Presby. Church 10:00 Solstice Creative Writing Group</p> <p>Closed for a Private Event Noon – 4:00 pm</p>	<p>17 <i>Coffee & Papers all day</i> 9:30 Healthier Living-Session 5 of 6 11:10 SIT & Be Fit – Gentle Exercise 12:00 Lunch Bunch 1:00 Pinochle 1:00 Mah Jongg 1 - 3 Current Events</p>
<p>20</p> <p>Rianda House Closed in honor of</p> <p>PRESIDENT'S DAY</p>	<p>21 <i>Coffee & Papers all day</i> 7:30 Strength Training—Presby. Church 9:30 Creative Arts Club 10:00 Amistad y Apoyo 12:00 Lunch Bunch 4 - 6 Great Decisions #4 of 8</p>	<p>22 <i>Coffee & Papers all day</i> 9:30 French Club</p> <p><u>Food & Mind Noon – 2pm</u> Nutritious cooking class & interactive Brain Fitness activities</p> <p>Author N. Robert Winters presents: Rumors About My Father & Other Stories 3:00 – 4:30 pm</p>	<p>23 <i>Coffee & Papers all day</i> 7:30 Strength Training—Presby. Church 10:00 Solstice Creative Writing Group 1:00 Dominos 1:00 Canasta & Board Games 1:00 Needlers & Fiber Arts Club</p>	<p>24 <i>Coffee & Papers all day</i> 9:30 Healthier Living-Session 6 of 6 11:10 SIT & Be Fit – Gentle Exercise 12:00 Lunch Bunch: Happy Birthday Day 1:00 Pinochle 1:00 Mah Jongg 1 - 3 Current Events</p>
<p>27 <i>Coffee & Papers all day</i> 9:30 Expressive Arts 9:30 Nia: Soulful Exercise 12:00 Lunch Bunch 12:45 Duplicate Bridge 1:30 Aspects of Spirituality 4 - 6 Great Decisions #5 of 8</p>	<p>28 <i>Coffee & Papers all day</i> 7:30 Strength Training—Presby. Church 9:30 Creative Arts Club 10:00 Amistad y Apoyo 12:00 Lunch Bunch 1 - 4 HICAP: 1 hr. appts. 2nd & 4th 4 - 6 Great Decisions #5 of 8</p>	<p>29 <i>Coffee & Papers all day</i> 9:30 French Club</p> <p>Rianda House Health & Wellness series starts next month! Keep Wednesday afternoons free March – April from 3 – 4:30 pm</p>	<p>Our Mission: To provide seniors with an environment that stimulates minds, strengthens bodies and promotes independent living through education, recreation and social involvement. Rianda House Senior Activity Center is a private 501(c)(3) Non Profit organization funded by generous donations & grants. Donations are tax deductible and support our cost of operations & programming.</p>	

Save the Date: A White Barn event to Benefit Rianda House: EUPHONIA March 24th 8 pm

Classes: Storytelling Series – Mondays, March 12th – April 16th 10:30 am – Noon // AARP Safe Driving Course – Tuesdays, April 17th and 24th 1 – 5 pm (both days are required)

Wellness: St. Helena Hospital's Complementary Health Screening – Thurs., March 8th 10 am – Noon // Rianda House Health & Wellness Series: Wednesdays, 3 – 4:30pm in March & April

~ LE JAZZ HOT ~ Parisian Café Music of the 20's & 30's

A White Barn Event - February 10th 8 pm

The White Barn opens its season with a jazz performance of San Francisco's Le Jazz Hot. The band's "gypsy jazz" evokes the 1930's and the smoky jazz clubs of Paris, or the refined lounges of the Ritz. Tickets: \$30 For location details & to purchase tickets call: 251-8715

The proceeds of this event will benefit Rianda House Senior Activity Center

Weekly Exercise Classes: Drop-ins welcome! A \$5 per class donation is appreciated and helps support the cost of our exercise programs.

- **Nia:** a mind, body & spirit celebration - combines dance, martial arts, and healing arts. Beginning level w/ Catherine Schmidt. Mon. 9:30 – 10:30 am
- **SIT and BE FIT:** Easy-does-it chair exercises with a light hearted attitude. Beginning level with Joan Comendant. Fridays 11:10am – Noon
- **Strength Training for Seniors:** Enhance muscle strength & tone – all levels welcome. Kathy Carrick, Tues & Thurs. 7:30 – 8:30 am at Presbyterian Church

Weekly Activities: Drop-ins welcome! A suggested \$3 donation per class helps supports our cost of programming.

- **Creative Arts Club:** Expressive arts in a supportive environment - work at your own pace – all mediums and abilities welcome. Tues. 9:30 – 12:00pm
- **Expressive Arts:** Explore your creative side in a supportive setting. Great for beginners! We have materials to get you started. Mondays 9:30 – 12:00pm
- **Board Games: Canasta** (Thursdays 1:00 – 3:30 pm) **Dominos** (Thursdays 1 – 3:30 pm) **Pinochle** (Fridays 1 – 4pm) **Mah Jongg** (Fridays 1 – 4pm)
- **Duplicate Bridge:** Mondays from 12:45 – 4 pm. Call ahead to make your reservation: Martha 967-8050
- **French Club:** Exploring the nuances of the French language & culture. All levels of ability welcome. Wednesdays 9:30-11:00 am
- **Needlers & Fiber Arts Club:** A casual, encouraging, fun & helpful handicraft circle. Some materials available. All levels welcome! Thurs. 1:00 pm – 3:00

Brain Fitness: For more details on this activity or general questions about Brain Fitness call Rebekah Weeman of NV Adult Day & Hospice: 258 9087 x232

Food & Mind – Delight your mind and body! 4th Wednesday of each month: February 25, Noon – 2:00 pm RSVP appreciated!

Learn tasty tips on how to prepare easy & nutritious meals in a fun "low tech" cooking demo while enjoying a fun, social and interactive brain work out with playful brain games. Bring a good appetite - a full meal will be served. Material fee: \$5 Sponsored by Bob Nations & NV Hospice & Adult Day Services.

En Español:

Amistad y Apoyo (Friendship & Support) Hay un grupo de personas que hablan español que se reúnen para platica sobre temas acerca de la salud física y emocional. Es una manera para ofrecer apoyo y amistad a cada uno. Cada martes del las 10 a las 12 Preguntas? Llamar a Revallee Hemken: 963-8356

Book Clubs and Meetings: New comers welcome!

2nd Tuesday Book Club: Offered the 2nd Tuesday of each month at 7:30 pm – 8:30 pm. Call Dianne for featured book information: 963-7329

Rianda House Vineyard Group: New members welcome! Call Mike for meeting dates, instructional events and work dates: 963-2928

Friends of Rianda House: Events Planning Meeting: New members welcome! Call Elaine for information about events and meeting schedule: 963-4171

Short Term classes and workshops: Class open to curious minds of all ages!

Aspects of Spirituality: Explore the great questions of life with Theresa Meyer. 8 weekly classes, Mon. 1:30 – 3:00pm: Jan. 23rd - Mar. 19th Session Fee: \$40

Solstice Creative Writing Group: Concentrating on poetry & short stories. Bring 15 copies of your work to be shared and critiqued. We are serious, honest and constructive about our work, and have lots of FUN! Thursdays from 10 – Noon. 13 sessions: Jan. 5 – Mar. 29 \$5 donation per class is appreciated.

Current Events with Henry: a safe, lively and nonjudgmental current events discussion group. Weekly class on Friday 1 – 3:00, 1/6 – 6/8/12. Session Fee: \$60

Cell Phone 101 – Hands on tips and instruction on how to use your cell phone & iphone: One day workshop - Tuesday, February 7th 4:00 – 5:00 pm.

Bring in your phone and team up one-on-one with a tech savvy tutor from the Napa Valley Youth Advocacy Center to learn basic functions of your personal phone such as how to find the "on" button, navigate features, practice making calls, save numbers to your contact list, find saved numbers + more. This is a no cost workshop thanks to this local group of high school students and youth leader Tom Amato. Space is limited to 5. **Call to Pre-register before Feb. 2nd**

Great Decisions Seminars – Mondays, January 30th – March 19th 4:00 – 6:00 pm + 2nd session Tuesdays, January 31st – March 20th 4:00 – 6:00 pm

John Wilson facilitates a 8-week seminar using the 'Great Decisions 2012 Briefing Book' published by the Foreign Policy Assoc. Participants are empowered to discuss global issues that shape US foreign policy while learning to participate in foreign policy decision-making process. Each week focuses on a different topic. Attendance limited to 25. **Sorry both sessions now full** A \$5 per session donation is suggested and helps support our Centers programs & operation cost.

Art & Lectures: Kindly RSVP by calling or dropping by. No Cost – Donations appreciated.

The Stone Bridges of Napa County – Wednesday, February 8th 3:00 pm

Join Jay Green, a Napa Valley Heritage Fund member, for a discussion about the artistic collection that captures the glory of the 9 stone bridges in our county on display at Rianda House. Learn how the Heritage Fund commissioned local artists (including photographs by Ron Reid) in the 1990's to create memorable artistic interpretations of these century old bridges that are both workday structures and works of art them themselves. Light refreshment provided.

Rumors About My Father and Other Stories – a look at story telling. Wednesday, February 22nd, 3:00 – 4:30 pm

Join N. Robert (Bob) Winters as he discusses "Rumors", the first of three published books. This former high school history teacher believes the past comes alive through the telling of tales. Bob will share his desire to tell stories and will do short readings from his books. Author Ken Klein writes "Bob has a great story telling ability and a wonderful way of expressing it though his characters. A book signing and light refreshments included.

Wellness Series: Some activities & services below require an appointment or RSVP prior to the day of the activity - see details below.

Legal Aid Clinic: free counseling sessions with an Attorney – Wednesday, January 4th One hour appointments between 9:00 am – Noon

Meet with a Napa Valley Legal Aid Attorney for a private and confidential consultation Appointments must be pre-scheduled **CALL: Legal Aid of NV: 259-0579**

Caregiver Consultations with Napa Valley Hospice & Adult Day Services – 1st Thursday of each month. February, 2nd 10:00 am —noon

Meet with Michelle Negrete, Medical Social Worker, for 1 hour private and confidential individual, or family, consultations. Discuss concerns and questions, receive emotional support, gain guidance about memory loss, loss of independence, driving, challenges of caregiving and connect with local support resources. Care receiver, caregivers, family and friends all welcome! Appointments are free and must be pre-scheduled: CALL Michelle at NVHADS 707-258-9087 ex. 321

HICAP offers free one hour counseling sessions with a Medicare benefits & Insurance specialist – 2nd & 4th Tues. Appointments btwn. 1:00 – 4:00pm.

Receive one-on-one guidance in a one hour private consultation from a trained Counselor in the Medicare and MediCal systems. Counselors do not recommend, endorse or sell private health insurance plans. Appointments must be pre-scheduled **CALL: HICAP 1-800-434-0222**

Healthier Living – A FREE Chronic Disease Self-Management Workshop – 6 week program on Fridays 9:30 – noon from January 20 – February 24th

This award winning program was developed by Stanford Univ. to help people better manage chronic health conditions to live a happier and healthier life. Who should attend? Anyone with an ongoing health condition, family or friends, or anyone interested in becoming more physically & socially active. Space is still available for you join this workshop – **call Rianda House to sign up and reserve your spot today!** Provided by the Area Agency on Aging at no cost.