

RIANDA HOUSE ~ CALENDAR OF ACTIVITIES ~ JANUARY 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>2 <i>Coffee & Papers all day</i></p> <p>9:30 Expressive Arts</p> <p>9:30 Nia: Soulful Exercise</p> <p>12:00 Lunch Bunch on holiday</p> <p>12:45 Duplicate Bridge</p>	<p>3 <i>Coffee & Papers all day</i></p> <p>7:30 Strength Training—Presby. Church</p> <p>9:30 Creative Arts Club</p> <p>10:00 Amistad y Apoyo</p> <p>12:00 Lunch Bunch</p>	<p>4 <i>Coffee & Papers all day</i></p> <p>9:30 French Club</p> <p><u>Legal Aid Clinic: 9 am - noon</u> 1 hr. session with an Attorney <i>Call ahead to make appointment</i></p>	<p>5 <i>Coffee & Papers all day</i></p> <p>7:30 Strength Training—Presby. Church</p> <p>10:00 Solstice Creative Writing Group</p> <p>1:00 Dominos</p> <p>1:00 Canasta & Board Games</p> <p>1:00 Needlers & Fiber Arts Club</p> <p><u>NV Adult Day Services presents:</u> Support for the Care Giver A discussion group for family caregivers with tips and strategies ~ 10 am – Noon</p>	<p>6 <i>Coffee & Papers all day</i></p> <p>11:10 SIT & BE FIT - Gentle Exercise</p> <p>12:00 Lunch Bunch</p> <p>1:00 Pinochle</p> <p>1:00 Mah Jongg</p> <p>1—3 Current Events</p>
<p>9 <i>Coffee & Papers all day</i></p> <p>9:30 Expressive Arts</p> <p>9:30 Nia: Soulful Exercise</p> <p>12:00 Lunch Bunch</p> <p>12:45 Duplicate Bridge</p>	<p>10 <i>Coffee & Papers all day</i></p> <p>7:30 Strength Training—Presby. Church</p> <p>9:30 Creative Arts Club</p> <p>10:00 Amistad y Apoyo</p> <p>12:00 Lunch Bunch</p> <p>1 – 4 HICAP: 1 hr. appts. 2nd & 4th</p> <p>7:30 2nd Tuesday Book Club</p> <p><u>Computer 101: 10 – noon / 4 sessions</u> Pre-reg. ~ class at Boys & Girls Club</p>	<p>11 <i>Coffee & Papers all day</i></p> <p>9:30 French Club</p> <p><i>Flip to the back of the calendar for sign-up requirements, fees and activity & event details</i></p>	<p>12 <i>Coffee & Papers all day</i></p> <p>7:30 Strength Training—Presby. Church</p> <p>10:00 Solstice Creative Writing Group</p> <p>1:00 Dominos</p> <p>1:00 Canasta & Board Games</p> <p>1:00 Needlers & Fiber Arts Club</p> <p><u>St Helena Hospital presents:</u> Complementary Health Screening 10 am – Noon</p>	<p>13 <i>Coffee & Papers all day</i></p> <p>11:10 SIT & BE FIT - Gentle Exercise</p> <p>12:00 Lunch Bunch</p> <p>1:00 Pinochle</p> <p>1:00 Mah Jongg</p> <p>1—3 Current Events</p>
<p>16 <i>Coffee & Papers all day</i></p> <p>Martin Luther King Jr. Day</p> <p>9:30 Expressive Arts</p> <p>9:30 Nia: Soulful Exercise</p> <p>12:00 Lunch Bunch on holiday</p> <p>12:45 Duplicate Bridge</p>	<p>17 <i>Coffee & Papers all day</i></p> <p>7:30 Strength Training—Presby. Church</p> <p>9:30 Creative Arts Club</p> <p>10:00 Amistad y Apoyo</p> <p>10:00 Computer 101 – Boys & Girls Club</p> <p>12:00 Lunch Bunch</p>	<p>18 <i>Coffee & Papers all day</i></p> <p>9:30 French Club</p> <p><u>Documentary Film: 'Bag It'</u> 3:00 – 5:00pm Hosted by Carol Poole</p>	<p>19 <i>Coffee & Papers all day</i></p> <p>7:30 Strength Training—Presby. Church</p> <p>10:00 Solstice Creative Writing Group</p> <p>1:00 Dominos</p> <p>1:00 Canasta & Board Games</p> <p>1:00 Needlers & Fiber Arts Club</p>	<p>20 <i>Coffee & Papers all day</i></p> <p><u>Area on Aging presents</u> Healthier Living ~ 9:30 – noon A Chronic Disease Self-Management series from Stanford Univ. / 6 sessions / RSVP</p> <p>11:10 SIT & BE FIT - Gentle Exercise</p> <p>12:00 Lunch Bunch</p> <p>1:00 Pinochle & Mah Jongg</p> <p>1—3 Current Events</p>
<p>23 <i>Coffee & Papers all day</i></p> <p>9:30 Expressive Arts</p> <p>9:30 Nia: Soulful Exercise</p> <p>12:00 Lunch Bunch</p> <p>12:45 Duplicate Bridge</p> <p>1:30 Aspects of Spirituality</p> <p><u>Great Decisions Seminar</u> Preview & Meeting 4:00 – 5:00</p>	<p>24 <i>Coffee & Papers all day</i></p> <p>7:30 Strength Training—Presby. Church</p> <p>9:30 Creative Arts Club</p> <p>10:00 Amistad y Apoyo</p> <p>10:00 Computer 101 – Boys & Girls Club</p> <p>12:00 Lunch Bunch</p> <p>1 – 4 HICAP: 1 hr. appts. 2nd & 4th</p>	<p>25 <i>Coffee & Papers all day</i></p> <p>9:30 French Club</p> <p><u>Food & Mind Noon – 2 pm</u> Fun cooking class & interactive Brain Fitness activities – RSVP!</p> <p><u>Travel Log with Kathy Carrick</u> Ancient Kingdoms of South East Asia 3- 4:30 pm</p>	<p>26 <i>Coffee & Papers all day</i></p> <p>7:30 Strength Training—Presby. Church</p> <p>10:00 Solstice Creative Writing Group</p> <p>1:00 Dominos</p> <p>1:00 Canasta & Board Games</p> <p>1:00 Needlers & Fiber Arts Club</p>	<p>27 <i>Coffee & Papers all day</i></p> <p>9:30 Healthier Living – session 2 of 6</p> <p>11:10 SIT & BE FIT - Gentle Exercise</p> <p>12:00 Lunch Bunch</p> <p>1:00 Pinochle</p> <p>1:00 Mah Jongg</p> <p>1—3 Current Events</p>
<p>30 <i>Coffee & Papers all day</i></p> <p>9:30 Expressive Arts</p> <p>9:30 Nia: Soulful Exercise</p> <p>12:00 Lunch Bunch</p> <p>12:45 Duplicate Bridge</p> <p>1:30 Aspects of Spirituality</p> <p>4 -6 Great Decisions #1 of 8</p>	<p>31 <i>Coffee & Papers all day</i></p> <p>7:30 Strength Training—Presby. Church</p> <p>9:30 Creative Arts Club</p> <p>10:00 Amistad y Apoyo</p> <p>10:00 Computer 101 – Boys & Girls Club</p> <p>12:00 Lunch Bunch</p>	<p>Happy New Year! <i>May 2012 be a healthy, peaceful & joyful year for all</i></p>	<p>Rianda House Senior Activity Center A nonprofit organization funded by generous donations & grants. Your donations of any size are appreciated and support our Mission: <i>to provide seniors with an environment that stimulates minds, strengthens bodies and promotes independent living through education, recreation and social involvement.</i></p>	<p>Lunch Bunch 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>

Save the Date: Arts & Lectures: Stone Bridges of Napa County with Jay Greene of the Heritage Society: Wednesday, February 8th 3:00 – 4:30 pm

Wellness: Healthy Minds Health Aging –local resources & supportive services for older adults – *caregivers & professionals welcome*: Wed. Feb. 1st 5 – 6 pm

Caregiver Consultations: NV Adult Day Services provides free monthly 1 hr. counseling sessions 1st Thursday of each month - beginning February 2nd 9 – 11 am ~ *Call for appts.*

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.

- **Board Games: Dominos** (Thursdays 1 – 3:30 pm) **Pinochle** (Fridays 1 – 4pm) **Mah Jongg** (Fridays 1 – 4pm) **Canasta:** Thursdays 1:00 – 3:30 pm
- **Creative Arts Club:** Expressive arts in a supportive environment - work at your own pace – all mediums and abilities welcome. Tues. 9:30 am – 12:00pm
- **Duplicate Bridge:** Mondays from 12:45 – 4 pm. Call ahead to make your reservation: Martha 967-8050
- **Expressive Arts:** Explore your creative expression through art – Beginning and intermediate level. Mondays 9:30 am – 12:00pm
- **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: January 25, Noon – 2:00 pm RSVP appreciated!

Our nutritious Cooking Class "Let's Eat" joins the Brain Fitness class once a month - every 4th Wednesday. 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 complete with playful brain games. Bring a good appetite - a full meal will be served. Material fee: \$5 Sponsored by Bob Nations & Napa Valley 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: Class open to curious minds of all ages!

Aspects of Spirituality: Explore the great questions of life with Theresa Meyer – weekly class runs Jan. 23rd - Mar. 19th Mon. 1:30 – 3:00 Session Fee: \$60

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, nonjudgmental current events discussion group – weekly class runs Jan. 6 – June 8. Fridays 1 – 3:00 Session Fee: \$60

Computer 101 –Get Connected! Email & Internet searching for beginners: 4 sessions on Tuesdays, Jan. 10th – 31st 10:00 am – 12:00 pm. This beginning class requires basic mousing skills. Jennifer Baker, Director of St. Helena Library, is your teacher and the computer lab at *The Boys & Girls Club's* (1420 Tainter Street) is your classroom. Rianda House is thankful to team up with these generous community members again! No cost / class limited to 10 / pre-reg. required.

Great Decisions is back - The longest-running civic education program in the US devoted to foreign affairs comes to Rianda House once again! We are most honored to welcome back John Wilson, professional economist whose career spans finance, academics & government for over 25 years. John facilitates a 8-week using the 'Great Decisions 2012 Briefing Book' published by the Foreign Policy Assoc. and empowers participants to discuss global issues about topics that shape US foreign policy while learning to participate in foreign policy decision-making process. Each week focuses on a different topic.

◆ **Preview & Introduction Session – Mon. Jan. 23rd 4:00 – 5:00 pm.** No commitment to attend this meeting. Register at this session for the 8 week seminar.

◆ **Great Decisions Seminar – Mondays, January 30th – March 19th 4:00 – 6:00 pm** Weekly 8-week program. *Pre registration is required* with \$20 payment to cover cost of work book. A \$5 donation, per session, is appreciated & helps support Rianda House cost of operations. Attendance is limited to 25.

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

Bag It – an award-winning, touching and funny film – Wednesday, January 18th 3:00 – 5:00 Co-sponsored by M. Carlisle, C. Poole & NV CanDo.

Embark on a global tour to unravel the complexities of our plastic world. What starts as a film about plastic bags evolves into a wholesale investigation into plastic and its effect on our waterways, oceans and our bodies. See how our crazy-for-plastic world has finally caught up to us & what we can do about it.

Ancient Kingdoms: Thailand, Laos, Vietnam, and Cambodia – Wednesday, January 25th, 3:00 – 5:00 pm

Discover the allure of Southeast Asia's most diverse yet culturally rich countries. These countries are not wealthy, but their people are appealing, well-educated, and friendly. See ancient temples, ceremonies and fascinating daily life of Southeast Asian people. Kathy Carrick will show you both the beauty of these lands as well as discuss the Vietnamese War and horrible regime of the Khmer Rouge and Pol Pot. Light refreshment will be served. RSVP.

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**

Self Care for the Caregiver – A discussion group for family caregivers: Thursday, January 5th 10:00 am –noon

Join Michelle Negrete, MSW, for light refreshments and discussions how to make your experience as a care giver and care partner flow smoothly and enjoyably as possible. Care receiver, caregivers, family and friends all welcome! No cost. RSVP. Note: 2/2/12 features 1-on-1 appointments with Michelle – call for details

Complimentary Health Screening – Thursday, January 12th from 10:00 am – Noon Offered Bi-Monthly in 2012! March, May, July, September & November **St. Helena Hospital** provides this on-site testing for: total cholesterol, HDL, blood sugar; bone density and blood pressure. No appointment or fasting required.

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. Provided by the Area Agency on Aging at no cost. Space is limited: minimum participation must be 12, and no more than 25 – **call to sign up and reserve your spot today!**