

# RIANDA HOUSE ~ CALENDAR OF ACTIVITIES ~ AUGUST 2010

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> Coffee &amp; Papers all day</p> <p>9:30 Expressive Arts 9:30 Nia – Playful Aerobic Exercise 12:00 Lunch Bunch 12:30 Duplicate Bridge</p>	<p><b>3</b> Coffee &amp; Papers all day</p> <p>9:30 Creative Arts 10:00 Loteria – Spanish Bingo 11:00 Spanish Club 12:00 Lunch Bunch 2:00 Rianda Writers Club – every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday</p>	<p><b>4</b> Coffee &amp; Papers all day</p> <p>9:30 French Club 11:15 Explore Tai Chi Noon Maintain Your Brain (7 of 8)</p>	<p><b>5</b> Coffee &amp; Papers all day</p> <p>10:00 Summer Creative Writing Group 1:00 Dominos 1:00 Board Games / Juegos de Mesa 1:30 Needle Crafts: <i>Needlers Club / Artesania con hilado</i> 3:15 Friends of Rianda House meeting</p>	<p><b>6</b> Coffee &amp; Papers all day</p> <p>11:15 SIT &amp; BE FIT – Gentle Exercise 12:00 Lunch Bunch 12:15 Health Brief with Taylor AAOA 1:00 Pinochle and Mah Jongg</p>
<p><b>9</b> Coffee &amp; Papers all day</p> <p>9:30 Expressive Arts 9:30 Nia – Playful Aerobic Exercise 12:00 Lunch Bunch 12:30 Duplicate Bridge</p>	<p><b>10</b> Coffee &amp; Papers all day</p> <p>9:30 Creative Arts 10:00 Loteria – Spanish Bingo 11:00 Spanish Club 12:00 Lunch Bunch 7:00 2<sup>nd</sup> Tuesday Book Club</p>	<p><b>11</b> Coffee &amp; Papers all day</p> <p>9:30 French Club 11:15 Explore Tai Chi Noon Maintain Your Brain (8 of 8)</p>	<p><b>12</b> Coffee &amp; Papers all day</p> <p>10:00 Summer Creative Writing Group - last session 1:00 Dominos 1:00 Board Games / Juegos de Mesa 1:30 Needle Crafts: <i>Needlers Club / Artesania con hilado</i></p>	<p><b>13</b> Coffee &amp; Papers all day</p> <p>11:15 SIT &amp; BE FIT – Gentle Exercise 12:00 Lunch Bunch 1:00 Pinochle and Mah Jongg</p>
<p><b>16</b> Coffee &amp; Papers all day</p> <p>9:30 Expressive Arts 9:30 Nia – Playful Aerobic Exercise 12:00 Lunch Bunch 12:30 Duplicate Bridge</p>	<p><b>17</b> Coffee &amp; Papers all day</p> <p>9:30 Creative Arts 10:00 Loteria – Spanish Bingo 11:00 Spanish Club 12:00 Lunch Bunch 2:00 Rianda Writers Club 1<sup>st</sup> &amp; 3<sup>rd</sup></p> <p><i>How to protect yourself from Elder Abuse &amp; Scams</i> 1:00 – 2:00 pm with Richard Hechler</p>	<p><b>18</b> Coffee &amp; Papers all day</p> <p>9:30 French Club 11:15 Explore Tai Chi Maintain Your Brain – call center for schedule</p>	<p><b>19</b> Coffee &amp; Papers all day</p> <p>1:00 Dominos 1:00 Board Games / Juegos de Mesa 1:30 Needle Crafts: <i>Needlers Club / Artesania con hilado</i></p>	<p><b>20</b> Coffee &amp; Papers all day</p> <p>11:15 SIT &amp; BE FIT – Gentle Exercise 12:00 Lunch Bunch 1:00 Pinochle and Mah Jongg</p>
<p><b>23</b> Coffee &amp; Papers all day</p> <p>9:30 Expressive Arts 9:30 Nia – Playful Aerobic Exercise 12:00 Lunch Bunch 12:30 Duplicate Bridge</p>	<p><b>24</b> Coffee &amp; Papers all day</p> <p>9:30 Creative Arts 10:00 Loteria – Spanish Bingo 11:00 Spanish Club 12:00 Lunch Bunch</p>	<p><b>25</b> Coffee &amp; Papers all day</p> <p>9:30 French Club 11:15 Explore Tai Chi Maintain Your Brain – call center for schedule</p> <p>Arts &amp; Lectures: 4:00 – 5:30 pm Phoebe Ellsworth <i>The life of an Artist &amp; Publisher</i></p>	<p><b>26</b> Coffee &amp; Papers all day</p> <p>1:00 Dominos 1:00 Board Games / Juegos de Mesa 1:30 Needle Crafts: <i>Needlers Club / Artesania con hilado</i></p>	<p><b>27</b> Coffee &amp; Papers all day</p> <p>11:15 SIT &amp; BE FIT – Gentle Exercise 12:00 Lunch Bunch 1:00 Pinochle and Mah Jongg</p> <p>Dinner with Chef Delio Cuneo 6:00 pm ~ Tickets required</p>
<p><b>30</b> Coffee &amp; Papers all day</p> <p>9:30 Expressive Arts 9:30 Nia – Playful Aerobic Exercise 12:00 Lunch Bunch 12:30 Duplicate Bridge</p>	<p><b>31</b> Coffee &amp; Papers all day</p> <p>9:30 Creative Arts 10:00 Loteria – Spanish Bingo 11:00 Spanish Club 12:00 Lunch Bunch</p>	<p><b>Lunch Bunch</b></p> <p>Enjoy a nutritious meal in a friendly social setting Monday, Tuesday and Friday -- Reservations required – Call Meals on Wheels by 2 pm before the day of your meal (707) 253-6111</p>	<p>Rianda House Senior Activity Center is a 501 (c)(3) Non-profit organization funded solely by donations and grants. Your donations are much appreciated and help support the centers goal to provide life enhancing activities at little, or no, cost to older adults in our up valley communities.</p>	<p> <b>Rianda House activities help you stay fit in Mind, Body and Soul</b></p>

**What's happening in September:** Buffett Brunch: "Joes' Special" A San Francisco Favorite! – Sunday, September 19<sup>th</sup> 11 am – 1 pm Tickets: \$20 / \$25 at the door.

**Classes:** Aspects of Spirituality – begins Wed. Sept. 8<sup>th</sup> 1:00 – 2:30 // Current Events – begins Friday Sept. 10<sup>th</sup> 1:00 – 3:00 pm **Wellness:** Health Screening – Thurs. Sept. 9<sup>th</sup> 10 – noon

**Wellness:** AARP Safe Driving Class – Sat. Sept. 11<sup>th</sup> 8:30 am – 5 pm (call center to register & fee info.) // Recognize the 10 Signs of Alzheimer's disease - Thurs. Sept. 30<sup>th</sup> 4 – 6 pm

## Dinner with Chef Delio Cuneo ~ Friday August 27th, 6:00 pm

Remember Chef Delio's famous Lasagna served at Green Valley? Chef serves this local favorite once again as a Fundraiser for Rianda House.

Dinner includes: lasagna salad, garlic bread and Tira Misu! Beverage tickets included.

Seating is limited and tickets are required so be sure to get your tickets early as we expect to sell out.

Admission: \$25.00 Tickets available at Rianda House Monday – Friday 9am – 4pm For more info: 963-8555

**Napa Valley College:** Weekly, non-credit classes with in-class enrollment & no fees. All classes held at Rianda House. Bring your curiosity!

**Creative Arts:** Explore your creative expression through art – Beginning and intermediate level. Mondays 9:30 am – 12:00pm / Class offered year round

**Aspects of Spirituality:** Summer break – will begin Wednesday September 8<sup>th</sup> 1:00 – 2:30 pm

**Current Events:** Summer break – Fall session begins Friday, September 10<sup>th</sup> 1:00 – 3:00 pm

**Book Clubs and Meetings:** New comers welcome!

**2nd Tuesday Book Club:** Tuesday, July 13, 7 pm – 8:30 pm. Call Dianne for featured book information: 963-7329

**Vineyard Restoration Meeting:** Call Mike for info: 963-2928

**Friends of Rianda House:** Thursday, August 5<sup>th</sup> 3:15 pm. Planning session for future fundraisers

**Brain Fitness:** Check out this fun, new class brain fitness class – includes a tasty lunch and tips on healthy food to support brain fitness!

**Maintain Your Brain: a 8 week workshop and tasty lunch to promote memory enhancement.** Weds. August 5<sup>th</sup> and 12<sup>th</sup>. Noon to 2 pm Cost: \$20 per class

Join Rebekah Weeman, brain fitness specialist of NV Adult Day, for this playful, social and interactive weekly class to exercise your brain. Give your brain a work out each week as you learn about mental aerobics, brain dominance, five senses, humor, brain food nutrition & strategies for memory improvement.

This work shop will be repeated – please call the center for the starting date of the next scheduled workshop: 963-8555.

**Weekly Activities:** No pre-registration required – Drop-ins welcome! Activities provided at no cost unless noted.

➤ **Creative Arts Club:** Expressive arts in a supportive environment - work at your own pace – all mediums welcome. Tues. 9:30 am – 12:00pm

➤ **Canasta:** Remember how much you used to love playing this game?? Beginners welcome! Saturdays 10 am – noon

➤ **Duplicate Bridge:** Mondays from 12:30 – 4 pm. Call ahead to make your reservation: Ann 963-5150 or Martha 967-8050

➤ **Drop in Board Games:** Drop by Thursday afternoons between 1:00 and 4pm. Bring your favorites to share like Chess, Poker and Canasta - Puzzles Too!

➤ **Juegos de Mesa:** Traigan sus materiales y todos son bien venidos. Los jueves de 1:30 a 3:00. Preguntas? Llamar a Cuca Martin: 963-4208

➤ **Scheduled Board Games: Dominos** (Thursdays 1 – 3:30 pm) and **Pinochle** (Fridays 1 – 4pm) and **Mah Jongg** (Fridays 1 – 4pm) All levels welcome!

➤ **Needlers Club:** A casual and encouraging knitting circle. Bring your own materials. All levels welcome! Thursdays 1:30 pm – 3:00 pm

➤ **Artesania con hilado:** Es casual y facil de aprender y nos ayudamos los unos con otros. Traigan sus materiaes y todos son bien venidos. Los juevens 1:30 a 3:00 Preguntas? Llamar a Cuca Martin: 963-4208

➤ **French Club:** Exploring the nuances of the French language & culture. All levels of ability welcome. Wednesdays 9:30-11:00 am

➤ **Spanish Club:** Conversational Spanish – practice speaking Spanish. All levels of speaking ability welcome. Info: Lorraine Ruston: 963-4208 Tues. 11 – Noon

➤ **El Club del espanol en Rianda House** - Nos aprendemos del uno al otro! Los martes 11 a 12. Preguntas? Llamar Lorraine Ruston: 963-4208

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

➤ **Nia – a fun aerobic exercise:** combines elements of dance, martial arts, and healing arts. Beginning level w/ Catherine Schmidt. Mon. 9:30 – 10:30 am

➤ **Explore Tai Chi:** Join Joan Comendant for this follow along class - All levels welcome! Wednesdays 11:15 am – Noon.

➤ **SIT and BE FIT:** Easy-does-it chair exercises with a light hearted attitude. Beginning level with Joan Comendant. Fridays 11:30am – Noon

**Short term classes, activities and services:** Pre-registration required on each of these classes – call or drop by center for details.

**Rianda Writers Club - writers inspire writers! 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays 2 - 4** with Ana Mainwaring. A place for writers to share their work for both enjoyment and critique. An informal forum for writers to discuss ideas, writing craft, resources, publications, challenges and successes with writing and revision.

**Summer Creative Writing Group:** Class will run from June 3<sup>th</sup> to Aug. 12<sup>th</sup> every Thursday from 10 – Noon. Read your poetry, fiction, memoir and/or essay. Helpful writer observations so be sure to bring copies of your work for group to read & comment on. George Stratton will facilitate.

**Arts & Lectures:** Seating is limited - kindly RSVP by calling or dropping by. No Cost – Donations welcome. Open to curious minds of all ages!

**Phoebe Ellsworth – The life of an Artist and Publisher. Wednesday August 25<sup>th</sup> 4:00 – 5:30 pm**

Phoebe has been an artist all her life. She started when she was a child and has drawn, painted, taught art to children and exhibited throughout the Napa Valley for 40 years. Her artwork is sure to bring a smile to your face and make you happy! Come for a casual chat to learn more about the life of this well known, and very accomplished, local artist and new book publisher of "Eating in St. Helena".

**Wellness Series:** Next Health Screening: Thursday, September 9<sup>th</sup> 10 am – noon

**Elder Abuse & Scams – How to protect yourself! Tuesday, August 17<sup>th</sup> 1:00 pm – 2:00 pm .**

Avoid becoming a victim by learning about the latest scams, common abuses, and other dilemmas that face elders. This 1-hour class will focus on issues of identity theft, common scams, as well as touch on such areas as Adult Protective Services, consent, and undue influence. Presented by Richard Hechler, the former Head of the Elder Abuse Unit in San Francisco and USF adjunct professor of Elder Abuse and Exploitation.

**Health Briefs:** –These 15 minute health & nutritional briefs are offered only once a month during one of the Lunch Bunch meals. Something different each month! Presented by Taylor Clanton, Area Agency on Aging, Health Education Specialist. This month it is offered: Tuesday, March 2, at 12:15 pm

**Rianda House Lunch Bunch (aka Congregate Lunch) Reservations required** – call before 2pm the day before the lunch (M – F) 707-253-6111

Meals and Wheels /Senior Nutrition of Napa Valley offer a nutritious warm meal 3 days a week. This popular congregate (social) lunch is hosted by Rianda House and available Monday, Tuesdays and Fridays. Cost: \$2.00 donation suggested for 60+ and \$5.50 if under 60.