

# LUNCH & LEARN IN CALISTOGA

*A Bilingual Series*

## UpValley Seniors are invited

the 3rd Wednesday of the Month from 11:00 am to 1:30 pm  
to the Calistoga Community Center - 1307 Washington Avenue

### Monthly meetings include:



*A lively educational activity*



*A healthy lunch (RSVP to Rianda House 963-8555 ext. 101)*

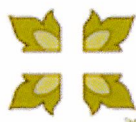


*A senior resource in Napa County*

### Upcoming topics:

- June: 19      **Summer Party– Picnic in the Park**
- July: 17      **California Telephone Access Program**  
Led by Victoria Harling
- August: 21    **Cal Fresh/Smart Food Programs**  
Led by Norma Lisenko, MPH
- September: 18 **Presentation with CANV**  
Led by Lisa DeRose

Co-sponsored by Rianda House Senior Activity Center, St. Helena Hospital,  
UpValley Family Centers and Calistoga Recreation Services



ST. HELENA HOSPITAL  
NAPA VALLEY

Adventist Health

