

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:

January 15: **Better Balance with Brazilian Rhythms** – led by Anna Gottreich

February 19: **California Telephone Access Program** - led by Contessa Bunn, Field Operations Specialist

March 18 : **Community Action of Napa Valley (CAN-V)** Lisa De Rose-Hernandez, Senior Nutrition Program Director

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



ST. HELENA HOSPITAL
NAPA VALLEY

— Adventist Health

