



Well Connected

CREATING COMMUNITY



SPRING & SUMMER 2022 PROGRAM GUIDE

May 1 – August 31



(877) 797-7299

connections@frontporch.net

wellconnectedprogram.org

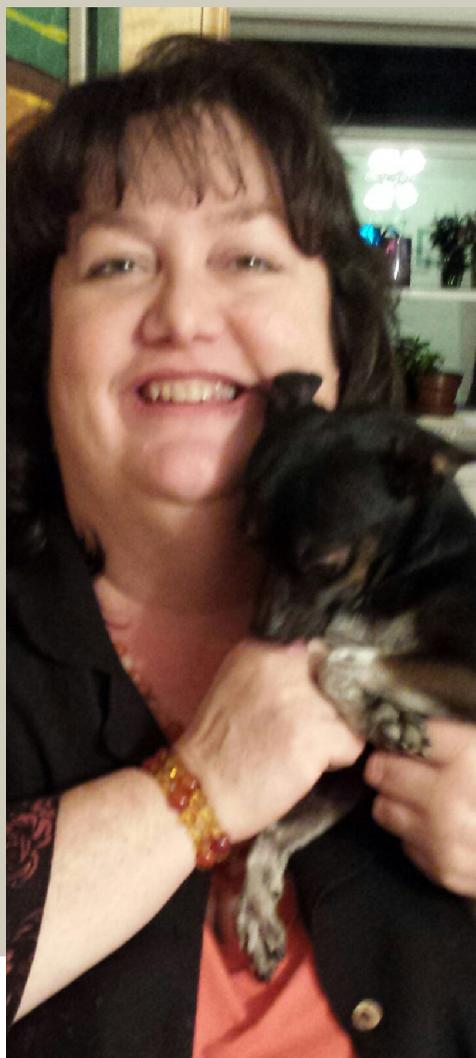
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“As we all linger in the Covid world we must remember how important touch and connection are, some of the very reasons that this program was founded! Inspired by real-life hugs from a best friend who lives far away, we created a virtual hug each time we talk, that I also use at the end of my Pet Tales group, which I’ve been hosting for more than a decade now.

Give it a try:

Stretch your arms straight out in front of you, then wiggle your fingers to wake them up, wrap your arms around your torso and SQUEEZE so you feel a nice tight hug, and know that someone is thinking about you.”

Anne
Facilitator, Pet Tales

Welcome to the Well Connected Community

Well Connected is a **phone** and **online** community of more than 3,500 members across 49 states, offering education, friendly conversation, and a variety of discussion and support groups to older adults, all from the comfort of home. Our community consists of participants, staff, facilitators, presenters, and other volunteers who care about each other, and who value being connected to engaging content, and to each other. Well Connected members can play a game, learn a language, write a poem, go on a virtual tour, meditate, share a gratitude, get support, and most importantly, connect and engage with others every day across the country. **All groups are accessible by phone or on online.** Well Connected is a Front Porch Community Engagement Program and is free of charge to all participants and available to adults over the age of 60.

About Front Porch

Front Porch is a not-for-profit system that supports 53 communities, 7,500 residents, and more than 10,000 participants in programs and services nationwide. Learn more at frontporch.net.

Front Porch has a mission to inspire and build community, cultivating meaningful relationships and experiences that respond creatively to changing needs.

A Word About Inclusion



We welcome participants from a variety of backgrounds, beliefs, opinions, living situations, and abilities. Many of our participants are low-vision or blind. Many are dealing with health concerns, chronic or disabling conditions or other issues. Please be sensitive, and mindful of the diversity in our community.

Spring & Summer program guide and schedule

LEGEND



Handout/Visuals: A group that includes a handout. To receive a handout, you must register in advance by filling out the Group Registration Form, calling the office, or emailing us.



Registration Required: A group that you have to sign up for in advance. To register, fill out the Group Registration Form, call the office, or email us.



New: A new Well Connected group

How It Works

1

Enroll in the program

- You can enroll and participate at any time throughout the session. You only need to enroll in Well Connected once.
-

2

Browse the materials and find groups that interest you

- There is no limit to the number of groups you may join.
 - Check your Participant Calendar for group times in your time zone, and for information about how to join.
-

3

Join Groups

You can join by phone or online.



Join by Phone

- **All** groups can be joined by telephone using a toll-free number from an unblocked number.
 - To join a group, call the program line, and when prompted, enter the two-digit code listed on the Participant Calendar.
-



Join Online

- **All** groups can be joined online with a device that connects to the Internet.
- Register for groups in advance, and you will get an email the morning of the group (check your spam folder!) with a personal link to join.
- Click [this link](#) in your email.
- Allow the system to access your microphone and speakers.
- Click the Join Group button to enter the meeting.
- If you need tech help, contact us and we can send you more detailed instructions, or walk you through how it works.

How It Works



Handouts and Call-ins

- You must register for groups to receive handouts or call-ins.
 - If U.S. Mail is your mailing preference, handouts will be mailed to you.
 - If Email is your mailing preference, handouts will be attached to the email invite you receive.
 - If you need help getting into groups, we can call you! Call the office to request a call-in to any group.
-



Group Registration and Limited Space Groups

- You only need to sign up in advance for groups that require registration. These include:
 - Getting called-into groups
 - Joining groups online
 - Receiving handouts in the mail
 - Some groups may have limited space. If a group is full, you will receive a message that the group is now closed.
-

Call or email the office to get started, or if you have any questions.
(877) 797-7299 | connections@frontporch.net

Well Connected is accessible to low vision and blind participants. Materials are available in large print, Braille, and audio.

Program Guidelines

For mutual enjoyment and respectfulness, registered participants agree to the following. Violation may be grounds for dismissal from the program.

Confidentiality

- Never share private information in groups, including your phone number.
- Only enrolled participants have access to activity codes. Please do not share these codes.
- The opinions expressed by facilitators and participants are their own and do not necessarily reflect the views of Well Connected or Front Porch.
- Groups may be recorded with notification for quality assurance.
- Well Connected will not share your personal information with anyone without your consent.

Phone/Online Etiquette

- Join from a quiet environment. Turn off your TV or radio.
- Join on time.
- Consider using a wired headset for the best audio quality.
- Be prepared to share your first name before speaking.
- Mute yourself when not speaking to avoid background noise that may distract the group (press the MUTE button on your phone or *1).
- If you are joining online:
 - Test your speakers and audio before joining.
 - Use your mobile/tablet in landscape mode.
 - Mute yourself with the microphone icon/button.
 - If you are having trouble, please do not disrupt the group.

Group Etiquette

- Allow the Facilitator to guide and direct the flow of the group.
- Everyone's opinion is valued and must be respected.
- Allow every member to participate and be heard.
- Do not interrupt or monopolize the conversation.
- Religious proselytizing or offering medical advice is prohibited.
- Arguing with, or making hurtful or disrespectful remarks to another member is forbidden.
- Life presents us with challenging issues, and we might not always agree. Be thoughtful when discussing sensitive topics.

Connection Team



Annette Balter
Program Manager
Well Connected



Karen Miller
Program Manager
Social Call



Amber Carroll
Senior Director
Connection Programs



Casey O'Neill
Associate Director
Social Call



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Well Connected Español



Michelle Haines
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Social Call



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Temporary Administrative
Coordinator
Connection Programs



Emma Marquez
Administrative Assistant
Connection Programs



Katie Wade
Senior Director
Creative Engagement

Champions

Four Score and Plenty!

Who wants to live to be a hundred? The number of centenarians in the United States, though small, increased by almost 70% between 2010 and 2020, and this trend is expected to continue, as the first Baby Boomers turn 100 in 2046. At no point in human history has society been so diverse in terms of age, and we need to consider more than ever the meaning of growing older, and upend the notion of age segregation.

This session, we champion our oldest members, with 5% of our active participants over the age of 90, and our oldest participant at 102! What amazing changes they have seen since the roaring twenties! To what do they attribute their longevity? How do they feel about the future? If you'd like to talk about all of this, and more, join our new group, Living it Up at 90+ (you don't have to be 90 to join the conversation!).



“Every morning I wake up and remember that yesterday is gone, tomorrow isn't here yet, today is a gift because it's the present!”

— Jackie, 102
Participant



“Look for the good in life, where there is hope keep going, and do something positive every day.”

— Myrtle, 98
Participant

Champions



“People don’t believe my mind can be good, you have to have a sense of humor, and get to know your own body at this age.”

— Anne, 96
Facilitator and Participant



“I saw this on a hospital bulletin board in Berwyn, IL where I had a private duty case in the 1950’s. It has been a theme for my life. “Happiness is a passage, not a destination.”

I also learned from a High School Biology teacher named Miss Trowbridge, “There is so much good in the worst of us, and so much bad in the best of us, that it hardly behooves any of us to talk about the rest of us.”

— Barbara, 94
Facilitator and Participant



““The best is yet to come,” said the poet Robert Browning. Keep on keeping on, participating, and staying well connected!”

— Rita, 94
Facilitator and Participant

Advocacy

Activists R Us!

Wednesdays, 5/4 – 8/31

Democracy needs three things to thrive: voting, the political act, and information. Your voice is heard during elections by casting your vote, otherwise your voice is heard by committing a political act. We will talk about political acts, when and why we've committed a political act, what leads up to our decision, what sources of information influenced our decision, how did we feel before, during, and after the act, did we get results or not? We will listen to each other, encourage each other, and learn from each other. Democracy is a numbers game - majority rules - add your voice to the total.

Facilitated by Samantha Smith

Climate Change: Education and Advocacy Action

Tuesdays, 5/3 - 6/21

Learn about the impact of climate change throughout the world, and feel empowered to advocate to prevent environmental catastrophe. We will learn about some of the major organizations fighting climate change, and how to participate with them in their advocacy efforts. As always, participants will be supported and encouraged to take their own actions, and share with each other about their actions.

Facilitated by Linda Adair and Patt Schroeder, Program Specialist, Front Porch



Easter Island

5/23

Explore Rapa Nui, a UNESCO world heritage site, with hundreds of gigantic Moai statues scattered all over this remote and spellbinding island.

Presented by Joya Chatterjee

Historical Hawaii

6/6

Let's travel to the island of Oahu and experience some of the rich history of our 50th state. Aloha!

Presented by Robin Steis

Nashville, TN

6/13

Visit Music City with two music lovers, who will share their love of music and musicians, as well as places to visit in the country capital of Tennessee.

Presented by Alfred and Elaine Shea

Summer in Scandinavia

6/20

Our journey begins in Stockholm, Sweden. After a quick trip through the city we will visit the small island of Djurgarden, with its historic buildings, museums, and a Viking Ship that sank over 300 years ago. Then on to Norway and the Fjords, travelling by boat along long narrow passages that were carved by glaciers during the last Ice Age.

Presented by Melissa Benitez



Japanese Tea Garden

6/27

Take a walk through the peaceful garden in San Francisco's Golden Gate Park, the oldest public Japanese garden in the US. Stroll among the ponds, sculptures, plants and structures, all of which are designed to slow us down in order to appreciate our interconnectedness to nature.

Presented by Mark Thoma

CA Road Trip

7/11

Take a California road trip to see art in Paso Robles, and the beautiful Monterey peninsula, with a stop in Los Angeles along the way.

Presented by Ellen Kaufman

Oaxaca and San Miguel de Allende

7/18

Visit two spectacularly lovely and culturally significant colonial cities in south central Mexico. The ancient Zapotec capital of Monte Alban near Oaxaca provides a fascinating link to life in Mexico before Europeans arrived. Mexico's desire for independence from Spain began in San Miguel in 1810, and that city is also known for its Dia de los Muertos celebrations.

Presented by Catherine Coleman

Lounging Beachside in San José del Cabo

7/25

Sometimes we need to take a real break and just chill out and relax. Join us for 10 days of resort living on the southern tip of Mexico's Baja Peninsula. We'll relive our days filled with sunshine, fruity drinks, fine food, and excellent company.

Presented by Amber Carroll and Mike Jaszewski



The Azores – Pico and Faial

8/1

Nestled in the heart of the North Atlantic Ocean, the Azores mark the westernmost boundary of Europe. The Azores are an autonomous region of Portugal, an archipelago composed of nine volcanic islands that were settled sporadically over a span of two centuries. As a result, the culture, cuisine and traditions vary considerably. We will visit two of these islands, Faial and Pico, and explore the unspoiled nature and traditional way of life.

Presented by Sue Willson

Croatia

8/8

Did you know that there is only one UNESCO World Heritage site that is still inhabited? It's the Diocletian Palace that is the center of life in beautiful Split, Croatia. Journey to this amazing country that is still under the travel radar....but not for long!

Presented by Don and Monica Berkman



“For someone with no computer, it’s been a blessing to participate by phone. I find the groups to be helpful and inspiring. I get to expand my mind without leaving home!”

Ann
Participant



Second Act

7/11

We will explore artworks created by those coming to art later in life, after making a career or life shift, or resurrecting a love of art from childhood. Artists' personal second act stories are connected to each artwork.

Presented by the Front Porch Gallery, CA, frontporchgallery.org

Johannes Vermeer

7/18

Johannes Vermeer was an artist of his day (17th Century). We will look at his life and times, literally, through the windows of his paintings, as we discuss Vermeer and his influence. We will also follow the progress of his fellow Dutch explorers and traders.

Presented by Dave Williams

Weird and Wacky Works of Art

7/25

Artists' creative genius often borders on the eccentric. By breaking with societal norms, they can release their inner selves, creating works that are utterly unique. This amusing presentation will include works of fine art that are considered by some, to not only be unique, but also weird and wacky! Channel your imagination and sense of humor for this hour of art.

Presented by Kit Keane

Love & Contemporary Art

8/1

Often we say we care about a situation, person, or place, but what does that really mean? What does love look like from an artist's perspective? We will learn about contemporary artists grappling with the notion of love in both their process and product.

Presented by Emma Nordin, Art21, NY, art21.org



Marc Chagall: “A Poet with the Wings of a Painter”

8/8

Enter with us into the mystical world of Marc Chagall, filled with the wonderful and miraculous. We will focus on the moving and varied art by the early modernist known for his rich dreamscapes rooted in his Russian-Jewish heritage. During his 75 years as an artist, Chagall called himself a dreamer who never woke up. We will explore his fanciful images of flying lovers, blue cows and green-faced fiddlers, and consider how his work differs from other well-known modernists.

Presented by Laura Davis

Max Beckmann and the Weimar Republic

8/15

After experiences on the front, German artist Max Beckmann developed new artistic themes dealing with the social breakdown and rapid changes during the final years of the Kaiserreich and the Weimar Republic. Moving away from historical paintings and traditional portraits, he entered a new phase of his career, exploring the lesser-known genre, Neue Sachlichkeit, or New Objectivity. We will focus on Beckmann’s mid-career as a way to discuss a unique period in German history—the years between the two World Wars.

Presented by Antonia Dapena-Tretter

Arts & Music

All Request 90

Thursdays, 5/5 – 8/25

A full ninety minutes playing the songs YOU want to hear. Join us and be prepared to request whatever song you like – from any musical era or style!

Facilitated by Buddy Weisman



Art Quilt or Collage

Saturdays, 5/21 – 6/18



REGISTRATION REQUIRED

Create an art quilt or painted collage, celebrating Georgia O’Keeffe’s abstract floral art. Using either fabric paint/markers, acrylic paints + Golden GAC 900 fabric, watercolor, or Crayola crayons (need white), you will learn dimensional construction techniques to embroider, collage and/or layer a floral abstract using fabric or canvas. Participants are responsible for providing 1 large empty cereal box, 12 x 12 piece of freezer paper or Reynold’s wrap, embroidery thread, personal embellishments and your choice of paints or crayons, brushes, 10 x 10 or 12 x 12 white canvas (optional) and adhesive. Facilitator will provide muslin, fabric for painting on, batting and leaves.

Limited numbers of quilting kits are generously provided by the facilitator, please only sign up if you can commit to completing this awesome project.

Facilitated by Gayle Wanamaker



Crazy Quilt Workshop III

Saturdays, 7/23 – 8/27

REGISTRATION REQUIRED

The theme is ‘autumn delights;’ we’ll build upon our quilting knowledge to create a fall harvest 12 x 12 crazy quilt. Pumpkins, acorns, and embroidered motifs will be complimented by yoyo’s, prairie points, hexies, Dresden flowers, rouching and lace. Participants are responsible for their own embroidery and sewing thread, needles, scissors. Facilitator will provide muslin, batting, quilt backing, embroidery motif patterns, wool accent pieces, autumn harvest patterns and silk.

Limited numbers of quilting kits are generously provided by the facilitator, please only sign up if you can commit to completing this awesome project.

Facilitated by Gayle Wanamaker



Creative Spark Workshop

Wednesdays, 5/18 – 6/1

Creativity has the power to lift our spirits, fuel our resilience, and bring us together. Using story-telling, collage, poetry, and drawing, we will create playful visual compositions that explore the concept of home, self, and connections. Basic supplies that are helpful include: blank paper, pencil, markers, watercolors. All are welcome, no art-making experience necessary.

Facilitated by Alexandra Bailliere, Instructor, Creative Spark, Front Porch

For the Love of Art

Mondays, 5/23 – 7/25

Learn about the art of acrylic. This interactive class will begin with the basics, and move into creative projects that you can enjoy from the comfort of your home. This class is for beginners, intermediate, and experts. We can learn from each other, have a good laugh, and meet new people as we go through this journey together. You will need Bristol paper OR any sized canvas, 1" flat brush, 2 round brushes #4 and #8, cup of water, pallet/plate, paper towels, paint in primary colors including black and white, and a big smile.

Facilitated by Sherry Barillas, MSW Intern, California State University, Fullerton

Knit or Crochet Together

Wednesdays, 5/4 – 8/31

People who knit or crochet, from beginners to experts, are invited to grab their needles, looms or hooks and join a group of friendly yarn workers to chat while we stitch away an hour. You can share what you are working on, give others tips on the challenges they have with a project, and enjoy learning from others. If you are interested, the facilitator can teach you how to loom knit, and all you will need is about \$20 in supplies to get started.

Facilitated by Neva Fairchild, American Foundation for the Blind, VA

Music's Memory Lane

Tuesdays, 5/3 – 8/30

We'll discuss a hit song, vintage television variety show, or a memorable musician in music history. From Big Band music to the Beatles, we'll dive into our recollections of concerts, lyricists, and pop culture. We will then hear musical requests and discuss.

Facilitated by Steve Maraccini

Poetry Workshop

Tuesdays, 5/3 – 7/26

Explore the craft of poetry as you embrace your own life experiences. Anyone who has ever wanted to write a poem, and poets who have been writing for years will learn how to express yourself in new ways, and inspire others in a creative, safe environment. Do not wait for inspiration; be the source of it with your own pen!

Facilitated by Linda Valenziano



Page to Stage: Play Reading and Performance

Saturdays, 6/11 – 7/30

We will read short scenes, monologues, classic writing, speeches and poetry. Did you know movies, stage plays, and musicals all start from somewhere like a novel, book or music? We'll explore the many ways the play is created from page to stage. Please attend regularly, as the group ends with a performance.

Facilitated by Gina Pandiani, MA, Director, Fringe of Marin, CA

Radio Theater

Thursdays, 5/5 – 6/9

Listen to fun, short plays that are enacted by Well Connected participants who rehearsed the plays last session. All are invited to enjoy the show!

Facilitated by Gina Pandiani, MA, Director, Fringe of Marin, CA

Writing Workshop

Sundays, 5/1 – 7/31

Join this peer group for supportive discussions, suggestions, and feedback about what you are writing. Get those creative juices flowing! Participants are invited to offer ideas for writing exercises.

Facilitated by Jerry Sexton, MFA, Published Author and Poet

Conversation

Across the Miles

Wednesday, 7/27

Join us across the miles as the Without Walls Network comes together to share stories and talk about life in our different locations throughout the United States and Canada.

Facilitated by Amber Carroll, Senior Director, Connection Programs, Front Porch

Angels in Our Lives

Wednesday, 6/8

We will share stories of how real-life angels are around us, without us even knowing it. You might have experienced a difficult situation, and an unknown helper appeared when you most needed them. You are welcome to share your experiences.

Facilitated by Marion Mango

Ask the Attorney

Fridays, 5/6 – 8/27 (no group 6/17 & 6/24)

A retired California attorney with over 40 years of general legal practice, will answer general legal questions, and occasionally discuss an issue of general interest to the callers. You can call in to ask a legal question or send in a question to connections@frontporch.net which will be answered on the next call.

Facilitated by Gerald Richards, Esq., Contra Costa Senior Legal Services Board

Bird Talk

Saturdays, 5/7 – 8/27

Join fellow bird lovers for this informal group to share our admiration and memories of our diverse family of feathered friends.

Facilitated by Kaevalya Banks

Conversation

Coffee Break

Wednesdays, 5/4 – 8/31

Thursdays, 5/5 – 8/25

Fridays, 5/6 – 8/26

Sundays, 5/8 – 8/28

Grab a cup of coffee or tea and enjoy an opportunity to chat, tell a story, share a memory, catch up, and laugh, with the Well Connected community.

Facilitated by Andy Andersen (Wednesdays), Kathy Connelly (Fridays), Ricki Perlman (Thursdays and Sundays)

Conversations that Count

Tuesdays, 5/3 – 6/14

Connect while learning from the experiences and viewpoints of others. Oasis-trained volunteers conduct a peer-led discussion to connect adults with resources, information, and others that helps increase social engagement. Topics are interactive and open to all. Come chat and share on emotional, spiritual, social and physical health in a fun and interactive group setting. In partnership with Oasis.

Facilitated by Robin Steis, Oasis Volunteer, oasisnet.org



Cozy Corner

Saturdays, 6/18 – 7/23



Grab your favorite people and comfort cup filled with your favorite drink; coffee, tea or juice. We'll reminisce, listen to music, play games, read, tell stories, learn about each other and fun topics, and have a good time.

Memory care and caregivers, family and friends are welcome!

Facilitated by Gina Pandiani, MA

Conversation

Elder Salon

Thursdays, 5/5 – 7/7

Aging is a mystery. Average life-expectancy has grown dramatically in the last century. Now, we have an extra 20 to 30 years to face the challenges and rewards of getting older. Discuss the rigors, opportunities and surprises of this later phase of life. Together we will explore the traditional headwinds, the unexpected changes of aging, and the treasures that prevail. Come, discover what aging has wrought — elder wisdom in-the-making. This group is not prescriptive, it will spontaneously evolve, possibly with interactions, poetry, guests, and experiential reports.

Facilitated by David “Lucky” Goff, PhD and Patt Schroeder, Program Specialist, Front Porch

Growing an Elder Community

Mondays, 5/2 – 7/4

In community, we will discover what is beautiful about the latter stages of life, and how getting older, including as a disabled or homebound person, can contribute positively to our culture. This is an opportunity to experience what is noble about being human in the world.

Facilitated by David “Lucky” Goff, PhD

Gutsy Women

Wednesday, 5/11

We will hear readings from Chelsea and Hillary Clinton’s *The Book of Gutsy Women*, and other sources, as well as share our own stories.

Facilitated by Marion Mango

Conversation

His/Her Story

Fridays, 6/3 – 7/29

We will focus on diverse national and global leaders dedicated to the common good, who used many different methods to achieve their goals. We will learn about their lives and discuss their work and its impact on others. We will discuss Katharine Graham, Preston Singletary, Fannie Lou Hamer, Tom Shadyac, Thich Nhat Hanh, Maria Montessori, Wangari Maathai and Pablo Neruda. You will be invited to share your knowledge of these leaders and how you were personally influenced by them. We will also recognize lesser known leaders, and you will be invited to tell a story of a leader you know whose work served the common good.

Facilitated by Kathy Connelly and Nancy Walton-House

Inspiring Stories

Saturdays, 5/7 – 8/27

Today's world inundates us with bad news. Would you like to hear some good news and inspiration, or share some of your own? We'd love to have you do both. If you need more positivity in your life (and who doesn't?), you'll enjoy the tender nature of this group.

Facilitated by Nicolette Noyes

Keys to Joy

Saturdays & Sundays, 5/1 – 8/28

Each day we will take a topic from the fields of psychology, spirituality, or philosophy geared to increase our happiness. We come not as "experts" but as fellow seekers wishing to warm ourselves at each other's fires.

Facilitated by Lynn Millar



Living it Up at 90+

Wednesday, 5/4 – 8/31

Who wants to be ninety? Someone who is 89, no doubt! Join your 90+ facilitator, looking forward and back, while loving what is, and that's what you too might discover, at any age. You don't have to be 90 to join this group, but it helps! We will reflect on the many changes we've seen in the world, including our own attitudes, discuss the challenges and joys we've experienced, share ideas of positive aging, include some humor, journaling, and look forward to what life will bring next.

Facilitated by Rita Goldhor

Conversation

LGBTQ Chat

Wednesdays, 5/11, 5/25, 6/8, 6/22, 7/13, 7/27, 8/10, 8/24

This group is intended for participants who identify as LGBTQ, and is an opportunity to connect with others socially in a supportive environment, where participants can share individual and collective experiences. We will create an inclusive place to share our stories with each other and build a sense of community.

Facilitated by Kay George

Life Story Workshop

Wednesdays, 5/4 – 7/6

What did you get in trouble for when you were young? What's the greatest historical event you live through? We will guide you through sharing and preserving your life stories through facilitated new, engaging prompt questions every week. You will hear the amazing life experiences of your community members, while having the opportunity to share some stories of your own.

Facilitated by Vita Story Club, vitastoryclub.org



May Day Celebrations

Sunday, 5/1

What May Day memories do you have? It's long been a favorite holiday for facilitator Deb. How can we instill the beauty of spring for future generations?

Facilitated by Deb Bocar Levine, RN, PhD

Newcomers Welcome

Mondays, 5/9, 5/23, 6/13, 6/27, 7/11, 7/25, 8/8, 8/22

Are you confused about how to start "connecting" with Well Connected? We will guide you through the process of making that first phone call or how to join online. Learn about what those icons mean in the catalog, or how to take a turn to talk. No question is too silly or simple!

Facilitated by Donna Mossholder

Conversation

Pet Tales

Saturdays, 5/14 – 8/6

Share stories about your animal companions, past or present, with others who also appreciate furry, feathered, and gilled friends.

Facilitated by Anne Sanabria and her dogs, Freddie and Stevie

Pet Therapy

Wednesdays, 5/4 – 8/31

Join us for a virtual pet visit! Meet a variety of animals, from dogs and cats, to chickens donkeys and goats, and interact with volunteers from all over the country.

Presented by Jennifer Bashford, Executive Director, Pets Together & Volunteers with their Pets, petstogether.org

Science Café

Tuesdays, 5/3, 6/7, 7/5, 8/2

We will discuss thought-provoking ideas from science and technology! Each week will start with an introduction to a concept from science or technology, followed by a discussion about its implications for society, or our view of the world. All are welcome – no science background required. Bring your curiosity and imagination!

Facilitated by Amanda Duncan

State of Well Connected

Mondays, 5/16, 8/8

Join us to learn more about new and exciting changes afoot in the world of Well Connected and Front Porch. This forum also provides a safe space to hear from YOU! What are your favorite groups, what would you like more of? How can we continue to improve the program?

Facilitated by Amber Carroll, Senior Director, Connection Programs, Front Porch

Where Were You When?

Saturdays, 5/28 – 8/27

Don't you love thinking back to the good 'ole times when life wasn't so busy and confusing? Join us for some reminiscing as we ask: "Where were you when...?"

Facilitated by Janice Rooker

Fun & Games



Bingo

Saturdays, 5/28 – 8/27

Bingo? On the telephone? You bet! Join us for the classic game of chance and a few variations. Please call the Well Connected office to request Bingo cards, including cards in Braille.

Facilitated by Janice Rooker



Chronology

Mondays, 5/9, 6/13, 7/11, 8/8

Test your knowledge of the order of things from the invention of the plastic spatula to the publication of Alice in Wonderland. Each group, you'll be challenged to place events in the order in which they occurred – using nothing but your brain!

Facilitated by Amber Carroll, Senior Director, Connection Programs, Front Porch

Joke-A-Thon

Wednesday, 7/13

Are the lines in your face getting longer and deeper, how about creating some new laugh lines! Bring a clean joke, listeners welcome.

Facilitated by Marion Mango



Laugh Break

Saturday, 5/7 – 8/27

Get your daily dose of laughter! Just call in, listen, and laugh at jokes that are read aloud. Then go about the rest of your day, recharged.

Facilitated by Elantra V.

Fun & Games

Mystery Melody

Saturdays, 5/7 – 7/9

The mystery melody theme this session is the world around us, with guide words to get you started. Come with a list of songs related to the following: the sky - moon, stars, clouds, rain (5/7); the sea - sand, boats, water, rocks, fish (5/14); the land - mountain, hills, valleys, woods (5/21); plants - trees, flowers (5/28); living creatures - birds, cows, cats (6/4); food and drink - coffee, cake, spoon (6/11); people - boy, woman, mother, friend (6/18); places - school, church, home, park (6/25); celebrating the U.S.A. - city names, state names, patriotic songs (7/2), and transportation - train, plane, cars (7/9).

Facilitated by Jan Knowles

Noggin Joggin'

Thursdays, 5/5 – 6/16, 7/14 – 8/25

Let's get those dendrites going and spice up our brains! We will have exercises that may not always be easy but will be a fun way of joggin' our noggins. We're sure to have a great time along the way.

Facilitated by Nicolette Noyes

Open Mic

Thursdays, 5/5 – 8/25

All are welcome to perform, big talent not required. Singing, spoken word, stand-up comedy, play an instrument, read a poem, or tell a (clean) joke! Enthusiastic spectators are also welcome.

Facilitated by Nicolette Noyes



Spit it Out!

Sundays, 5/8 – 7/31

Get silly as you answer easy questions that may turn difficult under pressure. We'll take turns answering and laugh together! Name 3 things that you have on the dining room table! Go! A flower vase, napkins ... Fluffy the cat! There are no wrong answers. As they say, laughter is the best medicine!

Facilitated by Mindy Bledsoe

Fun & Games

Tall Tales

Tuesdays, 5/3 – 8/30

Do you like to tell or listen to a good story? Join the Well Connected “Liars’ Club” and see if you can figure out which stories are true and which are fanciful fabrications.

Facilitated by Lynn Millar

Trivia

Tuesdays (Trivial Pursuit), 5/3 – 8/30

Tuesdays, 5/3 – 8/30

Sundays, 5/1 – 8/28

Knack for facts? Attempt a guess? Need some clues to get the answer? Join in for a fun time of miscellaneous trivia, entertainment and fun.

Facilitated by Sue Piecuch (Tuesday am), Sharon Schwartz (Sunday), and Elantra V. (Tuesday pm)



Ungame and Ungame II

Thursdays, 5/5 – 8/25

Fridays, 5/27, 6/24, 7/29, 8/26

Is it a game or isn't it? It is, and so much more! This unusual board game imparts communication, listening and connection skills via a wide variety of topics and questions: from thought-provoking and deep, to light-hearted and fun. The format allows for authentic expression, and getting to know your fellow players in a safe space. The more you participate in the rules of engagement, the more benefit you receive. Everyone walks away a winner!

Facilitated by Samantha Smith (Thursday) and Elantra V. (Thursday & Friday)



Watch Your Language!

Wednesdays, 5/25 – 6/15

Who or whom? Lay or lie? Whether you're a grammarphobe or a grammarphile, you'll enjoy this lighthearted exploration of the English language. I'll use as a reference the humorous book on grammar, *Woe is I* by Patricia T. O'Connor.

Facilitated by Terry Englehart

Good Reads



Animal Charm

Wednesday, 8/10

Hear fun poems about our animal friends from the works of Ogden Nash, Shel Silverstein, Jack Prelutsky, and others. Bring a poem to share. Listeners welcome.

Facilitated by Marion Mango

Book Club

Sundays, 5/15, 6/19, 7/17, 8/21

We will discuss *Benediction* by Kent Haruf, DB 77097 (May), *Belly* by Lisa Selin Davis (June), *Dancing At the Rascal Fair* by Ivan Doig DB 26646 (July) and *The Flight of the Maidens* by Jane Gardam (August). You have a whole month to read each book. Enjoy a rich conversation about memorable moments in the story, flashes of insight, favorite or least favorite characters, and more!

Facilitated by Julie Jones

Book Share

Saturdays, 5/7, 5/21, 6/4, 6/18, 7/2, 7/16, 8/6, 8/20

Book lovers unite! Call in to discuss and recommend some of your favorite books and authors with other book lovers.

Facilitated by Andy Andersen



Non-Fiction Book Club

Thursdays, 5/19, 6/16, 7/21

Come prepared to discuss your impressions of *Fierce Self-Compassion: How Women Can Harness Kindness to Speak Up, Claim their Power, and Thrive*, by Kristin Neff, PhD (May), *Breath: The New Science of a Lost Art* by James Nestor (June), and *Why We Sleep* by Matthew Walker (July).

Facilitated by Deb Bocar Levine, RN, PhD

Good Reads

Poetically Speaking

Wednesdays, 5/4 – 8/31

Poetry has been proven to inspire, challenge, console, inform, and help heal both the body and soul. Please join us to hear selections of celebrated and contemporary poems.

Facilitated by Greg Pond, Poet

Poetry

Sundays, 5/1 – 8/28

Share poetry that you have written or that you admire, and join in a lively discussion about the poems.

Facilitated by Anne Allen

Poetry Reading

Thursdays, 5/19, 6/16, 7/21, 8/18

Join Sally Love Saunders as she reads and discusses her original poetry. You will find her poetry to be enjoyable and easy to relate to.

Facilitated by Sally Love Saunders



Poet's Corner

Thursdays, 6/2 – 7/7

A place where our poets, new or already writers, gather to study well-known poets from around the world for inspiration and love of poetry. What makes a memorable poem like “Gather ye rosebuds while ye may” written in the sixteenth century? The actual poet's Corner is a quiet place, and a lovely lookout hidden in a small public space called Ina Coolbrith Park. Founded in 1911, the park is named after the 20th century poet, a prominent San Francisco writer who was the first Poet Laureate of California.

Facilitated by Joan Rosenberg

Good Reads

Story Time

Thursdays, 5/5 – 6/16, 7/14 – 8/25

Saturdays, 5/14, 5/28, 6/11, 6/25, 7/9, 7/23, 7/30, 8/13, 8/27

What are your favorite short stories? Have you read or written anything you'd like to read? We also read books in serial form each week. Anyone is welcome to participate....or you may prefer to just listen to the magic provided by others.

Facilitated by Pat Brunetti and Nicolette Noyes

Writers Read

Friday, 8/12

Well Connected writers read personal selections from the past session. Poetry, short stories, and more! Enjoy the many talents within the Well Connected community, or share your original work. To share your work, contact the office at (877) 797-7299.

Facilitated by Patt Schroeder, Program Specialist, Front Porch



**“Well Connected
Friendly voices on the phone
Help me feel so not alone”**

Mindy
Facilitator/Participant



New Tech Tools for Advanced Care Planning

5/24

When you can't speak for yourself, who will? If you have no designated person to speak on your behalf, then speak for yourself! Written living wills or advance directives can sometimes be misinterpreted or unclear. There are new methods to make your wishes clear, such as a video advance directive for your medical care. MIDEO (My Informed Decision on Video) was created after research showed that patients were at risk of receiving inappropriate care even if they had an advance directive. At this time of COVID it's important to have an effective advance directive. Visit MIDEOhealth.com, or download the MIDEO Directives App for more information.

Presented by Ferdinando Mirarchi, DO, FAAEM, FACEP, Associate Professor of Emergency Medicine, University of Pittsburgh, and Mary Vigal, JD, LL.M.

Building Emotional Resilience for Family Caregivers

5/31

Caring for a loved one can be extremely rewarding, providing a sense of purpose and meaning in one's life. And, as illness progresses, caregivers often begin to feel overwhelmed and exhausted. Among "high intensity" caregivers, burnout is quite common. Learning how to cultivate emotional resilience through mindfulness-based practices can support well-being, and help ensure sustainability in the role of caregiver. We will discuss how to use mindfulness, compassion, and loss literacy to strengthen your ability to meet the challenges of caring for a loved one.

Presented by Roy Remer, Executive Director, Zen Caregiving Project, zencaregiving.org



Selecting a Home Meal Delivery Option That's Right For You

6/7

The food retail/meal delivery landscape has evolved significantly in the past 5-10 years – expanding the ways in which we can shop for and secure meals to nourish ourselves. This evolution was further accelerated by the COVID-19 public health pandemic as stay at home orders pushed home meal delivery operators to develop and expand new and inventive offerings. Join this interactive session to learn about the local, regional, and national home meal delivery options available, and get tips on how to make healthy, safe and practical choices among the wealth of options that are right for you and your family.

Presented by Uche Akobundu, PHD, RDN, Senior Director, Nutrition Strategy, Meals on Wheels America, mealsonwheelsamerica.org

Toxic Family Relationships: The Possibility of Moving On

6/14

Using stories from her book, we will explore the cost of detaching with love, and the cost of doing so, and ending family estrangement, which might be easier than you think.

Presented by Margit Novack, Author, [Squint: Re-Visioning the Second Half of Life](http://squint.com), margitnovack.com

Understanding Dementia and Improving Communication

6/21 & 6/28

Caring for someone living with dementia poses many unique challenges for family caregivers. On 6/21 we will provide a basic understanding of dementia, different types of dementia, and how it affects an individual. Communicating with a loved one who has Alzheimer's disease or another dementia can be frustrating and disheartening. However, a few simple strategies can make caregiving easier and help you continue to feel connected to your loved one. On 6/28, we will discuss how dementia affects a person's ability to understand and communicate, and strategies for improving communication.

Presented by Christina Irving, LCSW, Client Services Director, Family Caregiver Alliance, CA



Guide Dogs for the Blind

7/5

We will learn about the requirements to train with a dog, the pros and cons of having a guide dog, access and etiquette for guide dogs, and the amazing programs Guide Dogs for the Blind has to offer.

Presented by Pati Robitaille, Southern California Outreach Representative, Guide Dogs for the Blind

Understanding Micro and Macronutrients

7/12

An overview of nutrients and the roles they play in preventative health and how to increase and optimize your intake of essential nutrients for overall wellness.

Presented by Rebecca Lopez, Health Educator, New Mexico State University, NM

Alzheimer's Research Update

7/19

We are in a time of tremendous progress in Alzheimer's research. Advances have occurred on all fronts: genetic risk factors, brain imaging, blood tests and other tests that may one day be used to diagnose Alzheimer's. We also know more about how our lifestyle influences our risk of Alzheimer's and other dementias as we age. We will review the very latest in Alzheimer's disease research, including treatments and ways to prevent or delay Alzheimer's.

Presented by Claire Day, Chief Program Officer, Alzheimer's Association, CA, NV, alz.org



Elder Rights and Elder Financial Abuse

7/26

Since 1983, CANHR, a statewide nonprofit 501(c)(3) advocacy organization, has been dedicated to improving the choices, care and quality of life for California's long term care consumers. Through direct advocacy, community education, legislation and litigation it has been CANHR's goal to educate and support long term care consumers and advocates regarding the rights and remedies under the law, and to create a united voice for long-term care reform and humane alternatives to institutionalization.

Presented by Alice Dueker, Esq and John Hafner, Esq. California Association for Nursing Home Reform, canhr.org

Food Safety Smarts

8/2

Understand how to keep your food safe, including food handling, prevention of food borne pathogens, and why cooking temperatures matter.

Presented by Rebecca Lopez, Health Educator, New Mexico State University, NM

We're All in This Together: A Cross-Sector Framework for Social Connection

8/9

How does healthcare, transportation, and other sectors influence social connection? Learn about negative impacts of social isolation and loneliness, and why we are developing the Social Connection in all Sectors Framework. Improving social well-being will demand action from the macro policy level all the way to the individual level.

Presented by Jillian Racoosin, MPH, Deputy Executive Director, Coalition to End Social Isolation and Loneliness (CESIL), Foundation for Social Connection (F4SC), endsocialisolation.org

Health & Wellness



Be Healthy, Stay Fit

Tuesdays, 7/5 – 8/16

REGISTRATION & WAIVER REQUIRED

A movement group for those with limited mobility, focused on chair-based exercises, beginning with proper posture, breathing exercises, moving to upper and lower body exercises and ending with a cool down. This class is also a restorative option for mobile adults looking for a “rest” day.

Facilitated by Kay Parekh, Fitness Instructor

Be Well/Age Well

Fridays, 6/3 – 7/1

Learn healthy aging tips to support your daily activities and maintain independence: preventing a fall, performing effective movement techniques, and managing joint pain, healthy sleep, and an aging heart.

Facilitated by Nursing School Students, George Washington University, DC



“THANK YOU so much for all these wonderful adventures! I am immunocompromised, so I hardly dare leave the house, with all this Covid and Omicron floating around out there. So you are a real life-saver. Life savor? Life Savior! Yeah! All the above!”

Laura
Participant

ElderSAFE Center Workshop: Elder Abuse, Scams, and Healthy Relationships

Mondays, 6/6 – 6/27

6/6: Scams, Fraud, and Cons: a discussion on the most common scams targeting older adults, including how to identify scams, how to protect yourself, and information on reporting.

6/13: Understanding Elder Abuse: be empowered to help prevent and recognize elder abuse in your own community. In honor of National Elder Abuse Awareness Day, we will discuss the warning signs of abuse and how to best support someone in need.

6/20: Healthy vs. Unhealthy Relationships: a discussion on managing the many relationships in our lives, recognizing unhealthy patterns, and having healthy boundaries.

6/27: Mental Health, Stress and Self-Care: an open discussion on mental health, stress and the importance of self-care.

Facilitated by Sydney Palinkas, Community Education and Outreach Manager, Charles E. Smith Life Communities, MD



Memory Mining

Tuesdays, 6/14 – 6/28

Join us for a brain-healthy exploration of the emerging science of nostalgia and reminiscence. What's your favorite single bite of food . . . ever? What's the name of your all-time favorite pet? Simply by thinking about those questions, your brain releases a 'NeuroSquirt' of unique and beneficial neurochemicals. Understanding and intentionally creating NeuroSquirts can make your brain a 'smidgen' healthier.

Facilitated by Roger Anunsen, MINDRAMP Consulting, mindramp.org, Adjunct Instructor, Portland Community College, OR

Languages

Bilingual Chat

Thursdays, 5/5 – 8/25

Practice your beginning level Spanish with members of Well Connected Español! Get to know some native Spanish speakers through interactive, real-life conversations.

Facilitated by Anabella Denisoff, Alan Goluskin, Carlen Olson and Eddie Rivero

Practicing German

Fridays, 6/3 – 8/5

This class is for participants with some knowledge of the German language, and who would like to continue their practice.

Facilitated by Rosemarie Bahmani, native German speaker, ESL Teacher & Language Development Specialist

Perfecting Our French

Tuesdays, 5/3 – 8/30

Thursdays, 5/5 – 6/16, 7/14 – 8/25

This French language group will share personal news of the week and brush up on language skills. A textbook is used for more instruction. *For advanced level French speakers only.*

Facilitated by Jerry Sexton (Tuesday practice) and Instructor, Jan Knowles (Thursday)



Everything She Touched: The Life of Ruth Asawa

5/25

We will explore the life and work of Asawa (1926 – 2013) with her first biographer. Asawa is best known for her intricate hanging wire sculptures, celebrated in museums around the world, but was also a champion of urban public art, created a high school dedicated to the arts, and inspired our own Ruth's Table program. Forging an unconventional path, through intolerance and internment, the author will offer a fascinating and complex portrait of this extraordinary woman.

Presented by Marilyn Chase, Lecturer, UC Berkeley Graduate School of Journalism, Author, Everything She Touched: The Life of Ruth Asawa



Fine Arts
Museums of
San Francisco
de Young
Legion of Honor

Guo Pei: Couture Fantasy

6/1

We will focus on the extraordinary designs of Guo Pei—hailed as China's first couturier—and includes more than 60 works from the past two decades, highlighting her most important collections shown on Beijing and Paris runways. Through exquisite craftsmanship, lavish embroidery, and unconventional dressmaking techniques, Guo Pei creates a fantasy that fuses the influences of China's imperial past and export art, European architecture, international theater, and the botanical world.

Presented by Maureen Murray Fox, Fine Arts Museums of San Francisco, famsf.org



CAMH Nari Ward: We the People

6/8

The first museum survey in Texas of the work of Ward (b. 1963, Jamaica), a sculptor who has accumulated staggering amounts of humble materials and repurposed them in surprising ways. His sculptures articulate relationships between people, and address topics such as historical memory, political and economic disenfranchisement, racism, and democracy in an effort to express both the tenuousness and the resilience of the artist's Harlem community.

Presented by Adrianna Benavides, Contemporary Arts Museum Houston, TX, camh.org



Tikkun: For the Cosmos, the Community, and Ourselves

6/15

Tikkun is the latest iteration of the Dorothy Saxe Invitational, a showcase in which artists from a variety of backgrounds contribute a work of art that explores a particular Jewish ritual object or concept. Responding to the Jewish concept of tikkun, Hebrew for “to repair,” participating artists reflect on tikkun as a phenomenon of care and interconnectedness, grounded in personal action, environmental responsibility, and community.

Presented by Ron Glait, Contemporary Jewish Museum, CA, thecjm.org

Connecting the Renaissance to Today

6/22

We examine an ancient pagan past that meets with the expanding influence of Islam to propel Christian societies of Renaissance Europe towards new artistic heights. Images of our present emerge as the pioneering technologies of warfare and capitalism meet at the confluence of a public health crisis, setting in motion human ingenuity that continues to influence the cutting-edge technology of our world today, from NFT’s and cryptocurrency to top-secret microbes.

Presented by Hugh Leeman, arthistorytrips.com



African American First

6/29

We will revisit the signature mural and some of the panels on permanent exhibition, along with information on the founding of the organization, then take a look at the archives at African American First and African American entrepreneurs.

Presented by Marco Frazier, African American Museum and Library at Oakland, CA



Jubilant Jubilees: Royal Celebrations through the Ages

7/6

As the United Kingdom celebrates the 70-year reign of Queen Elizabeth II, we take a trip back in time to see how royals have often gathered together to make merry. We'll visit Henry VIII's lavish camp on the Field of the Cloth of Gold as he tries to outdo France's Francis I. We'll frolic in Versailles and uncover the Delights of the Enchanted Island. And we'll attend the wedding of King Ludwig I to witness the birth of a great Bavarian tradition.

Presented by Jennifer Lee, South Carolina State Museum, scmuseum.org



Wadsworth
Atheneum
Museum of Art

Art on Summer Vacation

7/13

Take a virtual vacation from the comfort of your own home! Celebrate summer vacation by traveling to unique destinations represented in artworks across the collection of the Wadsworth Atheneum.

Presented by Courtney Hebert, Wadsworth Atheneum Museum of Art, thewadsworth.org



BULLOCK
TEXAS
STATE HISTORY
MUSEUM
TheSTORYofTEXAS.com

La Belle: The Ship That Changed History

7/20

In 1684, French explorer René-Robert Cavelier, Sieur de La Salle, led an expedition to North America with four vessels. Instead of securing colonies, trade routes and silver, La Salle lost the ships and the expedition failed. 300 years later, archeologists discovered the ship La Belle off the coast of Texas. Discover how this historic voyage, its consequences and successes, changed the course of Texas history.

Presented by Anna Marie Novoa, The Bullock Texas State History Museum, TX, thestoryoftexas.com



The Legacy of Maria Martinez

7/27

We will focus on world renowned potter Maria Martinez from San Ildefonso Pueblo. Learn about Maria's life, work and family legacy through the museum's collection of San Ildefonso pottery.

Presented by Karen Chertok, Millicent Rogers Museum, NM, millicentrogers.org



The Art of Doris Lee

8/3

You may know of Grant Wood, Thomas Hart Benton, or John Stuart Curry, but have you heard of the American Scene artist, Doris Lee, born in Aledo, Illinois? Learn about her life and work, which focused on the joy in her life. Successful in terms of museum exhibitions and the commercial world, she was one of the top female artists in the mid-1930s through the 1950s. As evidence of her popularity, her postcard of *Thanksgiving* out-sold Grant Wood's postcard of *American Gothic*.

Presented by Carol Ehlers, Figge Art Museum, IA, figgeartmuseum.org



Expressions of Gender in Asian Art

8/10

When we see people one of the first things we notice is gender. We tend to categorize people as male or female. But what if the characteristics we used to categorize were fluid, and not rigidly defined? What if there were no gender distinctions? Non-binary and gender fluid depictions have existed in Asian art for thousands of years. The belief in non-duality contributes to these purposely ambivalent portrayals. Explore some of the fascinating ways various Asian cultures have represented people and deities as male, female, and non-binary.

Presented by Mary Mead, Asian Art Museum, CA, asianart.org

Reflection & Religion

Acts of the Holy Spirit

Thursdays, 5/5 – 8/25

Come explore the strength, wisdom, and unique influence of the Spirit of Holiness that's offered in the Book of Acts.

Facilitated by brother drake



Art & Spirituality

Saturdays, 5/7 – 6/25

Join us as we read scripture, psalms, inspirational writing, quotes and poetry, and look at art that makes us closer and stronger to our faith.

Facilitated by Gina Pandiani, MA

Bible Reading

Mondays, 5/23 – 8/29

For the first half of our time together, we'll listen to a reading from a Bible passage, followed by sharing prayer requests and praying together.

Facilitated by Andy Andersen

Bible Study

Thursdays, 5/5 – 6/9

Join us as we encourage each other toward love and good deeds through the study of scripture.

Facilitated by Lori Guthrie

Dream Group

Fridays, 5/20, 6/17, 7/15, 8/19

Do you remember your dreams? Would you like to share one? We will explore ways to help remember dreams, and discuss possible meanings of dreams. We will discuss what the symbols and messages might mean to the dreamer, and how it might be helpful in their life.

Facilitated by Deb Bocar Levine, RN, PhD

Reflection & Religion

Gratitude

Every Day, 5/1 – 8/31

Call our daily Gratitude Groups to share what you feel grateful for in a safe and welcoming space. Listen to others share as well for an inspiring way to begin each day!

Facilitated by Kaevalya Banks, Betty Broadley, Lynn Millar, Lanae Naugle, Nicolette Noyes, Lynn Parrish, Sue Piecuch, Rene Philpott, Ricki Perlman, Patt Schroeder, Doug Stetson, Cristina Torres, Nancy Walton-House, and Tom White

Healing Prayer

Sundays, 5/1 – 8/28

Prayer is one of the most powerful forms of healing. Join this regular forum for healing prayers - both for each other and for the larger world.

Facilitated by Stephanie Alexander



Heartfulness Meditation

Monday – Friday, 5/9 – 5/13

Saturdays, 5/14 – 8/27

Learning to relax is vital for well-being, reducing tension in your body, and helping you to stay balanced even in stressful situations. With regular Heartfulness Meditation, your mind will become centered, and shift to deeper levels of consciousness. Cleansing fosters lightness of being, joy and a carefree attitude, as emotional burdens, habits, and deep conditioning are removed. Through simple reflection you can connect humbly with your inner self, listen to your heart's voice, and weave your destiny. It is suggested you attend any 3 sessions the first week to get started with this practice.

Facilitated by Artee Chandekar, Certified Heartfulness Trainer

It's A Wonderful Life Bible Study

Fridays, 6/3 – 6/24



It's a Wonderful Life, the popular and heart-warming film, and its association with Christmas, has provided a rich story of redemption that has inspired generations for decades. We will examine this beloved holiday classic with discussion questions for each session, Scripture references, detailed character sketches, movie summary, and its timeless messages of what's important in life.

Facilitated by Carol Martin

Reflection & Religion

Meditation

Every Day, 5/1 – 8/31

The direct experience of our own inner reality is called meditation. Meditation facilitates calm, focus, and examination the mind. You will be guided for a few minutes to get present and relax our bodies from head to toes, followed by a 25 minute silent meditation, during which all phone lines will be muted. No experience is necessary. New meditators are encouraged to pay attention to one's breath. Every Sunday, Tuesday and Thursday a bell rings every 5 minutes during the silence, to notice whether you are present or daydreaming, and gently bring your attention back to a meditative focus.

Facilitated by Christine Esenther and Kaevalya Banks

Meditation and Journaling

Mondays, 8/1 – 8/29

We will begin with a guided imagery meditation, followed by a creative writing activity.

Facilitated by Stephanie Ochoa, Palo Alto University Student

Memorial Service

Friday, 8/19

Along with commemorating those in our Well Connected community who have died, this will be a chance for all of us to process the grief of a loss.

Facilitated by Alexis Pearce, Director of Spiritual Life, Front Porch

Socrates Café

Mondays, 5/16, 6/20, 7/18, 8/15

People of diverse backgrounds gather to think, and discuss philosophical questions at the Socrates Café. "What is beauty?" "Is it ever okay to lie?" or "Who deserves happiness?" may be some of the questions to ponder.

Facilitated by Linda Greenberg, Ph.D.

Supportive Groups



Aging Alone

Fridays, 6/3 – 7/8

Are you aging alone without a partner or family? We will discuss issues unique to us. Voice your concerns as well as what has worked for you. Meet fellow friends aging alone. Get support as we move from alone to a group.

Facilitated by Mindy Bledsoe



Caregiver Conversations

Fridays, 5/6, 6/3, 7/1, 8/5

For many of us having a home care provider is new territory with no guideposts along the way. We deal with loss of strength and independence, a disturbing power imbalance where we often feel one down, an intimacy foisted upon us out of necessity. We can create guideposts together and give each other support.

Facilitated by Samantha Smith

Facilitator Support Group

Thursdays, 5/26, 6/23, 7/28, 8/25

Well Connected Active Facilitators Only

In-service training and program updates, as well as open discussion time for facilitators to share with each other.

Facilitated by Annette Balter, Program Manager and Patt Schroeder, Program Specialist, Front Porch

Living with Chronic Pain

Thursdays, 5/19 – 8/11

Do you or a loved one live with chronic pain? Do you need to talk about your victories, defeats or struggles with living a quality life with chronic pain? Join a peer-led support group where everyone has an opportunity to share thoughts about living with chronic pain. Open to anyone living with chronic pain or their caregivers.

Facilitated by Tom Norris, Retired Air Force Lieutenant Colonel, and ACPA Facilitator

Supportive Groups

Low-Vision Support: The Eyes Have It

Wednesdays, 5/18 – 8/10

A group to assist you on your journey of vision loss adjustment. Hear from professionals regarding proven vision rehabilitation skills and strategies, such as psychosocial adjustment, independent living skills, and low to high technology solutions, to help you regain independence.

Facilitated by Cristina Torres

Pet Loss Support

Sundays, 5/1, 6/5, 7/3, 8/7

A grief support group for those who have lost a beloved pet. Come share your stories of love and loss with people who understand this unique pain. Our pets mean so much to us; for some, they are constant companions and confidants, for others, they are necessary for daily life. But for all of us, they are family. We grieve deeply when they die.

Facilitated by Kevin Ringstaff, Grief Recovery Specialist, Founder, PetCloud.pet

Support/Discussion for the Blind

Tuesdays, 5/24 – 8/30

This peer-led group offers a safe environment in which completely blind participants can share the challenges they face and the successes they experience. We will create a place to share our joys, fears, tears, and laughter.

Facilitated by Andy Andersen, M.S.



An Introduction to Ableism

6/3

Ableism is the discrimination of and social prejudice against people with disabilities based on the belief that typical abilities are superior. Join us for a conversation on harmful stereotypes, misconceptions, and generalizations of people with disabilities. We will participate in a few activities and exercises to recognize our personal bias and help build empathy for people with disabilities.

Presented by Katie Samson, Art-Reach.org

Reframing Aging: Telling a More Complete Story about Aging

6/10

All of us are aging, and all of us are doing it our own way. Unfortunately, the story that most of the public believes about aging is a simplistic either/or – either we are frail and dependent, OR we are playing golf and cruising. These misperceptions lead to ageist attitudes and behaviors. Isn't it time to tell a more complete story that recognizes the complex experience of aging? One thing that holds us back is how we talk about aging. Words matter. And some of the ways we communicate work against our best interests. Join us as we learn the inside scoop on how the public feels about aging, and how we can change our communication to tell our story more effectively. The Reframing Aging Initiative is a long-term social change effort to improve our understanding of what aging means and the many ways that older people contribute to our society. We will counter ageism and ensure supportive policies and programs for us all as we move through the life course.

Presented by Laurie Lindberg, Reframing Aging Initiative, reframingaging.org

Meals Delivered

6/17

We will explore the world of online meal delivery websites and Apps, including affordable and healthy options. Additionally, we will review the basics of setting up passwords and strategies to keep these organized, and how to navigate websites in general.

Presented by Laura Mogannam, Technology4life.org



Avoid Online Scams

6/24

Do you know what phishing is? Is that really your bank's logo in that email? Is that website download safe? Learn how to spot and safely deal with attempts from hackers and scammers, and be a savvy online consumer.

Presented by Kristen Moreno, MSG, Health Educator Coordinator, St. Jude Medical Center

80 Over 80

7/1

80 Over 80 celebrates 80 people 80 years and older in San Francisco by profiling them and hearing their stories because even the ordinary is extraordinary after 80. During this uncertain time, it's as important as ever to hear the voices of older people, who are particularly affected by this pandemic and the social isolation it imposes. Stories can bring us together, even if we are physically isolated.

Presented by Anna Chodos, MD, MPH, Associate Professor, University of California San Francisco, 80 Over 80 Director, 80over80sf.org

Amazing Hi-Tech Gadgets and Gizmos

7/8

Computer and mobile technologies have ushered in incredible advances in virtually everything from safety, health care and transportation to shopping, fitness, and the arts. Join us as we explore these new technologies, how you can use them, and the profound impact they have on society.

Presented by Steve Lipson, Director, ElderTech Academy, eldertechacademy.com



Computers and Music in the 21st Century

7/15

Technology has revolutionized music, from how we listen to it, how we learn it, compose it, play it, and even how we share it. Join us as we explore this remarkable revolution, what the pioneers are doing, and new ways that you can make music - even if you can't play an instrument!

Presented by Steve Lipson, Director, ElderTech Academy, eldertechacademy.com

Technology for Social Connectedness and Engagement

7/22

Explore the different types of technology that help facilitate and enhance social connectedness and engagement. Learn about available resources and tools to help you navigate the different technology options.

Presented by Scott Code, Senior Director, Leading Age Center for Aging Services Technologies, leadingage.org

iBUG Today

7/29

iBUG Today is a non-profit organization promoting the individual independence, social integration, and educational development of the blind community through accessible technology training. Learn more about free group training, social events each month and one-on-one training program for the iPhone.

Presented by Sandhya Rao, iBUG Today, ibugtoday.com

Hear Ye, Hear Ye! Latest Developments for Better Hearing

8/5

Good hearing is far more valuable than just hearing better- it has been linked to greater social connectivity, better balance and memory function, and decreased risk of dementia! We will cover a range of solutions, from personal sound amplifications to innovative over-the-counter hearing aids, with updates on more traditional designs and the latest in technology.

Emphasis will be on affordability and access plus the status of insurance coverage for hearing aids.

Presented by Carla Din and Doug Mosher, SeniorFusion.org

Other Front Porch Community Engagement Programs

Creative Spark: energizes and inspires organizations and professionals engaging with older adults by providing consultation, curriculum, and staff training.

Home Match: matches home owners and home seekers, in exchange for rent and/or services in select California counties.

Market Day: supports positive aging and nutrition through weekly onsite produce markets throughout California.

Ruth's Table: brings generations together through a combination of rotating gallery exhibitions, creative projects and community initiatives.

Social Call: fosters meaningful telephonic connections between volunteers and older adults throughout the country.

Well Connected Español: connects Spanish-speaking older adults to virtual group activities.

Without Walls Network

Well Connected is part of an international network of Without Walls connection programs for older adults. For more information, please contact each program directly.



DOROT University Without Walls
(877) 819-9147 / dorotusa.org



Lifetime Connections Without Walls
(888) 500-6472 / familyeldercare.org



Mather
(888) 600-2560 / matherlifeways.com

Virtual Volunteering!

We are looking for caring volunteers to lead supportive groups, to share, have fun, and connect with others.

If you like leading groups, facilitate for a few weeks, or months! Well Connected and Well Connected Español are looking for facilitators in English or Spanish. Scheduling is flexible, training and support are provided, and no travel is required!

Social Call matches individuals for regularly scheduled one-on-one friendly phone conversations.

Contact us at connections@frontporch.net
visit www.covia.org/programs
or call us at (877) 797-7299 for more information.



Other Resources

General Resources

- **2-1-1 or 211.org**
Free, national, confidential information and resources.
- **Eldercare Locator** – eldercare.acl.gov or (800) 677-1116
A public service of the U.S. Administration on Aging connecting older adults and their families to services.
- **Pet Resources** - www.dogingtonpost.com

Vision Loss Resources

- **Be My Eyes** – bemyeyes.com
A free app that connects blind and low-vision people with sighted volunteers and company representatives for visual assistance through a live video call.
- **VisionAware** – visionaware.org
Online resources for adults with vision loss, their families, friends, and the providers.

Connection Resources

- **CONNECT2AFFECT** – connect2affect.org
Online resources and information to help evaluate isolation risk, reach out to others who may be feeling lonely and disengaged, and find practical ways to reconnect.
- **The Friendship Line** – (800) 971-0016
National 24-hour support for seniors.

Intergenerational Resources

- **Encore.org** – info@encore.org
- **Generations United** – gu.org

Technology Resources

- **AARP** – aarp.org/home-family/personal-technology
- **Communitytechnetwork.org** – internet access and digital literacy training
- **Cyberseniors.org** – intergenerational webinars and tech training
- **EveryoneOn.org** – low-cost internet, device and training offers
- **National Digital Equity Center** – digitalequitycenter.org
Classes, digital inclusion, articles, fees may apply
- **Oats.org** and **seniorplanet.org** - Online classes, in-person locations, articles
- **SeniorFusion.org** – info@seniorfusion.org (510) 531-6104
Innovative technology for seniors, info and consulting, fees apply
- **Teeniors.com** – (505) 600-1275 or teeniors@gmail.com
Intergenerational tech consulting, fees apply

Donations

To make a donation online, please visit: <https://frontporch.net/philanthropy/>

To make a donation by mail, make checks payable to:
Front Porch Communities Foundation
800 N. Brand Blvd., 19th Floor
Glendale, CA 91203
(Please note “Well Connected” on the check)



**COMMUNITIES
FOUNDATION**

To discuss estate planning options, please contact:

Katharine Miller, Executive Director, Front Porch Foundation
(925) 956-7414 or kamiller@frontporch.net

Gratitude for Generous Support



The
**JOSEPH & VERA
LONG**
Foundation

Pictured on the Cover: (clockwise from top right)
In loving memory of Rich and Marie (pictured with Kathleen)



Well Connected

CREATING COMMUNITY

881 Turk Street, San Francisco, CA 94102

wellconnectedprogram.org

(877) 797-7299