



Well Connected

CREATING COMMUNITY

WINTER 2023

January 1 – April 30



(877) 797-7299

connections@frontporch.net

wellconnectedprogram.org

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"We love offering presentations on Armchair Travel. It gives us a chance to re-live our adventures and to hear from others on the call about their experiences. It's so fun to exchange memories!"

Steve and Terry
Facilitators

Welcome to Well Connected

Well Connected is a national **phone** and **online** community that brings people together to explore, learn, laugh, and share experiences. Over 3,500 members from across the country join educational, fun, and engaging groups from the comfort of home. 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 online.** Well Connected is a Front Porch Community Service and is available, free of charge, to adults over the age of 60.

About Front Porch

Front Porch is a dynamic not-for-profit organization, dedicated to empowering individuals to live connected and fulfilled lives through community and innovation. In support of this vision, Front Porch provides quality, accessible and affordable human services to approximately 7,500 residents in 19 senior living and 32 affordable housing communities. Other programs and services connect more than 10,000 participants throughout the country. 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.

Winter Catalog and Schedule

LEGEND



Handout/Visuals: A group that includes a handout. To receive a handout, you must register in advance by calling the office, emailing us, or registering online.



New: A new Well Connected group

Some groups may have limited space. If a group is full, you will receive a message that the group is now closed.

How It Works

1

Browse the materials and find groups that interest you

- Once you are enrolled in the program, 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.
-

2

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.
 - If you need help getting into groups, we can call you! Call the office to request an automated call-in to any group.
-

3

Join Online

- All groups can be joined online with a device that connects to the Internet.
 - Create your own online registration account and sign yourself up!
 - Once you're registered 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.
 - 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.
-

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. Abusive behavior towards staff, program participants or facilitators, as well as non-compliance with program guidelines will 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 purposes of quality assurance and inclusion in Abiento's secure online library available only to Well Connected members.
- Well Connected will not share your personal information with anyone without your consent.

Phone/Online Etiquette

- Join on time.
- Join from a quiet environment. Turn off your TV or radio.
- Consider using a wired headset for the best audio quality.
- Always introduce yourself on groups with your first name and 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).

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.

Champions

Celebrating our Volunteers

April is National Volunteer Month, and where would Well Connected be without the dedication and commitment of the hundreds of volunteer facilitators we've had over the years?

In 2004, Terry Englehart founded Well Connected (formerly Senior Center Without Walls), using a Costco Accessline card, and a few groups that included Bingo, Yoga, Breathing & Relaxation, Current Events, Spirituality and Aging and our first Gratitude groups led by Lynn Rayburn, one of Well Connected's first participants/volunteers.

Since then, we've added professionals and experts from throughout the world, who share their time and expertise in lifelong learning series and other groups throughout the year. Without the support of thousands of trained volunteers over the years, Well Connected wouldn't be the program we know and love so much today!

All Well Connected groups are still facilitated by volunteers - often people who started as participants - and the primary role of the volunteer is to create a community of sharing and caring. We thank the thousands of volunteer facilitators and presenters for sharing your passions with the Well Connected community!



"Volunteering with Well Connected not only makes me feel useful, and honors my mother's belief that everyone should do some kind of volunteering, but as Well Connected has expanded I receive the extra satisfaction of being able to help older adults living in many different places in the United States."

— Gerald Richards
Ask the Attorney



"There is something that hearing people talk about gratitude that reminds me we all need to focus more on what we are grateful for."

— Tom White
Gratitude

Champions



"I discovered Well Connected at a health fair about 16 years ago, what an unexpected surprise! The programs are varied and offer something for everyone. I myself started as a participant, which I still am, and I now also facilitate groups. Look for them under Fun and Games."

— Sharon Schwartz

Do You Know What You Don't Know, Facts about Foreign Countries, Trivia, Word Play
(pictured with Amy Schiable and Janice Rooker)

"Volunteering on a daily basis for Well Connected provides me with an opportunity to share my joy and/or be cheered up by the others. I wanted to meditate every day and doing so with Well Connected participants is the perfect venue for enjoying meditation each and every day. The meditators are a particularly bright and sweet bunch of people, and we all reap the benefits of meditating together."

— Christine Esenther
Meditation



"Volunteering with Well Connected gives me the opportunity to play with my imagination and to develop my creativity all while spending time once a week with a wonderful group of people who love to write."

— Linda Valenziano

Creative Writing, Writers Read, Writing for Beginners



"One of the benefits of being a long-time volunteer is that I and the participants have become friends, supporting each other with both writing projects, and also when there are challenges in the participants' lives that require extra TLC and support along the way."

— Jerry Sexton

Perfecting Our French, Writers Anthology Coordinator, Writing Workshop

Happy New Year *from the Connection Team!*



And a special shout out to Maria Valdez and Vicmarie Cruz our Staff Champions. These women supported the Connection Team, participants, and facilitators throughout 2022 and we are profoundly grateful!





Yesterday's Ukraine: Now in Today's News

1/23

Travel to Ukraine to see the beautiful country and friendly people now ravaged by war. You'll visit the cities of Lviv and Kyiv as well as the countryside.

Presented by Tom Miller

Puerto Rico

1/30

Come join us to visit the Caribbean island of Puerto Rico, also known as the "Isla del Encanto" (Island of the Charm). This beautiful island grants us an enchanting paradise including beautiful beaches, forests, mountains, and delicious gastronomy. Puerto Rico is just a magical place!

Presented by Vicmarie Cruz

Pyramids, Pharaohs and the Nile: An Egyptian Journey

2/6

Egypt still captures the imagination and has many treasures to explore. We journey to the pyramids and discuss their splendor and continuing excavation, then travel the Nile to Abu Simbel Temple, carved out of bedrock, often said to be the 8th wonder of the world. This ancient marvel contrasts with the modern engineering feat of the High Dam. We will talk briefly about the Dam's impact on Egypt and surrounding areas.

Presented by Christine St. Laurent

Visit Namibia

2/13

We'll visit this sparsely populated country via images of desert-adapted wildlife, landscapes and people. Namibia gained its independence from South Africa in 1990 and has attracted tourists, especially photographers, to its vast lands and spectacular dunes – the highest in the world.

Presented by Carolyn Bobo



African Safari

2/27

Take a trip to the southern parts of Africa, with its myriad wildlife and colorful tribes who still live as they have for hundreds of years. No need to endure the rough roads, just sit back and enjoy.

Presented by Paula Wright

Pittsburgh, PA

3/6

It was the best of times, it was the worst of times. Learn how Pittsburgh was central to the industrial revolution through its natural resources, geography and its industrial giants. Learn what Pittsburgh has contributed to America, both in the past and present.

Presented by Cindy Graunke

Jekyll Island

3/13

Stunning marches and beaches, delicious seafood including white shrimp, gracious, wonderful people, miles of protected environment, natural beauty in every direction, rich in history and lighthouses, the home of the Sea Turtle Institute. These are the wonders of Jekyll Island Georgia! Let's explore!

Presented by Fran Chiodo Gross

British Columbia, Canada

3/20

Join us in British Columbia to explore Vancouver, Victoria, and Salt Spring Island – a community of artists, artisans, and foodies! We'll cover history, geography, and architecture, as well as contemporary and indigenous art.

Presented by Ellen Kaufman



Two Weeks in Tuscany, Venice, and Milan

3/27

One Tuscan villa, four “Residenze d’Epoca” (historic hotels and castles), and lots of stunning art, memorable meals, and unique shopping discoveries! Join us for highlights of a “girls’ trip” with friends to Florence, Siena, Lucca, the Chianti region, Venice, and Milan.

Presented by Amy Brokering

Senegal

4/3

Let’s take an excursion to Dakar and Goree island’s “Door Of No Return,” St. Louis, and the Pink Lake with the Fulani ethnic tribe.

Presented by Joya Chatterjee



“I thoroughly enjoy sharing what I know with others through Well Connected. Knitting is my passion, and my group of fellow knitters and crocheters enjoy talking together every Wednesday. I hope that the iPhone with Voice Over group I am starting will help other people who are blind or have low vision to make friends with their iPhone and use it to do the things they need and want to do.”

Neva
Facilitator



Lift the Sky

2/23

Lift the Sky is a global art project created with the goal of connecting us through art. Artists from around the world were invited to create an art piece answering the question, “what’s your message to the world?” The messages range from universal ideas of love, hope, peace, joy and kindness, to environmental themes as well as whimsical and very personal messages. The artists have created works using fiber arts, painting, photography, mixed media, and collage to convey their messages to the world. What’s your message?

***Presented by Julie Weaverling, Director, Front Porch Gallery, CA
frontporchgallery.org***

Cézanne

3/2

Paul Cézanne is considered by many people to be the founder of modern art. Although he exhibited and trained with the Impressionists, Cézanne held to himself in the south of France. His individualism expressed itself in his character, and in his work. Join us for a lively discussion of the artist and his times.

Presented by Dave Williams, IL

Matisse and Picasso

3/9

Henri Matisse and Pablo Picasso first met in 1906, and would follow each other’s artistic achievements for more than 50 years. Struck by each other’s artistic talent, each recognized the other as their main rival and measure of success. Over the years, the two artists watched and learned from one another and were driven to new creative breakthroughs. We will explore their different perspectives, and how each other’s works had a substantial effect on the other’s art.

Presented by Laura Davis



What is Contemporary Art? Place

3/16

The relationship between art and place goes beyond depiction. Artists like Olafur Eliasson, Graciela Iturbide, and Julie Mehretu are also driven by the dynamics of where an artwork is made and where it is shown. This session is part of a series exploring different aspects of the question, what is contemporary art?

Presented by Emma Nordin, Art 21, NY, art21.org

Memories of Water in Art

3/23

Artists have always been fascinated with water—the way it moves, reflects, and the visual atmosphere it can generate. As our climate changes, we are grateful to have a visual record of water in all its glories. We will explore artworks that capture that beauty along with the vulnerability of nature's lakes, rivers and oceans.

Presented by Kit Keane, IL

From Colorfield Painting to Minimalism: Robert W. Newmann in Context

3/30

With a focus on living artist Robert W. Newmann's portfolio, learn about how one artist moved from painting in the Washington Color School tradition to experimental installations outdoors. Literal layers—taking the form of pigment added to a canvas or inches of substrate sandblasted away—separate Newmann's art from that of his teachers and serve as a common thread, tying together enormous shifts in artistic practice and medium.

Presented by Antonia Dapena-Tretter, Curator and Educator, CA

Arts & Music

All Request 90

Thursdays, 1/5 – 4/27

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



Crazy Quilt Workshop

Snippet Roll, Needlecase & Pincushion

Saturdays, 1/14 – 3/4

REGISTRATION REQUIRED LIMITED SPACE AVAILABLE

This class is perfect for those saved fabric, lace, fiber scraps including 1/4" pieces. We will revisit dyeing fabrics with watercolors and acrylics, stamping fabric, and embroidery, while learning how to tell a story through cloth strips, using miniature scale techniques already learned in previous classes, such as yoyos, hexies, and flower petal layering. We will also learn Dresden and Hydrangea flowers to add to our toolbox of delights. We will make a simple needle case and pincushion. Participants will need embroidery threads, small pieces of lace and fabric, Crayola crayons including 1 white crayon, a canning lid with rim, large pill tube lid, or metal jar lid. Supplied kits include batting, background fabric, and embellishments. **A limited number of kits are generously supplied by the facilitator, please only sign up if you can commit to completing this project.**

Facilitated by Gayle Wanamaker



Creative Arts for Brain Health

Mondays, 2/6 – 3/27



Engage your imagination using creative arts activities to stimulate brain growth. We will use every part of the brain through creative arts such as drawing, movement, dramatic play, music, writing and dance, to promote visual, listening and critical thinking skills. No artistic experience needed.

Facilitated by Terri Tobey, Gerontologist

Arts & Music

Creative Writing

Tuesdays, 1/3 – 4/20

Exercise your imagination muscles, and fire up some healthy brain cells! If you would love to write and do so at times, you are a writer. Learn how to compose simple and beautiful poems or prose with just the touch of a pen or key. Each month we will write with different themes in mind. Don't be shy! Join our growing community of enthusiastic and supportive writers. At the end of the session, participants will have the opportunity to share their work on Writers Read, or publish in the Writers' Anthology.

Facilitated by Linda Valenziano

Knit or Crochet Together

Wednesdays, 1/4 – 4/26

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



Let's Stitch Postcards



Saturdays, 4/1 – 4/22

Learn simple stitching techniques to create 4 x 6 postcards in this workshop. Through the use of keeping it simple and very small pieces of fabric, participants will learn the art of miniature quilting, applique and embellishing! Participants need embroidery thread, and optionally fabric markers, gel pens or Crayola crayons.

Facilitated by Gayle Wanamaker

Music's Memory Lane

Tuesdays, 1/3 – 4/25

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

Arts & Music



Page to Stage: Play Reading and Performance

Thursdays, 2/2 – 2/23

Read through fun short plays and learn about the fun of acting and performing on Radio Theater. We ask that each participant register for the Radio Theater session and attend all the groups.

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

Radio Theater

Thursdays, 3/2 – 3/30

Join us and listen to fun Radio Theater programs brought to you by Well Connected players!

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



Stitchers' Circle

Mondays, 1/9 – 4/24

Join in conversation while we sew, quilt, embroider, needlepoint, and of course MEND! LOL, as we laugh our way through a mending pile, unfinished sewing or quilting project, and all things in between. Bring your own projects and supplies!

Facilitated by Gayle Wanamaker



Writing for Beginners

Thursdays, 1/5 – 2/23

Have you ever wanted to write a poem or a story and felt that you just couldn't write...you just never could write? This is the place to learn how to jump over that "I can't" or "I never could" hurdle, and build up confidence and skills by using our memory and imagination. At the end of the session, participants will have the opportunity to share their work on Writers Read, or publish in the Writers' Anthology.

Facilitated by Linda Valenziano

Conversation

Across the Miles

Wednesday, 1/25, 4/26

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 Without Walls programs throughout North America

Activists R Us!

Wednesdays, 1/4 – 4/26

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

Angels in Our Lives

Wednesday, 4/12

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

Conversation

Ask the Attorney

Fridays, 1/6 – 4/28

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. 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, 1/7 - 4/29

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

Coffee Break

Tuesdays, Wednesdays, Thursdays, Saturdays, Sundays, 1/1 - 4/30

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 Kathy Connelly (Tuesdays), Lanae Naugle (Saturdays), Carlen Olson (Wednesdays), Ricki Perlman (Thursdays and Sundays)

Growing an Elder Community

Mondays, 1/2 – 3/6

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. A limited number of copies of the book, *The Tao of Aging* will be made available by the author, and it is also available for purchase on Amazon.com.

Facilitated by David “Lucky” Goff, PhD

Conversation

Gutsy Women

Wednesday, 3/8

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

His/Her Story

Fridays, 1/6 – 3/3

We will focus on diverse national and global leaders dedicated to the common good, and different methods used to achieve their goals. We will learn about the lives, and impact of the work of Americans: Mark Shields, David Brooks, Cynt Marshall and Ken Burns, and global leaders: Viji Penkoottu (India), Claudia Farinha (Brazil), Małgorzata (Gosia) Smieszek (the Arctic Region) and Stephen Gerard O'Regan (New Zealand). Share your knowledge of these leaders, and how you were personally influenced by them. We will also recognize lesser known leaders, and you can share a story of a leader whose work served the common good.

Facilitated by Kathy Connelly and Nancy Walton-House

Inspiring Stories

Saturdays, 1/7 – 4/29

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

Conversation

Intergen Chat

Fridays, 1/27 – 4/28 (no group 3/10 or 3/31)

Join us for a discussion across the generations with students from the Department of Communication Sciences. Discussion topics may include technology, dating, memories, University life, and many more!

Facilitated by Students from Central Michigan University, MI

Keys to Joy

Saturdays & Sundays, 1/7 – 4/30

We come not as experts but as fellow seekers wishing to warm ourselves at each other's fires. This is a journey, perhaps even an adventure. "At times joy is elusive – she seems to disappear even as we approach her. I see her standing on a ridge covered with oak trees, and suddenly the distance between us feels enormous. I am overwhelmed and wonder if the effort to reach her is worth it. Yet...she waits for us. Her desire to walk with us is as great as our longing to accompany her." (J Ruth Gendler)

Facilitated by Lynn Millar

LGBTQ Chat

Wednesdays, 1/11, 1/25, 2/8, 2/22, 3/8, 3/22, 4/12, 4/26

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

Conversation

Life Story Workshop

Wednesdays, 1/4 – 3/8

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



Magic Moments

Tuesdays, 1/3, 2/7, 3/7, 4/4

Join us to celebrate magic moments — those unexplainable occurrences that surprise us, delight us, and leave us believing in miracles large and small. From the storm clouds that part when you step outside, to the long-lost friend who phones the day you were thinking of her, magic is everywhere. We invite you to share your experiences, and be inspired by others. We'll also explore ways to keep our hearts and eyes open to the beauty and opportunities that surround us each day.

Facilitated by Magic Wendy Robson

Newcomers Welcome

Mondays, 1/9, 1/23, 2/13, 2/27, 3/13, 3/27, 4/10, 4/24

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, and how to take a turn to talk. No question is too silly or simple!

Facilitated by Well Connected Staff

Conversation

Our Blue Marble

Mondays, 1/9, 2/13, 3/13, 4/10

An introduction to an aspect of our changing planet will be followed by a discussion. Share your knowledge with others as we strive to understand this magnificent Earth we live on.

Facilitated by Linda Adair

Pet Tales

Saturdays, 1/21 – 4/8

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

State of Well Connected

Friday, 2/3

Monday, 3/27

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, 1/21, 2/4, 2/18, 3/4, 3/18, 4/1, 4/15

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

Creative Aging Symposium



**Thursday, 2/9
REGISTRATION REQUIRED**

Paths to Rediscovery

Life is a winding path full of challenges and moments of joy, both of which fuel our resiliency. The sixth annual Creative Aging Symposium asks us to pause, rediscover pathways to joy, and embrace a sense of play. A lineup of artists and speakers will share tools, practices, and experiences that build creative confidence. This is how we move forward together, living with joy in good company.

The Creative Aging Symposium is provided in collaboration with Front Porch's Creative Spark. Registration is required by Tuesday, 2/7. For more information, visit creativeagingsymposium.org or call (877) 797-7299.



“Purposeful art exploration is a powerful extension that shows how seniors have succeeded thru challenges to overcome and thrive creatively among challenges of life.”

Gayle
Participant & Facilitator

Fun & Games



Bingo

Saturdays, 1/21 – 4/29

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

Do You Know What You Don't Know?

Sunday, 1/1 – 4/30

Join us for interesting facts and fun about various subjects. Some of the information may come as a revelation, some may just add to your current bank of knowledge.

Facilitated by Sharon Schwartz

Facts about Foreign Countries

Sunday, 1/1 – 4/30

Join us if you have an interest in learning new or unusual facts about other countries around the world. Andorra, for example, has the world's highest life expectancy, at 82.5 years of age, followed by Japan at 82.1.

Facilitated by Sharon Schwartz

Joke-A-Thon

Wednesday, 2/8

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

More Fun with English

Wednesdays, 1/18 – 2/8

We'll continue our exploration of delightful, quirky English with Tongue Twisters, Mondegreens, Tom Swifties, and more. Let's dive right in! (She said swimmingly.)

Facilitated by Terry Englehart

Fun & Games

Mystery Melody

Saturdays, 1/7 – 3/11

The mystery melody themes, with guidelines to help you get started are: **Jan 7** holiday left-overs, food, drink and festive songs; **Jan 14** MLK celebration, soul, peace and inspiration; **Jan 21** movies and musicals; **Jan 28** British bands of the ‘60s; **Feb 4** songs with words related to time, never, morning, clock, Sunday; **Feb 11** Valentine’s celebration, love, hearts, flowers; **Feb 18** Presidents’ Day, patriotic songs and Americana, **Feb 25** the elements, earth, fire, wind, water; **Mar 4** songs which express emotions, joy, jealous, fear; **Mar 11** anticipating St. Patrick’s Day and Spring, Irish, green, garden, plants.

Facilitated by Jan Knowles

Noggin Joggin'

Thursdays, 1/12 – 3/16, 4/13 – 4/27

Let's gets 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, 1/5 – 4/27

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

Tall Tales

Tuesdays, 1/3 – 4/25

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

Fun & Games

Trivia

Tuesdays (Trivial Pursuit), 1/3 – 4/25

Tuesdays, 1/3 – 4/25

Sundays, 1/1 – 4/30

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), Marion Mango and Sharon Schwartz (Sunday), and Elantra V. (Tuesday pm)

Ungame

Thursdays, 1/5 - 4/27 (no group 1/19, 2/16, 3/16, 4/20)

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! If you would like to read an article or the rules of the game, call the office for materials.

Facilitated by Samantha Smith

Word Play

Sundays, 1/1 – 4/30

Join us for challenging and stimulating word games. Test yourself with word definitions, scrambled letters, word completions; use clues to guess the mystery subject, etc. No winners or losers in these games of fun!

Facilitated by Sharon Schwartz



Word Talk

Saturdays, 3/11 – 4/29

Words, Words, Words! Where did they come from? We'll question the origins of words, explore the old and new, why we use the words and discuss idioms and age old adage such as, "Think before you speak", and "Be careful what you say!"

Facilitated by Gina Pandiani, MA

Good Reads

Animal Charm

Wednesday, 1/11

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

Poetically Speaking

Wednesdays, 1/4 – 4/26

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

Facilitated by Greg Pond, Poet

Poetry

Sundays, 1/1 – 4/30

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, 1/19, 2/16, 3/16, 4/20

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

Read Along

Tuesdays, 1/24 – 4/28

We will be reading *Still Life*, Louise Penny's prize-winning mystery, first in her series of novels featuring detective Armand Gamache. *Still Life* centers on an official investigation following the death of retired schoolteacher Jane Neal, who lived in the small town of Three Pines in Quebec, Canada, a place so crime-free it didn't even have its own police force. Was her death a hunting accident or something far more sinister? As Gamache later observes about Three Pines, "It was a town full of lovely people. Too bad one of them was a murderer." Bring along a copy of the book if you'd like to take a turn reading, or just listen.

Facilitated by Roberta Tracy

Good Reads



Story Time

Thursdays, 1/5 – 4/27



Saturdays, 1/7 – 4/29

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, 4/21

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 Linda Valenziano



**“Well Connected
Fascinating and exciting
Learning, communicating, muting
It makes us feel less alone.
Inspiring”**

Cinquain Poem

collectively written by Barbara, Darlene, Peg, Sandy, and Suzanne in Poetry Prompts



Mind and Melody

1/24

Music is the universal language! You've probably heard that before, but what does it actually mean? It's beautiful, ubiquitous, and it's got a special way of helping us connect with the world around us. Join us to explore the power of music, its impact on individuals with neurological impairments, and what it really means to harness this powerful tool.

***Presented by Eric Guitian, Music Enrichment Specialist,
Mind&Melody, mindandmelody.org***

Vision Rehabilitation and Eye Health Resources

1/31

Learn about the benefits of vision rehabilitation care, for those with central vision loss from conditions such as age-related macular degeneration and Stargardt disease, as well as for those with visual field loss from conditions such as glaucoma, stroke and retinitis pigmentosa. We will also discuss the vision rehabilitation needs of those with photophobia and/or contrast loss. We will discuss the latest research on macular degeneration and glaucoma, including the benefits of vitamins and supplements. We will also discuss a variety of resources and devices to maximize functional abilities with loss of vision.

***Presented by Mark Wilkinson, OD, FAAO, National Eye Institute,
Clinical Professor, College of Medicine, University of Iowa***

APS and Responding to Elder Abuse

2/7

We will learn about Adult Protective Services (APS) and how they respond to elder and dependent adult abuse, using a multidisciplinary approach to helping survivors of neglect and/or crime. Services provided by APS include responding to reports of known or suspected abuse and neglect, investigating, and arranging for the delivery of services from available community agencies.

***Presented by Cassie Villar, Adult Protective Services, County of San
Mateo, CA***



Look at the Upside: A Psychologist's Insights about Aging Well and Managing Setbacks

2/14

Some of us will live well into our 90s, maybe even to 100 and beyond. Will we live well at that point? Join us for an uplifting perspective on aging successfully, overcoming obstacles, and developing the resilience needed to start new chapters. Leave with a fresh and positive mindset about the future, with solutions that help to lift depression, and commit to moving forward no matter how many bumps are encountered along the way.

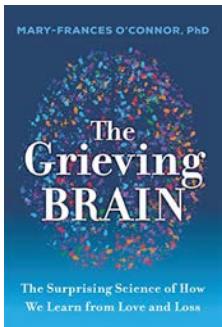
***Presented by Joseph Casciani, PhD, Psychologist and Author,
livingto100.club***

Green Burial

2/21

Green burial is a way of caring for the dead with minimal environmental impact that aids in the conservation of natural resources, reduction of carbon emissions, protection of worker health, and the restoration and/or preservation of habitat. Understand the many rewards of having a meaningful experience through sustainable burial.

***Presented by Gretchen Spletzer, Green Burial Council,
greenburialcouncil.org***



The Grieving Brain: The Surprising Science of How We Learn from Love and Loss

2/28

Renowned grief expert, neuroscientist, and psychologist will share groundbreaking discoveries about what happens in our brain when we grieve, debunking the five stages of grief, and providing a new paradigm for understanding love, loss, and learning.

***Presented by Mary-Frances O'Connor, Ph.D., Associate Professor,
University of Arizona***



You Want to Live ‘Til You Die: How Elder Law Helps

3/7

While we often don't like to think or talk about death, there are important end-of-life planning and documents that are necessary to live a full life. Attend this session and make sure you are checking those boxes, and in the process, you'll learn more about how an Elder Law attorney may help.

Presented by Roberta “Bobbi” Flowers, J.D., Professor of Law; Director, Center for Excellence in Elder Law, Stetson University College of Law, FL

Elder Abuse Awareness: Protecting Older Adults Against Abuse

3/14

According to research, 1 in 10 Americans aged 60 years and older experience elder abuse. Take a stand and learn the signs of elder abuse and neglect!

Presented by Erika Brown, MSW, Social Worker, City of Los Angeles, CA

Empowering Older Adults: Preventing Abuse and Neglect

3/21

Older adults, particularly those with dementia such as Alzheimer's Disease, may be susceptible to financial, emotional, and physical abuse. Learn how to protect yourself and those you love as well as how to recognize signs of abuse and neglect. Hear about the practical resources housed at the National Center on Elder Abuse and how to access them.

Presented by Laura Mosqueda, MD, Professor of Family Medicine and Geriatrics, Director, National Center on Elder Abuse, University of Southern California

Health Care and the Americans with Disabilities Act

3/28

Many people do not realize they have rights that are protected by the Americans with Disabilities Act, or ADA. Join us to find out if you have rights under the ADA and what the ADA says about access to health care services.

Presented by Jan Garrett, Program Manager, Pacific ADA Center, www.adapacific.org



Connect with the National MS Society

4/4

Learn about the National MS Society, as well as information and resources for those affected by multiple sclerosis. We will learn about the progress that has been made, and ways you can help the mission to cure MS while empowering people affected by MS to live their best lives.

***Presented by Kate Moore, National Multiple Sclerosis Society,
nationalmssociety.org***



Be Healthy, Stay Fit

Tuesdays, 1/31 – 3/28

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, 2/3 – 3/3

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



Healthy Living

Saturdays, 1/7 – 2/25

Do you want to create a healthy lifestyle for yourself? What does health mean to you? Gather with like-minded people to learn, define and create a sustainable healthy life fit for you.

Facilitated by Inga Shalmyeva, RN, Certified Health Coach, and Carlen Olson

Health & Wellness



Think Again Tuesday

Tuesdays, 1/10, 2/14, 3/14, 4/11

Are you ready to fall in love with your brain? After all, you'll be together for the rest of your life. Join us for big helpings of evidence-based good news from neuroscience, blended with fun brain workouts and surprises galore. Begin 2023 with a brain-healthy New Year's Resolution to attend "This is Your Brain On Purpose with a Side of Surprise" (January). On Valentine's Day, you and your brain will learn about the brain-healthy benefits of Love, Chocolate, Flowers & More. We'll offer pots full of research gold at the end of the "brainbow" and have fun with Irish humor, along with some St. Patrick's Day shenanigans (March). We'll wrap up our series with more surprises, laughter and a celebration of art and science of being in (or even simply thinking about) nature. You will explore the nature fix, forest bathing, healing trails, and the emerging research into the power of awe.

Facilitated by Roger Anunsen, Co-Founder, MINDRAMP Consulting



"What is Well Connected? Based on my nearly 17 years of hands-on experience with this program, I begin with this: It's an elegant, cost effective, brain-healthy investment of time . . . that pays handsome dividends! I always add, "Try it! Your future brain will THANK YOU!"

Roger Anunsen

Facilitator (pictured with Lynnie Rayburn)

Holidays

St. Patrick's Day

Friday, 3/17

Do you know the history of St. Patrick's Day? When did it start? Why do we wear green? What is so special about the 4-leaved clover? What are the traditional foods to eat on St. Patrick's Day and why? What does the leprechaun have to do with St. Patrick's Day? Bring your questions and your own stories.

Facilitated by Kathy Connelly

Earth Day

Saturday, 4/22

Rachel Carson's 1962 publication of "Silent Spring" stimulated environmental consciousness. The first Earth Day followed in 1970 and creation of the Environmental Protection Agency followed later that year. An active congress passed many laws to protect the environment. Our knowledge of the Earth has grown over the past 53 years and now we face climate change. We will discuss our memories of Earth Day over the years, and wonder why the government was so responsive then, but now has difficulty legislating solutions to climate change.

Facilitated by Linda Adair

Valentine's Day

Wednesday, 2/15

Love is all around us...even when we think it is not! Come and share your stories.

Facilitated by Marion Mango

Young, Gifted and Black

Monday, 2/6

In honor of Black History Month, explore the young lives of notable Black American historical figures, including Harriett Tubman, Kofi Annan, and Langston Hughes.

Facilitated by Patt Schroeder, Front Porch

Languages

Perfecting Our French

Tuesdays, 1/3 – 4/25

Thursdays, 1/12 – 3/16, 4/13 – 4/27

In this French language group, a textbook is used for instruction, though the main focus is practicing oral conversational skills. *For advanced level French speakers only.*

Facilitated by Nicolette Noyes (Tuesday practice) and Instructor, Jan Knowles (Thursday)

Practicing German

Fridays, 1/20 – 4/14

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

Facilitated by Jack Gorby



“Well Connected is a wonderful resource for people of all ages, backgrounds and interests. It is a great one stop shop to enhance lifestyle in living experiences on a wide variety of topics and it’s very easy to access in use. So glad they are there for us all around the country.”

Ken & Chuck
Participants



Protect Yourself from Cybercrime

1/27

Cybercrime, especially through the Internet, has grown as computers and cellphones have become central to commerce, entertainment, and work. Join us to be informed about current cyber-crimes targeting the community, related scams, online fraud prevention and bank fraud.

Presented by Fernando Ponce, California Department of Financial Protection & Innovation, dfpi.ca.gov

Decluttering or Downsizing

2/3

Downsizing for a transition is a stressful experience, and letting go of treasures in your home can be emotional and difficult process. Whether you are moving or need to free up space, join us for some expert tips on relieving the stress of both!

Presented by Andriana Mendez, Co-Owner, custommovehaul.com

The Stories Behind Your Favorite Songs

2/10

Come listen and learn from the songwriters and musicians who gave us some of music's greatest tunes! We will discover such facts as the original title of "Silver Bells," and just who Elmer was in Glenn Miller's "Elmer's Tune."

Presented by Dan Del Fiorentino, Music Historian, National Association of Music Merchants, namm.org

Accessibility Tools and Resources for Low Vision and Aging

2/17

Participate in a discussion of Chuck's top 5 recommendations, as well as learn about resources in the areas of assistive technology, connection, benefits, and more, for VIPs (Visually Impaired People) and older persons!

Presented by Chuck Waletzko, MN



The Power of Connection

2/24

We all think we know how to take good care of ourselves; eat our veggies, exercise, and get plenty of sleep. But how many of us know that being connected to other people is just as critical? The benefits of human connection should never be overlooked, and a powerful connection might just begin with Coffee Talk! Learn about how Coffee Talk works at Friends & Co and connect with someone today!

Presented by Ann Fosco, Community Impact Director, Friends & Co, MN

Lifestyle Options as Needs Change

3/3

Join us for a discussion of senior housing and care options available to older adults. Learn about senior housing options, costs of senior housing, how to pay for senior housing, and care and benefits available to assist elders.

Presented by Jennifer Prell, SMM-C, President & Founder, Elderwerks, elderwerks.org

If You Had a Wish... Spreading Dreams to All!

3/10

You can help make someone's wish come true. Hear about Wish of a Lifetime from AARP, the variety of wishes granted, and have the opportunity to nominate a loved one, or yourself for their program.

Presented by Caitlin Shepherd, Wish of a Lifetime from AARP

The Tao of Later Life

3/17

It is way past time for a new look at the phenomenon of aging. Such a look reveals the organic process that is going on. It shows instinctive forces at work, pushing growth and especially integration. The latter stage of life has its own developmental tasks, its own challenges, its own urges. Mostly inside, this form of growth doesn't appear like any form of Life known before. A limited number of copies of the book will be made available by the author, and it is also available for purchase on Amazon.com.

Presented by David "Lucky" Goff, PhD, Author, The Tao of Later Life



Holocaust and Resistance

1/25

Journey through past and current exhibitions, exploring the life stories of artists before and during World War II, and their determination to resist the Nazi regime, and survive. We will share the stories of the photographer Roman Vishniac, artists Claude Cahun and Marcel Moore, and the remarkable story of puppeteers, Mike and Farnces Oznowicz from our 2022 exhibition Oz is for Oznowicz: A Puppet Family's History. By sharing these stories and bringing to light examples of artistic resistance connected to the Holocaust, we encourage conversation and contemplation, and further Holocaust education and lessons in fighting antisemitism, hate, and authoritarianism today.

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



Wadsworth
Atheneum
Museum of Art

Winter Scenes

2/1

Artists have celebrated the coldest season in a variety of ways, from paintings of snow-capped mountains and skaters tumbling on ice, to chessboards and ceramic figurines of the “new year.” Delight in the sights and sounds of the season in a virtual tour of winter highlights from the collection.

***Presented by the Wadsworth Atheneum Museum of Art, CT,
thewadsworth.org***



Ida O'Keeffe: Escaping Georgia's Shadow

2/8

Overshadowed by her older and more famous sister, Ida O'Keeffe was also a gifted American modernist artist. Learn about the dynamic life of Ida O'Keeffe and recently rediscovered artworks.

***Presented by Sue Canterbury, Associate Curator of American Art,
Dallas Museum of Art, TX, dma.org***



iPresente! A Latino History of the United States

2/15

See America through the Latino experience in the first-ever exhibition presented by the National Museum of the American Latino. Join us for an introduction to the important ideas, moments, and people that shine a light on the many ways Latinas and Latinos shaped the nation.

Presented by Natalia Febo, National Museum of the American Latino, DC, latino.si.edu

The Artists of Mettlach

2/22



The story of Mettlach artwork revolved around the company of Villeroy and Boch. It was founded in 1836 when a French ceramics company founded by Jean François Boch (1782-1858) merged with a German ceramics company started by Nicolas Villeroy (1759-1843). Their factory in the town of Mettlach employed artists from a variety of artistic and vocational backgrounds, working in a wide range of artistic styles. Although Mettlach wares were mass-produced in a factory setting, internal company innovations created exciting new opportunities to combine art and industry.

Presented by Carly Lake-Irigoyen, The American Museum of Ceramic Art, CA, amoca.org

Jade: Stone of Heaven

3/1



If you thought diamonds were forever, you should consider jade. For millennia this stone has been valued, revered, and imbued with meaning by not only the Chinese, but also by most Asian societies. Jade is believed to have life-prolonging qualities, and many consider jade to be more precious than gold. Emperors admire jade; scholars praise jade; women use jade ornaments to adorn their beauty. For thousands of years craftsmen have drawn inspiration from nature and creatively worked jade into various sizes, forms and shapes. Using exquisite examples of jade crafted over thousands of years, we will delve into some of the reasons this stone has been so prized.

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



Troy Montes Michie: Rock of Eye

3/8

Join us for the El Paso-born artist's first solo museum exhibition, bringing together collages, drawings, sculptures, and installations that draw the contours of body and place, and are heavily informed by his experience growing up along the United States and Mexico border.

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



Fine Arts
Museums of
San Francisco

de Young
Legion of Honor

Sargent and Spain

3/15

Organized by the National Gallery of Art in Washington, DC, this is the first exhibition to explore the influence of Spanish culture on John Singer Sargent's dynamic visual practice. The artist developed his passion for the country and its culture over the course of seven visits, taken from 1879 to 1912. Sargent's powerful early oils—executed at Madrid's Museo del Prado after those by his aesthetic hero Diego Velázquez—mark the beginning of his long interest in Spain, its rich culture (both historic and modern), its people, and its magnificent urban and rural landscapes.

Presented by the Fine Arts Museums of San Francisco, CA, famsf.org



Birds in Art: A Flighty History

3/22

We will trace how artists throughout history have tried to depict the appearance and behavior of our feathered friends, and why they have been such a compelling subject. Our tour takes us through religious art, crafts, architecture, and of course painting and sculpture.

Presented by Mark Pohlad, Ph.D., Associate Professor, Dept. of History of Art and Architecture, DePaul University



Paris: Artists' Gardens

3/29

The transformation of Paris during the 19th century, creating wide boulevards, and public and private gardens, inspired an era of great Impressionistic art. We will look at Monet and fellow Impressionists who had a love affair with gardens and flowers, and captured the color and changing moods of their subjects.

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



Visions Towards Tomorrow

4/5

We will explore the founding of the East Bay Negro Historical Society, the organization that would become the African American Museum and Library at Oakland. We will examine panels from the permanent exhibition on African Americans in Oakland beginning with the 1890s. We conclude with listening to snippets from the gallery's interviews of prominent figures, entrepreneurs, and everyday people.

Presented by Marco Frazier, African-American Museum and Library at Oakland, CA, oaklandlibrary.org/aamlo



“I’m amazed by Well Connected - I didn’t believe I could belong to a virtual community - but everyone is so welcoming and I love being able to learn and participate with my new found friends across the country!”

Tracy Powell

VP Front Porch Community Services, Participant, and Presenter

Reflection & Religion



Art and Spirituality

Saturdays, 1/21 – 3/25

Travel decades and centuries with us, learning through sharing and discussing how creativity and art effects our lives, language and spirituality in the past, present and future! From Cave art to Michael Angelo's Sistine Chapel and Shakespeare to Mary Oliver. We'll explore and take inspiration!

Facilitated by Gina Pandiani, MA

Let's Talk About Jesus

Thursdays, 1/5 – 4/27

A brief selection from the New Testament, followed by a discussion of its implications.

Facilitated by brother drake

Bible Reading

Mondays, 1/23 – 4/24

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

Gratitude

Every Day, 1/1 – 4/30

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, Peggy Morin, Lanae Naugle, Lynn Parrish, Sue Piecuch, Ricki Perlman, Doug Stetson, Cristina Torres, Nancy Walton-House, and Tom White

Reflection & Religion

Guided Imagery Meditation

Thursdays, 1/5 – 4/27

Trick your imagination into forgetting any tension or stress you may be feeling. Listen as you are taken on a short journey that will take your mind into a more peaceful place. Set your chores and worries aside for half an hour and enjoy a mental escape from the real world.

Facilitated by Sally Tindall Hayward



Heartfulness Practices

Thursdays, 1/5 – 4/27

Saturdays, 1/7 – 4/29

In this class, you will be guided into transformative practices followed by the Heartfulness institute for over 100 years. **Relaxation:** vital for well-being, reduces tension in all parts of your body and helps you to stay balanced even in stressful situations. **Meditation:** With regular practice, your mind will become centered and shift to deeper levels of feeling, intuition, and consciousness. **Cleaning:** fosters lightness of being, joy, and a carefree attitude, as emotional burdens, habits, deep conditioning, and complexities are removed. **Inner Connect:** through a simple bedtime prayerful intention, you can connect humbly with your inner self, listen to your heart's voice, and weave your destiny. **Detox Practices:** guided methods to overcome common emotional patterns and compulsive habits that we find in modern society; fear, stress, passion and anger.

Facilitated by Artee Chandekar, Certified Heartfulness Trainer

Meditation

Every Day, 1/1 – 4/30

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

Reflection & Religion

Memorial Service

Thursday, 4/20

Along with commemorating members of the Well Connected and Social Call communities who have died, this will be a chance for all of us to process our grief and remember the friends and family we have lost.

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

Socrates Café

Mondays, 1/16, 2/20, 3/20, 4/17

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.



Spiritual Adventure of Aging

Fridays, 3/10 – 4/21

Join us for a reflective conversation on the great spiritual adventure of aging and being an elder in our country. We will hear brief readings from *The Gift of Years: Growing Older Gracefully* (BlueBridge, 2008) by Joan Chittister, a Benedictine nun, feminist, speaker and spiritual writer. The book is described as “not only accepting but celebrating getting old, this inspirational and illuminating work looks at the many facets of the aging process.” We will discuss the chapters on regret, nostalgia, sadness, purpose, meaning, productivity and relationships.

Facilitated by Nancy Walton-House, MEd

Supportive Groups

Caregiver Conversations

Fridays, 1/6, 2/3, 3/3, 4/7

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



Colors of Grief and Healing

Mondays, 3/6 – 3/27

The grieving process and its emotions can speak to us in hues or colors, and colors can be helpful in emotional recovery and healing. Facing a day of grieving can be depicted in colors and how you see the world. Will today bring green, yellow, purple, black or gray; do they reflect sadness, growth, or joy. Join us to mentally paint a picture toward recovery of a broken heart.

Facilitated by Carol Martin

Facilitator Support Group

Thursdays, 1/26, 2/23, 3/23, 4/27

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, Front Porch



Living Life with No Regrets

Fridays, 1/27 – 3/3

As we get older, we can sometimes look back on our lives with a sense of regret. We may wish we had made different choices, or that we had taken more risks. It's important to know that regret is a normal part of life.

Everyone has at least one regret - what matters most is that we learn from it and move forward. Join us as we lovingly face our regrets and work through them together. You'll discover that it's never too late to start living a life with no regrets.

Facilitated by Nurbaya Hamzah and Manjyot Samran, Masters in Counseling Students, Palo Alto University, CA

Supportive Groups

Living with Chronic Pain

Thursdays, 1/19 – 4/13

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

Low Vision Support

Wednesdays, 1/18 – 4/26

A vision loss journey can be lonely and uncertain. Our group shares information and advice as you adjust to living life with low vision. Hear from both your peers and professionals regarding skills, resources and tools for independent living and enjoying activities in a new way. We will support each other on the emotional journey that can come with significant vision changes. Sharing experiences and tips gives everyone a broader perspective of what solutions exist for a wide variety of low vision concerns. Join us to gain insight on your path to becoming independent and confident with low vision.

Facilitated by Judy Davis and Mary Witherspoon



Mindful Self-Compassion

Wednesdays, 1/23 – 2/27

We will focus our attention inward as we explore self-compassion as a way to gift ourselves unconditional support, comfort, and understanding. Join us as we build awareness, self-kindness, and honor our common humanity through reflective journaling and insightful discussion.

Facilitated by Samantha Duncan, Masters in Counseling Student, Palo Alto University, CA

Supportive Groups

Pet Loss Support

Sundays, 1/7, 2/4, 3/4, 4/1

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



Self-Care Sundays

Sundays, 1/1 – 2/5

Self-care promotes well-being. It covers all aspects of your life such as physical, emotional, and spiritual well-being. Please join us to learn about self-care practices to help you along your journey of life.

Facilitated by Sara Alexander and Aaron Winter, Masters in Counseling Students, Palo Alto University, CA

Support/Discussion for the Blind

Tuesdays, 1/24 – 4/25

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.



Well Connected Online!

3/24

Learn about Abiento, the Well Connected conferencing platform and member portal. In this group, you'll learn about why we developed Abiento, and how you can use it to register for groups, accessibly join groups, and enjoy select lifelong learning groups after the fact.

Presented by Annette Balter and Amber Carroll, Front Porch

Lighting and Technology Solutions for Low Vision and Blindness

3/31

Learn about the latest technology for vision loss, including easy-to-use video magnifiers, text-to-speech tools, and high-tech wearables. Discover the importance of lighting for low vision, including tips and tricks for making your living space safer and simpler to navigate. We'll answer your questions and help you understand what options work best for your needs.

Presented by Stuart Flom, Founder & President, AdaptiVision, lowvisionsource.com

Make Music Without Playing an Instrument!

4/7

Computer technology has revolutionized how we make music — and who can make music! You don't have to play an instrument to join the Well Connected All Star Band and, using a computer, collectively compose, perform and record a terrific tune. At the end of this session, you'll have a composition that you can listen to and share with your friends and family - even your grandkids.

Presented by Steve Lipson, Director, eldertechacademy.com

Technology



Digital Learning

Tuesdays, 2/7 – 3/14

Learn how to use email; navigate your computer; use social media; connect with family, friends, and medical providers through video conferencing; understand security measures to prevent scams, and how to use your smart phone for texting, taking and managing photos.

Facilitated by Andrea Vargas, and Student Interns, St. Jude Medical Center, CA



Voice Over on iPhone

Tuesdays, 1/10 – 4/25

Learn to use your iPhone without looking at the screen! Join us for an eight week basic training to help you make friends with your iPhone, and use your ears instead of your eyes. Following training, ongoing sessions will practice and build your foundational skills, help you learn to do other things, and provide an opportunity for questions and answers. The training will not be repeated, so please plan to attend from 1/10 – 2/28 to learn important skills!

Facilitated by Neva Fairchild, MS, National Aging & Vision Loss Specialist, American Foundation for the Blind, afb.org

Front Porch Community Services – Creating Community

Creative Spark: Creates community by energizing and inspiring organizations and professionals with consultation, curriculum, and staff training.

Home Match: Creates community thoughtfully matching home owners and home seekers turning extra space into income and new pathways for connection.

Market Day: Creates community by providing healthy, affordable produce markets at housing communities and other accessible sites throughout California.

Ruth's Table: Creates community by bringing generations together through live and virtual gallery exhibits and creative projects.

Social Call: Creates community by fostering meaningful telephonic connections between volunteers and older adults throughout the county.

Well Connected Español: Creates community by accessibly connecting Spanish-speaking individuals through virtual classes and conversations promoting lifelong learning and social exchange.

For more information: frontporch.net/programs

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

Virtual Volunteering!

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

Well Connected and Well Connected Español are looking for group facilitators in English or Spanish. If you are a great listener, like to encourage and support others, are flexible and empathetic, you can facilitate for a few weeks, or months!

Social Call matches individuals for regularly scheduled one-on-one friendly phone conversations. Join us if you:

- Like to meet new people
- Are flexible and curious
- Can take different perspectives
- Are available each week, for a 30 minute phone chat, and willing to commit for at least 6 months

Connect with us at connections@frontporch.net
or (877) 797-7299 for more information.



Other Resources

General

- **2-1-1 or 211.org** – Free, national, confidential information and resources
- **Eldercare Locater** – 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

- **Be My Eyes** – bemyeyes.com – A free app that connects people with low/no-vision with sighted volunteers and company representatives for assistance through a live video call
- **Hadley.edu** – (800) 323-4238 – Education and discussion groups
- **VisionAware.org** – Online information and resources
- **BrailleInstitute.org** – (800) 272-4553 – Free classes and library

Connection

- **CONNECT2AFFECT** – connect2affect.org – Online resources, information and practical ways to connect with others

Mental/Emotional Health

- **9-8-8 – National Suicide & Crisis Lifeline** – 24-hour dial, text or chat
- **The Friendship Line** – (800) 971-0016 – 24-hour support for older adults

Intergenerational

- **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
- **Oats.org and seniorplanet.org** – Online classes, in-person locations, articles
- **SeniorFusion.org** – (510) 531-6104 – Innovative technology for seniors, info and consulting, fees apply

Donations

Your generous donation can help make Well Connected an even greater success.

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)**



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





Well Connected
CREATING COMMUNITY

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