



Well Connected

CREATING COMMUNITY

*Celebrating our 20th
Anniversary Year!*

WINTER 2024

January 1 – April 30



(877) 797-7299

connections@frontporch.net

wellconnectedprogram.org

Welcome	3
About Front Porch	3
Welcome & Inclusion	3
Donations	4
Champions	5-6
How It Works	7
Program Guidelines	8
Connection Team	9

Across the Miles	22
Activists R Us!	22
All Request 90	18
Armchair Travel Series	12-14
Art Insights Series	15-17
Ask the Attorney	22
Be Healthy, Stay Fit	35
Bingo	26
Bird Talk	22
Book Share	29
Caregiver Conversations	47
Caregiver Support	47
Coffee Break	23
Coping Skills Workshop	47
Create a Collage of YOU	18
Creative Writing	18
Facilitator Support Group	48
Grandolence & the Journey	48
Gratitude	46
Gray Matters	23
Grieving Our Personal Losses	48
Groceries for Less	23
Guided Mindfulness Meditation	41
Health & Wellness Series	31-35
Hear the Catalog	11
How Do I...Tech?	51

Humanities: Art & Drama of Life	20
The ImAGEination Project	19
Improv Games	26
Inspiring Stories	23
Intergen Chat	23
Intro to Buddhism	46
Jeopardy!	26
Keeping the Faith	46
Keepsake Fun	20
Keys to Joy	24
Knit or Crochet Together	21
Laughter Yoga	35
Let's Talk About Jesus	46
LGBTQ Chat	24
Lifestyle & Culture Series	37-40
Life Story Club	24
Living with Chronic Pain	49
Low Vision Support Group	49
Meditation	41
Memorial Service	46
Mindful Self-Compassion	41
Museums at Home Series	42-45
Music's Memory Lane	21
Muttville Cuddle Club	25
Mystery Melody	26
Newcomers Welcome	11
Noggin Joggin'	27
Open Mic	27
Our Blue Marble	25
Peer Support for Blind	49
Perfecting Our French	36
Pet Tales	25
Poetically Speaking	29
Poetry Reading	29
The Power of Resilience	49

Practicing German.....36
 Re-Engineer Your Mind 41
 Self-Care Sundays..... 50
 Self-Empowerment Now..... 50
 Socrates Café 25
 State of Well Connected11
 Stitchers' Circle..... 21
 Story Time 29
 Sunday Poetry 30
 Tall Tales 27

Technology Series.....51
 Trivia 27
 Ungame 28
 Wildlife Wakes Up..... 25
 Writers Read 30
 Writing Workshop..... 21
 Wordle..... 28

Front Porch community Services52
Without Walls Network 52
Virtual Volunteering 53
Resources..... 54



Save the Date!
 Creative Aging Symposium
 Thursday, May 9th

Pacific Time
 9:00am – 11:30am

Central Time
 11:00am – 1:30pm

Mountain Time
 10:00am – 12:30pm

Eastern Time
 12:00pm – 2:30pm

Visit creativeagingsymposium.org for more details and to register online.

Welcome to Well Connected

Well Connected is a nationwide **phone** and **online** community that brings people over the age of 60 together to explore, learn, laugh, and share experiences. Over 3,500 members join educational, fun, and engaging groups from the comfort of home. The Well Connected community of participants, staff, facilitators, and presenters value being connected to engaging content, and to each other. Well Connected is a Front Porch Community Service and is free of charge to individual members.

About Front Porch

Front Porch is a not-for-profit organization, dedicated to empowering individuals to live connected and fulfilled lives through community and innovation. 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.

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.

Donations

Your generous donation supports Well Connected!

To make a donation online, please visit: 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



Sharing ideas, improving access.



The
**JOSEPH & VERA
LONG**
Foundation

Pictured on the Cover: (clockwise from top right)
Terry and Patt

Champions

In June of 2004, six women joined Terry Englehart on the phone for a lively group called “Funny Bones,” launching Senior Center Without Walls (SCWW), a free conference call program for older adults in the San Francisco Bay Area, hosted by St. Paul’s Episcopal Church in Oakland. Terry had become aware of numerous elders who were living alone and who had difficulty getting out. There were limited resources in the area to alleviate the isolation, depression, and lack of “something to look forward to” that seemed to affect many. When she heard about DOROT’s University Without Walls, a program in New York City that offered classes by phone to homebound seniors, and received an anonymous donation of \$2,500, she responded to a poster at Costco advertising cheap conference calling, and enlisted volunteers to help facilitate groups.



“Though they are no longer with us, I give huge thanks to Marge, Mae, Etta, Mercy, Martha, and Marguerite whose laughter and camaraderie in that first Funny Bones group paved the way for many new friendships formed, fun activities experienced, resource information shared, and something to look forward to.”

— Terry Englehart in 2005
founder of Well Connected, 2004 – 2014

“When people come to Well Connected, it changes you. Without Gratitude, and volunteering, I wouldn’t be alive today because when you give back, it heals you.”

— Lynn Millar
participant and facilitator since 2008

Tracy Powell of Episcopal Senior Communities (ESC) (later Covia, now a part of Front Porch) brought SCWW to ESC in 2006, ensuring funding, staffing, and continued support. Crucial to the early growth of the program, staff members Jennifer Cancino and Amy Schaible helped expand telephone group offerings throughout California.

Under the direction of Amber Carroll since 2015, SCWW expanded to welcome participants throughout the United States, began offering online programming, built Abiento, its own accessible conferencing platform, renamed the program, and launched its sister program, Well Connected Español. The budget has swelled since that initial shoestring to over a million dollars a year.

That’s quite a lot to celebrate! Happy 20th Birthday to the Champion of programs, Well Connected!

Champions



“Gratitude has changed my attitude and Well Connected has changed my life. It gives connection, friends, and a home. Along with all the learning classes, I appreciate Well Connected.”

— Wendy Ward
participant since 2004



“What a treat it’s been to be a part of the Well Connected programs over the last nine years! Each and every day I have the opportunity to learn from and laugh with hundreds of amazing individuals living throughout the country. Cheers to being Well Connected for the next 20 and beyond!”

— Amber Carroll in 2004
Senior Director, Connection Programs



“Senior Center Without Walls came into my life via a wonderful, tiny bundle named Amy. I have been hooked ever since. We welcome you, as part of our family, into our safe haven of love, compassion, kindness, thoughtfulness, acceptance, conversation, learning, participating, facilitating and much more. Please join us to make our growing family even more complete.”

— Nicolette Noyes in 2013
participant and facilitator since 2005



“In the past 20 years, the program has seen many changes, and staff, participants and volunteers, who have come and gone. This is a testament to the power of that original idea, as well as profound organizational support. Here’s to the next 20!”

— Annette Balter in 2004
Program Manager, Well Connected

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, participants agree to the following guidelines. Harassment or 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.
- Do not share the calendar or group codes with anyone who is not a Well Connected member.
- The opinions expressed by facilitators and participants are their own and do not necessarily reflect the views of Well Connected/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.
- Introduce yourself and state your first name before speaking on groups.
- Mute yourself when not speaking to avoid background noise that may distract the group (press the MUTE button on your phone or *1).
- Consider using a headset, and do not use your phone on speaker, for the best audio experience for everyone.

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 is prohibited.
- Our peer-led groups are meant to offer support in a safe, nurturing environment. However, they are not intended to replace individual medical or therapy sessions. 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.

Happy New Year from the Connection Team!



Rosanna Aragon



Liz Avalos



Annette Balter



Amber Carroll



Michael Cueva



Michelle Foster



Karen Kemp



Emma Marquez



Maria Morales



Casey O'Neill



Lizette Suarez



Katie Wade

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.

Learn About Well Connected

Hear the Catalog

Sunday, 4/28

Would you like to hear next session's Well Connected catalog read aloud? If you don't use an audio player, but need help with reading, join us to hear the catalog read to you, as well as questions answered about group content.

Facilitated by Nicolette Noyes

State of Well Connected

Monday, 1/22

Wednesday, 4/10

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

Newcomers Welcome

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

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

Facilitated by Annette Balter and Amber Carroll, Front Porch



Japan

1/22

Join us for a trip along the Kumano Kodo trail and a visit to the Imperial Heritage sites of Japan. Journey through bamboo forests, golden temples, Japanese gardens. Enjoy the serenity presented by Japanese landscapes and the artful nature of food presentation so perfectly crafted by Japanese culture.

Presented by Joanna Berg

Quebec City

1/29

A captivating city in the heart of French-speaking Canada, Quebec offers a glimpse into a world where history, culture, and natural beauty collide. As you journey through its cobbled streets and towering fortifications, you'll be transported back in time to the 17th century. The iconic Château Frontenac, stands majestically overlooking the St. Lawrence River. Explore the UNESCO-listed Old Town, a labyrinth of charming boutiques, cozy bistros, and centuries-old architecture that whispers tales of the past. Don't forget to wander along the city's fortified walls for panoramic views.

Presented by Tom Miller

Volunteering at Feracare Wildlife Centre

2/5

Going on safari in Africa is an experience beyond compare...almost. Doing volunteer work on a cheetah wildlife preserve is even more exciting. Being up close and personal with cheetahs, lions, tigers, warthogs, caracals, servals and many other wildlife, and helping to preserve these endangered species, is an experience beyond compare.

Presented by Paula Wright

America the Beautiful Road Trip

2/12

Come along on a road trip across the U.S. in our '85 VW camper van. Marvel at California's golden hills, Utah's majestic rock formations, Nebraska's wide-open Great Plains, Ohio's verdant fields, and so much more in our land of wonder.

Presented by Terry and Steve Englehart



Seoul

2/26

Travel with me to Seoul, the capital city of South Korea, considered the most livable city in Asia, and one of the largest and most progressive cities in the world. We will see both the modern and historical, cultural aspects, and experience how the old blends with the modern as we travel through this magical city.

Presented by Deirdre Spelman

Lesser-Known National Parks

3/4

We will visit six of the less famous National Parks: Kenai Fjords (AK); Crater Lake (OR); Indiana Dunes (IN); Pinnacles (CA); Voyageurs (MN), and Theodore Roosevelt (ND). Highlights include encounters with condors, bison, puffins, and prairie dogs, along with a hike down into a volcanic caldera, and a walk through the wild rock formations of Bear Gulch Cave!

Presented by Amy Brokering

Portugal

3/11

We will explore the hills and winding streets of Lisbon – with samples of iconic tile facades and contemporary street art. Travel to the university town of Coimbra and the Roman ruins of Conimbriga, and conclude in Porto and the Duro Valley – home of world-famous port wine.

Presented by Ellen Kaufman

Southern Ethiopia

3/18

The Southern Nations, Nationalities, and Peoples' Region (often abbreviated as SNNPR) was a regional state in southwestern Ethiopia. We will visit a few of the homelands and people, where over 45 indigenous ethnic groups reside.

Presented by Joya Chatterjee



India: North and South

3/25

Traverse India during a journey that takes us from the Golden Triangle capitals of Delhi, Agra and Jaipur in the north, to the frescoed fortress of the “Tiger of Mysore” and the bayou-like Kerala backwaters in the south, learning customs and traditions from locals and absorbing some of India’s amazing history.

Presented by Laurel Ostrow

The Call of the Wild - Part II - Exploring the Yukon and Alaska

4/1

As Robert Service wrote in *The Call of The Wild*, “Let us journey to a lonely land I know. There’s a whisper on the night-wind, there’s a star a gleam to guide us, And the Wild is calling, calling...let us go.” Join us again as we continue this 80th birthday family trip, by car, ferry and plane from Denali National Park to Fairbanks, Destruction Bay (Yukon), Haines Junction (British Columbia), Haines, Juneau and Everett, Washington.

Presented by John House and Nancy Walton-House

Taiwan

4/8

Taiwan is very small, with 24 million citizens. Join us for a historical, cultural, and political overview – Taiwan 101!

Presented by Catherine Coleman



Enhancing the Stone

3/7

Rock art is found throughout the world, and the Western U.S. is a hotbed of these ancient expressions! While some subjects are identifiable, many more hold mystery as to meaning and significance. Let's look at examples found in Nevada, Utah and Arizona, try to guess what the images mean, and learn a bit about the people and cultures who created them. We'll then consider how "enhancing the stone" remains of interest today in the popular rock painting hobby.

Facilitated by Laura Robertson

The Art of Animals

3/14

From the inspired to the symbolic, animals frequently show up in art--fascinating beings that they are! Let's gather to discuss animals in creative works through the ages and in the present, and share some favorite examples. We'll even talk about animals who make art themselves--and fun-filled ways that we can make art with our own pets.

Facilitated by Laura Robertson

Picasso's Early Years

3/21

Pablo Picasso was one of the most recognizable artists of the 20th century. We will examine his early years in Spain though his 30's in Paris.

Presented by Dave Williams, Gallery Volunteer, The Art Institute of Chicago, IL



Gertrude Abercrombie: In Wonderland

3/28

Learn about Gertrude Abercrombie, often referred to as the Bohemian Queen of Chicago, and a leading figure of Chicago's arts scene in the mid-20th century. During the 1940s and 1950s, she was known for holding artistic gatherings at her Hyde Park home, inviting visual artists and prominent jazz musicians such as Dizzy Gillespie. Her art has most recently been rediscovered by the art community. She was a surrealist acclaimed for her complex self-portraits and renditions of solitary women, cats, owls, and doors. "Surrealism is meant for me," she remarked, "because I am a pretty realistic person but don't like all I see." We will look at some of her works that are bewitching, awkward, eerie, clever, anguished, and playful.

Presented by Laura Davis

Art Across Cultures

4/4

Culture can be defined as a shared way of thinking and interacting among a group of people. Studying history, geography and religion can help us to understand different cultures. But we can also begin to understand various cultures through the art they produce. From ancient times to the present day, artists have created their artwork in a specific time and place that reflected their own worldview and perspectives. And through works of art, we can also see how cultures have interacted with one another. We'll explore a variety of time periods and art forms to see some of the rich cultures that have, and continue, to exist.

Presented by Sarah Davy and Kit Keane

A History of Women Artists in Chicago

4/11

Learn the intriguing history of women artists in the Windy City, from the murals and advice of Mary Cassatt to the architectural innovations of Jeanne Gang. Other fascinating creatives include Gertrude Abercrombie, Ruth Duckworth, and Lee Godie. The challenges and successes of these artists say much about art in Chicago, then and now.

Presented by Mark Pohlada, PhD, Associate Prof., Dept. of History of Art and Architecture, DePaul University, IL



Willem Boshoff's South African Text Art

4/18

For artist Willem Boshoff, the South African landscape and its colonial history are linked to the country's diverse languages. With pressures from ongoing Westernization, there are real risks of extinction for many of the Bantu languages and customs. In response, Boshoff uses the Dutch dialect known as Afrikaans (his native tongue), as well as English and the nine national Bantu languages, to fight for cultural preservation. This talk will use several art installations as evidence to unpack the urgency of Boshoff's message for the people of South Africa.

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

Rediscovery in the Making

4/25

Every year, Creative Spark and Ruth's Table Gallery & Making Space in San Francisco partner with many communities and organizations to bring together older adults and adults with disabilities through engaging and inclusive creative experiences. This year's theme, Rediscovery in the Making allows our communities to creatively reimagine the everyday to reveal riches within ourselves and others. Join us for this inspiring Gallery Takeover exhibition where we'll explore collaborative artworks created by our community partners and rediscover what's possible when we make art together.

Presented by Ruth's Table, a Front Porch Gallery, CA, ruthstable.org



Participants/Facilitators Kathy Connelly and Nancy Walton-House had a delightful meet-up in Washington this past Fall!

All Request 90

Thursdays, 1/4 – 4/25

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



Create a Collage of YOU

Saturdays, 4/6 – 4/27



Let's create a collage of you, a friend or pet using a new or pre-used canvas board. We will learn how to apply fabric and create shapes of material you have on hand to create a personal picture of "joy!" Supplies **you** need to provide: modge podge for fabric or white Elmer's glue, water, brushes or foam brush, Q-tips, fabric **and** paper scissors, paint, seed beads, broken jewelry, yarns, pictures, card stock, buttons, leather, book pages, zippers, Ric-Rac...anything you want to add for dimensionality.

Facilitated by Gayle Wanamaker

Creative Writing

Tuesdays, 1/23 - 4/16

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 explore a different genre; writing poetry, journeying into memoirs, and freely write our way. 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 poems on Writers Read, or publish them in the Writers' Anthology.

Facilitated by Linda Valenziano



The ImAGEination Project

Tuesdays, 1/2, 1/16, 2/6, 2/20, 3/5, 3/19, 4/2, 4/16



Unleash your imagination in any or all of these eight extraordinary freethinking sessions with ElderTech Academy! With just your creativity, some group brainstorming, and some of the most advanced artificial intelligence technologies in the world, we'll create mind blowing photos, paintings, jewelry, foods, sculptures, tapestries, creatures, buildings, anything and everything you can imagine...and then some!

Facilitated by Steve Lipson, Founder and Executive Director, ElderTech Academy, eldertechacademy.com



“It is so fun and interesting to participate and facilitate with new friends on Well Connected.”

Steve
Participant & Facilitator

Arts & Music



Humanities: The Art and Drama of Life

Saturdays, 1/20 – 3/9

We'll look at the many facets of the arts. The written and spoken word: ancient texts, poetry, literature and theater arts and discuss music, composers, and artists of several genres and time periods in the fine arts, to create a cohesive understanding art's contribution to the humanities throughout history.

Facilitated by Gina Pandiani, MA



Keepsake Fun

Saturdays, 2/24 – 3/23



Do you have linens, hankies, aprons or other treasured fabrics, and embellishments such as lace, brooches, beads, feathers, thread or even a shoe buckle? Sew your own personal wearable work of art! Learn how to appliqué on clothing (jeans, jeans coat or vest, cloth purse, sweater) using dollies, vintage potholders, lace, buttons, and fabric. Whatever you can put in water or dry clean can be used! No supplies are provided. You will need: fabric scissors, needles, threads, straight pins, buttons, vintage cotton cloth gloves, lace collars, doll clothes, lace, Ric-Rac, broken zippers, broken jewelry and beads. Creating a canvas will be demonstrated as an option, and you will need modge podge for fabric, a brush or two and paint.

Facilitated by Gayle Wanamaker



“I find that there is always something to be grateful for. Sometimes you really have to look for it, but keep looking, you will find it!”

Betty, with her cats Romeo & Sophie
Participant & Facilitator

Knit or Crochet Together

Wednesdays, 1/3 – 4/24

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. Share what you are working on, give others tips on the challenges they have with a project, and enjoy learning from others. You can also learn how to loom knit, with about \$20 in supplies to get started.

Facilitated by Neva Fairchild

Music's Memory Lane

Tuesdays, 1/23 – 4/30

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

Stitchers' Circle

Mondays, 1/15 – 3/18

Yahoo! We are wrapping up our stitch pages, and moving on to the assembling of the embroidered stitched pages to make a book. Think about your cover - front and back, title page and a pocket for that special message and/or picture of yourself. Two methods of book assembly will be taught. Supplies will be demonstrated in the first class.

Facilitated by Gayle Wanamaker

Writing Workshop

Sundays, 1/7 – 3/31

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. At the end of the session, participants will have the opportunity to share their poems on Writers Read, or publish them in the Writers' Anthology.

Facilitated by Jerry Sexton, MFA, Published Author and Poet

Conversation

Across the Miles

Wednesday, 1/24

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 Staff Throughout North America

Activists R Us!

Wednesdays, 1/3 – 4/24

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

Ask the Attorney

Fridays, 1/5 – 4/5

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, 1/6 – 4/27

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

Mondays, Wednesdays, Thursdays, Sundays, 1/1 – 4/29

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 Lanae Naugle (Mondays), Carlen Olson (Wednesdays), Ricki Perlman (Thursdays and Sundays)



Gray Matters

Tuesdays, 1/9, 1/23, 2/13, 2/27, 3/12, 3/26, 4/9, 4/23

Join us to share tips and tricks for everyday life hacks. We will cover a different topic each week, including cooking and shopping for one, adjusting food choices for dietary restrictions, modifying hobbies, how to talk to your family about your wishes, self-care, assistive devices, how to ask for help and where to find it, and more!

Facilitated by Roberta Tracy

Groceries for Less

Mondays, 1/8 – 4/15 (no group on 2/19, 3/25)

We'll be discussing changes, bargains and items you might purchase, as well as regular focus on segments to help with some aspect of shopping in grocery stores. Share your tips on eating on a budget!

Facilitated by Steve Hoad

Inspiring Stories

Saturdays, 1/6 – 4/27

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 Peggy Morin and Nicolette Noyes

Intergen Chat

Fridays, 1/19 – 4/26 (no group on 3/8, 3/29)

Join us for a discussion across the generations with students from the Department of Communication Sciences & Disorders at Central Michigan University. Some of the discussion topics include technology, dating, memories, University life, and many more!

Facilitated by Students at Central Michigan University

Conversation

Keys to Joy

Saturdays & Sundays, 1/27 – 4/28

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, 1/10, 1/24, 2/14, 2/28, 3/13, 3/27, 4/10, 4/24

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 and build a sense of community.

Facilitated by Kay George

Life Story Club

Wednesdays, 1/17 – 3/20

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 your own stories.

Facilitated by Life Story Club, lifestoryclub.org

Conversation



Muttville Cuddle Club

Fridays, 1/12 – 2/16

Learn all about Muttville Senior Dog Rescue in San Francisco and see our dogs in action! We will share how Muttville was founded, and saved 11,000 dogs in the last 16 years, through fostering, volunteering, outreach and adoption. We will introduce you to the new dogs we've rescued each week. Share your stories about your experiences with adopting dogs!

Presented by Angela Di Martino, Community Outreach Manager, Muttville Senior Dog Rescue

Our Blue Marble

Mondays, 1/8, 2/12, 3/11, 4/8

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, 1/27 – 4/13

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

Socrates Café

Mondays, 1/15, 2/19, 3/18, 4/15

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.

Wildlife Wakes Up

Sunday, 2/25



The springtime weather wakes up the wildlife: (mountain) lions and bobcats and bears...oh my! Join us to discuss traits, behavior, and fun facts about these and other wonderful animals. Let's also share stories together about the wildlife in our various areas.



Facilitated by Laura Robertson



Bingo

Mondays and Saturdays, 1/22 – 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

Improv Games

Wednesdays, 2/7 – 4/24

Join us for spontaneous fun as we let go of our inner judges and let our playful selves frolic. We'll improvise short dialogs and stories, and play some kooky games. Lots of laughter guaranteed! Listener audience members also welcome.

Facilitated by Terry Englehart and Laura Wells

Jeopardy!

Tuesdays, 1/2 – 4/30

From 1964 to today, Merv Griffin's *Jeopardy!* has been a huge television hit. You will need to ask the correct question to a variety of trivia answers from the world of history, literature, food, travel, art, and more!

Facilitated by Sue Piecuch

Mystery Melody

Saturdays, 1/6 – 3/9

The mystery melody themes, with guidelines to help you get started are: the alphabet project, we will go through the alphabet week by week as you find it on a keypad: **(1/6)** ABC (After the Ball, Bobby's Girl, Come on to My House); **(1/13)** DEF; **(1/20)** GHI; **(1/27)** JKL; **(2/3)** MNO, **(2/10)** PQRS, **(2/17)** TUV ("The" will come in handy this week!), and **(2/24)** WXYZ. We will round out the series with **(3/2)** commands and suggestions (Don't be Cruel), and **(3/9)** songs about meeting and parting (We'll Meet Again, Hello Young Lovers).

Facilitated by Jan Knowles

Fun & Games

Noggin Joggin'

Thursdays, 1/4 – 4/25 (no group on 3/21 - 4/4)

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, 1/4 – 4/25

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

Tall Tales

Tuesdays, 1/2 – 4/30

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, Fridays and Sundays, 1/2 – 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 (Fridays & Sundays), and Elantra V. (Tuesdays)

Fun & Games

Ungame

Thursdays, 1/4 – 4/25 (no group on 1/18, 2/15, 3/21, 4/18)

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



Wordle

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



Using the handout or pen and paper, we will collectively guess random words chosen by the Facilitator. After each guess, you will know which letters match or occupy the correct position. Through process of elimination, we'll uncover the mystery words together.

Facilitated by Amber Carroll



“Congratulations to Well Connected on 20 years of building meaningful connections. Your work shows that connection and friendship are ageless treasures. Here’s to many more years of connection and joy!”

Lizette Suarez in 2004

Director of Well Connected Español

Good Reads

Book Share

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

Read any good books lately? Join us to discuss and recommend some of your favorite books and authors with other book lovers.

Facilitated by Neva Fairchild and Carlen Olson

Poetically Speaking

Wednesdays, 1/3 – 4/24

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 Reading

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

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

Story Time

Thursdays and Saturdays, 1/4 – 4/27

Do you have any favorite stories that you've heard, read or written that you'd like to share? Everyone is welcome to tell or read a short story, or you may prefer to just listen to the magic provided by others.

Facilitated by Linda Crawford and Nicolette Noyes

Good Reads

Sunday Poetry

Sundays, 1/28 – 4/28

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

Facilitated by Joan Rosenberg

Writers Read

Friday, 4/19

Well Connected writers read their original work from this session, including poetry and short stories. Enjoy the many talents of the Well Connected community, or share your original work. To share your work, join the group on time, as reading time is allotted at the beginning of the group.

Facilitated by Linda Valenziano



“Happy Birthday Well Connected!!! I remember when it began with a handful of people joining by phone to play bingo, share stories, and make friends. Twenty years later it has grown into a national program serving over 3,500 people, but at heart it remains the same: a community where people come together to learn, laugh, engage, and feel valued.”

Tracy Powell

Front Porch VP of Community Services



All About Hadley

1/23

Learn about all the ways that Hadley can help with living with vision loss. From discovering new ways of doing things that become more challenging with vision loss, to connecting with others who are going through something similar. Hadley's here to help, and it's all free of charge.

Presented by Marc Arneson, Director of Community, Hadley, HadleyHelps.org

Community Resources for Family Caregivers

1/30

An overview of services and programs available to family caregivers of individuals with cognitive disorders or other chronic health conditions.

Presented by Christina Irving, Family Caregiver Alliance, caregiver.org

Glaucoma and Lifestyle

2/6

Glaucoma patients often wonder what more they can do for their glaucoma and optic nerve health in addition to the treatments prescribed by their eye care professional. We will discuss and debunk a variety of lifestyle recommendations for glaucoma.

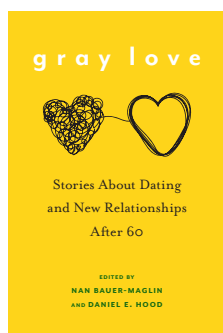
Presented by Aakriti Garg Shukla, MD, Assistant Professor of Ophthalmology, Columbia University Irving Medical Center, NY

Dementia and Focusing on What is Right with People

2/13

When we talk about dementia, we mostly think of what is wrong with people. Dementia brings many challenges, but if we think differently about it, we can also learn to focus more on what people living with dementia CAN do and what is right with them. This can help people living with dementia to live a good life. It also can help family members and friends to better support people living with dementia. Join this class to hear a different perspective on dementia.

Presented by Sonya Sterbenz Barsness MSG, Gerontologist, Adjunct Faculty, Georgetown University and Virginia Commonwealth University



Gray Love: Stories About Dating and New Relationships After 60 **2/20**

Using stories from her book, we will share the successes and challenges of looking for love and connection when you are over 60. Some see dating as a learning experience; for some it is painful, disappointing, and exhausting; for others it is humorous; for some it is an adventure or a gift; for yet others a lesson about oneself. Our discussion will be divided into two parts: THE SEARCH: Do I want to find a relationship? How do I go about it? When is the search no longer worth it? And THE MATCH: Having found a potential partner, what are the complications and pleasures of connecting with someone who is 60, 70, or 80? Most elder relationships deal with the same issues that one faces at any age, but there are some that are unique to elder relationships.

Presented by Dr. Nan Bauer-Maglin, Professor Emerita, City University of New York, and Co-Editor, Gray Love: Stories about Dating and New Relationships after 60.

Blood Cancer 101 **2/27**

Join us for an introduction to the types of blood cancers, common symptoms and treatments, and the available resources to support you and your family.

Presented by Kimberly Thompson, MS-HCA, The Leukemia & Lymphoma Society, N California Region, lls.org

Urinary Incontinence: Understanding Your Symptoms, Finding the Right Doctor and Navigating Your Treatment **3/5**

We will review the most common types of urinary incontinence encountered by women and the importance of understanding your symptoms and triggers. We will review treatments and lifestyle changes women can start at home to improve bladder control as well as how to find a doctor who can help if these initial treatments fail to get symptoms under control. Finally, we will review treatments your doctor may recommend, the pros and cons of each, and how well you might expect each to work.

Presented by Lauren E. Stewart, MD, FACOG, FPMRS, Assistant Professor of Obstetrics and Gynecology, NYU Langone Medical Center, NY



Aging with Cancer

3/12

Cancer is a disease associated with aging, leading to a rapidly expanding number of people being diagnosed with cancer over the age of 65, and many who are surviving their cancer. The needs of older adults with cancer are however unique. Learn about how the field of Geriatric Oncology is addressing the unique issues older adults face when a cancer is diagnosed.

Presented by Andrew Chapman, DO, FACP, FCPP, Director, Sidney Kimmel Cancer Center, Executive Vice President Cancer Research and Oncology Services, Professor and Co-Director, Medical Oncology, Thomas Jefferson University Hospital, PA

Incapacity Planning

3/19

We all want our later years to be stress free and comfortable, but how can we prepare for situations we might not anticipate? There are documents everyone should have in place, and the best time to prepare for the future is now. Learn how an advance healthcare directive and a power of attorney can help you prepare for the future, and what easy steps you can take now to get your documents in order.

Presented by Victoria Snyder, Esq., Attorney, Contra Costa Senior Legal Services



“Well Connected has been an inspiring example of how to work together to make a difference in the cognitive future of members. Well Connected’s future is so bright, I’m going to buy myself some shades!”

Roger
Facilitator



Creating a New Performance of Dementia (Why Environments Matter!)

3/26

For many people living with dementia, it is the relentlessly negative attitudes and environments they're often surrounded by – rather than the diagnosis per se – that causes the most hurt and harm. So why do the approaches we use to care for and “treat” dementia remain largely directed toward the individual living with dementia rather than on how to build environments in which everyone can grow, be supported to share our emotions, step outside our comfort zone and create life in new ways? Join this conversation to hear how we can embrace dementia less as loss and more as opportunity.

Presented by Mary Fridley, Co-Leader, The Joy of Dementia (You Gotta Be Kidding!) for the East Side Institute and Coordinator, Reimagining Dementia: A Creative Coalition for Justice, reimaginingdementia.com

Understanding Vision Loss

4/2

Learn statistics and definitions related to vision impairment, and understand common eye diseases and problems that people with vision loss have. We'll talk about our free services which include low vision rehabilitation, orientation and mobility, library, technology, support, and independent living services. Our goal is to help you live better with vision loss.

Presented by Julie Slusher, Braille Institute, CA, brailleinstitute.org



Learning from Falls

4/9

We know that we all fall! Yet most older adults do not talk about their falls with their family or health care providers. Let's talk openly about falls to retain and increase independence, function and safety. Each fall is a learning opportunity to help reduce risks for another fall. We all have fall risk factors, some that are modifiable, and others that we learn to compensate for. While most falls are preventable, not all falls are the same or have the same risk of harm. Strategies will be presented to reduce your fall and injury risks, by creating a safer environment.

Presented by Patricia A. Quigley, PhD, APRN, CRRN, FAAN, FAANP, FARN, Nurse Consultant



Be Healthy, Stay Fit

Mondays, 1/8 – 3/4

REGISTRATION & WAIVER REQUIRED

An exercise class that focuses on stability and mobility through standing and chair-based workouts. The emphasis will be on some mild cardio and strength movements of both the upper and lower body while also improving joint mobility and flexibility. This class is for adults who would like to be functionally more mobile and for those looking to “wake up” their body in a relaxed but measured way.

Facilitated by Kay Parekh, Fitness Instructor



Laughter Yoga

Wednesdays, 1/24 – 3/27

Laugh and improve your health with a Laughter Yoga! Enjoy a time devoted to your happiness. Laughter yoga is a unique concept where people laugh for no reason, without relying on comedy, jokes or humor. It results in feelings of joy and results in increased oxygen to body and brain, giving you a greater feeling of energy and better health and a happy attitude.

Facilitated by Dolores White, Certified Yoga Instructor

Languages

Perfecting Our French

Tuesdays, 1/2 – 4/30

Thursdays, 1/11 – 4/25 (no group on 3/21 – 4/4)

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 Instructor Jan Knowles (Thursday) and Nicolette Noyes and Jerry Sexton (Tuesday practice)

Practicing German

Fridays, 1/5 – 4/26

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

Facilitated by Jack Gorby



“As a facilitator, I’m grateful to Front Porch for gathering upbeat and positive people to come together and enjoy my poetry.”

Sally
Participant & Facilitator



Women in Music

2/9

Join us as we review the long and important role women have played in American music, beginning with all female bands of the 1940s. We will hear interviews from songwriters and instrumentalists who have paved the way for female artists today. We will explore a few pioneering women and their careers and play some music too!

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

Self-Inflicted Aging

2/16

What is Self-Inflicted Ageing? Have you said 'I'm too old to...fill in the blank. Or responded to a dilemma with the line, 'It's because I'm old?' How many times have you said, 'She looks good...for her age'? What ideas about aging have each of us internalized without knowing it? Is your vocabulary 'ageist'? Do you have an ageist attitude? Society says one thing, and the reality of our lives is quite another! Society says we are Old at 50, Senior Citizens at 55, and Elderly at 65. And then...Invisible. Says Who? Human rights and dignity do not diminish with age. Let's move away from a focus on the problems of aging to focus on the possibilities. Let's move from 'we can't' to figure out how 'we can!' Let's create a community and inspire others as we navigate and participate in this REAL new AGE movement and Longevity Revolution.

Presented by M. Samela Dingus, Executive DIVA, Your Next Option

Communication Tips for Car Service or Repair

2/23

Join us for advice on how to prepare for a visit to your auto technician's shop or dealership service department. No technical advice will be provided. Learn what to say, what not to say, and how to present information that will help technicians, directly or via a service advisor, provide an accurate diagnosis and repair in the shortest time, at the lowest cost.

Presented by John Gambardella, Former Mechanic and Service Advisor



The ADA and Fair Housing

3/1

Private residential housing is not typically covered by the Americans with Disabilities Act (ADA). The ADA covers housing owned and/or operated by a state or local government, and leasing or sales offices open to the public. However, the Fair Housing Act (FHA) is the primary disability law that applies to private multifamily housing. You will learn what disability requirements, including accessibility, apply to multifamily housing.

Presented by Jan Garrett, Pacific ADA Center, CA adapacific.org

Protect Yourself from Abuse and Scams

3/8

Learn about protection from elder and dependent adult abuse with a multidisciplinary approach to helping victims of neglect and/or crime. We will also discuss scams targeting older and dependent adults and how to protect yourself from being scammed.

Presented by Cassie Villar, San Mateo County Adult Protective Services

Aging with Your Pet

3/15

Pet guardianship is good medicine. Studies show that having a pet can reduce the guardian's stress, anxiety and depression, encourage exercise and playfulness, and even improve cardiovascular health. But there are challenges to guardianship, especially if you are older. Learn 5 practical tips: 1) Strategies to living with an aging animal; 2) Changes in a pet's needs as they age; 3) How to create a support system for you and your pet; 4) Navigating vet care for your senior pet, and 5) Alternatives to guardianship.

Presented by Sherri Franklin, Founder/CEO, and Angela Ramiro, Chief Veterinary Officer, Muttville Senior Dog Rescue



Nature and Creativity

3/22

Join us for a lively exploration of the link between nature and creativity. From inspiring awe to creating calm to boosting problem-solving, nature provides so many benefits to us--including some that may not be so evident. We will also share examples of fusing creativity with the great outdoors, enjoying nature in season (even winter!) and ways to tap into these natural benefits at home--both outdoors and indoors.

Facilitated by Laura Robertson

The Other Kind of Senior Student!

3/29

How would you like to be part of a friendly competition with twenty-year olds to be creative? How would you like to add your knowledge and experience to their enthusiasm in class discussions? Hear a 75 year-old “senior” discuss his formula for accomplishing that in his 24 University classes (mostly upper level) completed over the last 12 years.

Presented by Harvey Schwartz

Tenants’ Rights

4/5

If you rent your home, you have a landlord, and you may have dealt with a situation where that landlord wasn’t playing by the rules. Learn about your rights as a renter, and what you can do if your landlord isn’t doing what they are supposed to, or is raising rents more than allowed. Know your rights!

Presented by Victoria Snyder, Esq., Attorney, Contra Costa Senior Legal Services



Social Security Updates and Resources

4/12

We will discuss the latest SSA news and updates while highlighting online tools and resources. She will also share information regarding benefit programs such as Survivor Benefits and Supplemental Security Income.

Presented by Grace Samson, Public Affairs Specialist, Social Security Administration, ssa.gov

The Musical History of the Steinway Piano

4/19

Dating back to 1853, Steinway & Sons continues to build handcrafted pianos right here in the United States. Join us as we take a listen to factory workers and former company owner Henry Z. Steinway's interviews to help us weave this incredible musical story. You will even see a video of the speaker's all-time favorite Steinway performance!

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



“Volunteering for Well Connected is a great experience and really makes me feel good! The people are so nice and I enjoy connecting with them.”

Tom
Participant and Volunteer

Mindful Practices

Guided Mindfulness Meditation

Mondays, 1/8 – 4/22 (no group on 3/11)

A guided meditation practice designed to cultivate mindfulness, ease stress, and anxiety, and promote a sense of calm and well-being. Give yourself the gift of the present as you are guided through various mindfulness practices, including breath awareness and body scans. All are welcome, no experience necessary.

Facilitated by Alexandra Klein, Certified Mindfulness Teacher

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. 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. No experience necessary.

Facilitated by Kaevalya Banks (Sunday AM) and Christine Esenther

Mindful Self-Compassion

Fridays, 2/9 – 4/12 (no group on 3/8)

Learn to develop a kinder, more compassionate relationship with yourself using mindfulness, self-kindness, and a sense of common humanity. We will incorporate these concepts into our daily life using evidence-based practices, including loving kindness, mindful breathing, and self-compassion exercises. No experience necessary. Come with an open heart and mind and learn to meet yourself with kindness and friendliness.

Facilitated by Alexandra Klein, Certified Mindfulness Teacher

Re-Engineer Your Mind

Saturdays, 1/6 – 4/27

In this practical session, we will explore methods to regulate the thought process, tips for mental and emotional wellbeing, how to live in the present moment by letting go of the past, and experiencing the subtle realm of the heart-mind experience.

Facilitated by Artee Chandekar, Certified Heartfulness Trainer



First Light and Radiant Practices

1/24

Discover the significance of light and its power in Jewish ritual through historic and contemporary objects and art. We'll explore *First Light: Rituals of Glass and Neon Art* to learn how nine artists use light and art making as a form of spiritual practice and identity expression, while discovering fascinating scientific processes that go into creating light through neon. We'll also journey through a variety of Jewish ritual objects that highlight the foundational role of light in Jewish life and ritual, both historically and today, in *Radiant Practices: Illuminating Jewish Traditions*.

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



Spy Operations

1/31

Join us as we share the stories of some of our favorite spy operations. From a Cold War top secret submarine recovery to a daring World War II sabotage mission, we'll explore creative and incredible operations that are as exciting and unbelievable as a Hollywood film – except they're true!

Presented by Shana Oltmans, International Spy Museum, DC, spymuseum.org



Wadsworth
Atheneum
Museum of Art

Rules and Repetition: Conceptual Art

2/7

Despite its often-cool appearance, conceptual art was made by real people with urgent concerns about their world and the role that art can and should play within it. The exhibition presents iconic permanent collection works by pioneering conceptual artists of the 1960s and '70s, alongside more recent acquisitions by artists who adopted their strategies to address concerns of identity, environment, and politics.

Presented by the Wadsworth Atheneum, CT, thewadsworth.org



Bright Lights, Big City: Stories of the World's Fair

2/14

In 1851, Prince Albert, husband of Queen Victoria, had a vision of the future. The British Empire was calling- but who would answer? Join us as we examine the heyday of World's Fairs - from the Great Exhibition at the Crystal Palace to the drama of Eiffel's Tower in Paris. We'll trek down the streets of Chicago on the trail of the devil in the White City. We will examine the triumphs and failures of the World's Fair. And how it may be victorious again.

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



The Kimbell Art Museum from Home Part II

2/21

This introductory tour showcases a range of masterpieces from the museum's outstanding permanent collection representing different subjects, time periods, cultures, and artists' techniques. The interactive discussion will invite you to learn about how artistic, historical, and cultural traditions are explored using a wide range of processes and materials.

Presented by the Kimbell Art Museum, TX, kimbellart.org



**BULLOCK
TEXAS
STATE HISTORY
MUSEUM**
TheSTORYofTEXAS.com

Sharks: The Ocean's Best Bad Guy

2/28

Come face to face with the ocean's most magnificent and misunderstood species. Discover the incredible diversity of sharks, with more than 540 species inhabiting nearly all the world's marine environments, from coral reefs to the polar seas, and even freshwater rivers. From prehistoric to modern species, learn about their habitats and hunting styles, and the conservation threats these spectacular animals face today.

Presented by the Bullock Texas State History Museum, thestoryoftexas.com



Brooklyn Museum

Four Great Women Artists You Should Know

3/6

In this month when our thoughts turn to impactful women past and present who have shaped their times, we'll take a close look at art by four contemporary women artists whose vision and work draw out our ideas about bringing cultural traditions to our lives today, our relationships with our loved ones and community, and the power of expressing our life experiences through art. Come explore together the art of Terri Greeves, Maria Magdalena Campos-Pons, Nellie Mae Rowe, and Hadieh Shafie.

Presented by Allison Day, Brooklyn Museum, NY, brooklynmuseum.org



Historical Botanical Art from the Hunt Institute

3/13

Learn about the Hunt Institute for Botanical Documentation and view a selection of the artworks in the collection. Hunt Institute specializes in plant science and the history of botany and serves the international scientific community through research and documentation. The Institute acquires and maintains collections of books, plant images, manuscripts, portraits and data files, and meets the reference needs of botanists, biologists, historians, conservationists, librarians, bibliographers and the public at large, especially those concerned with any aspect of North American flora.

Presented by Lydia Rosenberg, Hunt Institute for Botanical Documentation, Carnegie Mellon University, PA, huntbotanical.org



Black American Strip Quilts and West African Textiles

3/20

Chief Curator Bamidele Agbasegbe Demerson offers insights about Black American strip quilts as expressions of ancestral cultural memories rooted in West African narrowband woven textile traditions. We will compare textiles from the Asante, Bamana, Ewe, Fulani, and Hausa peoples with selected quilts created by members of the African American Quilt Guild of Oakland. These remarkable examples of artistry from both sides of the Atlantic Ocean are featured in an internationally touring exhibition organized by AAMLO.

Presented by the African American Museum and Library Oakland, oaklandlibrary.org/aamlo



Fine Arts
Museums of
San Francisco

de Young
Legion of Honor

Fashioning San Francisco: A Century of Style

3/27

Explore the history of San Francisco through fashion. Featuring one of the most iconic collections in the US of 20th and 21st Century women's high fashion and haute couture, this is the first major presentation of our costume collection in over 35 years. Including designs from French couturiers, Japanese avant-garde designers, and pillars of the fashion industry, such as Christian Dior, Alexander McQueen, Christopher John Rogers, Comme des Garçons, and Rodarte, many never shown before, reflecting San Francisco's long-standing tradition of self-expression through fashion.

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



Asian
Art
Museum

Art Across Asia – Masterpieces of the Asian Art Museum

4/3

What constitutes a “masterpiece?” Why are some objects considered masterworks while others are relegated to lesser positions? Explore some answers as illustrated by a few of the very best treasures of the Asian Art Museum. These are masterworks from the vast and varied regions we collectively call Asia, which stretches from the Mediterranean to the Pacific. Fabulous statues, ancient bronzes, mystic jade, delicate ceramics, and evocative paintings – let them engulf you in their amazing beauty and workmanship.

Presented by the Asian Art Museum, CA, asianart.org



UNIVERSITY
OF MINNESOTA

Tiny Treasures Magnified!

4/10

We are often drawn to the larger than life sized works in a museum but often the smallest works are the true treasures in a collection. We will take a close look at some of these diminutive objects and find out the unique stories they tell.

Presented by Nanette Hanks, University of Minnesota, MN

Reflection & Religion

Gratitude

Every Day, 1/1 – 4/30

Share what you are grateful for in a safe and welcoming space. Listen to others share for inspiration during your day!

Facilitated by Kaevalya Banks, Betty Broadley, Lynn Millar, Peggy Morin, Lanae Naugle, Lynn Parrish, Ricki Perlman, Sue Piecuch, Doug Stetson, Cristina Torres, Nancy Walton-House, and Tom White



Intro to Buddhism

Wednesdays, 1/3, 1/17, 2/7, 2/21, 3/6, 3/20, 4/3, 4/17

The Earth is threatened and is suffering in many ways. Buddhist teachings help us deal with suffering. We will learn through discussion The Four Noble Truths and then the Eight-Fold Path of Buddhism. We will also hear teachings of Gil Fronsdal of the Insight Meditation Center.

Facilitated by Linda Adair



Keeping the Faith

Saturdays, 1/20 – 3/9

We'll discuss where faith comes from and how all of us are connected to it. Are we born with it? How do we keep it? What is it? We will explore our own definition of faith and learn other faiths and cultures. We'll find opportunities to keep ourselves strong and resilient through faith.

Facilitated by Gina Pandiani, MA

Let's Talk about Jesus

Mondays, 2/19 – 4/29

We'll read a brief section from one of the four Gospels, and discuss some of their implications for today.

Facilitated by brother drake

Memorial Service

Thursday, 4/18

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

Supportive Groups

Caregiver Conversations

Fridays, 1/5, 2/2, 3/1, 4/5

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



Caregiver Support: What Doctors Don't Tell You

Thursdays, 2/22 – 3/14

LIMITED SPACE AVAILABLE



Each week we will explore a different topic, including the role of the caregiver, how to talk to healthcare professionals, types of grief, and strategies for taking care of ourselves.

Facilitated by Tina Cole Kreitz, MA Clinical Psychology, Caregiver, Author, “The Last Gift Box: A Present to Those Who Follow Me”

Coping Skills Workshop

Tuesdays, 1/2 - 2/6

Learn all about different coping strategies to decrease emotional distress and improve overall well-being. Topics will include, managing change, developing routines, sleep hygiene, communication skills, resilience training, relaxation techniques, mindfulness, and more! Each week we will discuss different coping tools. You will be encouraged to practice weekly to figure out what tools work best for you!

Facilitated by Paige Naylor, PhD, Clinical Psychologist

Supportive Groups

Facilitator Support Group

Thursdays, 1/25, 4/22, 3/28, 4/25

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, Front Porch

Grandolence and the Elder Journey

Mondays, 1/8 – 3/11

A gathering to dispel all of the myths of old age. Using the book, *The Tao of Later Life* as reference, we will explore the challenges and opportunities of growing older. Life is growing us — and it doesn't matter if we are living with a disability, or aging alone — nature is providing an avenue for each of us to actualize our uniqueness. Find out how this could be the richest time in your life. Copies of the book are available in both print and audio.

Facilitated by David “Lucky” Goff, PhD

Grieving Our Personal Losses in Later Life

Mondays, 1/22 – 2/19

LIMITED SPACE AVAILABLE

As we age, we experience multiple losses, such as those related to our health and our personal situation. Losses may be sudden, such as those experienced following a health crisis, or they may be more gradual, such as a decrease in independence, purpose, mobility, or memory changes. Also, at this time, we may find ourselves looking back on our lives and feeling grief about our past. In response to our losses, we may feel a range of emotions such as sadness, fear, anger, resignation, and hopelessness. We will use our own stories of loss to support one another, to restore a sense of well-being, and to decrease feelings of aloneness.

Facilitated by Maureen Kelly, LCSW, Retired Elder Care Counselor, UC Berkeley

Supportive Groups

Living with Chronic Pain

Thursdays, 1/25 – 4/25

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, ACPA Facilitator

Low Vision Support Group

Wednesdays, 1/24 – 4/17

A vision loss journey can be lonely and uncertain. We will share information and advice to help you adjust to living with low vision. Hear from your peers and professionals about skills, resources and tools for solutions for a wide variety of low vision concerns that promote 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. Join us on your path to becoming independent and confident with low vision.

Facilitated by Audrey Demmitt and Cindy Wentz

Peer Support for People who are Blind

Tuesdays, 1/2 – 4/9

This peer-led group offers a safe environment in which completely blind participants can share the challenges they face and the successes they experience. Participants will also learn to live with blindness and about resources for the blind. We will create a place to share our joys, fears, tears, and laughter.

Facilitated by Neva Fairchild and Jill Noble



The Power of Resilience

Sundays, 1/7, 1/21, 2/4, 2/18, 3/3, 3/17, 4/7, 4/21

We will explore the origins of your resilience, the importance of resilience in aging, the depletion and restoration of resilience, what resilience means to you, and how to inspire resilience in each other.

Facilitated by Dhavina Rondaris, Masters Counseling Student, Palo Alto University, CA

Supportive Groups



Self-Care Sundays

Sundays, 1/7 – 2/11

We will define what self-care means to us, discussing topics from meeting our own basic needs to creating companionship in community. We will explore implementing healthy habits that offer us peace and joy in our daily lives.

Facilitated by Kristine Stevenson, Masters Counseling Student, Palo Alto University, CA

Self-Empowerment Now

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

Join us for support and discussion on various topics related to self-care and self-advocacy, including cybersecurity, mental health, and more. Get connected with resources and information that can help you discover the importance of independence and community.

Facilitated by Radiant Futures, CA



“Loneliness is less in my life and I am more courageous because of Well Connected.”

Justine
Participant



Ask About Alexa

1/26

We will cover what you need in your home to get started with Amazon Alexa, and different types of smart speakers you can use to control everything from your lights to your thermostat.

Presented by Rachel Densmore, Volunteer, American Council for the Blind

ElderTech Academy TechTalk: A Guide to Searching and Finding in the Digital World

2/2

Ever download or save a file and not be able to find it a minute later? Does your work seem to vanish mysteriously? This TechTalk will help you understand how to find your files AND locate whatever you're looking for on the Web.

Presented by Steve Lipson, Founder and Executive Director, ElderTech Academy, eldertechacademy.com

ElderTech Academy TechTalk: A Gentle Guide to Apps

4/26

Do yourself a favor: join this session and get a handle on what apps are, where you can get them, and what they can do for you. The key to understanding your phone, your tablet, and your computer, this TechTalk will prove indispensable in taking advantage of your technology.

Presented by Steve Lipson, Founder and Executive Director, ElderTech Academy, eldertechacademy.com

How Do I...Tech

Fridays, 1/12, 2/9, 3/8, 4/12

How do I stop an email going to Spam? How do I send my family a photo? How do I remember my passwords? You have tech questions, we can help. We will take your burning tech questions and issues, and try to help you to solve them!

Facilitated by Doug Stetson and Buddy Weisman

Front Porch Community Services – Creating Community

Housing

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

Nutrition

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

Creative Engagement

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

Ruth's Table & Front Porch Gallery: bring generations together through a combination of rotating gallery exhibitions, creative projects and community initiatives.

Social Connection

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

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

For more information: frontporch.net/community-services/

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.

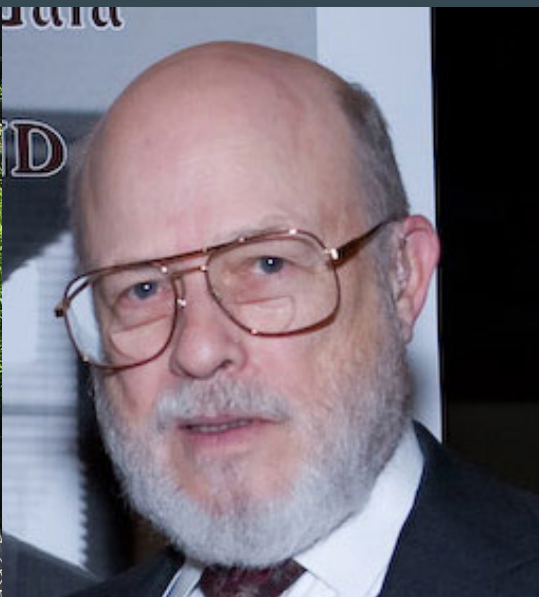
Well Connected and Well Connected Español are looking for group facilitators in English or Spanish. Facilitating for a few weeks or months could be for you if you:

- Are an empathetic, active listener
- Can encourage and support others
- Are flexible when faced with the unexpected
- Are a great communicator who can manage and respect the group process

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



Resources

General Resources

- **2-1-1 or 211.org**
Free, national, confidential information and resources.
- **Eldercare Locator** – eldercare.acl.gov or (800) 677-1116
U.S. Administration on Aging, information for older adults and their families
- **CDC.gov** - health information, resources, data
- **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.
- **Hadley.edu** – (800) 323-4238 – education and discussion groups
- **VisionAware** – 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
- **National Alliance on Mental Health** – Helpline (800) 950-6264 or nami.org
Nationwide chapters for those with mental illness and their families

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** – info@seniorfusion.org (510) 531-6104
Tech info and consulting, fees may apply



Well Connected
CREATING COMMUNITY

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