



Well Connected

CREATING COMMUNITY

*Celebrating our 20th
Anniversary Year!*

SPRING/SUMMER 2024

May 1 – August 31



(877) 797-7299

connections@frontporch.net

wellconnectedprogram.org

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“Being a facilitator has enabled me to keep moving forward. Teaching, exploring and developing new programs has given me a meaning purpose. I really have fallen in love with all the curious minds that continue enrolling in my classes, who challenge me and for that I am sincerely grateful!”

Gayle Wanamaker in 2004

Facilitator of Crazy Quilt Workshop, Stitchers' Circle, and a lot of other crafty groups!

Creative Aging Symposium



Unveiling the power of tiny creative habits
to fuel our longevity.

May 9th, 2024
9 - 11:30am PT

Register at
creativeagingysymposium.org
or 877-797-7229

Join us at the 7th annual Creative Aging Symposium, where we'll uncover the profound impact of small changes in our daily lives. Discover how investing in tiny habits can infuse our lives with boundless creativity, seamlessly integrating inspiration into our daily routines. This virtual event will share bite-sized insightful talks and immersive experiences that showcase the magic of ordinary moments ignited by creative sparks.



Oshea Luja
Cultural Architect



Anna Hall
Changemaker



Grant Avenue Follies
Legacy Performers



Cin Salach
Poet and Guide

Brought to you by:

Creative Spark
CREATING COMMUNITY

**Well Connected
Español**
CREANDO COMUNIDAD

front porch

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 subject matter, 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



Front Porch welcomes you.

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

Thank you for supporting connection!

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

To make a donation by mail, make checks payable to:

Front Porch Communities Foundation
800 N. Brand Blvd., 19th Floor
Glendale, CA 91203
(Please note “Well Connected” on the check)



**COMMUNITIES
FOUNDATION**

To discuss estate planning options, please contact:

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

Gratitude for Generous Support



The
**JOSEPH & VERA
LONG**
Foundation

Champions: Well Connected Celebrates 20 Years of Volunteerism!

We've said it before and we'll say it again, the Connection Programs wouldn't be what they are without hundreds of dedicated volunteers! Well Connected has enjoyed thousands of hours of programming hosted by dedicated facilitators who find value and purpose in sharing their time and interests, and being in conversation with others. Our thanks to the many volunteers who have created community for the past 20 years.



Pictured in the collage from left to right:

Alane Spight, Rich Gerston (deceased), Artee Chandekar, Joan Rosenberg, Buddy Weisman, Kaevalya Banks, Dorothy Gager, Felicia Allen, Tom White, Nicolette Noyes, Barbara Britton (deceased), Jerry Sexton, Sally Hayward (deceased), Barbara Williams, Anne Sanabria, Terry Englehart, Nancy Walton-House & Kathy Connelly, Gloria Flores, Nancy Lynn-Jarvis, Doug Stetson, Betty Broadley, Greg Pond, Doug Rose, Mindy Bledsoe, Kathleen Torres (deceased) & Marie Hamilton (deceased), Angela di Martino, Sheppard Kominars (deceased), Lynn Rayburn (deceased) & Roger Anunsen, Elantra V, Carlen Olson & Neva Fairchild, Gerald Richards, Rita Goldhor, Harla Norman, Judith Preuss-Mellow, Donna Mossholder, Anne Allen (deceased), Rosemarie Bahmani (deceased), Sandy Bailey, Patt Schroeder, Steve Hoad, Vi Chambers (deceased), Steve Maraccini, Audrey Demmit, and Gloria Kasdan (deceased)

Thank You

While we can't list every volunteer over the past 20 years, in addition to those pictured and quoted in this catalog, we are thankful to the many, many people who have made Well Connected what it is today, including...

The Gathering Place (A poem about Well Connected)

Whether winter's cold and blustery,
Or Spring and sunshine warm the air,
There is something, a comfort we can count on,
Our special gathering place will be there.

Life can be sweet or so lonely,
Or both at once, still we never despair.
Many blessings, both outside and inside of us,
And we know our gathering place will be there.

A place we can be who we really are,
Laugh or cry, or let down our hair.
And learn from each other's experiences,
Yes it helps that our kind gathering place will be there.

We want somewhere where they can identify,
Know our name, understand, and will care.
And we have something to give, encourage others,
That's why our kind gathering place is there.

So when we feel life is like climbing a great mountain,
We must struggle past each rocky stair,
We might get to sing on the summit,
Cheering us on, our constant gathering place will be there.

By Bonnie Rennie (deceased), Facilitator of *Support/ Discussion for the Blind & Adventures in Writing*

Alexandra Klein, Amanda Duncan, Annette Hoffman, Bonnie Rennie (deceased), Brother Drake, Carol Sears, Christine Esenther, Cindy Wentz, Cristina Torres, Dan del Fiorentino, Darlene King, Deb Bocar, Diana Cheng Lau, Dolores White, Eric King, Gina Pandiani, Jack Gorby, Jan Knowles, Janet Nelson, Janine Ford (deceased), Jill Noble, Judy Davis, Judy Iannaccone, Justine Crane, Kay George, Kay Parekh, Ken Roman, Kevin Ringstaff, Lanae Naugle, Laura Groffman, Laura Robertson, Laura Wells, Libby Linden-Chirlain, Linda Adair, Linda Crawford, Linda Greenberg, Lisa Wynne, Lori Guthrie, Lynn Millar, Lynn Parrish, Manuel Martinez, Marion Mango (deceased), Mark Thoma, Marla Kaufman, Marlene West, Mary Witherspoon, Maureen Kelly, Norman Ruiz, Paige Naylor, Pat Brunetti, Peggy Morin, Ray Hansen, Rene Philpott, Ricki Perlman, Rickie Redman, Roberta Tracy, Robin Steis, Ruth Rutherford, Samantha Smith, Sophia Wambach, Steve Lipson, Sue Piecuch, Tina Cole Kreitz... and many more.

How It Works

1

Read the materials and find groups that interest you

- Once you are enrolled, join as many groups as you like.
 - The Participant Calendar has group times in your time zone, and instructions on how to join.
-

2

Join by Phone

- **All** groups can be joined toll-free by telephone from an unblocked number.
 - When prompted, enter the two-digit group code on the 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 secure online account to sign yourself up for groups, or browse the library of recorded groups at abiento.frontporch.net.
 - Once registered for a group, 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 if you have questions, or to disenroll.

(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

- Well Connected will not share your personal information with anyone without your consent.
- 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 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.

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.

Hello from the Connection Team!



Joanna Aceves
Program Manager,
Social Call



Rosanna Aragon
Program Manager,
Social Call



Liz Avalos
Program Manager,
Connection
Programs



Annette Balter
Program Manager,
Well Connected



Amber Carroll
Senior Director,
Connection
Programs



Michael Cueva
Program Manager,
Well Connected
Español



Michelle Foster
Support Specialist,
Social Call



Emma Marquez
Administrative
Coordinator,
Connection
Programs



Casey O'Neill
Program Director,
Social Call



Lizette Suarez
Program Director,
Well Connected
Español

Program Guide 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

Note: 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

Happy Birthday Well Connected!

Tuesday, 5/7

In 2024, Well Connected turns 20! Join us to reminisce about past groups, participants, facilitators, and staff, and share personal stories about how Well Connected has played an impactful role in your life.

Facilitated by Amber Carroll, Senior Director, Connection Programs

Hear the Catalog

Sunday, 8/25

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

Newcomers Welcome

Mondays, 5/13, 6/10, 6/24, 7/8, 7/22, 8/12, 8/26

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

State of Well Connected

Tuesdays, 5/21, 8/6

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



A Visit to Muir Woods National Monument

6/3

Redwoods, Banana slugs, spawning salmon, fog, creek – all of these and other life forms live and interconnect in a special place on the Northern California coast. Explore this magical place where the tall trees welcome you, and just might reveal some of their secrets.

Presented by Mark Thoma

Yellowstone and the Grand Tetons

6/10

Join three generations of our family as we introduce you to two of America's iconic national parks. We will explore Yellowstone and the Grand Tetons by hiking, horseback riding, and whitewater rafting. Highlights are swift rivers, steaming geysers, bubbling hot springs, thundering waterfalls, and whitecapped mountains. Zoom in on the wildlife including bison, moose, and grizzly bears as we travel the park roads and hike the trails.

Presented by Ellie Knesper

Winter in Southern Portugal

6/17

Visit southern Portugal, taking advantage of warm winter weather and lower prices, on the lovely coastal resort of Cascais, with the capital city of Lisbon less than an hour away for tours, monuments, and a night in a Fado club. This trip also includes the Gulbenkian Museum of Art, the city of Sinta, a tile-making demo, a cooking class, and a visit to a cork plantation.

Presented by Pam Phillips

Panama

6/24

Come to Panama, a country on the isthmus linking Central and South America. Learn about the Panama Canal linking the Atlantic and Pacific oceans, and the capital, Panama City, a mixture of modern skyscrapers, colonial buildings in the Casco Viejo district, as well as the Natural Metropolitan Park rainforest. A breathtaking adventure.

Presented by Deirdre Spelman



Athens to Venice

7/1

Seeing the beauty of Greece is a wonder for all, and doing it from a smaller cruise ship made things very special. With stops in Greece, Croatia, Albania, and finally ...the Grand Canal into Venice.

Presented by Dave VanArsdale

Bryce and Zion National Parks

7/8

Join us for an introduction to two of our country's most iconic national parks in Utah. Bryce Canyon and Zion National Park comprise wonderful trails, marvelous rock formations, and viewpoints which were experienced through arduous hikes and learning the history of these geologic wonders.

Presented by Laurel Ostrow

Roadside Attractions of the U.S.

7/15

Many have enjoyed seeing quirky things along their travels, and our country has no shortage of such roadside treasures! From Muffler Men to the World's Largest Pistachio, we'll take a visual trip together to explore a variety of such findings in the U.S., and how they came to be.

Presented by Laura Robertson

Israel and Jordan

7/22

Come to Panama, a country on the isthmus linking Central and South America. Learn about the Panama Canal linking the Atlantic and Pacific oceans, and the capital, Panama City, a mixture of modern skyscrapers, colonial buildings in the Casco Viejo district, as well as the Natural Metropolitan Park rainforest. A breathtaking adventure.

Presented by Aelea Christofferson



Village Life in India

7/29

Most visitors to India head for the Taj Mahal and Rajasthan, but let's travel through rural eastern India, and the State of Bengal, with glimpses of the city of Joy that is Kolkata.

Presented by Joya Chatterjee

Moloka'i

8/5

Visit the "Friendly Isle" of Moloka'i, the fifth largest island of Hawai'i, measuring only 38 miles long and 10 miles across. Its undeveloped tropical landscape, including steep rocky cliffs and beautiful secluded beaches, as well as its lack of crowds and tourist resorts, make it an attractive destination for those seeking a peaceful getaway. Aloha!

Presented by Terry and Steve Englehart

Mongolia

8/12

Visit the land of Ghinggis Kahn, leader of the Mongol Empire. Outside of its capital city, Ulaanbaatar, lies the vast Gobi Desert and Altai mountains. The country, wedged between China and Russia, is home to herding nomads who move their yurts/gers to fresh grazing grounds as they truly live off the land.

Presented by Paula Wright

Enjoying the Natural Wonders of the U.S. in Travel and Art

8/19

Our country is home to countless stunning and varied natural wonders. Let's explore a few around the country, and discuss their history, appearance in art, and present enjoyment by travelers.

Presented by Laura Robertson

Other Armchair Travel



Travel Club

Tuesdays, 5/28 – 7/30

Share your travel experiences and adventures from near or far in this conversation group.

Facilitated by Kathy Connelly



“I came to get the number for Well Connected on the darkest night of my life. I called in and the woman on the other end made me promise to call back tomorrow. Little did she know she saved my life that night. Since that night 11 years ago I have been a member 10 of them and a facilitator of 5 groups. I have made so many friendships that I otherwise would never have had the chance to. I LOVE WELL CONNECTED!”

Janice Rooker in 2004

Facilitator of *Bingo*, *Inspiring Stories*, *Boggle*, and many other fun and uplifting groups



Picasso and Cubism

8/1

Join us for a lively discussion on Pablo Picasso during 1906 - 1913. We will cover the development of cubism; from the painters, to the agents/dealers, to the collectors. We will also discuss life in the “Bateau Lavoir.”

Presented by Dave Williams, Volunteer, Art Institute of Chicago

Visions of Native Women Artists

8/8

For centuries, women have been a creative force behind Native American art. Yet their individual contributions have generally been unrecognized, anonymous representations of entire cultures. We will look at sculptures, beadwork, textiles, ceramics, quillwork and paintings; art passed through hands and eyes, and hearts to the next generation.

Presented by Laura Davis

Narrative Art

8/15

Is a picture truly worth a thousand words? We will explore narrative artworks, or what is being painted, not how it is painted. See examples of narrative artworks through the centuries and ask, What is the story the artist is telling? Will the story and emotional response be the same for all?

Presented by Kit Keane

Art of Noel Harding - Where Nature Meets Technology

8/22

This Canadian artist’s work reflects a growing environmental awareness in the community, leading to a move from traditional art installations inside the gallery, to outdoor public pieces engaging a broader audience. Uniting technological and natural forces, Harding demonstrates that an ecological focus is possible without shunning modernity.?

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



SFMoMA – A Sampler to Demystify and Engage

8/29

Picasso would delight in the scoffing comment, “My child could do that!” What is up with Modern Art? Let’s figure out what artists were doing, thinking and saying after the advent of photography. Learn to love and hate the odd, not realistic, and shameless things some dared to present as art.

Presented by Laurie Sanchez, Docent, San Francisco Museum of Modern Art, sfmoma.org



“One of the reasons I joined Well Connected was because of Writing Workshop. In addition to Creative Writing, I’ve since found so many other groups where I can share my writing. My dormant writing enthusiasm has been rekindled.”

Serena Guin
Volunteer

All Request 90

Thursdays, 5/2 – 8/29

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

Facilitated by Buddy Weisman



Art Depicting Life

Saturdays, 5/4 – 6/22

We will take a look at clips from Movies and Plays such as The Wizard of Oz, The Crucible, Inherit the Wind and Artists like Van Gough, Tissot, Monet, Da Vinci, and the Music of Vivaldi, Beethoven, Puccini, Bernstein, Webber and more! We will discuss how these artists defined the styles and era they lived in. We will try to understand what helped the writers and composers create their art and what was going on in the world around them.

Facilitated by Gina Pandiani, MA

Creative Writing

Tuesdays, 5/28 – 8/13

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 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. 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 be published in the Writers' Anthology.

Facilitated by Linda Valenziano

Knit or Crochet Together

Wednesdays, 5/1 – 8/28

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 Makers

Fridays, 5/10 – 5/24

Join us for the following music history presentations.

5/10 - Sing Along Songs of the 1950s

Remember gathering around the piano to sing or sitting in front of the radio or TV to hear Your Hit Parade? The 1950s was filled with singable songs and we will explore some of those classic tunes. There will be no bouncing ball, but plenty of fun!

5/17 - Motown Records: Their Artists & Hit Records

A young man named Berry Gordy opened a small record label in a house outside of Detroit and forever changed popular music of the 1960s! Motown gave birth to hits like “Stop! In the Name of Love,” “I Heard it Through the Grapevine” and “My Girl.” Let’s remember those great songs together!

5/24 - Remembering Nat King Cole

A young man named Berry Gordy opened a small record label in a house outside of Detroit and forever changed popular music of the 1960s! Motown gave birth to hits like “Stop! In the Name of Love,” “I Heard it Through the Grapevine” and “My Girl.” Let’s remember those great songs together!

Facilitated by Dan del Fiorentino, Music Historian, National Association of Music Merchants

Music's Memory Lane

Tuesdays, 5/28 – 8/27

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



Theatre Lab

Thursdays, 5/23 – 6/6



Join us for your weekly dose of play! Participants will be invited to improvise character dialogue within structured scenes, read selections from classic and contemporary plays, and collaborate remotely with others from the comforts of home!

Facilitated by Evan Johnson, Program Director, Ruth's Table, Front Porch



“I really appreciate Well Connected for maintaining a safe space to connect and share with other poetry lovers. We started in 2014 and recently celebrated our 500th program of Poetically Speaking.”

Greg Pond in 2004
Facilitator of Poetically Speaking

Conversation

Across the Miles

Wednesday, 5/29

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, 5/1 – 8/28

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 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, 5/3 – 8/2 (no groups on 6/7 – 6/28)

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

Coffee Break

Mondays, Wednesdays, and Sundays, 5/1 – 8/29

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 Carlen Olson (Wednesdays) and Ricki Perlman (Mondays and Sundays)

Conversation

Death Café

Tuesdays, 5/21, 6/18, 7/16, 8/20

Join us for conversations about death so that we can make the most of our finite lives. We meet one another as peers to voice our thoughts, fears, and questions about death. It is a safe place to share whatever is coming up for you at the moment. We will make space for grief, creativity, and being present to the simple joys of life. This is a respectful and confidential space. There is no agenda so we can let conversations flow naturally. This is a discussion group rather than a grief support or counseling session. So, settle in with a cup of tea and join us.

Facilitated by Judy Iannaccone, End-of-Life Practitioner and Doula



Food for Thought

Mondays, 5/13, 6/10, 7/8, 8/12

Calling all food lovers! Cooking is like telling a story...good flavor and good food tells a story just as much as a good book does. Discuss the recipe of the month, cooking tips, reviews and advice of many foods that are loved and in season.

Facilitated by Teresa Abney, Associate Director, Market Day, Front Porch

Groceries for Less

Mondays, 5/6 – 8/26

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, 5/4 – 8/31

Would you like to hear some stories of inspiration and share some of your own? If you need more positivity in your life (and who doesn't?), you'll enjoy the uplifting, caring nature of this group.

Facilitated by Peggy Morin and Nicolette Noyes

Keys to Joy

Saturdays & Sundays, 5/25 – 8/31

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, 5/8, 5/22, 6/12, 6/26, 7/10, 7/24, 8/14, 8/28

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, 5/1 – 7/17

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. You will be asked to complete a survey for Life Story Club at the end of the series in addition to the Well Connected group survey.

Facilitated by Life Story Club, lifestoryclub.org

Conversation

Meet Me in the Kitchen

Wednesdays, 5/1 – 6/26 (no group on 6/12)

Grab a cup of tea and let's gather in the heart of the home where so many fond memories were created over wonderful meals cooked with love. Every week will be a new topic where we can share our thoughts and stories. We can even create new experiences with virtual potlucks in beautiful imaginative places!

Facilitated by Harla Norman



Reach Your Goal

Sundays, 6/2 – 6/23

As the saying goes, "You're never too old to be what you might have been." Come to this group with three things you wish you would have accomplished at this point in your life, and you will work on reaching your goals. We will work on how to find your inspiration, how to give yourself permission to go for your goal, and how to stop inventing excuses that may have held you back from attaining them. You will make your plan and then take the action to succeed!

Facilitated by Ruth Rutherford

Socrates Café

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

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.



Anagrams

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

Rearrange words or phrases to solve for different words or phrases in this fast-paced Anagram game. Come prepared with a paper and pencil, scrabble tiles, a great memory, or whatever tools (excluding internet cheating) you need to solve the puzzles.

Facilitated by Amber Carroll



Bingo

Mondays and Saturdays, 5/11 – 8/24

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, 6/5 – 8/28

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, 5/7 – 8/27

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, 5/4 – 7/6

The mystery melody themes this session are: **5/4** Work and Play; **5/11** Sun and Rain; **5/18** Family and friends; **5/25** story and novelty songs; **6/1** food and drink; **6/8** cities and countries; **6/15** instrumentals and classical musical; **6/22** colors and shapes; **6/29** science and nature; **7/6** music and dance.

Facilitated by Jan Knowles

Noggin Joggin'

Thursdays, 5/2 – 8/29 (no groups on 6/20 – 7/4)

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

Facilitated by Nicolette Noyes

Open Mic

Thursdays, 5/2 – 8/29

Everyone is welcome to perform....stand-up comedy, tell an uplifting story, read or recite a poem, sing a song, play an instrument or tell a funny joke. Enthusiastic spectators are also welcome.

Facilitated by Linda Crawford and Nicolette Noyes



Spelling Bee

Fridays, 6/14, 7/12, 8/9

No stress allowed! Though it may be reminiscent of 6th grade angst, this will truly be a fun event. No pre-bee prep is needed, just call in and either join the challenge or listen in as an audience member.

Facilitated by Terry Englehart

Fun & Games

Tall Tales

Tuesdays, 5/7 – 8/27

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

Fridays and Sundays, 5/3 – 8/30

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

Ungame

Thursdays, 5/2 – 8/29 (no groups on 5/16, 6/20, 7/18, 8/15)

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. Everyone walks away a winner! If you would like to read an article or the rules of the game, call the office.

Facilitated by Samantha Smith



“My callers have been eager for knowledge and/or fun. I believe they have enjoyed my programs, and so have I!”

Sharon Schwartz

Facilitator of Do You Know What You Don’t Know?, Facts About Foreign Countries, Word Play, and Trivia



Anthology Reading

Sunday, 7/14

Hear the latest Well Connected Writers' Anthology read by its writers. The Anthology features poetry and prose from talented writers in our creative writing groups.

Facilitated by Nicolette Noyes

Book Share

Saturdays, 5/11, 6/8, 7/13, 8/10

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



Folk Tales, Legends, and Lore

Sunday, 8/4



We will explore folk tales, legends and lore from around the country. Some are famous, some lesser-known, while some are specific to a region and others may share traits in common. Hear these stories and discuss their origins. We also welcome any that you'd like to share.

Facilitated by Laura Robertson

Poetically Speaking

Wednesdays, 5/1 – 8/28

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

Facilitated by Greg Pond, Poet

Poetry Reading

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

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 Aloud

Saturdays, 6/1 – 7/13

Join us to hear one of Jennifer Chiaverini's New York times best-selling historical fiction novels, *Mrs. Lincoln's Dressmaker*. This collection of books features women's history embedded with her love of quilting and sewing. *Mrs. Lincoln's Dressmaker* unveils the private lives of President Abraham Lincoln and his wife, Mary Todd Lincoln, through the eyes of the First Lady's most trusted confidante and friend, seamstress Elizabeth Keckley.

Facilitated by Gayle Wanamaker

Story Time

Thursdays and Saturdays, 5/2 – 8/31

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

Sunday Poetry

Sundays, 5/26 – 8/25

Welcome all who read their original poetry or poetry written by published poets. A lively discussion after each reader helps to provide constructive feedback. Listeners also welcome. *At the end of the session, participants will have the opportunity to share their original work on Writers Read, or be published in the Writers' Anthology.*

Facilitated by Joan Rosenberg

Writers Read

Friday, 8/16

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



Top Tips for a Healthy Weight

6/4

How is our health related to our weight? What does research recommend for reaching and staying at a weight that is healthy? Join us to learn the latest strategies and tips to make them part of our daily life.

Presented by Jacquelyn Russum, CHS, Alameda County Dept of Public Health

Sleeping Well: A Key to Aging Well

6/11

Take the first step toward better sleep! Learn how a good night's sleep promotes healthy aging, why we tend to get less than we need, and the links between sleep and illness.

Presented by Dr. Michael V. Vitiello, Professor Emeritus of Psychiatry & Behavioral Sciences, University of Washington

Memory Matters: Caring for Your Brain

6/18

Interested in learning how to care for your brain? Learn how to talk to a doctor about memory concerns, what to do when you notice signs and symptoms of cognitive impairment, and why getting an early diagnosis can be helpful for overall health and quality of life.

Presented by Adrianna Walcher, MPH, Alzheimer's Association, CA

Senior Peer Counseling

6/25

As we get older, sometimes a little help means a lot. If you are facing challenges that are difficult to cope with alone, the Senior Peer Counseling program can help. Participants connect with fellow seniors who are trained to provide assistance and support with challenges such as depression, fear, loneliness, the loss of a loved one, health changes, or isolation.

Presented by Abran Aviles-Scott, Clinical Supervisor, Senior Peer Counseling Program, CA



What is an End-of-Life Doula?

7/2

Learn about how an end-of-life doula can help those facing a terminal illness or death by providing companionship, comfort, and guidance. Non-medical holistic support includes emotional, spiritual, and practical care. Doulas also provide resources to help the dying person, along with their family and loved ones, make informed decisions in a supportive environment.

Presented by Judy Iannaccone, End-of-Life Doula

Dietary Supplements: What You Need to Know

7/9

Do you take vitamins, minerals, or other dietary supplements such as probiotics or fish oil? Wish you knew more about the safety and effectiveness of these products? Let's dive into the research on dietary supplements, focusing on supplements for older adults, and find out what you need to know to inform your decision-making about whether or when to take these products.

Presented by Carol Haggans, M.S., R.D., National Institutes of Health, MD

Healthy Brain Habits: Reducing the Risk of Alzheimer's

7/16

Interested in tips for keeping your brain healthy? Learn about age-related changes in memory and thinking, risk factors for dementia, and ways to keep your brain healthy. We will focus on the six pillars of brain health, and offer practical tips for developing healthy brain habits.

Presented by Adrianna Walcher, MPH, Alzheimer's Association, CA

Common Foot Problems & Causes

7/23

This presentation serves as a starting point to understand common foot ailments. For each condition we will discuss symptoms, causes and potential treatments, using a comprehensive understanding of the anatomy and biomechanics of the foot.

Presented by Dr. Bibi Singh, DPM, Institute for Civic Engagement & Democracy - Campus Lead, Miami Dade College - Padron Campus



Memory Mining: Quiz Show, Talk Show, & All Good for Your Brain

7/30

Join us for some cognitive Memory Mining, developed by a brain health expert and educator. You are invited to have fun by joining Roger 'on stage' in this combination quiz show/talk show, or simply relax and enjoy the show from the peanut gallery.

Presented by Roger Anunsen, Mindramp Consulting, mindramp.org

Stroke in Women

8/6

Stroke is a life-changing event in anyone affected by it. However, women have worse outcomes than men. In part this is because women are older than men when the stroke occurs. In addition, women have unique risk factors for stroke, such as pregnancy, pregnancy complications (high blood pressure, premature birth, to name a few), menopause, and hormone therapy use. These are just a few topics we can discuss during the program.

Presented by Cheryl Bushnell, MD, MHS, Professor of Neurology, Vice Chair Research, Atrium Health Wake Forest, NC

The Stigma of Dementia

8/13

The experience of living with dementia is life changing and difficult. People with dementia often say that one of the hardest parts of living with dementia is the stigma – the negative assumptions and beliefs we have about dementia and the people living with dementia. We will talk about what the stigma of dementia looks like and how it impacts supporting people with dementia, and their care partners, to live well. We will explore how the stigma of dementia really hurts all of us, and strategies we can all adopt to fight the stigma of dementia to create a society that is more dementia-inclusive.

Presented by Sonya Sterbenz Barsness MSG, Gerontologist

Other Health & Wellness

Laughter Yoga

Wednesdays, 6/5 - 8/28

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



Your Aging Brain

Mondays, 8/5 – 8/26

Join us for this exploration of the aging brain. Topics:

8/5 - Normal vs Not Normal

Get a better understanding of what is normal for the aging brain and signs that there may be something not normal going on.

8/12 - The Changing Brain with Dementia

A young man named Berry Gordy opened a small record label in a house outside of Detroit and forever changed popular music of the 1960s! Motown gave birth to hits like “Stop! In the Name of Love,” “I Heard it Through the Grapevine” and “My Girl.” Let’s remember those great songs together!

8/19 - Let’s Communicate

Come learn better ways to communicate with those who are living with brain change and dementia.

8/26 - The Worth of GEMS

Words can make us feel good or bad about a situation. Let’s discuss the GEMS of dementia and why it’s not all bad.

Facilitated by Cristy Rose, Life Enrichment Director, Front Porch

Languages

Perfecting Our French

Tuesdays, 8/7 – 8/27

Thursdays, 5/2 – 8/29 (no groups on 6/20 - 7/4)

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 Jan Knowles (Thursday) and Nicolette Noyes (Tuesday practice)

Practicing German

Fridays, 5/24 – 8/30

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

Facilitated by Jack Gorby



“I love the loyalty and the enthusiasm about my work! It’s thrilling to read my poetry every month – I write new poems for each meeting and their responses are very exciting. I look forward to the following month. I’ve been doing this for many years and am grateful to Front Porch for the opportunity.”

Sally Love Saunders
Facilitator of *Poetry Reading*



Famous Faces & Places of the '40s

5/31

This interactive session will cover a timeline of notable events during the 1940's. We will talk about newsworthy events, music, tv/film/plays as well as hot spots to visit during this decade. Be sure to bring a pen and paper to our session to track your responses to engaging trivia sprinkled into the fun.

Presented by Kelly Willenborg, MA, Gerontologist, Public Speaker

Over Five Decades of San Francisco Pride

6/7

Take a journey down San Francisco Pride memory lane, where in 1970 a few hundred courageous marchers paraded down Polk Street to one of the largest gatherings of the LGBTQ+ community and allies in the nation! The parade is a culmination of a month-long celebration where folks from all over the world come together to celebrate diversity, equality, and love. Let's share pride memories and history!

Presented by Sylvia Vargas, Director of Community Engagement, Openhouse SF, openhouse-sf.org

Sharing Housing

6/14

Worried about money and living in a house that has extra rooms? Spending too much time alone? Living alone makes both those problems worse. It doesn't have to be that way! Sharing housing is a realistic option when it's done right. You will learn about the benefits of shared housing and hear stories about seniors who have chosen to home-share.

Presented by Luke Barnesmoore, Program Director, Home Match, Front Porch, and Annamarie Pluhar, Executive Director and Founder, Sharing Housing, Inc.



Famous Faces & Places of the '50s

6/21

This interactive session will cover a timeline of notable events during the 1950's. We will talk about newsworthy events, music, tv/film/plays as well as hot spots to visit during this decade. Be sure to bring a pen and paper to our session to track your responses to engaging trivia sprinkled into the fun.

Presented by Kelly Willenborg, MA, Gerontologist, Public Speaker

Planning for Your Stability in Unstable Times

6/28

Presidential election years are always a busy, uncertain time. We will look at things you can do to plan for your future regardless of all the noise. We will look at estate plans, updates you need to consider; what NOT to include in your estate; recent tax changes; how charitable solutions can help boost your income and maximize your tax savings, and what we see in our crystal ball for tax changes that may impact your planning!

Presented by William C. McMorrان, Sr. Partner, Green Oak Consulting Group, CA, Sponsored by the Front Porch Foundation

The Lindbergh Kidnapping Suspect No. 1, The Man Who Got Away – Meet the Author

7/5

Retired Judge and acclaimed author will offer a fascinating and shocking theory about the infamous 1932 Lindbergh kidnapping and murder case. Pearlman will talk about her latest book, a 2021 Book Excellence Award winner (true crime), with new insights and analysis of “the crime of the century.”

Presented by Lise Pearlman, Author, lisepearlman.com



Famous Faces & Places of the '60s

7/12

This interactive session will cover a timeline of notable events during the 1960's. We will talk about newsworthy events, music, tv/film/plays as well as hot spots to visit during this decade. Be sure to bring a pen and paper to our session to track your responses to engaging trivia sprinkled into the fun.

Presented by Kelly Willenborg, MA, Gerontologist, Public Speaker

Fields of Courage: Remembering César Chávez

7/19

Join the author to hear about her experiences during the early years of the farm workers movement under Chavez' leadership. Hear excerpts from her memoir, a poetic narrative. She will also talk about the lifelong value of writing as a best friend.

Presented by Susan Drake, Author, Fields of Courage: Remembering César Chávez & the People Whose Labor Feeds Us

Identity Theft Prevention

7/26

Prevent identity theft from happening to you! Learn about steps you can take to prevent identity theft, and how to recover if it happens to you.

Presented by Antonia Villaseñor, Education & Outreach Specialist, California Department of Financial Protection & Innovation, dfpi.ca.gov

Mindful Practices

Guided Mindfulness Meditation

Mondays, 6/3 – 8/5

Sundays, 6/2 – 6/30

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.

Presented by Alexandra Klein, Certified Mindfulness Teacher (Mondays) and Uma S. (Sundays)

Meditation

5/1 – 8/31

Every Day

The direct experience of our own inner reality is called meditation. Meditation facilitates calm, focus, and examination of the mind. You will be guided for a few minutes to be present and relaxed, followed by a 25-minute silent meditation. You may hear a bell ring, to notice whether you are present or daydreaming, and gently bring your attention back to a meditative focus. No experience necessary.

Presented by Kaevalya Banks (Sunday) and Christine Esenther

Mindful Self-Compassion

Fridays, 6/7 – 8/9

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.

Presented by Alexandra Klein, Certified Mindfulness Teacher

Mindful Practices

Re-Engineer Your Mind

Saturdays, 5/4 – 8/31

Explore methods to regulate the thought process, tips for mental and emotional well-being, how to live in the present moment by letting go of the past, and experiencing the subtle realm of the heart-mind experience.

Presented by Artee Chandekar, Certified Heartfulness Trainer



**The World is a Holy Vision
Had we the clarity to see it.
A clarity that people**

**Depend upon people
To make.**

We are the people we depend upon.

David "Lucky" Goff in 2004

Facilitator of *Growing an Elder Community*, *Elder Salon*,
The Tao of Later Life, and *Overcoming the Past*



Fine Arts
Museums of
San Francisco

de Young
Legion of Honor

Irving Penn/Centennial

6/5

Irving Penn/Centennial celebrates the 100th anniversary of the birth of one of the greatest photographers of the 20th century. Irving Penn is best known for his revolutionary fashion photography for Vogue Magazine. The 196 photographs in the exhibition also include his insightful portraits of cultural figures, celebrities, and chimney sweeps; remarkable still life; unconventional nudes; and striking ethnographic studies. We will explore the wide range of subject matter from Irving Penn's nearly 70-year career.

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



Contemporary Art
Museum St. Louis

Taking a Breather

6/12

The exhibition Paul Chan: Breathers explores ways that art can help us pause and cultivate a greater appreciation of the world around us. Chan became well known in the early 2000s for animated video projections. A decade of meteoric success, he began to experience burnout and decided in 2009 to take a “breather” by stepping away from making art. We will explore the work he made after this ‘breather,’ as well as practice a brief mindfulness activity.

Presented by Michelle Dezember, Contemporary Art Museum St. Louis, camstl.org



Brooklyn Museum

Delights of Summer...in 1850s Japan

6/19

Join us for an artist-insider tour of nineteenth-century Tokyo (then known as Edo), through Utagawa Hiroshige's 100 Famous Views of Edo. These masterpieces of woodblock printing capture the evolving landscape of the city through the eyes of ordinary people. Boating, gardens, markets, festivals, waterfalls, night, rain—we'll take a peek into a few of Hiroshige's many scenes of human life and natural beauty in summertime.

Presented by Allison Day, Brooklyn Museum, brooklynmuseum.org



Phoenix Kingdom: Legends Never Die

6/26

Experience the splendor, sophistication, and extravagance of two mysterious kingdoms that flourished at the dawn of China's Bronze Age. Before they were conquered by a powerful emperor and buried by 2,000 years of imperial history, the Yangzi River Valley states were highly advanced cultures with luxurious tastes, imaginative styles, and a yearning for immortality.

Presented by Asian Art Museum, asianart.org



**BULLOCK
TEXAS
STATE HISTORY
MUSEUM**
The STORY of TEXAS.com

Carros y Cultura: Lowriding Legacies in Texas

7/3

Learn about the profound influence of lowriding in Tejano culture. Tracing its origins to the post-WWII era and the Chicano Movement, this showcase reveals how lowriding has evolved into a powerful expression of identity and community. Beyond mere automobiles, lowriding embodies intricate craftsmanship, cultural preservation, and a deep sense of belonging. Journey through the streets of Texas as we explore the artistry, tradition, and solidarity that define the lowrider experience.

Presented by Rose Kemp, Bullock Texas State History Museum, thestoryoftexas.com

Georgia O'Keeffe's World: Nature, Lake George and New York

7/10

Georgia O'Keeffe was an artist who changed the way we look at things. We will explore the connection between O'Keeffe's art and her time at Lake George, the family estate of Alfred Stieglitz, whom she married in 1924. O'Keeffe's work and the photography of Stieglitz connect when they live in New York and summer at Lake George. Her close up and magnified flower, leaf and landscape paintings affect the way we look at nature.

Presented by Carol Ehlers, Time with Art, Docent, Figge Art Museum



African Art at the Minneapolis Institute of Arts

7/17

The museum has a fine collection of objects from the African continent. We will look at several outstanding examples from different parts of Africa including masks from Sierra Leone, sculptures from Nigeria, tomb objects from Egypt, and textiles from Ghana.

Presented by Nanette Hanks, University of Minnesota



Women from the Archives

7/24

We will feature women in politics, education, entrepreneurship, and health care, just to name a few. Hear their journeys of how they got to where they were, including the struggles and sacrifices. We will also review the museum mural *A Journey of Promise* as well as a *Visions Towards Tomorrow*, featuring oral history interview snippets.

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



Colcha Embroideries of Northern New Mexico

7/31

In Spanish, a colcha is a decorative bed-covering. For the Spanish colonial regions of Southern Colorado and Northern New Mexico, the term colcha typically describes a specific type of embroidery, a genre which developed in the mid-1700s out of a long tradition of textile arts. Although the original makers of colcha embroidery were mostly Hispanic women, the technique was adopted by a range of artists throughout the 20th century. One such revival occurred in Carson, New Mexico through the embroidery of the women from the Graves family. Join us for a look at the colchas and the historical background of the Graves sisters.

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



Jewish Open Summer Exhibition

8/7

We will explore contemporary artworks highlighting the vibrancy and diversity of work by Jewish-identifying artists throughout California. This exhibition aims to present a wide range of ideas from artists of diverse identities and generations, uniting them around a central question: How are artists looking to the many aspects of Jewish culture, identity, and community to foster, reimagine, hold, or discover connection? In a moment where some of our most natural responses—such as grief, hope, fear, and resilience—are being politicized to isolate and divide us, connection is essential to upholding our shared humanity.

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



“My time with Well Connected has given me more insight into a life with chronic pain. The bravery and perseverance of those who participate in this weekly program serve as inspirations to me in my own daily battles to live a life of quality while living with chronic pain. I appreciate and admire everyone who participates in this program.”

Tom Norris in 2004

Facilitator of Living with Chronic Pain

Nature and Animals

Bird Talk

Saturdays, 5/4 – 8/31

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

Presented by Kaevalya Banks

Muttville Cuddle Club

Fridays, 5/3 – 5/24

Learn about Muttville Senior Dog Rescue and see our dogs in action! We will introduce you to the new dogs we've rescued each week. Share your stories and experiences with adopting dogs!

Presented by Angela Di Martino, Muttville Senior Dog Rescue, CA

Pet Tales

Saturdays, 5/25 – 8/17

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

Presented by Anne Sanabria and her dogs, Freddie and Stevie



Prehistoric Creatures of the U.S.

Sunday, 6/16



Mammoths, ancient lions and tigers, ground sloths and more! Many creatures of old had their stomping grounds in the U.S. Let's share facts, findings and stories about these magnificent beings, and how we can still 'see' some of them today in their modern descendants.

Presented by Laura Robertson



Sunflowers

Saturday, 8/24



Let's discover the history, fun facts, and drama of sunflowers, through paintings, books, outdoor fun, and maybe a poem or two.

Presented by Gayle Wanamaker

Reflection & Religion



Catholic Corner

Wednesdays, 5/1 – 8/28

Join us for a different prayer/focus each month, including the divine mercy chaplet, the rosary, meditations, and traditions.

Facilitated by Liz Avalos, Social Call Program Manager, Front Porch

Buddhist Concepts

Wednesdays, 5/1, 5/15, 6/5, 6/19, 7/3, 7/17, 8/7, 8/21

We will discuss Buddhist ways of thinking based on the teachings of Thich Nhat Hanh of Plum Village, and Gil Fronsdal of Audio Dharma. Studying these masters of ancient knowledge helps us to practice the path that leads to joy and happiness.

Facilitated by Linda Adair

Gratitude

5/1 – 8/31

Every Day

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

Let's Talk About Jesus

Mondays, 5/6 – 7/29

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

Facilitated by brother drake

Reflection & Religion

Memorial Service

Tuesday, 8/20

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

Spiritual Adventure of Aging

Fridays, 5/3 – 5/31

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” (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 titled Fear, Immediacy, Time, Mystery and Faith.

Facilitated by Nancy Walton-House, M.Ed. Counseling Psychology



What Keeps Us Going

Saturdays, 5/4 – 6/22

Poetry, quotes, scripture, meditations, religion, spiritual practices and authors, teachers, philosophers, theologians, and more will be introduced and discussed. Practices will be introduced and shared.

Facilitated by Gina Pandiani, MA

Supportive Groups

Caregiver Conversations

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

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.

Presented by Samantha Smith

Caregiver Support: What Doctors Don't Tell You [NEW]

Tuesdays, 6/4 – 6/18

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.

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

Facilitator Support Group

Thursdays, 5/23, 6/27, 7/25, 8/22

Well Connected Active Facilitators Only

In-service training and program updates, as well as open discussion time for facilitators to share with each other. Facilitators are expected to attend at least one support group each session.

Presented by Annette Balter, Program Manager, Front Porch

Grandolence and the Elder Journey

Mondays, 5/6 – 7/8

Take the time to experience the way Life has designed the human journey. Through sharing both the delights and challenges of later life — the gifts of being late in one's journey — become evident. Latter life can be the most fruitful —the best chapter of life. For those who are intent upon serving providence — have fun, experience joy, and discover what it means to be an elder. Walk through the darkness and discover renewing light!

Presented by David "Lucky" Goff, PhD

Supportive Groups



Get Ready!

Fridays, 5/17 – 6/7



Listos Aware and Prepare is a disaster and emergency preparedness program, for everyone to get ready and stay safe from natural disasters such as wildfire, earthquakes, or floods. We'll work together to create a plan, and help all to prepare for, respond to, and recover from emergencies and natural disasters..



Facilitated by Anthony Rodriguez, LISTOS Instructor, listos.org

Grieving Our Personal Losses in Later Life

Mondays, 5/6 – 6/3 (no group on 5/27)

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.

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

Living with Chronic Pain

Thursdays, 5/23 – 8/29

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.

Presented by Tom Norris, Retired Air Force Lieutenant Colonel, ACPA Facilitator

Supportive Groups



Low Vision Support Group

Wednesdays, 5/22 – 8/14

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.

Presented by Audrey Demmitt and Cindy Wentz



Overcoming the Past

Thursdays, 5/9 – 6/13

Each of us bears the scars and marks of the journey through this world. Those of us who are older, know that fulfillment in this life, means that we must escape the gravitational pull of the old world. Overcome the learned helplessness that was handed to you, and that haunted your efforts to find joy in this life. Free yourself, and become the original miracle you are!

Presented by David “Lucky” Goff, PhD

Peer Support for People who are Blind

Tuesdays, 5/7 – 8/6

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.

Presented by Neva Fairchild and Jill Noble

Self-Empowerment Now

Tuesdays, 5/21, 6/18, 7/16, 8/20

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.

Presented by Radiant Futures, CA



Computers for the Blind

8/2

Computers for the Blind is determined to bridge the digital divide for the community of the blind and visually impaired in the US by providing affordable, accessible refurbished computers and training. We are an ally for the community of the blind and visually impaired and some of us are members. Our solutions are ready and accessible. They facilitate an independent and connected life – opening life-long opportunities for employment and digital equity. We provide customer guidance from purchase and beyond. Our seamless support is just a phone call away.

Presented by Bryan Carver and Marci Duty, Computers for the Blind, computersfortheblind.org

Tech Tips with BridgingApps: Finding the Right App for You

8/9

Learn about BridgingApps, a program that provides resources, education, and information on apps and mobile devices to help people with disabilities target, improve skills, and reach their highest levels of physical, social, and cognitive development. BridgingApps manages a database of around 2,700 apps, providing a free “short cut” for those looking to find help with various tasks of daily living, medication management, and more.

Presented by Amy Fuchs, M.Ed., Program Manager, Bridging Apps, Easter Seals Greater Houston, TX

Empowering Senior Care with AI: The Social Buddy Foundation

8/16

The Social Buddy Foundation is developing a new way to improve senior care with the use of AI technology to help members feel more independent and less lonely. Many current applications have problems with recognizing voices and responding to touch on smart devices due to differences in physical abilities. The Social-Buddy is intuitive, easy to use, and understandable by all ages to ensure accessibility and usability for individuals with varying physical abilities. It helps with daily tasks, managing medication, and provides meaningful social interaction.

Presented by Julissa Cruz, Elderly Care Specialist and Project Consultant, Jack Jagt, Founder and Creator Social Buddy and Carolina Nijenhuis, Project Manager and Strategic Advisor, social-buddy.nl

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 through consultation, curriculum, and staff training.

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

Social Connection

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

Well Connected & Well Connected Español: connects English & Spanish-speaking older adults throughout the U.S. and beyond, 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
- **U.S. Dept of Veteran’s Affairs** – va.gov or (800) 698-2411

Caregiving

- **Family Caregiver Alliance** – caregiver.org or (800) 445-8106 – resources and support for family caregivers

Connection

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

End of Life

- **Theheartway.org** or (949) 433-8228 Services and support for those facing the end-of-life transition and their family members

Mental/Emotional Health

- **9-8-8 – National Suicide & Crisis Lifeline** – 24-hour dial, text or chat
- **Friendship Line** (800) 971-0016 – **CA ONLY** 24-hour support for older adults
- **National Alliance on Mental Health** – Helpline (800) 950-6264 or nami.org
Nationwide chapters for those with mental illness and their families

Technology

- **AARP** – aarp.org/home-family/personal-technology
- **Communitytechnetwork.org** – internet access and digital literacy training
- **EveryoneOn.org** – low-cost internet, device and training offers
- **Oats.org** and **seniorplanet.org** - Online classes, in-person locations, articles
- **SeniorFusion.org** or (510) 531-6104 – tech info/consulting, fees may apply

Vision Loss Resources

- **BeMyEyes.com** – free App that connects those with low/no-vision with sighted support through live video and AI
- **Hadley.edu** or (800) 323-4238 – education and discussion groups
- **VisionAware.org** – online information and resources
- **Brailleinstitute.org** or (800) 272-4553 – free classes and library



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CREATING COMMUNITY

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