



Well Connected

CREATING COMMUNITY

*Celebrating our 20th
Anniversary Year!*

FALL 2024

September 1 – December 31



(877) 797-7299

connections@frontporch.net

wellconnectedprogram.org

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Support Well Connected!

Thank you for supporting connection!

To make a donation online: frontporch.net/give/donate/

To donate 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)



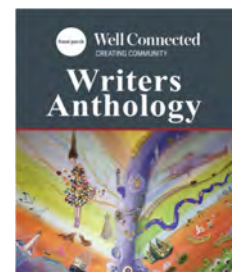
COMMUNITIES
 FOUNDATION

To discuss estate planning options, please contact:

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

Buy the Writers Anthology!

Support the publication of the Well Connected Writers Anthology by purchasing a copy of the book on Amazon (ASIN: B0D6M5QF5P). Proceeds from book sales cover the distribution to published writers in our creative writing groups.



Gratitude for Generous Support



Pictured on the Cover: (clockwise from top right)
 Dan D. & Amy B

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.

Welcome and 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.

Champions

Well Connected Celebrates 20 Years of Lifelong Learning

This session we celebrate, and express our profound gratitude to the thousands of professionals who have volunteered their time to share their knowledge and expertise with the Well Connected Community over the years. It is impossible to list every person or organization, but here are just a few...

(A Few) Organizational Partners

AARP, African American Museum and Library at Oakland, Age Safe America, Alameda County, American Foundation for the Blind, Alzheimer's Association, Art Institute of Chicago, Asian Art Museum, Braille Institute, Brooklyn Museum, Bullock Texas State History Museum, CA Assn for Nursing Home Reform, CA Connect, CA Office of Emergency Services, City of Los Angeles, Community Living Campaign, Community Tech Network, Contemporary Art Museum Houston, Contemporary Art Museum St. Louis, Contemporary Jewish Museum, Contra Costa County, Contra Costa Senior Legal Services, Department of Financial Protection and Innovation, ElderTech Academy, Family Caregiver Alliance, Figge Art Museum, Fine Arts Museums of San Francisco, Institute on Aging, International Spy Museum, Justice in Aging, Kimbell Art Museum, Leading



“Cheers to Well Connected!! Twenty years of bringing older adults together to share, discover, support, empower, learn, laugh, reflect & love — Truly an accomplishment to celebrate! And also an opportunity to give thanks for the fulfillment I feel when I share my traveler’s tales.

Sharing = Joy!!!”

— Amy Brokering in 2004,
Participant & Armchair Travel Presenter

Age, Lighthouse SF, Miller Institute for Contemporary Art, Millicent Rogers Museum, MINDRamp Consulting, Molina Family Latino Gallery, Museum of Modern Art, National Institute of Health, New Mexico State University, Oasis, Openhouse, Pacific ADA Center, Road Scholar, San Francisco Public Library, Senior Advocacy Services, Senior Fusion, San Mateo County, Senior Planet, St. Jude Medical Center, Technology 4 Life, UC Davis, UC San Diego, UC San Francisco, US Food and Drug Administration, University of Southern California, Wadsworth Atheneum Museum.

Champions



“I have been associated with Front Porch for four years. I can honestly say it is not just the attendees who have benefited from this association. I have learned so much, not only from researching art topics, but from the participants who have broadened my knowledge through their art expertise and experience. Thank you, Front Porch, for giving me this opportunity!”
 — Kit Keane, Art Insights Presenter



“It has been a privilege to work with Well Connected since 2020, sharing and exploring art and exhibitions from The Contemporary Jewish Museum with the community. I deeply appreciate the warm welcome and thoughtful questions from the audience. I look forward to our future presentations!”
 — Ron Glait, The Contemporary Jewish Museum, Museums at Home Presenter

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 without consent.
- Never share private information in groups, including phone number.
- Do not share calendar/group codes with non-Well Connected members.
- 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.

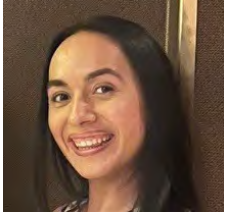
Phone/Online Etiquette

- Join on time, from a quiet environment. Turn off your TV or radio.
- Introduce yourself and state your first name before speaking.
- Mute yourself when not speaking to avoid background noise (use *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.

Connection Team



Joanna Aceves
Program Manager,
Social Call



Michelle Foster
Support Specialist,
Social Call



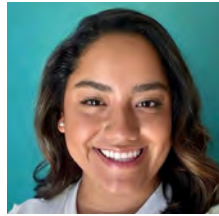
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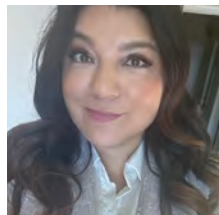
Annette Balter
Program Manager,
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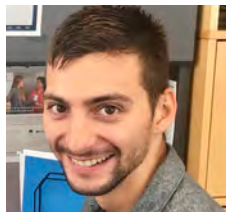
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Program Director,
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Senior Director,
Connection Programs



Lizette Suarez
Program Director,
Well Connected Español



Michael Cueva
Program Manager,
Well Connected Español



Jasmine Trejo
Program Manager,
Social Call

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

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

Learn About Well Connected



Become an Ambassador

Monday, 9/16

Are you enjoying Well Connected? Do you have a passion for sharing information about the program to encourage others to join? If so, you could be an excellent ambassador! Learn about the responsibilities of an ambassador, and help us spread the word!

Facilitated by Liz Avalos, Program Manager, Front Porch

Happy Birthday Well Connected!

Monday, 10/28

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

Monday, 12/16 – 12/23

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, hear the catalog read to you, as well as questions answered about groups.

Facilitated by Nicolette Noyes

Newcomers Welcome

Mondays, 9/9, 9/23, 10/14, 10/28, 11/11, 11/25, 12/9

Are you confused about how to start "connecting" with us? We will guide you through making that first phone call, or how to join online. Learn about groups, registering, etiquette and more. No question is too silly or simple!

Facilitated by Liz Avalos, Annette Balter, and Amber Carroll, Front Porch

State of Well Connected

Tuesdays, 9/10, 12/3

Hear news from the world of Well Connected and Front Porch. We also want to hear from YOU! What are your favorite groups? How can we improve the program?

Facilitated by Amber Carroll, Senior Director, Connection Programs



Visiting Vibrant Vietnam

9/23

Discover that Vietnam is much more than a war. Almost fifty years ago the country celebrated the “Reunification of Vietnam,” and now shares its beauty, and great food, with travelers from around the world. From Saigon/ Ho Chi Minh City and the Mekong River in the south, to Hanoi and Ha Long Bay in the north, we’ll travel by boat, train, plane, bus, car, and foot, and watch out for motorbikes!

Presented by Laura Wells

Madrid & Granada, Spain

9/30

There are many reasons why travelers venture to Spain: the delicious food, culture, architecture, history, the flamenco, and to get even the smallest taste of the ever real “Spain Effect.” You need only one visit to fall in love with this beautiful country. Learn about the decadence of Madrid and Granada, and see how a visit to Spain should make your bucket list!

Presented by Taylor Ericson

Alpine Adventure

10/7

We begin our adventure in Geneva, Switzerland before starting our explorations of the majestic European Alps. In Switzerland, Italy and France, find charming villages with historic churches and chalets, high mountain meadows, and spectacular natural environments. From the Swiss glaciers to Italy’s Grand Paradiso National Park to Mont Blanc, enjoy the beauty and fascinating human heritage held within these mighty mountains.

Presented by Ellie Knesper

Mediterranean Cruise

10/14

Visit ancient sites and cultures of the Mediterranean region, from Istanbul to Etruscan Italy with stops in Crete, Malta, and Sicily along the way.

Presented by Elizabeth Danielson



Prague to Budapest on the Danube

10/21

Transport yourself back in time in Central Europe, where even the larger cities seem to be frozen in the medieval era, with cobbled streets and historic architecture. Sail along the Danube River and explore Vienna's music history, Budapest's architectural history, and Prague's political history. Then learn about modern developments to understand how these beautiful countries blend old traditions with contemporary culture.

Presented by Jacque Fallert

The Call of the Wild Part III Exploring Alaska's Inside Passage, The Yukon and British Columbia

10/28

Continue the journey from Snoqualmie to Bellingham, Washington, through the Inside Passage to Whitehorse and Watson Lake in The Yukon, from British Columbia to the Olympic Peninsula, and back to the mainland. This trip reminds us of Robert Service's poem *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."

Presented by John House and Nancy Walton-House



"I have enjoyed presenting for Well Connected, sharing a variety of learning and traveling experiences. It's fun to gather information and photos as I travel, thinking of those with whom I will share. Well Connected members ask such interesting questions and the discussions are fun!"

Laurel Ostrow
Armchair Travel Presenter



The Plain of Jars

11/4

Let me take you to Laos' Plain of Jars: Southeast Asia's archaeological wonders, a mystery over 2,000 years old. It's located on the Xieng Khouang plateau in central Laos, about 250 km southeast of Luang Prabang. On the way we will get a quick glimpse of how the Hmong live today.

Presented by Joya Chatterjee

Coeuvres-et-Valsery

11/11

Revisiting this small French village after 25 years, in September we joined the residents in honoring those who served in WWII, and celebrated the town's 80th anniversary of liberation from German occupation. As a young lieutenant leading his platoon into Coeuvres, Terry's dad was recognized for his role in the liberation.

Presented by Terry and Steve Englehart

Hiking Cornwall and the Cotswolds

11/18

Join us for a trip to the English countryside, focusing on the iconic areas of the Cotswolds and oceanside Cornwall. We will discover sweeping landscapes, learn about local history, and sample traditional foods while hiking on some of the thousands of miles of public and ancient footpaths, visiting historic towns and villages as we go.

Presented by Laurel Ostrow



Great American Small Towns

11/25

We'll explore six fascinating small towns across the U.S.: Northfield, MN; Taos, NM; Galena, IL; Edmonds, WA; Winterset, IA; and Jacksonville, OR. Highlights include Madison County's romantic covered bridges; a Bank famous for its role in the "defeat of the Jesse James Gang;" traditional adobe homes on a site where people have lived continuously for almost 1,000 years, and a Gold-Rush boom town that was saved from modernization because the railroad passed it by.

Presented by Amy Brokering

Peru and the Inca Trail

12/2

Visit the historic Sacred Valley, home to well-preserved Inca sites dating back 3,500 years including the Temple of the Sun, an agricultural laboratory developed 500 years ago, and salt pools. Next, take a trek along the Salkantay Pass up 14,000 feet, seeing a glacial pool, and then descend through high altitude jungle to the Inca Trail, with a grand finale at Macchu Picchu, a jewel of the Incan Empire.

Presented by Joanna Berg



"I've traveled all my life and so enjoy seeing new places and meeting new people. I was pleased to share my experiences with Well Connected Armchair Travels participants. It's fun to add a personal remembrance and recount an adventure that adds a personal touch to a location. I am grateful for the technology that makes this so easy and rewarding. Happy trails!"

Carolyn Bobo
Armchair Travel Presenter



Seoul 12/9

Where can you go to find wonderful food, unbelievable architecture, and some of the kindest people in the world? We'll give you a hint, this place has real "Seoul." We'll take you to one of the most fascinating cities in the world, traveling during the winter when the charms of this city are only uncovered for those who do the deep exploring. Can't wait to see you there!

Presented by Monica and Don Berkman

Travel Club Tuesdays, 9/3 – 11/26

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

Facilitated by Kathy Connelly



“The presentation I gave to the Well Connected community was well received by the audience, all very interested in strategies on aging well and managing those challenges that come along.”

Joseph M. Casciani, PhD
www.Livingto100.Club, Health & Wellness Presenter



Finding Your Senses: Adaptation Ability

11/7

A gallery show that encourages reflection on how changes in sensory perception, whether due to trauma or aging, can affect understanding. Through introspection, empathy, and appreciation of the diverse ways in which humans perceive and experience the world, we foster a deeper understanding of our senses and embrace differences, cultivate empathy, and celebrate the richness of human experience.

Presented by Cathy Carey, Program Director, frontporchgallery.org

Edward Hopper: Visions of America

11/14

We will focus on the American Realist, who painted scenes from the New England coast, to the movie houses, restaurants and byways of New York City. By using striking lighting, minimum action, and claustrophobic spaces, he shares with us his vision of the underbelly of human experience. These restrained images intrigue us with clues to his message.

Presented by Laura Davis



“It has been my pleasure to present discussions on art history for nearly ten years. Each presentation deepens my own knowledge. Learning: that’s what it’s all about.”

Dave Williams

Art Insights & Museums at Home Presenter



Painting the Post-War German Experience

11/21

German artists Gerhard Richter and Sigmar Polke graduated from the Düsseldorf Kunstakademie in 1962, and began a brief collaboration, known in English as the Capitalist Realism movement. Responding to Postwar German culture and the American Pop Art trend, through the painted reproduction of magazine and newspaper photographs, they bonded over a shared belief that art could play a role in the revolutionary activities of the youth movement in the Federal Republic of Germany.

Presented by Antonia Dapena-Tretter, Educator and Curator

The Art Detective

12/5

Uncover the clues, signs and symbols that help us “read” a painting, and understand what the artist was telling us. What was the hidden intention of the work of art? What do great paintings tell us? Starting in the Renaissance to contemporary times, we will examine how and why an artist has inscribed his ideas – sometimes in plain sight, sometimes not.

Presented by Sarah Davy

The New York Years: Georgia O’Keeffe

12/12

We will look at some of O’Keeffe works, primarily from the 1920’s, compared with her early work, which includes Manhattan skyscrapers, to her well-known desert landscapes, and magnified flower paintings.

Presented by Dave Williams, Volunteer, Art Institute of Chicago

The Lost Generation of Visual Artists in 1920’s Paris

12/19

Paris is rich in the layers of art history, but few can compare to the explosion of creativity that settled in Montparnasse after World War I. Man Ray, Modigliani, Foujita and Chagall are among the artists whose works we will explore. VIVA LES ARTISTES PARISIENS!

Presented by Kit Keane

All Request 90

Thursdays, 9/5 – 12/26 (no group 11/28)

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



The 3 B's – Building, Binding and Beads

Mondays, 9/23 – 10/21



Last in a series of embroidery classes – we will learn how to create “spinal” finishes to our embroidered stitch books. Explore techniques to bind fabric, paper, and beads onto your book spine. You will need the following supplies: cardboard (mailing or cereal box); modge podge for fabric; small beads; narrow lace; quilting or dual duty thread; needles, scissors, and patience and perseverance! Book binders unite, the assemblage is here!

Facilitated by Gayle Wanamaker



Color and Chat

Tuesdays, 9/24 – 10/29

Do you like to color? Bring a coloring book, and you will learn some coloring techniques using Johanna Basford's *Small Victories* Coloring book. You will also need colored pencils, Fabercastell Premium Colored pencils are good. We will also have time to check in with each other, and talk while we color.

Facilitated by Terri Moore

Creative Writing

Tuesdays, 9/24 – 12/17

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. *Participants have the opportunity to share their original work on Writers Read, or be published in the Writers' Anthology.*

Facilitated by Linda Valenziano

Humanities: History and Art

Saturdays, 9/7 – 10/26

We'll discuss the history of creativity, and the drama of life through art and humanity, with lots of discussion.

Facilitated by Gina Pandiani, MA

Knit or Crochet Together

Wednesdays, 9/4 – 12/18

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 you 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, 9/13, 9/20, 10/11, 10/18, 11/8, 11/15, 12/13, 12/20

Join us for the following music history presentations/discussions.

9/13 The Musical History of the Steinway Piano

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!

9/20 Love Songs

There are many great love songs from the 60's – 80's. Hopefully, you'll experience some you love and some that are new to you. Gregg Allman, Leon Russell, The Seekers, Jefferson Airplane, Elton John, The Young Rascals, Todd Rundgren, James Taylor & Carly Simon, Gordon Lightfoot, The Stylistics, Playing For Change, and Bonnie Raitt are among the artists and bands featured.

10/11 The Music of World War II

During the war many songs were written to inspire our troops and encourage those who were left behind back home. We will play some of these songs and hear from artists who entertained overseas, and on the radio, such as Vera Lynn and the Andrews Sisters. We will discover just how important a role music played during those war years.

10/18 Protest Songs

The artists are in a position to rail against injustice through their music and can energize and motivate their fans to lend their support for the cause. There's plenty of protest songs from the 60's – 80's for us to explore. Crosby, Stills, Nash & Young, Marvin Gaye, Jonny Klegg, Jackson Browne, Carly Simon, Creedence Clearwater Revival, Bob Marley, Bob Dylan, Buffalo Springfield, Country Joe & The Fish, and Jefferson Airplane will be included.

11/8 Let's Remember Louie Armstrong

Considered one of the great pioneers of jazz, Satchmo came to define a well-rounded entertainer who broke racial barriers and hit the top of the music charts for over 50 years! Together we will look back and remember the man behind that great talent - and play as many of his songs we can fit into an hour!

11/15 Artists and Songs I am Most Thankful For

Some from the 60's – 80's are still performing; some are inactive; and others have died, more than a few were taken far too soon. It will be a challenge to do justice to all the great musicians and songs in our limited time. Van Morrison, Joni Mitchell, David Bowie, Jefferson Airplane, Talking Heads, Bonnie Raitt, The Band, The Young Rascals, Jackson Browne, John Prine, and It's A Beautiful Day will be represented.

12/13 A Very 1950's Musical Christmas!

It's time to rock around the Christmas tree, and take a ride with Rudolph the red nose reindeer! We can get out the eggnog and wrap some presents as we listen to the great holiday songs of the 1950s!

12/20 Holiday Music

It will be a joyous array of original holiday songs and great covers of some classics by artists from the 60's – 80's.

Facilitated by Dan del Fiorentino, Music Historian, National Association of Music Merchants, namm.org (2nd Fridays), and Bill Lowe, CEO of Chicago Methodist Senior Services, and avid Rock and Roll fan (3rd Fridays)

Music's Memory Lane

Tuesdays, 9/24 – 12/31

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, 9/26 – 10/24

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

Conversation

Across the Miles

Wednesday, 9/25

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, 9/4 – 12/25

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, 9/6 – 11/22 (no group 10/18)

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, Thursdays, Sundays, 9/1 – 12/30

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

Facilitated by Kathy Connelly (Thursdays), Lanae Naugle (Wednesdays) and Ricki Perlman (Mondays and Sundays)

Death Café

Tuesdays, 9/3, 10/1, 11/5, 12/3

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, 9/9, 10/14, 11/11, 12/9

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

Gray Matters

Tuesdays, 9/10, 9/24, 10/8, 10/22, 11/12, 11/26, 12/10

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

Inspiring Stories

Saturdays, 9/7 – 12/28

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

Conversation

Keys to Joy

Saturdays & Sundays, 9/22 – 12/29

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, 9/11, 9/25, 10/9, 10/23, 11/13, 11/27, 12/11

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, 9/4 – 11/6

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



Name Three Things

Mondays, 9/2 – 12/30

Each week you'll describe three things in a different place or time, for example, name three things in your garden or outside your window, three Halloween costumes you wore, or three places you went on vacation.

Facilitated by Linda Crawford

Reach Your Goals

Saturdays, 9/21 – 10/5, 11/16 – 11/30

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 explore how to find your inspiration, give yourself permission to go for your goal, and how to stop inventing excuses that may have held you back in the past. Make your plan and then take action to succeed!

Facilitated by Ruth Rutherford

Science Café

Mondays, 9/9, 10/14, 11/11, 12/9

Join us to discuss thought-provoking ideas from science and technology! We will begin with an introduction to a concept from science or technology, followed by a discussion about its implications and participants' experiences. All are welcome – no science background required. Bring your curiosity and imagination!

Facilitated by Amanda Duncan



Secrets to a Satisfying Retirement

Tuesdays, 9/3 – 11/26

If we're lucky, we will have many years of retirement to enjoy. Most of us will develop our own ideas for how to spend our time, but there are some common themes for those who enjoy a satisfying retirement. Whether you are planning to retire soon or have already enjoyed many years of life after work, we will discuss how you can make the best of your later years. Some topics we'll explore are: ways to stay active; staying socially connected to others; volunteering; dealing with medical challenges; friendships and family relationships. Have you developed your own strategies for having a fulfilling retirement? Please come prepared to share so you can help others. Our retirement years can be the best years of our lives. Join us to find out how!

Facilitated by Norman Reiss



Sounds in Time

Wednesdays, 9/18, 10/16, 11/20, 12/18

Take a walk down memory lane starting with an audio clue to trigger memories. Remember the first time you heard, "I Want to Hold Your Hand?" Maybe you were in the living room with your family watching the Ed Sullivan Show and your brother was trying to throw popcorn into your mouth from across the room... Or maybe "Mack the Knife" has always been your go-to Karaoke song and you bring down the house... We're going to jog our memories about what we were doing, who we were with, all of the feelings associated with these precious moments of time.

Facilitated by Amber Carroll



This Day in History

Thursdays, 11/7 – 12/26

Every day is of historical significance. We will discuss key events that occurred on the month and day. Brush up on your knowledge of the distant and recent past, and share your memories of events that have occurred during your lifetime!

Facilitated by Amanda Duncan

Fun & Games



Bingo

Mondays and Saturdays, 9/23 – 12/30

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



Boggle

Saturdays, 9/21 – 12/28

Have fun finding as many words as you can in a grid of letters in this fun and brain-stimulating classic game!

Facilitated by Janice Rooker

Do You Know What You Don't Know?

Sundays, 9/1 – 12/29

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

Facilitated by Sharon Schwartz

Improv Games

Wednesdays, 10/16 – 12/18

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, 9/3 – 12/31

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 Picuch



Mental Math

Sundays, 9/1 – 12/29

Let's revisit the basics of math through problem-solving. Do you remember your fractions, decimals, percentages, etc.?

Facilitated by Sharon Schwartz

Mystery Melody

Saturdays, 9/7 – 11/9

The mystery melody song themes this session are: **9/7** Back to school (school subjects); **9/14** Flowers and birds; **9/21** First Names and/or Titles (Mrs., Sir, etc.); **9/28** Getting There (trains, boats, planes, etc.); **10/5** Above Us (sky, clouds, moon, stars); **10/12** Poverty and Wealth (Brother Can you Spare a Dime?); **10/19** Breaking up and Making Up; **10/26** Angels and Other Beings (spirit, God, devil); **11/2** At the Movies, and **11/9** Practice for the Holidays (Thanksgiving through Christmas).

Facilitated by Jan Knowles

Noggin Joggin'

Thursdays, 9/5 – 12/26 (no group 9/19 – 10/3)

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, 9/5 – 12/26

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



Reimagining Dementia: Let's Play!

Fridays, 10/18, 11/8, 12/6

A series of “playgrounds” led by members of Reimagining Dementia: A Creative Coalition for Justice.

10/18 **Creating a more playful performance of dementia: Why environments matter**

11/8 **“Yes, And...”**

12/6 **Creating Meaningful Connections and Communities**

No matter where we live or what we do, people want health, happiness and hope. We want possibilities, not prescriptions. We want to be connected, not constrained. We want opportunities, not fixed identities and labels. This is no less true for people living with, and impacted by, dementia and cognitive decline; even as a focus on living, happiness, hope, possibilities begins to dim at the moment of diagnosis. So what we do? We play! In this series of interactive playgrounds, we'll use improvisational games to discover more positive and powerful ways to create our lives with, not in spite of, dementia and other life challenges.

NOTE: These are all experiential workshops. Please come prepared to participate on camera (or on phone if you do not have online access) so that we can, together, create a welcoming nonjudgmental space to play and support one another. No prior experience is necessary.

Facilitated by Mary Fridley, Co-creator and Leader of The Joy of Dementia (You Gotta Be Kidding!), Coordinator of Reimagining Dementia: A Creative Coalition for Justice, reimaginingdementia.com, Madley Gates-Milardo, certified Therapeutic Recreation Specialist, Robin Gertin, Certified Expressive Arts Therapist, and Alek Krumm, Clinical Psychologist

Spelling Bee

Friday, 12/13

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

Tall Tales

Tuesdays, 9/3 – 12/31

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, 9/1 – 12/29

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, 9/5 – 12/26 (no group 9/19, 10/17, 11/21, 12/19)

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



Where in the World Geography

Sundays, 9/1 – 12/29

Is your geography a bit rusty? Do you know the most recently named ocean? Join us to refresh your memory as well as learn the location of a few new places.

Facilitated by Sharon Schwartz



Who Wants to be a Millionaire?

Tuesdays, 9/3 – 12/31

A quiz game, where ‘contestants’ are given a question and 4 possible answers. Not unsure of the correct answer, use the 50/50 (2 incorrect answers are removed). Need a lifeline? Ask another person on the group for help by using “ask the audience,” or phone a friend and the facilitator will help you!

Facilitated by Sue Piecuch

Word Play

Sundays, 9/1 – 12/29

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

Facilitated by Sharon Schwartz



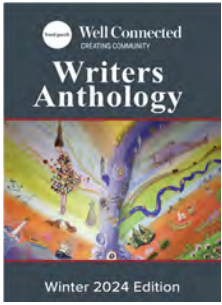
Wordle

Sundays, 9/1 – 12/29

Want to play a popular word game? We will collectively guess random 5-letter 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. Use a pen and paper to help solve the puzzle.

Facilitated by Sharon Schwartz

Good Reads



Anthology Reading Sunday, 11/24

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. Copies of the Anthology are available on Amazon!

Facilitated by Nicolette Noyes



Author Reading: Zig Zag Woman Tuesdays, 10/29 – 12/10



The last thing LAPD Detectives McManus and Tyson expect to find behind Pantages Theatre is a body rolled up in a blanket. The last thing Margaret Morehouse, one of the city's first policewomen with arrest powers, expects to do is join the investigation. When a deadly explosion at the LA Times derails their efforts, Margaret finds herself at a crossroads and strikes out on her own.

Facilitated by Roberta Tracy, Author, Zig Zag Woman, robertatracy.com

Book Share

Thursdays, 9/5, 10/3, 11/7, 12/5

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



Poems on the Experience of Wonder Mondays, 10/21 – 10/28



Has life ever surprised you with wonder? Join us as we read and discuss poems that speak of the experience of wonder. Some of the poets will include Li Po, Lucille Clifton, Jorge Luis Borges, and others.

Facilitated by Mark Thoma, LCSW

Poetically Speaking

Wednesdays, 9/4 – 12/25

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, 9/19, 10/17, 11/21, 12/19

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, 10/5 – 11/30

Hear one of Jennifer Chiaverini's New York Times best-selling historical fiction novels, *Mrs. Lincoln's Dressmaker*. The collection 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, 9/5 – 12/29

What favorite stories have you 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, 9/22 – 12/29

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. *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, 12/20

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. Join the group on time, as reading time is allotted at the beginning of the group.

Facilitated by Linda Valenziano



“We here at the Contra Costa Crisis Center believe that connection to others is beneficial for everyone’s mental health and wellness. Being able to present to a group of individuals looking to stay connected to one another was inspiring. The attendees of Well Connected were welcoming, engaging, and comfortable broaching a tough subject simply to be sure they could spot the signs that someone may be struggling with their own mental health because they are passionate about remaining connected to others.”

Kaitlyn Coughran
Health & Wellness Presenter



Love Is Listening

9/24

The causes, expressions, and effects of dementia are many and various. When it comes to the lived experience of people with dementia there are finally just two kinds: dementia with loneliness, and dementia without loneliness. While there is no cure for dementia, the loneliness of people with dementia can be addressed. This intention should be the gold-standard of care of people with dementia. We will explore the science and social-psychology of emotional isolation; the effect of emotional isolation on challenging behaviors; the difference between genuine person-centered care and merely personalized-centered care, and the mindset and skills of presence that end emotional isolation.

Presented by Michael Verde, Founder, Memorybridge.org

Learning from Falls

10/1

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

Vaccination Recommendations for Older Adults

10/8

Protect yourself and your loved ones from disease this winter! Vaccinations are an important tool to preventing the spread of infectious disease. Prepare for respiratory virus season by learning about the importance of vaccinations, which vaccines are recommended for older adults, and why you still need another COVID-19 vaccine.

Presented by Mark H. Sawyer, MD, University of California San Diego



Fall Risk Factors

10/15

Many older adults experience a fear of falling and sometimes choose to limit their activities to avoid a fall. While this may seem sensible, it actually leads to making our risk of falling even greater. Join us for an interactive discussion on fall prevention, to learn useful information about your fall own risk factors, some tips on preventing falls, and details on our fall prevention program services.

Presented by Michele Alba, Fall Prevention Manager, Meals on Wheels Diablo Region, CA

Real vs False Tai Chi

10/22

Learn about the great art of Tai Chi, including correct information about the history and principles of the martial art, including the use of ancient Chinese weapons. Practice some simple guided movements with a master with over 35 years of experience.

Presented by Sifu (Master) Conrad, Tai Chi Instructor

Improving Cognitive Health with Simple Brain Exercises

10/29

The Brain Exercise Initiative is a student-led nonprofit focused on preventing memory loss through brain exercise. Students volunteer at retirement homes across the country holding 30-minute sessions of simple math, reading aloud and writing exercises. Since its inception in 2019, the program has spread to 80 universities in the United States and Canada with over 1,300 volunteers. We will discuss the research behind these exercises as well as what you can do to keep your brain healthy!

Presented by Esin Gumustekin, Founder, Brain Health Initiative



CalFresh 101

11/5

Want to learn more about a program that provides grocery assistance? Learn about CalFresh and how to qualify. CalFresh is also known as SNAP outside of California. We will be discussing eligibility requirements, what the general application process looks like, and more.

Presented by Bryan Espinoza and Jonathan Ho, Foodbank of Contra Costa and Solano, foodbankccs.org

Tips and Tricks for dealing with Communication and Behaviors

11/12

Brain changes resulting from dementia affect the way a person perceives and responds to their surroundings and other people. Learn how to communicate in a supportive and compassionate way, considering lost cognitive capacity. Explore triggers that can cause a person with dementia to react in ways that can be challenging to manage, and learn best practices for reducing and responding to dementia-related agitation.

Presented by Allyson Schrier, Founder, ZinniaTV.com



“I was thrilled to present on Well Connected and share my expertise with the audience. The platform provided a seamless and engaging experience, allowing me to connect with my audience and convey my message effectively. The event was well-organized, and I received valuable feedback from the attendees. Overall, it was a fantastic opportunity to grow professionally and make a lasting impression.”

Kris Ritualo
AARP, Health & Wellness Presenter



Exercise for Fall Prevention

11/19

Learn about a free virtual drop-in fall prevention exercise program for “underactive” older adults, called “Get Your Zoom On,” or “GYZO.” Experience a sample of the program. The class is offered 3 times a week, lasts an hour, and requires minimal equipment: 2 small hand weights and an approximately 5’ long resistance band. Join us!

Presented by Susan Musicant, DPT, Geriatric Physical Therapist, daybreakac.org/gyzo

Learn about PACE

11/26

A Program of All-Inclusive Care for the Elderly (PACE) is a healthcare program whose doctors and nurses specialize in older adults, and includes activities and friendship a community social center, rides to appointments and help-at-home. PACE is for people who want to stay in control of their lives, and who qualify for Medicaid in their state.

Presented by Lisa LaMagna, Founder, ageinplacehealth.org

Welcome to the Helen Keller National Center

12/3

We will discuss the various programs and services offered by the HKNC, as well as share valuable resources to support older adults with combined vision and hearing loss. This group will include ASL interpretation.

Presented by Jenee Alleman, Older Adult Specialist and David Volper, Regional Representative for FL, GA, MS, AL, and VI, Helen Keller National Center

Conversations that Count: Finding Power and Peace in Charting Your End-of-Life Journey

12/10

Learn about end-of-life options, evidenced-based impacts of advance care planning, the importance of documenting your wishes, having conversations with your loved ones, and your healthcare provider. We will also discuss resources to help you feel empowered to chart your end of life experience that matches your values, priorities, and beliefs.

Presented by Angela Schultz, States Advocacy Director, Compassionandchoices.org

Laughter Yoga

Wednesdays, 9/4 – 12/18

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



“It was my pleasure to speak to this smart and energetic group.”

Deborah Carr, PhD, Professor

Boston University, Health & Wellness Presenter

Holidays



Christmas Trees, Joy and Trivia **Wednesday, 12/25**



Just how did Christmas trees become a thing? How many are grown each year? Have some festive fun with this holiday icon.

Facilitated by Gayle Wanamaker



Every Day Celebrations **Thursdays, 9/5 – 10/31**

We will introduce one or more holidays or special designations of the day. After a brief description of the history and significance of the day, we will discuss ways to celebrate. Join the fun and discover new reasons to celebrate every day!

Facilitated by Amanda Duncan



Monsters Among Us **Friday, 10/25**

This Halloween season, we have a question for you: What book or movie scares the \$#*! out of you!?! Come prepared to share your experience with us, tell us why you found it so scary, and we will discuss together.

Facilitated by Mike Jaszewski



“It is my joy to share art presentations with the Well Connected audience. Their questions and comments show a deep interest in lifelong learning. Whether looking at one artist or an entire movement, the group is engaged, enthusiastic, and makes my role as a presenter fun!”

Antonia Dapena-Tretter
Art Insights Presenter

Holidays



Season's Greetings
Sundays, 9/15, 10/20, 12/15



9/15 All About Autumn

As temperatures cool, let's explore the autumnal equinox, harvest moon, and Fall celebrations in various cultures! Learn about harvest corn dolls and dollies, their origins and cultural importance, and how to make them.

10/20 October Seen and Heard

Ghosts, goblins, aliens, and things that go bump in the night! We'll look at how such topics lend themselves to art. Then let's hear about experiences of phenomena, and guess whether each is a true story or just a tall tale!

12/15 Holidays Here and There

Explore time-honored holiday traditions—in the U.S. and around the world! There are many fascinating ways to celebrate the season. Then have some fun with a few basic household supplies to create snowflake ornaments.

Facilitated by Laura Robertson



“It was such a joy to present to the Well Connected community. I hope I was able to provide women with information they can use to take control of their pelvic floor health!”

Lauren Stewart, MD

Langone Health, NY – Health & Wellness Presenter

Languages

Perfecting Our French

Tuesdays, 9/3 – 12/31

Thursdays, 9/5 – 12/26 (no group on 9/19 – 10/3)

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 (Tuesday practice)



Practicando en Español

Thursdays, 9/5 – 12/19



Practice your Spanish through every day conversations. Topics will be geared towards participants whose knowledge of Spanish is beginning to intermediate level, but all are welcome.

Facilitated by Macarena Pena

Practicing German

Fridays, 9/6 – 12/27 (no group 10/4 – 10/25)

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

Facilitated by Jack Gorby



Your Voice, Your Vote

10/18

Election Day is just around the corner on November 5th! Are you ready to cast your ballot? Join us to talk about different options available wherever you are that make elections work for all types of voters. We'll talk voting in person, voting by mail, researching your ballot, and all things in between. Be heard this November!

Presented by Michelle Bishop, MSW, Voter Access & Engagement Manager, National Disability Rights Network, DC

Meet the Author: Zig Zag Woman

10/25

Hear about the author's journey from greeting card writer to historical fiction author. Go back in time to the Los Angeles of over a century ago, poised between Edwardian conventions and ragtime culture. Learn how amazing but true events triggered the writing of *Zig Zag Woman*, an historical murder mystery, and the process involved in becoming a published author.

Presented by Roberta Tracy, Author, Zig Zag Woman, robertatracy.com

Home Safety for the Holidays

11/1

Join us for a festive and informative session designed to keep your home safe and joyful this holiday season! Whether you're decking the halls, hosting family and friends, or just enjoying some quiet time, we've got you covered with practical tips and fun advice. We will share easy-to-follow strategies for preventing accidents, safeguarding your loved ones, and ensuring that your celebrations are as merry as they are secure.

Presented by Fritzi Gros-Daillon, MS, CSA, CAPS, UDCP, SHSS, Director of Education & Advocacy, AgeSafeAmerica.com



Managing the Holidays on a Budget

11/8

Learn about how you can save money during the holidays. We will offer information and tips on spending less money and avoiding holiday season frauds and scams.

Presented by Antonia Villaseñor, California Department of Financial Protection & Innovation

Hello Bream

11/15

Meet the founder of Bream, a virtual community engagement platform designed to improve the lives of older adults and their caregivers through art and wellness activities.

Presented by Ryan Reid, Founder, hellobream.com

Financial Fraud Prevention

11/22

You can protect yourself from fraudsters and scammers who want to steal from you. We will offer information and tips on identifying and avoiding financial frauds and scams. Learn steps you can take to protect your money and assets from thieves and if necessary, how to report them.

Presented by Antonia Villaseñor, California Department of Financial Protection & Innovation

Decluttering, Decisions, and Downsizing

12/6

Whether you are making a home transition or deciding to make changes to your current home to age in place, join us for some expert tips on relieving the stress of both! Learn how to “rightsize” your things and your home while taking a look at how to determine what belongings truly represent your legacy.

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



Email/Text/Phone Scams & Occupational Fraud

12/13

Like any smart entrepreneurs, scammers know their target audiences and design campaigns to capitalize on their needs, hopes, desires, and fears. Protect yourself and your money by learning about the most common schemes and how to deal with them. If time allows, will also provide an introduction to occupational fraud, aka white-collar crime.

Presented by Dan Patton, Retired Certified Fraud Examiner and Financial Crimes Expert



“It is such a pleasure to facilitate these online gatherings. My favorite part is the interaction with wonderful folks who share interests in arts, travel, culture, traditions and everything in between. I am delighted to be part of this amazing community!”

Laura Robertson

Lifestyle & Culture, Nature, Artistic Insights Presenter

Mindful Practices

Find Your Inner Calm

Saturdays, 9/7 – 12/28

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.

Facilitated by Artee Chandekar, Certified Heartfulness Trainer

Guided Mindfulness Meditation

Mondays, 9/30 – 12/16 (no group on 11/25, 12/2)

Sundays, 9/1 – 9/29

A guided meditation practice 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.

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

Meditation

Every Day, 9/1 – 12/31

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 return you to a meditative focus.

Facilitated by Kaevalya Banks (Sunday) and Christine Esenther

Mindful Self-Compassion

Fridays, 9/27 – 12/13 (no group on 11/29)

Develop a kinder, more compassionate relationship with yourself using mindfulness, self-kindness, and a sense of common humanity. Incorporate these concepts into our daily life using evidence-based practices, including loving kindness, mindful breathing, and self-compassion exercises. Come with an open heart and mind.

Facilitated by Alexandra Klein, Certified Mindfulness Teacher



**Wadsworth
Atheneum**
Museum of Art

Latinx Legacies and Hispanic Heritages in Art

10/2

As the United States celebrates National Hispanic Heritage month, join us for a tour of various Latin American and Hispanic art in the collection.

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



THE NATIONAL
WWII MUSEUM
NEW ORLEANS

Los Veteranos: Latinos in WWII

10/9

An important part of U.S. history long before WWII, the war gave Latinos new opportunities and presented them with new challenges. Because Latinos did not serve in segregated units, as African Americans did, their WWII history is sometimes overlooked. Was that history unique, and if so, how? Learn about Latino WWII heroes and average soldiers, as well as issues of ethnicity and acculturation on the Home Front.

***Presented by Maddie Roach, The National WWII Museum, LA,
nationalww2museum.org***



What Cemeteries Can Teach About History

10/16

What is a “historic” cemetery? Why are cemeteries important places in our community to preserve? What can cemeteries tell us about the history of Texas and the different people who have called the Lone Star state home? Learn about the histories of different cemeteries across the state, the symbols, and important dates on tombstones, and how these locations provide valuable clues about the past.

***Presented by Joy Lobb, Bullock Texas State History Museum, TX,
thestoryoftexas.com***



Honoring the Dead: Afterlife Beliefs and Burial Rites 10/23

Rituals and practices that honor and respect the dead have been an important part of cultures and religions across Asia for thousands of years; common to many of these diverse practices is the belief in an afterlife state. Explore the varied ideas and customs surrounding the afterlife in Asian cultures through an examination of sculptures, paintings, and jewelry that demonstrate respect and love for the deceased.

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



Fine Arts
Museums of
San Francisco

de Young
Legion of Honor

Japanese Prints in Transition: From the Floating World to the Modern World 10/30

This exhibition spotlights the transition from the Edo period's delicately colored ukiyo-e of actors, courtesans, and scenic views to the late nineteenth century Meiji era's brightly colored images of Western-influenced architecture, fashion, industry, and modern military warfare.

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



The People of the Ice Age 11/6

Journey back to the end of the Pleistocene, or the last of the Ice Ages. You'll learn all about what it was like to live as a hunter-gatherer in North America during the last throws of the last Ice Age. Deep dive into tools, weapons, hunting, gathering, and community life of the Paleo-Indians that lived throughout our continent during this time.

Presented by Jeremy Thornbrugh, Wyoming State Museum, WY, wyomuseum.wyo.gov



BkM

Looking at Water

11/13

Shimmering, roaring, placid, life-giving—there is only one natural element that encompasses all of those words, and that is water. Immerse yourself in paintings, photographs, and objects featuring the majesty, power, and beauty of water, from Niagara to Hawaii, Canada to Peru, in this array of art newly on view.

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



The Life and Art of Marcel Duchamp

11/20

We will examine the lived creativity of the most influential twentieth-century artist of all. We will discuss Duchamp's early Impressionist paintings, his Armory Show scandal, the Nude Descending a Staircase, #2, his epic Large Glass, and his still challenging "readymades." We will take up his notorious final work, the posthumously revealed Given:....., and include treatment of his crucially important circle of friends and allies, including Man Ray, Francis Picabia, Katharine Dreier, the Arensbergs, and the fantastical "Baroness" Elsa von Freytag-Loringhoven. Duchamp was unique, surely, but uniquely defined by twentieth-century avant-garde culture in both America and Europe.

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



"It is such a pleasure to explore some of the wonderful special exhibitions at the Fine Arts Museums of San Francisco with the Well Connected Community. Your interest, enthusiasm, and active participation are most appreciated!"

Amy Finkel
Museums at Home Presenter



Amidst Cries from the Rubble: Art of Loss and Resilience from Ukraine

11/27

Through photographs and evocative objects collected from the war-torn landscapes and communities of Ukraine, follow the journey of a nation grappling with the daily trauma of death and destruction. Appropriating tools of war—shell casings, missile fragments, ammunition boxes—Ukrainians breathe new life into the remnants of conflict, infusing them with the spirit of human creativity.

Presented by Kemely Gomez, Museum of International Folk Art, NM, internationalfolkart.org



People, Places, and Organizations of Oakland

12/4

AAMLO presents people, places, and organizations that shaped Oakland's black experience. Also learn about AAMLO's permanent exhibition, museum mural A Journey of Promise, seed library, and reference library.

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



“Getting to share the Bullock Texas State History Museum with folks from around the country is so much fun, and it is a great way to connect to so many people! I love sharing on the special exhibits we have, and are looking forward to what we offer next.”

Bullock Texas State History Museum Staff
Museums at Home Presenters

Nature and Animals

Bird Talk

Saturdays, 9/7 – 12/28

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

Muttville Cuddle Club

Fridays, 10/18 – 11/8

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, 9/28 – 12/21

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



Wildlife Winds Down

Sunday, 11/17

As the temperatures cool and winter looms, wildlife takes cues from the change of seasons - from bears to bobcats to bison and more! We'll discuss traits, behavior, and fun facts about these and other wonderful animals in the wild, and how they prepare so very well for the weather to come. Let's also share stories together about the wildlife in our areas.

Facilitated by Laura Robertson

Reflection & Religion

Catholic Corner

Wednesdays, 9/4 – 12/18

Engage in conversations about the Catholic faith. We will explore the precepts of the church, and ways to live our faith courageously. Our gatherings will include guest speakers like Priests, Deacons, and other dedicated members of the Catholic community. Everyone is invited, whether practicing or non-practicing, or those curious about the faith.

Facilitated by Liz Avalos, Program Manager, Front Porch

Buddhist Concepts

Wednesdays, 9/4, 9/18, 10/2, 10/16, 11/6, 11/20, 12/4, 12/18

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

Every Day, 9/1 – 12/31

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, Ricki Perlman, Sue Piecuch, Doug Stetson, Cristina Torres, Nancy Walton-House, and Tom White

Let's Talk About Jesus

Wednesdays, 9/4 – 12/25

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



Looking Up: A Birder's Guide to Hope **Thursday, 11/7**



Whether you're into birds or beaches, mountains or mountain lions, or just in need of a little hope, explore some simple spiritual practices to remind us how creation is charged with God's goodness, bringing us comfort in sorrow, peace in turmoil, and delight in ordinary days.

Presented by Courtney Ellis, Author, A Birder's Guide to Hope Through Grief

Memorial Service **Tuesday, 12/17**

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, 11/22 – 12/27**

Join a reflective conversation on the great spiritual adventure of aging, and being an elder in our country. Hear brief chapters from *The Gift of Years: Growing Older Gracefully* (BlueBridge, 2008) by Joan Chittister, a Benedictine nun, feminist, speaker and spiritual writer. The book is described as "not only accepting but celebrating getting old, this inspirational and illuminating work looks at the many facets of the aging process." We will discuss the chapters on Memories, Dreams, The Present, Possibility, Spirituality, and Religion.

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

Take Time for Faith **Saturdays, 9/7 – 10/26**

We'll talk about inclusively universal concepts and approaches to faith. We'll explore common insights and faith-based practices.

Facilitated by Gina Pandiani, MA

Supportive Groups



Abilities Awareness Chat

Mondays, 9/2 – 12/23

This peer-led group offers a safe place where people with disabilities can share everyday challenges and triumphs. We will create a place to share our joys, fears, tears, and laughter, as we age with a disability. Relax and socialize with us. All are welcome.

Facilitated by Mary “Sunshine” Dunmire and Jill Noble

Caregiver Conversations

Fridays, 9/6, 10/4, 11/1, 12/6

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



Coping Around the Holidays

Mondays, 11/4 – 12/16

We will share how to cope with grief and interpersonal issues, and practice communication skills, self-care, and relaxation techniques.

Facilitated by Paige Naylor, PhD, Clinical Psychologist

Supportive Groups

Facilitator Support Group

Thursdays, 9/19, 10/17, 11/21, 12/19

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.

Facilitated by Annette Balter, Program Manager, Front Porch



Get Ready!

Fridays, 10/4 – 10/25

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. Materials available upon request.

Facilitated by Anthony Rodriguez, LISTOS Instructor, listos.org

Grandolence and the Elder Journey

Mondays, 9/9 – 10/28

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!

Facilitated by David "Lucky" Goff, PhD

Supportive Groups



Learning to Live with Vision Loss

Wednesdays, 9/25 – 12/18 (no group on 10/16)

SPACE IS LIMITED, REGISTRATION RECOMMENDED

Are you living with vision loss and want to learn to become more independent? We will explore the book, *Lessons for Living with Vision Loss* (NLS library #DBC24872.) We will share tips on how to safely and efficiently do tasks, use your remaining vision more effectively, and problem solve confidently. We will discuss resources, products and services to help you make the most of life with limited vision. Each week you are encouraged to read a chapter in the book, and come prepared to discuss the topic.

Facilitated by Audrey Demmitt, RN and Cindy Wentz, MS

Living with Chronic Pain

Thursdays, 9/26 – 12/19

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

Supportive Groups

Overcoming the Past

Thursdays, 9/12 – 10/31

Each of us bears the scars and marks of the journey through this 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!

Facilitated by David “Lucky” Goff, PhD

Self-Empowerment Now

Tuesdays, 9/17, 10/15, 11/19, 12/17

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 Milan Castaneda, Radiant Futures, CA



Experience Embodied Labs

9/27

Embodied Labs utilizes immersive technology that allows you to embody a person who is living with a health condition; and in doing so, you have an opportunity to step into their shoes and see the world as they do. Join this session for immersive training designed for busy family and friend caregivers to help support and enhance confidence as a caregiver.

Presented by Patrice Danaher, BSN, Project Lead, Front Porch Center for Innovation and Wellbeing and Nancy Edwards, BSN, RN Clinical Development Specialist from Embodied Labs

What Exactly is ‘The Cloud?’

10/4

You’ve probably gotten a number of messages on your computer, smart phone or tablet that say you need more Cloud storage. What is the Cloud? How did I get storage there in the first place? Why do I need more? Do I really need to spend money on this?! Get answers to these questions and more on all things Cloud.

Presented by Steve Lipson, Director, ElderTechAcademy.com



Digital Equity & Digital Skills

10/11

When it comes to technology, let's admit... it gets more complicated by the day. Join us for an introductory discussion of various digital skills that can be learned to make our relationship with technology healthier, as well as an introduction to the concept of digital equity, and how it impacts our communities.

Presented by Taylor Ericson, Program Manager, Connect Lake County, IL, connectlc.org



Digital Literacy

Thursdays, 10/10 – 11/14

Develop the necessary skills and knowledge to effectively navigate and use digital technologies. Improve your understanding of topics such as internet safety, online communication, data privacy, and using digital tools. Learn how to thrive in today's digital world, and make informed decisions when engaging with technology.

Facilitated by Liz Avalos, Program Manager, Well Connected



“I’m quite certain I learned more from the Well Connected community than I shared — what a wonderful chance to connect and learn alongside curious and insightful individuals.”

Kirsten Jacobs

Leading Age, Health & Wellness Presenter and Facilitator

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/connect

Without Walls Network

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



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



Family Eldercare
(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
- **CDC.gov** – health information, resources, data
- **Eldercare Locator** – eldercare.acl.gov or (800) 677-1116
U.S. Administration on Aging, information for older adults and their families
- **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 ways to connect with others

Emotional/Mental 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

End of Life

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

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

Vision Loss

- **BeMyEyes.com** – free App that connects those with low/no-vision with sighted support through live video and AI
- **Brailleinstitute.org** or (800) 272-4553 – free classes and library
- **Eye2Eye** (833) 932-3931 – phone-based peer support matches
- **Hadley.edu** or (800) 323-4238 – education and discussion groups
- **VisionAware.org** – online information and resources



Well Connected
CREATING COMMUNITY

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Walnut Creek, CA 94596

wellconnectedprogram.org

(877) 797-7299