



# Well Connected

CREATING COMMUNITY

**WINTER 2025**  
January 1 - April 30



(877) 797-7299



[connections@frontporch.net](mailto:connections@frontporch.net)



[wellconnectedprogram.org](http://wellconnectedprogram.org)

<b>Welcome to Well Connected</b> .....	<b>2</b>	Keys to Joy .....	18
<b>How it Works</b> .....	<b>3</b>	Knit or Crochet Together.....	14
<b>Program Guidelines</b> .....	<b>4</b>	Ladies Lounge .....	19
<b>Learning Groups:</b>		Laughter Yoga .....	30
Learn About Well Connected.....	7	Learning to Live with Vision Loss .....	45
Armchair Travel .....	8-10	Let's Talk About Jesus .....	43
Art Insights.....	11-12	LGBTQ Chat .....	19
Digital Literacy .....	48	Living with Chronic Pain .....	45
Health & Wellness .....	27-30	Loneliness & Connection .....	45
Lifestyle & Culture .....	33-34	Martin Luther King, Jr. Day .....	31
Museums at Home .....	37-40	Meditation .....	35
Technology .....	47-48	Memorial Service .....	43
<b>Conversation Groups:</b>		Mental Math.....	22
Abilities Awareness Chat .....	44	Mindful Self-Compassion.....	36
Across the Miles .....	17	Mindfulness in Daily Life.....	36
Activists R Us .....	17	Music Makers .....	15
All Request 90 .....	13	Music's Memory Lane .....	15
Art and Spirituality .....	42	Muttville Cuddle Club.....	41
Ask the Attorney .....	17	Mystery Melody .....	22
Author Reading: Donor 73101 .....	25	Name Three Things.....	19
Beginning Spanish.....	32	Noggin Joggin' .....	22
Bingo .....	21	Open Mic .....	22
Bird Talk .....	41	Perfecting Our French .....	32
Boggle .....	21	Pet Tales .....	41
Book Share.....	25	Poetically Speaking .....	25
Buddhist Concepts .....	42	Poetry Reading .....	25
Caregiver Conversations .....	44	Practicando en Español.....	32
Catholic Corner.....	42	Practicing German .....	32
Coffee Break .....	17	Reach Your Goals.....	19
Color and Chat .....	13	Read Along: <i>Pretty Little Mistakes</i> .....	25
Creative Writing .....	13	Read Aloud.....	26
Death Café .....	18	Ripening Room .....	46
Do You Know What You Don't Know .....	21	Science Café .....	20
Embracing Your Values & Intentions .....	35	Season's Greetings .....	31
Every Day Celebrations.....	31	Secrets to a Satisfying Retirement .....	20
Facilitator Support Group .....	44	Self-Empowerment Now.....	46
Fields of Courage .....	31	Spelling Bee .....	23
Find Your Inner Calm.....	35	Story Time .....	26
Folk Arts.....	14	Sunday Poetry .....	26
Garden Together.....	41	The Play's the Thing .....	15
Grandolence and the Elder Journey ....	44	Tall Tales .....	23
Gratitude .....	42	The World Around Us .....	41
Grieving Our Losses in Later Life.....	45	Theatre Lab .....	16
Guided Mindfulness Meditation .....	35	This Day in History .....	20
Hand to Heart .....	14	Time Out for a Story .....	26
Healthy Relationships .....	45	Trivia .....	23
Heart and Soul of Faith .....	43	Ungame .....	23
Improv Games .....	21	Vintage Hankies .....	16
Inspiring Stories .....	18	Where in the World.....	24
Jeopardy! .....	21	Wordle .....	24
		Word Play .....	24
		Writers Read .....	26

# Welcome to Well Connected

Well Connected is a nationwide phone and online community that brings people age 60+ together to learn, laugh, and share experiences from the comfort of home. Well Connected is a Front Porch Community Service and is free of charge to individual members.

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](http://frontporch.net).



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.

## Support Well Connected!

Thank you for supporting connection!

**To make a donation online:**  
[frontporch.net/give/donate/](http://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)*

**To discuss estate planning options,  
please contact:**  
Katharine Miller, Executive Director,  
Front Porch Foundation  
(818) 254-4096 or [kamiller@frontporch.net](mailto:kamiller@frontporch.net)

**Buy the Writers Anthology!**  
Support the publication of the Well Connected Writers Anthology by purchasing a copy on Amazon. Proceeds from book sales cover the distribution to published writers in our creative writing groups.



**COMMUNITIES  
FOUNDATION**

**Gratitude for Generous Support**



# 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](http://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](mailto:connections@frontporch.net)**

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

# 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**

- We 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.

# Happy New Year from the Connection Team

## All Connection Programs



**Liz Avalos**  
Program Manager



**Amber Carroll**  
Senior Director



**Emma Marquez**  
Administrative  
Coordinator



**Maria Miranda Venegas**  
Administrative  
Coordinator

## Well Connected Español



**Michael Cueva**  
Program Manager



**Lizette Suarez**  
Program Director

## Social Call



**Joanna Aceves**  
Program Manager



**Rosanna Aragon**  
Program Manager

## Well Connected



**Annette Balter**  
Program Director



**Melisa Mottola**  
Program Manager



**Michelle Foster**  
Support Specialist



**Casey O'Neill**  
Program Director



**Jasmine Trejo**  
Program Manager

Pictured on the cover:  
Amber & Lucky and Linda V.

# Program Guide and Schedule

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## 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

## Catalog Q&A

**Sunday, 4/13**

Get a sneak peak at next session's offerings, hear about new groups, and have your questions answered about the right group for you.

***Facilitated by Nicolette Noyes***

## Newcomers Welcome

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

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 Well Connected Staff***

## State of Well Connected

**Tuesdays, 1/21, 4/22**

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 Annette Balter, Director, Well Connected***

## Welcome to the Team!

Well Connected has a new team member! Welcome Melisa Mottola, our new program manager, replacing Annette Balter, who has moved to the Director role. Please give Melisa a warm welcome!



**"I am excited to join Front Porch and the Well Connected community! I believe deeply in the transformative power of online programming to foster meaningful connections. With a background in nonprofit program management and HR, I strive to create an environment that encourages creative learning, and builds lasting relationships rooted in trust, nourishing a thriving community together. I look forward to this journey ahead with all of you!"**





## **Newfoundland**

**1/27**

To cruise around Newfoundland is to travel through history. We see geologic time at a place where the earth's mantle breaks through the crust. We visit the spot where the first Native Americans, traveling eastward, encountered the Vikings traveling westward. An old Basque whaling camp and the former location of a forcibly relocated village speak to changing human priorities. And then there's the scenery! So much beautiful scenery!

***Presented by Cynthia Cudaback***

## **An Authentic Big Island Experience**

**2/3**

You've never experienced the Big Island of Hawaii like this! Join us on a journey of discovery; historical, natural, cultural, and spiritual, during a week-long van camping adventure. Kahunas, volcanoes, sacred sites, tropical reefs and more await you!

***Presented by Veronicah Cohen***

## **Republic of Georgia**

**2/10**

Travel to Georgia, not the state, but the country. We will discuss its history, architecture, food and culture. Georgia is the home of the world's oldest winemaking, having unique techniques for its creation and fermentation.

***Presented by Paula Wright***

## **Corsica**

**2/24**

Visit the magical French island of Corsica, located in the Mediterranean Sea just seven miles north of Sardinia. The breathtaking scenery of this "Island of Beauty," including gorgeous mountains and a stunning coastline, as well as its turbulent history, make Corsica a fascinating destination.

***Presented by Steve and Terry Englehart***



## **Ghana, West Africa**

**3/3**

Experience a vibrant mix of cultural heritage, natural beauty, and rich history. Explore bustling cities like Accra, with its lively markets and coastal beaches, or discover historical sites like the Cape Coast Castle, which tells the story of the transatlantic slave trade. Enjoy lush landscapes, from the scenic Volta Region to the wildlife of Mole National Park. Warm hospitality, friendly people, and local cuisine make Ghana a welcoming destination for travelers.

***Presented by Tom Miller***

## **Off the Beaten Track in London**

**3/10**

Join us for a trip to some of London's hidden treasures. While everyone flocks to the British Museum, Victoria and Albert Museum, Tate Museums and the London Eye, London is home to a variety of smaller interesting venues, giving one a look into London's history and culture and global impact. Make yourself a cup of tea and learn about these hidden gems.

***Presented by Dierdre Spelman***

## **Coachella Valley Music and Arts Festival**

**3/17**

Join us at Coachella 2024, Weekend 2. Featuring music and videos from the event-filled weekend, we will reminisce about favorite music sets, memories, and outfits. Explore the festival without the crowds.

***Presented by Merrie Keoduangkham, Home Match Program Manager***

## **Victoria and Vancouver**

**3/24**

Join us for a hiking, biking and kayaking trip around British Columbia's Victoria and Vancouver. We'll also make time for the gorgeous, internationally famous, Butchart Gardens.

***Presented by Laurel Ostrow***



## Kiribati and Tuvalu

3/31

Learn about Kiribati and the significance of the WWII Battle of Tarawa, and Tuvalu, the vanishing island with people full of joy and optimism.

***Presented by Joya Chatterjee***

## Panama

4/7

Let's go to Panama City and experience some of the tallest skyscrapers in Latin America. Panama City is a high-contrast destination where greenery, indigenous peoples and vibrant city life are waiting for you. We will take a bike ride through Old Town, Plaza Francia, and Plaza Mayor. We will then hop on a boat and visit the Panama Canal and Monkey Island where we can hopefully gain the interest of some friendly monkeys!

***Presented by Joanna Aceves, Social Call Program Manager***

## Beyond the Alamo: College Reunion in San Antonio

4/14

Join us for a lively trip to San Antonio with old college friends, where the Alamo took a back seat to indulgent culinary adventures and unforgettable memories. From savoring delicious bites at local restaurants to wandering through the vibrant Pearl District, and strolling along the scenic River Walk, this trip was all about good food, laughter, and reconnecting in one of Texas' most culturally rich cities. No Alamo required - just great friends, full plates, and an experience to cherish!

***Presented by Amber Carroll, Connection Programs Senior Director***



**“It is truly a joy to be able to share in wisdom and compassion with this amazing community. Every class feels like a gift as we explore and grow together, embracing openness and supporting each other along the way.”**

**Alexandra Klein**  
Facilitator



## **Tiny Creative Habits: Celebrating Art in the Everyday**

**3/6**

Discover how investing in tiny habits of creativity can enrich our lives and lead to significant transformation. This Gallery Takeover is an annual collaborative project to implement arts-based workshops that culminate in a community-led exhibit. Every participant, regardless of age or abilities, is invited to create, share, and connect through art.

***Presented by Ruth's Table, [ruthstable.org](http://ruthstable.org), in Partnership with the Front Porch Gallery, [frontporchgallery.org](http://frontporchgallery.org)***

## **Myths and Legends**

**3/13**

Artists have been using legends and myths as themes in their work as a way to communicate with their audience. Together we will discover some of the stories as we look across cultures, time and medium at a variety of artwork.

***Presented by Nanette Hanks, University of Minnesota***

## **A Passion for Pointillism**

**3/20**

We will explore the art of the Pointillist painters of the late 19th Century. Their breathtaking use of color and the passionate embrace of their remarkably precise painterly technique exemplified the spirit of innovation. We will focus on works by the two most famous pointillists, Georges-Pierre Seurat and Paul Signac, as well as those who were inspired by them.

***Presented by Laura Davis***

## **Mentors: Collaboration and Inspiration**

**3/27**

Mentors is an art and poetry exhibition celebrating diverse intergenerational co-mentorship, creative influence, and inspiration. Through collaboration, artists are inspired, encouraged, and introduced to new ways of thinking and creating exceptional pieces, forging meaningful connections, and gaining invaluable insights into their creative practices.

***Presented by Cathy Carey and Judy Berberian, [FrontPorchGallery.org](http://FrontPorchGallery.org)***



## Jacob Epstein and Eric Gill: Sculpture as a Birthing Process

4/3

Artists Jacob Epstein and Eric Gill (known for his font Gill Sans) shared a mutual appreciation for direct carving in stone and began to work together in 1908. This artistic partnership brought to life a vision of sex and birth—a sort of religion of procreation—through art.

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

## “Out of Africa:” African Art and the Modern Art World

4/10

For over a century, African art has refocused western artists, drawing them into a world of symbolism, abstract forms and colorful expressionism. We will discuss how the power of art transcends cultural boundaries while viewing modern masterpieces.

***Presented by Kit Keane***



Annette Balter & Amber Carroll

**“Starting with Terry Englehart, to Krista Brown, to me, I’m so excited to see all of the great places Well Connected and our members will go under Annette Balter’s leadership in these next 20 years! I look forward to continuing to work with the Connection Team to provide exceptional virtual participation and volunteer opportunities for older adults living throughout the United States. And of course, I look forward to facilitating and joining more groups!”**

# Arts & Music

## **All Request 90**

**Thursdays, 1/2 – 4/24**

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***

## **Color and Chat**

**Tuesdays, 1/7 – 1/28**

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, 1/28 – 4/15**

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 are invited to share their original work on Writers Read, or be published in the Writers' Anthology.*

***Facilitated by Linda Valenziano***



**“I love the Front Porch workshops, and participants are friendly, enlightening, creative and fun.”**

**Ruth Rutherford**  
Facilitator



## **Folk Arts**

**Sundays, 4/13, 5/18**



### **4/13 Folk Songs & Singalongs: A Musical Exploration**

They are the songs that many know by heart and sing so heartily! American folk songs hold a special place for us. Let's listen to a few, and learn the backstories and other info about these classics of our culture.

### **5/18 Folk Art, Handicrafts, and Upcycling**

This exploration of folk art will take us on a journey through time, from folk artists of yesteryear, homespun arts, and the ongoing movement of crafting with repurposed items.

***Facilitated by Laura Robertson***



## **Hand to Heart**

**Mondays, 1/20 – 2/17**



Design and create embroidered art of your 'hand' or 'heart' or both. We will be embroidering as a group, and learning framing techniques. Participants will need two pieces flesh colored felt or wool (8 1/2" x 11"); embroidery floss and needles; fabric scissors; straight pins; embellishments (optional).

***Facilitated by Gayle Wanamaker***

## **Knit or Crochet Together**

**Wednesdays, 1/1 – 4/30**

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, 1/17, 2/21, 3/21, 4/18**

Join us for the following music history presentations/discussions:

**1/17** Crosby, Stills, Nash and Young, and Joni Mitchell, among the top creative musicians from the mid-1960's to the early 1980's.

**2/21** The Young Rascals, a band that created songs of joy and hope in the 1960's, Jefferson Airplane, with Grace Slick on vocals, Marvin Gaye, and Jesse Colin.

**3/21** All legends, including Van Morrison, The Band, Jackson Browne, and Elton John, to satisfy your thirst for the nostalgic music from the era.

**4/18** Talking Heads, with the creative genius David Byrne; Bonnie Raitt, the coolest woman in Rock and Roll; poignant folk legend John Prine, and the great keyboardist and vocalist Leon Russell.

***Facilitated by Bill Lowe, CEO of Chicago Methodist Senior Services, and Avid Rock and Roll Fan***

## **Music's Memory Lane**

**Tuesdays, 1/28 - 4/29**

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***



## **The Play's the Thing: Theatre Arts**

**Saturdays, 3/15 – 4/19**

We'll discover how theater and the arts contributed to the intellectual and emotional lives of people throughout the ages.

***Facilitated by Gina Pandiani, MA***



# Arts & Music

## Theatre Lab

**Thursdays, 2/20 – 3/13**

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**



## Vintage Hankies

**Saturday, 4/19 – 4/26**



Let's share the rich history, art and function of the ladies' hankie.

**Presented by Gayle Wanamaker**

## Champion

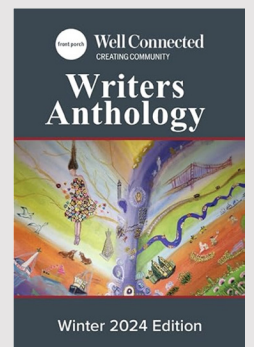


This session we would like to recognize the talents and hard work of Serena Guin. Serena joined Well Connected in 2023 in her words, *“One of the reasons I joined Well Connected was because of Writing Workshop. In addition to Creative Writing, I’ve since found so many other groups where I can share my writing. My dormant writing enthusiasm has been rekindled.”*

When Serena joined us, our long-standing Writers Anthology editor, Jerry Sexton, took a leave from the program. Serena stepped in immediately, and volunteered her book publishing talents from working with her local group, the Baca Center

Writing Club, in Round Rock, Texas. She suggested publishing our Writers Anthology on Amazon, resulting in a professional book that could showcase the talents of our amazing writers. You can buy a copy of the book on Amazon.

Serena spends countless hours communicating with writers, formatting and re-formatting, and proofing their work, to draft the Writers Anthology for publication. Without this effort, the Anthology would likely cease to exist. Thank you to Serena for continuing this written legacy in the Well Connected program.



# Conversation

## **Across the Miles**

**Wednesday, 1/29**

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, 1/1 – 4/30**

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

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](mailto:connections@frontporch.net) which will be answered on the next call.

***Facilitated by Gerald Richards, Esq.***

## **Coffee Break**

**Mondays, Wednesday, Sundays, 1/1 – 4/30**

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

***Facilitated by and Ricki Perlman (Mondays and Sundays), Mary Bell Snyder (Wednesdays)***

# Conversation

## **Death Café**

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

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***

## **Inspiring Stories**

**Saturdays, 1/4 – 4/26**

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, 1/25 – 4/27**

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 and Peggy Morin***

# Conversation



## **Ladies Lounge**

**Mondays, 4/7 – 4/21**

Make yourself comfortable, and bring a topic to discuss with other lovely ladies. Topics might include how you keep going, something you want to do and have not done yet, who are the important people in your life. This will be a time for women to share, and support each other.

***Facilitated by Patt Schroeder***

## **LGBTQ Chat**

**Wednesdays, 1/8, 1/22, 2/12, 2/26, 3/12, 3/26, 4/9, 4/23**

**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***

## **Name Three Things**

**Mondays, 1/6 – 4/28**

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, 2/8 – 3/29 (no group 3/1 – 3/8)**

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***

# Conversation

## **Science Café**

**Mondays, 1/13, 2/10, 3/10, 4/14**

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**

**Mondays, 1/6 – 4/28**

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; 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***

## **This Day in History**

**Thursdays, 3/6 – 4/24**

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**

**Saturdays, 1/25 – 4/26**

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, 1/25 – 4/26**

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, 1/5 – 4/27**

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, 2/5 – 4/30**

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

***Facilitated by Terry Englehart and Laura Wells***

## **Jeopardy!**

**Tuesdays, 1/7 – 4/29**

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***

# Fun & Games

## **Mental Math**

**Sundays, 1/5 – 4/27**

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, 1/4 – 3/8**

The mystery melody song themes this session are: (1/4) Winter songs, (Frosty the Snowman; (1/11) cheerful songs (Side by Side); (1/18) time and frequency (morning and often); (1/25) titles containing adjectives (Big Bad John); (2/1) food and drink; (2/8) heart and soul; (2/15) Americana (country music, the great American song book); (2/22) controversial songs (Torn Between Two Lovers); (3/1) active verbs (Run Around Sue); (3/8) Irish spring (anticipating St Patrick's Day and the change of seasons).

***Facilitated by Jan Knowles***

## **Noggin Joggin'**

**Thursdays, 1/23 – 4/3**

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, 1/2 – 4/24**

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***

# Fun & Games

## **Spelling Bee**

**Friday, 4/11**

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, 1/7 – 4/29**

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

***Facilitated by Lynn Millar***

## **Trivia**

**Tuesdays and Fridays, 1/3 – 4/29**

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, 1/2 - 4/24 (no group on 1/16, 2/20, 3/20, 4/17)**

Is it a game or isn't it? It is, and so much more! This unusual board game imparts communication, listening and connection skills through a 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. If you would like to read an article or the rules of the game, call the office.

***Facilitated by Samantha Smith***



# Fun & Games



## **Where in the World** **Sundays, 1/5 – 4/27**

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***

## **Word Play** **Sundays, 1/5 – 4/27**

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, 1/5 – 4/27**

We will collectively guess 5-letter words. After each guess, you will know which letters match or occupy the correct position. Use a pen and paper to uncover the mystery words.

***Facilitated by Sharon Schwartz***



**“I first learned about Well Connected when searching for resources for my older, isolated patients. I have been so impressed with their impact on helping to reduce the burden of loneliness on older adults. I am privileged to be able to be a part of such an amazing community and grateful for the connection Well Connected has provided.”**

**Paige Naylor, PhD**  
Facilitator

## **Author Reading: Donor 73101, A PIP Inc. Mystery**

**Tuesdays, 1/7 – 3/25**

Aiden O'Rourke raised college money by selling his sperm. Now his offspring are connecting online at Donor73101.com. P.I. Pat Pirard's neighbors Tina and Robin want to start a family, but because Tina was conceived via sperm donation, they want to be certain their baby won't have the same father. Pat makes the connection and discovers that one by one, O'Rourke's offspring are being murdered. By whom and why?

***Facilitated by Nancy Lynn Jarvis, Author***

## **Book Share**

**Thursdays, 1/2, 2/6, 3/6, 4/3**

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

***Facilitated by Neva Fairchild and Carlen Olson***

## **Poetically Speaking**

**Wednesdays, 1/1 – 4/30**

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

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

***Facilitated by Sally Love Saunders***

## **Read Along: Pretty Little Mistakes**

**Mondays, 1/6 – 2/24**

Heather McElhatton's novel, *Pretty Little Mistakes* (2007) is a unique story that has more than 150 possible endings. We'll democratically decide how the story will unfold. Will we live in an opulent mansion or end up homeless by the river? Will we be happily married and professionally successful, or end up alone and pecked to death by ducks in London? What else lies in our fictional future?

***Facilitated by Amber Carroll***



## **Read Aloud**

**Saturdays, 2/1 – 3/22**

We will read *The Runaway Quilt* by Jennifer Chiaverini, beginning with a brief history of the underground railroad, to understand the background for the book.

***Facilitated by Gayle Wanamaker***

## **Story Time**

**Thursdays, 1/2 – 4/24**

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***

## **Sunday Poetry**

**Sundays, 1/26 – 4/27**

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 welcome. *Participants are invited to share their original work on Writers Read, or be published in the Writers' Anthology.*

***Facilitated by Joan Rosenberg***

## **Time Out for a Story**

**Saturdays, 1/4 – 4/26**

Enjoy a story being read to you each week, from published writers, including Oscar Wilde and John Muir, and Well Connected writers.

***Facilitated by Nicolette Noyes***

## **Writers Read**

**Friday, 4/18**

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***



## **Independent Living Services for the Visually Impaired: It Is Possible!**

**1/28**

We will discuss services that are available in each state that help to promote the independence and safety of individuals who are visually impaired. Despite the challenges that come with vision loss, it really is possible to maintain a household, manage medicines, prepare meals, keep up with finances, and still have fun!

***Presented by Chance Groves, MS, Office of Vocational Rehabilitation, State of KY***

## **The Six Pillars of Brain Health**

**2/4**

It's never too late to focus on your brain health! Learn about the six pillars of brain health, activities that support brain health, and hopefully, be inspired by others. This is a good overview for anyone interested in learning more about brain health, the latest research on brain health, lifestyle suggestions, and resources to learn more.

***Presented by Kris Ritualo, AARP***

## **Emergency Preparedness**

**2/11**

Learn how to plan and prepare for an emergency or natural disaster. Whether your area faces wildfires, floods, snow storms, or power outages, you can make a plan and be prepared! Know the steps to protect yourself. We will address considerations for older adults and individuals with limited mobility or social networks.

***Presented by L. Vance Taylor, Chief, Office of Access and Functional Needs, California Governor's Office of Emergency Services***



## Embracing Sight Loss Later in Life

2/18

Losing one's vision after a lifetime of sightedness can be devastating initially. Blindness and low vision require you to learn new ways of living. Committing yourself to this goal requires you to leave your sighted identity behind, and develop a disability identity. To develop a disability identity, you need to become integrated into a community of people who are blind or have low vision.

*Presented by Jeffry Ricker, PhD*

## Medication Management

2/25

Almost one third of people 57-85 take more than five medications. The more medications one takes, the higher the risk for adverse drug events. Approximately 800,000 preventable adverse drug events occur each year, some leading to hospitalization or even death. Learn about common medication mistakes, how to talk to your doctor, safety tips while at home or when traveling, and much more.

*Presented by Erika Brown, MSW, City of LA Department of Aging*

## Catholic Funeral and Cemetery Services

3/4

Learn about end of life planning with the Catholic Diocese of the US, with a focus on making things simple and affordable.

*Presented by Vivian Lin and Anthony Azevedo Family Service Advisors, Catholic Funeral and Cemetery Services*



**“I’m a long-time member with what was Senior Center Without Walls, where I joined the low vision groups with Andy, Doug and Bonnie. They were just great, and I still miss them! They really helped me understand more about my vision, and gave me lots of support.”**

**Cristina**  
Facilitator and Participant



## **What the Honk?**

**3/11**

Driving skills can change. No one wants to take the keys away too early, but how do you know if a loved one is still safe to drive? Learn about the warning signs, tips on talking about driving concerns, and a variety of driving gadgets that help make driving, and being a passenger more comfortable.

***Presented by Melanie Henry, Founder and CEO, Licensed Driving Instructor and Driver Rehabilitation Professional, Driver Cognitive Assessment Center, [dcacbayarea.com](http://dcacbayarea.com)***

## **Live Your Best Life**

**3/18**

Learn how a geriatric care manager can help you make decisions to help you live your best life, when to know it is time for outside help with home care, and how to make informed decisions when choosing alternative housing.

***Presented by Lorna Van Ackeren, Certified Geriatric Care Manager***

## **Morning Routine for Mobility and Well-Being**

**3/25**

Revitalize how you think about strength, mobility, and pain relief. We will work on mobility for neck discomfort, shoulder pain, and back discomfort in non-acute conditions. Experience a 17-minute morning exercise routine that will mobilize major joints. Practice reflective journaling to further the body awareness through personal mobility.

***Presented by Tanya Kailath, NP, Educator and Speaker***

## **Re-write Your Aging Beliefs**

**4/1**

It is common for everyone to have conscious and unconscious ideas about aging. When we operate from these beliefs, they impact health, well-being, and positive aging. Through a writing exercise, we will identify limited beliefs about aging, and then create beliefs that empower our minds and bodies. Group discussion after exercise and sharing optional.

***Presented by Tanya Kailath, NP, Educator and Speaker***



## Alzheimer's Disease Research Update

4/8

Get an update on Alzheimer's research findings. Learn about the latest treatments and what research is currently being conducted to find a cure.

***Presented by Monica Moore, Community Health Program Manager, Mary S. Easton Center for Alzheimer's Disease Research, UCLA***

## Making Home Safe for a Person with Alzheimer's

4/15

Learn how to understand, manage and improve the safety risk factors at home that can seriously impact individuals with Alzheimer's or other dementia, and their ability to stay at home and in the community for as long as possible.

***Presented by Adrianna Walcher, MPH, Alzheimer's LA, alzheimersla.org***

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## Laughter Yoga

Wednesdays, 1/8 – 4/30

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, better health and a happy attitude.

***Facilitated by Dolores White, Certified Yoga Instructor***



**Check out tech for better hearing in the Technology section with experts from SeniorFusion!**

# Holidays

## Every Day Celebrations

**Thursdays, 1/2 – 2/27**

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***



## Fields of Courage: Remembering César Chávez

**Monday, 3/31**

Join the author on César Chávez Day 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***



## Martin Luther King, Jr. Day

**Monday, 1/20**

Most of us know something about Martin Luther King Jr., but how many of us know much about his childhood? Who were the major influencers in helping to create the man? Discover who had an impact on his life during his formative years, and who he relied upon for support as the years went by. Share what you know about who guided Dr. King.

***Facilitated by Patt Schroeder***



## Season's Greetings

**Sundays, 2/9, 3/16**



**2/9 Love is in the Air!**

An historical view of Valentine's Day, from cupids to candies, let's explore the origins and traditions of this day of hearts, roses, chocolates and love.

**3/16 All About Springtime**

As the weather warms, we'll look at all things spring: the vernal equinox, springtime traditions, and the many ways that spring is celebrated in various cultures.

***Presented by Laura Robertson***



# Languages



## **Beginning Spanish** **Tuesdays, 2/4 – 4/29**

Learn basic Spanish; how to introduce yourself, greetings and farewells, pleasantries, the basics of literacy, months of the year, colors, numbers, formal and informal register, etc.

***Facilitated by Maria Hernandez***

## **Perfecting Our French** **Tuesdays, 1/7 – 4/29** **Thursdays, 1/23 – 3/27**

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

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

## **Practicando en Español** **Tuesdays, 2/4 – 4/29**

Practice your Spanish through every day conversations. Topics are geared towards participants whose knowledge of Spanish is at an intermediate level.

***Facilitated by Macarena Pena***

## **Practicing German** **Fridays, 1/3 – 4/25**

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

***Facilitated by Jack Gorby***



## **Comics for Kids with Cancer**

**3/7**

Several years ago, Steve and Mike created a series of comics for kids with cancer. Now they're back with an all-new series and they'll tell you all about it.

***Presented by Steve Englehart and Mike Jaszewski***

## **Rights and Responsibilities of Domestic Employers**

**3/14**

Do you hire someone for in-home care, or are you interested in doing so? Do you hire someone to come clean your house or take care of other family members? Learn about the rights and responsibilities of domestic employers, the history of domestic work in this country, and how you can make your home a safe place for both you and your home care attendant or other domestic worker. We will discuss best practices for interviewing and hiring someone, and how to navigate discussions about fair wages, vacation time, and more. We will also share information about the San Francisco ordinance that guarantees paid sick time to all domestic workers. Share your experiences and learn more about how to develop a positive working relationship with people you employ in the home!

***Presented by Grace Clark, San Francisco Senior and Disability Action***

## **More Creative Now: Embracing the Muse Within**

**3/21**

Did you know that we can become MORE creative as we age? Join the conversation about how we can each “Embrace the Muse” and deepen our creative powers –in whatever areas speak to us (scrapbooking, music, shoe repair!). This is a great time to let of limiting beliefs that may have once thwarted our expression, connect to our inner guidance system (aka The Muse) and find new ways to nourish our souls.

***Sally J. Fox, PhD, Author of Meeting the Muse After Midlife: A Journey to Meaning, Creativity, and Joy***



## **Climate Change: Science and Solutions**

**3/28 & 4/4**

Climate change is the defining crisis of our times, with potentially devastating impacts. It can seem like an overwhelming challenge, but the future is always worth fighting for. We will spend the first meeting reviewing the causes and effects of climate change, and studying the feedback loops by which climate change accelerates itself. Our second meeting is devoted to solutions, and learning what we personally can do to make a difference. We will learn the most effective solutions starting at the individual level, and working up through our community and state to global cooperation.

***Presented by Cynthia Cudaback***

## **Combating Social Isolation and Loneliness**

**4/11**

Social isolation and loneliness are increasing public health concerns, but you have the power to address this issue from the comfort of your home. Ready to make an impact? Consider volunteering with Social Call to chat weekly with a peer via phone or video calls! Tune in with us to learn more about this opportunity to make a difference in someone's life.

***Presented by Joanna Aceves and Rosanna Aragon, Social Call Program Managers, Front Porch***

## **Physical Health Risks of Social Isolation: How Loneliness Can Affect Your Body**

**4/18**

We will delve into the significant influence of social interaction on health outcomes, showcasing how strong connections can enhance both mental and physical well-being.

***Presented by Martha Gamboa, CEO, frendii.com***

# Mindful Practices



## **Embracing Your Values and Intentions**

**Monday, 1/13**

Join us for a warm and welcoming workshop on discovering and embracing your core values and intentions. As we navigate this beautiful stage of life, it's essential to reflect on what truly matters, and how to live in alignment with one's values. You will learn about both values and intentions, and guided meditation practices to discover your values and intentions. It can be helpful to bring paper and pen/pencil to write down your reflections.

***Facilitated by Alexandra Klein, Certified Mindfulness Teacher***

## **Find Your Inner Calm**

**Saturdays, 1/4 – 4/26**

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**

**Sundays, 1/5 – 1/26**

**Mondays, 2/10 – 4/21**

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, 1/1 – 4/30**

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 Christine Esenther***

# Mindful Practices

## Mindful Self-Compassion

**Fridays, 2/7 – 4/25**

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***

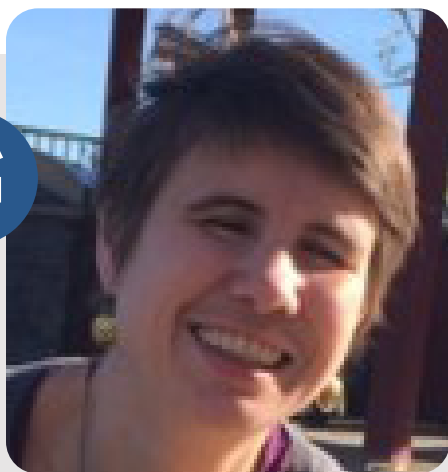


## Mindfulness in Daily Life

**Tuesdays, 1/7 – 2/11**

We will discuss the qualities and attitude of mindfulness (patience, non-striving, gentleness, acceptance), and how to live our daily lives more mindfully. Learn how to become a more mindful person by embodying the mindfulness attitudes and qualities, and engaging in a regular mindfulness practice consisting of formal and informal mindfulness meditations and activities. This is more than meditation, mindfulness is about 'being' not just 'doing.' We will explore how to use mindfulness to enhance our relationships with ourselves and others, listen to our bodies, manage emotions, and let go of thoughts and feelings which no longer serve us.

***Facilitated by Paige Naylor, PhD, Clinical Psychologist***



Liz Phillips, Access Braille Consulting

**“I am always looking for opportunities to share both my lived experience as someone in the blind and low vision community, as well as my knowledge of Braille and equal access, in ways that are meaningful and make a difference. Well Connected excels in offering seniors accessible, informative, and engaging virtual programming that fosters community and personal growth, and I am proud to play a small role in supporting this vital mission.”**



## **American Sublime - Amy Sherald**

**2/5**

Amy Sherald is not a household name, but her 2018 portrait of Michelle Obama is well known. This exhibition is the most comprehensive presentation of her work to date. Take a closer look at some of her works, and her choices and interests as a contemporary African American artist.

***Presented by Laurie Sanchez, Docent, San Francisco Museum of Modern Art, [sfmoma.org](http://sfmoma.org)***



## **¡Presente! A Latino History of the United States**

**2/12**

Join us for an updated exhibition presenting key concepts, moments, and biographies that shed light on the historical and cultural legacy of Latinas and Latinos in the United States.

***Presented by Natalia Febo, Smithsonian National Museum of the American Latino, DC, [latino.si.edu](http://latino.si.edu)***



## **A Better Life for Their Children: Rosenwald Schools in the American South**

**2/19**

After the American Civil War and through the early 20th century, Reconstruction efforts in the south left many African American youth attending woefully underfunded, segregated schools. A partnership between the President of Sears, Roebuck and Company, Julius Rosenwald, and African American philanthropist, educator, and orator Booker T. Washington, led to the creation of nearly 5,000 schools in African American communities in 11 states. This initiative educated noted graduates like former Congressman John Lewis, poet Maya Angelou, and many more.

***Presented by Benjamin J. Cohan, Bullock Texas State History Museum, TX, [thestoryoftexas.com](http://thestoryoftexas.com)***



## **Double Victory: African Americans in WWII**

**2/26**

We will discuss the triumphs and challenges experienced by African Americans on the battle fronts and on the Home Front. Songs by Josh White help us further examine the treatment of African Americans leading up to WWII. Meet Pearl Harbor hero Dorie Miller, the Montford Point Marines, the Tuskegee Airmen, and a Medal of Honor recipient.

***Presented by Maddie Roach, The National WWII Museum, LA, [nationalww2museum.org](http://nationalww2museum.org)***

de Young \  
Legion of Honor  
fine arts museums  
of san francisco

## **Mary Cassatt at Work**

**3/5**

Often dismissed as a sentimental painter of mothers and children, Mary Cassatt (1844–1926) was a modernist pioneer, and the only American to exhibit with the French Impressionists, at Degas’s invitation, in 1879. Alongside scenes of women at the opera, visiting friends, and taking tea, Cassatt produced many images of “women’s work” — knitting and needlepoint, bathing children, and nursing infants. The exhibition calls attention to the artist’s own processes — how she used her brush, etching needle, pastel stick, and even fingertips, to create radical art under the cover of “feminine” subject matter.

***Presented by the Fine Arts Museums of San Francisco, CA, [famsf.org](http://famsf.org)***

**BkM**

## **Solid Gold**

**3/12**

Behold the majesty of gold as expressed in works of art, fashion, film, music, and design. As a material and a color, gold has symbolized beauty, honor, joy, ritual, spirituality, success, and wealth throughout history. Explore a sweeping range of objects, tracing odysseys of the metal that has influenced cultures and legacies worldwide.

***Presented by Allison Day, Brooklyn Museum, NY, [brooklynmuseum.org](http://brooklynmuseum.org)***



## Ruth Bader Ginsburg: One Step at a Time

3/19

Ruth Bader Ginsburg was many things: Supreme Court Justice, feminist icon, second-generation Jewish-American, and a lifelong advocate for equality. Ginsburg famously adorned her judge's robes with decorative collars that often held symbolic significance; from her rainbow LGBTQ+ pride collar to her powerful black and gold dissenting collar. These accessories help to tell her story as a fierce defender of democracy, "real change, enduring change, happens one step at a time."

***Presented by Ron Glait, The Contemporary Jewish Museum, CA, [thecjm.org](http://thecjm.org)***



## Highlights from the Art Institute of Chicago

3/26

We will discuss paintings that illustrate most art history textbooks. Let your mind wander to *Sunday on Le Grande Jette* by Georges Seurat; *Nighthawks* by Edward Hopper; *American Gothic* by Grant Wood; *The Ascension of Mary* by El Greco; *Paris Street; Rainy Day* by Gustavo Callibotte; *Sky Above Clouds IV* by Georgia O'Keeffe.

***Presented by Dave Williams, Volunteer, Art Institute of Chicago***



**Wadsworth  
Atheneum**  
Museum of Art

## Divine Geometry

4/2

A multimedia exhibition that explores the Islamic arts collection, began over a century ago with a bequest from Elizabeth Hart Jarvis Colt in 1905. Through floral motifs, geometric patterns, and calligraphy, the exhibition presents the artistic language of Islamic art through objects rarely seen by the public, including manuscripts, tiles, metalwork, glass, textiles, and carvings. From early Qurans to an animated projection, Divine Geometry spans more than a thousand years of Islamic creativity.

***Presented by the Wadsworth Atheneum Museum of Art, CT, [thewadsworth.org](http://thewadsworth.org)***





**FIGGE**  
ART MUSEUM

## Hudson River School: Celebrating Nature and the American Vision 4/9

Enjoy artworks from the permanent collection, of what became known as the Hudson River School, created during the 19th century, that tell the story of the importance of preserving natural sites, and how the artists shaped cultural identity. Artists include Asher Durand, George Inness, John Fredrick Kensett, Albert Bierstadt, Frank Johnson, Winslow Homer, John Twachtman, Grant Wood, and Thomas Hart Benton.

***Presenter Carol Ehlers, Figge Art Museum, IA, [figgeartmuseum.org](http://figgeartmuseum.org)***



## People, Places, and Organizations of Oakland Part 2 4/16

Join us for part 2 of people, places, and organizations that shaped Oakland's black experience. Learn about AAMLO's past traveling exhibitions, our Annual Festival of Black Doll Show, and what an archive is.

***Presented by Marco Frazier, African American Museum and Library at Oakland, [oaklandlibrary.org/aamlo](http://oaklandlibrary.org/aamlo)***



**Roberta**  
Facilitator and Presenter

**“Well Connected is one of the greatest resources I ever discovered in my years of social service! Looking back on all the isolated seniors I served, one person in particular comes to mind. Confined to a trailer by vision and mobility, she built her day around Well Connected’s discussions, games, and travelogues. I still get misty-eyed when I recall the time she turned to me and said, “I love my little world!” All these years later, I’m grateful to volunteer and participate in our engaging online community!”**

# Nature and Animals

## **Bird Talk**

**Saturdays, 1/4 – 4/26**

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***



## **Garden Together**

**Fridays, 3/7 – 4/11**

Share and learn how to garden if you enjoy planting all kinds of plants, whether you prefer flowers or vegetables.

***Facilitated by Christina Palmer***

## **Muttville Cuddle Club**

**Fridays, 2/7 – 2/28**

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, 1/25 – 4/12**

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***



## **The World Around Us: The Nature of Things**

**Saturdays, 1/18 – 3/8**

We'll focus on a topic and discuss fish, turtles, rivers, trees, animals and plants (food), and their connection to us, and the world around us.

***Facilitated by Gina Pandiani, MA***

# Reflection & Religion

## **Art and Spirituality: Spring Rites**

**Saturdays, 3/15 – 4/19**

Through the lens of the Lenten season we'll look at famous artwork depicting the Spring, new life, religious artwork, music, poetry and scripture. We'll also discuss traditions; religious, secular and cultural.

***Facilitated by Gina Pandiani, MA***

## **Catholic Corner**

**Wednesdays, 1/8, 1/22, 2/12, 2/26, 3/12, 3/26, 4/9, 4/23**

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, 1/1, 1/15, 2/5, 2/19, 3/5, 3/19, 4/2, 4/16**

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, 1/1 – 4/30**

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

***Facilitated by Kaevalya Banks, Bernadette Barmore, Betty Broadley, Justine Crane, Lynn Millar, Peggy Morin, Lanae Naugle, Ricki Perlman, Sue Picuch, Patt Schroeder, Doug Stetson, Cristina Torres, Nancy Walton-House, and Tom White***

# Reflection & Religion



## **The Journey: Heart and Soul of Faith** **Saturdays, 1/18 – 2/22**

We will talk about how the humanities and arts, such as music, art, theater, poetry, spark our human dignity, values and quality of life.

***Facilitated by Gina Pandiani, MA***

## **Let's Talk About Jesus** **Mondays, 1/6 – 3/31**

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

***Facilitated by brother drake***

## **Memorial Service** **Monday, 4/21**

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***



**“Thanks to the great programming at Well Connected, ElderTech Academy has been able to introduce the world of artificial intelligence to older adults all across the country. With the Im(age)ination Project, we’ve been delighted to meet so many new friends and engaged learners in the Well Connected community - what a great adventure!”**

**Steve Lipson**  
Facilitator and Presenter

# Supportive Groups

## **Abilities Awareness Chat**

**Tuesdays, 1/7 – 4/22**

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, 1/3, 2/7, 3/7, 4/4**

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

***Facilitated by Samantha Smith***

## **Facilitator Support Group**

**Thursdays, 1/16, 2/20, 3/20, 4/17**

### **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 Liz Avalos and Melisa Mottola, Program Managers***

## **Grandolence and the Elder Journey**

**Mondays, 1/6 – 2/24**

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, Author, The Tao of Later Life***

# Supportive Groups

## **Grieving our Losses in Later Life**

**Wednesdays, 1/8 - 2/5**

**SPACE IS LIMITED, REGISTRATION RECOMMENDED**

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

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



## **Healthy Relationships**

**Mondays, 1/20 – 3/10**

We will discuss how to create and maintain healthy relationships; with our family members, friends, partners, exes, people we've lost, and ourselves. We will start each meeting with a short pet tale discussion to get us started, since relationships with pets are the best!

***Facilitated by Donna Venter, Palo Alto Masters Counseling Student***

## **Learning to Live with Vision Loss**

**Wednesdays, 1/15 – 4/30**

Are you living with vision loss and want to learn how to do tasks safely, use your remaining vision more effectively, and problem solve confidently? We will discuss books, resources, products and services to help you become more independent. As peers on the same journey, we will learn together and support each other.

***Facilitated by Audrey Demmitt, RN and Cindy Wentz, MS***

# Supportive Groups

## **Living with Chronic Pain**

**Thursdays, 1/23 – 4/24**

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***



## **Loneliness & Connection**

**Sundays, 1/12 – 3/2**

Loneliness can be a heavy burden, but you don't have to carry it alone. In this supportive group, we will talk about our feelings, and share tips for building and maintaining meaningful connections. Let's foster a sense of belonging, and uplift each other.

***Facilitated by Limor Goldhaber, Masters Counseling Student, Palo Alto University***



## **Ripening Room**

**Thursdays, 1/9 – 2/27**

Aging is a mystery that calls to us all. In The Ripening Room we explore together how to navigate the difficult depths and shameless beauty of eldering. Using guidelines, personal risk, and spiritual desire, we reach for the truth of our own elder potential. This is a non-therapeutic space prompting inquiry, self-revelation and deeper access. With desire, courage, and shared humor, we can grow beyond the bounds of this culture's assumptions about old age.

***Facilitated by David "Lucky" Goff, PhD and Trymon Hunter***

## **Self-Empowerment Now**

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

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***



## **Eternal Applications**

**1/31**

Eternal Applications offers an after-life messaging service, allowing users to create and schedule messages that are delivered to their loved ones after their passing. It enables individuals to leave behind heartfelt letters, share cherished memories, and impart wisdom, ensuring their presence remains with family and friends even when they're no longer physically present. The platform aims to provide peace of mind and a way to maintain emotional connections across time.

***Presented by Chris Jalbert, Founder, [eternalapplications.com](http://eternalapplications.com)***

## **Hearing - Use It or Lose It!**

**2/7**

Your ability to hear is like a muscle - if it's not exercised regularly with auditory input, it can weaken and shrink. Learn about hearing loss - how it's tied to balance, memory, depression, and dementia, and the importance of getting it assessed and addressed. SeniorFusion will cover the results of its pilot project, "Hear Well, Age Better" that measured whether hearing improvement in 30 low-income seniors through the use of over-the-counter hearing devices led to greater social connectivity.

***Presented by Carla Din and Doug Mosher, [seniorfusion.org](http://seniorfusion.org)***

## **The Well Connected AI All-Star Band! (No Musical Skills Required)**

**2/14**

Learn how artificial intelligence (AI) tools can help us compose music, write personal lyrics, and record our own marvelous masterpieces...in minutes! This latest installment of the Im(age)ination Project will introduce Suno, an AI system for making music. Together we'll create several different tunes ranging in styles from bluegrass and opera, to jazz fusion, rock and roll and everything in between. Prepare to be amazed!

***Presented by Steve Lipson, Director, [ElderTechAcademy.com](http://ElderTechAcademy.com)***





## **ONSCREEN: TV-Based Connection for Older Adults**

**2/21**

Learn how ONSCREEN makes staying connected easier by using the TV as a hub for family and social connections, and makes healthcare easier using a friendly AI companion named Joy that supports healthy aging and wellness - all on your TV.

***Presented by Costin Tuculescu, CEO and Co-founder, ONSCREEN, [onscreeninc.com](http://onscreeninc.com)***

## **Introduction to Internet Safety**

**2/28**

Learn the basics of keeping safe online with this webinar on internet security. Gain tips on how to protect your data privacy and feel safe online while avoiding common scams and fraud.

***Presented by Phil Schutt, Digital Literacy Program Coordinator, Community Tech Network, [communitytechnetwork.org](http://communitytechnetwork.org)***



## **Digital Literacy**

**Thursdays, 2/13 – 3/20**

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***



## **Volunteers Wanted!**

We are looking for caring volunteers to lead groups, share, have fun, and connect with others in Well Connected, Well Connected Español and Social Call! Contact us at [connections@frontporch.net](mailto:connections@frontporch.net) or (877) 797-7299 for more information.

# 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](http://frontporch.net/connect)

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## 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](http://dorotusa.org)



### **Family Eldercare**

Lifetime Connections Without Walls  
(888) 500-6472 / [familyeldercare.org](http://familyeldercare.org)

# 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](http://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](http://va.gov) or (800) 698-2411

## Caregiving

- **Family Caregiver Alliance** – [caregiver.org](http://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](http://nami.org)

## 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](http://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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(877) 797-7299