



# Well Connected

CREATING COMMUNITY

**SPRING/SUMMER 2025**

May 1 - August 31



(877) 797-7299



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



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



[WellConnectedFrontPorch](https://www.facebook.com/WellConnectedFrontPorch)

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# 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!

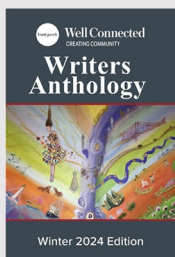


**To make a donation online:**  
[frontporch.net/give/donate/](http://frontporch.net/give/donate/)

**Donate by check payable to:**  
Front Porch Communities  
Foundation  
800 N. Brand Blvd., 19th Floor  
Glendale, CA 91203  
(Note "Well Connected" on the  
check)

**Discuss estate planning options:**  
Julie Hoerl, Director of Philanthropy,  
Front Porch Communities Foundation  
925-285-3883 or [jhoerl@frontporch.net](mailto:jhoerl@frontporch.net)

### Gratitude for Generous Support



**Buy the Writers Anthology:**  
Support the publication of the  
Well Connected Writers  
Anthology by purchasing a  
copy on Amazon (item  
B0D6M5QF5P).

*Pictured on the cover:*  
*L-R: Janice R., Katrinka P., and Wendy W.*

# 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.

# Connection Team

## All Connection Programs



**Liz Avalos**  
Program Manager



**Amber Carroll**  
Senior Director



**Emma Marquez**  
Administrative  
Coordinator



**Maria Miranda Venegas**  
Administrative  
Coordinator

## Well Connected



**Annette Balter**  
Program Director



**Melisa Mottola**  
Program Manager

## Well Connected Español



**Michael Cueva**  
Program Manager



**Lizette Suarez**  
Program Director

## Social Call



**Jasmine Trejo**  
Program Manager



**Joanna Aceves**  
Program Manager



**Rosanna Aragon**  
Program Manager



**Michelle Foster**  
Support Specialist



**Casey O'Neill**  
Program Director

# 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

## **Become an Ambassador**

**Monday, 5/12**

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, Connections Program Manager***

## **Catalog Q&A**

**Sunday, 8/10**

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**

**Friday, 5/2, 5/16, 6/6, 6/20, 7/18, 8/1, 8/15**

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**

**Tuesday, 5/20, 8/26**

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***



## **Join us for the Creative Aging Symposium!**

Thursday, June 12th, 2 – 3:30pm PT

At this annual virtual event, hosted by Front Porch Creative Spark, people come together to explore how creative thinking helps us age with joy, purpose and a vibrant sense of self. The symposium is an immersive reminder of the power of creativity.

For more information, and to register, visit:

**[frontporch.net/connect/creative-aging-symposium](http://frontporch.net/connect/creative-aging-symposium)**





## **Holiday Cruise to Asia**

**6/2**

Sail with us aboard the Regent Seven Seas Voyager. Explore the United Arab Emirates, the coast of India, and ports in Sri Lanka, Malaysia, and Singapore. Experience multiple cultures and view many interesting sights from the busy streets of Mumbai to the beautiful skyscrapers of Singapore.

***Presented by Elizabeth Danielson***

## **Crete: Myths, History, and Traditions**

**6/9**

Crete, located between Greece and Africa, is an island of history and rich culture. Many of the Greek myths find their origins here. Architectural digs reveal its colorful past. Artisans, potters, wine making and phyllo dough traditions continue, beginning apprenticeships as young as 12 years old.

***Presented by Jean McMillan***

## **Bucharest to Budapest**

**6/16**

Learn a little about five fascinating countries of Eastern Europe. We will visit the eastern part of the Danube, where tourism is flourishing.

***Presented by Pam Phillips***

## **Budget Solo Travel Around the World**

**6/23**

From the South Pacific to the Caribbean, we will highlight the ups and downs (but mostly the ups!) of long-term, budget, solo travel. Relive a 1½ year, non-stop, global adventure. Life lessons came from interacting with diverse environments, animals, and peoples. Let's thriftily explore some of the world's most unique and beautiful locations!

***Presented by Erica Jayne Friedman***



## **Adventure to Costa Rica**

**6/30**

Experience lush rainforests with monkeys, birds, and sloths. Explore the historic capital in San Jose, learn about the biodiversity of the rainforest in Sarapiquí, observe the Arenal Volcano, the Mistico Arenal Hanging Bridges, and discover the Cloud Forest Reserve.

***Presented by Marsi O'Malley-Riley***

## **Arkansas, the Natural State**

**7/7**

Explore the small city of Hot Springs, Arkansas, home to Hot Springs National Park, with 50 natural hot thermal springs and lots of walking and hiking trails. Located in the gorgeous Ouachita Mountains flanked by the Five Diamond Lakes, you are in for a natural adventure!

***Presented by Cecilia Fallert***

## **Natural Wonders of Oman**

**7/14**

Discover one of the best-kept secrets in the Middle East with a trip to Oman! Let's explore incredible dunes, desert camping, pristine beaches, green wadis (oasis) and towns (old and new) which make for the perfect mix of nature and city life.

***Presented by Joya Chatterjee***

## **Up, Up and Away - The Albuquerque Balloon Festival**

**7/21**

Of course you expect to see balloons, but the sheer volume and variety of balloons you experience in Albuquerque is beyond belief. The city comes alive each fall as thousands descend upon the city for the festivities. Take a ride with us!

***Presented by Christine St. Laurent***



## **Galapagos - Not Like Anywhere Else on Earth**

**7/28**

What makes The Galapagos so unique? Is it the amazing plants and wildlife, many of which are not found anywhere else in the world? Is it the incredible biodiversity, the volcanic landscapes and miles of deserted white beaches? Join an adventure to these mystical islands!

***Presented by Lynn Loud***

## **The Emerald Isle**

**8/4**

Explore Ireland and Northern Ireland, including the Cliffs of Moher, the Ring of Kerry, the Rock of Cashel, and the island of Inishmore, the cities of Dublin and Belfast. Highlights include medieval castles, a sheepdog demonstration, a Neolithic dolmen, and a “trad session” of music at a Killarney pub.

***Presented by Amy Brokering***

## **Brazilian Amazon**

**8/11**

Travel down the Brazilian Amazon on a small riverboat and in canoes, to learn about its rich biodiversity, complex rivers, sustainable farming and a jungle metropolis, Manaus.

***Presented by Paula Wright***



## **Looking at Art Together**

**7/10**

When we look at art together, and really take the time to share our impressions and responses, we can learn a lot about ourselves, each other, and the world. Slowing down to explore a single work of art closely brings relaxation, reflection and joy. Join as a careful observer for an exploration of two works of art, selected from museums around the country.

***Presented by Suzanne Reich***

## **American Regionalism: A Yearning for Accessible American Art**

**7/17**

American Regionalism emerged during the Great Depression as the WPA's unofficial style, capturing scenes of everyday American life. We will explore the works of key Regionalists Grant Wood, Thomas Hart Benton, and John Steuart Curry, and examine how Regionalism declined after WWII with the rise of Abstract Expressionism, and a move away from Regionalist ideals.

***Presented by Laura Davis***

## **Color, Canvas, and Competition: Kenneth Noland and Jack Bush**

**7/24**

A comparative look at two Colorfield artists—Jack Bush and Kenneth Noland—will reveal notable similarities throughout their work of the 1950s and 1960s. We will acknowledge certain unspoken influences, including mutual connections to art critic Clement Greenberg. A diverging pattern of growth during this short time period suggests artistic competition.

***Presented by Antonia Dapena-Tretter***

## **Outsider, Folk, Naïve and Visionary Art**

**7/31**

Explore styles beyond traditional art, that have been overlooked, by artists who may not consider themselves artists. In spite of that, they became well known and influenced others with their style, innovation and stories. We believe that all humans are capable of creating artwork and being creative! It is a basic human drive.

***Presented by Cathy Carey, Director, Front Porch Gallery,  
frontporchgallery.org***





## **The Art of the American West**

**8/7**

Initially a subgenre of realism, the American Western art movement began in the 1800's when artists/explorers recorded the new terrain and its people. Contemporary artists bring a more multifaceted history of the American West to light. We will examine artworks and themes from the 19th century to the present.

***Presented by Kit Keane***

## **The Ashcan Artists**

**8/14**

We will discuss the Ashcan group of American artists from the very early 20th Century. These artists were considered “cutting edge,” and highly controversial before modern European artists entered the awareness of the American public.

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

## **The Art of Birds**

**8/21**

Birds provide endless inspiration for artists: in poetry, music, visual arts and more. Let's gather to talk about birds in art through the ages and in the present, and share some favorite examples. We'll also discuss a bird that makes its own natural art!

***Presented by Laura Robertson***

## **All Request 90**

**Thursday, 5/1 – 8/28**

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***

## **Color and Chat**

**Tuesday, 5/6 – 8/26**

Let's chat and connect while we color! Bring a coloring book and colored pencils as we explore techniques from Johanna Basford's Small Victories coloring book (Fabercastell Premium Colored Pencils are recommended).

***Facilitated by Terri Moore***

## **Creative Writing**

**Tuesday, 5/27 – 8/12**

Exercise your imagination muscles, and fire up some healthy brain cells! If you love to write on occasion, 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***



## **Folk Art, Handicrafts, and Upcycling**

**Sunday, 5/18**

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***



## **Make a Fairy House and Garden**

**Monday, 5/5 – 6/30 (no group 5/26)**



Challenge yourself with a delightful technique using sequins, beads, felt scraps, fabric, embroidery thread and yarn. Supplies needed: the smallest beads you can work with; needle that fits the hole; sequins; buttons; felt scraps of various sizes; pins; needles; quilting thread; yarn; sewing scissors; tacky glue or fabric mod podge; straight pens; fabric stabilizer; quilt square or a denim jacket. Be creative.

***Facilitated by Gayle Wanamaker***

## **Knit or Crochet Together**

**Wednesday, 6/4 – 8/27**

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***



**“I thoroughly enjoy sharing what I know with others through Well Connected. Knitting is my passion, and my group of fellow knitters and crocheters enjoy talking together every Wednesday.”**

**Neva F.,**  
Facilitator

## **Music Makers**

**Fridays, 5/2, 5/16, 6/6, 6/20, 7/4, 7/18, 8/1, 8/15**

Join us for the following music history presentations/discussions:

- 5/2** Swing and Sway the Big Band Way! Put on your dancing shoes for the Lindy Hop. Explore some of the great dance songs of the swing era, and enjoy popular songs by Glenn Miller, Duke Ellington and Benny Goodman!
- 5/16** Allman Brothers, John Mellencamp, Sly & The Family Stone, Cat Stevens, Wilco
- 6/6** Celebrating Musicians of Color to honor Juneteenth. Juneteenth is a holiday to celebrate the many contributions from people of color. We will honor musicians and songwriters of color who have given us great songs that have added to the landscape of our lives.
- 6/20** David Bowie, Jayhawks, Steely Dan, It's A Beautiful Day, Crowded House
- 7/4** Patriotic Music for the 4th of July! Uncle Sam wants you to join us for American patriotic songs as we celebrate together!
- 7/18** Stevie Wonder, Doobie Brothers, Joe Jackson, Counting Crowes, Chick Corea
- 8/1** Music from MGM Movies. Somewhere Over the Rainbow, Singing in the Rain and the theme from Gone With the Wind are just a few of the classic songs introduced to us in a MGM movie. Explore the rich history of movie music, and the early era of movie musicals such as Guys and Dolls, On the Town and even Elvis' Viva Las Vegas!
- 8/15** Simon & Garfunkel, Todd Rundgren, Beach Boys, Elvis Costello, Squeeze

***Facilitated by Dan del Fiorentino, Music Historian, National Association of Music Merchants, [namm.org](http://namm.org) (1st Fridays), and Bill Lowe, CEO of Chicago Methodist Senior Services, and Avid Rock and Roll Fan (3rd Fridays)***



## Music's Memory Lane

**Tuesdays, 5/27 – 8/26**

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***



## Vintage Hankies

**Sunday, 6/22, 7/27, 8/24**



- 6/22** Celebrate National Hankie Day on June 22! Discover how handkerchiefs have woven their way through American history - connecting geography, math, and science in unexpected ways.
- 7/27** Explore the history of children's hankies, from beloved stories to the trends that shaped this cherished tradition.
- 8/24** Rediscover cherished keepsakes such as hankie holders, as we explore the history, travel, and sentimental value of the hankies we've held dear.

***Presented by Gayle Wanamaker***



**“Love is...creating classes that bring joy, growth and happiness to my participants. That, for me, is the ultimate.”**

**Gayle W.,**  
Facilitator

# Conversation

## **Across the Miles**

**Wednesday, 5/28**

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!**

**Wednesday, 5/7 – 8/27**

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**

**Friday, 5/2, 5/16, 6/6, 6/20, 7/18, 8/1, 8/15**

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**

**Monday, Tuesday, Wednesday, Saturday, Sunday, 5/3 – 8/31**

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 (Tuesday), Lanae Naugle (Saturday), Ricki Perlman (Monday and Sunday), and Mary Bell Snyder (Wednesday)***

# Conversation



## **Cultural and Historical Events That Shaped Us** **Wednesday, 5/7 – 6/11**

We will reflect on major world events such as world wars, technological advancements, major political changes, music & arts movements etc. and how they influenced your worldview. The group structure will be a mix of lecture and conversation. Participants are encouraged to bring in articles or speak to their lived experiences that have shaped their worldview.

***Facilitated by Vanna Yamamoto, Masters Student, Palo Alto University***

## **Death Café** **Tuesday, 5/13, 6/10, 7/8, 8/12**

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***

## **Every Day Celebrations** **Thursday, 5/1 – 6/26**

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***

# Conversation



## **Hobby Hangout**

**Friday, 6/6 – 6/27**

Love to chat about your pastimes or hobbies? This is the group for you! Hosted by a fly-fishing enthusiast, learn about others' hobbies, share your own passions, and connect with fellow hobbyists. Whether it's reminiscing about old favorites or discovering something new, this is a fun, friendly place to chat, learn, and explore together!

***Presented by Larry Siegel***

## **Inspiring Stories**

**Saturday, 5/3 – 8/30**

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**

**Saturday & Sunday, 5/24 – 8/31**

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

***Facilitated by Lynn Millar and Peggy Morin***

## **Ladies Lounge**

**Monday, 7/21 – 8/25**

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, and 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***



# Conversation

## **LGBTQ Chat**

**Wednesday, 5/14, 5/28, 6/11, 6/25, 7/9, 7/23, 8/13, 8/27**

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**

**Monday, 5/5 – 8/25 (no group on 5/26)**

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***



## **News or Nonsense? Making Sense of Today's Media**

**Friday, 7/11 – 8/15**

In today's fast-paced digital world, how can we separate fact from fiction? Dive into real news stories to uncover how misinformation and disinformation spread. Together, we'll explore fact-checking techniques, learn to verify online content, and sharpen our critical thinking skills. Build confidence in navigating the overwhelming amount of information available today.

***Facilitated by Reshu Jain, Masters Student, Palo Alto University***

## **Reach Your Goals**

**Saturday, 6/14 – 7/26 (no group on 7/5)**

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***

## **Secrets to a Satisfying Retirement**

**Monday, 5/5, 5/19, 6/2, 6/16, 6/30, 7/14, 7/28, 8/11, 8/25**

Retirement can be an exciting chapter of life! We will discuss navigating retirement with purpose and fulfillment, for those nearing or newly retired, and anyone interested and/or experiencing a fulfilling retirement. We'll explore staying active, social connections, volunteering, health challenges, and relationships. Be prepared to share your own strategies for having a satisfying retirement. Our retirement years can be the best years of our lives. Join us to find out how!

***Facilitated by Norman Reiss***



## **Sharing Our Journeys**

**Tuesday, 5/6 – 6/3**

Join a welcoming space to reflect on life's meaningful moments, connections, and lessons. We'll explore themes that celebrate our experiences, milestones, and influential people who've shaped us. Share at your own pace, listen, and connect. You will be invited to bring an item, or a story, that represents an important memory or life lesson for a special show-and-share activity.

***Facilitated by Rosemary Maciel, Student, Palo Alto University***

## **This Day in History**

**Thursday, 7/3 – 8/28**

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***

## **Travel Club**

**Tuesday, 5/6 – 7/29**

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

***Facilitated by Kathy Connelly***



## **Boggle**

**Monday, 5/5, 5/19, 6/2, 6/16, 6/30, 7/14, 7/28, 8/11, 8/25**

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

***Facilitated by Amber Carroll, Senior Director, Front Porch***

## **Do You Know What You Don't Know?**

**Sunday, 5/4 – 8/31**

Join us for fun and interesting facts 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**

**Wednesday, 6/4 – 8/13**

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!**

**Tuesday, 5/6 – 6/24, 8/5 – 8/26**

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***

## **Mental Math**

**Sunday, 5/4 – 8/31**

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

***Facilitated by Sharon Schwartz***

## **Mystery Melody**

**Saturday, 5/3 – 7/5**

The mystery melody song themes this session are: (5/3) All creatures great and small; (5/10) Family and home; (5/17) Songs with question words (who, what, when); (5/24) Sad or serious songs (“Time to Say Goodbye”); (5/31) Rain, wind and sun; (6/7) Outside the U.S. (“Canadian Sunset”); (6/14) Work and workers (“9 to 5”); (6/21) Summer songs (“Surfer Girl”); (6/28) Colors and shapes, and (7/5) Celebrating our national day.

***Facilitated by Jan Knowles***

## **Noggin Joggin’**

**Thursday, 5/29 – 8/7**

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

***Facilitated by Nicolette Noyes***

## **Open Mic**

**Thursday, 5/1 – 8/28**

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 Nicolette Noyes***

## **Spelling Bee**

**Wednesday, 8/6**

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

***Facilitated by Terry Englehart***

# Fun & Games

## **Tall Tales**

**Tuesday, 5/6 – 8/26**

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**

**Tuesday and Friday, 5/2 – 6/27, 8/1 – 8/29**

**Sunday, 5/4 – 8/31**

Knack for facts? Attempt a guess? Need some clues to get the answer? Join in for a fun time of miscellaneous trivia, entertainment and fun.

***Facilitated by Sue Piecuch (Tuesday & Friday) and Elantra V. (Sunday)***

## **Ungame**

**Thursday, 5/1 – 8/28 (no group 5/15, 6/19, 7/17, 8/21)**

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***

## **Where in the World**

**Sunday, 5/4 – 8/31**

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***

# Fun & Games

## **Word Play**

**Sunday, 5/4 – 8/31**

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**

**Sunday, 5/4 – 8/31**

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***



**“Maya Angelou said, ‘If you’re always trying to be normal, you will never know how amazing you can be.’ I’ve never been told that I am normal, and I do not try to be. I love to have fun. And hopefully, you will have fun when you join my groups.”**

**Sue P.**

Facilitator and Participant



## **Book Share**

**Thursday, 5/1, 6/5, 7/3, 8/7**

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**

**Wednesday, 5/7 – 8/27**

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**

**Thursday, 5/15, 6/19, 7/17, 8/21**

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**

**Saturday, 7/12 – 8/30**

The saga continues from *The Runaway Quilt* to *The Quilter's Legacy*. Join this next chapter of historic genealogy, friend and family relationships, romance, quilting and travel.

***Facilitated by Gayle Wanamaker***

## **Story Time**

**Thursday, 5/1 – 8/28**

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 Nicolette Noyes***

## **Sunday Poetry**

**Sunday, 5/18 – 8/31**

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 Mary Ann Bozenski and Joan Rosenberg***

## **Time Out for a Story**

**Saturday, 5/3 – 8/30**

Enjoy a weekly reading of stories by published authors like Oscar Wilde, John Muir, and Well Connected writers.

***Facilitated by Nicolette Noyes***

## **Writers Read**

**Friday, 8/22**

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***



## **Understanding and Overcoming Loneliness in Older Adulthood**

**5/27**

Loneliness and social isolation can profoundly affect mental and physical health in older adulthood. We will explore the causes and consequences of loneliness, the psychological impact of isolation, and practical strategies to foster meaningful social connections.

***Presented by Aaseem Sidhu and Hattie Ji, Students, Palo Alto University***

## **Social Call: A Photovoice Presentation**

**6/3**

Social Call is a Front Porch connection program that connects volunteers with older adults for weekly phone and video chats. Discover how Social Call improves public health by addressing loneliness and social isolation.

***Presented by John Brow, Social Call Volunteer, Public Health Student, USC***

## **What Did I Come to the Fridge For? Improve Focus and Memory**

**6/10**

Learn four techniques to help you remember where you put your keys, whether you locked your door, and why you came to the fridge. Using the acronym TEAS, you will learn the importance of focus and mindfulness. Your memory might be better than you think!

***Presented by Rena Yudkowsky, Founder, Memory Matters, [renayudkowsky.com](http://renayudkowsky.com)***

## **Fall Prevention Strategies**

**6/17**

Falls are a major concern for older adults, but understanding their causes can help prevent them. Discover how age and inactivity affect neuromotor performance and the role of exercise in maintaining balance. Learn the importance of posture, and practice simple exercises to boost stability and confidence. Explore practical strategies for staying steady and independent!

***Presented by Deborah Rothschild MS, Virtual Fitness Services Provider, [deborahdoesfitness.com](http://deborahdoesfitness.com)***



## **Sound Sleep - The Missing Pillar of Self-Care**

**6/24**

Sleep is as vital as food and water, yet its quality often dictates the quality of our lives. Let's go beyond the basics of sleep—like circadian rhythms and sleep hygiene—to explore how sound profoundly impacts rest. Learn how optimizing the sonic environment can transform sleep into the ultimate act of self-care.

***Presented by Jeff McSpadden, Co-Founder & CEO, Composure, [composure.care](https://composure.care)***

## **Healthy Eating Made Easy: Meal Services for Seniors**

**7/1**

Discover two amazing resources that help older adults meet their nutritional needs: Chefs for Seniors, offering personalized and affordable chef-prepared meals and Meals on Wheels, delivering nutritious meals straight to seniors' doors. Learn how these services support healthy living and independence!

***Presented by Mike Filosa, Chefs for Seniors, and Liz Iskander, Meals on Wheels***

## **Communicating During an Emergency**

**7/8**

Learn emergency communication tips from The Federal Communications Commission (FCC) and the Federal Emergency Management Agency (FEMA), including power outage preparedness. We will cover consumer advice, post-disaster scams, and the Lifeline Disaster Relief program.

***Presented by Renee Coles, Federal Communications Commission, [fcc.gov/meet-staff-caod](https://fcc.gov/meet-staff-caod)***

## **Real Tai Chi vs Fake Tai Chi: Part 2**

**7/15**

Explore the three internal arts of China— Tai Chi, Hsing I, and Ba Gua— and their impact on health, healing, and mental balance. Learn how these practices strengthen the body, enhance well-being, and align mind and movement. Discover their deeper philosophies and how to integrate them into daily life for greater harmony and resilience.

***Presented by Sifu (Master) Conrad, Tai Chi Instructor***



## **Three Steps to Healthier Grieving**

**7/22**

What's your relationship with grief? Is it a dark heaviness, or could it be an admired mentor bringing valuable life-lessons? None of us are exempt from facing loss and death, and our reactions to grief are as individual as we are. Explore grief with new perspectives that could help you navigate your journey in healthier and more natural ways.

***Presented by Jenny Dilts, Grief Coach, [grievingcoach.com](http://grievingcoach.com)***

## **Brain Health Matters: How to Prevent and Manage Dementia**

**7/29**

It's never too late to support brain health. Learn about recent research on reducing dementia risk through factors like managing hypertension, hearing loss, and social isolation. While age remains the biggest risk factor and there is no cure, non-drug strategies—engaging in meaningful activities and simplifying environments—can help maintain quality of life.

***Presented by Laura N. Gitlin, Ph.D., FGSA, FAAN, Professor & Executive Director, AgeWell College of Nursing and Health Professions, Drexel University***

## **Vitality in Variety! Exploring the Power of Variety for Well-Being**

**8/5**

Join us for a personal reflection on how variety in life can enrich our overall health and wellness. Explore topics like meditation and mindfulness, volunteering, travel, diet and exercise, active living, and end-of-life in this dynamic session.

***Presented by Kirk Rhoads, Gyobutsuji Zen Monastery Board of Directors, [gyobutsuji.org](http://gyobutsuji.org)***



## **Holistic Fall Prevention: Empowered, Confident Aging**

**8/12**

Discover how to prevent falls and boost confidence by exploring the leading causes of falls, and the surprising, proven strategies to prevent them. From physical to sensorial, behavioral, environmental, and psychosocial approaches, you will gain tips to make recommendations a reality. Empower yourself or your loved ones with practical tools to stay safe, independent, and thriving in everyday life!

***Presented by Emilia Bourland, OTR, ECHM, CFPS, Co-Founder, Senior AI***

## **Using Trauma-Informed Practices to Enhance Engagement in Care**

**8/19**

We will explore the critical role of trauma-informed approaches in creating inclusive and affirming care settings for LGBTQ+ individuals. Participants will gain insight into the unique challenges faced by the LGBTQ+ community in healthcare environments and learn practical strategies to improve patient engagement and outcomes through a trauma-focused framework.

***Presented by Dr. Nas Mohammed, Founder and Medical Director of Osra Medical & the Alwan Foundation, [osramedical.com](http://osramedical.com), [alwanfoundation.org](http://alwanfoundation.org)***

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## **Laughter Yoga**

**Wednesday, 5/7 – 8/27**

Laugh and boost your health with Laughter Yoga! This unique practice invites you to laugh freely—no jokes or comedy needed. Enjoy a fun, uplifting session that increases oxygen flow, energizes your body and mind, and promotes a happier, healthier outlook.

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



# Languages

## **Further Along in French**

**Tuesday, 5/6 – 8/26**

**Thursday, 5/1 – 8/28 (no group 7/10 – 7/24)**

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**

**Tuesday, 6/3 – 8/26**

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

***Facilitated by Macarena Pena***

## **Practicing German**

**Friday, 5/2 – 8/29 (no group 7/4)**

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

***Facilitated by Jack Gorby***



***“Well Connected is a major lifeline providing me myriad opportunities, experiences, and relationships.”***

**Mary Ann B.,**  
Facilitator and Participant



## **Financially Sound Life Decisions for Seniors**

**7/11**

By age 60 we start to face different financial decisions. We will discuss how to decide when to retire, and when to take Social Security Benefits. Learn the criteria for whether you should convert your traditional IRA to a ROTH, and how philanthropy can influence your decisions. Find out why you may not need a financial advisor for investments.

***Presented by Steve G. Parsons, Ph.D., Economist***

## **Ageism: Unveiling the Impacts and Empowering Change**

**7/18**

How might societal messages influence your beliefs about age? Ageism, a form of discrimination and stereotyping, negatively impacts individuals' and families' social, emotional, and physical well-being. We will explore the detrimental effects of ageism, and the often-overlooked consequences. We will share practical steps for self-advocacy, a key tool in challenging ageist assumptions, and crucial in our collective efforts to combat ageism.

***Presented by Kris Geerken, Age Advocacy Advisor and Adjunct Instructor, [changingthenarrativeco.org](http://changingthenarrativeco.org)***

## **Motown: A Cross-Cultural Musical Phenomena**

**7/25**

Motown music broke down racial barriers with music while integrating African American music into mainstream culture. Join us for this “remember-when” session filled with music, slides, videos, and discussion about the music that came from Hitsville, U.S.A.

***Facilitated by Carol Kendrick, M.H.S.***

## **Importance of Decluttering and Letting Go**

**8/1**

Explore the process and effects of decluttering and letting go of sentimental attachments. Learn tips to organize personal and professional belongings, and how to apply similar concepts to your personal wellbeing. This is one of the many ways to help people live with more mental clarity.

***Presented by Vanna Yamamoto, Masters Student, Palo Alto University***



## **Not Your Average Family Talk: Ways to Talk about End-of-Life**

**8/8**

Though it's not always easy, talking about your end-of-life wishes with those around you can help increase the likelihood of your wishes being carried out. Learn why these conversations are important, and some creative ways to get started.

***Presented by Lisa Pahl, LCSW-APHSW, [thedeathdeck.com](http://thedeathdeck.com)***

## **Tablets, Smartphones, and How to Master the Basics**

**8/15**

Unlock the potential of your Apple and Android mobile devices. Whether using an iPhone, iPad, Samsung Galaxy, or some other Android gadget, you will learn how to customize device settings to enhance usability and privacy, transfer files between devices, employ device-specific troubleshooting methods, use voice command features, and more.

***Presented by Chris Bint, Chief Education Officer, [www.techcoaches.ca](http://www.techcoaches.ca)***

## **The Power of Visibility to Combat Dehumanization of the LGBTQ+ Community**

**8/22**

Dr. Nas Mohamed shares their journey of using fashion as a platform to raise global awareness about LGBTQ+ persecution in the Gulf States of the Middle East, leading to a campaign that reached millions, ignited influential collaborations with Human Rights Watch and global Pride networks. This effort inspired the launch of “Threads of Pride” - a groundbreaking annual activism-focused fashion show at San Francisco Pride that amplifies LGBTQ+ nonprofits through the transformative power of fashion and visibility.

***Presented by Dr. Nas Mohammed, Founder and Medical Director, Osra Medical & the Alwan Foundation, [osramedical.com](http://osramedical.com), [alwanfoundation.org](http://alwanfoundation.org)***

## **Oceans from Global Cultures**

**8/29**

The ocean links us all, and cultures around the world have stories of the ocean and its inhabitants. I will share my own versions of stories from a few cultures and one personal story. From stories of love and longing to tall tales salted with sea spray, prepare to experience the ocean in all its moods.

***Presented by Cynthia Cudaback***

# Mindful Practices

## **Embracing Your Values & Intentions**

**Monday, 6/30**

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 Alexandra Klein, Certified Mindfulness Teacher***

## **Find Your Inner Calm**

**Saturday, 5/3 – 8/30**

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**

**Monday, 6/16 – 8/18**

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***

## **Meditation**

**Every Day, 5/1 – 8/31**

Experience our own inner reality through meditation, facilitating 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**

**Friday, 6/20 – 8/29 (no group 7/4)**

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***



**“Well Connected welcomes the voices and experiences of older adults, creating a delightful virtual social network. Well Connected opens worlds of pleasure and adventures, both near and far.”**

**Sheila M.,**  
Participant and Presenter



## Explore New Objects: ¡Presente! A Latino History of the USA 6/11

Learn about the vital role Latino history plays in shaping American history. Discover artifacts offering an introduction to essential concepts, transformative moments, and remarkable individuals that illuminate the rich historical and cultural legacy of U.S. Latinas and Latinos. Your participation in this journey will deepen your understanding and appreciation of our shared heritage!

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



## Bond in Motion 6/18

Visit a special exhibition featuring 17 iconic vehicles from James Bond films. Enjoy a behind the scenes look as we discuss the films, the cars, and how we managed to get these oversize artifacts (including a hang-glider and submarine) up to the third floor of the Museum without a freight elevator!

***Presented by Shana Oltmans, International Spy Museum, DC, [spymuseum.org](http://spymuseum.org)***



**Wadsworth  
Atheneum**  
Museum of Art

## (Un)Settled: The Landscape in American Art 6/25

Journey the American landscape through American art, from its origins in 19th century painting into contemporary art. We will highlight unsettled, or evolving, conversations around landscape, and its relationship to establishing cultural and national identity over the last two centuries.

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





## **Acts of Faith: Religion and the American West**

**7/2**

The “American West” as we know it emerged in the 1800s during U.S. expansion. But what did religion have to do with it? And how did western expansion change America’s religious landscape? We will explore the dramatic interplay between religion and the U.S. through a diverse array of places and communities that illuminate how religion became such a vital and contested part of American life.

***Presented by Reagan Cain, Bullock Texas State History Museum, [thestoryoftexas.com](http://thestoryoftexas.com)***



**BkM**

## **Road Trip: Iconic America**

**7/9**

It’s the beginning of the summer season of road trips to see North America’s great natural beauty. Through the works of artists from the 19th century to the present day, visit Niagara, Yellowstone, the New England coast, Louisiana’s bayou, the Rocky Mountains, and other stunning sites as found in the collection.

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



Contemporary Art  
Museum St. Louis

## **Like Water**

**7/16**

Explore how six different artists experience water as a material, physical condition, and an interior emotional state—its power to give life and cause destruction, the Mississippi River and its tributaries, climate change, and even the Middle Passage. Discover how each artist approaches water and flow in deeply individual ways through sculpture, video, ceramics, drawing, textiles, collages, and paintings.

***Presented by Michelle Dezember, Contemporary Art Museum St. Louis, MO, [camstl.org](http://camstl.org)***



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

## **Wayne Theibaud: Art Comes from Art** **7/23**

Wayne Thiebaud (1920–2021), renowned for his vibrant paintings of confections and buffets, was a self-described art “thief” who reinterpreted classic and contemporary works. An influential teacher and lifelong learner, he saw art history as a continuum connecting artists across time. Explore his 60-year career, including reinterpretations of famous artworks, personal inspirations, and iconic paintings of people, cityscapes, and still life, highlighting his deep engagement with art history.

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



## **People, Places, and Organizations that Shaped Oakland’s Black Experience Part III** **7/30**

Learn about navigating the collection’s online archive and Calisphere sites, that include primary sources from our cultural heritage institutions, including photographs, drawings, newspapers, diaries and much more!

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



## **Weaving Meanings: Telephone Wire Art from South Africa** **8/6**

Explore the fascinating history of wire art in South Africa, from its origins as currency in the 16th century to the vibrant creations of today’s artisans. Discover the evolution of this unique medium, from beer pot lids (*izimbenge*) to platters, plates, vessels, and intricate sculptures. Learn how this tradition thrives in KwaZulu-Natal and captivates audiences worldwide, showcasing its cultural significance and artistic innovation.

***Presented by Kemely Gomez, Museum of International Folk Art, NM, [internationalfolkart.org](https://internationalfolkart.org)***



## **D-Day: The Turning Point of the War in Europe** **8/13**

Through maps and audio-visual presentations, learn about the challenges of planning and executing Operation Overlord. Vote on scenarios with fellow participants and make decisions about where and when D-Day should be launched by playing the role of an Allied Commander. D-Day: what a difference a day makes!

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



**“Well Connected has 91 amazing groups to choose from in this session, I’m amazed by that! And I am very taken by all of the new ones that are currently being added, and how the program keeps reaching out to people for presentations, for very current and up to date information for seniors.”**

**Francoise B.,**  
Participant

# Nature and Animals



## **Aliens & Otherworldlies**

**Sunday, 7/20**



We'll look to the skies above Nevada and the Southwest for stories spawned from legend, lore and tall tales (or are they?)—and how they have impacted our culture and entertainment. Join us on a flight of fancy to include extraterrestrials, atmospheric mischief, unexplained occurrences, and related topics that are out of this world.

***Facilitated by Laura Robertson***

## **Bird Talk**

**Saturday, 5/3 – 8/30**

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***



## **Look Sharp! Cacti and Desert Plants of the Southwest**

**Sunday, 6/15**



From saguaros to cholla to prickly pear, the desert areas of the Southwest U.S. are teeming with plant life. Learn about these hardy plants, their abundance and variety, and how they inspire us in nature, in our travels, and culture.

***Facilitated by Laura Robertson***

## **Muttville Cuddle Club**

**Friday, 6/6 – 6/27**

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!

***Facilitated by Angela Di Martino, Muttville Senior Dog Rescue, CA***

# Nature and Animals

## **Pet Tales**

**Saturday, 5/31 – 8/30**

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**

**Saturday, 5/3 – 6/21**

So much connects us without our even knowing it sometimes. We'll look at the stars, the moon, continents, animals, language, creativity, nature and the many things in the world around us that give us insights, and inspire us to connection.

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



**“Join me every 3rd Thursday as we sit around the imaginary campfire, while I read many of my new poems, and some old favorites. You will be welcomed with regulars, semi-regulars, and visitors who all connect with me on Well Connected!”**

**Sally S.,**  
Facilitator

# Reflection & Religion

## **Bible Study**

**Thursday, 6/5 – 6/26**

Join us as we encourage each other toward love and good deeds through the study of scripture.

***Facilitated by Lori Guthrie***

## **Buddhist Concepts**

**Wednesday, 5/7, 5/21, 6/4, 6/18, 7/2, 7/16, 7/30, 8/13**

We will discuss Buddhist ways of thinking based on the teachings of Thich Nhat Hanh of Plum Village, and Gil Fronsda 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***

## **Catholic Corner**

**Wednesday, 5/14, 5/28, 6/11, 6/25, 7/9, 7/23, 8/13, 8/27**

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, Connections Program Manager***

## **Focus on Faith**

**Saturday, 5/3 – 6/21**

What is the truth about faith? We will discuss the meaning behind faith for us individually, and as a community, and discover the importance of the truth and sustaining elements in everyday life. We'll also discuss faith practices and thoughts about faith in selected spiritual writings, sacred scripture and texts, poetry, inspirational quotes, parables and stories.

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



# Reflection & Religion

## **The Good Book**

**Monday, 6/2 – 8/25**

The Holy Bible is often mistaken for a book of hard and fast commands from an angry God. Actually, though, it's a love letter from providence, to guide us to the source of everything that ever was, is, or ever will be! The Good Book will help with understanding of the full story with no ending.

***Facilitated by brother drake***

## **Gratitude**

**Every Day 5/1 – 8/31**

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

## **Memorial Service**

**Monday, 8/18**

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

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

# Supportive Groups

## **Abilities Awareness Chat**

**Friday, 5/9 – 8/22**

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**

**Friday, 5/2, 6/6, 7/4, 8/1**

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**

**Thursday, 5/15, 6/19, 7/17, 8/21**

**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 Melisa Mottola, Well Connected Program Manager***

## **Growing an Elder Community**

**Monday, 5/5 – 7/14 (no group 5/26)**

Becoming older is a challenge. It is a lifetime in the making, and is rarely welcome. There is, contrary to cultural belief, joy and meaning in this time of life. To find the exquisite opportunities associated with becoming an elder, a community of elders, those on the way to senescent vitality, is essential. Come discover the potentials locked into the later stages of life, and how elder community grows, and helps unlock what is now possible.

***Facilitated by David “Lucky” Goff, PhD, Author, The Tao of Later Life***

# Supportive Groups



## **Life Transitions: Navigating Change with Resilience**

**Monday, 6/30 – 8/4**

Life is full of transitions, and our later years bring unique changes—retirement, shifting relationships, aging, and redefining purpose. We will explore the emotional and practical aspects of life transitions, share experiences, and support one another in embracing change with resilience and meaning. Through guided discussions, reflection, and connection, we will navigate this phase of life with greater clarity and confidence.

***Facilitated by Fawad Zakariya, Masters Student, Palo Alto University***



## **Living Fearless**

**Monday and Friday, 5/16 – 8/15 (no group 5/26)**

Let's learn how to create balanced and healthy boundaries in our relationships, and with ourselves. Through our group discussions, we will learn and practice tools and strategies to take control of our lives.

***Facilitated by Diana Black-Tucker, Student, Regent University***



## **Living Well with Sight Loss**

**Tuesday, 5/6, 5/20, 6/3, 6/17, 7/1, 7/15**

Explore all things relevant to living well with blindness or low vision. Are you losing your sight and this is new, or are you an old hand but things still get frustrating or confusing? We will explore this topic and help support our journey on the road to living well. As peers, yes, we can, and we will.

***Facilitated by Christy Crespin and Nicolette Noyes***

## **Living with Chronic Pain**

**Thursday, 5/29 – 8/28**

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

## **Self-Empowerment Now**

**Tuesday, 5/20, 6/17, 7/15, 8/19**

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***



## **Solo Aging Together**

**Thursday, 5/1 – 8/28**

Solo agers are individuals who, by choice or circumstance, expect to age or make decisions about their future independently. Join us as we build community together to support and encourage each other through the ups and downs of aging independently while pursuing purpose and empowerment.

***Facilitated by Carol Kendrick, M.H.S.***

## **Spiritual Adventure of Aging**

**Sunday, 6/1 – 6/29**

Join a reflective conversation on the spiritual journey of aging and being an elder. Explore *The Spirituality of Age: A Seeker's Guide to Growing Older* by Robert L. Weber, Ph.D., and Carol Orsborn, Ph.D. The book is described as "...a must read for all facing the quest for meaning and purpose in later life." Through brief readings and thought-provoking questions, we'll discuss spiritual maturity, meaning, and purpose in later life.

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



## **Turning Down the Noise: How AI Can Support Adults of Any Age** **5/30**

Aging is about navigating life's next chapter with clarity and confidence. Technology buzz can be overwhelming. Artificial Intelligence can help—if we cut through the noise. Join us for a practical discussion on AI's real-world impact. Learn how to filter hype, understand what's useful, and explore simple ways AI can enhance daily life at home, work, or in care settings.

***Presented by Simon Yost, Technologist and Creator of Pathfinder, seniorai.app***

## **The Lifeline Program** **6/6**

The Lifeline Program is a federal program dedicated to making phone and internet service more affordable for qualified households. Learn about the program, including information about eligibility, and how to apply. Information will be provided about the Lifeline Disaster Relief benefit and Survivor Benefit under the Safe Connections Act.

***Presented by Alma Hughes, Consumer Education and Outreach Specialist, Federal Communications Commission, fcc.gov***

## **Digital Tools for Brain Health** **6/13**

Stay sharp with technology! Learn about different ways to engage your brain, including free resources from Senior Planet.

***Presented by Deirdre Lee, Director of Virtual Program Experiences at Senior Planet from AARP, seniorplanet.org***

## **Consumer Protection: Unwanted Calls and Texts** **6/20**

Unwanted calls, including illegal and spoofed robocalls, are the FCC's top consumer complaint and protection priority. Learn strategies to reduce unwanted calls and texts, spoofing, and highlights related to scams and frauds. We will also address consumer concerns, including numbers being spoofed, calls mistakenly blocked, and robocall blocking services.

***Presented by Alma Hughes, Consumer Education and Outreach Specialist, Federal Communications Commission, fcc.gov***



## **The Im(AGE)ination Project**

**6/27**

With just your creativity, some group brainstorming, and some of the most advanced artificial intelligence technologies in the world, we'll create mind blowing photos, paintings, jewelry, foods, sculptures, tapestries, creatures, buildings, anything and everything you can imagine...and then some!

***Presented by Steve Lipson, Founder and Executive Director, ElderTech Academy, [eldertechacademy.com](http://eldertechacademy.com)***

## **The Dawn of the Digital Age: 100 Years of Computer History**

**7/11**

Explore how technology evolved to enable ordinary individuals to be able to access computers that were both affordable and easy to operate. We will cover the development of computers from the 1880s to the 1980s. The presentation will utilize artifacts at the Computer History Museum in Mountain View, California.

***Presented by David Hoyt, Volunteer Docent, Computer History Museum, [computerhistory.org](http://computerhistory.org)***



## **Digital Literacy**

**Monday, 7/14 – 8/18**

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, Connections Program Manager***



# Champions

## Remembering Janice R. and Wendy W.

Many of you knew Janice Rooker and Wendy Ward of California, who recently passed away, both at age 70. We remember them fondly for their huge, positive impact on our program. They will be greatly missed!

Janice joined Well Connected in 2011, and often told the story about how Well Connected saved her life. She facilitated several groups over the years, but was best known to her devoted game players on Bingo and Boggle. Wendy joined us in 2008, and was often our highest attendee, logging a whopping 1,257 hours in 2024, including 319 hours in her favorite group, Gratitude. She loved learning, the arts, nature, animals, gardening, games and stories. She was a regular contributor in our creative writing groups, and regularly published in our Writers' Anthology. Here are a few remembrances from their friends on the program.

*"Knowing that I was alone, and without anyone to share holidays with, she invited me into her home several times. With her family, I shared meals, holiday beverages, and a turkey feast at Thanksgiving, gifts at Christmas, and noisy horns and crazy hats on New Year's Eve. Janice holds a special place in my heart, and I will never forget her."*

- Sharon Schwartz

*"Janice was such a kind, wonderful person, and always wanted to help others. She loved facilitating with Well Connected, and she looked forward to her Social Calls to check in on others. She loved gardening, accessorizing, and baking. She was so proud of her three boys, and their families, and was excited about being a new Grandma. She often said family is*



Janice R. (left), pictured with Amy S. and Sharon S.



Wendy W.

*everything. She was very loved and will be missed."*

- Ginger Oliver, Janice's caregiver of 11 yrs

*"Janice was a wonderful, long time, integral part of what was Senior Center Without Walls. She was a friend to everyone, and very much loved by all who knew her. She devoted her life to Well Connected, her three sons and her animals. We will all miss her warmth and unforgettable, cheery voice, and she will never be forgotten."*

-Nicolette Noyes

*"Janice was a good wife, mother, and person, and she tried to do right by everyone. She was always nice to me, and came to visit me once years ago."*

-Katrinka Perry



# Champions

*“Janice was a true champion of the Connection Programs! She didn’t just participate in Well Connected - she embraced it, becoming a prolific group facilitator and the very first telephone volunteer for Social Call. Janice’s passion was contagious; she not only spread the word about these programs but also filled them with warmth, joy, and a deep sense of community. Her impact continues to ripple through every connection she made.”*

- Amber Carroll

*“Wendy was Cherokee, she was very close to her father. She was always there, to give people a good word. She was a trooper, and one of her favorite expressions was, ‘Keep on trucking, Baby!’”*

- Lynn Millar

*“It was always delightful to have Wendy in any group I facilitated. Her thoughtful kindness to others, and her gentle sense of humor added much light. Fun tidbit, Wendy was a ‘Marriott Mermaid’ for 7 years! I imagine her frolicking now in a golden-lit meadow with her faithful, much-loved canine companion, Summertime.”*

- Terry Englehart

*“Wendy was famous for keeping facilitators in line by saying, quite unabashedly, when one of us would digress, ‘Let’s get on with the program!’ She loved Well Connected, and she will live on, in our hearts and minds. Safe travels Wendy, we love you!”*

♥ - Nicolette Noyes

*“Wendy was probably one of the most engaged participants in Well Connected. You could always count on her to show up in so many groups, and be clear about her opinions about what was going on with the program. She was so caring about other people, she had a soft heart, and great understanding and empathy for others. She also had a great sense of humor.”*

- Patt Schroeder

*“She was always positive, happy and bright. She loved to travel when she was younger, flowers, especially sunflowers, Birds of Paradise and Pink Ladies, dogs, and deviled eggs!”*

-Tammy Tafoya, Wendy’s caregiver of 9 yrs



We leave you with their own words:

***“I came to Well Connected on the darkest night of my life. I talked to the woman on the other end, who made me promise to call back tomorrow, as we talked 2 hours past her quitting time. Little did she know she saved my life that night. I have made so many friendships that I otherwise would never have had the chance to. I LOVE WELL CONNECTED!”***

- Janice Rooker, 2024

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

- Wendy Ward, 2024

# Virtual Volunteering!

**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:

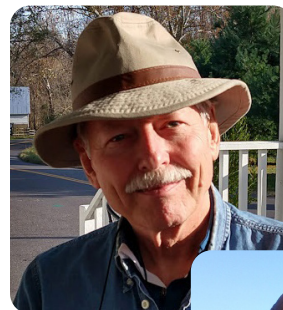
- Like to meet new people
- Are flexible and curious
- Can take different perspectives
- Are available each week, for a 30-minute phone chat, and willing to commit for at least 6 months

**Contact us at [connections@frontporch.net](mailto:connections@frontporch.net)  
or (877) 797-7299 for more information**



**L-R, Nancy W.H. & Kathy C.**

**L-R, Doug S. & Greg P.**



# Front Porch Community Services – Creating Community

## 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.

## 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.

## 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

- **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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