



Well Connected

CREATING COMMUNITY

FALL 2025

September 1 – December 31



(877) 797-7299



connections@frontporch.net



wellconnectedprogram.org
Members only: abiento.frontporch.net



WellConnectedFrontPorch

Welcome to Well Connected	2	Ladies Lounge	20
How it Works	3	Laughter Yoga	31
Program Guidelines	4	Let's Celebrate Birthdays	20
Learn About Well Connected.....	9	LGBTQ Chat.....	21
		Living with Chronic Pain	48
LEARNING GROUPS:		Living with Sight Loss	47
Armchair Travel	10-12	Loneliness and Connection	48
Art Insights.....	13-14	Look Sharp!	44
Health & Wellness	28-31	Make a Fairy House	15
Lifestyle & Culture	35-38	Meditation	39
Museums at Home	40-43	Memorial Service.....	46
Science & Technology	49-50	Mental Math.....	23
		Mindful Self-Compassion.....	39
CONVERSATION GROUPS:		Music Makers	16
Abilities Awareness Chat	47	Music's Memory Lane.....	17
Across the Miles	18	Mystery Melody	23
Activists R Us	18	Name Three Things.....	21
Ask the Attorney	18	National Button Day.....	32
Author Reading.....	26	New Way to Look at Labor Day	33
Bible Study	45	Noggin Joggin'	24
Bird Talk	44	Open Mic	24
Buddhist Concepts	45	Pet Tales.....	44
Caregiver Conversations	47	Poetically Speaking	26
Catholic Corner.....	45	Poetry Reading	26
Coffee Break	18	Practicando en Español.....	34
Color and Chat	15	Practicing German.....	34
Coping with Grief.....	19	Preparing for the New Year	33
Creative Conversations	18	Presidents' Wives Fashion	33
Creative Writing	15	Read Aloud.....	26
Death Café	19	Reimagine Dementia	22
Digital Literacy	50	Secrets to a Satisfying Retirement	21
Embracing Your Values & Intentions	39	Self-Empowerment Now.....	48
Every Day Celebrations.....	32	Sharing Our Journeys.....	21
Facilitator Support Group	47	Songs for You	17
Find Your Inner Calm.....	39	Spelling Bee	24
Focus on Faith.....	45	Story Time	26
Further Along in French	34	Sunday Poetry	27
Giving Thanks.....	32	Talk it Up Laugh it Up	22
Gratitude.....	46	Tall Tales	24
Groceries for Less	19	The Good Book	46
Guided Mindfulness Meditation	39	The World Around Us	44
Halloween Trivia	32	This Day in History	33
History of Christmas Ornaments	32	Time Out for a Story	27
Hobby Hangout.....	19	Toy Stories.....	33
Holiday Songs	15	Trivia.....	24
Improv Games	23	Turning Pages	27
Inspiring Stories	20	Ungame	25
Jeopardy!.....	23	Where Were You When	22
Keys to Joy	20	Word Play Wonders.....	25
Knit or Crochet Together.....	15	Writers Read	27

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 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.



We welcome participants from a variety of backgrounds, beliefs, opinions, living situations, and abilities. Many of our participants have low vision or are 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!

Donate online at:
frontporch.net/give/donate/

Donate by check payable to:
Front Porch Communities Foundation
800 N. Brand Blvd., 19th Floor
Glendale, CA 91203
(Please 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

Buy the Writers Anthology!
Support the publication of the
Well Connected Writers
Anthology by purchasing a
copy on Amazon.



Gratitude for Generous Support:



Pictured on the cover L-R: Emma M., Amber C., Annette B., Anne S., Melisa M.

How It Works

1

Read the materials and find groups that interest you

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

2

Join by Phone

- **All** groups can be joined toll-free by telephone from an unblocked number.
 - When prompted, enter the two-digit group code on the Calendar.
 - If you need help getting into groups, we can call you! Call the office to request an automated call-in to any group.
-

3

Join Online

- **All** groups can be joined online with a device that connects to the Internet.
 - Create your secure online account to sign yourself up for groups, or browse the library of recorded groups at abiento.frontporch.net.
 - Once registered for a group, you will get an email the morning of the group (check your spam folder!) with a personal link to join.
 - **Allow** the system to access your microphone and speakers.
 - Click the **Join Group** button to enter the meeting.
 - If you need tech help, contact us, and we can send you more detailed instructions, or walk you through how it works.
-

Call or email the office if you have questions or to disenroll.
(877) 797-7299 | connections@frontporch.net

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

Program Guidelines

For mutual enjoyment and respect, 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).
- For the best audio experience for everyone, consider using a headset and do not use your phone on speaker.

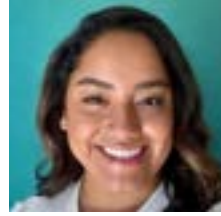
Group Etiquette

- 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.

Our Team



Liz Avalos
Program Manager



Maria Miranda Venegas
Administrative
Coordinator



Annette Balter
Program Director



Melisa Mottola
Program Manager



Amber Carroll
Senior Director



Lizette Suarez
Program Director



Michael Cueva
Program Manager

Farewell, Emma

This summer, the Connection Programs lost one of the most beloved and recognizable voices of our community. Need to enroll? Call Emma. Have a question? Call Emma. Need to talk? Call Emma. For the past 8 years, Emma sat at her desk with the phone practically glued to her ear, and each caller was met with her signature patience, warmth, and kindness.



Emma loved working and was proud of the job she did. She loved her colleagues, many of whom became friends. She loved to bring homemade treats to share at work. She loved office parties. Her family meant everything, and she loved her dogs! Emma passed away peacefully at age 82, with friends and family by her side. Through her work, Emma truly lived her purpose and brought that sense of purpose into all of our lives as well. Emma, you will be profoundly missed, and forever cherished by all of us.

Farewell, Social Call

In a world that often feels fragmented, the Social Call program has built bridges – for over 4,000 people since its founding in 2009 – for weekly one-to-one visits to older adults by volunteers of all ages, sparking friendships that transcend distance, age, and background. At the core of this remarkable work is a team who have demonstrated compassion, innovation, and unwavering dedication.

As Front Porch has sunset the Social Call program effective August 1, amid an increasingly challenging nonprofit funding landscape, we pause to honor the extraordinary legacy of this work, and the remarkable people who made it possible.

From day one, the Social Call team led with vision. Launched in San Francisco by Senior Resource Directors Amy Brokering and Josie McGann, the program expanded to Marin, Sonoma, and Los Angeles counties under the leadership of Vanessa Sacks, with support from Program Managers Brian Stannard and Francesca Trudeau. As the need for meaningful engagement continued to grow, so did Social Call. Under Katie Wade's leadership,



L-R: Casey O., Rosanna A., Joanna A., and Jasmine T.

the program expanded virtually and nationwide, and, earned the Mather Promising Practice Award for Innovation at Work.

Social Call addressed loneliness, isolation, and ageism, with both humanity and humility. Under Casey O'Neill's leadership since 2022, along with her passionate team; Liz Avalos, Rosanna Aragon, Jasmine Trejo, Joanna Aceves, and Michele Foster, Social

Call grew by 65% across the country. Their efforts have been published in peer-reviewed journals, featured in media outlets, spotlighted at national conferences, and garnered recognition from McKnights Senior Living, American Society on Aging, and Generations United.

As the program has been winding down over the last couple of months, the Social Call team has led with grace. They've handled this transition with professionalism and heart, honoring the participants and volunteers who made the program thrive. Their integrity has never wavered.

Ask any team member, and they'll tell you it's about the people. Like George, who found connection after the loss of his wife:

"When my wife died, it made a huge difference to have someone to chat with weekly. I was extremely sad and lonely, and Social Call provided that for me. I truly enjoy my match. It feels great, almost like a pen pal, except you get to video chat. We share the good, the bad, and the in between. It's turned into a real friendship."

Or Ira, who discovered new purpose through connection:

"These calls helped me meet people I never would have met. Most importantly, Social Call helped me help myself and others."

Or Dawn, who found joy and perspective in a new friendship:

"Social Call brought me a friend and a new, positive view of life. I now see aging as a number, not a deficit."

These are the stories that define the Social Call legacy. Small moments that carry profound meaning. Though the Social Call program is closing, its spirit endures. To the Social Call team: thank you. Your work has made the world a little warmer, a little closer, and a lot more connected. Your legacy is just beginning.

Thank you

Program Guide and Schedule

LEGEND



Handout/Visuals: A group that includes a handout. To receive a handout, you must register in advance by calling the office, emailing us, or registering online.



New: A new Well Connected group

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

Learn About Well Connected

Become an Ambassador

Monday, 9/15

Love Well Connected? Share your passion as an ambassador! Learn how you can help others get involved and spread the word about our program.

Facilitated by Liz Avalos, Front Porch



Calendar Clues

Monday, 9/8

Join us for an accessible reading of the Well Connected calendar. For participants who are blind/low vision and may not use screen readers or Braille - learn about the current session and get support in choosing groups.

Facilitated by Maria Miranda Venegas, Front Porch

Newcomers Welcome

Friday, 9/5, 9/19, 10/3, 10/17, 11/7, 11/21, 12/5, 12/19

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

Facilitated by Front Porch Staff

State of Well Connected

Wednesday, 10/15

Get the latest from Well Connected and Front Porch—and share your voice too! We look forward to your feedback and ideas to enhance the program.

Facilitated by Annette Balter, Front Porch



Buffalo Bill Cody and Cody “Country”, Wyoming

10/6

Buffalo Bill Cody was a world-famous westerner in the late 1800s and early 1900s. His home base was Cody, Wyoming, and the country around Cody. He was an entertainer, rancher, and developer. Learn about his Wild West Show, his wider legacy, and ties to Cody and its surrounding area.

Presented by Scott Danielson

Puerto Rico

10/13

Visit the Caribbean’s Isla del Encanto, a U.S. territory in the tropics! We’ll see colorful, colonial old San Juan, picture-perfect beaches, and hike in the only national tropical rainforest, El Yunque.

Presented by Annette Balter, Front Porch

Superior Trip to Lake Superior

10/20

We all need a break sometimes – to breathe in pine air, listen to the waves, stoke a fire, skip rocks, and indulge in too many donuts and fried fish. Join us for a cozy, nature-filled birthday getaway on the shores of Gitchi-Gumi.

Presented by Amber Carroll, Front Porch and Mike Jaszewski

Sights, Sounds, Snacks & Spooks: A Sensory NOLA Journey

10/27

Embark on a vivid exploration of New Orleans’ culture, flavor, and mystery. Discover the city’s beauty, soulful rhythms, iconic culinary delights, rich history, voodoo lore, and haunting tales, bringing the city’s allure to life.

Presented by Erica Jayne Friedman

Southern Charm & Coastal History: Savannah & Charleston

11/3

Charleston, South Carolina, and Savannah, Georgia are two of the South’s most enchanting and historic cities. Explore their rich histories—from antebellum plantations and the roots of the Civil War to vibrant art scenes, Lowcountry cuisine, and enduring city legacies.

Presented by Elizabeth Danielson



Iconic Harlem: New York's Most Storied Neighborhood, Part 1

11/10

Stroll through the heart of Harlem, exploring the Apollo Theater, Abyssinian Baptist Church, Harlem Walk of Fame, Schomburg Center for Research in Black Culture, Harlem Hospital murals, and Sylvia's Restaurant. We'll visit landmarked neighborhoods like Strivers Row, Astor Row, and Mount Morris Park while honoring the legacy and spirit of influential African Americans that define this historic neighborhood.

Presented by Leigh Hallingby, NYC Tour Guide, harlemwalks.com

Hidden Treasures in the Big Apple

11/17

Journey through some of New York City's lesser-known gems! While iconic landmarks like the Museum of Natural History, MoMA, Rockefeller Center, and Central Park draw crowds, NYC is also home to smaller, fascinating venues that reveal the rich history and culture of its five boroughs.

Presented by Deirdre-Holly Spelman

Arizona Uncovered: Nature's Beauty and Unexpected Delights

11/24

Best known for the Grand Canyon and the red rocks of Sedona, Arizona offers so much more! Journey from Antelope Canyon to Organ Pipe Cactus National Monument. Explore mountain trails, forests, canyons, towering and snow-covered cacti, waterfalls, hoodoos, and bright desert flowers.

Presented by Ellie Knesper

Iconic Harlem: New York's Most Storied Neighborhood, Part 2

12/1

Take a virtual stroll through the heart of Harlem, exploring the Apollo Theater, Abyssinian Baptist Church, Harlem Walk of Fame, Schomburg Center for Research in Black Culture, Harlem Hospital murals, and Sylvia's Restaurant. We'll visit landmarked neighborhoods like Strivers Row, Astor Row, and Mount Morris Park while honoring the legacy and spirit of influential African Americans that define this historic neighborhood.

Presented by Leigh Hallingby, NYC Tour Guide, harlemwalks.com



Explore the Vibrant Heart of Mexico City!

12/8

From Aztec ruins and grand colonial architecture to world-class museums, colorful markets, tree-filled parks, and superb food, Mexico City offers an unforgettable blend of history, culture, and cuisine. Join us for a virtual tour through iconic neighborhoods, must-see landmarks, and local gems!

Presented by Monica and Don Berkman

Egypt and the Nile

12/15

Explore the ancient sites of this fascinating country, including the Great Pyramids, the enigmatic Sphinx at Giza, the Temple of Karnak, the tomb of Tutankhamen in Luxor, and the grand port of Alexandria. As we drift slowly down the Nile on a dahabiya riverboat, visiting small islands, villages, and markets, we will learn about life in these communities.

Presented by Terry and Steve Englehart

Turkey - A Trip Back in Time

12/22

A trip to Turkey, the only country to span two continents, is a blend of Roman, Greek, and Anatolian cultures, and a journey into thousands of years of history and architecture. Unique geological formations add another layer to the country's remarkable character. Explore cities that exist inside their fairy towers and deep below their surface.

Presented by Paula Wright



Impressionism in France & the U.S. - Birth of a Movement

10/2

Impressionism emerged in late 19th-century Paris as a bold break from traditional academic art. Initially met with strong criticism, it has since become one of the most beloved art movements worldwide. We will explore the origins of Impressionism and the pioneering French artists who redefined the boundaries of visual art.

Presented by Nanette Hanks, University of Minnesota

Surfing Madonna: Save the Ocean Exhibit

10/9

Dive into the spirit of the sea with the Surfing Madonna Oceans Project. This vibrant exhibit showcases diverse artistic and poetic visions, celebrating the magic of the ocean. Through creativity, we honor the coast's beauty, inspire stewardship, and share the powerful stories that connect us to the water and each other.

Presented by Jean Keane, frontporchgallery.org

The Art of Richard Long - Measuring Toward the Horizon

10/16

Richard Long's landscape art (lines and circles on the earth) provides a unique opportunity to engage with two philosophers, Martin Heidegger and Jean-Luc Nancy, both concerned with issues of time, space, and span as they relate to the horizon. These concepts unite as compositional elements in Long's work and his interest in the finite nature of one human life versus an eternity of lifespans strung together—countless beginnings and ends.

Presented by Antonia Dapena-Tretter

Matisse: The Enchantment of Color

10/23

The French painter, Henri Matisse, helped shape modern art with bold colors and simple forms. A leader of the Fauves, his painting, sculpture, printmaking, and paper cutouts reflect themes of joy and beauty. Explore how his vibrant nudes, landscapes, and interiors offer a fresh, colorful perspective on the modern world.

Presented by Laura Davis



Made in America

10/30

We'll take a journey through American art, uncovering how it has shaped the nation's culture and character. From the era of conquest and colonization to the rise of modernism and the tensions of culture wars, artists have captured and reflected the evolving identity of America in powerful and thought-provoking ways.

Presented by Sarah Davy

Impressionism in France & the U.S. – American Perspective

11/6

In the second part of our exploration, we examine how Impressionism crossed the Atlantic. Though initially met with skepticism, American artists such as Mary Cassatt embraced and adapted the style, adding their perspectives. We will highlight Cassatt's influence and showcase the works of American Impressionists who shaped the movement's legacy in the U.S.

Presented by Nanette Hanks, University of Minnesota

The Art of Fish

11/13

Fish are often a fascinating subject, both in the arts and in our culture. From poetry and paintings to music and quotations, let's gather to talk about fish in art and share some favorite examples.

Presented by Laura Robertson



“In a time of loneliness, Well Connected has been a big help—to speak with people across the country in fellowship.”

David R.
Participant

Color and Chat

Tuesday, 9/2 – 12/30

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, 9/30 – 12/16

Exercise your imagination and fire up healthy brain cells! If you love to write, you are a writer. Join our community of writers and learn how to compose simple, beautiful poems or prose with the touch of a pen or key. Each month we'll explore a different genre and write freely. Share your original work on *Writers Read* or be published in the *Writers' Anthology*.

Facilitated by Linda Valenziano



Holiday Songs & Sing-Alongs: A Musical Exploration

Wednesday, 12/24

They are the holiday songs that many know by heart and sing heartily each December! Let's listen to a few, learn their backstories, and other information about these holiday classics.

Facilitated by Laura Robertson

Knit or Crochet Together

Wednesday, 9/3 – 12/31

From beginners to experts, you are invited to knit or crochet the hour away with a friendly group of yarn workers. Share what you are working on, give others tips, and enjoy learning together. You can also learn how to loom knit, with about \$20 in supplies to get started.

Facilitated by Neva Fairchild

Make a Fairy House and Garden Part 2

Monday, 9/15 – 10/27

We'll continue crafting our magical fairy house and garden using fabric, embroidery, collage, paint, etc. Let your creativity bloom in this interactive class with techniques and materials that bring your whimsical world to life.

Facilitated by Gayle Wanamaker

Music Makers

Fridays, 9/5, 9/19, 10/3, 10/17, 11/7, 11/21, 12/5, 12/19

9/5 Fun in the Sun Songs!

Before we put away our swimsuits, let's enjoy some of the lazy, crazy songs of summer! Nat King Cole, Connie Francis, The Beach Boys, and Elvis Presley will warm our hearts. Join us from *Under the Boardwalk* or from *Surf City*, we will all be *Dancing in the Street* together! Don't forget your *Itsy Bitsy Teenie Weenie Yellow Polka Dot Bikini*!

9/19 1960s and 1970s Supergroups

Including Cream, Blind Faith, Led Zeppelin, Crosby, Stills, Nash & Young, etc.

10/3 Female Singers of the 1950s

Have a grand time recalling some of the great contributions of remarkable women from the 50s, like Doris Day, Dinah Washington, and Patti Page.

10/17 Motown

The Temptations, The Supremes, The Four Tops, Smokey Robinson and the Miracles, and of course - Stevie Wonder!

11/7 The Music of Henry Mancini

Composer Henry Mancini won 4 Oscars and 20 Grammy Awards! Enjoy Mancini's most popular songs like *Moon River*, *The Pink Panther Theme*, *Love Theme from Romeo and Juliet*, and *Days of Wine and Roses*!

11/21 Protest Songs

So many to choose from!

12/5 Third Annual Holiday Music Program

Let's gather for the *Most Wonderful Time of Year*! We'll take requests and recall fascinating stories behind many classic holiday tunes: *Let it Snow*, *Let it Snow*, *Let it Snow*, *Silver Bells*, *Sleigh Ride*, and our favorite sing-along song, *Jingle Bells*!

12/19 Love Songs

There is an abundance to choose from!

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

Arts & Music

Music's Memory Lane

Tuesday, 9/2 – 12/30

We'll explore hit songs, vintage TV shows, and memorable musicians—from Big Band to the Beatles. Share your concert memories, favorite lyricists, and pop culture moments, then enjoy musical requests and discussion.

Facilitated by Steve Maraccini

Songs for You

Thursday, 9/4 – 12/25

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

Facilitated by Buddy Weisman



“While navigating loss and life transitions, Mondays can be particularly challenging. Researching and facilitating a group for Well Connected has occupied me, offering me something to give to others; keeping my mind engaged and making meaningful use of my time.”

Steve H.
Facilitator

Conversation

Across the Miles

Wednesday, 9/24

Join us across the miles as the Without Walls Network comes together to share stories and talk about life in our different locations throughout the United States and Canada.

Facilitated by Without Walls Staff Throughout North America

Activists R Us!

Wednesday, 9/3 – 12/31

Democracy needs voting, the political act, and information to thrive. During elections, your voice is heard by casting your vote or by committing a political act. We will listen, encourage, 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, 9/19, 10/3, 10/17, 11/7, 11/21

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 a question to connections@frontporch.net, which will be answered on the next call.

Facilitated by Gerald Richards, Esq.

Coffee Break

Monday, Saturday, Sunday, 9/1 – 12/29

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

Facilitated by Ricki Perlman (Monday and Sunday) and Mary Bell Snyder (Saturday)

Creative Conversations

Wednesday, 9/3 – 10/22

What does it mean to be a hero? If your foot could talk, what would it say? What were the foods and tastes of your childhood? Join me to answer questions like these and have some creative conversations together.

Facilitated by Harla Norman

Conversation



Coping with Grief

Tuesday, 11/4 – 12/9

Grief touches all of us, yet each journey is unique. In this supportive session, we'll explore healthy ways to process loss, share reflections (if desired), and learn coping tools to navigate the emotional landscape of grief. Whether your loss is recent or long ago, all are welcome.

Facilitated by Paige Naylor, PhD, Clinical Psychologist

Death Café

Tuesday, 9/23, 10/28, 11/25, 12/23

Join your peers for gentle, open conversations about death and life. In this welcoming and confidential space, share your questions, fears, memories, or whatever is coming up for you at the moment. There's no agenda, just heartfelt connection, space for grief, creativity, and sharing the joys of life. This is a discussion group rather than a grief support or counseling session.

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

Groceries for Less Plus Kitchen Table Conversations

Monday, 9/1 – 12/15 (no group 10/13)

Join us at our virtual kitchen table to share grocery deals, pantry tips, and smart shopping strategies. Each week includes timely meal ideas and an open space for you to exchange your tips, ask questions, and connect with others who love cost-saving and making the most of what's on hand.

Facilitated by Steve Hoad

Hobby Hangout

Friday, 10/3 – 10/31

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 passions, and connect with fellow hobbyists.

Facilitated by Larry Siegel

Conversation

Inspiring Stories

Saturday, 9/6 – 12/27

Would you like to hear 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, 9/27 – 12/28

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

Facilitated by Lynn Millar and Peggy Morin

Ladies Lounge

Monday, 11/24 – 12/29

Get comfortable and bring a topic to discuss with other lovely ladies, like how you keep going, something you want to do but have not done, and the important people in your life. Let's share and support each other.

Facilitated by Patt Schroeder



Let's Celebrate Birthdays!

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

Whether or not it's your birthday, please join us to celebrate participants with birthdays in that month. We'll share fond memories and happy times. You're invited to the party!

Facilitated by Mary 'Sunshine' Dunmire and Nicolette Noyes

Conversation

LGBTQ Chat

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

This group is intended for participants who identify as LGBTQ, providing the opportunity to connect with others in a social, supportive, and inclusive environment. Participants are invited to share individual and collective experiences to build a sense of community.

Facilitated by Kay George

Name Three Things

Monday, 9/1 – 12/29

Each week, 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

Secrets to a Satisfying Retirement

Monday, 10/6, 10/20, 11/3, 11/17, 12/1, 12/15, 12/29

For those nearing or newly retired and anyone interested and/or experiencing a fulfilling retirement, we'll discuss navigating retirement with purpose and fulfillment. We'll explore staying active, social connections, volunteering, health challenges, and relationships. Share your strategies for living 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

Monday, 9/8 – 10/6

Join us for a warm and welcoming space to reflect on meaningful memories, life lessons, and what connects us. Each week, we'll explore a different theme—like gratitude, memorable places, or pieces of our culture and identity. Share at your own pace, listen to others, and find connection.

Facilitated by Rosemary Maciel, Student, Palo Alto University

Conversation



Talk it Up... Laugh it Up

Wednesday and Friday, 9/3 – 12/31

Do you like to talk? Do you like to laugh? Join us for conversation, and maybe a laugh... or three!

Facilitated by Sue Piecuch (Friday) and Mary Bell Snyder (Wednesday)



Reimagine Dementia: Taking It to the Streets

Monday, 9/22

In honor of World Alzheimer's Day, the Reimagining Dementia Coalition is Taking It to the Streets! Globally, millions of people are living with and being impacted by dementia. Join Well Connected and LiveWell as we hear stories that challenge stigma and reveal how life with dementia can be rich with purpose, connection, and joy. We're reimagining what's possible!

Facilitated by Amber Carroll, Front Porch and LiveWell members

Where Were You When?

Sunday, 9/7 – 12/28

Remember the good 'ole times when life wasn't so busy and confusing? Join us for some reminiscing as we ask: "Where were you when...?"

Facilitated by Linda Crawford



"I think it is an amazing program for elderly people who live alone, just like me. It is wonderful because I have something to look forward to, it is so helpful and there are people all over the country, that is another wonderful thing."

Tina P.
Participant

Fun & Games

Improv Games

Wednesday, 10/22 – 12/31

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

Facilitated by Terry Englehart and Laura Wells

Jeopardy!

Tuesday, 9/2 – 12/30

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

Facilitated by Sue Piecuch

Mental Math

Sunday, 10/5 – 10/26

Let's revisit the basics of math through problem-solving. Do you remember your fractions, decimals, percentages, etc.? Let's have fun and learn some fun facts as we practice the basics.

Facilitated by Crystal Maciel, Professor, CA State University East Bay

Mystery Melody

Saturday, 9/6 – 11/8

The mystery melody song themes this session are: (9/6) *Emma*: First Names in a Song; (9/13) *The Children's Hour*: Songs for and About Children; (9/20) *Little House in the Big Woods*: Adjectives; (9/27) *Catch 22*: Numbers; (10/4) *A Farewell to Arms*: Parts of the Body; (10/11) *Les Misérables*: Musicals (10/18) *A Moveable Feast*: Food & Drink; (10/25) *The Time Machine*: Aspects of Time; (11/1) *The Girl on the Train*: Modes of Transportation; (11/8) *A Christmas Carol*: Upcoming Holidays.

Facilitated by Jan Knowles

Noggin Joggin'

Thursday, 9/4 – 12/18 (no group 10/9 – 10/23)

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

Thursday, 9/4 – 12/25

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, 12/3

No stress allowed! Though it may be reminiscent of 6th grade angst, this will truly be a fun event. No prep is needed. Call in to join or listen in.

Facilitated by Terry Englehart

Tall Tales

Tuesday, 9/2 – 12/30

Do you like to tell or listen to a good story? Join the Well Connected "Liars' Club" to guess which stories are true or are fanciful fabrications.

Facilitated by Lynn Millar & Peggy Morin

Trivia

Tuesday, Friday, Sunday, 9/2 – 12/30

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

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

Fun & Games

Ungame

Thursday, 9/4 – 12/25 (no group 9/18, 10/16, 11/20, 12/18)

Is it a game or something more? Both! This unique board game builds communication, listening, and connection through a mix of meaningful and light-hearted questions. It's a safe, fun way to express yourself and get to know others. Learn more or read the rules by calling the office.

Facilitated by Samantha Smith



Word Play Wonders

Sunday, 9/7 – 9/28

Join us for Wordle and other engaging word games! Test your vocabulary, sharpen your skills, and enjoy friendly competition in a fun and relaxed environment. Perfect for word lovers of all levels, this group is a great way to challenge your mind and connect. Let the games begin!

Facilitated by Aubrey Avalos



“I have taken Gayle’s classes since the first Crazy Quilt class. They have always taken me beyond places I expected to go. Using my imagination and finding joy in making a fairy house sounds silly, but even at 95, I knew I would learn something.”

Ruth G.
Participant

Author Reading: *What Lucy Heard*

Tuesday, 9/9 – 11/11

Private investigator Pat Pirard is asked to help with jury selection, but insists she meet with the accused before agreeing to work for him. Convinced he's innocent, Pat helps select a jury she hopes will acquit him. But as she listens to testimony during his trial, she fears she's been duped and may be working to set a guilty man free.

Facilitated by Nancy Lynn Jarvis, Author

Poetically Speaking

Wednesday, 9/3 – 12/31

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

Facilitated by Greg Pond, Poet

Poetry Reading

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

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

Facilitated by Sally Love Saunders



Read Aloud

Saturday, 9/13 – 11/1

We'll read *The New Year's Quilt* by Jennifer Chiaverini. The saga continues with Sylvia and Andrew as they travel the country in their motorhome, uncovering heirloom quilts, family stories, and pieces of American history. Join us for unexpected adventures woven through past and present.

Facilitated by Gayle Wanamaker

Story Time

Thursday, 9/4 – 12/25

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, 9/14 – 12/28

We write to express feelings, empower, educate, entertain, etc. Read your original poetry or poetry written by published poets. Feedback and discussion follow readings. Share your original work on *Writers Read* or be published in the *Writers' Anthology*. All listeners are valued and welcome.

Facilitated by Mary Ann Bozenski

Time Out for a Story

Saturday, 9/6 – 12/27

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

Facilitated by Nicolette Noyes



Turning Pages

Sunday, 11/2 – 11/23

Dive into J.D. Salinger's *Catcher in the Rye* with our interactive reading group. Explore key excerpts, discuss profound ideas, and uncover new insights into this literary classic. Whether you're revisiting Holden Caulfield's journey or experiencing it for the first time, join us for thought-provoking discussions in a focused and engaging setting!

Facilitated by Aubrey Avalos

Writers Read

Friday, 12/19

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

Facilitated by Linda Valenziano



10 Warning Signs of Alzheimer's

9/30

Recognize common signs of Alzheimer's disease in yourself and others and identify next steps to take, including how to talk to your doctor.

Presented by Benson Zhao, Alzheimer's Association, alz.org/norcal

Embracing the Upside: 9 Must-Have Strategies for Aging Well

10/7

Learn uplifting insights and practical strategies for living well while living longer. Drawing from lessons of centenarians, mindset science, and personal renewal, we will explore how to manage setbacks, overcome low moods, and stay purpose-driven. It's never too late to start a new chapter.

Presented by Joseph M. Casciani, PhD., Founder, livingto100.club

Wellness in Harmony: Exploring Music and Mental Health

10/14

Discover how music can be a powerful tool for promoting mental wellness, emotional expression, and meaningful connection. This session explores the benefits of music, no matter your age, including how music can reduce stress, elevate mood, and foster emotional and social connection.

Presented by Tara Jenkins, MT-BC, CDP, Founder & Music Therapist, harmonyindementia.com

Understanding Alzheimer's and Dementia

10/21

Learn basic information on the difference between Alzheimer's and dementia: stages, risk factors, research, and FDA-approved treatments.

Presented by Benson Zhao, Alzheimer's Association, alz.org/norcal



Understanding Vision Loss

10/28

Understand common eye diseases and issues related to vision loss, as well as free services that include low vision rehabilitation, orientation, and mobility, library, technology, support, and independent living services. Our goal is to help you live better with vision loss.

Presented by Julie Slusher, brailleinstitute.org

The Gut-Brain Connection: A Holistic Approach to Healthy Aging

11/4

Did you know the state of your gut could influence the health of your brain? Let's explore the growing medical interest in the gut-brain connection and its effects on cognitive function. Learn key strategies for holistic, healthy aging that nurture both brain and gut health.

Presented by Veronica Sibley, Senior Alternatives, bayareaseniorcare.com

Helping Kids Understand Alzheimer's Disease: Why It Matters

11/11

Mackenzie Meets Alzheimer's helps caregivers introduce Alzheimer's disease to their children. Learn why it's important, how to talk to children about Alzheimer's, tips that facilitate intergenerational interaction through the course of the disease, activities to create positive memories, and ideas on how to incorporate children into the caregiving process.

Presented by Brenda Freed, MA, Co-creator, MackenzieMeetsAlzheimers.com

Unlock the Benefits of PACE: Senior Care Made Simple

11/18

Explore how the *Program of All-Inclusive Care for the Elderly* (PACE) helps those 55+ with complex needs live safely at home. Learn about personalized medical care, social support, and services offered under one coordinated plan—ideal for seniors, caregivers, and families.

Presented by Sheryl Morasco and Teddy Mullin, elders.org



Your Guide Through the Tough Stuff: A Conversation About Palliative Care

11/25

Learn about palliative care—specialized medical care aimed at easing symptoms and stress for those living with serious illness. Discover how palliative care can improve your quality of life and receive practical tips for planning with confidence.

Presented by Dr. Lyndsay DeGroot, PhD, RN, CNE, Assistant Professor, Indiana University School of Nursing

Emotional Connections: *diidii* App Supporting Caregivers

12/2

Discover *diidii*, an NIH-funded app designed to help caregivers support loved ones with memory loss. Dementia impacts planning and decision-making, but emotional awareness remains. Learn how *diidii* helps caregivers and families sustain better moods and connections. New to caregiving? *diidii*'s mentor feature offers helpful tips and gentle guidance.

Presented by Debby Dodds, M.S., CoFounder, Gerontologist, diidii.app

Thriving in Your Golden Years: Hobbies and Self-care

12/9

Engaging in hobbies and practicing self-care can enhance quality of life and support healthy aging. Let's explore how these practices can promote overall wellness, foster social connections, and encourage personal growth.

Presented by Kiara Summers & Lizeth Sotelo, Palo Alto U. Students

Everyday Brain Tips: Simple Strategies to Stay Sharp

12/16

Discover simple, research-backed strategies to improve memory, focus, and organization. Learn practical tools—like setting routines, using reminders, and optimizing your environment—that can make everyday tasks easier and less stressful. Explore how small, manageable changes can support your brain, boost confidence, and help you feel more in control.

Presented by Angelina Quagletti, Student, Palo Alto University



Exploring the Intersection Between Neuroscience and Dance 12/23

Join us for a fascinating exploration of Bharatanatyam—a 2,000-year-old classical Indian dance form known for its intricate hand gestures, expressive storytelling, and rhythmic beauty. Discover how this ancient art impacts the brain, supports well-being, and experience how dance can serve as a gentle, empowering path to connection, healing, and self-expression.

***Presented by Sloka Iyengar, PhD, Dancer and Neuroscientist,
slokaiyengar.net***

Laughter Yoga Wednesday, 9/3 – 12/17

Laugh and boost your health! 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



“Being a facilitator with Well Connected is a true blessing. I’ve been both a member and a facilitator, and giving back fills my heart. As someone who is blind, I know the deep need to feel seen and valued. Including others is my joy and my way of living what inclusion truly means.”

Macarena P.
Facilitator

Holidays & History

Every Day Celebrations

Thursday, 9/11 – 10/30

We will introduce 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



Giving Thanks

Thursday, 11/27

Let's pause to reflect on what matters most. In this one-time Thanksgiving gathering, we'll share stories, memories, and moments of gratitude in a supportive and heartfelt space. All are welcome to join in this celebration of thankfulness and connection.

Facilitated by Nicolette Noyes



Halloween Trivia

Thursday, 10/30

Monstrous movies, fearful fiction, horrific history—turn down the lights, draw the curtains, & test your knowledge on wickedly fun Halloween trivia!

Facilitated by Mike Jaszewski



A History of Christmas Ornaments

Thursday, 12/25

Let's learn just how ornaments were made and how they continue to delight us even today. Bring an ornament to share or a memory of when you bought that special ornament with a special someone.

Facilitated by Gayle Wanamaker



National Button Day

Sunday, 11/16

As quilting embellishments, I dearly love buttons. Let's explore the evolution of buttons—from fasteners to decorative art. We'll learn about their origins, how they were drilled, shell buttons, immigrant innovation, and how buttons shaped both fashion and function, even during wartime.

Facilitated by Gayle Wanamaker

Holidays & History



A New Way to Look at Labor Day

Monday, 9/1

What does Labor Day have to do with genealogy? Going back 100 years before we were born, join us to uncover surprising connections between this national holiday, your family history, and what it means for you today.

Facilitated by Gayle Wanamaker



Preparing for the New Year Together

Wednesday, 12/31

New Year's Eve is a time to reflect on the year that is ending and plan for the year to come. Join us as we recall how we've spent New Year's Eve in the past and exchange ideas about what we hope for in the year ahead.

Facilitated by Norman Reiss



Presidents' Wives Fashion & History

Sunday, 11/2

From Washington to Lincoln, discover how the White House developed and how First Ladies shaped the nation's legacy. Through fashion, interests, and values, these women left lasting impressions on American history and culture, adding unique threads to the fabric of our early presidency.

Facilitated by Gayle Wanamaker

This Day in History

Thursday, 11/6 – 12/25

Every day has historical significance. Let's discuss key events that occurred on the month and day. Brush up on knowledge of the distant and recent past and share memorable events that have occurred during your lifetime!

Facilitated by Amanda Duncan



Toy Stories

Saturday, 9/6 – 9/27

Learn and discuss the history, technology, and design behind iconic toys from your or your children's childhood. Rediscover old favorites, share memories, and see them in a new light. It's never too late to play!

Facilitated by Amanda Duncan

Languages

Further Along in French

Tuesday, 9/2 – 12/30

Thursday, 9/4 – 12/18 (no group 10/9 – 10/23)

For advanced-level French speakers only – Let's practice oral conversational skills. A textbook is used for instruction.

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

Practicando en Español

Tuesday, 9/2 – 11/18 (no group 9/23, 10/7)

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

Facilitated by Macarena Pena

Practicing German

Friday, 9/5 – 12/26

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

Facilitated by Jack Gorby



“While facilitating my group, I learned that if I can put a smile on someone’s face, make someone laugh, or brighten someone’s day, then I’ve done what I set out to do.”

Mary Bell S.
Facilitator and Participant



Savoring Sicily: A Culinary Journey Through Tradition

9/12

Road Scholar's Cooking in Sicily class was a true inspiration. In this presentation, you'll discover the magic of Sicilian cuisine and the power of food to bring people together. From baked fish in a salt crust to pistachio-filled ravioli, this journey captures the essence of Sicily's rich culinary heritage and the meaningful connections it inspires.

Presented by Rose Vigdal, Road Scholar Ambassador, roadscholar.org

Day Programs, Isolation Prevention and Dementia Care, Oh My!

9/19

Join us for an interactive session to learn about different types of day programs, how to prevent isolation, and how to best engage people with dementia and other disabilities in activities that meet them where they are.

Presented by Debbie Toth, President & CEO, choiceinaging.org

Ember-Resistant Gardens

9/26

Discover how a firewise garden can be beautiful, functional, and safe. Learn to create and adapt existing gardens to resist fire and explore creating gardens that welcome birds, pollinators, kids, pets, and produce food. Find unexpected silver linings in making your outdoor space wildfire-resilient.

Presented by Marilyn Saarni, West Contra Costa Fire Safe Council, wccfiresafe.org, rescapeca.org

Resilience, Rituals & Rest

10/3

Explore how culture, daily routines, and personal traditions can support emotional well-being in later life. Through shared stories and simple practices, we'll reflect on how rest, connection, and resilience shape our lifestyle and inner peace. Join us for a warm, uplifting conversation about caring for your heart, mind, and spirit—every day.

Presented by Julianna Christofi, Student, Palo Alto University



Love, Loss, and Grief

10/10

What do we feel when someone we love dies? How can we adapt to even the most difficult losses? Pulling from decades of research from the Center for Prolonged Grief, you will deepen your understanding of grief and the ways in which we can take care of ourselves following a significant loss.

***Eleanor Robb, MSW, Center for Prolonged Grief,
prolongedgrief.columbia.edu***

Creating Age-Friendly Spaces: A Campus Designed for All Ages

10/17

Explore how the University of Colorado Anschutz Medical Campus is making its spaces more welcoming, accessible, and inclusive for older adults. From easier navigation and better signage to thoughtful parking and restroom access, discover how older community members are helping shape a campus that supports aging with dignity and independence.

Presented by Jodi Waterhouse, CU Anschutz Multidisciplinary Center on Aging, medschool.cuanschutz.edu/center-on-aging

The 4 Key Elements of Audio Theater

10/24

Entertaining audio plays contain four key elements: a well-written script, that inspires, shocks, or makes people giggle; casting; direction; and sound engineering (effects and design). Together, they create an audio theater experience capable of moving an audience to hope, tears, or laughter. We'll explore these various elements with an emphasis on script writing.

Presented by Joe Graceffo, audio dramatist, playwright, screenwriter & novelist, joegraceffo-writer.com



Share Your Story

10/31

Within your life story are treasures your grandchildren will cherish. Learn modern methods to capture and share your story in engaging and meaningful ways. Using proprietary tools like the Timeline of Significant Life Events™ and the Share Your V.O.I.C.E.™ framework, you'll uncover the gems that can help your family thrive for generations to come.

Presented by Aaron Larsen, Founder, GrandparentsAcademy.com

What Runs in the Family

11/7

I am blessed to have come from a line of strong, independent, creative women, and will share my personal stories about them. You will meet a proud spinster who loved books and wove bright wall hangings, a woman whose first ceramic teacher was a woodcarver in postwar Germany, and a physicist turned storyteller. From Michigan to California and from Erlangen to Enewetak, come with me on a journey through the generations.

Presented by Cynthia Cudaback

How AARP is Combating Social Isolation for Women 50+

11/14

Loneliness shouldn't be part of aging. The Ethel Gathering Groups, created by AARP, empower older women to combat social isolation through closed Facebook communities and in-person gatherings. Led by passionate volunteers, these groups spark friendship, laughter, and purpose. Join us to discuss the program's success in building supportive, enriching networks.

Fenella Basilio, Program Management Director, AARP



Nature & You: Nationwide Recreation Opportunities for Individuals with Vision Loss

11/21

Discover outdoor recreation opportunities designed for individuals with vision loss. We'll highlight inclusive programs, describe locations and activities, and share how to connect with each organization to learn more.

Presented by Nelly Emerson

Crimes Against Baseball

12/5

For a century and three-quarters, baseball has been hit with countless scandals that threaten to call the game out. There has been gambling, drugs, racism, illegal equipment, and bribes, but baseball plays on. Baseball has been knocked down many times, but never knocked out, because baseball has always been, and always will be, America's National Pastime.

Presented by Brian McCarthy

The Power of Grandmothers

12/12

Discover how The Grandmother Collective is empowering grandmothers globally as leaders of change. Learn how to build or participate in local and global programs that support grandmother-led initiatives and explore the unique role older women play in addressing today's challenges. Learn how grandmothers are redefining aging, leadership, and impact.

Presented by Lynsey Farrell, Co-Founder & Executive Director, grandmothercollective.org

Mindful Practices

Embracing Your Values & Intentions

Tuesday, 10/28

Discover and embrace your core values and intentions as we navigate this beautiful stage of life, we will reflect on what truly matters. 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

Saturday, 9/6 – 12/27

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 experience the subtle realm of the heart-mind experience.

Facilitated by Artee Chandekar, Certified Heartfulness Trainer

Guided Mindfulness Meditation

Monday, 9/15 – 11/3, Sunday, 10/5 – 10/26

Give yourself the gift of the present as you are guided through various mindfulness practices, including breath awareness and body scans.

Facilitated by Alexandra Klein, Certified Mindfulness Teacher (Monday) and Uma Sundaram (Sunday)

Meditation

Every Day, 9/1 – 12/31

Experience your inner reality and facilitate calm and focus through meditation. You will be guided for a few minutes to be present and relaxed, followed by a 25-minute silent meditation. A bell may ring to notice whether your mind state and gently return you to a meditative focus.

Facilitated by Christine Esenther

Mindful Self-Compassion

Friday, 9/12 – 12/12 (no group 11/7, 11/28)

Develop a kinder, more compassionate relationship with yourself using mindfulness, self-kindness, and a sense of common humanity. Incorporate these concepts into your daily life. Come with an open heart and mind.

Facilitated by Alexandra Klein, Certified Mindfulness Teacher



Permanent Collection Highlights

9/17

With works of art spanning antiquity to the 20th century, the museum's permanent collection includes European masterpieces, Egyptian and classical antiquities, and the art of Asia, Africa, and the ancient Americas—all on view within the iconic Louis I. Kahn Building and Renzo Piano Pavilion.

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



The New York Years: Georgia O'Keeffe

9/24

We will view some of O'Keeffe's works, primarily from the 1920s, and compare them with her early work, including Manhattan skyscrapers, to her well-known desert landscapes, and magnified flower paintings.

Presented by Dave Williams, Art Institute of Chicago, IL, artic.edu

Essence & Abstraction: Ellsworth Kelly and Agnes Martin

10/1

Discover the minimalist beauty of Ellsworth Kelly and Agnes Martin, artists who distilled form to its essence. Through their work—lovingly collected by Gap founders Donald and Doris Fisher—we'll explore how simplicity speaks volumes and how their styles help us understand key movements in modern art, including minimalism and abstraction.

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



Trappers, Traders, Top Hats: Mountain Men and the Fur Trade

10/8

Explore the fur trade and 1800s mountain men! Discover how beaver hats were made, their impact on beaver populations, and how the Louisiana Purchase opened new lands for trapping. Explore who the mountain men were and examine artifacts like beaver pelts, traps, and tools used.

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



Contemporary Art
Museum St. Louis

Haegue Yang: Quasi-Heartland

10/15

Experience *Quasi-Heartland*, Haegue Yang's immersive exhibition, spanning 25 years of work and featuring myth-inspired sculptures, thread and paper installations, and new "Mound Vehicles" influenced by Cahokia's earthworks. Explores Yang's multisensory art, inviting engagement through sight, sound, and movement—both within the artwork and from home.

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



Autumn of the Rooster

10/22

Stunning foliage, apple picking, and sipping a hot drink while temperatures cool are some of the quintessential pleasures of fall. Add to those pleasures by savoring autumn through the eyes of Romare Bearden, Utagawa Hiroshige, Louis Comfort Tiffany, and others inspired by fall's beauty.

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



Gone to Texas: Part of the Nation's Immigration Story

10/29

We often think of U.S. immigration in the 19th and 20th centuries as taking place through Ellis Island, NY. Discover Galveston Island, TX - a key but overlooked immigration gateway from 1845 - 1924. Learn about the four major immigration waves, why people came to TX, and their challenges as told through stories and artifacts.

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



Dancing Shadows, Epic Tales: Indonesian Wayang Kulit

11/5

Indonesian wayang kulit shadow theater is among the world's oldest and greatest storytelling traditions and is said to lie at the heart of Javanese culture. We will explore the various aspects of this performance art, including the artistic techniques involved in creating shadow puppets.

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



Grant Wood: Artworks That Tell the Story

11/12

Explore Midwest Regionalist Art featuring Grant Wood, Thomas Hart Benton, and others. View Wood's only painted self-portrait and learn how his charm, versatility, and the Iowa State Fair shaped his career, leading to the creation of American Gothic, one of America's most iconic paintings.

Presented by Carol Ehlers, Figge Art Museum, IA, figgeartmuseum.org

Richter & Kiefer: Memory, Abstraction, and Postwar Germany

11/19

Explore the striking contrasts and shared heritage of German artists Gerhard Richter and Anselm Kiefer. One blends realism and abstraction, while the other confronts the legacy of WWII head-on. Both create powerful, large-scale works that challenge viewers and reflect on history, memory, and identity through vastly different artistic lenses.

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



On Stage & In the Limelight: Modern Art & Theater

11/26

Journey with us through the museum's remarkable history as a creative hub for dance, music, theater, and the visual arts. We will explore costumes and set designs related to international art world luminaries - George Balanchine, Alexander Calder, Aaron Copland, Salvador Dalí, Lincoln Kirstein, Martha Graham, Gertrude Stein, and Virgil Thomson.

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



The Warrior Tradition: American Indians in WWII

12/3

Let's explore the Navajo Code Talkers and lesser-known stories of American Indians in uniform, like Medal of Honor recipient Van Barfoot and the last surviving Crow war chief, Joe Medicine Crow. With a focus on language and symbols, learn about American Indians leading up to WWII. Explore how the Code Talkers used their languages to transmit code on the battlefield and discuss why native language and terminology are relevant today.

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



“In my latest group we have sewn on canvas, wired beads into flowers, used glitter nail polish on maple helicopters, embroidered on buttons and beads, used pill lids for flower bushes, ivy from coffee filters, and twigs from our yards. What fun!”

Gayle W.
Facilitator and Participant

Nature and Animals

Bird Talk

Saturday, 9/6 – 12/27

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

Facilitated by Kaevalya Banks

Look Sharp! Cacti and Desert Plants of the Southwest Part 2

Sunday, 11/9

More cacti and desert plants! From the barrel, to the hedgehog, to the ocotillo, the desert areas of the Southwest are teeming with plant life. Let's take a journey together to learn about their abundance and variety, interesting facts, and how these hardy plants inspire us in nature.

Facilitated by Laura Robertson

Pet Tales

Saturday, 9/27 – 12/27

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, 9/6 – 10/25

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 that give us insight and inspire us to connect.

Facilitated by Gina Pandiani, MA

Reflection & Religion

Bible Study

Thursday, 10/23 – 11/20

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

Facilitated by Lori Guthrie

Buddhist Concepts

Wednesday, 9/3, 9/17, 10/1, 10/15, 11/5, 11/19, 12/3, 12/17

Join us as we read *Understanding Our Mind* by Thich Nhat Hanh, a guide to exploring consciousness through 50 Buddhist verses. The hour will be spent reading and discussing the new concepts we are trying to understand and how we can use this new knowledge to gain insight into our thoughts.

Facilitated by Linda Adair

Catholic Corner

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

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, Front Porch

Focus on Faith

Saturday, 9/6 – 10/25

What is the truth about faith? We will discuss the meaning behind faith for us individually, 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

Saturday, 10/4 – 12/27

“I am so glad that our Father in heaven, Tells of His love in the Book He has given; Wonderful things in the Bible I see, This is the dearest, that Jesus loves me.” — Philip P. Bliss, Jesus Loves Even Me (1871)

Facilitated by brother drake

Gratitude

Every Day 9/1 – 12/31

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

Facilitated by Kaevalya Banks, 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, 12/22

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



“Facilitating groups has been such a rewarding experience. I’ve loved hearing the unique stories and wisdom that each person brings to the conversation. It’s a beautiful reminder of how powerful connections can be, even among people who have just met.”

Rosemary M.
Facilitator

Supportive Groups

Abilities Awareness Chat

Friday, 9/5 – 12/19

This peer-led group offers a safe place where people with disabilities can share everyday challenges and triumphs. Share your joys, fears, tears, and laughter as we age with a disability. All are welcome.

Facilitated by Mary ‘Sunshine’ Dunmire and Jill Noble

Caregiver Conversations

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

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

Facilitated by Samantha Smith

Facilitator Support Group

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

Well Connected Active Facilitators Only

Training, program updates, and open discussion for facilitators. Facilitators required to attend a minimum of one support group meeting each session.

Facilitated by Melisa Mottola, Front Porch

Living Well with Sight Loss

Tuesday, 9/2, 9/16, 10/7, 10/21, 11/4, 11/18

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? As peers, let's support each other.

Facilitated by Christy Crespin and Nicolette Noyes

Supportive Groups

Living with Chronic Pain

Thursday, 9/25 – 12/25

Do you or a loved one live with chronic pain? Do you need to talk about your victories, defeats, or struggles with living a quality life? Join a peer-led support group where anyone living with chronic pain or their caregivers have an opportunity to share.

Facilitated by Tom Norris, Retired Air Force Lieutenant Colonel, ACPA

Loneliness and Connection

Saturday, 9/6 – 12/27

Loneliness can touch people of all ages, but meaningful connection is within reach. Join us for reflective conversations and discover simple, practical ways to reconnect with yourself and your community. We'll explore small actions that can lead to a more connected, fulfilling life.

Facilitated by Andrew Bong

Self-Empowerment Now

Tuesday, 9/16, 10/21, 11/18, 12/16

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 foster independence and community.

Facilitated by Milan Castaneda, Radiant Futures, CA



Cruise Ships: Floating Towns

9/19

As they sail, cruise ships provide everything needed for 100s to 1000s of people. We will delve into systems operating the ship and servicing its needs with a focus on small to medium-sized ships (600 - 2000 passengers). Overall design considerations, bridge operations, propulsion, and utility systems are the focus, not guest cabins or amenities.

Presented by Scott Danielson

CRISPR: A Powerful Tool for Science and Medicine

9/26

CRISPR is a tool scientists use to change DNA—the instructions inside all living things. In the past decade, CRISPR technology has transformed research biology and reshaped the future possibilities of biomedicine. We'll discuss what CRISPR is, how it works, a few ways it has been used, and some ethical considerations around current and future use.

***Presented by Ed Gelernt, PhD Student in Genetics,
Stanford University***

Enhancing the Lives of Older Adults Through Technology

10/3

Let's discuss how technology is transforming the lives of older adults—making daily tasks easier, keeping families connected, opening up new entertainment options, and improving home safety— and highlight Vital-Link, a company offering medical alert systems with built-in fall detection.

***Presented by Veronica Sibley, Senior Alternatives,
bayareaseniorcare.com***



Digital Navigation, Skills, and Tech to Meet the Needs of Seniors **10/10**

A collaborative effort between PCs for People and West Seattle Senior Center, we will discuss how to ensure that digital skills and access needs are met and how computer refurbishment, collaborative partnerships, and thoughtful courses promote digital access, skills, and comfort for seniors.

Presented by Morgan Costello-Hostettler, Washington Community Impact Manager, PCs for People, pcsforpeople.org & Martin Piccoli, Digital Navigator, West Seattle Senior Center, wscenter.org

Harnessing the Power of Technology to Change the Way We Age **10/17**

As society ages and technology advances, older adults are adopting tech at higher rates—yet gaps remain. We will explore current trends in tech use among older adults, the impact of digital disconnection, and practical solutions to support adoption and digital inclusion in later life.

Alex Glazebrook, PhD. VP Programs, Older Adults Technology Services from AARP, aarp.org

A More Inclusive + Connected World with Everyone On **10/24**

Everyone On is a nonprofit advancing digital inclusion by connecting under-resourced communities with affordable internet, devices, and digital skills training. We will discuss tools and programs: Offer Locator Tool, Digital Skills Academy, Enrollment Assistance Hotline, and regional C.A. initiatives.

Presented by Robert Leyton Jr, EveryoneOn.org



Digital Literacy **Monday, 11/10 – 12/15**

Learn how to thrive in today's digital world by developing the necessary skills and knowledge to effectively navigate and use digital technologies. Improve your understanding of topics such as internet safety, online communication, and data privacy.

Facilitated by Liz Avalos, Front Porch

Well Connected People

We recognize the contributions of David “Lucky” Goff, who passed away this summer. Lucky joined Well Connected in 2013, facilitating Growing an Elder Community, and several other groups over the years. He was a great supporter of Well Connected, saying it was, “his privilege to be given the opportunity.” His skilled facilitation and insights about life and aging will be greatly missed! His strong connections with others extended to the Social Call program and his local community. He also gave us his best thinking in his books, including *The Tao of Later Life*, and his monthly blog, *The Slow Lane*. A few words from his friends follow.



“David was extremely creative and intelligent. He was a hero to me because, despite his challenges, he more than survived, he thrived, and he gave of himself to all of us, with a completely open and compassionate heart. He had the strength, resiliency, and will to live as fully as he could, which meant giving to others. I am grateful and honored to have had a relationship with him.”

- Barbara S., Participant and Friend

“Lucky has been both a mentor and an inspiration to me ever since he invited me to be a guest on his radio show back in 2016. His thoughtful reflections on the joys and challenges of both aging and disability have guided me through my own journey of coming to terms with growing older. The

Slow Lane, his collection of blog posts, holds a special place in my heart. I revisit his words often, share them with others, and find new meaning and inspiration each time I read them. Lucky’s wisdom, warmth, and generous spirit are gifts that I, and many others, will carry with us forever.”

- Amber C., Front Porch

“I met Lucky through Social Call, and for nearly seven years, we visited (in person or by phone) on Monday afternoons. I admired and respected him so much. He did not permit his physical limitations to dictate how he lived his life. Although he described himself as a ‘shut-in,’ he has touched so many lives with his wisdom, through his

Well Connected People

participation and leadership in Well Connected, his men's group, his blog, his books, and his advocacy for the elderly and disabled. He was truly a remarkable person."

- Janis P., Social Call Volunteer

"David was such a kind man who really knew how to listen to people, and give pertinent feedback. He was always so grounded in groups, and people appreciated him. He has shown a real, generous commitment to Well Connected over the years. He was one of a kind!"

- Patt S., Facilitator, former staff member

Farewell, Tracy Powell

For the past 26 years, Tracy has led the Community Services division with heart and passion. She brought an entrepreneurial and creative spirit to her work, building and championing innovative and impactful programs that address housing, nutrition, creative engagement, and social connection – all with community at their heart and soul.



As Front Porch restructures the division, Tracy's legacy lives on in the countless lives she's touched, the staff she's supported, and the treats she inevitably brought to every gathering. We wish Tracy all the best as she begins this new chapter.

Tracy Powell pictured with Katie Wade, Amber Carroll and Sheila Womack, Front Porch

Virtual Volunteering

We are looking for caring volunteers to lead supportive groups, share, have fun, and connect with others.

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

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

"It has been exciting to start each day talking to people around the US for the past 6 years! I am grateful to Well Connected for all that I have learned from each caller."

- Kathy C., Facilitator and Participant



Nancy WH. And Kathy C., Facilitators

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

Resources

General Resources

- **2-1-1 or 211.org** – Free, national, confidential information and resources
- **CDC.gov** – health information, resources, data
- **Eldercare Locator** – eldercare.acl.gov or (800) 677-1116
U.S. Administration on Aging, information for older adults and their families
- **U.S. Dept of Veterans Affairs** – va.gov or (800) 698-2411

Caregiving

- **Family Caregiver Alliance** – caregiver.org or (800) 445-8106

Connection

- **CONNECT2AFFECT.org** – Online resources
- **AARP Friendly Voice** – aarp.org/family-relationships/friendly-voice/ or 1-888-281-0145

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

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 - 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

Without Walls Network

- **DOROT** University Without Walls (877) 819-9147 or dorotusa.org
- **Family Eldercare** Lifetime Connections Without Walls (888) 500-6472 or familyeldercare.org



Well Connected
CREATING COMMUNITY

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