



Well Connected
CREATING COMMUNITY

WINTER 2026

February 1 – April 30



(877) 797-7299



wc@frontporch.net



wellconnectedprogram.org



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

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Welcome to Well Connected

Well Connected is a nationwide **virtual** community that brings people aged 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 for 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!

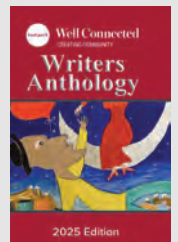
Thank you for supporting connection!

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:



 **KAISER PERMANENTE®**
FUND AT EAST BAY
COMMUNITY FOUNDATION

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

- Call the toll-free number from an unblocked number.
 - When prompted, enter the meeting ID on the calendar.
 - You may be placed in a waiting room until the host arrives.
 - Contact the office if you have issues calling in or need extra accommodation or training.
-

3

Join Online

- Join online with a device that connects to the Internet using the link on the calendar.
 - Allow the system to access your microphone and speakers.
 - 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 | WC@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.

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 *6).
- 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
Program Coordinator



Annette Balter
Program Director



Melisa Mottola
Program Manager



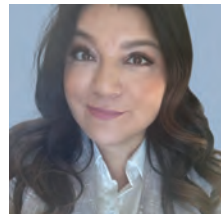
Amber Carroll
Senior Director



Kellie Schuyler
Program Coordinator



Michael Cueva
Program Manager



Lizette Suarez
Program Director

Welcome Kellie!

Welcome Kellie Schuyler to the Well Connected team! Kellie joined us last September as a program coordinator. We are thrilled to have her, please give her a warm welcome when you call the office!



"I'm delighted to be part of a community that shares my values and enthusiasm for our senior community! After raising my family, I embarked on a second career that has deepened my passion for serving seniors. My experience in senior programming and senior living has brought me tremendous joy. I'm truly proud of what Front Porch and Well Connected do to deliver learning, enrichment, and friendship online to seniors across our country. I'm eagerly looking forward to getting to know everyone at Front Porch, Well Connected and you!"

Learn More

Newcomers Welcome

Monday, 2/2, 2/16, 3/2, 3/16, 4/6, 4/20

As a Well Connected Newcomer, learn about our community, how to join groups, and more.

Facilitated by Front Porch Staff

State of Well Connected

Wednesday, 2/18, 4/15

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 Front Porch Staff

We Want You... to Volunteer!

Well Connected and Well Connected

Español are looking for caring volunteers to lead or co-lead groups, share, have fun, and connect with others. Facilitating or helping to run a group 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
- With training, can independently manage the technical aspects of virtual conferencing



Nancy W.H. And Kathy C., Facilitators

Contact us by email at WC@frontporch.net or call (877) 797-7299

Program Guide and Schedule

LEGEND



Slides/Visuals: A group that includes visuals



New: A new Well Connected group

Educational presentations are listed on pages 8 - 23
Discussion groups are listed on pages 24 - 37



Normandy and Paris to Versailles

2/2

Visit Rouen, Bayeux, Honfleur, and Mt. St. Michel in the Normandy countryside on the way to Paris. We will stop at the incomparable Palace of Versailles, explore the Marais, the Latin Quarter, and points in between.

Presented by Ellen Kaufman

Africa's Victoria Falls and Chobe National Park

2/9

Join us to experience Victoria Falls by land and helicopter. Observe wildlife in Chobe National Park from both a land cruiser and a pontoon boat.

Presented by Marsi O'Malley-Riley

Bhutan: Tales from the Land of the Dragon

2/23

Nestled between Nepal and Tibet, this Buddhist country embraces a philosophy of “gross national happiness.” Explore temples, prayer wheels, rice paddies, markets, archery matches, and Bhutan’s famously happy pigs!

Presented by Jean McMillan

Thailand: Imperial Cities

3/2

Explore Bangkok’s glittering temples and markets, discover Chiang Rai’s provincial charm, and experience Chiang Mai’s ancient palaces, lush rice paddies, and vibrant Hmong culture.

Presented by Amy Brokering

Norway: Astronomy Above the Arctic Circle

3/9

From Bergen to the Lofoten Islands, discover how the Arctic’s long, dark winters create the perfect canvas for dazzling northern lights, dramatic fjords, and breathtaking night skies filled with astronomical wonders.

Presented by Paula Wright



The Age of Exploration in Portugal

3/16

Travel the seas with Portugal's explorers, visit period monuments, and revel in tile work that serves as a pictorial history of the Age of Discovery.

Presented by Christine St. Laurent

Kyoto to Tokyo with My Granddaughter

3/23

My granddaughter and I enjoyed Kyoto's temples, Osaka's festivals, Tokyo's energy, and Kanazawa's traditions. Now, she's cooking Japanese food at home while I share our thrilling adventures with you!

Presented by Joya Chatterjee

Are You Thinking About Taking a Cruise?

3/30

If you decide to take a cruise, how might you decide on a cruise line, a ship, and an itinerary? We will discuss the costs, explicit and hidden, some of the benefits, and potential drawbacks of cruising.

Presented by Elizabeth Danielson

Tanzania: Beauty and Culture

4/6

Explore Tanzania's wildlife and landscapes. Dance with the Maasai Tribe. Learn about Julius Nyerere's role in Tanzania's path to independence.

Presented by Lynn Loud

Hiking in the Cotswolds and Cornwall

4/13

The "Pudding Club," the Cliffs of Cornwall, an iconic brewery, let's hike Southwest England, a place replete with literary and cultural history from Thomas Hardy to the Annual Cheese Rolling Festival in Gloucester.

Presented by Laurel Ostrow



From Mustang Herds to Desert Petroglyphs

4/20

Encounter a wild mustang herd at 11,000 feet, accessible only by horseback. Then explore Arizona's Vermilion Cliffs, where ancient sandstone petroglyphs reveal centuries of history, resilience, and culture.

Presented by Lynn Thompson

Costa Rica: The Heart of Central America

4/27

Costa Rica has more than 500,000 species of plants and animals - more than the U.S. and Canada combined! Travel the highlands and lowlands, Pacific and Caribbean beaches, and hear stories of *Pura Vida* experiences.

Presented by Lesley Johnson



“Gayle’s classes are always so interesting and uplifting. She listens intently to all of us, answers our questions and most importantly inspires and encourages us to create and not be afraid to take on challenges. When the new catalogue comes out, I always look forward to seeing the classes offered by Gayle. I enjoy her enthusiasm and her exceptional creativity. Listening to other classmates and sharing their amazing projects is very rewarding for me as well.”

Leslie R., NY
Participant



Art and Fashion: Where Creativity Meets Style

2/26

Art and fashion collide! Celebrate the bold ways designers and artists inspire one another, from timeless masterpieces to cutting-edge couture.

Presented by Nanette Hanks, University of Minnesota

The Camera and Abraham Lincoln

3/5

Discover how Lincoln's personality and appearance were captured on camera—and the challenges of mid-nineteenth-century photography.

Presented by Mark Pohlada, Ph.D., Assoc. Prof. of Art History, DePaul University, Chicago

Art, Culture, and Social Change

3/12

Art and culture are powerful catalysts for challenging norms. Explore works that spark conversation and drive societal transformation.

Presented by Kit Keane

The Art of Insects

3/19

Creepy-crawlies, or beauties to behold? From poetry and paintings to music and quotations, let's discuss insects in art.

Presented by Laura Robertson

Roadside Attractions

3/26

Explore our country's quirky roadside treasures!

Presented by Laura Robertson



Ancient Plants of the Southwest

4/2

From Bristlecones to Creosote and Aspens, the Southwest is rich in ancient plants. Discover their longevity, defining traits, and the lessons they inspire.

Presented by Laura Robertson

From Myth to Magic: Fairies Through the Ages

4/9

Fairies have sparked human imagination for centuries. Reflect on humanity's shifting beliefs in magic, morality, and unseen realms of nature.

Presented by Gayle Wannamaker



“Gayle is a fantastic teacher, and I learned so much in her crazy quilt classes. I chose to make pillows. My goal is to make three of them, one for each of my kids. Your classes are the best for any age group. I am 83 and still learning new things.”

Connie D., MA
Participant



A Revolution in Dentistry: Brush-on Therapy

2/3

Non-invasive dentistry is revolutionary. Discover how nutrition can prevent and treat cavities and gum disease. Heal without needles and drills.

Presented by Jeremy Horst Keeper DDS, PhD, Founder, Dr. Keeper's Dental Wellness, drkeeper.com

Creating a Healing Environment Through Art and Nature

2/10

Stanford Medicine's evidence-based practice to build healing environments for patients and families combines nature and art in purposeful ways – to reduce stress, lower blood pressure, and improve patient outcomes.

Presented by Antonia Dapena-Tretter, Art Curator, Stanford Medicine

Sound Nutrition on a Budget

2/17

Eating healthy doesn't have to be expensive or overwhelming. Learn nutrition basics, healthy eating strategies, and lose weight on a budget.

Presented by Steve G. Parsons, Ph.D., Certified Nutrition Coach

Workplace Legal Rights of Family Caregivers

2/24

We will discuss the workplace legal rights of family caregivers, including the right to take time off work to provide care, options for wage replacement, signs of harassment or retaliation, and when to seek help.

Presented by Juliana Franco, JD, WorkLife Law, worklifelaw.org

Well-Being Across the Decades

3/3

Each decade of life brings opportunities and challenges. Nurture physical and emotional well-being, build resilience, and maintain meaning in your daily life through community, social connections, and inward focus.

Presented by Lee Pullen, Director, San Mateo County Aging and Disability Services, smchealth.org/services-aging-and-disability



Navigating Assisted Living

3/10

Navigating senior living and care options can be an emotional and daunting process. Learn about resources to help you make informed decisions.

***Presented by Judith Dancer, Senior Living Coach,
assistedlivinglocators.com/care-advisor/sanfrancisco***

Walking with Confidence

3/17

Walking is a graceful fall forward, step by step. But a habit your body learned long ago may now increase your risk of falling. Posture and balance affect safety. Discover ways to stay steady, confident, and independent.

***Presented by Dr. Ozzie Gontang PhD, Integrative Health Consultant,
MindfulWalking.com***

Planning for Dementia

3/24

With over 10 million new cases of dementia each year worldwide, planning is necessary. Learn about *The Dementia Deck* to facilitate meaningful discussion about dementia care and end-of-life wishes.

Presented by Lisa Pahl, LCSW-APHSW, thedeathdeck.com

Creating Age-Friendly Cities

3/31

CAFE has built age-friendly communities, supporting health, social inclusion, and safety. Explore benefits like accessible transportation, housing, volunteerism, age-friendly services, and local economic growth.

***Presented by Anabel Pelham, Ph.D., Gerontologist, Founding
Director, Center for Age-Friendly Excellence (CAFE), cfafe.org,
anabelpelham.com***



The Art of Simple, Satisfying, & Nutritious Meals

4/7

A simple guide to nourishing yourself with healthy foods you love, to support your overall well-being.

Presented by Mike Filosa, Owner, Chefs for Seniors, chefsforseiors.com

You Can Survive a Stroke

4/14

Learn how to prepare in advance for a medical emergency by recognizing the signs and symptoms of stroke. Be A Survivor!

Presented by Mary Vigal JD, Director, Survive a Stroke Foundation, surviveastroke.org

Navigating Long-Term Care

4/21

Living and long-term care options can become more complicated as we age, especially if health challenges arise. How can we maximize quality of life? What are the best practices when advocating for quality of care?

Presented by Rabbi Seth M. Stander, DD, Hope and Healing Center and Institute, hhci.org



Take Charge! Safeguard Your Assets & Identity

2/6

Gain valuable knowledge on identifying and preventing various forms of fraud, including identity theft. Learn strategies to protect yourself and understand how to report scammers.

Presented by Emily Milstein, Senior Staff Attorney, ccsls.org

Fraud Victim Empowerment

2/13

It's a fact: fraudsters are out to separate you from your assets. Learn the tools and tricks scammers are using – like phone number spoofing and AI to alter voices and faces! Learn how to avoid losing your savings to criminals.

Presented by Lyn Peters, Financial Education & Outreach, WA Dept. of Financial Institutions, dfi.wa.gov/10B

From Pantry to Policy: Take Action for Senior Nutrition

2/20

Food banks not only distribute food but also advocate for public policies that support older adults and other vulnerable communities. Learn to advocate and take action to combat cuts to senior nutrition programs.

Presented by Hailey Solares, Advocacy and Policy Manager, Food Bank of Contra Costa and Solano, foodbankccs.org

Community Engagement: Raising Your Voice to Impact Change

2/27

The world is always changing, and it's easy to feel lost. But our voices still matter. Join us to explore simple ways to stay engaged and empowered.

Presented by Susannah Meyer, Mayor of Brentwood, CA, and Executive Director of Empowered Aging, empoweredaging.org



Belonging Matters

3/6

As we age, our social networks narrow. We risk becoming isolated and lonely. How can we make new friends, build community, and get connected to a renewed purpose in our later years? It requires intention.

Presented by Kate Hoepke, Founding Partner and Board Chair, Village Movement California, villagemovementcalifornia.org

The Benefits of Art Engagement for Older Adults

3/13

Through art engagement, seniors express their individual creativity. Experience a tour of the Artfully Aging website to learn the many benefits this watercolor program offers.

Presented by Mary Beth Flynn, Owner/Founder, Artfully Aging®, LLC, artfullyaging.com

Nation Builders: A Tale of Five Families

3/20

Nation Builders chronicles five pioneering families who shaped the Pacific Northwest from the mid-1800s to the early 20th century. Through family records of Rockefeller, Meacham, Foster, and Charles Phillips, the authors reveal the grit, ingenuity, and triumphs that forged an extraordinary legacy from untamed wilderness.

Presented by Dick Phillips, Author of Nation Builders: A Tale of Five Families, and Dr. Sonja Phillips Biggs, Co-author/Editor

Clean Air and Sunlight: Increasing Your Wellness at “Home”

3/27

Discover evidence-based strategies to enhance your health and well-being. Create a healthier home environment by improving indoor air quality, maximizing natural light, and making simple environmental changes.

Presented by Brooke Saba McDowell, Gerontologist & Sustainability Specialist



How to Stay Motivated and Curious

4/3

Explore simple ways to stay motivated and curious at any age—from habits that spark interest to gentle strategies for building purpose and joy. Participants will leave with easy, uplifting ideas to remain inspired.

***Presented by Genesis Hedrick, Community Health Worker,
upacsd.org/services/adult-and-older-adult-mental-health-programs/positive-solutions/***

Spiritual Well-Being in Later Life

4/10

Humans uniquely form relationships across generations, with creation, and the divine. Spiritual well-being involves the practices that sustain these connections - giving life purpose and influencing overall health.

***Presented by Beth Long-Higgins, VP of Engagement,
Director, The Center for Abundant Aging, unitedchurchhomes.org***

Slot Spins & Jukebox Grins: Coin-Operated Memories

4/17

From nickels to nostalgia, explore how slot machines and jukeboxes captured our hearts and coins. Discover their evolution from mechanical to digital, the brain's reward response to sound and spin, and their impact on music, memory, and culture.

Presented by Kelly Willenborg, Brain Health Gerontologist & Music Interventionist, mymemoryworx.org

KinCapsule: Transforming Memories into Meaningful Legacy

4/24

KinCapsule is a life story platform that guides older adults to capture, organize, and share their life stories through intuitive prompts. Participants create rich digital/physical books—building meaningful legacy and sparking belonging in a friendly, intergenerational community.

***Presented by Daniel Findlay, Founder & CEO, KinCapsule,
kincapsule.ca***



Wadsworth
Atheneum
Museum of Art

Artful Change

2/4

In this year of America 250, explore how art has shaped global politics, from the ancient world to today, serving as a powerful agent of change.

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

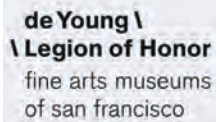


“That’s Weird”

2/11

Hair jewelry? Creepy puppets? Corpse preservers? Museums are filled with strange objects that can lead to a deeper appreciation of state history.

Presented by Natalie Belanger, Connecticut Museum of Culture and History, CT, connecticutmuseum.org



Manet & Morisot: Competitors or Collaborators?

2/18

Édouard Manet, father of Impressionism and modern art, and Berthe Morisot, founding member of the Impressionists, often chose the same subject matter. Let’s compare and discuss how they influenced each other.

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



Real Art Ways: Highlighting 50 Groundbreaking Years

2/25

Real Art Ways, founded in 1975 by Hartford artists, is a nationally respected contemporary arts center supporting visual, performing, film, and educational programs, presenting 48 MacArthur “Genius” grantees.

Presented by Winnie Wong, Real Art Ways, CT, realartways.org

The Aldrich
Contemporary
Art Museum



A Garden of Promise and Dissent

3/4

Gardens symbolize growth, death, and regeneration. Explore this exhibit’s artists, inaugurating a newly renovated campus and sculpture garden.

Presented by Holly Lapine, The Aldrich Contemporary Art Museum, CT, thealdrich.org



BkM

Monet and Venice

3/11

Claude Monet claimed Venice was “too beautiful to be painted.” Explore his luminous Venetian paintings and experience the interplay of architecture with color and light, enhanced by music composed by Niles Luther.

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



Puro Ritmo! The Musical Journey of Salsa

3/18

Explore how Afro-Cuban music evolved into a defining sound in the United States. From the streets of Havana to the dance floors of New York and beyond, let's celebrate salsa.

***Presented by Natalia Febo and Gabriela Ríos Villegas, Smithsonian
National Museum of the American Latino, DC, latino.si.edu***



French Explorers in Texas — How La Salle Changed History

3/25

Embark on a journey of exploration, shipwreck, and discovery. Learn how French explorer La Salle and his ship, La Belle, reshaped Texas history and the technology that helped reveal La Belle's 340-year-old story.

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



Feisty Ladies of the American Revolution

4/1

As we mark 250 years since the War for Independence, let's “Remember the Ladies!” Women on both sides shaped history. Was Margaret Gage behind the Lexington tip-off? Did the Martin sisters aid Greene's victory? Could Peggy Shippen be more traitorous than Benedict Arnold himself?

***Presented by Jennifer Lee, South Carolina State Museum,
scmuseum.org***



Gerhard Richter's Evolution: Five Decades of Innovation

4/8

Richter's work ranges from lush photorealism to materials-focused experiments, layering and removing paint. His skill and curiosity introduced methods that revolutionized modern painting and continue to influence contemporary artists worldwide.

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



Iwo Jima and the War in the Pacific

4/15

Discover the strategic importance of the Pacific Theater by exploring its geography and key military objectives. Examine the Battle of Iwo Jima, analyze a photo of the iconic flag-raising on Mt. Suribachi, and its lasting national symbolism.

Presented by Kenneth Meyer, The National WWII Museum, LA, nationalww2museum.org



“Meditation with Alex is a light in my life, I feel so lucky to be a part of it.”

Nan B., CA
Participant



Navigating Technology Safely

2/20

Navigate smartphones, tablets, and the internet confidently. Explore common questions and tools for email, video calls, productivity, fitness — empowering you to stay connected and informed.

Presented by Racheal Guse

From Vision to Liftoff: Creating the Exploring Space Gallery

2/27

Take a behind-the-scenes look at the creation of the Exploring Space gallery, an immersive experience that invites visitors to journey through our universe and imagine humanity's future.

Presented by Adam Culbert and Nicolas Villagra, Connecticut Science Center, ctsciencecenter.org

Email/Text/Phone Scams & Occupational Fraud

3/6

Scammers know their target audience and design campaigns to capitalize. Protect your assets. Learn common schemes and how to deal with them.

Presented by Dan Patton, Retired Certified Fraud Examiner

The Im(AGE)ination Project

3/13

With just your creativity and some advanced AI technology, we'll create mind-blowing photos, paintings, foods, music... anything you can imagine!

Presented by Steve Lipson, Founder and Executive Director, ElderTech Academy, eldertechacademy.com

AI & Your Privacy: Smart Digital Skills for All

3/20

Curious about artificial intelligence (AI)? Explore how AI tools work, what they can (and can't) do, and how to use AI safely and confidently.

Presented by Raul Vazquez and Omar Moncayo, City of Long Beach, longbeach.gov/digitalinclusion/



In the Age of AI: What Is Media Literacy & Why Do We Need It? **3/27**

Is that real? As artificial intelligence is used to generate voices, videos, and stories, distinguishing truth from fabrication has become increasingly challenging, and a necessary skill for anyone, whether online or not.

Presented by Karen Bryer, Educator



Digital Literacy

Monday, 2/9, 2/23, 3/9, 3/23, 4/13, 4/27

Improve your technology skills, understand internet safety, online communication, and data privacy.

Facilitated by Liz Avalos, Front Porch



“I really appreciate Well Connected so much. It’s so great to connect with people in community who are able to follow presentations and add to discussions. I also appreciate receiving the Braille calendar, it has been wonderful, not every place makes Braille or large print available. I am not able to attend all the time but when I do it is so meaningful.”

Kathryn J., CO
Participant

Arts & Music

Creative Writing

Tuesday, 2/3 – 4/14

Learn to compose beautiful poems or prose and explore different genres monthly. Publish your work in the *Writers' Anthology*.

Facilitated by Linda Valenziano



Creativity and Music Lounge

Wednesday, 2/4 – 3/11

Color, knit, crochet, or craft while enjoying lighthearted conversation. Request a song. We'll explore its history, fun facts, and your memories of it.

Facilitated by Terri Moore



Fairy Collage

Sunday, 3/15 – 4/26

Use fabric, papers, and recycled materials to collage. Create your own masterpiece on canvas, cardboard, or fabric of your choice.

Facilitated by Gayle Wanamaker



Memoir Writing

Saturday, 2/7, 2/21, 3/7, 3/21, 4/4, 4/18

Preserve your legacy by capturing and celebrating the moments that have made your life uniquely yours.

Facilitated by Dragonfly De La Luz

Music Makers

Friday, 2/6, 2/20, 3/6, 3/20, 4/3, 4/17

Enjoy a selection of music and history from a variety of genres and eras.

Facilitated by Chris Varney (1st Fridays) and Bill Lowe, CEO of Chicago Methodist Senior Services (3rd Fridays)

Arts & Music

Music's Memory Lane

Tuesday, 2/3 – 4/28

We'll explore hit songs, vintage TV shows, and memorable musicians—from Big Band to the Beatles. Enjoy musical requests and discussion.

Facilitated by Steve Maraccini

Songs for You

Thursday, 2/5 – 4/30

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



Write On!

Sunday, 2/1 – 4/26

With the goal of publishing, especially in the *Writers' Anthology*, read your previously unpublished writing. Feedback and listeners welcome.

Facilitated by Serena Guin

Fun & Games



Brain Aerobics

Monday, 2/2 – 4/27

Flex your intellect with a Family Feud-style game where we find the most popular answers from a survey of 100 people.

Facilitated by Bob Elwell



Family Feud

Thursday, 3/5 - 3/26

For nearly 50 years, Family Feud has brought joy, laughter, and friendly competition to audiences across the country. Let's play our own version.

Facilitated by Racheal Guse

Improv Games

Wednesday, 2/18 – 4/29

We'll improvise short dialogues, stories, and play some kooky games.

Facilitated by Terry Englehart and Laura Wells

Mystery Melody

Saturday, 2/7 – 3/14

Mystery melody song themes: (2/7) Songs related to time words: mornings, never, Tuesday; (2/14) Valentine's Day songs; (2/21) Modes of Transportation; (2/28) Songs from Musicals; (3/7) Food & Drink; (3/14) Irish Spring: anything related to St. Patrick's Day or welcoming the Spring Season.

Facilitated by Jan Knowles



Name that Tune

Sunday, 2/8 – 4/26

Guess songs from all genres in this music guessing game. Every week there is a new theme. Shout out if you remember a song, a singer, a commercial, a movie, the drummer's cousin - we take all answers!

Facilitated by Chris Varney

Fun & Games

Name Three Things

Thursday, 2/5 – 3/12

Each week, describe three things in a different place or time, from your garden, Halloween costumes, or vacations.

Facilitated by Linda Crawford

Noggin Joggin'

Friday, 2/13, 2/27, 3/13, 3/27, 4/10, 4/24

Try some exercises that may not always be easy, but will be a fun way of joggin' our noggins.

Facilitated by Nicolette Noyes

Trivia

Tuesday & Sunday, 2/1 - 4/28

Knack for facts? Attempt a guess? Need a clue? Enjoy a fun time of miscellaneous trivia.

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

Ungame

Sunday, 2/1 – 3/8

This unique game builds communication, listening, and connection through meaningful and light-hearted questions. Call the office to learn more.

Facilitated by Samantha Smith



Book Club

Tuesday, 2/17, 3/17, 4/21

Love to read? Complete each book by the session date and enjoy a lively discussion of: *The Personal Librarian* by Marie Benedict & Victoria Christopher Murray (2/17), *The Murder List* by Hank Phillippi Ryan (3/17), and *The Borrowed Life of Frederick Fife* by Anna Johnston (4/21).

Facilitated by Ann Bartelstein

Poetically Speaking

Wednesday, 2/4 – 4/29

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



Read Aloud

Saturday, 2/7 – 4/25

In *The Winding Ways Quilt*, Jennifer Chiaverini blends her love of quilting with rich storytelling about women, family, and community.

Facilitated by Gayle Wanamaker

Story Time

Saturday, 2/7 – 4/25

Do you have any favorite stories that you've heard, read, or written that you'd like to share? Readers and listeners are welcome.

Facilitated by Nicolette Noyes

History & Memories

Every Day Celebrations

Thursday, 4/2 – 4/30

After a brief description of the history and significance of the day, we will discuss ways to celebrate.

Facilitated by Amanda Duncan

This Day in History

Thursday, 2/5 – 2/26

Every day has historical significance. Brush up on your knowledge and share memorable events that have occurred during your lifetime!

Facilitated by Amanda Duncan



Toy Stories

Thursday, 3/5 – 3/26

Learn and discuss the history, technology, and design behind childhood iconic toys.

Facilitated by Amanda Duncan



Travel Reflections

Thursday, 4/2 – 4/23

Share your personal travel stories, revisit meaningful memories, and discover something new about each other and the world around us.

Facilitated by Racheal Guse

Vintage Hankies

Sunday, 3/1 & 3/8

Discover how handkerchiefs have woven their way through American history - connecting geography, math, and science in unexpected ways.

Facilitated by Gayle Wanamaker

Where Were You When?

Thursday, 3/19 – 4/23

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

Mindful Practices

Find Your Inner Calm

Saturday, 3/21 – 4/25

Discover ways to calm the mind, nurture well-being, and live fully in the present—immersing in the subtle harmony of heart and mind.

Facilitated by Artee Chandekar, Certified Heartfulness Trainer

Meditation

Wednesday & Friday, 2/4 – 4/29

Relax and center yourself for a few minutes through guided meditation, followed by 25 minutes of silent practice with gentle bell cues.

Facilitated by Christine Esenther

Mindful Compassion

Monday, 2/2 – 4/13

Gather in community to cultivate mindfulness and compassion through guided meditations, body awareness, and practices for daily living.

Facilitated by Alexandra Klein, Certified Mindfulness Teacher

Mindfulness Meditation

Sunday, 2/1 – 3/29

A guided meditation practice designed to cultivate mindfulness, ease stress, anxiety, and promote a sense of calm.

Facilitated by Uma Sundaram, Certified Mindfulness Teacher

Nature & Animals

Bird Talk

Saturday, 2/7 – 4/25

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

Facilitated by Kaevalya Banks

Muttville Cuddle Club

Friday, 2/6 – 2/27

Learn about Muttville Senior Dog Rescue as we introduce you to new rescues each week. Share your stories and experiences with adopting dogs!

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

Pet Tales

Saturday, 2/7 – 4/25

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, 2/7 – 2/28

We'll look at the stars, the moon, continents, language, creativity, nature – all the world provides to inspire connection and insight.

Facilitated by Gina Pandiani, MA

Reflection & Religion

Buddhist & Hindu Concepts

Monday, 2/2, 2/16, 3/2, 3/16, 4/6, 4/20

We will read and discuss excerpts from *The End of Sorrow* by Eknath Easwaran and *The Heart of the Buddhist Teaching* by Thich Nhat Hanh.

Facilitated by Linda Adair

Death Café

Wednesday, 2/25, 3/25, 4/29

Explore death and life through conversation, questions, and memories. This is a confidential discussion group rather than grief support or counseling.

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



Divine Anatomy

Monday, 2/9, 2/23, 3/9, 3/23, 4/13, 4/27

You are God's masterpiece! We will examine our human anatomy, how it functions, and the relationship to God's Word, closing with a prayer.

Facilitated by Rev. Bonnie Zickgraf, Senior Pastor (Ret.), BSN, RN

Focus on Faith

Saturday, 3/7 – 3/28

Let's discuss the meaning of faith and discover the importance of truth in everyday life, both as individuals and as a community.

Facilitated by Gina Pandiani, MA

Gratitude

Every Day 2/1 – 4/30

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

Facilitated by Bernadette Barmore, Janice Fournier, Lanae Naugle, Sue Piecuch, Patt Schroeder, Doug Stetson, and Nancy Walton-House

Reflection & Religion

Memorial Service

Wednesday, 4/22

Let's honor the members of the Well Connected community who have died, acknowledge our grief, and remember the friends and family we have lost.

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

“



Jean K, CA

Facilitator and Front Porch Staff

“Well Connected is one of the most beautiful things I’ve ever been part of. It’s so moving to see people have a space where they feel safe, heard, and welcomed with warmth and love. Honestly, it touched me in ways I haven’t felt in a long time. Who knew a simple half-hour conversation could make such a difference?”

Support & Connect

Abilities Awareness Chat

Friday, 2/6 - 4/17

A safe place where people with disabilities can share everyday challenges, triumphs, joys, fears, tears, and laughter as we age with a disability.

Facilitated by Mary ‘Sunshine’ Dunmire and Jill Noble

Activists R Us!

Sunday, 3/15 – 4/26

Democracy needs voting, political action, and information to thrive. We will listen, encourage, and learn from each other.

Facilitated by Samantha Smith

Ask the Attorney

Friday, 2/6, 2/20, 3/6, 3/20, 4/3, 4/17

A retired California attorney with over 40 years of general legal practice will answer legal questions and issues of common interest.

Facilitated by Gerald Richards, Esq.

Coffee Break

Tuesday & Sunday, 2/3 – 4/28

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 (Sunday) and Mary Bell Snyder (Tuesday)

Coping with Grief

Monday, 2/9 – 3/16

Whether your loss is recent or long ago, grief touches us all uniquely. Learn coping tools, share reflections, and explore healthy ways to process grief.

Facilitated by Paige Naylor, PhD, Clinical Psychologist

Support & Connect



Connection Lab

Wednesday, 2/11, 2/25, 3/11, 3/25, 4/8, 4/22

Every day support for solo-agers, with or without family, using short stories, and guided conversation to build relationships and ease loneliness.

Facilitated by Sandy Dilly De Leon

Facilitator Support Group

Thursday, 1/15, 2/19, 3/19, 4/16

Well Connected - Active Facilitators Only

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

Facilitated by Melisa Mottola, Front Porch

Groceries for Less Plus Kitchen Table Conversations

Monday, 2/2 – 4/27

Gather at our virtual kitchen table with others who enjoy cost-saving to share grocery deals, smart shopping strategies, and meal ideas.

Facilitated by Steve Hoad

Ladies Lounge

Monday, 3/23 – 4/27

Converse with lovely ladies on topics like how you keep going, something you want to do but have not done, and the important people in your life.

Facilitated by Patt Schroeder

LGBTQ Chat

Wednesday, 2/11, 2/25, 3/11, 3/25, 4/8, 4/22

This group is for participants who identify as LGBTQ. Connect with others in a social, supportive, and inclusive environment.

Facilitated by Kay George

Support & Connect

Living Well with Sight Loss

Tuesday, 2/3, 2/17, 3/3, 3/17, 4/7, 4/21

Whether you're newly experiencing sight loss or have lived with it for years, this peer group offers a supportive space to share tips & experiences.

Facilitated by Nelly Emerson and Nicolette Noyes

Living with Chronic Pain

Thursday, 2/5 – 4/30

Do you or a loved one live with chronic pain? Share your victories, defeats, or struggles with living a quality life.

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

Secrets to a Satisfying Retirement

Friday, 2/6, 2/20, 3/6, 3/20, 4/3, 4/17

Share your strategies for navigating a fulfilling retirement with purpose. Discuss topics like staying active, volunteering, health, and relationships.

Facilitated by Norman Reiss

Self-Empowerment Now

Tuesday, 2/17, 3/17, 4/21

Discuss self-care and self-advocacy topics like mental health, cybersecurity, and more. Get connected with resources that foster independence.

Facilitated by Milan Castaneda, Radiant Futures, CA

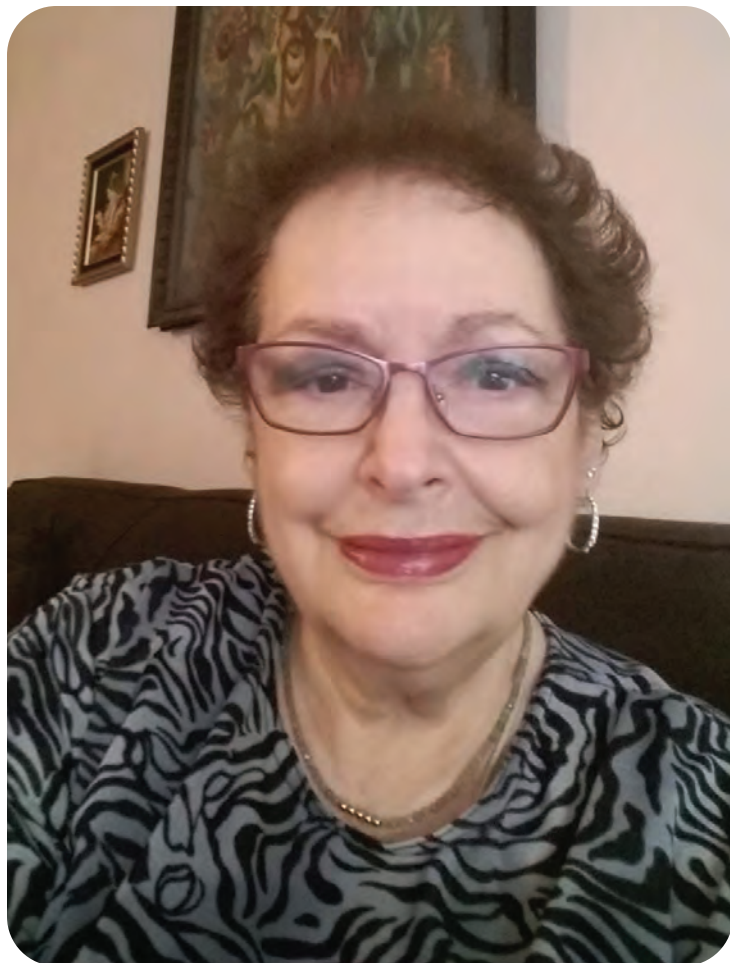
Well Connected People – Ricki Perlman

Ricki Perlman is Well Connected's #1! She participates in so many groups, you have definitely heard her voice. She spent a whopping 1,740 hours with us in 2024!

During Covid, Ricki moved in with daughter, who found Well Connected online, and she joined in 2020. She was eager to find new people to talk to. "I started joining groups, and I found lovely people, and interesting groups, and having a great old time." Her favorite groups are the meditation groups, anything to do with books and music, such as Book Share, hearing someone read on Story Time, or Music's Memory Lane. She adores Trivia and Spelling Bee, and anything that has to do with lifelong learning.

She was asked by Annette if she would be interested in volunteering less than a year after joining, and said, "I had been thinking about it, so I was pleasantly surprised, nervous, and excited. After facilitating my first group, I felt so proud of myself. I really love doing it, the time goes by so quickly. I love when new people join my groups, to find out about them, and welcome them."

"Now when my phone rings, it's either my family or Well Connected. I don't keep a schedule of my groups, so my calls are like a wonderful surprise. It's like getting a gift with every call. I love each new catalog, and choosing new groups. Sometimes you find you have lots in common with other people, and Well Connected is such a support.



You can be having a bad day, but you know the phone is going to ring, and there will be somebody on the other end to talk to. It's made such a difference in my life, I don't know what I would do without it now. I am so grateful to be a part of Well Connected, I love it!"

Ricki's positive spirit and inclusive facilitation bring so much to the program, we are lucky to have her company!

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

- **AARP Friendly Voice** – aarp.org/family-relationships/friendly-voice/ or 1-888-281-0145
- **CONNECT2AFFECT.org** – Online resources
- **DOROT** University Without Walls (877) 819-9147 or dorotusa.org

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



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CREATING COMMUNITY

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