



Well Connected
CREATING COMMUNITY

SPRING/SUMMER 2026

May 1 – August 31



(877) 797-7299



WC@frontporch.net



wellconnectedprogram.org



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. 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/

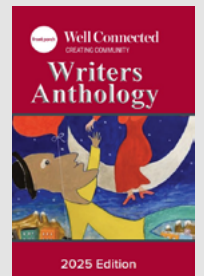
Donate by check payable to:
Front Porch Communities Foundation
800 N. Brand Blvd., 19th Floor
Glendale, CA 91203
(Please note "Well Connected" on the check)

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



**COMMUNITIES
FOUNDATION**

Buy the Writers Anthology!
Support the publication of the Well Connected Writers Anthology by purchasing a copy on Amazon (search for **B0G5FCZYVV** for the latest edition).



Gratitude for Generous Support:



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

Pictured on the cover: Dan D. F., Facilitator, CA and Sandy B., Participant, CO

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 companion Participant Calendar is a summary of all group dates, times in your time zone, and instructions on how to join.
 - Join Newcomers Welcome to learn how to get started!
-

2

Join by Phone

- Call the toll-free number on the Calendar from an unblocked number.
 - When prompted, enter the Meeting ID on the Calendar. There is no participant ID, enter another #. The ID is the same for all groups.
 - You may be placed in a waiting room until the host arrives.
 - If you have a smartphone, we can text you a contact that will dial for you with one tap!
-

3

Join Online

- Join online with a device that connects to the Internet using the link on the Calendar. The link is the same for all groups.
 - You may be placed in a waiting room until the host arrives.
 - Save the link in your favorites, save your groups in your online calendar.
-

If you need help joining groups, 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**

To hear group cancellations, call the office and press 2.

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 your consent.
- Never share private information in groups, including phone numbers.
- Do not share calendar/links 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



Melisa Mottola
Program Manager



Annette Balter
Program Director



Kellie Schuyler
Program Coordinator



Amber Carroll
Senior Director



Lizette Suarez
Program Director



Maria Miranda Venegas
Program Coordinator

Creative Aging Symposium: Interconnected Evolution

During this annual gathering, people come together to explore how creative thinking helps us age with joy, purpose, and a vibrant sense of self. This year's theme Interconnected Evolution will explore how innovations in technology, creativity, and human connection intersect to shape the future of aging — with a focus on interdependence and belonging.

The symposium is an immersive reminder of the power of creativity with interactive moments for connection among participants and presenters. Visit creativespark.org/creative-aging-symposium for more information and to register. The Creative Aging Symposium is brought to you by Front Porch programs Creative Spark, Ruth's Table, and Front Porch Gallery.



Learn About Well Connected

Become an Ambassador

Monday, 6/1

3pm PT | 4pm MT | 5pm CT | 6 pm ET

Share your passion for Well Connected by becoming an ambassador! Help us spread the word, encourage others to join, and grow our community.

Facilitated by Liz Avalos, Front Porch

Newcomers Welcome

Monday, 5/4, 5/18, 6/1, 6/15, 7/6, 7/20, 8/3, 8/17

12pm PT | 1pm MT | 2pm CT | 3pm ET

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

Facilitated by Front Porch Staff

State of Well Connected

Thursday, 6/25, 8/27

1pm PT | 2pm MT | 3pm CT | 4pm ET

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

Program Guide and Schedule

LEGEND



Slides/Visuals: A group that includes visuals



New: A new Well Connected group

All groups are on Zoom. Check the calendar for instructions on how to join.



6/1 Wandering England: Walking the Yorkshire Dales & Cotswolds
Presented by Thomas Miller

6/8 Running with the Penguins in Antarctica
Presented by Paula Wright

6/15 Savannah and Georgia's Golden Isles
Presented by Elaine Caro

6/22 Murals & Mosaics of Spanish Harlem: A Story of a Community
Presented by Leigh Hallingby

6/29 Winter in Sicily: Myths, the Mafia & Mount Etna
Presented by Jean McMillan

7/6 Human-Made Wonders of the U.S.
Presented by Laura Robertson

7/13 Romania Uncovered: Castles, Legends & Unexpected Friendships
Presented by Rose Vigdal



Wanda D.
Participant & Volunteer, NY

“At this older adult stage of my life, I love nothing more than being well connected to free programs and services that provide opportunities for healthy social engagement, relationship building, and lifelong learning in caring, sharing, safe and supportive environments. Well Connected has allowed me that and more! Through virtual nationwide travel, I have spread my creative wings, expanded my friendship horizon, and even become part of a team of volunteers passionate about helping others access and take advantage of the same awesome opportunities. Well Connected then, to me, is all about community, service, and our interdependence on one another to experience healthier and happier moments at some point throughout the day.”



5/21 Dadaism and its Roots in World Cities

Presented by Bridget Zimmerman, Art History Student, DePaul University, Chicago

5/28 Sculpture of Ancient Mediterranean Rulers

Presented by Alex Riccio, Art History Student, DePaul University, Chicago

6/4 A Legacy in Art: The Isabella Stewart Gardner Museum

Presented by Kristina Feyerherm, Art History Student, DePaul University, Chicago

6/11 The Legacy of Elizabeth Catlett - Exploring Social Injustices Through Her Groundbreaking Art

Presented by Laura Davis

6/18 Rodolphe Bresdin & Odilon Redon: A Fresh Perspective

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



“I can’t live without life-long learning, new ideas, and growth! That’s why I’m so thankful for Well Connected! As an avid art lover, I treasure Museums at Home, and other art-centric groups, where experts generously share their knowledge...You enrich our lives and keep us mentally active from a distance. The staff, facilitators, and participants are HEROES! I’m always inviting eligible family and friends to register, and I financially support the program when I can. Please continue your marvelous work! You make a difference!”

Sandy R.
Participant, AZ



6/16 Finding Purpose, Meaning, and Hope After Sight Loss

Jeffry Ricker, PhD., Drjeffryricker.com

6/23 How Memory Works & Why Our Stories Matter

Presented by Pallavi Kumar, Palo Alto University

6/30 25 Years of Progress in Cancer Research

Presented by Daryl McGrath, National Cancer Institute (retired), cancer.gov

7/7 Area Agency on Aging Network: What Older Americans Need to Know About Finding Help as We Age

*Presented by Carol Sewell, MAG, California Elder Justice Coalition Policy Director, A*Team Project Coordinator*

7/14 Stay in Control of Your Healthcare: Plan Ahead with Confidence

Presented by Tracey M. Piparo, PA-C, DFAAPA, CAQ-PMHC, Physician Associates in Hospice and Palliative Medicine President

7/21 Homefit: Making Home Safe and Livable for All

Presented by Kris Ritualo, Community Outreach & Engagement Manager, Certified Aging in Place Specialist, AARP

7/28 What is Energy Healing?

Presented by Bonnie Rickles, Reiki Master Teacher, Karuna Master Teacher, yourgiftswithin.com



5/15 Connecting Generations & Creating Community Through Intergenerational Volunteering

Presented by Beryl Katz, Founder & Executive Director, Senior Adults for Greater Education, beasage.org

5/22 Talk to AI in Plain Language: Practical Prompting for Daily Tasks

Presented by Barbara Phillip, Writer, Educator, Consultant, Phillip Consulting, LLC, fillipconsulting.com

5/29 Pride Across Generations

Presented by Naomi Cruz, Openhouse, openhousesf.org

6/5 Create an Aging in Place Personal Emergency Plan with a Former 911 Dispatcher

Presented by Terrie Tomasello, Senior Living Advisor, Better Living for Seniors, betterlivingforseniors.org

6/12 The Ageless Soul: Finding Meaning Beyond the Body

Presented by Melissa Ferreira, Light Body Mentor, Reiki Master/Teacher, Author, Angel Card Reader, essentiaallifemasterycoachinghealing.com

6/19 Neuroscience & Bharatanatyam: Where Science Meets Dance

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

6/26 10 Practical Ways Tech & AI Can Simplify Your Day

Presented by Joan Green, M.A. CCC-SLP, Speech-Language Pathologist, Assistive Technology Specialist, innovativespeech.com

7/10 Summer Songs & Singalongs: A Musical Exploration

Presented by Laura Robertson



7/17 Bridging the Digital Divide for Older Adults

Presented by Darra Wray, Certified Senior Advisor (CSA), President LEARN Aging and Caregiving Network, learnidaho.org

7/24 ARTiculation: Sharing the Creative Process in Supportive Space

Presented by Liz Rubel, Hospital Artist-In-Residence Programs & Partnerships Coordinator, The Creative Center at University Settlement, thecreativecenter.org



“I am so happy that I found out a way to call myself in to groups. Maria helped me, she told me to add WC Zoom to my Contacts along with the phone number and meeting code. Now when I want to call in, all I have to do is say, “Siri, call WC Zoom,” and like magic, I’m in the meeting, without touching a single number! Thank you Maria, for being so helpful, and thank you Well Connected, for having so many great programs.”

Pat G.
Participant, CA

Small Step, Big Win!

Pat’s accomplishment is a beautiful reminder that it’s never too late to learn something new. Small steps can lead to big confidence—and even greater connection. If you’d like to learn how to call yourself into groups, or set up One Tap Mobile on your iPhone, we’re here to help! Reach out to our team, and we’ll walk you through it step by step. Like Pat, you might be just one simple step away from joining your favorite programs with ease and confidence.



7/29 Framing American Democracy for America's 250th Anniversary
Presented by the Wadsworth Atheneum Museum of Art, CT,
thewadsworth.org

8/5 250 Years of American Intelligence
Presented by Ben Wilson, International Spy Museum, DC, spymuseum.org

8/12 The History of Oil in Texas: Roughnecks, Gushers & Boom Towns
Presented by Joy Lobb, Bullock Museum of Texas State History, TX,
thestoryoftexas.com

8/19 Winslow Homer: From Civil War to Seascapes
Presented by Dave Williams, Art Institute of Chicago, IL, artic.edu



“As Einstein once said, ‘A day without learning is a wasted day.’ I learn all the time at Well Connected.”

Ricki S.
Participant, NY

Activists R Us!

Sunday, 7/5 – 8/30

5pm PT | 6pm MT | 7pm CT | 8pm ET

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, 5/1 – 6/26

3pm PT | 4pm MT | 5pm CT | 6pm ET

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.

Self-Empowerment Now

Thursday, 5/7, 6/4, 7/2, 8/6

3pm PT | 4pm MT | 5pm CT | 6pm ET

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



“The Well Connected program can be an enjoyable part of the day, and I especially like the conversational groups like Coffee Break, where we all get to share our comments and thoughts on a variety of things. I also like the educational programs, whether it’s about Buddhism, or the Death Café.”

Pam B.
Participant, CA

Creative Writing

Thursday, 5/7 – 8/27

5pm PT | 6pm MT | 7pm CT | 8pm ET

Join our energizing creative writing circle. We write from prompts or personal interest, then share our work. All current writings you've written and read in class can be submitted to the Writers' Anthology.

Facilitated by Linda Valenziano

Creativity & Music Lounge

Wednesday, 5/13 – 7/15

12pm PT | 1pm MT | 2pm CT | 3pm ET

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

Facilitated by Terri Moore



Letter Writing with Lost-Art Letters

Monday, 5/11, 6/8, 7/13, 8/10

1pm PT | 2pm MT | 3pm CT | 4pm ET

Have you been meaning to write a letter? Grab your pen and paper and get it done. Send joy through the mail!

Facilitated by Beth Gregory, Life-long letter writer

Music Makers

Friday, 5/1, 5/15, 6/5, 6/12, 6/19, 7/3, 7/10, 7/17, 8/7, 8/14, 8/21

(no group 5/8)

12pm PT | 1pm MT | 2pm CT | 3pm ET

Enjoy a selection of music and history from a variety of genres and eras, including Songs of Spring: Music of Renewal and Hope (5/1); Music That Makes Us Happy (6/5); Happy 250th Birthday America: A Patriotic Musical Celebration (7/3); Celebrating Louis Armstrong: A Birthday Tribute (8/7).

Facilitated by Dan Del Fiorentino (1st Fridays), Chris Varney (2nd Fridays), Bill Lowe - CEO of Chicago Methodist Senior Services (3rd Fridays)

Music's Memory Lane

Tuesday, 5/5 – 8/25

5pm PT | 6pm MT | 7pm CT | 8pm ET

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

Sunday, 5/3 – 8/30

12pm PT | 1pm MT | 2pm CT | 3pm ET

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, 5/3 – 8/30

2pm PT | 3pm MT | 4pm CT | 5pm ET

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

Boggle

Friday, 5/8, 5/22, 6/5, 6/19, 7/3, 7/17, 7/31, 8/14, 8/28

11am PT | 12pm MT | 1pm CT | 2pm ET

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

Facilitated by Amber Carroll, Senior Director, Front Porch

Brain Aerobics

Monday, 5/4 – 8/31 (no group 5/25)

11am PT | 12pm MT | 1pm CT | 2pm ET

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

Improv Games

Wednesday, 7/1 – 8/26

10am PT | 11am MT | 12pm CT | 1pm ET

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

Facilitated by Terry Englehart and Laura Wells

Mystery Melody

Saturday, 5/2 – 6/27

10am PT | 11am MT | 12pm CT | 1pm ET

Mystery melody song themes: (5/2) First Names in Song (5/9) Mothers & Mother Earth (5/16) Things We Can Hear (5/23) Colors (5/30) Songs Expressing Unity (6/6) City Songs (6/13) Fun in the Sun (6/20) Fathers & Children (6/27) Americana

Facilitated by Jan Knowles

Fun & Games

Name Three Things

Thursday, 5/7 – 6/25

4pm PT | 5pm MT | 6pm CT | 7pm ET

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, 7/10, 7/24, 8/14, 8/28

3pm PT | 4pm MT | 5pm CT | 6pm ET

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, 5/3 – 8/30

4pm PT | 5pm MT | 6pm CT | 7pm ET

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

Facilitated by Sue Piecuch

Ungame

Sunday, 5/3 – 6/28

5pm PT | 6pm MT | 7pm CT | 8pm ET

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, 6/23, 7/28, 8/25

10am PT | 11am MT | 12pm CT | 1pm ET

Love to read? Complete each book by the session date and join us for a lively discussion of *The Girl on the Train* by Paula Hawkins (6/23), *The Women* by Kristen Hannah (7/28), and *The Searcher* by Tana French (8/25).

Facilitated by Ann Bartelstein

Poetically Speaking

Tuesday, 5/5 – 8/25

2pm PT | 3pm MT | 4pm CT | 5pm ET

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

Monday, 6/22 – 8/31

4pm PT | 5pm MT | 6pm CT | 7pm ET

Saturdays, 5/2 - 8/29 (no group 5/24, 7/4)

5pm PT | 6pm MT | 7pm CT | 8pm ET

Monday's Read Aloud: *Borrowing of Bones*, by Paula Munier is a gripping mystery blending forensic intrigue and resilient characters for engaged mystery lovers everywhere.

Saturday's Read Aloud: *The World's Fair Quilt* by Jennifer Chiaverini is a historical fiction novel about Sylvia Bergstrom, an octogenarian quilter, and her friends, during the 1893 Chicago World's Fair, where the Sears & Roebuck Co. sponsored a national quilt contest with a \$1,000 grand prize.

Facilitated by Roberta Tracy (Monday) and Gayle Wanamaker (Saturday)

Story Time

Saturday, 5/2 – 8/29

3pm PT | 4pm MT | 5pm CT | 6pm ET

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, 7/23 – 8/27

10am PT | 11am MT | 12pm CT | 1pm ET

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, 5/7 – 6/11

10am PT | 11am MT | 12pm CT | 1pm ET

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, 6/18 – 7/16

10am PT | 11am MT | 12pm CT | 1pm ET

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

Facilitated by Amanda Duncan

Where Were You When?

Thursday, 7/2 – 8/27

4pm PT | 5pm MT | 6pm CT | 7pm ET

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, 7/11 – 8/29

10am PT | 11am MT | 12pm CT | 1pm ET

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, 5/1 – 8/28

5pm PT | 6pm MT | 7pm CT | 8pm ET

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, 5/4 – 8/10 (no group 5/25)

5pm PT | 6pm MT | 7pm CT | 8pm ET

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, 5/10 – 6/28

10am PT | 11am MT | 12pm CT | 1pm ET

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, 5/2 – 8/29

2pm PT | 3pm MT | 4pm CT | 5pm ET

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, 5/8 – 5/29

10am PT | 11am MT | 12pm CT | 1pm ET

Learn about Muttville Senior Dog Rescue and meet 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, 5/2 – 8/29

12pm PT | 1pm MT | 2pm CT | 3pm ET

Share stories about your animal companions, past or present, with others who also appreciate furry, feathered, and gilled friends.

Facilitated by Anne Sanabria and her dogs, Freddie and Stevie

The World Around Us

Saturday, 5/9 – 6/27

11am PT | 12pm MT | 1pm CT | 2pm ET

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, 5/4 – 6/29

10am PT | 11am MT | 12pm CT | 1pm ET

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

Catholic Corner

Tuesday, 5/5 – 8/25

12pm PT | 1pm MT | 2pm CT | 3pm ET

Discuss the Catholic faith, explore Church teachings, and learn to live it courageously. All are welcome, practicing or curious.

Facilitated by Liz Avalos

Death Café

Wednesday, 5/6, 5/27, 6/3, 6/24, 7/1, 7/22, 8/5, 8/26

1pm PT | 2pm MT | 3pm CT | 4pm ET

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 (third Wednesday) & Abraham Aviles-Scott, Licensed Marriage & Family Therapist, Life Coach, Death Doula, Contra Costa Older Adult Mental Health, aavilesscott.com (first Wednesday)

Focus on Faith

Saturday, 7/11 – 8/29

11am PT | 12pm MT | 1pm CT | 2pm ET

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

Reflection & Religion

Gratitude

Every Day 5/1 – 8/31

9am PT | 10am MT | 11am CT | 12pm ET

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, Ann Hentz, Lanae Naugle, Peggy Morin, Doug Stetson, and Nancy Walton-House

Memorial Service

Wednesday, 8/12

1pm PT | 2pm MT | 3pm CT | 4pm ET

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



“I discovered Well Connected a few years ago and have learned so many interesting and useful things that have more than satisfied my appetite for lifelong learning. The presenters are great and knowledgeable, the variety of topics are abundant, and connecting with others across the country has been very enjoyable. I am very pleased to be a part of the Well Connected community.”

Peg E.
Participant, MN

Support & Connect

Across the Miles

Wednesday, 7/15

1pm PT | 2pm MT | 3pm CT | 4pm ET

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

Abilities Awareness Chat

Friday, 5/1 – 8/21

4pm PT | 5pm MT | 6pm CT | 7pm ET

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



Choosing Our Path

Friday, 6/5 – 8/14

10am PT | 11am MT | 12pm CT | 1pm ET

There are many ways to arrive where we are today. We will explore the roads, detours, and decisions that helped shape our lives.

Facilitated by Elizabeth Caughorn

Coffee Break

Tuesday, 5/5 – 8/25

1pm PT | 2pm MT | 3pm CT | 4pm ET

Thursday, 5/7 - 8/27

12pm PT | 1pm MT | 2pm CT | 3pm ET

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 Mary Bell Snyder (Tuesday) and Ricki Perlman (Thursday)

Support & Connect

Connection Lab

Wednesday, 5/6, 5/20, 6/3, 6/17, 7/1, 7/15, 8/5, 8/19

4pm PT | 5pm MT | 6pm CT | 7pm ET

Everyday 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

Creative Conversations

Tuesday, 5/5 – 6/16

10am PT | 11am MT | 12pm CT | 1pm ET

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? Answer questions like these and have some creative conversations together.

Facilitated by Jean Keane



The Curiosity Club

Thursday, 5/14 – 8/13

11am PT | 12pm MT | 1pm CT | 2pm ET

Curiosity keeps the mind active and conversations interesting. We'll explore interesting ideas, everyday mysteries, and meaningful questions that spark connection and conversation.

Facilitated by Elizabeth Caughorn



Decluttering & Letting Go

Wednesday, 7/22 – 8/26

12pm PT | 1pm MT | 2pm CT | 3pm ET

Explore decluttering and letting go of sentimental attachments. Learn organizing tips, apply these concepts, and create more mental clarity.

Facilitated by Vanna Yamamoto, Masters Student, Palo Alto University

Support & Connect



Digital Literacy

Monday, 5/11, 6/8, 6/22, 7/13, 7/27, 8/10, 8/24
12pm PT | 1pm MT | 2pm CT | 3pm ET

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

Facilitated by Liz Avalos and Michael Yublosky

Facilitator Support Group

Thursday, 5/21, 6/18, 7/16, 8/20
1pm PT | 2pm MT | 3pm CT | 4pm ET

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



Getting to Know You

Saturday, 5/9 – 6/27
4pm PT | 5pm MT | 6pm CT | 7pm ET

Join us as we get to know each other while having fun and answering questions about ourselves.

Facilitated by Ann Hentz

Ladies Lounge

Monday, 7/20 – 8/24
3pm PT | 4pm MT | 5pm CT | 6pm ET

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, 5/6, 5/20, 6/3, 6/17, 7/1, 7/15, 8/5, 8/19
3pm PT | 4pm MT | 5pm CT | 6pm ET

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 with Chronic Pain

Wednesday, 5/6 – 8/26

2pm PT | 3pm MT | 4pm CT | 5pm ET

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

Monday, 5/4 – 6/15

4pm PT | 5pm MT | 6pm CT | 7pm ET

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

Facilitated by Norman Reiss

Thriving Blind/Low-Vision Circle

Tuesday, 5/5 – 8/18

3pm PT | 4pm MT | 5pm CT | 6pm ET



Step into our family of unique, friendly blind/low-vision folks. We lift each other up, celebrate the challenges of living a fulfilling life, share our wisdom, and thrive together.

Facilitated by Mary 'Sunshine' Dunmire and Jill Noble

We Want You ...to Volunteer!



Linda V. – Facilitator



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

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

Well Connected People



Sue with Scarlett

Sue Piecuch

This session, we are featuring Sue P., who is our volunteer of the year! Sue was referred to us by staff at Easterseals of New Hampshire, during an outreach project in 2021. Of those beginnings, she says, “A contact at Easterseals introduced me to Well Connected, where I first met Linda Howard in her trivia sessions. We all enjoyed those sessions so much that when Linda was preparing to retire, she encouraged me to become a facilitator. I have never regretted that decision.”

“I found Well Connected during the pandemic while I was a full-time caregiver for two disabled adult women, Bobby and Barbara. This community became especially vital to me when I suffered the loss of both in 2023. After 19 years of being a caregiver 24 hours a day, seven days a week, I found myself suddenly lost. Transitioning from that role to a quiet retirement with my husband was a difficult adjustment.”

Sue found her niche. She has been a regular weekly contributor of up to four groups at once and never flags. After transitioning the program to Zoom, she offered to help others with the technology and now co-hosts 4 groups in addition to her own! Her calm presence and willingness to help are so appreciated. Participants comment about her groups: “Sue keeps everything running along smoothly.” “Sue handles everything great. We laugh and enjoy ourselves.” “Sue was delightful and kept us in good spirits.” “Love it, and love Sue!”

Sue says, “The friends I have made through Well Connected truly helped me get through these past couple of years. I want to express my deepest gratitude, as you cannot imagine how much your friendships mean to me.”
The feeling is mutual Sue, we are so grateful to you!

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
- **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

- **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



Well Connected

CREATING COMMUNITY

wellconnectedprogram.org

(877) 797-7299