



Well Connected

CREATING COMMUNITY

FALL 2026

September 1 – December 31



(877) 797-7299



WC@frontporch.net



wellconnectedprogram.org



WellConnectedFrontPorch

How it Works	3	Gray Matters.....	29
Program Guidelines	4	Groceries for Less	29
Learn More	6	Guided Meditation	23
Well Connected People	32	Hobby Hangout.....	16
Resources	34	Improv Games	18
		Ladies Lounge	29
EDUCATIONAL PRESENTATIONS:		Learning & Game Time.....	18
Armchair Travel	8	Letter Writing with Lost-Art Letters.....	16
Art Insights.....	9	LGBTQ Chat.....	29
Health & Wellness	10	Living Well with Sight Loss	30
Lifestyle & Culture	11	Living with Chronic Pain	30
Museums at Home	12	Memorial Service.....	26
CONVERSATION GROUPS:		Mindful Compassion	23
Abilities Awareness Chat	27	Mindfulness Meditation.....	23
Across the Miles	27	Music Lounge	15
Activists R Us!	14	Music Makers	16
Artificial Intelligence.....	27	Music's Memory Lane.....	16
Ask the Attorney	14	Muttville Cuddle Club.....	24
Authors Speak	15	Mystery Melody	18
Bird Talk	24	Name That Tune.....	19
Book Club.....	20	Navigating a Changing World.....	30
Brain Aerobics.....	18	Noggin Joggin'	19
Buddhist & Hindu Concepts.....	25	Our Happiest Moments.....	29
Catholic Corner.....	25	Poetically Speaking	20
Christmas Day Progam: Scrooge.....	20	Read Aloud	21
Christmas Story: Rustle.....	20	Reimagining Dementia	30
Coffee Break	27	Roads Not Taken	22
Connection Lab.....	28	Satisfying Retirement Secrets	31
Coping with Grief.....	25	Search for Meaning	26
Create an AI Story Just for Us	27	Self-Empowerment Now.....	14
Creative Conversations	28	Songs for You	17
Creative Writing.....	15	Spiritual Adventure of Aging	26
Death Café	25	Story Time	21
Designer Bug.....	15	Thriving Blind/Low-Vision Circle	31
Every Day Celebrations.....	22	Toy Stories.....	22
Family Feud.....	18	Trivia	19
Find Inner Calm	23	Ungame	19
Focus on Faith.....	26	Veterans Support.....	31
Getting to Know You.....	28	World Around Us	24
Good Neighbor Day.....	28	Write On!.....	17
Gratitude.....	26		

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.



WELCOME.
INCLUSION.
SOCIAL JUSTICE.
GRACE.

we welcome you

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.



**COMMUNITIES
FOUNDATION**

Support Well Connected!

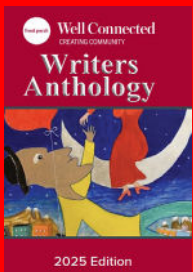
Thank you for supporting connection!

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
(Note "Well Connected" on the check)

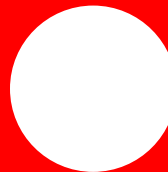
Discuss estate planning options:
Julie Hoerl, Director of Philanthropy,
Front Porch Communities Foundation
925-285-3883 or
jhoerl@frontporch.net

Buy the Writers Anthology!



Support the publication of the Well Connected Writers Anthology by purchasing a copy on Amazon (search for **B0GCNPC4FW** for the book series).

Gratitude for Generous Support:



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

Pictured on the cover: Pat G., Participant, Norman R., Facilitator

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.

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.

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

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



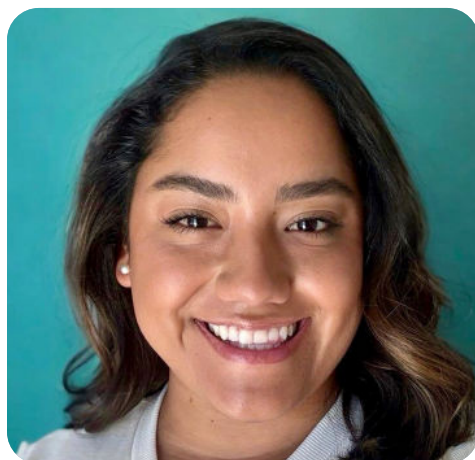
Annette Balter
Program Director



Kellie Schuyler
Program Coordinator



Amber Carroll
Senior Director



Maria Miranda Venegas
Program Coordinator

Learn More

Newcomers Welcome

Monday, 9/21, 10/5, 10/19, 11/2, 11/16, 12/7, 12/21

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 Annette Balter and Kellie Schuyler, Front Porch

State of Well Connected

Thursday, 10/1, 12/3

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

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

Educational Presentations

Presentations are listed by date, by category

LEGEND



Slides/Visuals:

These groups have visuals on screen



10/26 Benvenuto in Sardegna (Sardinia, Italy)

Presented by Annette Balter, Front Porch

11/2 Sail the Coast of Maine: Maritime & Natural History

Presented by Laurel Ostrow

11/9 Roadside Attractions: More Quirky Findings Along the Byways

Presented by Laura Robertson

11/16 Mexico Times Two: Oaxaca & Mexico City

Presented by Laura Wells

11/23 Adventure to the Land of the Moai: Easter Island

Presented by Marsi O'Malley-Riley

11/30 Chicago: Art, Architecture, Food, Baseball & Nightlife

Presented by Amy Brokering

12/7 Desert Beauty & Timeless Landscapes: A Journey Through Joshua Tree & Death Valley National Parks

Presented by Ellie Knesper

12/14 Big Bend, TX: Hiking & Star Gazing Under the Dark Sky

Presented by Lynn Thomsson



9/17 African Art

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

9/24 Edouard Manet: The 19th-Century Rebel Who Transformed French Art and Inspired the Impressionists

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

10/1 French Realism - The Beauty of Everyday Life

Presented by Laura Davis

10/8 Late Bloomers: Artists Who Peaked Later in Life

Presented by Kit Keane

10/15 The Art of Dogs: From Paintings to Poetry & More

Presented by Laura Robertson

10/22 When Art Lives in the Moment, Not the Museum

Presented by Sarah Davy



“Every time I join a Front Porch class, I’m reminded that the human heart remains capable of learning, growing, and connecting at every age. I am continually moved by the wisdom, humor, courage, and authenticity participants bring to our time together. What we create together is more than a class - it’s a space of belonging, learning, and shared humanity. It is a true privilege to learn alongside this remarkable community.”

Alexandra K.
Facilitator, CA

10/6 Understanding Grief & Loss: Finding Serenity Through the Natural Process of Grieving

Presented by Karla Perez, MA, LPCC, Denver Mental Wellness Program Manager at Spark, [Sparkchange.org](https://www.sparkchange.org)

10/13 Make the Most of Your Hands: Exercises & Strategies to Improve Hand Strength & Independence

Presented by Dr. Marci Baptista, OTD, MOTR/L, CHT, CEAS, Certified Hand Therapist, Assistant Professor, and Fieldwork Coordinator at Samuel Merritt University in Oakland, CA

10/20 Life Reflections Workshop: Writing a Legacy Letter

Presented by Beth N. Otterbein, BSN, RN, Faith Community Nursing Outreach RN, Hoag Memorial Hospital Presbyterian, [hoag.org](https://www.hoag.org)

10/27 Color Your Way to Calm

Presented by Rekha Murali, M.D., [rekhamuralimd.com](https://www.rekhamuralimd.com)

11/3 Planning for Life's Final Chapter: Understanding Your End-of-Life Options, Honoring Your Values

Presented by Anita Hannig, Ph.D., Anthropologist, Author of "The Day I Die: The Untold Story of Assisted Dying in America"

11/10 Letting Go for Peace: The Power of Forgiveness in Everyday Life

Presented by Leslie E. Bishop, Director of Spiritual Services, Front Porch

11/17 Sound Nutrition for Health, Longevity & Weight Loss

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

9/11 A Modern Blueprint for Aging

Presented by Julie A. Ortega, M.A., Gerontologist, Aging Strategist, Author, and Founder of Evolutionary Aging, evolutionaryaging.com

9/18 Longevity: Reinventing Aging in a Disrupted World

Presented by Ilene L. Nathanson DSW, Longevity Caregiving and Health Policy Consultant and Collaborator, Professor and Chair, Graduate Social Work, LIU-Post, retired, Founder, NewagingPartnership.org

9/25 Favorite Tales from Around the World

Presented by Valerie Kimble, valeriekimblestoryteller.com

10/2 Maintaining a Zest for Life: Embracing Adventure at Any Age

Presented by Stacey Kerr, MD, smkerr.com

10/9 AI & the Future of Grief: From Chatbots to Digital Afterlives

Presented by Rah Adams, MS, CT, helptexts.com

10/16 Old People! Who Are They? What Are They For? Answers About Aging as a Rich & Necessary Part of Life

Presented by Patrice H. Blanchard, Gerontologist, MSc., Studies in Aging

10/23 Navigating Conflict

Presented by Simone Baltodano, Community Impact Coordinator, Peninsula Conflict Resolution Center, pcrcweb.org

10/30 Leaving a Living Legacy Through Trees – Honor, Celebrate & Create Positive Environmental Change for the Future

Presented by Willow Taraja, Community Outreach Coordinator, Trees For A Change, treesforachange.com



10/21 Select Artworks from the New Britain Museum of American Art
Presented by Francis Estrada, Assistant Director of Learning and Engagement, New Britain Museum of Art, CT, nbmaa.org

10/28 1840-1940 French Moderns: What Makes 8 Works “Modern”
Presented by Allison Day, Brooklyn Museum, NY, brooklynmuseum.org

11/4 The Etruscans: From the Heart of Ancient Italy
Presented by Amy Chu Finkel, Fine Arts Museums of San Francisco, CA, famsf.org

11/11 Cattle Drives: Making Money in Texas
Presented by Joy Lobb, Bullock Museum of Texas State History, TX, thestoryoftexas.com

11/18 The Musical Journey of Salsa: How Afro-Cuban Music Evolved into a Defining Sound in the U.S.
Presented by Natalia Febo and Gabriela Ríos Villegas, Smithsonian National Museum of the American Latino, DC, latino.si.edu

11/25 Writing a Wrong: Harriet Beecher Stowe and the Freedom Writers Who Inspired a Movement
Presented by Karen Fisk, Stowe Center for Literary Activism, Hartford, CT, stowecenter.org



“Museums at Home reminds you of having your own personal docent and tour guide for so many museum visits. The variety of museums is noteworthy as well. I love all the art and exhibitions which are professionally described. I learn so many wonderful things from every presentation. These classes enrich our lives in a most delightful way. Anyone seeking a unique learning experience should give these classes a try. ”

Ricki S.
Participant, NY

Conversation Groups

Groups are listed alphabetically by category

LEGEND



A new Well Connected group

Activists R Us!

Sunday, 11/1 – 12/27

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, 9/4 – 10/30

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, 9/3, 10/1, 11/5, 12/3

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



Authors Speak

Thursday, 9/3, 9/10

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

9/3: In *VerGann: Book One of The Delphine Diaries*, author L.C. Watkins explores the lure of a stone, unbridled power, and unrequited love in a forest of conspiring. Join *Read Aloud* on Saturdays for this book's reading.

9/10: Hear Betty Fikes Pillsbury, author, textile artist, and international award-winning crazy quilter, herbalist, and instructor. She has won more than 200 awards for her needlework and embraces fantasy in her quilts.

Facilitated by Gayle Wanamaker

Creative Writing

Thursday 9/17 – 12/31

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

Write from prompts or personal interest and share your work. Any works written and read in class can be submitted to the *Writers' Anthology*.

Facilitated by Linda Valenziano



Designer Bug

Sunday, 9/6, 9/20, 10/4, 10/18, 11/1, 11/15, 12/6

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

Create, design, and make a big, beautiful BUG that will grow, embrace, and bloom into a fascinating hand-sewn piece of spectacular art!

Facilitated by Gayle Wanamaker

Music Lounge

Wednesday, 9/2 – 11/11

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

Request a song based on the theme of the week, and we will give it a listen. Then explore its history, fun facts, and share your memories of it.

Facilitated by Terri Moore

Arts & Music

Hobby Hangout

Friday, 10/2 – 11/6

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

Led by a fly-fishing enthusiast, this group brings hobby lovers together to share interests, experiences, and the pastimes that inspire.

Facilitated by Larry Siegel

Letter Writing with Lost-Art Letters

Thursday, 9/10, 10/8, 11/12, 12/10

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

Music Makers

Friday, 9/4, 9/11, 9/18, 10/2, 10/9, 10/16, 11/6, 11/13, 11/20, 12/4, 12/11, 12/18

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

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

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

Music's Memory Lane

Tuesday, 9/1 – 12/29

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

Arts & Music

Songs for You

Sunday, 9/6 – 12/27

11am PT | 12pm MT | 1pm CT | 2pm 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, 9/13, 10/11, 11/8, 12/13

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

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

Facilitated by Serena Guin



Sharon S.
Participant and Facilitator, WI

“I first discovered Well Connected about 20 years ago when I attended a senior health fair. I noticed a small table with some brochures on it, and the word “trivia” caught my eye. I have been a participant since then, and eventually a facilitator. I have hosted 7 programs over the years. The variety of subjects presented by skilled volunteers has given me the opportunity to learn as well as enjoy the camaraderie of fellow participants. I appreciate the work done by the staff, along with the interesting and educational value of the programs they offer. I hope you enjoy the experiences of Well Connected as much as I do.”

Fun & Games

Brain Aerobics

Monday, 9/7 – 12/28 (no group 9/21, 10/26)

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



Learning & Game Time

Tuesday, 10/20 – 12/29

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

Join us for a little bit of knowledge, fun, and friendly competition!

Facilitated by Sharon Schwartz

Family Feud

Wednesday, 11/4, 11/18, 12/2, 12/16, 12/30

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

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, 11/4 – 12/30

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, 9/5 – 10/31

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

Mystery melody song themes: school subjects (9/5) Career Day – Work & Workers (9/12) Media Studies – TV & Movie Themes (9/19) Nature (9/26) Home Economics – Food & Clothes (10/3) Foreign Language Songs (10/10) Mathematics – Numbers, Measurements & Shapes (10/17) Astronomy (10/24) Psychology – Expressing Emotion in Song (10/31) Chorus – Get Ready for the Holidays.

Facilitated by Jan Knowles

Fun & Games

Name That Tune

Wednesday, 9/2 – 10/28

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

In this music guessing game, guess songs from all genres with new themes each week. 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

Noggin Joggin'

Friday, 11/6 – 12/25

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, 9/1 – 12/29

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

Friday, 9/4 – 12/25

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

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

Facilitated by Sue Piecuch

Ungame

Sunday, 9/6 – 10/25

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, 9/22, 10/27, 12/22

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

Love to read? Complete each book by the session date and join us for a lively discussion of: *My Friends* by Fredrik Backman (9/22), *Atmosphere* by Taylor Jenkins Reid (10/27), *The House in the Cerulean Sea* by TJ Klune (12/22)

Facilitated by Ann Bartelstein



Christmas Day Program: Scrooge Ebenezer

Friday, 12/25

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

What's in the name Scrooge Ebenezer? Join us for the real story.

Facilitated by Gayle Wanamaker



A Christmas Story: Rustle's Christmas Adventure

Saturday, 11/7 – 12/26

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

Enjoy a reading of *Rustle's Christmas Adventure* by Steve Englehart, a heartwarming tale of a special tree being, Santa's origins, holiday magic, and a festive adventure for all.

Facilitated by Nicolette Noyes

Poetically Speaking

Wednesday, 9/2 – 12/30

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

Good Reads

Read Aloud

Monday, 11/2 – 12/28

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

Saturday, 9/5 – 12/26

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

Monday: *The Maid*, by Nita Prose, tells the story of Molly Gray, a lovable, eccentric hotel maid who finds a wealthy guest dead in his bed. Accused of the crime, she must solve the bloodless puzzle.

Saturday: After a chance encounter with Draven's Prince Breyden, VerGann's best friend finds herself caught between a power-hungry king and his nephew's arranged marriage in *VerGann: Book One of The Delphine Diaries* by L.C. Watkins.

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

Story Time

Saturday, 9/5 – 12/26

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, 11/26 – 12/31

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



Roads Not Taken

Thursday, 9/3 – 10/8

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

Ever wonder what it would be like to live a different life? Join us as we learn about what it would be like to walk in someone else's shoes.

Facilitated by Amanda Duncan

Toy Stories

Thursday, 10/15 – 11/19

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

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

Facilitated by Amanda Duncan



“I really look forward to the Well Connected sessions I facilitate each week. I love reconnecting with good friends and meeting new ones, and I enjoy sharing fun and interesting information and engaging in thoughtful conversations. I learn so much preparing for each session and listening to the stories and insights of the participants. Well Connected has become an important and joyful part of my life. I always leave a session with a smile!”

Amanda D.
Facilitator, OR

Mindful Practices

Find Your Inner Calm

Saturday, 11/7 – 12/26

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



Guided Meditation

Monday, 12/7 & 12/14

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

Join us for a gentle guided meditation practice cultivating mindfulness, self-compassion, and presence. Suitable for all experience levels. Discover greater ease, calm, and connection.

Facilitated by Alexandra Klein, Certified Mindfulness Teacher

Mindful Compassion

Monday, 9/7 – 10/26

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, 9/6 – 10/25

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, 9/5 – 12/26

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, 9/4 – 9/25

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

The World Around Us

Saturday, 9/5 – 10/31

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, 9/7 – 10/26

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

Monday, 9/14, 9/28, 10/12, 10/26, 11/9, 11/23, 12/14, 12/28

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, Front Porch

Coping with Grief

Monday, 11/2 – 12/7

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

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

Death Café

Wednesday, 9/9, 10/14, 10/28, 11/11, 11/25, 12/9, 12/23

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 Abraham Aviles-Scott, Licensed Marriage & Family Therapist, Life Coach, Death Doula, Contra Costa Older Adult Mental Health, aavilesscott.com (2nd Wednesday), Judy Iannaccone, End-of-Life Practitioner and Doula (4th Wednesday)

Reflection & Religion

Focus on Faith

Saturday, 11/7 – 12/26

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

Gratitude

Every Day 9/1 – 12/31

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, 12/2

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



The Search for Meaning: Why it's Important & Unavoidable

Thursday, 9/3 – 9/24

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

Explore why humans naturally seek meaning, how purpose shapes our choices, and why engaging life's deeper questions is both unavoidable and essential to human flourishing.

Facilitated by Les Bishop, Director of Spiritual Services, Front Porch

Spiritual Adventure of Aging

Wednesday, 11/18 – 12/30

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

Join us on the journey of aging and eldering. Using writing and reflective conversation, we'll focus on spirituality, meaning, and purpose in later life.

Facilitated by Nancy Walton-House, M.Ed. Counseling Psychology ²⁶

Support & Connect

Abilities Awareness Chat

Friday, 9/4 – 12/18

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

Across the Miles

Tuesday, 9/29

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



Artificial Intelligence - Let's Figure It Out Together!

Tuesday, 9/8, 9/22, 10/13, 10/27, 11/10, 11/24, 12/8, 12/22

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

AI is everywhere, but what does that really mean for you? Let's talk, share experiences, and learn from each other in this informal discussion group.

Facilitated by Michael and Judy Yublosky



Create an AI Story Just for Us

Saturday, 9/5 – 12/26

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

Each week, artificial intelligence will write a story just for us! Participants create next week's story, turning listening time into a shared adventure.

Facilitated by Judy Yublosky

Coffee Break

Tuesday & Thursday, 9/1 – 12/31

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

Support & Connect

Connection Lab

Wednesday, 9/9, 9/23, 10/14, 10/28, 11/11, 11/25, 12/9, 12/23

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

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, 11/3 – 12/15

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

Getting to Know You

Saturday, 9/5 – 10/31

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

Have fun as we get to know each other while answering questions about ourselves.

Facilitated by Ann Hentz



Good Neighbor Day

Friday 9/25

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

Established by President Jimmy Carter in 1978, Good Neighbor Day has encouraged people to strengthen the bonds that make communities thrive. Although the observance falls on September 28 each year, Well Connected believes one day isn't enough. By celebrating throughout the week in the Bay Area, we hope to inspire members to carry the spirit of neighborliness into their daily lives and neighborhoods all year long. Join us to share your efforts to be a good neighbor!

Facilitated by Amber Carroll, Front Porch

Support & Connect

Gray Matters

Monday, 11/2 – 12/28

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

Master aging with clever strategies and self-advocacy tools. Elevate your daily routine, speak up for your needs, and confidently support others.

Facilitated by Roberta Tracy

Groceries for Less Plus Kitchen Table Conversations

Monday, 9/7 – 12/28 (no group 10/12)

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

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



Our Happiest Moments

Thursday, 9/3 – 12/10 (no group 9/17, 10/15, 11/19)

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

The happiest moments of our lives are often signposts pointing us toward what matters most - faith, family, love, and life's purpose.

Facilitated by Allan Darden

Ladies Lounge

Monday, 9/14 – 10/19

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

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

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 Well with Sight Loss

Friday, 9/4, 9/18, 10/2, 10/16, 11/6, 11/20, 12/4, 12/18

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

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

Wednesday, 9/23 – 12/30

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



Navigating a Changing World

Friday, 9/11, 9/25, 10/9, 10/23, 11/13, 11/27, 12/11

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

Navigating change requires one to stay curious, focus on what doesn't change, share experiences, build intergenerational relationships, take care of one's health, and embrace new roles.

Facilitated by Allan Darden

Reimagining Dementia: Taking It to the Streets with Autobiographical Memory Mining

Thursday, 10/15

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

Join 1,200 Reimagining Dementia members worldwide as we Take It to the Streets for the fourth year. This year, Well Connected invites participants to explore the science of Goosebumps and Autobiographical Memory through a patent-pending method that taps into rich reservoirs of memories.

Facilitated by Roger Anunsen, Brain Researcher and Amber Carroll, Front Porch

Support & Connect

Satisfying Retirement Secrets

Monday, 9/7 – 10/26

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, 9/1 – 12/22

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



Veterans Support - For Those Who Served & Those Who Loved Them

Tuesday, 9/15 – 10/6

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

If you served or were close to someone who served, you know how hard it was - long hours, unpredictable schedules, possible danger, and long separations. This group offers a place to talk for those who know what it's like to serve this magnificent nation.

Facilitated by Michael Chumbler, CSM (ret) MSW, LSW

Well Connected People - Well Travelled People

Did you know that September 27th is World Tourism Day? We are featuring a few of our regular *Armchair Travel* presenters, who have taken us on so many wonderful virtual trips around the world, sharing their photographs, insights, experiences, and what they learned about locations from almost every continent.



Terry Englehart, our fearless founder, was one of our first travel presenters, taking us to Brazil in the Fall of 2015, and many places since then, usually with husband, Steve. *“It’s such a pleasure to share our wandering experiences with our friends in Well Connected. We love hearing about their travel memories too!”*

Terry’s friend and occasional traveling companion, **Laura Wells**, shares, *“Knowing that I’ll be doing a presentation with Well Connected makes my travels even more fun. I take photos with an eye toward sharing the unique aspects of a place: the spectacular, the everyday, and even the political. People’s questions help me enjoy the trip all over again.”*



Amy Brokering, former staff member with Front Porch, joined our inaugural *Armchair Travel* series in 2016, and has presented many times, including small towns in the US, the UK, Ireland, and the Pacific Northwest. *“It’s a real joy for me to share stories and photos from my travels on Well Connected - and every time I lead a group, I learn something new from the participants, too! I’m so grateful to the fabulous WC team for creating this caring, meaningful and fun community!”*

Well Connected People - Well Travelled People



In 2020, **Joya Chatterjee** found virtual travel presenting after being referred by a Well Connected participant who heard her speak locally on her adventurous international trips, from Rapa Nui and Malawi to Timbuktu. She waxes poetic about the experience, *“To paraphrase one of my favorite poets William Wordsworth, ‘I wandered lonely as a cloud, that floats on high o’er vales and hills... When on my couch I lie, in ... pensive mood, my heart with pleasure fills’ to share these wanderings with my Armchair pilgrims.”*

In 2022, we partnered with Road Scholar’s Ambassadors to share their amazing educational trips with us. Among them, **Ellie Knesper**, who says, *“I am so glad that Road Scholar helped me to connect with Well Connected. I have enjoyed sharing my travel adventures with a virtual audience that are often unable to experience these places in person.”*



Paula Wright, another Road Scholar Ambassador, says, *“The only thing I enjoy as much as traveling the world, is the opportunity to share my photos and experiences with others. Each time I speak about my travels, I too, get to relive my trips.”*

Armchair Travel remains one of the most popular groups on Well Connected, thanks to our fabulous presenters. Bon Voyage!

Resources

General

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

- **caconnect.org or (800) 806-1191** – assistive communication devices in California for those who qualify due to a disability
- **Everyoneon.org** – low-cost internet, device and training offers
- **Oats.org** and **seniorplanet.org from AARP** – 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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