Well Connected
A COVIA COMMUNITY SERVICE
A Community for Seniors

SUMMER 2019
July 8 – October 6

(877) 797-7299
coviaconnections@covia.org
covia.org
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Welcome to the Well Connected Community

Well Connected is a phone and online program offering activities, education, friendly conversation, and an assortment of classes and support groups to older adults accessible from the comfort of home. Our community consists of participants, staff, facilitators, presenters, and other volunteers who care about each other, and who value being connected to engaging content, and to each other. Well Connected members can play a game, learn a language, write a poem, go on a virtual tour, meditate, share a gratitude, get support, and most importantly, connect and engage with others every day across the country. Well Connected is a Community Service of Covia and is free of charge to all participants and available to adults over the age of 60.

Well Connected engages more than 1,500 elders across 41 states

Participants already enjoying Well Connected

Be the first in your state to enjoy Well Connected
How It Works

How to join the Well Connected community:

1. Look at the program listing on the following pages and find the activities that interest you.
   - There is no limit to the number of activities you may participate in.
   - Programs and schedules are published quarterly. You can enroll and participate at any time throughout the session.

2. Once enrolled, you will receive a current Catalog, a Participant Calendar, and an Activity Checklist - everything you need to start participating in activities at your convenience.
   - All activities may be joined by telephone.
   - Some activities are additionally available online, using a computer or any device you use to connect to the Internet.
   - If you would like to join any of the audio/video activities, or if you would like to receive handouts, please fill out the Activity Checklist and return it to the office, by phone, email, or snail mail, at least two weeks prior to the activity you would like to join.
   - If you would like to be called into any activity, please call the office at: (877) 797-7299 or email your requests to coviaconnections@covia.org.
   - All activities are listed in Pacific Time.
     
     9:00 Pacific Time = 10:00 Mountain Time
     = 11:00 Central Time
     = 12:00 Eastern Time

3. Contact us at (877) 797-7299 or coviaconnections@covia.org to enroll or to get more information.

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

Confidentiality
- Never share any private information over the phone or online.
- Only registered participants have access to activity code numbers.
- The opinions expressed by facilitators and participants are their own and do not necessarily reflect the views of Well Connected or Covia.
- Groups may be recorded with notification.
- Well Connected and Covia will not share your personal information with anyone without your consent.

Phone/online etiquette
- Ensure that you are in a quiet environment before joining a group.
- Please try to join activities at the time they begin. Remember, all activities are listed in Pacific Time.
- Be prepared to identify yourself with your first name when you join the group and before you speak for the benefit of everyone.
- When you are not speaking, please mute your line to avoid background noise
  - If joining by phone: press the MUTE button on your phone or *1
  - If joining online: click on the microphone icon at the bottom of your screen.
- You might want to consider using a headset for the best audio/online quality.

Group etiquette
- Allow the Facilitator to guide and direct the flow of his or her activity.
- Everyone’s opinion is valuable and must be respected in all groups.
- Allow every member the opportunity to participate and be heard.
- Do not monopolize the conversation.
- Proselytizing, arguing, or directing hurtful or disrespectful remarks at any member is forbidden.
- Life presents us with challenging issues, and we might not always agree. Please be thoughtful when discussing sensitive topics.

Violation of the above guidelines may be grounds for dismissal from the program.
Summer program guide and schedule

Remember, all activities are listed in Pacific Time.
9:00 Pacific Time = 10:00 Mountain Time
   11:00 Central Time
   12:00 Eastern Time

LEGEND

📞 Phone: An activity accessible by telephone

💻📞 Audio/Video: An activity accessible by telephone or
   online using a computer or any device you use to
   connect to the Internet

📚 New: An all-new Well Connected activity

Handout: An activity that includes a handout. Handouts
   can be received either by email or mail. Please complete
   the Activity Checklist at least two weeks prior to the
   activity you’d like to join and return it to us by mail, email,
   or phone

Session Spotlight

Our team recently read in The Creative Age by Dr. Gene Cohen, “When we talk about creativity, I’m not referring simply to the paint on canvas kind of artistic creativity, nor do I mean those visionary thinkers whose imaginative ideas and inventions have shaped or shaken civilizations. Creativity is built into our species, innate to every one of us, whether we are plumbers, professors, short-order cooks, or investment bankers. It is ours whether we are career-oriented or home-centered. It is the flame that heats the human spirit and kindles our desire for inner growth and self-expression. Our creativity may emerge in many different ways, from the realm of art, science, or politics, to the pursuit of an advanced college degree, a new hobby, or a public-spirited community activism.”

A creative aging lens looks at aging as full of potential, which sure shifts the possibilities. The term ‘creative aging’ might lend one to think of art-making, which is absolutely one way to innovate and explore in older age. If we think about the full scope of creativity, we realize how broad and impactful this view can be.

Cohen’s The Mature Mind is an influential book that laid the foundation for his later work, in which neuroscience and examples from his work show a different picture of aging. He explores how our minds work in unique ways in older age, and how older adults are engaged in creative living. This book changed the way our staff views aging and gave us concepts and language to better express ourselves on this journey. We encourage you to read it and let us know what you think! Join our The Mature Mind book club this session. See page 22 for more details.
Session Spotlight

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I am a lifelong traveler and photographer. Until I joined Well Connected as a presenter I had no regular forum on which to share my travel photos. I really love the opportunity to share my photos and experiences and appreciate how enthusiastic and supportive the participants are about my presentations.
Advocacy

Activists R Us!

**Wednesdays, 7/10 - 10/2**
6:00pm - 7:00pm

Democracy needs three things to thrive: voting, the political act, and information. Your voice is heard during elections by casting your vote, otherwise your voice is heard by committing a political act. We will talk about political acts, when and why we’ve committed a political act, what leads up to our decision, what sources of information influenced our decision, how did we feel before, during, and after the act, did we get results or not? We will listen to each other, encourage each other, and learn from each other. Democracy is a numbers game - majority rules - add your voice to the total.

**Facilitated by Samantha Smith**

“I am a lifelong traveler and photographer. Until I joined Well Connected as a presenter I had no regular forum on which to share my travel photos. I really love the opportunity to share my photos and experiences and appreciate how enthusiastic and supportive the participants are about my presentations.”

Sue
Participant and Volunteer
The Maldives
7/31
Come with me to the Conrad Hilton, a beautiful and luxurious resort in the Maldives – an idyllic island paradise located in the Arabian Sea and the Indian Ocean. Once there, we will relax, eat delicious food, and take care of ourselves. I will show you the surroundings; the beach, the villas over the water, local food, and more.

Presented by Siv Jansson

The Baltics
8/7
Terry and Steve will share the fascinating discoveries that delighted them on their trip to the Baltic countries of Lithuania, Latvia, and Estonia. Experience the medieval town squares, winding cobblestone streets, Art Nouveau architecture, enchanting forests, and fascinating modern culture of this less visited area of Europe.

Presented by Terry and Steve Englehart

An American Living in the Netherlands
8/14
What is Hagelslag? How do the Dutch celebrate Christmas? What is King’s Day? Explore Dutch culture from the perspective of an American who had the opportunity to live in the land of windmills, wooden shoes, and tulips for three years.

Presented by Tanya Ahern, Covia Home Match Director, Fremont

Afghanistan: A Civilian Tour of Duty
8/21
Jack spent 4 years in Afghanistan with two U.S. Government agencies on an international civilian team developing democratic governance. Experience the overhead views of the terrain, cities and villages, scenes from daily life, and living in a ‘hooch’ on a military base. See this rugged country and people living in a war zone for the past 30-40 years, and travel by military helicopter to smaller military outposts and local government offices.

Presented by Jack Dougherty
Norway
8/28
Join us as we explore the beautiful Norwegian cities of Oslo and Bergen. Then we’ll board a ferry for a cruise up the west coast of the country exploring the fjords, islands, and cities on the way to the northern reaches of Norway.
Presented by Sue Willson

Clonmacnoise, Ireland
9/4
The monastic ruins at Clonmacnoise in Ireland are one of the oldest and most important early Christian settlements in Europe. Dating from 545 AD Clonmacnoise was once a thriving center of learning and art in Europe; by the 9th century it was Ireland’s most famous monastery. Join me as we explore what this heritage site has to tell us about Ireland’s ancient east.
Presented by Casey O’Neill, Covia Program Manager, Social Call

Bolivia: From Pre-Inca to Butch Cassidy to Ultra-Modern Funiculars
9/11
Join us for a presentation that focuses on a country that is off the radar for most people: Bolivia! Explore the many hidden gems of this mountainous country, including a fascinating archaeological history around Lake Titicaca, a dominant indigenous population and a clean energy mass-transportation system.
Presented by Ian McDonald

Chatsworth House, England
9/18
Chatsworth House in Derbyshire, England is the home of the Duke and Duchess of Devonshire. This palatial manor house is one of the most stunning country houses in England. We will explore the house and gardens, discover the connection to the world banana trade, and look back at the history of the house, and the family that has owned it for sixteen generations.
Presented by Karen Bennett
All Request Music Hour with DJ Libby  
Tuesdays, 7/9 - 9/17 (no group on 7/23)  
4:00pm - 5:00pm  
Call in to request the title track from your first record, your favorite song from your first dance, the song you listened to over and over again in your car way back when. Have fun laughing, reminiscing, singing, and tapping your feet. You may even have the urge to get up and dance! Guest appearance by DJ Jeff on 8/27!  
Facilitated by Libby Linden-Chirlian, Musician

Creativity Unleashed  
Mondays, 7/8 - 8/26  
4:00pm - 5:00pm  
Adventures into your own creativity are waiting to be explored in this workshop that will use Sheppard’s book Write For Life, Healing Body, Mind and Spirit Through Journal Writing for journal writing, painting and personal sharing of experience. The journey will be an adventure in opening up the right/creative side of the brain. Bring the excitement of color and words into your everyday life. Come prepared with a journal, sketch pad and a set of watercolors, crayons or Tombow pens you can find on Amazon.  
Facilitated by Dr. Sheppard B. Kominars, author, poet, novelist and memoirist

Music’s Memory Lane  
Tuesdays, 7/9 - 9/10  
6:00pm - 6:45pm  
Each week we’ll discuss a hit song, vintage television variety show, or a memorable musician in music history. From Big Band music to the Beatles, we’ll dive into our recollections of concerts, lyricists, and pop culture.  
Facilitated by Steve Maraccini
Open Mic  
**Thursdays, 7/11 - 10/3**  
6:30pm - 7:00pm  
All are welcome to call in and perform, big talent not required. Singing, spoken word, stand-up comedy, play your favorite instrument, read a poem or more. Enthusiastic spectators are also welcome to join. Joke telling is reserved for the last ten minutes.  
**Facilitated by Kathleen Torres**

Picture My World  
**Sundays, 7/14 - 9/1**  
12:30pm - 1:30pm  
Join us as we reminisce through poetry and explore our creativity. Using visualizations and simple materials, each person will explore their inner view of the world through creative and verbal participation. Our goal is to view our lives as a whole and to appreciate what each of us has experienced and accomplished in our lifetime. No experience required; adaptations included for those with vision loss.  
**Facilitated by Alane Spight**

Three Oaks  
**Fridays, 7/12 - 10/4**  
5:00pm - 6:00pm  
After a conversation in another Well Connected group, participants developed Three Oaks, an imaginary town with all the small town amenities - an inn, bookstore, boutique, fortune telling booth, and more. Create a fictional character and join this small town life, be whomever or whatever you want to be, in an environment of your own making. Indulge yourself in a fantasy life!  
**Facilitated by Samantha Smith and Other Well Connected Participants**
I am so grateful for my time spent with all the amazing folks at Well Connected and am appreciative of all the love and kindness that I have felt from all the participants, volunteers, and staff. Thank you all for your inspiration and being your wonderful selves. You all are what makes this program so great and I have gained so much from you all. I will miss hearing your voices and playing your song requests on DJ Jeff but don’t worry, you will be hearing from me again soon!”

Jeff
Former Administrative Coordinator and Volunteer
Conversation

**Across the Miles**  
**Wednesday, 7/24**  
**12:30pm - 1:30pm**  
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 Lorraine Novack Voytek, DOROT’s Connect Through Tech Program Director**

**Ask the Attorney**  
**Fridays, 7/12 - 10/4**  
**3:00pm - 4:00pm**  
Gerald Richards, a retired California attorney with 42 years of legal experience, mostly in the area of probate, wills and trusts, will answer your questions providing general legal advice. You can call in, or send your question ahead of time to coviaconnections@covia.org to hear your answers.  
**Facilitated by Gerald Richards, Esq., Contra Costa Senior Legal Services Board Member**

**Beautiful Questions**  
**Mondays, 7/8 - 9/30**  
**10:30am - 11:30am**  
Based on Anne Basting’s work on TimeSlips (www.TimeSlips.org), to bring meaning and purpose to the lives of elders through creative engagement, we will be inspired by some of her carefully crafted questions that spark rich conversations, such as, “What is the greatest gift you’ve ever received?” or “When do you feel truly at home?”  
**Facilitated by Janice Rooker**

**Big Crazy Family**  
**Mondays, 7/8 - 7/29**  
**1:00pm - 1:45pm**  
Do you have a unique large family? Do you remember what it was like to grow up in a loud, raucous, loving household full of siblings and family members? Jen grew up in an ever changing family with 6+ siblings, friends, and family! Come and share your funny family stories!  
**Facilitated by Jen Arent, Covia Senior Resource Director**
Conversation

**Bird Talk**
*Saturdays, 7/13 - 10/5*
2:00pm - 2:30pm
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**

**Coffee Break**
*Wednesdays, 7/10 - 10/2  10:00am - 10:30am*
*Sundays, 7/14 - 10/6  11:00am - 11:30am*
Grant a cup of coffee or hot tea and enjoy a mid-morning opportunity to chat and catch up with the Well Connected community.
**Facilitated by Andy Andersen (Wednesdays) and Vi C. (Sundays)**

**Garden Talk**
*Fridays, 7/12 - 8/16*
4:30pm - 5:00pm
Let's take time wandering through our virtual garden. Our discussions will include exploring your favorite plants, sharing gardening tips, and discussing the role that flowers and plants have in our lives. No green thumb needed to tap into your floral memories!
**Facilitated by Felicia Allen**

**Inspiring Stories**
*Saturdays, 7/13 - 9/14*
6:00pm - 6:45pm
Today's world inundates us with bad news. Want some good news and inspiration for a change? If you need more positivity in your life (and who doesn't?), you'll enjoy the tender nature of this group.
**Facilitated by Janice Rooker**

**Keys to Joy**
*Saturdays & Sundays, 7/13 - 9/15*
5:00pm - 5:45pm
Each day we will take a topic from the fields of psychology, spirituality, or philosophy geared to increase our happiness. We come not as “experts” but as fellow seekers wishing to warm ourselves at each other's fires.
**Facilitated by Lynn Millar**
LGBTQ Chat
**Mondays, 7/8, 7/22, 8/12, 8/26, 9/9, 9/23**
1:00pm - 2:00pm
This group is open to all LGBTQ older adults and is an opportunity to connect with others socially in a supportive environment where participants can share individual and collective experiences. We will create an inclusive place to share our stories with each other and build a sense of community.
**Facilitated by Ariel Mellinger, ASW, Support and Wellness Coordinator, Openhouse SF**

Meet Me in the Kitchen
**Fridays, 7/12 - 8/30**
4:00pm - 4:30pm
Grab an ice tea or lemonade, and let's take it outside! It’s time to enjoy berry pies, summer produce, and have backyard picnics! We'll share stories and anticipate the coming of fall.
**Facilitated by Harla Norman**

Newcomers Welcome
**Mondays, 7/15, 8/19, 9/16**
2:30pm - 3:30pm
Are you a bit confused about how to start “connecting” with Well Connected? Join us to learn more about what will happen when you make that first phone call to join a group you are interested in; what is the difference between a program that is listed in a “black box” and one that is not; what do those icons mean in the catalog; how do I get a turn to talk in a group and more! No question is too silly or too simple!
**Facilitated by Patt Schroeder, Covia Program Specialist**

Pet Tales
**Saturdays, 7/13 - 9/14**
11:00am - 11:30am
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, Ringo, Butchie, Freddie, and Stevie**
Conversation

Sports Talk
Wednesdays, 7/10 - 10/2
5:30pm - 6:00pm
Come join this open forum to discuss all things sports! Themes will include: current games, past performances, favorite athletes, trivia questions, and any other appropriate sports topics the group wants to discuss.
Facilitated by Ray Hansen

State of Well Connected
Fridays, 7/19, 10/4
10:30am - 11:30am
Join us to talk about some of your favorite activities of the Well Connected Summer Session and lend your voice to help inform future programming and changes.
Facilitated by Amber Carroll, Covia’s Director of Well Connected and other Covia staff

Walk in Nature
Fridays, 7/12 - 10/4
2:00pm - 2:30pm
Where were you when you saw a spectacular sunset? What wild creatures have you encountered? Do you enjoy camping and hiking? Share your experiences in nature, discuss geography, and evoke memories that will spark the positive associations that nature gives us.
Facilitated by Lisa Wynne

Where Were You When?
Saturdays, 7/13 - 9/14
12:00pm - 12:45pm
Where were you when you got your first bicycle? Or your first kiss? Or the summer you fell in love? Join us as we share these memories and more, of simpler times of our lives back when. No requirement but to have a good time.
Facilitated by Janice Rooker
Fun & Games

Bingo
Saturdays, 7/13 - 9/14
9:00am - 10:00am (beginners)
10:00am - 11:00am (advanced)
Bingo? On the telephone? You bet! Join us for the classic game of chance and a few variations. Please call the Well Connected office to request Bingo cards, including cards in Braille: (877) 797-7299.
Facilitated by Janice Rooker

Mystery Melody
Saturdays, 7/13 - 9/14
11:30am - 12:00pm
Follow the weekly theme, then have fun, singing, “la, la, la”, or give us a hint. Then we guess the melody! Mystery solved! Call the office at (877) 797-7299, for the theme of the week.
Facilitated by Jan Knowles

Noggin Joggin’
Thursdays, 7/11 - 9/12
2:30pm - 3:00pm
Let’s get those dendrites going and spice up our brains! We will have exercises that may not always be easy but will be a fun way of joggin’ our noggins. We’re sure to have a great time along the way. Please join us!
Facilitated by Nicolette Noyes

Perplexing Questions
Sundays, 7/14 - 10/6
2:00pm - 2:30pm
Have you ever wondered how a fly can walk upside down on the ceiling? Or how a camel can go so long without water? Find out the answers to some head-scratching questions.
Facilitated by Sharon Schwartz
Fun & Games

Tall Tales
Tuesdays, 7/9 - 9/10
2:00pm - 2:45pm
Do you like to tell or listen to a good story? Join the Well Connected “Liars’ Club” and see if you can figure out which stories are true and which are fanciful fabrications.
Facilitated by Kathleen Torres

Trivia
Sundays, 7/14 - 10/6
3:30pm - 4:30pm
Knack for facts? Attempt a guess? Take some clues to get the answer? Join in for a fun hour of trivia that will keep your mind in gear.
Facilitated by Sharon Schwartz

Ungame Group
Thursdays, 7/11 - 10/3
5:30pm - 6:30pm
In 1969, Rhea Zakich lost her voice for months; she spent most of her time listening to others. She emerged from this transformative experience with important insight about communication. In an effort to impart these lessons, she created The Ungame. Players share opinions in a non-threatening atmosphere, where there are only winners. As players submit their own questions to the game, it evolves into a one-of-a-kind creation.
Facilitated by Samantha Smith

Word Play
Sundays, 7/14 - 10/6
2:30pm - 3:30pm
Join us for an hour of challenging and stimulating word games. Test yourself with word definitions, adding, deleting, or unscrambling letters in a word. No winners or losers in these games of fun!
Facilitated by Sharon Schwartz
Good Reads

**Book Club**
3rd Sundays, 7/21, 8/18, 9/15
1:30pm - 2:30pm
We will discuss *A Dog’s Purpose* by Bruce Cameron (July), *92 Pacific Boulevard* by Debbie Macomber (August), and *A Dog’s Journey* by Bruce Cameron (September); you’ll have a whole month to read each book. Enjoy a rich conversation about memorable moments in the story, flashes of insight, favorite or least favorite characters, and more!
**Facilitated by Marie Hamilton**

**Book Share**
1st & 3rd Saturdays, 7/20, 8/3, 8/17, 9/7, 9/21
3:00pm - 4:00pm
Book lovers unite! Call in to discuss and recommend some of your favorite books and authors with other book lovers.
**Facilitated by Andy Andersen**

**Fairy Tales and Wonder Tales of the World**
Thursdays, 7/11 - 9/12
3:00pm - 3:45pm
Come to a place where your imagination is engaged and visuals are what your mind creates. Selections will be read from *Fairy and Wonder Tales* (1912), including international folk tales, and familiar favorites, such as Cinderella and Aesop’s fables, followed by a discussion.
**Facilitated by Janice Rooker**

**PIP, Inc.**
Tuesdays, 7/9 - 9/10
10:00am - 11:00am
Join us for a reading of Jarvis’ new, original mystery series. Santa Cruz County Law Librarian Pat Pirard was living the perfect life. She had a job she loved, she’d just purchased her dream car, and she was almost over being dumped by her long term boyfriend. But her 35th birthday marked the end of life as she knew it. Now she has nine weeks to reinvent herself and solve a murder she didn’t mean to witness.
**Facilitated by Nancy Lynn Jarvis, Author**
Poetically Speaking

**Wednesdays, 7/10 - 10/2**
**2:00pm - 2:30pm**
Poetry has been proven to inspire, challenge, console, inform, and help heal both the body and soul. Please join us to hear selections of celebrated and contemporary poems.

**Facilitated by Greg Pond, Poet**

Poetry

**Sundays, 7/14 - 10/6**
**10:30am - 11:30am**
Share poetry that you have written or that you admire, and join in a lively discussion about the poems.

**Facilitated by Anne Allen**

Poetry Reading

**Mondays, 7/22, 8/26**
**2:30pm - 3:30pm**
Join Sally Love Saunders as she reads and discusses her original poetry. You will find her poetry to be enjoyable and easy to relate to.

**Facilitated by Sally Love Saunders**

Story Time

**2nd & 5th Saturdays, 7/13, 8/10, 8/31, 9/14**
**3:00pm - 4:00pm**
What are your favorite short stories? Have you written anything yourself? Please join us for an hour of sharing. You are welcome to read up to 15-20 minutes... or you may prefer to just listen to the magic provided by others.

**Facilitated by Nicolette Noyes**
Good Reads

The Mature Mind
Thursdays, 8/1 - 9/5
11:00am - 12:00pm
Researcher and author, Dr. Gene Cohen, is often considered the father of creative aging and certainly left an enduring legacy for those studying older age. We'll study his nationally acclaimed book, The Mature Mind, where he lays the scientific groundwork for understanding the unique capacities of an older brain, sprinkled with fascinating stories and practical strategies for harnessing creativity as we age.
Facilitated by Katie Wade and Casey O’Neill, Covia Social Call

Writers Read
Friday, 9/20
1:00pm - 2:00pm
Writers Read showcases Well Connected writers reading personal selections from the past session. Poetry, short stories, and more! Join to listen and enjoy the many talents within the Well Connected community, or share your original work. To share your work, contact the office at (877) 797-7299.
Facilitated by Patt Schroeder, Covia Program Specialist

“My lovely father, mother, and myself love to listen and enjoy so many of the thoughtful programs such as: Meditation, Health & Wellness, Armchair Travel, and Museums at Home. We are a very grateful group!”
Gary & Lynne
Participants and Volunteers
Living with Heartache
7/30
The experience of loss, loneliness and grief, sorrow, stress, and anxiety are part of the human condition. Understand more about these issues as experienced by older adults, and reach out to listen, make connections, and support each other as we adjust to the experiences of older age.

Presented by Patrick Arbore, EdD, Director, Center for Elderly Suicide Prevention and Grief Related Services, Institute on Aging

MINDRAMP Summer Camp
8/6, 8/13, 8/20
A summer camp you’ll never forget! Make a commitment to your brain’s future health. Learn about why most brains sometimes struggle, and how they can flourish when their owners take control and create a personalized, evidence-based, sustainable Game Plan. Join Roger Anunsen and Michael Patterson, our Cognitive Wellness Coaches, as they offer highlights, and some of the cognitive tools from the Cognitive Wellness Playbook.

Game Plan Basics
8/6
The Essential CogWheels of Brain Health; the MAPS route to cognitive wellness: Motivate. Assess. Plan. Skills to Sustain.

Leveraging Personal Assessments
8/13
To design a custom game plan, learn some of the skills, and practice real-life plays.

Play Day
8/20
Where the Head Coaches will review some of the materials from the Playbook and offer take-home cognitive tips and tools that can be applied to reach your goal line: a lifetime of cognitive wellness and flourishing.

Presented by Roger Anunsen and Michael Patterson, MINDRAMP Consulting
Food Safety and Supplement Fraud  
8/27  
Join an expert from the FDA for a review of food handling and safety, including safe storage, cooking temperatures, and expiration dates, as well as a discussion about dietary supplements, which are regulated by FDA, including understanding labels, and ways to spot fraudulent claims.  
Presented by Mary Ellen Taylor, MSPH, Health Communications Specialist, U.S. Food and Drug Administration

Loneliness and Your Health  
9/3  
Recent research suggests that loneliness and social isolation can have a negative impact on your health and well-being. We will discuss these effects and summarize what research says about the kinds of activities and services that can help reduce loneliness, increase social connectedness, and in turn contribute to better health.  
Presented by Julie Solomon, PhD, J. Solomon Consulting

Take Your Brain Back to School  
9/10  
What’s the best time of the year to learn something new? Right after the Labor Day Weekend! From the first day of school and for every fall thereafter, the seasonal and societal shift from the summer vacation mindset into a fall learning mindset, continues for the rest of your life! Join us for a taste of “The Aging Mind” college course for a brain-healthy hour of evidence-based neuroscience. Highlights include the rapidly emerging global research into non-pharmaceutical cognitive interventions, precision-designed, sustainable brain wellness plans, the eight interdependent elements of a brain wellness plan, and eight brain health takeaways that you can try before you wake up the next day.  
Facilitated by Roger Anunsen, MINDRAMP Consulting
Well Connected has been an inspiring example of how to work together to make a difference in the cognitive future of members. Well Connected’s future is so bright, I’m going to buy myself some shades!”

Roger
Facilitator
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Roger
Facilitator

### What’s New at Hadley

**9/17**

Hear about all that’s been going on at Hadley, the visual impairment specialists. Join us as we talk about new discussion groups, conversations with the experts, and an increasing collection of instructional videos.

Presented by Marc Arneson, Director of Brand Development/Community Learning, Hadley

### Improve with Improv!

**Wednesday, 7/24**

2:30pm – 3:30pm

How do we use improvisation as a way of life? Improvisation has been shown to help people develop their communication skills and creativity. In this session we will have fun playing improv games together that can help us in everyday life.

Presented by Helen Abel and Jill Battalen, Life Performance Coaching

### Health & Wellness

**Tuesdays, 7/30 – 9/17**

11:00am – 12:00pm

### Languages

**ESL (English as a Second Language)**

**Fridays, 7/12 - 9/13**

4:00pm - 4:45pm

ESL has moved to Well Connected Español. Please contact the office at (877) 797-7299 to find out how to connect to this English conversation group for non-native speakers who would like to improve their fluency.

**Facilitated by Rosemarie Bahmani, native German speaker, ESL Teacher and Language Development Specialist**

**Perfecting Our French**

**Tuesdays, 7/9 - 9/10**

5:00pm - 6:00pm

**Thursdays, 7/11 - 9/12**

4:30pm - 5:30pm

This French language group will share personal news of the week and brush up on language skills. For advanced level French speakers only.

**Facilitated by Gloria Kasdan and Jerry Sexton (Tuesday practice) and Instructor, Jan Knowles (Thursday)**

**Practicing German**

**Fridays, 7/12 - 9/13**

3:00pm - 3:45pm

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

**Facilitated by Rosemarie Bahmani, native German speaker, ESL Teacher & Language Development Specialist**
Museums at Home  Wednesdays, 7/31 - 9/18  
11:00am - 12:00pm

**Just Desserts: from Cheese to Chocolate**  
7/31
We all deserve dessert, something luscious, scrumptious and even finger-licking good. Join us for a look at the history of desserts as represented in art. It will be yummy!  
**Presented by Marsha Holm, the Fine Arts Museum of San Francisco**

**Manet and Modern Beauty**  
8/7
Édouard Manet is considered by many to be the father of the Impressionist movement. Our discussion is devoted to his later life and works, when his still life paintings and portraits of modern Parisian women unapologetically embrace beauty and visual pleasure. Manet continued to challenge conservative art critics until the end of his life, demonstrating a responsiveness to the moment and the continual flowering of his artistry.  
**Presented by Dave Williams, the Art Institute of Chicago**

**Genghis Khan: Hero or Tyrant**  
8/14
Ride with the Mongols and the Khans as they conquer their vast empires, the largest in history. Learn about their culture through the art they created and adapted from other cultures.  
**Presented by the Asian Art Museum**

**And Still We Rise: A Journey through African American History and Culture**  
8/21
Journey with us from Africa, the cradle of human life, across the Atlantic Ocean, experiencing the tragedy of the middle passage, and encounter those who resisted the horrors of bondage, emancipated themselves, and sometimes took flight by the Underground Railroad. Celebrate the efforts of those who built families, businesses, educational institutions, spiritual traditions, civic organizations, and a legacy of freedom and justice.  
**Presented by Doug McCray, Charles H. Wright Museum of African American History**
World War I America
8/28
Stories of a divisive and transformational America told through artifacts, images, voices, music, and multimedia presentations. Produced with the Minnesota Historical Society, the National Constitution Center, the National World War I Museum at Liberty Memorial, and the Oakland Museum of California.
Presented by Janene Pearson, Bullock Texas State History Museum

Annabeth Rosen: Fired, Broken, Gathered, Heaped
9/4
Featuring ceramics and works on paper from over 20 years, this is the first major survey of a pioneer in the field of contemporary ceramics. The exhibition’s title reflects her art-making process, embracing the simultaneous fragility and strength in her works. Playful and antic, her works celebrate her relentless curiosity for creating and re-creating, destruction and rebirth.
Presented by Suzanne Reich, Contemporary Jewish Museum

Pre-Raphaelite Muses: Lives Beyond the Canvas
9/11
We’ve all seen their faces, the women immortalized in Pre-Raphaelite art. Posing for artists like Dante Gabriel Rossetti, Edward Burne-Jones and William Holman Hunt, the beauty of Elizabeth Siddall, Jane Morris, and Alexa Wilding lives on in paintings found all over the world. Who were they, really? Explore the stories behind the sitters, and the lives of these fascinating ladies.
Presented by Jennifer Lee, South Carolina State Museum

Early Rubens - The Road to Success
9/18
Peter Paul Rubens’ (1577-1640) early training included apprenticing in Antwerp, followed by 8 years of work and study in Italy. He developed a successful art business that would eventually produce works for most of the royal courts of Europe. We focus on how he developed his painting style, and how his workshop came to produce one of the largest bodies of work in the history of Western European art.
Presented by Carol Porter, the Fine Arts Museum of San Francisco
Reflections & Religion

**Bible Reading**

**Mondays, 7/8 – 9/9**

5:00pm – 5:30pm

For the first half of our time together, we’ll listen to a reading from a Bible passage, followed by sharing prayer requests and praying together.

**Facilitated by Andy Andersen**

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**Gratitude**

**7/8 – 10/6**

**Morning Gratitude**

Every Day 9:00am - 9:30am

**Afternoon Gratitude**

Mondays - Fridays 12:00pm - 12:30pm

Saturdays 4:00pm - 4:30pm

Sundays 12:00pm - 12:30pm

Call our daily Gratitude Groups to share what you feel grateful for in a safe and welcoming space. Listen to others share as well for an inspiring way to begin each day!

**Facilitated by Kaevalya Banks, Marie Hamilton, Lynn Millar, Nicolette Noyes, Patt Schroeder, Kathleen Torres, and Tom White**

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**Guided Imagery Meditation**

**Thursdays, 7/11 – 10/3**

1:00pm - 1:30pm

**Sundays, 7/14 – 10/6**

6:00pm - 6:30pm

Guided Imagery Meditation is listening silently to a journey into your imagination, with the goal of helping you to relax. Some of the journeys are peaceful trips into a flower garden or meadow while others might involve a zoo or a festival. The journeys are designed to trick your mind into thinking about something other than your worries and giving your heart and mind a chance to recharge. The story begins on Thursday and is repeated on Sunday.

**Facilitated by Sally Hayward**
Reflections & Religion

**Meditation**
7/8 - 10/6
Every Day 5:00pm - 5:30pm
Sundays 10:30am - 11:00am
The direct experience of our own inner reality is called meditation. Meditation techniques are mental disciplines that allow us to calm, focus, and examine the mind. These groups share 15-20 minutes of silent meditation where all lines will be muted. No experience is necessary.
Facilitated by Christine Esenther and Kaevalya Banks

**Peter: Upon This Rock**
Thursdays, 7/11 - 8/1
9:30am - 10:15am
Please join us as we look at the life of the Apostle Peter, and his impact on Christianity.
Facilitated by Lori Guthrie

**Memorial Service**
Friday, 9/27
1:00pm - 2:00pm
Join us to remember those of the Well Connected community who touched the lives of all of us. We’ll share memories and honor those we’ve lost, and we’ll reflect upon the richness we all provide for each other.
Facilitated by Carolyn Bolton, Covia Senior Resource Director, Alameda County

**Socrates Café**
Mondays, 7/15, 8/19
1:00pm - 2:00pm
Around the world, people of diverse backgrounds gather to think and discuss philosophical questions with one another at the Socrates Café. “What is beauty?”, “Is it ever okay to lie?”, or “Who deserves happiness?” may be some of the questions to ponder.
Facilitated by Linda Greenberg, Ph.D.
Supportive groups are meant to offer support in a safe, nurturing environment. They are not intended to replace individual medical or psychotherapy sessions.

Living with Chronic Pain
**Thursdays, 7/11 - 9/12**
2:00pm - 2:30pm
Those of us living with chronic pain know that it can affect every area of our lives - disrupting our activities, our appetite, our personal relationships, and our overall emotional health. Share your experiences, your challenges, and successes with others dealing with chronic pain in a supportive, caring environment.
**Facilitated by Tom Norris, Retired Air Force Lieutenant Colonel, and ACPA Facilitator**

Living with Vision Loss
**Thursdays, 7/11 - 9/12**
4:00pm - 5:00pm
This peer support group for those with any level of vision loss provides an opportunity to share experiences and suggestions. If you do not experience visual impairment, but would like to know more, you are also welcome to join.
**Facilitated by Andy Andersen, M.S. and Anne Allen**

Low-Vision Support: The Eyes Have It
**Wednesdays, 7/10 - 9/11**
1:00pm - 1:45pm
Meet others living with low-vision and share your solutions, while learning techniques from others for continuing to live a full life. Learn about available resources that can help you remain independent.
**Facilitated by Doug Rose, Lighthouse for the Blind & the CA Department of Rehabilitation**
Supportive Groups

**Support/Discussion for the Blind**
_Tuesdays, 7/9 – 9/10_
_1:00pm - 1:45pm_
This peer-led group offers a safe environment in which completely blind participants can share the challenges they face and the successes they experience. We will create a place to share our joys, fears, tears, and laughter.
_Facilitated by Andy Andersen, M.S., and Bonnie Rennie_

**Unpacking your “Griefcase”**
_Fridays, 7/19, 8/2, 8/16, 9/6, 9/20, 10/4_
_11:00am - 12:00pm_
Are you grieving the death of someone close to you? The death of a loved one can create deep sorrow. Sharing thoughts and feelings with others who understand and care is proven to be one of the most helpful ways to heal from grief. In a warm, nurturing and non-judgmental environment, group members are encouraged to share experiences, support one another, and learn about the journey through grief.
_Facilitated by Joseph Lumello, MA - Bereavement Services Manager, Hospice East Bay, California_

“Well Connected has kept me connected to the outside world.”
_Annette_
Participant
Tech & Culture

**Your Digital Passport to the World of Tech**
*Fridays, 8/2 – 9/13*
*1:00pm – 2:00pm*
Join us for a special series that will introduce tech basics, such as social media, and sharing photos, as well as challenge you to learn something new, including understanding phishing and fake news, finding trusted health information, playing music or games, volunteering, and much more!

Topics by date are:
- **8/2** Online Safety: Navigating the Web, Avoiding Phishing, and more
- **8/9** Try Social Media: Facebook, Instagram, & Pinterest
- **8/16** Find Trusted Health Information
- **8/23** What’s True? News Sources and Identifying Fake News
- **8/30** Finding Healthy Recipes & Planning Meals Online
- **9/6** Have Fun! Music, Videos and Online Games
- **9/13** Stay Engaged: Finding Volunteer and Job Opportunities Online

**Presented by SF Community Living Campaign Computer Trainers**

**What’s New in Technology for Seniors with Vision Loss?**
*Thursday, 9/26*
*10:00am – 11:30am*
Join us for a conversation with the Editor and staff of AFB’s technology magazine, AccessWorld, the resource you can rely on for information about technology and visual impairment. Learn about:
- accessible technology you can use to keep your home secure
- strategies for using the Amazon Echo and Google Home
- how to identify objects around your home
- basic swipe gestures for new iPhone users
- new phone options available from Jitterbug
- tips for buying your first accessible computer, smartphone, or tablet
...and much more. To check out AccessWorld’s senior-focused issue, go to https://www.afb.org/aw/20/2

**Presented by Lee Huffman, AccessWorld Editor-in-Chief, American Foundation for the Blind**
Without Walls Network

Well Connected is part of a larger international Without Walls Network of programs providing older adults with endless opportunities to participate in activities and classes over the phone. Older adults across the United States are welcome to join the wonderful programs listed below. For more information, please contact each program directly.

DOROT University Without Walls
(877) 819-9147 / dorotusa.org

Lifetime Connections Without Walls
(888) 500-6472 / familyeldercare.org

Mather Lifeways
(888) 600-2560 / matherlifeways.com

Welcome and Inclusion

We are open to all seniors. In keeping with Covia’s values of welcome, inclusion, social justice and grace, Well Connected is committed to serving people regardless of race, ethnicity, sex, religion, national origin, political affiliation, sexual orientation, physical or cognitive abilities, gender identity, ancestry, military discharge status, marital status, size, source of income, housing status or any other protected classification.
Covia Community Services

Covia cultivates and builds healthy communities with a continuum of residential and innovative aging services that actively promote intellectual, physical, social, and spiritual well-being. www.covia.org/services

**Social Call:** Friendly visitor program with a mission to foster connections between volunteers and older adults. covia.org/services/social-call/
Throughout the US  (877) 797-7299  coviaconnections@covia.org

**Market Day:** Markets selling fresh produce at cost to seniors each week at various locations throughout California. covia.org/services/market-day/
Multiple CA Counties  (510) 282-1137  cchavez@covia.org

**Senior Resource Information and Referral Programs:** One stop shop for seniors, their families, or caregivers to access information, referrals, and assistance.
San Francisco County  (415) 563-8043  abrokering@covia.org
Alameda County  (510) 444-0243  cbolton@covia.org
Sonoma County  (707) 539-0333  jarent@covia.org
Contra Costa County  (925) 956-7396  abalter@covia.org
Marin County  (415) 899-8296  kstrolia@covia.org
Santa Clara County  (408) 348-1850  bbassoni@covia.org
Monterey County  (408) 348-1850  bbassoni@covia.org

**Home Match:** Matches home owners and home seekers, in exchange for rent and/or services. covia.org/services/home-match/
Marin County  (415) 521-8541  swomack@covia.org
Contra Costa County  (925) 956-7385  adiaz@covia.org
City of Fremont  (408) 295-5905  tahern@covia.org
San Francisco County  (415) 351-1000  kcoppock@covia.org

**Rotary HOME Team:** Partnership with local Rotary Clubs to do minor home repairs. covia.org/services/rotary-home-team/
Contra Costa County  (888) 204-5573  info@rotaryhometeam.com
City of Sunnyvale  (888) 204-5573  info@rotaryhometeam.com
Marin County  (415) 899-8296  kstrolia@covia.org
Champion

Evelyn Thorton Rayburn was born on May 26, 1925 in the state of Washington. She died on April 12, 2019 in Oakland, California from congestive heart failure - living a full 18 months after entering Hospice! To the many people who were fortunate enough to stay connected to Lynnie, it was no surprise that she was “keeping on, keeping on!” It was a living testimony to her passion for staying engaged, to the fullest, in life! Lynnie was a founding volunteer of Well Connected (formerly SCWW). She began her volunteer commitment in 2005 as a facilitator of the now twice daily Gratitude calls. From the very beginning it was clear that Lynnie was a woman with strength of character, wisdom, and a great passion for supporting others. Throughout her time with Well Connected, she created and facilitated hundreds of groups, everything from Mother Goose Rhymes, Keys to Joy (which continues to this day as a legacy to her), and most recently, after her Hospice diagnosis, Living Through Dying, a group dedicated to talking about what it means to be dying and to die.

Lynnie Rayburn

This last group exemplifies Lynnie’s approach to life - dig in and live it!!! Don’t stop trying new things and ideas; don’t shrink away from talking about difficult subjects; keep learning; maintain a sense of humor; listen to others mindfully; problem-solve and adapt to limitations; be open to the opportunities and people that life present; and always learn.

Lynnie, social worker, lawyer, performer, story-teller, elder, humorist, poetess, writer, loyal friend, activist, crone, and, and, and......YOU are not gone from us....your spirit and passion for living a full life will always be with us. Thank you, Lynnie, for sharing your elder years with Well Connected and leaving such a rich legacy.

Gratitude for Generous Support
Donations

Well Connected provides companionship, information, and intellectual stimulation to hundreds of older adults every year. Participants develop enduring friendships and many find purpose in sharing their passions by volunteering themselves. Your generous donation can help make this program an even greater success.

To make a donation online, please visit: covia.org/giving

To make a donation by mail, make checks payable to:
Covia Foundation (Please note “Well Connected” on the check)

Mail to: Covia Foundation
2185 N. California Blvd., Suite 215
Walnut Creek, CA 94596

To discuss estate planning options, please contact:
Katharine Miller, Executive Director, Covia Foundation
(925) 956-7414 or kmiller@covia.org

Volunteering

Looking for fun and meaningful volunteer work? Look no further! We have several ways you can volunteer to foster social connections within our three connection programs, Well Connected, Well Connected Español, and Social Call. Choose to volunteer in any or all three!

Well Connected and Well Connected Español volunteer facilitators lead group conversations via phone, and birthday card writers write & mail participant birthday cards each month.

Social Call friendly visitors offer a weekly, neighborly visit to interested older adults by phone. Join us to connect with someone else for a weekly call.

For more information about volunteering, contact: (877) 797-7299 or coviaconnections@covia.org.
Supportive Services

The Friendship Line
(800) 971-0016
National 24-hour support for lonely, isolated, depressed, frail and/or suicidal seniors.

2-1-1 or 211.org
Free, national, confidential information and support.

Eldercare Locater
www.eldercare.acl.gov or (800) 677-1116
A public service of the U.S. Administration on Aging connecting you to services for older adults and their families.

Hadley Institute for the Blind and Visually Impaired
www.hadley.edu or (800) 323-4238
Hadley Institute promotes independent living through lifelong, distance education programs (online courses) for individuals who are blind or visually impaired, their families, and blindness service providers.

VisionAware
www.visionaware.org
VisionAware is an easy to use, informational website for adults with vision loss, their families, friends, and the providers who serve them. VisionAware offers practical information about living with vision loss, support groups, eye conditions, and services available throughout the country.

CONNECT2AFFECT
www.connect2affect.org
Connect2Affect is an online resource featuring tools and information to help evaluate isolation risk, reach out to others who may be feeling lonely and disengaged, and find practical ways to reconnect to community. It is for individuals, families, and the community at large.
881 Turk Street, San Francisco, CA 94102
covia.org/services/well-connected
(877) 797-7299