



# Well Connected

A COVIA COMMUNITY SERVICE

A Community for Seniors



**SPRING/SUMMER 2020**

May 1 – August 31



**(877) 797-7299**

[coviaconnections@covia.org](mailto:coviaconnections@covia.org)  
[covia.org](http://covia.org)

<b>Welcome</b>	2
<b>How It Works</b>	3
<b>Program Guidelines</b>	4-5
<b>Connection Team</b>	6
<b>Session Spotlight</b>	7-8

Across the Miles	15
Activists R Us!	9
Advocacy Now	9
All Request Music Hour	19
Armchair Travel	10-12
Ask the Attorney	15
Bible Reading	35
Bible Study	35
Bingo	21
Bird Talk	15
Book Club	24
Book Share	24
Charades	21
Coffee Break	15
Conversations That Count	16
Creative Aging Symposium	13
Creative Potpourri	13
Death Café	16
Do You Know?	21
Gratitude	35
Growing an Elder Community	16
Guided Imagery Meditation	35
Haiku + Senryu	13
Health & Wellness	26-28
Holidays	29
Inspiring Stories	16
Introduction to the Baha'i Faith	35
Keys to Joy	17
Languages	30
LGBTQ Chat	17
Living with Chronic Pain	37
Living with Vision Loss	37
Low-Vision Support	37
Meditation	36
Memorial Service	36
Memory Café	17
Museums at Home	31-34

Music's Memory Lane	19
Mystery Melody	22
Netflix Movie Talk	19
Newcomers Welcome	17
Noggin Joggin'	22
Open Mic	19
Personal Storytelling	14
Pet Tales	18
Pick of 3	21
Picture My World	14
Podcast Sampler	20
Poetically Speaking	24
Poetry	24
Poetry Reading	24
Poetry Workshop	25
Socrates Café	36
Song Lyrics and Other Hysteries	20
Sports Talk	18
State of Well Connected	18
Stories are Prayers	25
Story Time	25
Support/Discussion for the Blind	37
Tall Tales	22
Tech & Culture	38-41
TED Talk	20
Three Oaks	14
Trivia	22
Trivial Pursuit	22
Ungame Group	23
Walk in Nature	18
Where Were You When?	18
Word Play	23
World Religions	36
Writers Read	25
Writing Workshop	14

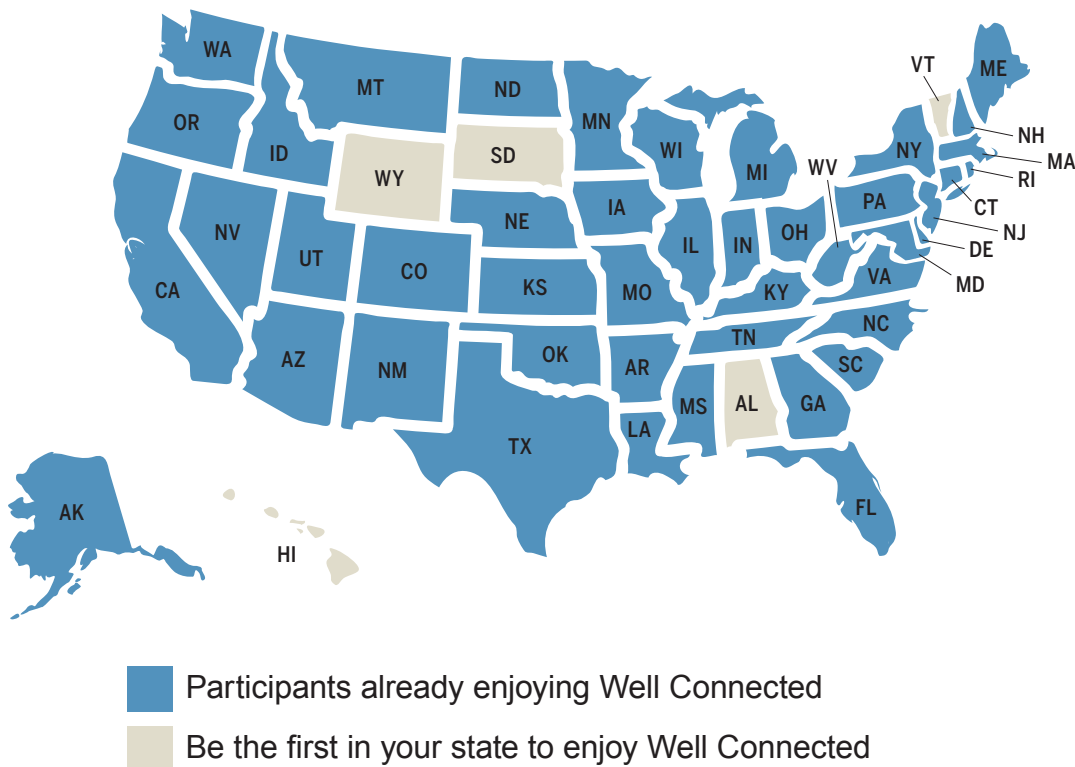
<b>Without Walls Network</b>	42
<b>Welcome &amp; Inclusion</b>	42
<b>Covia Community Services</b>	43
<b>Champion</b>	44
<b>Gratitude</b>	44
<b>Donations</b>	45
<b>Volunteering</b>	45
<b>Supportive Services</b>	46



# 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. All groups are accessible by phone or on online. 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 1,800 elders across 46 states



# How It Works

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.
  - You can enroll and participate at any time throughout the session.
- 

2

- Once enrolled, you will receive the following:
    - A current **Catalog** with group description and dates
    - A **Participant Calendar** with times listed in your time zone as well as information about how to access groups
    - An **Activity Checklist** to sign up to receive handouts and/or email invites to select groups
  - **All** groups may be joined by telephone using a toll-free phone number.
  - **All** groups may be joined online using a computer or any device you use to connect to the Internet.
    - Sign up with the Well Connected office; you'll receive an email with a link to join online
  - Well Connected can call you into **any** group.
    - To be called into any group, please contact the Well Connected office.
- 

3

**Call (877) 797-7299** to learn more about a class or program, to request handouts on selected activities, or if you are new to Well Connected so we can answer questions and get you set up.

**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 for quality assurance purposes.
- 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.
- 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.**

# Spring/Summer program guide and schedule

---

## LEGEND



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



New: An all-new Well Connected activity

# Connection Team



**Annette Balter**  
**Program Manager**  
*Well Connected*



**Karen Miller**  
**Program Manager**  
*Social Call*



**Amber Carroll**  
**Director**  
*Well Connected*



**Casey O'Neill**  
**Associate Director**  
*Social Call*



**Michael Cueva**  
**Administrative Coordinator**  
*Well Connected Español*  
*Well Connected & Social Call*



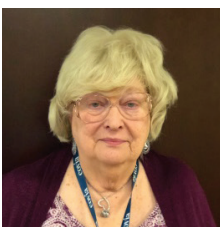
**Patt Schroeder**  
**Program Specialist**  
*Well Connected & Social Call*



**Amber Dean**  
**Program Manager**  
*Social Call*



**Lizette Suarez**  
**Program Manager**  
*Well Connected Español*



**Emma Marquez**  
**Administrative Assistant**  
*Well Connected & Social Call*



**Katie Wade**  
**Director**  
*Social Call*

# Session Spotlight

Well Connected is one step closer to fully utilizing our own fully-integrated audio/video conferencing system. We will be rolling out additional features during the Spring/Summer session.

You may be asking why we went to the significant expense and use of staff resources to develop our own system. Simply put, to improve accessibility to our programs.

Most groups can be accessed using a single toll-free telephone number and simple two-digit conference code. **Select groups will remain on Zoom for this session including:**

- AccessWorld Senior Issue
- Across the Miles
- All Request Music Hour
- Armchair Travel
- Creative Aging Symposium: Digging Deeper
- Health & Wellness
- Museums at Home
- Podcast Sampler
- Song Lyrics and Other Hysteries
- Tech & Culture
- TED Talk

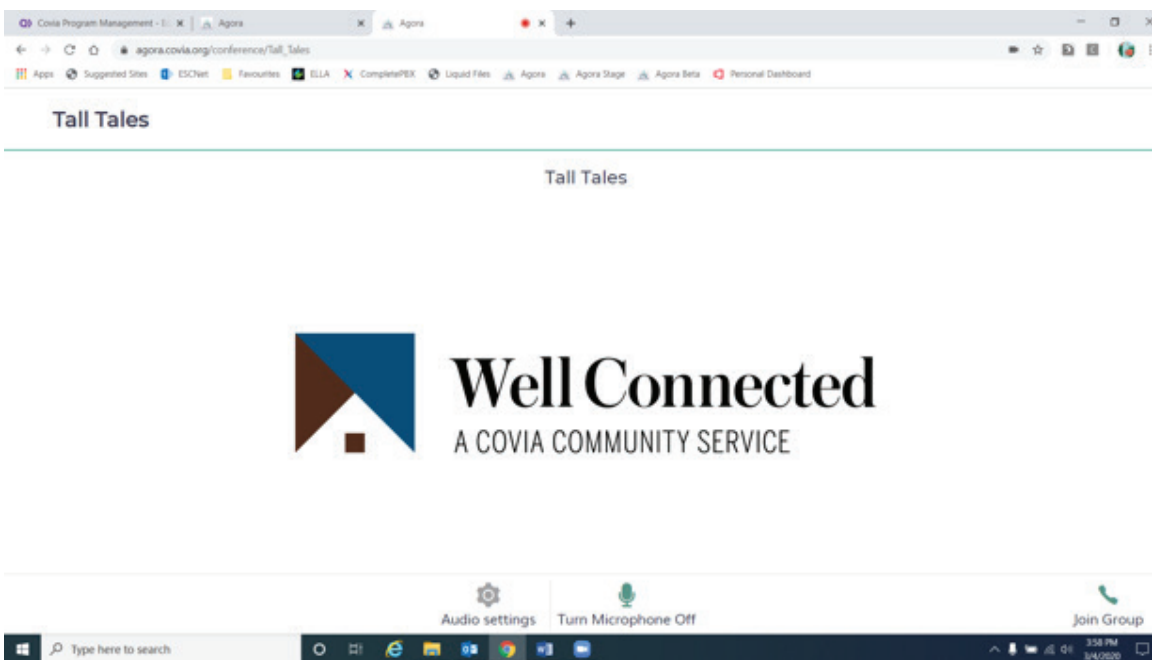
**These groups are still highlighted in black on the calendar.**

What does this mean for you? All activities are available either by telephone **or** online. There is no change to the process for joining using your telephone. Another significant improvement is the ability to be automatically called in to **any** group! If you would like our system to call you at the time of your group, just let us know.



# Session Spotlight

If you want to use your internet-enabled device (computer, laptop, cell phone, or tablet), then you will need to sign up ahead of time. You will receive an email on the day of the group with a link to that group. The link is individualized to your Well Connected account and email address. Do not share the link in your email with others. If you choose, you can create an event on your calendar as an extra reminder. Since the system is new, you may be prompted to download a file to your device the first time you use it. The system only works with Chrome, Firefox and Safari (not Microsoft Internet Explorer). When you click on your link, you'll see a screen that looks like this:



You can check your speaker and microphone before you join in “Audio Settings” then click on ‘Join Group’ to get started. You also have the option to mute yourself using the microphone button.

For groups hosted on Zoom – you will sign up ahead of time – check the link in your email, or call the Zoom number and enter the Zoom Meeting ID.

As always, please contact the Well Connected office if you have any questions.

# Advocacy

## **Activists R Us!**

**Wednesdays, 5/6 – 8/26**

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***

## **Advocacy Now**

**Mondays, 5/25, 6/22, 7/27, 8/24**

Join your peers who like to advocate in a collective fashion, on behalf of improving the financial, emotional, and physical health of adults over 60 and/or adults with disabilities. During this Session, we will engage in conversations with advocates whose strategies to make change have worked! We will then apply some of these successful strategies to issues of mutual concern in the Fall Session.

***Facilitated by Patt Schroeder, Program Specialist, Well Connected***



**“Every time I attend a call, something sparks a light in me of something that I want to explore and share.”**

**Sally**  
Participant, WI



## **Coastal California Beauty: Pismo Beach**

**6/1**

Pismo Beach, a beautiful beach town, is located on California's famous central coast, half way between San Francisco and Los Angeles along Pacific Coast and 101 Highways. Join us for a stroll through the beautiful beaches, town, history and spectacular views of Pismo Beach!

***Presented by Teresa Abney, Covia Market Day Program Manager***

## **New Zealand**

**6/8**

Explore this vibrant island country, from diving and paddle-boarding in the waters of Poor Knight's Island, to hiking under the temperate rainforests on the Milford Trail in South Island. Learn about the islands' diverse flora and fauna, as well as the history of the indigenous Maori people who first inhabited the islands.

***Presented by Clara Fuchshuber, Covia Program Coordinator, Home Match***

## **Crossroads of the Adriatic**

**6/15**

Explore the less traveled interior of the Balkan countries of Albania, Slovenia, Serbia, Montenegro, Bosnia and Croatia, with authentic farm-to-table food, ancient cities that have been ruled by Romans and Visigoths, Ottomans and Habsburgs. Experience a vibrant, resilient culture, welcoming locals of all religions and ethnicities, and music that sounds completely foreign to most Western ears.

***Presented by Ian McDonald***

## **Road Trip to St. Louis**

**6/22**

Come join me for a road trip through parts of Arkansas and Missouri as we make our way to St. Louis. Learn a bit about Bathhouse Row, Blue Springs Heritage Park, and visit the beautiful Missouri Botanical Garden.

***Presented by Debbie Buchanan***



## **New England Summer Road Trip**

**6/29**

Take a summer road trip to three of the most beautiful New England states: Vermont, New Hampshire and Maine! We'll visit Lake Champlain, the Shelburne Museum, and a classic Vermont country store. Next we'll explore New Hampshire's Franconia Notch and the charming seaside town of Portsmouth, followed by visits to some of Maine's most picturesque coastal villages.

***Presented by Amy Brokering***

## **Summer in Iceland**

**7/6**

Explore the cities and the stunning natural landscapes of Iceland as we drive around this small and remote country.

***Presented by Michael Cueva, Covia Administrative Coordinator, Well Connected, Well Connected Español, Social Call***

## **Travels To Antarctica - The 7th Continent**

**7/13**

Journey to "The White Continent," with Debra and her husband, Michael, who fulfilled their dream of reaching all seven continents in January 2019, by traveling south to Argentina and Antarctica. Enjoy images and impressions of what she describes as "the most wondrous place on earth."

***Presented by Debra Varner***

## **Nature Connection and Indigenous Wisdom**

**7/20**

Please join us for an experiential introduction to Nature Connection in the modern world, and its relationship to indigenous wisdom. Both of these traditions, one new and one ancient, offer us simple guidelines and practices to be happier and healthier in our life, and all of our relations.

***Presented by Drew Sproul***





## **Exploring Patagonia**

**7/27**

Journey through the Chilean Patagonia region and El Calafate in Argentina. Join us on our adventure as we see the region by bike, kayak, horseback and hiking!

***Presented by Gabriela Perez, Covia Program Director, Home Match Contra Costa***

## **Ireland & Scotland**

**8/3**

Let's travel to Dublin for a historical walk about town, then to Trinity College to see the Book of Kells, and do a bit of vintage shopping. After, we'll drive west to rest in a mini castle at a beautiful historical estate. Finally, we'll fly to Scotland and drive up the coast, spotting castle ruins, sheep, and stunning landscapes along the way.

***Presented by Katie Wade, Covia Community Services***

## **Russia**

**8/10**

Join us on a tour of St. Petersburg and Moscow as we visit palaces of the Czars, marvel at the gorgeous onion dome churches, learn the Cyrillic alphabet, feast on local cuisine, and stroll through Red Square and the Kremlin.

***Presented by Steve and Terry Englehart***



## **Yosemite: Everyone's Favorite Park**

**Tuesdays, 6/9 – 7/14**

John Muir and Ansel Adams, waterfalls, bridges, mountain peaks, and the iconic Ahwahnee hotel. Topics of historical interest will be presented, and participants are encouraged to share their knowledge, and experiences of everyone's favorite park.

***Facilitated by Kathy Connelly***



## **Creative Aging Symposium: Digging Deeper**

**Wednesdays, 6/3 – 7/8**

*“Creativity is built into our species, innate to every one of us...It is the flame that heats the human spirit and kindles our desire for inner growth and self-expression.”* — Dr. Gene Cohen, *The Creative Age*

Did you miss the Creative Aging Symposium in January? Or perhaps you want to dig a little deeper into the theme of creativity, imagination and resiliency? Whether you consider yourself creative or not, join us to re-watch (or listen) a Symposium speaker each week, and discuss how creativity builds resiliency, shapes our sense of self, and guides us to more purposeful living. We will explore how older adults transform the world, share daily practices of self-expression, tell stories and discuss tools that can empower you as a creative ager. If you wish to view the speaker videos, please join online.

***Hosted on Zoom***

***Presented by Katie Wade, Covia Community Services, and Nancy Walton-House***



## **Creative Potpourri**

**Thursdays, 5/7, 5/21, 6/4, 6/18, 7/2, 7/16, 8/6, 8/20**

We will explore creativity and how each of us expresses creativity in our lives. We will share our own poetry and prose, or works that have inspired us. We will discuss how and why we were touched by what was presented. You may have your creativity inspired, as well as discover more about our fellow participants, and the many ways we are all creative.

***Facilitated by Barbara J. Williams, RN (Ret.)***

## **Haiku + Senryu 4 Creative Expression**

**Mondays, 7/20 – 8/24**

Haiku and Senryu are poetic art-forms that focuses on self-expression and openness through meditative writing and visual art. Learn how three simple lines can provide any single moment worthy of contemplation to be easily noted with a pen and a scrap of paper. Bring your open mind, imagination, sense of humor, zest for life, quest for fun while learning and willingness to participate. Anyone can write a poem, no matter their writing/artistic skill level or experience!

***Facilitated by Sophia Wambach***

## **Personal Storytelling**

**Fridays, 5/15, 6/19, 7/17, 8/21**

Stagebridge storytellers take personal memories, classic stories, folk tales and historical events, and turn them into engaging personal narratives. Hear these stories come alive! For more information about Stagebridge, call (510) 444-4755 or visit [stagebridge.org](http://stagebridge.org).

***Facilitated by Clara Kamunde, Stagebridge, California***

## **Picture My World**

**Sundays, 5/3 – 6/28 (no group on 5/17)**

Join us as we reminisce through poetry, and explore our creativity. Using visualization and simple materials, we will explore our inner view of the world through creative and verbal participation. Our goal is to view our lives as a whole, and appreciate what each of us has experienced and accomplished in our lifetime. No experience required; adaptations for those with vision loss.

***Facilitated by Alane Spight***

## **Three Oaks**

**Fridays, 5/1 – 8/28**

This is role play hour! Dive into a constantly growing, evolving interaction. We make it up as we go along. The environment is the group's decision, the character you play is decidedly your own. For an hour a week, be anything you want to be, live anywhere you want to live, do anything you want to do, reactivate the gift of make-believe you had as a child. Can you come out to play?

***Facilitated by Well Connected Participants***

## **Writing Workshop**

**Sundays, 5/3 – 7/26**

Join this peer group for supportive discussions, suggestions, and feedback about what you are writing. Get those creative juices flowing! Participants are invited to offer ideas for writing exercises.

***Facilitated by Jerry Sexton***

# Conversation

## **Across the Miles**

**Wednesday, 7/22**

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.

**Hosted on Zoom**

***Facilitated by Heather Roland, Edmonton Southside Primary Care Network's Seniors' Centre Without Walls***

## **Ask the Attorney**

**Fridays, 6/5 – 8/28 (no group on 6/19 or 6/26)**

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](mailto:coviaconnections@covia.org) to hear the answer on the next call.

***Facilitated by Gerald Richards, Esq., Contra Costa Senior Legal Services Board Member***

## **Bird Talk**

**Saturdays, 5/2 – 8/29**

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, 5/6 – 8/26**

**Sundays, 5/3 – 8/30**

Grab 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 Lisa Wynne (Sundays)***



# Conversation



## **Conversations that Count**

**Tuesdays, 5/5 – 8/25**

Connect with friends and people while learning from experiences and viewpoints of others. Oasis-trained volunteers conduct a weekly peer-led discussion group to connect adults with resources, information, and others that helps increase social engagement. Topics are interactive and open to all. Come chat and share on emotional, spiritual, social and physical health in a fun and interactive group setting.

***Space is limited. Call office to register.***

***Facilitated by Oasis Volunteers***

## **Death Café**

**Fridays, 5/1 – 8/28**

We will increase our awareness of death with a view to helping us make the most of our finite lives. Join us for a group directed discussion of death with no agenda, objectives or themes. This is a discussion group rather than a grief support or counselling session.

***Facilitated by Laura Groffman***

## **Growing an Elder Community**

**Mondays, 5/4 – 7/6**

In community, we will discover what is beautiful about the latter stages of life, and how getting older, including as a disabled or homebound person, can contribute positively to our culture. This is an opportunity to experience what is noble about being human in the world.

***Facilitated by David “Lucky” Goff, PhD***

## **Inspiring Stories**

**Saturdays, 5/2 – 7/25 (no group on 7/4)**

Today's world inundates us with bad news. Want to hear or share your own 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***

# Conversation

## **Keys to Joy**

**Saturdays & Sundays, 5/2 – 8/23**

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 and Kathleen Torres***

## **LGBTQ Chat**

**Wednesdays, 5/6 – 8/26**

**This group is intended for participants who identify as LGBTQ**, 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. *Note: PFLAG and friendly visitors are welcome to join us on the last week of the month.*

***Facilitated by Laura Groffman***

## **Memory Café**

**Thursdays, 5/28, 6/25, 7/23, 8/27**

Join our Memory café call where we will be focusing on topics that are apt to cause one to reminisce about times gone by. Connecting to the past can be comforting for many individuals. The best part is that these discussions are beneficial for brain health and is a form of exercising for the brain! Topics being discussed could include favorite older movies, favorite older songs, discussion about favorite holiday memories and much more!

***Facilitated Rebecca Hafner, BA, Easterseals New Hampshire***

## **Newcomers Welcome**

**Mondays, 5/11, 5/25, 6/8, 6/22, 7/13, 7/27, 8/10, 8/24**

Are you confused about how to start “connecting” with Well Connected, or interested in volunteering as a facilitator? Learn more about how to make that first phone call, or how to start a conversation as a new facilitator. Learn about why a group is listed in black on the calendar; what those icons mean in the catalog, or how to take a turn to talk. Do you have an idea for a group you’d like to facilitate? No question is too silly or too simple!

***Facilitated by Donna Mossholder***

# Conversation

## **Pet Tales**

**Saturdays, 5/2 – 6/6, 7/4 – 8/29**

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***

## **Sports Talk**

**Wednesdays, 5/6 – 8/26**

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 Greg Moss***

## **State of Well Connected**

**Wednesdays, 5/27, 7/29**

Join us to talk about your favorite groups this session, and learn about new and exciting changes in the world of Well Connected!

***Facilitated by Amber Carroll, Covia's Director of Well Connected and other Covia staff***

## **Walk in Nature**

**Fridays, 5/1 – 8/28**

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, 5/2 – 7/25 (no group on 7/4)**

Don't you love thinking back to 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 Janice Rooker and Betty Broadley***

# Entertainment & Music

## **All Request Music Hour**

**Tuesdays, 5/5, 6/2, 7/7, 8/4**

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!

***Hosted on Zoom***

***Facilitated by Amber Carroll, Covia Well Connected Director***

## **Music's Memory Lane**

**Tuesdays, 5/5 – 7/7**

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***



## **Netflix Movie Talk**

**Fridays, 5/8, 5/22, 6/12, 6/26, 7/10, 7/24, 8/14, 8/28**

Bring the popcorn and join us for an engaging, fun hour for those interested in film. The group decides which film or short series to watch next on Netflix. Those without Netflix can check their streaming service or rent the DVD. We will discuss what we liked/disliked; characters; plot; message and if you would recommend the movie.

***Facilitated by Pam Balidoy***

## **Open Mic**

**Thursdays, 5/7 – 7/9, 8/6 – 8/20**

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***



# Entertainment & Music



## **Podcast Sampler**

**Tuesdays, 5/19, 6/16, 7/21, 8/18**

There is whole world of audio on Podcasts; storytelling, true crime, current affairs, science, and more! We will sample Podcasts from several genres, then discuss.

***Hosted on Zoom***

***Facilitated by Annette Balter, Covia Program Manager, Well Connected***

## **Song Lyrics and Other Hysteerics**

**Thursdays, 6/11 – 8/27**

Song lyrics discussed, and those songs will be played. If that weren't enough, time permitting, musical requests can be made.

***Hosted on Zoom***

***Facilitated by Buddy Weisman***



## **TED Talk**

**Fridays, 5/1, 6/5, 7/3, 8/7**

TED is a non-profit dedicated to spreading ideas, usually in the form of a short, powerful talk. Experience, or recommend a TED Talk, followed by a discussion.

***Hosted on Zoom***

***Presented by Diana Cheng Lau***



**“I love working with Covia learners because they’re thoughtful and have led such rich lives.”**

**Mark Pohlad, PhD**

Associate Professor, Dept. of History of Art and Architecture, DePaul University

# Fun & Games



## **Bingo**

**Saturdays, 5/2 – 7/25 (no group on 7/4)**

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***

## **Charades**

**Mondays, 5/4 – 8/31**

A spin on the classic guessing game! Join a team, choose a person, place, thing, movie or book title, and give verbal clues, without giving the game away!

***Facilitated by Lisa Wynne***

## **Pick of 3**

**Fridays, 5/1 – 8/28**

You will have a good laugh in this group! We will consider people, some famous, some not so, who we'll decide if we would like to make-out, marry or kick to the curb! Then we will give our reasons for our choice. All in good, clean fun!

***Facilitated by Lisa Wynne***

## **Do You Know What You Don't Know?**

**Sundays, 5/3 – 8/30**

Join us for 30 minutes of facts and fun. We'll learn about all kinds of things such as: which animals hibernate; is black ice, black, and dry ice, dry; why do Americans drive on the right side of the road, and the British on the left?

***Facilitated by Sharon Schwartz***

# Fun & Games

## **Mystery Melody**

**Saturdays, 5/2 – 7/4**

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, if you’d like to know the theme of the week.

***Facilitated by Jan Knowles***

## **Noggin Joggin’**

**Thursdays, 5/7 – 6/4, 7/2 – 8/27**

Let’s gets 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***

## **Tall Tales**

**Tuesdays, 5/5 – 7/7, 8/4 – 8/18**

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, 5/3 – 8/30**

Knack for facts? Attempt a guess? Need some clues to get the answer? Join in for a fun hour of miscellaneous trivia that will keep your mind in gear and always working.

***Facilitated by Sharon Schwartz***

## **Trivial Pursuit: Classic Edition**

**Tuesdays, 5/12, 6/9, 7/14, 8/11**

In the pursuit of trivial knowledge, we’ll embark on a virtual game of Trivial Pursuit and compete to know the most about geography, entertainment, history, art & literature, science & nature, and sports & leisure.

***Facilitated by Amber Carroll, Director of Covia’s Well Connected***

# Fun & Games



## Ungame Group

**Thursdays, 5/7 – 8/27**

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. Join us!

***Facilitated by Elantra V. and Samantha Smith***

## Word Play

**Sundays, 5/3 – 8/30**

Join us for an hour of challenging and stimulating word games. Test yourself with word definitions, scrambled letters, word completions; use clues to guess the mystery subject, etc. No winners or losers in these games of fun!

***Facilitated by Sharon Schwartz***



**“OATS and Senior Planet are excited to bring their award-winning programming to the Well Connected audience, helping individuals all around the country harness technology to change the way we age!”**

**Alex Glazebrook**

Director of Operations, [www.oats.org](http://www.oats.org) | [www.seniorplanet.org](http://www.seniorplanet.org)



# Good Reads

## **Book Club**

**Sundays, 5/17, 6/21, 7/19, 8/16**

We will discuss *Brush with Darkness* by Lisa Fittipaldi (May), *The Clan of the Cave Bear* by Jean M. Auel (June), *The Knitting Diaries* by Debbie Macomber (July), and *Murder in a Minor Key* by Jessica Fletcher (August); 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 Janet Nelson and Nicolette Noyes***

## **Book Share**

**Saturdays, 5/2, 5/16, 6/6, 6/20, 7/4, 7/18, 8/1, 8/15**

Book lovers unite! Call in to discuss and recommend some of your favorite books and authors with other book lovers.

***Facilitated by Andy Andersen***

## **Poetically Speaking**

**Wednesdays, 5/6 – 8/26**

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, 5/3 – 8/30**

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**

**Thursdays, 5/21, 6/18, 7/16**

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***



## **Poetry Workshop**

**Monday, 5/4 – 6/29**

Come all who are eager to explore the craft of poetry as you embrace your own life experiences. This writing workshop is for anyone who has ever wanted to write a poem, as well as poets who have been writing for years. You will explore how poetry works, how to express yourself in new ways, and share your insights with others in a creative, safe environment. Every area of your life can benefit from creative encouragement. Do not wait for inspiration; be the source of it with your own pen! We will share our efforts on a weekly basis with others in the group via email.

***Facilitated by Dr. Sheppard B. Kominars, PhD, teaching poetry and literature since 1956, published poet***



## **Stories are Prayers**

**Tuesdays, 5/5 – 6/2**

Brian Doyle once wrote, “stories are prayers.” He has left a legacy of many stories, from his award-winning work, as well as editing the University of Portland’s Portland Magazine. We will enjoy readings of his work, and discuss what they mean to us.

***Facilitated by Kathy Connelly***

## **Story Time**

**Thursdays, 5/7 – 6/4, 7/2 – 8/27**

**Saturdays, 5/9, 5/30, 6/13, 7/11, 8/15, 8/29**

What are your favorite short stories? Have you written anything yourself? We also read complete books, in serial form, each week. Anyone is welcome to read, or you may prefer to listen to the magic provided by others.

***Facilitated by Nicolette Noyes***

## **Writers Read**

**Friday, 8/7**

Well Connected writers read personal selections from the past session. Poetry, short stories, and more! 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***



## **The 2020 Census - Why Everyone Counts!**

**5/26**

Learn about the importance of completing the 2020 Census and participate in a question and answer session. If you've already completed your 2020 Census questionnaire we say "thank you," but you can still join us in the discussion to convince others to complete the 2020 Census questionnaire. We only have one chance to complete a population count every 10 years so let's make sure we are all counted!

***Presented by Lydia Beltran, Partnership Specialist, U.S. Census Bureau***

## **My New Normal: Life without Taste and Sound**

**6/2**

Mimi Fisher is profoundly deaf. And, she cannot taste anything. Take a journey with her as she describes how her life took a significant turn in 2018, losing her sense of smell from pituitary surgery, then losing her hearing and receiving bi-lateral cochlear implants. It's an inspiring story of fear, acceptance and triumph.

***Presented by Mimi Fisher***

## **Stroke Prevention Tips**

**6/9**

We will discuss critical information on staying healthy, and knowing the warning signs, and risk factors of a stroke.

***Presented by Erika Brown, MSW, Social Worker, City of Los Angeles Department of Aging***

## **Long-Term Care Options and Medi-Cal**

**6/16**

Join us for a discussion of the basics of Medi-Cal (Medicaid in states other than CA) coverage, and learn how to protect yourself and your assets by understanding Medi-Cal estate recovery rules, and spousal impoverishment provisions. We will also discuss Home and Community-Based Services (HCBS) waivers, which provide coverage for services normally provided in a nursing home.

***Presented by Amber Roberts, LTC Advocate, California Advocates for Nursing Home Reform***



## Healing Touch

6/23

Healing touch is a bio field therapy that uses the hands to facilitate energetic balance of physical, emotional, and spiritual health. Participants will experience Healing Touch using the Self-Mind Clearing technique and will be given written information on the technique for future reference.

***Presented by Denise Marie Yoshihara, MSW, LCSW, OSW-C, St. Jude Medical Center, CA***

## Vision Loss: Rehabilitation, Employment, and Social Programs

6/30

Learn about the services and resources available in every state for older persons with blindness or severe vision loss.

***Presented by Nancy D. Miller, LMSW Executive Director/CEO, VISIONS/Services for the Blind and Visually Impaired, NY and Sylvia Perez, Project Director, Older Individuals who are Blind Technical Assistance Center, Mississippi State University***

## Holistic Quality of Life: Using Creativity and Intellectual Engagement to Inspire Joyful Moments

7/7

Join us for an inspiring presentation about holistic quality of life and creative aging! You'll learn about seven holistic quality of life domains and how to infuse creative thinking into your life. You will also learn about the current research on creative aging and intellectual engagement, and understand why these activities are essential to the well-being of older adults.

***Presented by Kari Rogenski, Director of The Hummingbird Project and Co-Creator of Joyful Moments: Meaningful Activities to Engage Older Adults***

## Caregiving at Home: A Guide to Community Resources

7/14

An overview of services and programs available to caregivers and individuals with cognitive disorders or other chronic health conditions.

***Presented by Christina Irving, LCSW, Client Services Director, Family Caregiver Alliance***



## **Mobilizing Youth to Provide Respite for Unpaid Caregivers**

**7/21**

The Youth Movement Against Alzheimer's engages youth to address the nation's greatest public health crisis. We seek innovative, holistic solutions to help families. Learn about our respite caregiving programs at UCLA and USC, where we partner students with older adults, and our state initiative to establish a volunteer Caregiving Corps.

***Presented by Norma Bostarr, Founding Member and Director of Public Policy, The Youth Movement Against Alzheimer's***

## **Sex & Aging: 2020 Senior Sexual Health Trends and Updates**

**7/28**

Join us for an open dialogue on the latest sexual health topics, statistics and trends taking place throughout a variety of aging communities. This discussion is for anyone looking to enhance companionship, whether platonic or sexual, or to learn something new.

***Presented by Brittney Doyle, MPH, WISE Health***

## **Get Ready for Any Emergency**

**8/4**

Learn how to plan and prepare for an emergency or natural disaster. Whether your area faces wild fires, floods, snow storms, or if there is a power outage, you can plan the important steps to protect yourself. We will focus specifically on what older adults need to plan for, especially those with limited mobility or social networks.

***Presented by L. Vance Taylor, Chief, Office of Access and Functional Needs, California Governor's Office of Emergency Services***

## **Museums, Health, and Wellness: Benefits of "Field Trips"**

**8/11**

Museums are a fun and engaging way to learn for people of all ages. Research shows that for children, field trips to museums help them explore new ideas, develop empathy, and score higher on standardized tests. New research on outcomes for older adults are even more amazing! Explore the connections between museum visits, health, and wellness and learn strategies for making the most of your museum visit.

***Presented by Sara Clarke-Vivier, Ph.D., Assistant Professor of Education, Washington College***

# Holidays

## **Mothers' Day**

**Sunday, 5/10**

Mother's Day is a special time to reflect on, and pay tribute to, the women in our lives; our mothers, grandmothers, great grandmothers, aunts, sisters, cousins, daughters, or friends. Share your stories recognizing the women in your life.

***Facilitated by Kathy Connelly***

## **Memorial Day**

**Monday, 5/25**

This day is for remembering and honoring military personnel who died while serving in the US armed forces. We've heard the history of the day, and why we wear the red poppy, but we will take time to remember those that are still missing from all wars.

***Facilitated by Sally Tindall Hayward***

## **Flag Day**

**Sunday, 6/14**

Flag Day celebrates June 14, 1777, the day our flag became official. What does the flag mean to you? Do you know the proper way to respect our flag? Do you fly the flag? When must you dispose of a flag and how? Join us and we'll chat about it.

***Facilitated by Sally Hayward***

## **Fathers' Day**

**Sunday, 6/21**

Join us to share recollections and stories about your father, experiences of being a father, or other important male influences in your life. How has the role of the father changed in society over time?

***Facilitated by Kathy Connelly***

## **Independence Day**

**Saturday, 7/4**

Without July 4th, there would be no America, there would be no Declaration of Independence from the Kingdom of Great Britain. We would still be under the rule of Queen Elizabeth. What would that mean to you?

***Facilitated by Sally Hayward***



# Languages

## Conversations with English Language Learners

**Fridays, 5/1 – 6/5**

Join us for this English conversation group for English language learners who would like to improve their fluency.

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

## Learning German

**Fridays, 5/1 – 6/5, 7/10 – 8/28**

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***

## Perfecting Our French

**Tuesdays, 5/5 – 7/28**

**Thursdays, 5/7 – 6/4, 7/2 – 8/27**

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 Jerry Sexton (Tuesday practice) and Instructor, Jan Knowles (Thursday)***



**“[Well Connected] widens my scope of knowledge, and keeps my brain alert and receptive.”**

**Josephine**  
Participant, CA/Jamaica



## **Frida Kahlo: Appearances Can be Deceiving**

**5/27**

At the time of Frida Kahlo's death in 1954, a treasure trove of the artist's highly personal items—including jewelry, clothing, and prosthetics—were locked away. 50 years later, these belongings were unsealed—now they're on view for the first time on the West Coast. Discover what these objects reveal about their now iconic owner.

***Presented by Jim Kohn, Fine Arts Museums of San Francisco***



## **Andrea Zittel: An Institute of Investigative Living**

**6/3**

Andrea Zittel's work rests at the intersection of art, architecture, and design. A world-builder, her practice manifests within her live/work residence A-Z West— an artwork and homestead located on over 70 acres in the California high desert next to Joshua Tree National Park. A-Z West is a place in which spaces, objects, and acts of living all intertwine into a single ongoing investigation into what it means to exist and participate in our culture today. "How to live?" and "What gives life meaning?" are core issues in both Zittel's personal life and artistic practice.

***Presented by Margaret Cox, Miller Institute for Contemporary Art at CMU***



## **El Greco: Ambition and Defiance**

**6/10**

The title aptly describes the personality of Domenikos Theotokopoulos, aka El Greco, an ambitious icon artist, who in turn, has become an icon of art. We will examine the life of El Greco (1541-1614), and his work in view of his late Renaissance influences and his capricious character. The results have created a fiery and interesting chapter in art history. Art Insights is funded by the Hulda B. and Maurice L. Rothschild Foundation.

***Presented by Dave Williams, Art Institute of Chicago***



## **Facing Mecca: Reflections of Islam in Art**

**6/17**

Be fascinated by the variety and scope of art inspired by Islam – not just the religion, but also the Muslim culture and secular pursuits.

***Presented by Steve Zilles, Asian Art Museum***



Fine Arts  
Museums of  
San Francisco

de Young  
Legion of Honor

## **The Last Supper in Pompeii: Food and Wine from the Table to the Grave**

**6/24**

Pompeii is perhaps our most important window into the ancient Roman Empire. When Mt. Vesuvius erupted in AD 79, this ordinary town was buried under pumice and superheated ash. The eruption killed thousands of people in the midst of their daily activities, the ash preserved their final moments, offering us a glimpse into their lives. The archeological remains, along with writings from the time, tell us about the public and private areas of Roman homes, kitchens and dining rooms, agriculture and trade, food production at home and in restaurants, and the social etiquette around meals.

***Presented by Carol Porter, Fine Arts Museum of San Francisco***



## **CAMH Slowed and Threwed: Records of the City through Muted Lenses**

**7/1**

Explore the legacy of Houston Legend DJ Screw and his connection to a select number of artists' unconventional photography, and new media created by strategies paralleling the musical methods of the innovative DJ. In their photo-adjacent practices the visual artists appropriate, mash-up, collage, and mutate photographic inputs, in addition to slowing time.

***Presented by Adrianna Benavides, Contemporary Arts Museum Houston***



## **Skyscrapers and Beyond: Modern Chicago Architecture (Part II)**

**7/8**

We will examine the dazzling and innovative architecture between 1870 and 1960, which saw the birth of the skyscraper, The Columbian World's Exhibition, The City Beautiful Movement as well as the masterpieces of Louis Sullivan, Daniel Burnham, Frank Lloyd Wright, and Mies van der Rohe. Important women creatives—like Mary Cassatt and Marion Mahony Griffin—also had important roles to play. Chicago's rich urban history serves as a backdrop for the story of how the Windy City became a virtual museum of architecture as well as a destination for tourists, students, and architecture buffs from around the world.

***Presented by Mark Pohl, PhD, Associate Prof., Dept. of History of Art and Architecture, DePaul University***



## **Awaken: A Tibetan Buddhist Journey Toward Enlightenment**

**7/15**

“Awaken” references the word “Buddha,” which literally means one who is awakened. It is also meant as an invitation, a call to action. In the Tibetan Buddhist tradition, it is possible for anyone to attain enlightenment, to become a Buddha, to wake up. Awaken invites you to join just such a journey. Artistic discoveries await you, but perhaps too, discoveries about yourself and your place in the world. Meet a virtual teacher who prepares you for and then guides you on a meditative quest toward that goal, and finally to glimpses of what some aspects of the awakened state might look like.

***Presented by John Andrews, Asian Art Museum***



## **Mystery and Benevolence**

**7/22**

Created by the American Folk Art Museum in New York City, Mystery and Benevolence is the first exhibition that explores the importance of fraternal societies in American history through their fascinating and mysterious folk art. It provides a rare opportunity to see a diverse collection of art and regalia from these secret societies that have fascinated and influenced American culture. The fantastic and sometimes strange imagery will shed light into the societies’ rich symbolism and rituals. Whether you know the secret handshakes or not, the amazing artworks found in the exhibition are certain to enchant you.

***Presented by Janene Pearson, Bullock Texas State History Museum***



## Hella Feminist

7/29

We will explore what it means to be feminist today, while recognizing the women who made early progress, from the white upper-middle-class suffragettes of the so-called First Wave of feminism, through the women's liberation movement of the 1960s and 70s (the Second Wave), and the racial diversity of the Third Wave (1990s into the 21st century). The Fourth Wave is far more inclusive than its predecessors, recognizing the different genders and sexualities that contribute to feminism and, through social media, open the discourse to everyone. Body-positivity movements, sexual assault awareness, and #MeToo are examples of the Fourth Wave of feminism. Through history, art, and artifacts, the exhibition addresses the way female bodies have been judged, restricted, regulated, celebrated, and loved.

***Presented by Doris Kretschmer, Oakland Museum of California***



## Dorothea Lange: Words and Pictures

8/5

Join us for a conversation on the well-known image Migrant Mother (1936, and its place within Lange's groundbreaking photographs of the 1930s. Inspired to document the lives of everyday Americans, her work conveyed the hardship of individuals during the Great Depression.

***Presented by Jennifer Katanic, Museum of Modern Art (NY)***



## Spies & Spymasters

8/12

Seduction, deception, daring - these are only some of the traits that describe spies and spymasters. Join us as we explore the stories of spies whose lives are even more thrilling than James Bond.

***Presented by the International Spy Museum***

# Reflections & Religions



## **Introduction to the Baha'i Faith**

**Wednesday, 5/13**

Join us for a discussion about Baha'i, a religion teaching tolerance of all religions, established by Baha'u'llah in 1863, spreading through Persia and the Middle East. Learn the fundamentals of Baha'i practices and traditions.

***Facilitated by Betty Broadley***

## **Bible Reading**

**Mondays, 5/4 – 8/31**

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***

## **Bible Study: First Peter**

**Thursdays, 6/4 – 6/25**

We will be studying the beautiful words in First Peter. Words such as, "All of you, be like-minded, be sympathetic, love one another, be compassionate and humble." Join us as we explore who we are meant to be in Christ.

***Facilitated by Lori Guthrie***

## **Gratitude**

**5/1 – 8/31**

**Morning Gratitude                      Every Day**

**Afternoon Gratitude                      Every Day**

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, Betty Broadley, Marie Hamilton, Lynn Millar, Nicolette Noyes, Patt Schroeder, Kathleen Torres, and Tom White***

## **Guided Imagery Meditation**

**Thursdays, 5/7 – 7/2**

All you have to do is to be quiet, listen to the voice, and follow a journey into your mind. Set aside anything that you are thinking, good or bad, and let us help you relax and start your day over. Journeys are designed to take your mind from your worries, and give you a chance to recharge.

***Facilitated by Sally Tindall Hayward***



# Reflections & Religions

## **Meditation**

**5/1 – 8/31**

**Every Day**

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***

## **Memorial Service**

**Monday, 8/17**

Along with commemorating those in our Well Connected community who have died, this will be a chance for all of us to process the grief that might be close to the surface during a season of holiday celebrations.

***Facilitated by Patt Schroeder, Covia Program Specialist Well Connected***

## **Socrates Café**

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

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. & Laura Groffman***



## **World Religions: Wisdom and Aging**

**Fridays, 5/22 – 6/26**

Join us for a discussion of the roles of aging and wisdom in many of the world’s great religious traditions. Each session will focus on a different religious tradition, examining the role elders and wisdom through the lens of stories, rituals, and practices.

***Facilitated by Karla Suomala, Ph.D., Pacific School of Religion/UC Berkeley-Extension***

# Supportive Groups

## **Living with Chronic Pain**

**Thursdays, 5/7 – 7/9**

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, 5/7 – 6/25, 7/23 – 8/27**

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 Anne Allen and Andy Andersen***

## **Low-Vision Support: The Eyes Have It**

**Wednesdays, 5/6 – 7/8, 8/5 – 8/26**

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***

## **Support/Discussion for the Blind**

**Tuesdays, 5/5 – 8/25**

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***



## **Stimulating the Older Brain: The Benefits of Finding/Practicing a Creative Pastime**

**5/29**

We will debunk some of the myths about aging, and how this stage in life may offer some of life's richest rewards. Explore how changes in the aging brain and creative expression can keep you sharp, and offer opportunities for renewed interest in life. Hear stories of people just like you, who discovered new interests and passions—and the difference it made in their lives. Now is the best time for you to do the same!

***Presented by Francine Toder, PhD, Psychologist and Writer***

## **Aging-in-Place and the Power of Connection**

**6/5**

Join us for a fun conversation about aging in place and the power of connection. How do we continue to age vibrantly in our own homes and the neighborhoods that we love? There is a strong correlation between human connection and engagement and the overall impact on physical and mental health. Learn how a sense of purpose can counter the negative effects of social isolation and loneliness.

***Presented by Sherry Saturno LCSW, DCSW, LNHA Gramatan Village Executive Director***



## **The History of PRIDE**

**6/12**



LGBT Pride Month commemorates and the June 1969 Stonewall riots in New York's Greenwich Village, which began when patrons at a gay bar, the Stonewall Inn, violently resisted a police raid. It's considered a critical moment in the gay-rights movement. We will discuss the 50 plus year history of the gay rights movement since that pivotal day, and the importance of celebrating the accomplishments of LGBTQ people into our communities.

***Presented by Jerry W. Brown, Covia Senior Director Affordable Housing***

## Forgetting as the Way to Happiness and/or Contentment

6/19

Wise philosophers have sung the praises of forgetting - why? What do they think we have forgotten, in our craze for remembering? Elderhood poses the quintessential questions of the meaning of life, our place in society, our place within ourselves. Rather than a liability, elders – as well as the forgetful and very forgetful amongst us – are a resource – if we'd like to see ourselves as such, that is.

***Presented by Nader Shabahangi, PhD., Advocate, Psychotherapist, Author, Co-founder of Elder Ashram, CA***



## Cloud Storage

6/26

You'll learn the basics of cloud storage – a technology that lets you store documents, images, and other media files remotely while giving you greater accessibility, reliability, and protection for your important data. We'll discuss what it is, why it's the future of data storage, and demonstrate a few of the most popular services currently available to consumers.

***Presented by Alex Glazebrook, Director of Operations, Older Adults Technology Services (OATS) Senior Planet***

## Flagrantly Anorexic

7/3

Join the author for a discussion of her recently published book. Flagrantly Anorexic is both a memoir and a call to action. It recounts in detail Lisa's struggle with anorexia, but this book is also a demand for a new mental health system that treats eating disorders with effective, evidence-based treatments instead of hucksterism and witchcraft.

***Presented by Lisa Nasseff, Author & Advocate***

## **Staying Put or Moving On**

**7/10**

We worry about friends who weren't able to have children or chose not to, or friends with kids who live far away. Who will take care of them, or keep them company? And what about friends who chose adventure or art over savings? Or others who just had bad luck along the way? How are they going to afford a decent place to live? *Staying Put or Moving On* is a series of short films that provide information and insights about growing older, and the choices we face along the way.

***Presented by Kristi Denton Cohen, Filmmaker***



## **Stop That Phish!**

**7/17**

Each year, millions of dollars are stolen from unsuspecting people who are tricked through scam calls, emails, links, or texts. Unfortunately, thieves are getting smarter and their tactics sneakier. Evolving technology has made it easier for con artists to deceive and harm others through 'phishing,' often leaving their targets confused until it is too late. Learn about the dangers of popular scams, such as IRS imposters, how to identify them, and how to keep yourself secure.

***Presented by Sajaa Ahmad***



## **What Do You Want to Happen? Planning Now Makes the Difference!**

**7/24**

The majority of Americans do not have an estate plan in place. If they are hospitalized, no one can make decisions for them. No one can pay the bills, medical staff don't know what care to provide. Worse, their assets may go to the wrong heirs or organizations.

This session will provide the basic information you need to avoid these situations and take charge of your future.

***Presented by Bill McMorran, Green Oak Consulting and Katharine Miller, Covia Foundation***



## #AgeFriendly

7/31

The World Health Organization has called for a more age-friendly world, where older adults can access, enjoy and contribute to their communities and beyond. You will learn about Age Friendly NYC and how you can use social media to advocate for age-friendly spaces and policies at local businesses.

***Presented by Alex Glazebrook, Director of Operations, Older Adults Technology Services (OATS) Senior Planet***

---



## AccessWorld Senior Issue

Wednesday, 5/13

Join the AccessWorld team of authors as we discuss information geared toward seniors and those newer to vision loss. Join us to listen, learn, and ask questions of the top experts in the access technology field! Learn about:

- Favorite low-tech and no-tech solutions aimed at guiding people losing vision down the path of continued independence (Free to \$100)
- News from the ATIA conference: new products and updated features
- IPEVO VZ-X, a lower-priced, well-designed, multi-function magnification tool
- BlindShell cell phone; a completely accessible cell phone with tactile number pad and buttons, and a consistent, easy-to-use menu system
- Talking Black+Decker Toaster Oven, an accessible kitchen appliance
- Sangean PR-D17 radio; a simple way to access your favorite news and entertainment
- Accessible methods for learning to play the guitar and other musical instruments
- Reviews of three great technology related books that can help improve your tech skills

***Hosted on Zoom***

***Presented by Lee Huffman, Editor in Chief, Accessworld, American Foundation for the Blind, and Authors***



# 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](http://dorotusa.org)



**Lifetime Connections Without Walls**  
(888) 500-6472 / [familyeldercare.org](http://familyeldercare.org)



**Mather Lifeways**  
(888) 600-2560 / [matherlifeways.com](http://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](http://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/](http://covia.org/services/social-call/)  
Throughout the US (877) 797-7299 [coviaconnections@covia.org](mailto: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/](http://covia.org/services/market-day/)  
Multiple CA Counties (925) 330-5500 [tabney@covia.org](mailto:tabney@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	<a href="mailto:swomack@covia.org">swomack@covia.org</a>
Alameda County	(510) 444-0243	<a href="mailto:cbolton@covia.org">cbolton@covia.org</a>
Sonoma County	(707) 539-0333	<a href="mailto:jarent@covia.org">jarent@covia.org</a>
Contra Costa County	(925) 956-7396	<a href="mailto:abalter@covia.org">abalter@covia.org</a>
Marin County	(925) 956-7380	<a href="mailto:klbrown@covia.org">klbrown@covia.org</a>
Santa Clara County	(925) 956-7380	<a href="mailto:swomack@covia.org">swomack@covia.org</a>
Monterey County	(925) 956-7380	<a href="mailto:swomack@covia.org">swomack@covia.org</a>

**Home Match:** Matches home owners and home seekers, in exchange for rent and/or services. [covia.org/services/home-match/](http://covia.org/services/home-match/)

Marin County	(415) 456-9068	<a href="mailto:lacosta@covia.org">lacosta@covia.org</a>
Contra Costa County	(925) 956-7385	<a href="mailto:gperez@covia.org">gperez@covia.org</a>
City of Fremont	(408) 295-5905	<a href="mailto:jheredia@covia.org">jheredia@covia.org</a>
San Francisco County	(415) 351-1000	<a href="mailto:kcoppock@covia.org">kcoppock@covia.org</a>

**Rotary HOME Team:** Partnership with local Rotary Clubs to do minor home repairs. [covia.org/services/rotary-home-team/](http://covia.org/services/rotary-home-team/)

Contra Costa County	(888) 204-5573	<a href="mailto:info@rotaryhometeam.com">info@rotaryhometeam.com</a>
City of Sunnyvale	(888) 204-5573	<a href="mailto:info@rotaryhometeam.com">info@rotaryhometeam.com</a>
Marin County	(888) 204-5573	<a href="mailto:info@rotaryhometeam.com">info@rotaryhometeam.com</a>

# Champion

One important thing to know about Catherine Coleman, is that once she makes a commitment to assist with a project, she does not let go of that commitment without coming up with one idea after another of how to be successful in her efforts! As a result of this kind of tenacity Well Connected has reaped the benefits of Catherine's outreach efforts for over two years.

Active in her local congregation, Lafayette-Orinda Presbyterian Church, Catherine has arranged for a number of presentations about Well Connected with groups of older adult members; educated church members who visit homebound elders; written about the program for the church newsletter and local newspapers; shared materials in public community settings, and is always working on a new idea to get the word out about the

Catherine  
Coleman



program. It goes without saying that Catherine carries our postcards to hand out wherever she goes! She is always on the look-out for folks who can volunteer for Well Connected.

Catherine also presents programs in our Armchair Travel series, recently taking us to China and Eastern Europe. Well Connected is grateful for your continued commitment to spreading the word about participating, and enriching the lives of so many older adults in our communities!

---

## Gratitude for Generous Support



Metta Fund  
*supporting a healthier san francisco*



# Donations

Well Connected provides conversation, 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](https://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](mailto: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 at Well Connected, Well Connected Español, and Social Call.

## **Facilitate a group**

Leading a group is not as hard as you think! Facilitate a group for a few weeks, or months! Well Connected and Well Connected Español are looking for facilitators in English and Spanish. Scheduling is flexible, training and support are provided, and no travel is required!

## **Be a Friendly Visitor**

Call an older adult weekly for a friendly telephone visit and personal connection.

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

# Supportive Services

## **2-1-1 or 211.org**

Free, national, confidential information and support.

## **Be My Eyes**

[www.bemyeyes.com](http://www.bemyeyes.com)

A free app that connects blind and low-vision people with sighted volunteers and company representatives for visual assistance through a live video call.

## **CONNECT2AFFECT**

[www.connect2affect.org](http://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.

## **Eldercare Locator**

[www.eldercare.acl.gov](http://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.

## **The Friendship Line**

[\(800\) 971-0016](tel:8009710016)

National 24-hour support for lonely, isolated, depressed, frail and/or suicidal seniors.

## **Hadley Institute for the Blind and Visually Impaired**

[www.hadley.edu](http://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](http://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.



**Well Connected**

A COVIA COMMUNITY SERVICE

881 Turk Street, San Francisco, CA 94102

[covia.org/services/well-connected](https://covia.org/services/well-connected)

(877) 797-7299