I am so pleased by Well Connected’s programs, last session I especially liked the tour of the Contemporary Art Museum Houston, and the armchair travel tour of New England, which introduced me to Harriett Wilson, the mother of the African American Novel. What a meaningful program! Alabama is in the house!"

Marilyn
Participant, AL
Welcome to the Well Connected Community

Well Connected is a **phone** and **online** community offering activities, education, friendly conversation, and an assortment of discussion and support groups to older adults all 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 2,500 elders across 47 states

![Map showing participants across 47 states]

- **Participants already enjoying Well Connected**
- **Be the first in your state to enjoy Well Connected**
How It Works

1. Register for the program
   • You can register and participate at any time

2. Browse the materials, find a group that interests you
   • There is no limit to the number of groups you may join
   • Check the Participant Calendar for the group time in your time zone, and information about how to join

3. Phone, Online, Handouts, Call-ins!
   • All groups may be joined by telephone using a toll-free phone number
   • All groups may be joined online using a device that connects to the Internet using Chrome, Firefox or Safari
   • Some groups have handouts
   • Some groups require registration

If you need help getting into groups, we can call you!

Call the office at (877) 797-7299 to register for the program, learn more about a group, request handouts for selected groups, sign up for an online link or a call-in, or if you are new to Well Connected, so we can answer questions and get you started.

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.
  • On the phone: press the MUTE button on your phone or *1.
  • Online: click on the microphone icon or button on the screen.
• If you are having trouble with your device, please do not disrupt the group, test your speakers and audio before you join, use your mobile/tablet in landscape mode. Consider taking a class if you need help with the technology.
• Consider using a wired headset for the best audio/online quality.

Group Etiquette
• Allow the Facilitator to guide and direct the flow of the group.
• 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.
Handout: A group that includes a handout. Handouts can be received either by email or mail. Please complete the Group Registration Form at least two weeks prior to the group you’d like to join and return it to us by mail, email, or phone.

Registration Required: A group that you have to sign up for in advance. To register, fill out the Group Registration Form, call us, or email us.

New: An all-new Well Connected group.
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
Program Manager
Well Connected
Español
& Social Call

Patt Schroeder
Program Specialist
Well Connected
& Social Call

Amber Dean
Program Manager
Social Call

Lizette Suarez
Program Director
Well Connected Español

Emma Marquez
Administrative Assistant
Well Connected
& Social Call

Katie Wade
Director
Social Call
& Creative Spark
Call for Artwork

Ruth’s Table Community Exhibition

Creativity has the power to lift our spirits, fuel our resilience and bring us together as we stay apart. To celebrate our collective creativity, Ruth’s Table is welcoming submissions for *Enduring Inspiration: Creativity at Home*, a community art exhibition that will showcase works created while we shelter in place. *Enduring Inspiration* is an invitation to create, connect, and share stories and perspectives on life, through art. Whether you created a poem, a painting or drawing, collage or pottery, everyone is an artist in their own way and all are welcome to apply. The exhibit will be hosted later this year at Ruth’s Table gallery in San Francisco, and will be available online as a virtual exhibition. To learn more or to submit your work, reach out to us at contact@ruthstable.org.

Learn more here:

Ruth’s Table - www.ruthstable.org
Enduring Inspiration - www.ruthstable.org/enduring-inspiration-exhibition
Learn More - www.ruthstable.org/enduring-inspiration-exhibition
Email - contact@ruthstable.org

Ruth’s Table is a Community Service of Covia.

“This [Ruth’s Table] lecture was so intellectual and stimulating. Sometimes people think that just because you’re older you won’t get it. The whole gallery and its programming is so intriguing.”

Ruth’s Table Participant
Activists R Us!
**Wednesdays, 9/2 – 12/30**
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, 9/14, 9/28, 10/12, 10/26, 11/9, 11/23, 12/14, 12/21**
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*
An Amazing Journey through the Antarctic Ocean
9/21
Journey with Susan and her husband to the Falkland Islands (Las Malvinas), South Georgia Island and Antarctica. See photos of beautiful landscapes, penguins galore, sea lions, birds, icebergs, and more.

Presented by Susan Poor

Bolivia
9/28
Travel with Marianne and Tom to Peru! See the city of Lima, Cusco and Machu Picchu and take a trip down the Amazon River. You won’t sweat or get wet!

Presented by Tom Norris

Pilgrimage - A Different Way to See the World
10/5
People have been doing pilgrimages, both religious and secular for centuries. “The object of pilgrimage is not rest and recreation-to get away from it all. To set out on a pilgrimage is to throw down a challenge to everyday life,” (The Art of Pilgrimage by Huston Smith). Join Valorie and her husband for their first pilgrimage to Santiago de Compostela in 2008. Enjoy the landscape, the people and the highlights of the trip.

Presented by Valorie Villela

The Seychelles
10/12
Explore some of the inhabited and uninhabited islands of the Seychelles. We’ll take a look at some of the famed fauna of the islands including the Aldabra giant tortoise, as well as the picturesque rainforests. This grouping of islands is home to the Coco de Mer, the tree that produces the largest seed of any plant in the world.

Presented by Carter Florence
Early California History
10/19
We will consider why the Golden State came to be, and hear stories of the people and events not included in the California history lessons we had as children.

*Presented by Catherine Coleman*

Brazil
10/26
We will explore colorful Rio de Janeiro, bask on the beach at Copacabana, marvel at the contemporary art in the outdoor gallery at Inhotim, and feast on feijoada and other tasty cuisine.

*Presented by Terry and Steve Englehart*

Where I Live – Titusville, New Jersey
11/2
Titusville is a small village on the Delaware River, home to the Washington Crossing State Park, the site where George Washington crossed the Delaware to beat the Hessians and British on December 25th 1776. We will also visit Princeton, home to the famous Ivy League university, bustling town and the Princeton Battlefield, where in January 1777 the British troops surrendered. I will give a brief history of both places and visit some of the best loved spots.

*Presented by Karen Bennett*

Great Small Towns around the World
11/9
We’ll visit six wonderful small towns I have loved visiting over the past 50 years: Hallstatt, Austria; Revel, France; Laugharne, Wales; Lunenburg, Nova Scotia; Talkeetna, Alaska; and Phippsburg, Maine. Enjoy learning about the history, culture & attractions that make these villages such special destinations!

*Presented by Amy Brokering*
Paraguay
11/16
Join us for a look inside the heart of South America; Paraguay. Learn a bit about their history, culture, traditional food and facts about the people of this land-locked country.

*Presented by Dan Bazan, Covia Senior Systems Engineer*

Mendocino & Sonoma Counties, CA
11/23
Go as far West on land, before you reach Hawaii, as we visit some of the most beautiful and geologically interesting terrain in the nation. From Bowling Ball Beach to the most recent addition of a National Monument, you'll almost taste the salt air!

*Presented by Ian MacDonald*

Uzbekistan and Iran - Silk Road Odyssey
11/30
Debra and Michael Varner spent 2 weeks traveling in Uzbekistan and 2 weeks in Iran in 2016. Debra will share some highlights of this journey on the Silk Road, and experiences learning about the art, architecture, textiles, history, culinary delights and local people.

*Presented by Debra Varner*

Morocco
12/7
Visit the former imperial capitals of Marrakesh, Fez and Meknès. Traverse the Atlas Mountains to the desert cultures of the southeast, including The Valley of Dates in Aoufous, an overnight visit with the Amazhir (Berbers) in the golden Sahara (Merzouga), and the exotic spice trade in the Rissani souk. Then take in The Valley of the Roses to the Gorges du Dades, to Hollywood's favorite Kazabah and World Heritage site, Omar Benabdellah, Ouarzazate. We finish with a stormy drive over Morocco's highest paved mountain pass, Tizi n'Tichka.

*Presented by Tanja Sattler*
Aging for the Common Good: A Writing Group
Tuesdays, 9/15 – 10/20
SPACE IS LIMITED
When a new world emerges from the coronavirus pandemic, what role will older adults have played in the transformation? That’s one question this writing group will take up as participants share reflections essential to the well-being of individuals and society. We will engage in exploring experiences of change, loss and discovery. We will consider the role of elder as scout, sage and storyteller in a time of crisis through the writing of short essays, which will be published by the award-winning website Senior Correspondent. The writing group is a project of Sympara, a nonprofit organization that envisions a commonwealth which thrives as people find healing and purpose through sacred/civic communities.
Facilitated by Daniel Pryfogle, founder of Senior Correspondent and cofounder and CEO of Sympara

Creative Spark
Fridays, 9/18 – 11/6
Creativity has the power to lift our spirits, fuel our resilience and bring us together. This class aims to inspire each of us to unlock our creative potential and carve out simple moments of self-expression and creativity at home. With themes that explore self-reflection, collage, poetry, and drawing, we will create playful visual compositions, transform mundane into extraordinary, and use spontaneity to lose ourselves in the act of making. No prior experience or skills are needed to participate. Activities can be completed using easy-to-find materials - supply list will be provided upon registration.
Free art supply kits are available upon registration for the first 15 sign-ups.
Presented by Margarita Mukhsinova, Covia Creative Spark and Ruth’s Table
Arts

An Exploration in Watercolor
**Wednesdays, 9/16 – 11/18**
Learn about the art of watercolor. This interactive class will begin with the basics, and move into projects so that we can learn from hands on painting. Whether you are experienced or have never held a brush, this class is for you. We can share best practices, learn from happy accidents, and have fun. You will need watercolor paper, 1 round brush size #8, #10 or #12, cup for water, pallet/plate, paper towels, paint and a big smile. Optional kits are available on thecommunitystudio.org (with pre-sketched papers if you want an easy coloring project!).
*Facilitated by John Gillam BFA, MBA, The Community Studio, OH*

Knit Together
**Wednesdays, 9/2 – 12/30**
Knitters, of any level, can join in a friendly knit and chat. You can share what you’re working on, tips or challenges, and enjoy learning from others. If you are interested, the facilitator can teach you how to loom knit, all you will need is about $20 in supplies to get started.
*Facilitated by Neva Fairchild, American Foundation for the Blind, VA*

Life Story Workshop: Create a Collection of Audio Stories
**Tuesdays, 9/15 – 10/13**
**SPACE IS LIMITED**
What did you get in trouble for when you were young? What’s the greatest historical event you lived through? We will guide you through sharing and preserving your life stories through facilitated new, engaging prompt questions every week. You will hear the amazing life experiences of your community members, while having the opportunity to share some stories of your own.
*Facilitated by Linnea Guerin, Vita Story Club (vitastoryclub.org)*
Play Reading and Performance

**Thursdays, 9/17 – 11/19**

Participate in live theatre! We will be working on monologues and scenes of classic and original plays. We will spend time rehearsing weekly, then put on a performance of the original plays *Eye Exam and Dating Game* written by a local playwright, from the Playwright Center of San Francisco. Eye Exam is about an older couple dealing with having to take an eye exam and driver’s license renewal, and Dating Game is about finding companionship later in life.

*Facilitated by Fringe of Marin*

Poetry Workshop

**Monday, 9/7 – 11/30**

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 with others in the group via email.

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

Rhymes and Stories Shared

**Tuesdays, 9/1, 9/15, 10/6, 10/20, 11/3, 11/17, 12/1, 12/15**

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.)*
Stagebridge Storytelling
Fridays, 9/18, 10/16, 11/20, 12/18
Listen as Stagebridge Storytellers share personal stories or their take on classic stories, folk tales or myths from around the world, such as how the moon and stars were created, or how the leopard got its spots. Hear these stories come alive! For more information about Stagebridge, call (510) 444-4755 or visit stagebridge.org.
Facilitated by Clara Kamunde, Stagebridge, California

Writing Workshop
Sundays, 9/6 – 11/29
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

“[Well Connected] encourages discussion, new ways of thinking, and opens up the world to me that is beyond my reach. I enjoy the relationships and community I find there. It is so wonderful to be engaged, connected, and inspired by the programs and topics!”

Audrey
Facilitator & Participant, GA
Across the Miles  
**Wednesday, 10/21**  
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 Amber Carroll, Covia Well Connected Director*

Ask the Attorney  
**Fridays, 9/4 – 11/20**  
A retired California attorney with over 40 years of general legal practice, will answer general legal questions, and occasionally discuss an issue of general interest to the callers. You can call in to ask a legal question or send in a question to coviaconnections@covia.org which will be answered on the next call.  
*Facilitated by Gerald Richards, Esq., Contra Costa Senior Legal Services Board*

Bird Talk  
**Saturdays, 9/5 – 12/26**  
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, 9/2 – 12/30**  
**Sundays, 9/6 – 12/27**  
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)*
Conversations that Count
Tuesdays, 9/15 – 12/15 (no group on 11/24)
SPACE IS LIMITED
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.
*Facilitated by Oasis (www.oasisnet.org) Volunteers*

Creative Conversations
Fridays, 9/11 – 11/6
What does it mean to be a hero? If your foot could talk, what would it say? What are the foods and tastes of your childhood? Join me to answer questions like these, and have some creative conversations together.
*Facilitated by Harla Norman*

Death Café
Fridays, 9/18 – 11/20
We will increase our awareness of death to help 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 or support or counseling session.
*Facilitated by Laura Groffman*

Get to Know Newcomers
Fridays, 9/4 – 12/18
If you are new to Well Connected, and would like to get to know your fellow new participants, this is the group for you! We will play a fun game that asks thought-provoking and fun questions that will help us get to know each other a little better.
*Facilitated by Shari McComb*
Growing an Elder Community  
Mondays, 9/7 – 11/9  
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, 9/5 – 12/26  
Today’s world inundates us with bad news. Want some 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*

Intergen Chat  
Tuesdays, 9/1 – 11/3  
Join us for a discussion across the generations with students from the Department of Communication Sciences & Disorders at Central Michigan University. Some of the discussion topics include technology, dating, memories, University life, and many more!  
*Facilitated by Paige Heintskill, graduate student in speech-language pathology at Central Michigan University*

Keys to Joy  
Saturdays & Sundays, 9/5 – 12/20  
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, 9/9, 9/23, 10/14, 10/28, 11/25, 12/9**  
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.  
*Facilitated by Jerry W. Brown, Covia Senior Director Affordable Housing*

Memory Café  
**Thursdays, 9/10, 9/24, 10/8, 10/22, 11/12, 12/10**  
Reminisce about times gone by. Connecting to the past can be comforting, and is beneficial for brain health as a form of exercise for the brain! Topics could include favorite older movies and songs, favorite holiday memories and more.  
*Facilitated by Linda Howard, Easterseals NH*

Newcomers Welcome  
**Mondays, 9/14, 9/28, 10/12, 10/26, 11/9, 11/23, 12/14, 12/28**  
Are you confused about how to start “connecting” with Well Connected? We will guide you through the process of making that first phone call or how to join online. Learn about what those icons mean in the catalog, or how to take a turn to talk. No question is too silly or simple!  
*Facilitated by Donna Mossholder*

Pet Tales  
**Saturdays, 9/25 – 12/11**  
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, 9/2 – 12/30**
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
**Monday, 11/16**
Join us to learn more about new and exciting changes afoot in the world of Well Connected and Covia. This forum also provides a safe space to hear from YOU! What are your favorite groups, what would you like more of? How can we continue to improve the program?
*Facilitated by Amber Carroll, Covia’s Director of Well Connected and other Covia staff*

Walk in Nature
**Fridays, 9/4 – 12/25**
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, 9/5 – 11/28**
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*
All Request Music Group  
**Sundays, 9/20, 10/18, 11/15, 12/20**  
**Thursday, 11/26**  
**Friday, 12/25**  
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!  
*Facilitated by Libby Linden-Chirlian, Musician*

Music’s Memory Lane  
**Tuesdays, 9/1 – 11/3**  
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. We will then hear musical requests and discuss.  
*Facilitated by Steve Maraccini*

Open Mic  
**Thursdays, 9/3 – 11/19, 12/10 – 12/31**  
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*

Song Lyrics and Other Hysteerics  
**Thursdays, 9/3 – 12/17 (no group 11/26)**  
Song lyrics discussed, and those songs will be played. If that weren’t enough, time permitting, musical requests can be made.  
*Facilitated by Buddy Weisman*

TED Talk  
**Sundays, 9/6, 10/4, 11/1, 12/6**  
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.  
*Presented by Diana Cheng Lau*
Bingo

**Wednesdays, 9/2, 9/16, 10/7, 10/21, 11/4, 11/18, 12/2, 12/16**

**Saturdays, 9/5 – 12/26**

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 Brenda Cisneros-Fernandez, Public Health Specialist, Bernalillo County NM (Wednesday) and Janice Rooker (Saturday)*

Charades

**Mondays, 9/7 – 12/28**

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*

**Do You Know What You Don’t Know?**

**Sundays, 9/6 – 10/25**

Join us for 30 minutes of facts and fun. We'll learn about all kinds of things such as: the top ten smartest animals, the top 10 strongest animals; the food that tastes like chocolate, and does the term fathead really have a meaning?

*Facilitated by Sharon Schwartz*

The Memory Game

**Tuesdays, 9/1 – 12/29**

Use it or lose it! Exercise your brain by being challenged to remember items that you'll have to recall at the end of the group!

*Facilitated by Lisa Wynne*

**Mystery Melody**

**Saturdays, 9/5 – 11/7**

Follow the weekly theme, then have fun, as you sing, “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*
Fun & Games

Noggin Joggin’
**Thursdays, 10/1 – 12/10 (no group on 11/26)**
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*

Tall Tales
**Tuesdays, 9/1 – 11/24, 12/8 – 12/29**
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*

Three Oaks
**Fridays, 9/4 – 12/25**
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*

Trivia
**Sundays, 9/6 – 10/25**
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*
Fun & Games

Trivial Pursuit: Genus Edition
Tuesdays, 9/1 – 12/29
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 Well Connected, Brenda Cisneros-Fernandez, Public Health Specialist, Bernalillo County NM, and Elantra V.

Ungame Group
Thursdays, 9/3 – 12/31
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 Elantra V. and Samantha Smith

Word Play
Sundays, 9/6 – 10/25
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
Good Reads

**Book Club**  
**Sundays, 9/20, 10/18, 11/15, 12/20**  
We will discuss *By Faith, Not by Sight* by Scott MacIntyre (September); *Lessons from Lucy* by Dave Barry (October); *As Time Goes* by Mary Higgins Clark (November), and *Dashing Through the Snow* by Debbie Macomber (December), 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, 9/5, 9/19, 10/3, 10/17, 11/7, 11/21, 12/5, 12/19**  
Book lovers unite! Call in to discuss and recommend some of your favorite books and authors with other book lovers.  
*Facilitated by Andy Andersen*

**Book to Movie Discussion**  
**Wednesdays, 9/16, 10/21, 11/18, 12/16**  
Each month we will read and discuss a story and its movie adaptation. Was the movie true to the story, or not? We’ll discuss the following: *The Curious Case of Benjamin Button* by F. Scott Fitzgerald. The movie stars Brad Pitt (September). *Fences*, a stage play by August Wilson. The movie stars Denzel Washington and Viola Davis (October). *Frankenstein* by Mary Shelley. The movie is titled Mary Shelley’s Frankenstein, and stars Robert DeNiro (November), and *The Gift of the Magi* by O. Henry. The most recent movie stars Marla Sokoloff and Mark Webber (December). You can find the movies on streaming services such as Amazon Prime, Google Play, Netflix or YouTube.  
*Facilitated by Staci Miceli, Bernalillo County Office of Senior & Social Services, Albuquerque, NM*
Good Reads

Poetically Speaking
**Wednesdays, 9/2 – 12/30**
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, 9/6 – 12/27**
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, 9/17, 10/15, 11/19, 12/17**
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*

Secret Medicine: Loneliness and Poetry
**Fridays, 11/13 – 12/11 (no group on 11/27)**
The experience of loneliness can feel like a whirlpool out of our control. We might react to feelings of loneliness by running from it or suppressing it. But might there be a middle way to explore the experience of loneliness? Through a selection of poems by such writers as Matsuo Basho, Yosa Buson, Langston Hughes, Charles McKay, Rumi, we will explore together the experience of loneliness, and see if it might offer a secret medicine. No prior experience with reading poetry required. Come with an open mind and heart; we’ll explore loneliness together, and see what we learn from poets and each other.
*Facilitated by Mark Thoma, EdD, LCSW*
Good Reads

Stories are Prayers
Tuesdays, 11/3 – 12/22
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, 10/1 – 12/10 (no group on 11/26)
Saturdays, 9/12, 9/26, 10/10, 10/24, 10/31, 11/14, 11/28, 12/12, 12/26
What are your favorite short stories? Have you read or written anything you’d like to read? We also read books in serial form each week. Anyone is welcome to participate....or you may prefer to just listen to the magic provided by others.

Facilitated by Nicolette Noyes

Writers Read
Friday, 12/11
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
Rethink Aging - Preventive Health Services
9/22
Learn about lifestyle changes and preventive health services that can reduce the risk of death, disease, and disability. Understand that living longer gives us unprecedented opportunities for doing what matters most; know the modifiable factors that can contribute to increased life expectancy; recognize the risks for diseases such as cardiovascular disease and cancer, disability, and death associated with aging; learn the preventive health services that increase longevity and enhance one’s ability to carry out day-to-day activities.

*Presented by Richard Allman, MD, Clinical Professor of Medicine, George Washington University, DC*

Saving Money on Prescription Drugs: 14 Tips and One Pitfall
9/29
We will review Medicare Part D coverage and how to choose the optimal plan for you; focus on how to save money on prescriptions whether or not you have Medicare; other resources and programs offering assistance with drug costs; ways to save at the pharmacy and on drugs, and things to be aware of regarding Canadian online pharmacies.

*Presented by Ruth Atkin, MSW, Contra Costa County HICAP Program Manager, CA*

Teeniors and the Value of Human Connection
10/6
Teeniors® are tech-savvy young people who help older adults learn technology through one-on-one, personalized coaching. Whether it’s a smartphone, tablet, computer or software - the goal is to empower older adults to connect with their loved ones, engage with their communities, and the world, through technology - while providing paid, meaningful jobs for youth, showing how the power of human connection all over the world brings change to our communities.

*Presented by Trish Lopez, Founder, Teeniors (Teeniors.com), NM*  
*Sponsored by Bernalillo County Office of Senior and Social Services, Albuquerque, NM*
We’re All Aging: Disrupting Ageism Together
10/13
We live in a society that places more value on youth than old age. Join us for an exploration of the ways ageism shows up in daily life, how it impacts health and wellbeing, and ways each of us can take small steps toward disrupting ageism every day.

*Presented by Kirsten Jacobs, MSW, Director, Dementia and Wellness Education, Leading Age, CA*

New Healthcare Technologies from COVID-19
10/20
The Covid pandemic has highlighted the importance of connected health solutions, specifically testing, remote patient monitoring, telehealth to deliver patient care, and accelerated processes to deliver treatments and a vaccine. To rise to the challenge, there has been an extraordinary intersection of physicians, healthcare innovators, infomatics and enterprise solutions to create seismic shifts in patient care. Shifts, many of us thought would take years, have come to reality in months. This discussion will highlight a few of the promising innovations.

*Presented by Bill Hyun, PhD, University of California, San Francisco*

Medicare Annual Choices & Changes 2021
10/27
Each year Medicare prescription drug plans and Advantage plans change. HICAP can help you compare options. Changing plans may save you money and increase your benefits. Learn how to identify the most cost-effective Prescription Drug Plans and learn what to consider if you want to know about Medicare Advantage Plans. HICAP provides free and unbiased counseling, education and advocacy to all Medicare beneficiaries.

*Presented by Frank Nelson, Program Manager, North Bay HICAP, CA*
COVID-19 Scams and Healthcare Fraud
11/3
Scammers are after your personal information and your money! Find out how you can protect yourself and your Medicare benefits. Learn about the latest fraud scams and schemes; how you can identify fraud on your medical statements; and where to report fraud, and get assistance with Medicare billing questions.

Presented by Micki Nozaki, California Senior Medicare Patrol

The Gig Economy for Adults ages 60+
11/10
Learn about SĀGE, a platform for older adults who are looking for purpose and agency in their post-retirement years, and have so much to share! This platform honours the expertise of the 60+ community and helps foster intergenerational relationships through paid one-on-one classes, now online in response to the global crisis.

Presented by Esther Hershcovich, Founder, SĀGE

Thunder Dog and Beyond
11/17
Michael, blind since birth, survived the 9/11 attacks with the help of his guide dog Roselle. This story is the subject of his best-selling book, Thunder Dog, the story of a blind man, his guide dog and the triumph of trust at Ground Zero. Join us for a reading and discussion about the power of the human-animal connection.

Presented by Michael Hingson, New York Times #1 Best-Selling Author and International Lecturer
Fatigue, Sleep, and Circadian Rhythms in Cancer
11/24
Sleep disturbances and fatigue are both very common in cancer and get worse during chemotherapy. These symptoms can last for years after the end of treatment. Cancer patients get very little bright light exposure during cancer treatment which is related to increased fatigue and poor sleep. New research suggests that increased bright light exposure helps fatigue, sleep, depression and biological rhythms. This non-invasive treatment has the potential for improving quality of life in cancer patients. 
Presented by Sonia Ancoli-Israel, Ph.D., Professor Emeritus of Psychiatry & Research, University of California, San Diego

Humor Your Stress
12/1
From the first time we smiled at something we found funny as a baby and throughout our life, humor has been a way to cope with stress. Research suggests that use of humor can improve your overall emotional, physical, and spiritual health. It helps us bond with family, friends and sometimes strangers. We will provide tips for building your reserves of humor so you can reduce stress and tension. Come prepared to share what works for you. Sharing a laugh can help us build resiliency during hard times. 
Presented by Donna Benton, PhD, University of Southern California

Playing and Improvising with Memory Loss, Dementia, and Growing Older
12/8
Improvisational play and other expressive arts are challenging the stigma-inducing “tragedy narrative” of aging and memory loss/dementia. We will introduce improvisational games, creative exercises and philosophical conversation to explore how to create an environment where all participants can experience the joy of discovery and the emergence of creativity. Everyone is welcome - people with dementia, care partners, and those who worry about memory loss and cognitive change - who are looking for new and more creative ways to approach aging, memory loss and dementia. 
Presented by Mary Fridley and Dr. Susan Massad, East Side Institute Faculty and co-creators of The Joy of Dementia (You’ve Got to Be Kidding!)
Be Healthy, Stay Fit  
**Tuesdays, 10/6 – 11/10**  
**WAIVER REQUIRED**  
A movement groups for those with limited mobility, focused on chair-based exercises, beginning with proper posture, breathing and calming exercises, moving to upper and lower body exercises and ending with a cool down.  
*Facilitated by Kay Parekh, Fitness Instructor*

Everyday Life Hacks: Tips and Tricks That Make Life Easier  
**Tuesday, 10/27 – 12/15**  
Do you spend too much time looking for things, or have a hard time getting to where you want and need to be? Do you have trouble remembering appointments? This group will focus on tips and tricks that you can use in your own home to help you get and stay organized. Come join us to learn new and creative ways to organize and make the most of your day!  
*Facilitated by Grace Gilliat, Graduate OTS, University of New Hampshire*

Feel Better with Healthy Movement  
**Friday, 9/4 – 10/23**  
Are you sitting too much and want to get moving? Do you feel tired all the time? Did you know that moving can help you feel more energized, help with pain, and slow memory loss? In this group, we will explore a number of ways to add movement into your day and share safe movement tips.  
*Facilitated by Grace Gilliat, Graduate OTS, University of New Hampshire*

Is My Home Safe?  
**Friday, 10/30 – 12/18**  
Did you know that falls at home are one of the biggest threats to living at home independently? Are you worried about living alone? This group will discuss a variety of tricks, tools, and simple pieces of equipment that will help you or your loved ones be safer and more independent at home.  
*Facilitated by Grace Gilliat, Graduate OTS, University of New Hampshire*
Support 101 - Taking Care of YOU: Managing Stress and Independence  
**Tuesday, 9/1 – 10/20**  
Do you feel overwhelmed? Do you feel stressed trying to balance your everyday activities? Taking care of yourself can help you take better care of your loved ones and help you feel better. This group will focus on self-care strategies that bring joy, health, and positivity in your life.  
*Facilitated by Grace Gilliat, Graduate OTS, University of New Hampshire*

Taking Care of Business – Planning for Successful Aging  
**Wednesdays, 12/2 – 12/16**  
This group is designed to help you think through the challenges and issues, and the most important steps and services to use, in determining how to prepare yourself to thrive and succeed as you age. We will discuss senior care and help demystify some of the issues in senior planning. The presenters will help you get organized, help think through some of the documents you will need, and discuss some of the issues and challenges with establishing a successful aging strategy. The presenters are experts in the fields of senior care, law and finance, and are members of a collaborative a group of senior care professionals working to improve the quality of life for the seniors in their community.  
*Presented by Members of the North Orange County Senior Collaborative, CA*

Yoga Remedies for Aches and Pains  
**Wednesdays, 9/16 – 11/4**  
**WAIVER REQUIRED**  
Evidence shows that yoga therapy is effective for back pain, chronic pain, asthma, and stress. This is a class of safe and effective tools for everyone. All exercises can be adapted to meet you where you are, so that your experience is rejuvenating, enlightening, and eases your aches and pains.  
*Facilitated by Certified Yoga Therapists from the Stress Management Center of Marin, CA*
Holidays

Holiday-a-Week

**Wednesdays, 9/2 – 12/8**

Learn and discuss a different holiday every week. Some of the unusual ones might be Chicken Soup for the Soul Day or Bah Humbug Day. Why do we celebrate Patriot’s Day? Do you know what happens on National Wreaths Across America Day?

*Facilitated by Sally Tindall Hayward*

Spook-tacular Tales of the Mystical Spider

**Saturday, 10/31**

Eek! Travel with me as we dangle, weave and create webs of undaunting tales that create boo-tiful memories of that wonderful spider at Halloween.

*Facilitated by Gayle Wanamaker*

The Web-Ful Tales of Spiders at Christmas

**Friday, 12/25**

Come listen to stories and lore of spiders and how they are valued throughout the holiday season. Learn about the love, traditions, values and tales of the Christmas spider as we travel around the world.

*Facilitated by Gayle Wanamaker*

“I’m so excited to share my travels on Armchair Travel!”

Tanja (＆Kim)
Armchair Traveler, CA
Conversations with English Language Learners (ESL)
Fridays, 9/25 – 12/11
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

Practicing German
Fridays, 9/25 – 12/11
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, 9/1 – 12/29
Thursdays, 10/1 – 12/10 (no group on 11/26)
This French language group will share personal news of the week and brush up on language skills. A textbook is used for more instruction. For advanced level French speakers only.
Facilitated by Jerry Sexton (Tuesday practice) and Instructor, Jan Knowles (Thursday)
Dollar Duchesses: Ladies of the Real Downton Abbeys
9/23
Born into a world of wealth and privilege, one might think these heiresses had everything their hearts desired. But such was all too often not the case. Join us as we go inside the gilded cages, and meet the ladies who refused to be simple songbirds for their aristocratic husbands, instead striking out in society in brand new ways, and making great strides for all those who came after.

*Presented by Jennifer Lee, South Carolina State Museum, SC*

Visions of Our 44th President
9/30
An exhibition featuring 44 busts of President Obama, provided to 44 various artists. Each artist decorated, or created artwork on the bust, to express what was significant to them about our 44th President.

*Presented by Douglas McCray, Charles H Wright Museum of African-American History, MI*

Demons, Creatures, and Monsters - Oh My!
10/7
A fun look at some of the “other” beings in Asian art, and their role teaching lessons, sending messages, and symbolizing important people and elements of the cultures. There is even an entity that is said to offer protection against viruses!

*Presented by Mary Mead, Asian Art Museum, CA*

You Are Here: California Stories on the Map
10/14
We all use maps in our everyday lives—to navigate public transportation, find places to eat, and visualize big data like weather patterns or political opinions. Discover the deeper stories maps tell us. Showcasing a diverse range of maps from Oakland, the Bay Area, and California—from environmental surroundings and health conditions to community perspectives and creative artworks—experience how maps can be a powerful tool to share unique points of view and imagine a better future.

*Presented by the Oakland Museum of California*
Old and New: Works from the de Young Collection  
10/21
We will look at works created centuries ago and how contemporary artists have interpreted the same themes or concepts today, and in some cases, have used even earlier depictions as inspiration for their contemporary work.  
*Presented by the Fine Arts Museums of San Francisco, CA*

Color in Painting  
10/28
Painter Henri Matisse said, “What counts most with colors are relationships.” Drawing on works from MoMA’s collection by Matisse and others, we will explore how colors interact and how artists use them to evoke space, express a mood, or create meaning.  
*Presented by Annie Leist, Museum of Modern Art, NY*

2020 Vote: Celebrating 100 Years of the Women's Vote  
11/4
Features posters designed at the invitation of the American Institute of Graphic Arts, which launched an “initiative which invites a diverse list of 100 American female graphic designers to design non-partisan Get Out The Women's Vote posters” to mark the centennial of the ratification of the 19th Amendment. We will examine the posters, discuss the history of suffrage and its legacy today, and the use of design to advocate for social and political change.  
*Presented by Lydia Rosenberg, Miller Institute for Contemporary Art, PA*

The Ashcan School  
11/11
The “Ashcan” School of American artists pushed the limits of American art technique in the first decade of the 20th century; focusing on urban settings in the New York City area. Very eclectic on painting subjects and styles, these artists became the avant-garde of their era.  
*Presented by Dave Williams, Volunteer Presenter*
Portraits of Children

11/18

Artists have always depicted children in paintings and sculptures as part of family groupings but there are other reasons as well. Together we will look at several paintings of children that tell us about the artist, and their unique relationship to children, from benevolent uncle to godmother.

Presented by Nanette Hanks, Minneapolis Institute of Art, MN

This is Us: A Journey into the Heart of Millicent

11/25

East coast born and bred, fashion icon, and socialite of the early 1900’s, Millicent Rogers was well known for her elegant and opulent lifestyle. Then she fell in love…with a place, a people, a history and a new, old way of life. Join us as we share highlights from the Museum’s collections that will take you to the heart of this diverse cultural experience we call TAOS.

Presented by Karen Chertok, the Millicent Rogers Museum, NM

Nicolas Moufarrege: Recognize My Sign

12/2

During a career that lasted just over a decade, Nicolas Moufarrege (1947-1985) created an original and idiosyncratic body of embroidered paintings. The artist’s first solo museum exhibition traces the development of his work from the lap-scaled portrait-tapestries he produced in Beirut, Lebanon in the early-1970s to the final works he created in New York City, New York in 1985. This exhibition is organized by CAMH Curator Dean Daderko.

Presented by Adrianna Benavides, Contemporary Art Museum Houston, TX

Beyond the Warp and Weft: The Enduring Legacy of Bauhaus

12/9

This exhibition explores the impact of the Bauhaus art movement on the contemporary field of textile and weaving, a multifaceted practice that draws on craft, art, design, architecture and science. With a particular emphasis on the innovative use of materials, digital technology and interdisciplinary approaches, the exhibition presents a stylistically diverse selection of works that combine hand weaving, textile, site-specific installation, and sculpture.

Presented by Hanna Regev, Curator, Ruth’s Table, CA
What I Did During the 2020 Pandemic

10/1
Art historian Sarah Lewis says, “One of the main tasks I hope artists consider is not what the answer to the crisis is, but what the right questions are or whatever new normal we emerge into.” Social distancing has hindered Steve’s work as a portrait photographer, forcing him to re-think how he works, we’ll be talking about past projects and how Covid-19 and its effects have shifted his art in new directions.

*Presented by Steve Ozone, Photographer and Filmmaker, Traffic Zone Center for Visual Art, MN*

Painting in Iceland

10/8
Imagine visiting and painting on a volcanic island full of waterfalls, puffins and lupines. In 2001 and 2004 artist and teacher Jon Neuse organized summer painting trips to Iceland with 12 artists. In this presentation you will hear about the trips and be able to see paintings done by Neuse and his students.

*Presented by Jon Neuse, Painter, Printmaker, and Book Artist, Traffic Zone Center for Visual Art, MN*

A Different View

10/15
Mixed-media paintings using photographs that were taken of pollinator-friendly plants at the Minnesota Landscape Arboretum, “from the bee’s perspective.” These paintings are created with Encaustic (beeswax) paint, oil pigment stick, and photographic collages as an intersection of nature and human activity.

*Presented by Jodi Reeb, Painter and Encaustic Artist, Traffic Zone Center for Visual Art, MN*
Nature-Made Mandalas

10/22

Mandalas have been used for centuries to establish a sacred space, and are also utilized in architecture, science, psychiatry, and more. We usually think of mandalas in terms of constructed geometry, but photographer Ellie Kingsbury sees them abound in nature - her series of digital photographs were made in northern Minnesota over the course of three years.

*Presented by Ellie Kingsbury, Photographer, Traffic Zone Center for Visual Art, MN*

The Heart’s Bright and Dark Light

10/29

Abstract paintings that grew out of a two-year study of five historic paintings at the Minneapolis Institute of Art. We will explore the process Evans developed looking at iPad studies made in the museum, oil studies made in the studio, and how they led to big changes in her work with abstraction.

*Presented by Jil Evans, Painter, Traffic Zone Center for Visual Art, MN*

Art With Elders: Annual Exhibit Highlights

11/5

Art With Elders (AWE) uses the power of art, creativity, and community to enrich the journey of aging. Founded in 1991, AWE provides 2,000 art classes each year for more than 400 seniors in long-term care communities throughout the San Francisco Bay Area. Led by artist Mark Campbell and taught by a team of dedicated professional artist instructors, elders learn new skills and create art. Each year, artists submit their work for an annual, juried exhibit. After an opening reception for artists, family, friends, and caregivers, the exhibit then travels to several locations in the Bay Area, where it is viewed by an estimated 200,000 people. View highlights from the 30-year history of the AWE program and its Annual Exhibit.

*Presented by Art with Elders Executive Director Mark Campbell and Exhibits Manager Darcie O’Brien*
Creative Environments
11/12
Learn how AWE teaching artists and participants build and nurture deep relationships in a creative environment.

*Presented by Art with Elders Artist Instructors and Artist Participants*

Student-Directed Creative Learning
11/19
Teaching artists and participants discuss the benefits of student-directed creative learning experiences.

*Presented by Art with Elders Artist Instructors and Artist Participants*

“As a photographer, Well Connected has been a great way for me to share and discuss my work with people all over the United States in a way I wouldn’t be able to otherwise.”

Steve Ozone
Facilitator, MN
Bible Reading
Mondays, 9/7 – 12/28
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 and Lynn Millar

Bible Study: First Peter
Thursdays, 10/1 – 10/29
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
Every Day, 9/1 – 12/31
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, Rita Goldhor, Marie Hamilton, Lynn Millar, Nicolette Noyes, Rene Philpott, Patt Schroeder, Kathleen Torres, Nancy Walton-House, and Tom White

Guided Imagery Meditation
Thursdays, 9/3 – 12/31
Take time to get comfortable, close your eyes, and open your mind to a story. Remove all thoughts from your mind and try to ignore pain, stress or tension in your body. Then join us on a relaxing journey to take you to all sorts of places; some real and some fantasy.
Facilitated by Sally Tindall Hayward
Meditation
9/1 – 12/31
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 Esenher and Kaevalya Banks

Memorial Service
Friday, 12/4
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 Laura Darling, Covia VP Spiritual Care and Communication

Socrates Café
Mondays, 9/21, 10/19, 11/16, 12/21
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.

World Religions
Tuesdays, 9/8 – 10/27
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, PhD, Pacific School of Religion/UC Berkeley-Extension
Supportive Groups

Be Empowered with Community Resources
**Saturdays, 9/5 – 10/10**
Learn where to access community resource information such as: fall prevention, home health services, healthy aging, from your smartphone or computer. Gain knowledge about reputable governmental, educational, non-profit and other organizations dedicated to assisting you in getting the help you want or need in your local area. Share your knowledge, concerns and experiences in a casual and supportive environment.
*Facilitated by Michelle Bouas*

Building Kindness
**Mondays, 9/7, 9/21, 10/5, 10/19, 11/2, 11/16**
Do you want to learn how to be kinder and gentler with yourself and others? This course will use research-based techniques from the field of positive psychology to show you how to change negative thinking and behaviors. You will learn how to be more forgiving of yourself, how to deal with difficult people, and how to keep calm in stressful situations.
*Facilitated by Katrin Koutassevitch, LCSW, psychotherapist specializing in older adulthood*

Coping Skills
**Wednesday, 9/9, 10/14, 11/11, 12/9**
Moving forward to a positive change can be difficult. In this time that we are going through, we need to support and accept each other as we strive to reach our goals of finding joy, hope, faith and love. Let’s strive for a better life for ourselves and others around us.
*Facilitated by Patti Hawley, Easterseals NH*

Living with Chronic Pain
**Thursdays, 9/3 – 12/31 (no group on 11/26)**
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*
Supportive Groups

Living with Vision Loss
**Thursdays, 9/3 – 12/17 (no group on 11/26)**
Anyone can join this peer discussion group. It can be difficult for some people who lose some or all of their vision, since they have to give up driving and even reading. We share helpful tips to cope, and get support from people in the same situation.
*Facilitated by Anne Allen and Andy Andersen*

Low-Vision Support: The Eyes Have It
**Wednesdays, 9/2 – 11/4, 12/2 – 12/30**
A group to assist you on your journey of vision loss adjustment. Hear from professionals regarding proven vision rehabilitation skills and strategies, such as psychosocial adjustment, independent living skills, and low to high technology solutions. This information will assist you to regain independence.
*Facilitated by Doug Rose, Lighthouse for the Blind & the CA Department of Rehabilitation*

Pet Loss Support
**Sundays, 9/6 - 11/1**
A grief support group for those who have lost a beloved pet. Come share your stories of love and loss with people who understand this unique pain. Our pets mean so much to us; for some, they are constant companions and confidants, for others, they are necessary for daily life. But for all of us, they are family. We grieve deeply when they die.
*Facilitated by Kevin Ringstaff, Grief Recovery Specialist, Founder www.PetCloud.pet*

Support/Discussion for the Blind
**Tuesdays, 9/1 – 12/29**
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.*
Well Connected Online
9/18
Are you ready to join online, but don’t know where to get started? Join Well Connected staff to learn step-by-step how to join our programs online, and the benefits of doing so. Join online or by telephone.

*Presented by Annette Balter, Program Manager, Well Connected*

Finding Independence through Assistive Technology
9/25
Living with a disability and/or aging in place both come with challenges. For those of us living with limited mobility, low vision, memory loss, or any number of other barriers to access, everyday tasks can sometimes be difficult to carry out. Luckily, we’re living in an age during which both low and high-tech solutions are being created and made available every day. Join this online workshop to find out about some of the gadgets currently available which can help make independent living a reality.

*Presented by Lana Nieves, Executive Director, Independent Living Resource Center San Francisco*

Almaden Lake: Evolution of an Environment and How Birds Adapt
10/2
Learn about the origin of Almaden Lake, changes (both human and natural) that have impacted the birds’ nesting habitat, and future changes and challenges for the birds.

*Presented by Larry Manning, Citizen Scientist, San Francisco Bay Bird Observatory*

Introduction to the National Library Service for the Blind and Print Disabled
10/9
Discover what one library in the nationwide network does to assist people with low-vision, from talking books to Braille.

*Presented by Ricardo Cisneros, San Francisco Public Library*
Telling Your Stories
10/16
Storytelling is at the heart of the human experience. Your own stories are gifts, especially to family and friends. A well-told story can enliven a gathering and illustrate a point. Explore the process of structuring and telling an authentic personal story. Starting with a fun series of vocal warm-ups, we will help you identify a personal experience you’d like to develop into a story, highlight different ways to structure a story, and discuss some fundamental skills.

Presented by Bobbi Kidder, teaching artist, Silver Kite (www.silverkite.us)

Key Issues in Global Ageing
10/23
Join us to hear about global issues in ageing today, from long-term care advocacy, combatting ageism, to innovative practices from partners across the US and the world. We will highlight some of the work being done at the United Nations focused on the rights of older adults.

Presented by Katie Sloan, President and CEO, Leading Age and Executive Director of The Global Ageing Network

Who Gets Grandma’s Yellow Pie Plate?
10/30
A family-focused workshop on the disposition of our personal possessions, and the options and implications of the decisions for the individual and the family.

Presented by Fritzi Gros-Daillon, MS, CSA, CAPS, UDCP, SHSS, Director of Education and Advocacy, Age Safe America
Online Shopping
11/6
In this age of staying home more and going out less, let us show you how to compare prices, find the best deals, and locate that special gift without ever leaving your home. We will show you several shopping apps that will save you time and money. Now you can have things shipped right to your door with just a click! Bring your smartphone or tablet (Apple devices and/or Android/Samsung devices). NOTE: iPhone or iPad users bring your Apple ID and password (if you don’t know it, we can help with that too!).

*Presented by Technology4Life, CA*

At Home for Life
11/13
Research shows that happiness later in life is highly dependent on continued physical and daily living activities. Learn how to ‘age in place’ by making your home more livable and safer, and accommodate physical and/or cognitive changes. We will review environmental assessment, how to declutter, modify and re-organize, to decrease the potential for falls, and discuss gadgets and equipment that improve accessibility.

*Presented by Lynda Shrager, OTR, MSW, CAPS, Author: Age in Place, A Guide to Modifying, Organizing and Decluttering Mom and Dad’s Home*

Not So Silent: “Silent Generation” Women who Overcame Adversity
11/20
The so called “Silent Generation,” the 17 year period ending in 1945, prior to the Boomer era, a period of post-depression recovery, as well as WW II, marked by scarcity and fears, adversity and deprivation. We will explore the histories of 7 courageous and not ‘silent’ women from this era: Ruth Bader Ginsburg, Supreme Court Justice, Lawyer, b. 1933, Gloria Steinem, Women’s Rights Advocate, writer, public speaker, b. 1934; Nancy Pelosi, Speaker of the House of Representatives, politician, b. 1940; Joan Baez, singer, song writer, musician, activist, b. 1941; Doris Kearns Goodwin, historian, writer, presidential biographer, b. 1943; Billie Jean King, athlete/tennis star, b. 1943 and Angela Davis, civil rights activist, scholar, author, b. 1944.

*Presented by Francine Toder, Ph.D.*
Social Call

Social Call is a one-on-one friendly visitor telephone program which fosters connections between volunteers and older adults. We create thoughtful matches based on shared interests and values, for weekly phone visits anywhere in the United States.

For more information: Call (877) 797-7299, email: coviaconnections@covia.org or visit covia.org/services/social-call/

Volunteer with Us

Facilitate a Group: If you like leading groups, facilitate 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.

Other Covia Community Services in the Greater SF Bay Area

Social Call: Offers in-person visits as well as telephone friendly visits in several Bay Area counties.

Market Day: Markets selling fresh produce at cost to older adults each week at various locations throughout California.

Home Match: Matches home owners and home seekers, in exchange for rent and/or services.

Covia promotes and cultivates healthy communities for positive aging through an innovative continuum that actively supports the whole person. For more information about us, call (877) 797-7299, email: coviaconnections@covia.org or visit www.covia.org/services.
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

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**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.
Other Resources

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

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

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.
Donations

Your generous donation can help make Well Connected 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)
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

Gratitude for Generous Support
Champion

Anyone who has the opportunity to meet David “Lucky” Goff is indeed going to embark on a journey of self-discovery. Covia’s Well Connected and Social Call have been “lucky” to have Lucky as a key member of its community in a variety of roles for many years: as a regular facilitator of Growing an Elder Community; as a participant in the Social Call program and, as a featured speaker in the annual Creative Aging Symposium. In each of these roles Lucky has shared his experiences of what it is like to gain strength and acceptance of his life journey as a result of suffering a major stroke when he was 55 that left him severely impaired. For a number of months he was not even able to speak. He does not consider himself “disabled” in the literal meaning of that word; but rather “enabled” to enter into a realm of discerning the deeper meaning of life.

The process of recovery nurtured his capacity to understand what it means to be “reduced” and then move towards discovering his own essence. This process is quite like what growing older is: experiencing and accepting the losses that come with aging while at the same time, embracing life with passion and gratitude not experienced in any other phase of life.

In addition to being an active member of the Covia community, Lucky is a psychologist, radio host, and an accomplished author of *The Evolving Elder: Applying What Really Matters to Life*, *The Age of Actualization: A Handbook for Growing Elder Culture*, and *Embracing Life: Toward a Psychology of Interdependence*, available on Amazon. Reading anything Lucky has written, joining his group, or just having a conversation with him is inspirational, and leaves you with a deeper understanding of how radically interconnected all living things are.

We salute David “Lucky” Goff as our Champion and thank him for his ever-ready and willing motivation to promote the life enhancing benefits of being part of the Covia Community!

Pictured on the Cover: (clockwise from top right) Josephine and Aroon

Lucky Goff
Well Connected
A COVIA COMMUNITY SERVICE

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(877) 797-7299