



Well Connected

Here for you every day, wherever you are!

Spring Lake Village Community Chat

Monday – Friday, 10/7 – 10/30

10:00am – 10:45am

Code: 11

Join Spring Lake Village residents for a daily community check-in. Together we'll share how we're doing, how we're staying positive, and how we can continue to connect and engage during this challenging time.

Facilitated by **Patt Schroeder** and other Covia staff

Here's how it works:

1. Call the Well Connected Program Line at: **(877) 237-9339**
2. Enter Code: **11**
3. The facilitator will welcome you

Check out the other side of this flyer for a few more Well Connected groups you'll enjoy. Just call the program line, and enter the code for each group you would like to join. If you'd like to join any group online, please email your request to: coviaconnections@covia.org

No cost, call from the comfort of your home away from home!

For more information about Well Connected and other Covia connection opportunities, please contact: **(877) 797-7299** | coviaconnections@covia.org



Well Connected

A Sample of Our Groups (Thru 12/31/20)

To join these groups, call: (877) 237-9339 and enter the code.

Gratitude

Code: 22

Daily, 10/7 – 12/31

12:00pm – 12:30pm

Share what you feel grateful for in a warm and welcoming space.

Various Facilitators

Bible Reading

Code: 58

Mondays, 10/12 – 12/28

5:00pm – 5:30pm

We'll listen to a Bible passage, followed by sharing prayer requests and praying together.

Facilitated by Andy Andersen and Lynn Millar

Support/Discussion for the Blind

Code: 78

Tuesdays, 10/13 – 12/29

1:00pm – 1:45pm

This peer-led group offers a safe environment in which blind participants 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.

Poetically Speaking

Code: 44

Wednesdays, 10/7 – 12/30

2:00pm – 2:45pm

Poetry has been proven to inspire, challenge, console, inform, and help heal both the body and soul. Join us to hear selections of celebrated and contemporary poems.

Facilitated by Greg Pond, Poet

Song Lyrics & Other Hysteerics

Code: 84

Thursdays, 10/8 – 12/17 (no group on 11/26)

11:00am – 12:00pm

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

Creative Conversations

Code: 25

Fridays, 10/9 – 11/6

4:00pm – 4:45pm

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

Inspiring Stories

Code: 55

Saturday, 10/10 – 12/26

6:00pm – 6:45pm

Today's world inundates us with bad news. If you need more positivity in your life, you'll enjoy the tender nature of this group.

Facilitated by Janice Rooker

Keys to Joy

Code: 27

Sundays, 10/11 – 12/20

5:00pm – 5:45pm

We will take various topics geared to increase happiness. We come together as fellow seekers wishing to warm ourselves at each other's fires.

Facilitated by Lynn Millar and Kathleen Torres