WINTER 2021
January 1 – April 30

(877) 797-7299
coviaconnections@covia.org
covia.org
Happy New Year from the Connection Team!
Being involved in Well Connected means that I am always going to learn something new and meet new people. It helps me be mindful and keeps me mentally active. It has been both an amazing experience and so rewarding to participate in the variety of groups offered.

Juana
Participant
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 3,000 older adults across 49 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 or Online
   - 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
     - Sign up in advance if you want to join online, you will get an email the morning of the group with a link to join
     - Groups that have visuals on screen are usually the ones with handouts

4. Group Registration and Limited Space Groups
   - Register for groups only if:
     - You would like to be called into groups
     - You would like to join groups online
     - You would like to receive a paper handout
       - Some groups may have limited space. If the group is full, you may hear a message announcing that the group is now closed when you call in

Call the office at (877) 797-7299 to get started, or if you have questions.
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.
Winter program guide and schedule

LEGEND

**Handout:** A group that includes a handout. Handouts can be received by mail. Please complete the Group Registration Form at least two weeks prior to the activity 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, call the office, email us, or fill out the online form.

**New:** An all-new Well Connected group.

Well Connected is accessible to low vision and blind participants. Materials are available in large print, Braille, and audio.
Thursday, 1/28

Join Well Connected and Well Connected Español for the fourth annual *Creative Aging Symposium* on Thursday, January 28, 2021.

This year, we celebrate identity.

Our third age is characterized as a time of reflection, synthesis, and exploration of self. Topics include: how identity is shaped by community, how one’s sense of self evolves over a lifetime, and how we make meaning out of life’s joys, tragedies, and everyday moments. Through creative demos, interactive experiences, and inspiring voices, you will discover new insights into the distinct gifts you bring to the world.

The Creative Aging Symposium is hosted by Well Connected and Well Connected Español, community services of Covia, and older adults active in our programs.

Registration required by 1/27
For more information:
CreativeAgingSymposium.org
(877) 797-7299
Activists R Us!
**Wednesdays, 1/6 – 4/28**
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, 1/11, 1/25, 2/8, 2/22, 3/8, 3/22, 4/12, 4/26**
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 Winter Session.

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

“Well Connected has a wide array of groups in which to participate, ranging from fine arts to thoughtful discussions of how America’s seniors can contribute their collective experience to continued personal advocacy for important issues.”

Doug
Participant & Volunteer
Vietnam
1/25
We’ll visit Hanoi, Halong Bay and Saigon where we’ll meet the wonderful people of Vietnam, cross the congested narrow alleys, and taste the street food that will make your mouth water. You'll spend time with a family who was there this past December and is excited to share their stories with you. No Passport Required!

*Presented by Don and Monica Berkman*

Mayan Ruins in the Yucatan
2/1
We’ll cross the Mexican Yucatan Peninsula from Cancun and Cozumel to Chichen Itza and Merida. Along the way we’ll see the monumental architecture built by the indigenous Mayans who, until the Spanish arrived in the 1500s, were living in a vibrant Stone Age culture without metal tools, the wheel, carts, or beasts of burden. Yet the Mayans had accurate calendars, sophisticated mathematics, and a comprehensive written language that remained incomprehensible to Western linguists until the 1960s. What we won't see are rivers - the Yucatan is almost without surface water - but the Mayans were well aware of the extensive underground freshwater rivers in the Yucatan, and how to access them via the famous cenotes.

*Presented by Doug Stetson*

Gibraltar
2/8
Dominated by the monolithic Rock of Gibraltar, this small self-governing British overseas territory is located at the southern tip of the Iberian Peninsula and connected to Spain by a 1-mile long sandy isthmus. Its rich history, mix of cultures, and gorgeous scenery make Gibraltar a fascinating tourist destination. Explore with us!

*Presented by Steve and Terry Englehart*
Namibia

2/22
Visit a little-known country in the southwest of the African continent. Originally a German colony and then a mandate of South Africa, Namibia gained its independence in 1990. Namibia has a varied geography including the Namib Desert, abundant wildlife and wonderful food, and is considered one of the most free and democratic countries in Africa.

Presented by Sue Willson

Life in Beautiful Greenland

3/1
Travel from Narsarsuaq in the southern tip of Greenland to Port Victor, 300 miles north of the Arctic Circle. Enjoy hiking and Greenland Ferry adventures with friends.

Presented by Joya Chatterjee

Olympic National Park

3/8
Come with us as we do our best to cover all areas of Olympic National Park, in the beautiful Pacific Northwest. The park is 1,442 square miles! And even though there are lots of waterfalls, we guarantee you won’t get wet!

Presented by Diane Church

Exploring Treasures in My Own Back Yard

3/15
The Works Progress Administration (WPA) was an ambitious New Deal program that supported Public Works Projects, Architecture and the Arts. The SF Bay Area was the fortunate beneficiary of now iconic projects, including The Golden Gate Bridge, Joaquin Miller Park in Oakland and the Berkeley Post Office. Enjoy the backstories of those and other sites, which are elegant reminders of the effort and artistry brought to bear to help pull the nation out of the Great Depression.

Presented by Ellen Kaufman
A Week in British Columbia
3/22
Explore Canada’s third-largest province on a one-week trip to this spectacular region, where we’ll visit Vancouver’s Granville Island, see Victoria’s Royal BC Museum, tour the fabulous Butchart Gardens, ride a ferry to the Gulf Islands, and hike in the Pacific Rim National Park. Cultural and natural discoveries are guaranteed!

*Presented by Amy Brokering*

Ronald Reagan Presidential Library Tour
3/29
Learn about the personal rather than political life of President Reagan and his wife Nancy, and their experiences at the White House, Camp David, Airforce One, and their ranch, Rancho del Cielo near Santa Barbara, California.

*Presented by Steven Harvey*

Selma to Montgomery, AL: The Civil Rights Trail
4/4
In 1966 the 54-mile stretch between Selma and Montgomery was declared a National Historic Trail. Explore some of the significant sites along this historic trail, including a symbolic crossing of the infamous Edmund Pettus Bridge, Brown Chapel AME Church, the National Voting Rights Museum, Freedom Riders Museum, Rosa Parks Museum, the National Memorial for Peace and Justice, and more!

*Presented by Marilyn Simpson*

Guatemala: Volunteering in the Western Highlands 30 Years Apart
4/12
Journey to the western highlands of Guatemala in the early 1990s and return there in 2017 to see how things have changed. Relive my experience as a Peace Corps volunteer in a rural village without electricity, roads or indoor plumbing, then come back to a sprawling town. Enjoy the gorgeous vistas, colorful textiles, and wonderful people that made both volunteer experiences so fulfilling.

*Presented by Karen Coppock, Covia Home Match Director*
Former Art Institute of Chicago and current Fox Valley Art Insights docents will lead the following interactive art history discussions.

**Art of the Harlem Renaissance**

*2/8*

To honor Black History Month, this presentation will focus on the art of the Harlem Renaissance. Between 1920-1930, an artistic movement was born in Harlem that ignited a new black cultural identity. The movement reached far beyond Harlem, as African Americans used creative expression to voice their opinions through their art.

*Presented by Kit Keane*

**Van Gogh and Gauguin in the South of France**

*2/22*

Explore the seven tumultuous weeks in 1888 when van Gogh and Gauguin painted together in the South of France. In their short period together, they finished over 200 paintings and sketches. Their relationship was rocky but the influence they had on each other after they separated is highlighted in the paintings they created for the rest of their lives. Featuring early works that brought them together, works of the same subjects that they painted at the same time, and works that they finished later that show the style, color scheme and subject matter of the other.

*Presented by Laura Davis*

**All That Glitters: Adornments**

*3/1*

Adornments are important to human culture, serving several functions that are deeply personal. Famous monarchs strategically used portraiture, adorned with jewelry to communicate absolute authority. The “glitter” on men not only involved military medals and medallions, but many wore necklaces, rings and other articles of jewelry to make statements about their status. We also wear jewelry for protective purposes, as an expression of faith, or even a matter of security in times of financial crises. Over time articles of adornment became art. This program explores these works of art.

*Presented by Jasmeet Sekhon*
Suzanne Valadon and Maurice Utrillo: Amazing and Unconventional

3/8

Suzanne Valadon (1865-1938) was born Marie Clementine Valadon in Bessines, France, to mother Madelaine Valadon, and unknown father. Suzanne, a popular artists’ model, gave birth to Maurice (1883-1955), known as Utrillo, at the age of 18, father unknown. In 1894 Suzanne became the first woman to exhibit her paintings at the Société Nationale des Beaux-Arts, and had her first solo exhibition in 1920. Maurice became one of the most popular artists of his time. He gained an international reputation, and in 1929, was awarded the Cross of the Legion of Honor. To this day, their unorthodox lives are discussed in the cafés of Paris.

Presented by Judy Hunnicutt

Celebrations

3/15

Celebrations are an important part of life for people all over the world. They can include festivals, rituals, holidays and calendar seasons. Celebrations can be as simple as an impromptu gathering at an inn for dancing or dinner with friends. Objects such as betrothal gifts and patriotic whirligigs can convey the spirit of celebration. Some images are very familiar such as preparations for a Thanksgiving feast or a sculpture of a wedding couple, while others such as a mandala from Tibet or a Mexican ceramic model depicting rituals will teach us about other cultures.

Presented by Anne Gorham

Women Artists at Work

3/22

Many of us have not heard about groundbreaking women artists but women have a long history of artistic innovations. Despite the historical barriers facing women artists in the art world, women artists have been at work all along. We are excited to introduce women artists you may not have heard of, and reintroduce you to some old favorites.

Presented by Sheila Krippner and Laura Davis
The Armory Show of 1913

3/29
Let’s take a look at the introduction of American audiences to Modern European Art. Picasso and Matisse created a storm. “Nude Descending A Staircase” became the focus. Cubism became the byword for avant-garde society in New York. Upon traveling to Chicago, the vice squad was called in to The Art Institute. Art appreciation in the United States was forever changed.

Presented by Dave Williams

The Hudson River School

4/5
The light and great detail of American landscape painting of the mid-19th century cannot be over-stated. These paintings represent America in its greatest picturesque views. We can track the progress of our continental growth through the pieces. The stories of the artists who personified “The Hudson River School” match the greatness of their work.

Presented by Dave Williams

Gertrude and Leo Stein

4/12
Perhaps the most prolific brother/sister art collectors in modern history, let’s visit the salon of Gertrude and Leo Stein during Paris of the early 20th century. We will encounter Picasso and Matisse among the artists; Hemingway and Joyce among the writers. Indirectly, The Steins influenced both European and American Art history in unimaginable ways.

Presented by Dave Williams
Arts

An Exploration in Watercolor
**Thursdays, 1/7 – 4/29**
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*

For the Love of Art
**Tuesdays, 1/5 – 3/9**
Learn about the art of acrylic. This interactive class will begin with the basics, and move into creative projects that you can enjoy from the comfort of your home. This class is for beginners, intermediate, and experts. We can learn from each other, have a good laugh, and meet new people as we go through this journey together. You will need Bristol paper OR any sized canvas, 1” flat brush, 2 round brushes #4 and #8, cup of water, pallet/plate, paper towels, paint in primary colors including black and white, and a big smile.

*Facilitated by Sherry Barillas, MSW Intern, California State University, Fullerton*

Knit & Crochet Together
**Wednesdays, 1/6 – 4/28**
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 Federation for the Blind, VA*
Arts

Poetry Workshop
Mondays, 2/1 – 3/29
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 with others in the group via email.

*Facilitated by Dr. Sheppard B. Kominars, PhD, Published Poet*

Rhymes and Stories Shared
Tuesdays, 1/5, 1/19, 2/2, 2/16, 3/2, 3/16, 4/6, 4/20
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.)*

Short Play Reading
Wednesdays, 1/20 – 3/24
We’ll be reading short original plays and learning about the development of writing a play and work on our own short play. We will ask local playwrights and theater guests to join us for discussion about how writing scripts can affect the moral consciousness of the audience, and how current events and social justice play a part in writing a play, the writer’s talents and creativity, and the audiences’ experience.

*Facilitated by Fringe of Marin, CA*
Writing as an Act of Love  
**Saturdays, 1/16 – 2/20**  
Writing, reading, and sharing your work are labors of love for your readers. Writers want to share their creativity and perhaps create a legacy. This class will give you the chance to write adult fiction or nonfiction about your passions, and share your writing with email, followed by discussion with a friendly, supportive group.  
*Facilitated by Mike Larsen, Author and Author Coach*  

Writing for the Common Good  
**Tuesdays, 3/23 – 4/27**  
This writing group will share reflections essential to the well-being of individuals and society through weekly assignments. 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, Co-Founder and CEO of Sympara*  

Writing Workshop  
**Sundays, 1/3 – 3/28**  
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*
Across the Miles
**Wednesday, 1/27**
Join us across the miles as the Without Walls Network comes together to share stories and talk about life in our different locations throughout the United States and Canada.

*Facilitated by Lorraine Novack Voytek, Program Director, DOROT’s Connect Through Tech*

Aging and the Eight Stages of Life
**Mondays, 1/4 – 1/25**
Explore how Erik and Joan Erikson’s eight stages of life show up when we are older. We will discuss the stages, examples of how each can manifest in our lives as we age, and practice exercises that will call forth our current relationship with each stage. Each session will conclude with an opportunity to share what we discovered.

*Facilitated by Sandi Peters, MA, Author, Aging with Agency: Building Resilience, Confronting Challenges, and Navigating Eldercare*

Arachnid Fun!
**Saturdays, 3/6 – 3/27**
Spiders are arachnids, but not all arachnids are spiders. Hmm? Each week we will travel and learn about spiders: poisonous, voluptuous, remarkable, elegant characteristics, and their magnificent eyes. Our travels will take us around the United States, Europe, Jamaica/Caribbean, Africa and Australia.

*Facilitated by Gayle Wanamaker*

Ask the Attorney
**Fridays, 1/8 – 4/30**
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, 1/2 – 4/24
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
Mondays, 1/4 – 4/26
Wednesdays, 1/6 – 4/28
Sundays, 1/3 – 4/25
Grab a cup of coffee or tea and enjoy an opportunity to chat, tell a story, share a memory, catch up, and laugh, with the Well Connected community.
Facilitated by Andy Andersen (Wednesdays), Linda Howard, Easterseals NH (Mondays), and Lisa Wynne (Sundays)

Conversations that Count
SPACE IS LIMITED
REGISTRATION REQUIRED
Tuesdays, 1/12 – 3/30
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
Wednesdays, 1/6 – 2/24
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
Current Events  
**Sundays, 3/21 – 4/25**  
Join us for a round-up discussion of the week’s current events.  
*Facilitated by Kathleen Amaral and Madeline Jabobs, Counseling Students, Palo Alto University, CA*

Elder Salon  
**Thursdays, 1/14 – 3/18**  
Aging is a mystery. Average life-expectancy has grown dramatically in the last century. Now, we have an extra 20 to 30 years to face the challenges and rewards of getting older. Discuss the rigors, opportunities and surprises of this later phase of life. Together we will explore the traditional headwinds, the unexpected changes of aging, and the treasures that prevail. Come, discover what aging has wrought — elder wisdom in-the-making. This group is not prescriptive, it will spontaneously evolve, possibly with interactions, poetry, guests, and experiential reports.  
*Facilitated by Lucky Goff, Patt Schroeder and Katie Wade*

From Ageism to Elderhood: Shifting Perceptions of Aging  
**Wednesdays, 2/3 – 2/24**  
Join us for a conversation series designed to explore shifting perceptions of aging. Reflect on how ageism shows up in our lives and consider ways to disrupt negative perceptions of growing older by embracing the role of the elder.  
*Facilitated by Kirsten Jacobs, MSW, Director of Dementia and Wellness Education, LeadingAge*

Getting To Know You  
**Saturdays, 3/6 – 3/27**  
After the gravity of the election and the pandemic, this is a time every voice needs to be heard, and every facial muscle needs to be lightened with a smile. You may miss your families, loved ones, and traveling, and may be experiencing stress. By being empathetic, genuine, courageous, approachable, communicative, and using active listening and humor, we will get to know one another, and ease our anxiety.  
*Facilitated by Lourie Bonsu, Counseling Student, Palo Alto University, CA*
Growing an Elder Community
Mondays, 1/4 – 3/8
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*

His/Her Story
Wednesdays, 3/3 – 4/28
We will discuss the following influential people, who have contributed to make our world a better place: Bryan Stevenson, Ruth Ginsburg, John Lewis, Greta Thunberg, Dalai Lama, Tammy Duckworth, Nelson Mandela, Oprah Winfrey, and Pope Francis. Each week you are invited to share your knowledge of each person, and how their values have affected our lives and shaped our thinking.
*Facilitated by Kathy Connelly and Nancy Walton-House*

Inspiring Stories
Saturdays, 1/2 – 4/24
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 and Nicolette Noyes*

“Lucky [Growing an Elder Community] holds a space for us that is so deep and inspiring. He has total acceptance and light flows from him to everyone. His Self has elevated me closer to my Self.”

Cheryl
Participant, CA
Intergen Chat
**Fridays, 1/22 – 4/23**
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, and fellow students from Central Michigan University*

Keys to Joy
**Saturdays & Sundays, 1/2 – 4/25**
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, 1/13, 1/27, 2/10, 2/24, 3/10, 3/24, 4/14, 4/28**
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, 1/14, 1/28, 2/11, 2/25, 3/11, 3/25, 4/8, 4/22**
Remembering our youth of days ago, the family gatherings, old movies and songs, the favorite special holidays and of course moms cooking, all those childhood memories, and much more. Connecting to our past can be fun and comforting. Reminiscing with friends to bring lots of warm laughter and making more memories.
*Co-Facilitated by Ryen Gallagher and Linda Howard, Easterseals NH*
Newcomers Welcome
Mondays, 1/11, 1/25, 2/8, 2/22, 3/8, 3/22, 4/12, 4/26
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

Passion Projects
Tuesdays, 1/5 – 2/23
Do you have something you're passionate about and want to share it with others? If so, we invite you to join the Passion Project. We will share things that excite and inspire us, while recognizing our commonalities and shared human experience. Please join us if you’re desiring more joy and connection in life (and who doesn’t?).

Facilitated by Kara Douds and Diana East

Pet Tales
Saturdays, 1/23 – 4/10
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

Plants of our World
Sundays, 1/3, 1/17, 2/7, 2/21, 3/7, 3/21, 4/4, 4/18
Plants provide us with food, shelter, medicine, fragrances, and beauty. We eat legumes, grains, fruits, nuts, seeds, leaves and stems. Trees and bamboos provide building materials for shelter and furniture. Agricultural methods, importation of food, and fungi are worthy of discussion. This group will only touch the surface of this enormous field of critical importance.

Facilitated by Linda Adair
**Principles of Togetherness**  
**Thursdays, 4/15 – 4/29**  
If we're so connected, what keeps us apart? Developed over 17 years of programming and training, join us to explore three key human principles of togetherness which naturally create community and foster human connection.  
*Facilitated by Cindy Cosenzo, Founder, AgeCelebration, (facebook.com/agecelebration/)*

**Sports Talk**  
**Wednesdays, 1/6 – 4/28**  
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, 3/15**  
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*

**Thank You for Your Service**  
**Wednesdays, 1/6 – 4/28**  
Please join us to recognize our military veterans and those still serving on active duty. We will learn more about each branch of the military service, as well as many of the military holidays.  
*Facilitated by Sally Tindall Hayward*
Conversation

**Underground Railroad Quilts**
**Saturdays, 2/20 – 2/27**
Explore the controversial secret code embedded in quilt squares and quilts of the Underground Railroad. Just who was Lucinda Ward and what made her quilt worth so much money? Followed by a book discussion on 2/27 of Runaway Quilt, written by NYT bestselling author Jennifer Chiaverini, the fourth book in the popular Elm Creek Quilts series, exploring the secret codes embedded in Underground Railroad quilts leading up through the Civil War.

*Facilitated by Gayle Wanamaker*

**Walk in Nature**
**Fridays, 1/1 – 4/30**
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, 1/9 – 4/24**
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 Donna Mossholder and Janice Rooker*

**Women’s Work: Paleolithic Period to 1,500 BC**
**Sundays, 1/17 – 3/14**
A look at early textiles and their connection to the development of industry and trade, and women’s contribution to the making of cloth and clothing. The group will include presentation of historical data, discussion, and relevant notes focusing on how clothing and fabric provide the impetus of a shift of power between men and women.

*Facilitated by Alane Spight*
All Request Music Group  
**Sundays, 1/3, 2/7, 3/7, 4/4**  
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!  
*Facilitated by Libby Linden-Chirlian, Musician*

Beginning Line Dancing  
**REGISTRATION REQUIRED**  
**Mondays, 1/11 – 3/15**  
Want to move and have fun? Join us for an introduction to line dancing, which provides easy movement to many types of music.  
*Facilitated by Gayle Mecca*

Music’s Memory Lane  
**Tuesdays, 1/5 – 4/27**  
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, 1/7 – 4/29**  
All are welcome to perform, big talent not required. Singing, spoken word, stand-up comedy, play an instrument, read a poem, or tell a (clean) joke! Enthusiastic spectators are also welcome.  
*Facilitated by Kathleen Torres & Nicolette Noyes*

Podcast Sampler  
**Mondays, 1/4, 1/18, 2/1, 2/15, 3/1, 3/15, 4/5, 4/19**  
There is a whole world of audio to stream in Podcasts; storytelling, true crime, current affairs, science, and more! We will sample Podcasts from several genres.  
*Facilitated by Marlene West*
Song Lyrics and Other Hysteerics  
**Thursdays, 1/7 – 4/29 (no group on 1/28)**  
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, 1/3, 2/7, 3/7, 4/4**  
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.  
*Facilitated by Diana Cheng Lau*

“The joy of bringing a group forward to people knowing that you have brightened the time you have spent with them. In the end, when we say our goodbyes, there is a joyful chorus of chatter among the group. It is a positive musical high that lifts you knowing that you have made a difference.”

Linda  
Volunteer, NH
Fun & Games

Bingo
**Wednesdays, 1/6, 1/20, 2/3, 2/17, 3/3, 3/17, 4/7, 4/21**
**Saturdays, 1/16 – 4/17**
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)*

Boggle
**Saturdays, 1/16 – 4/17**
Have fun finding as many words as you can in a grid of letters in this fun and brain-stimulating classic game!

*Facilitated by Janice Rooker*

Charades
**Mondays, 1/4 – 4/26**
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, 1/3 – 4/25**
Join us for some 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 fruit that tastes like chocolate, and does the term fathead really have a meaning?

*Facilitated by Sharon Schwartz*
**Facts about Foreign Countries**  
**Sundays, 1/3 – 4/25**  
Join us if you have an interest in learning new or unusual facts about other countries around the world. Andorra, for example, has the world’s highest life expectancy, at 82.5 years of age, followed by Japan at 82.1.

*Facilitated by Sharon Schwartz*

**The Memory Game**  
**Tuesdays, 1/5 – 4/27**  
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, 1/2 – 3/6**  
Mystery melody themes with guide words to get you started. Make a list of songs related to the following: week 1 winter, from icy to cozy; week 2 clothing and the body, hat, coat, hand, foot etc.; week 3 MLK Day celebrating black musicians everywhere; week 4 time, morning, yesterday, never, clock, etc.; week 5 foreign flare, songs with lyrics partly or entirely in another language; week 6 modes of transportation, trains boats and planes, etc.; week 7 Valentine’s Day, love, heart, flowers, etc.; week 8 President’s Day, Americana, country, folk, traditional, patriotic music; week 9 colors and shapes; week 10 land, sea and sky, hills, valleys, sand, rocks, stars, the moon.

*Facilitated by Jan Knowles*

**Noggin Joggin’**  
**Thursdays, 1/7 – 3/11, 4/8 – 4/29**  
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*
I discovered Well Connected at a Health Fair about 10 years ago, what an unsuspected surprise! The programs are varied and offer something for everyone. I myself started as a participant, which I still am, and will be a Facilitator for Groups this semester. Look for them under Fun & Games.

Sharon  
Participant & Volunteer

---

**Fun & Games**

**Tall Tales**  
**Tuesdays, 1/5 – 4/20**

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 Lynn Millar and Kathleen Torres*

---

**Three Oaks**  
**Fridays, 1/1 – 4/30**

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*
Fun & Games

Trivia
Tuesdays, 1/5 – 4/27
Wednesdays, 1/6 – 4/28
Sundays, 1/3 – 4/25
Knack for facts? Attempt a guess? Need some clues to get the answer? Join in for a fun hour of miscellaneous trivia, entertainment and fun.
*Facilitated by Linda Howard, Easterseals, NH (Wednesday), Sharon Schwartz (Sunday), Elantra V. (Tuesday)*

Ungame Group I and II

Thursdays, 1/7 – 4/29
Fridays, 1/22, 2/19, 3/19, 4/30
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. On Fridays, take your Ungame II to the next level, fully utilizing the free spaces, and stepping up our listening, communicating, and connecting skills.
*Facilitated by Samantha Smith (Thursday) and Elantra V. (Thursday and Friday)*

Word Play

Sundays, 1/3 – 4/25
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

Beatrix Potter: Author & Illustrator

Saturday, 4/24
Bring a cup of tea and relax while listening to the tales of Beatrix Potter and how her renowned scientific illustrations paved the way for Peter Rabbit and his delightful adventures.

Facilitated by Gayle Wanamaker

Book Club

Sundays, 1/17, 2/21, 3/21, 4/18
We will discuss If You Could See What I Hear by Tom Sullivan (January), The Cat Who Moved a Mountain by Lilian Jackson Braun (February), The Truths We Hold: An American Journey by Kamala D. Harris (March), and They Found Him Dead by Georgette Heyer (April), you 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, 1/2, 1/16, 2/6, 2/20, 3/6, 3/20, 4/3, 4/17
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, 1/20, 2/17, 3/17, 4/21
Read and watch the following selected titles before each group discussion: January: The Wisdom of Eve by Mary Orr (1946), movie All About Eve (1950) starring Bette Davis; February: The Bear Came Over the Mountain by Alice Munro (1999), movie Away From Her (2006); March: Rashomon by Ryunosuke Akutagawa (1922), movie Rashomon (1950); and April: Dracula by Bram Stoker (1887), movie Bram Stoker’s Dracula (1992). You can search for the stories online or on Amazon. 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, NM
In Beauty, In Beauty: The Poetry of Aging

**Fridays, 2/26 – 3/19**

Our culture does not readily support positive images of elder hood. Most of the images and messages about growing older portray aging as something to be fought and defended against, as if aging is a mistake. The aging process, of course, comes with its unique challenges and losses. However, growing older also offers us the chance to grow in harmony with change and with our particular life story. Poetry can serve as a gentle, truthful, and kind guide pointing to deeper truths about aging that can help us to become more aware of our innate capacity for wisdom and ease. Reading such poets as Joy Harjo, Izumi Shikibu, Mary Oliver, Kobayashi Issa, and others, we will explore aging together and perhaps begin to transform our relationship to the truth of growing older.

*Facilitated by Mark Thoma, EdD, LCSW*

The Funeral Murder, a PIP, Inc. Mystery

**Tuesdays, 1/12 – 3/16**

In *The Glass House*, the first book in the PIP Inc. Mysteries series, Pat Pirard, recently downsized Santa Cruz Law Librarian, needed to find a new job in a hurry. She printed Private Investigator business cards, crossed her fingers, and hoped she could earn enough money to survive. Pat’s first investigation went well, so she’s excited when she gets a call from an estate attorney who offers her a second job. His client died at a funeral and he needs help sorting out who is entitled to inherit her estate. Pat quickly discovers the dead woman’s past is as complicated as her estate. When an autopsy indicates she had two deadly toxins in her body when she died, Pat’s new case becomes not only complicated, but dangerous.

*Facilitated by Nancy Lynn Jarvis, Author, The Funeral Murder*

Poetically Speaking

**Wednesdays, 1/6 – 4/28**

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*
Good Reads

Poetry
Sundays, 1/3 – 4/25
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, 1/21, 2/18, 3/18, 4/15
Join Sally Love Saunders as she reads and discusses her original poetry. You will find her poetry to be enjoyable and easy to relate to.
Facilitated by Sally Love Saunders

Story Time
Thursdays, 1/7 – 3/11, 4/8 – 4/29
Saturdays, 1/9, 1/23, 1/30, 2/13, 2/27, 3/13, 3/27, 4/10, 4/24
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 Pat Brunetti and Nicolette Noyes

Writers Read
Friday, 4/16
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
Vision Loss: Rehabilitation, Employment and Social Programs
1/26
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 the Blind and Visually Impaired, NY and Sylvia Perez, Project Director, Older Individuals who are Blind Technical Assistance Center, Mississippi State University*

Navigating the Journey
2/2
We will address the differences between normal aging changes and changes due to dementia, and discuss the characteristics of the most common types of dementias. Structural and functional brain changes will also be explained, as well as the different states in the progression of dementia, focusing on retained abilities rather than losses. We will also introduce physical and verbal techniques for managing challenging situations in care.

*Presented by Teepa Snow, MS, OTR/L, FAOTA, Dementia Educator, Founder and CEO of Positive Approach to Care®*

Chronic Inflammation: Too Much of a Good Thing
2/9
We will learn about relevant research related to the causes of low-level chronic inflammation, which has been linked heart disease, certain types of cancer, cardio-respiratory disease, diabetes and obesity. We will discuss how lifestyle choices such as nutrition, movement, sleep and stress management can protect us from this type of “inflammation gone awry.” You will walk away with an action plan of 1-2 changes you can make in your daily life to minimize your risk of low-level chronic inflammation.

*Presented by Sally Duplantier, Founder, Zing, myzinglife.com*
Music as Medicine
2/16
SingFit solutions turn music into medicine! At the heart of our solution is the SingFit app with a unique Lyric Coach track which prompts the lyrics of a song to the singer right before they need to be sung, so there is no reading or remembering of lyrics required, you just listen and sing. SingFit PRIME for groups is in use in more than 500 senior living communities and SingFit STUDIO for one-to-one sessions debuted in late 2020. Featuring hits from Elvis, Ella and the Beatles, SingFit solutions use music, movement and reminiscence to provide a joyful, non-pharmacological approach to battling cognitive decline, depression and social isolation. 

Presented by Andy Tubman, Co-Founder and Chief of Therapeutics, Singfit.com, Musical Health Technologies

Eating Better on a Budget
2/23
Can you really eat better on a budget? Yes you can! Let’s explore how planning before your shop, purchasing items at the best price and preparing meals that stretch your food dollars can do just that. Recipe included.

Presented by Tina Louise Carpenito, Nutrition Educator, New Mexico State University

Sugar Busters
3/2
Sugar, Sugar, Everywhere! Let’s explore facts and investigate strategies on this challenging subject. Recipe for a simple, economical, delicious and nutritious “no added sugar” sweet treat is included.

Presented by Tina Louise Carpenito, Nutrition Educator, New Mexico State University
Salt Busters  
3/9  
You might be surprised how easy it is to consume more than we need of this necessary mineral. Let’s explore facts and investigate strategies so you can develop a personal plan to reduce your sodium intake. Recipe included.  
*Presented by Tina Louise Carpenito, Nutrition Educator, New Mexico State University*

Fat Busters  
3/16  
It’s not about “good and bad” but “choose and limit” when it comes to fats. Let’s bust those myths and realize the important role fat does play in our bodies. A recipe for a low in fat and high in deliciousness homemade ranch dressing is included.  
*Presented by Tina Louise Carpenito, Nutrition Educator, New Mexico State University*

Let’s Keep the Brain Healthy  
3/23  
Let’s get our brain healthy! This program will focus on how to keep the brain active and healthy by exploring beneficial activities and lifestyle changes that promote brain health. We will discuss common myths of the aging brain, activities to keep the brain healthy and nutritious foods that promote a healthy brain.  
*Presented by School of Nursing Students, California State University, Fullerton*

Managing Stress and Anxiety  
3/30  
Coping with stress and anxiety may become more challenging as one ages. You will learn how to take better care of yourself by recognizing the signs and symptoms of stress and anxiety, and learn techniques to manage stress and anxiety. You will also practice deep breathing exercises.  
*Presented by School of Nursing Students, California State University, Fullerton*
Diet Du Jour: Fact and Fiction
4/6
Diets abound today – as they have for decades – promising to help us in our quest for weight loss. The US weight loss market has grown to $72.7 billion, demonstrating what an appetite we have for something that will work. But what is fact vs. fiction, and when can diet advice be harmful to our well-being? We will separate the nuggets of truth from the claims of popular diets including Keto, Intermittent Fasting and Mediterranean. You’ll walk away knowing the benefits and health risks of each, as well as 3 specific steps you can take for healthier eating tomorrow.

Presented by Sally Duplantier, Founder, Zing, myzinglife.com

Let’s get moving!
4/13
Learn ways to stay fit with step by step stretching exercises for all ages! Stretching can help lower joint pain, prevent strains, and improve balance to lower risk for falls with range of motion exercises. This is a convenient interactive presentation from your home with minimal to no equipment. Staying physically fit is vital for your overall health and we are here to help!

Presented by School of Nursing Students, California State University, Fullerton

Audio Books for Avid Listeners
4/20
Do you love reading, but Large Print is looking a little small? Would you like access to a vast library of audio books for free? Learn about the National Library Service’s (NLS) collections, and how to enroll. The NLS has audio books that can be accessed using their own free equipment, and through an app. Materials are produced by seasoned readers from the Library of Congress, commercial audio vendors, and books locally recorded at network libraries that are not available in audio format anywhere else. To qualify, you must be blind or low-vision, meaning you need to read large print.

Presented by Nell Jehu, Librarian, Talking Books & Braille Center/ Large Print, SF Public Library
Be Healthy, Stay Fit
Tuesdays, 1/5 – 3/30
REGISTRATION & WAIVER REQUIRED
A movement group for those with limited mobility, focused on chair-based exercises, beginning with proper posture, breathing exercises, moving to upper and lower body exercises and ending with a cool down. This class is also a restorative option for mobile adults looking for a “rest” day.
Facilitated by Kay Parekh, Fitness Instructor

Everyday Life Hacks: Tips and Tricks That Make Life Easier
Tuesdays, 3/23 – 4/27
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 University of New Hampshire Occupational Therapy Department

Feel Better with Healthy Movement
Fridays, 2/5 – 3/19
REGISTRATION & WAIVER REQUIRED
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 University of New Hampshire Occupational Therapy Department
Healthy Aging

Fridays, 1/1 – 1/22

Aging is a dynamic process that includes physical, emotional, and social changes. Have you ever wondered what is ‘normal aging?’ We will talk about cognitive decline, how to promote brain health, and dealing with expected changes in memory. We will also discuss mental wellness as it relates to aging and ways to take care of your emotional health. Aging comes with unique stressors. We will look at how to identify these stressors and build resilience in response to them.

Facilitated by Paige Reohr, Pacific University, OR

Is My Home Safe?

Fridays, 3/26 – 4/30

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 University of New Hampshire Occupational Therapy Department

Wellness Wednesdays

Wednesdays, 4/7 – 4/28

Four interactive discussions on how to live a healthier life, and promote self-care in the areas of stress management, nutrition and exercise. The series focuses on staying healthy framed in the context of the pandemic and shelter-in-place restrictions, and is an introduction to managing Diabetes.

Presented by Miguel Jimenez, DEEP Coordinator, On Lok, SF, CA
Conversations with English Language Learners (ESL)
Fridays, 1/22 – 4/16
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, 1/22 – 4/16
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, 1/5 – 4/27
Thursdays, 1/7 – 3/11, 4/8 – 4/29
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)*

“Alle (mit etwas Deutsch) sind Willkommen.”

Rosemarie
Participant & Volunteer
Last Supper in Pompeii
1/27
An exhibition focusing on everyday life in the city with special attention to food and drink. We will examine what is known about people’s lives and the preparation and consumption of a special dinner or *convivium*. Unknown to the people who participate in AD 79, it will be their last.
*Presented by Carol Porter, Fine Arts Museum of San Francisco, CA*

Predicting the Past: Zohar Studios, the Lost Years
2/3
We examine the storytelling, narrative, and malleability of photography through an immersive virtual gallery experience. Explore the 19th century through the advent of photography, its humor, magic, and multiplicity of meanings. Reflect on how this technology influenced our understanding of history and reality, and what stories a photograph tells us.
*Presented by Ron Glait, The Contemporary Jewish Museum, CA*

The City in Modern and Contemporary Art
2/10
This discussion will feature modern and contemporary artworks from MOMA’s collection, depicting the theme of “the city,” focusing on the ways that modern and contemporary artists have communicated the feeling, energy and admiration for the places where they have lived and worked.
*Presented by Carrie McGee, Museum of Modern Art, NY*

The Look of Love
2/17
Hearts, flowers, Cupid’s bow – these are familiar symbols of romantic love to most of us, but there are many other ways artists express romantic and loving feelings in their work. We will explore some of the unique ways artists have represented their love across cultures and a variety of medium, including sculpture, drawing, painting and objects.
*Presented by Nanette Hanks, Minneapolis Institute of Art*
A Living Presence
2/24
Archaeologists believe that people first came to the lands we now call Texas at least 16,000 years ago. With the earliest object dating more than 16,000 years, the exhibition “Becoming Texas” begins with the first people to step on the land, and the tools and materials they used to hunt, gather, and build. Discover the diversity of native groups that have called Texas home and find out more about groups currently living in Texas.

Presented by Janene Pearson, Bullock Texas State History Museum

Contemporary Chicago Architecture
3/3
Chicago is famous not only for the birth of the skyscraper. It has also been at the forefront of recent architecture. We will look at buildings in Chicago from the 1950s to the present, including a close look at the structures of Bruce Graham, Fazlur Kahn, Harry Weese, Frank Gehry, and Jeanne Gang, and see how activity in the North and South Loop has redefined architecture in the Windy City.

Presented by Mark Pohlad, Ph.D., Associate Prof., Dept. of History of Art and Architecture, DePaul University, IL

New Acquisitions from Julianne and David Armstrong
3/10
We will discuss works newly donated to the museum by the Armstrongs! We will be contemplating rarely seen works by some of North America’s leading ceramic artists, among them notable groupings of work from Otis College of Art and design including Peter Voulkos, Harrison McIntosh, Ralph Bacerra, and more!

Presented by Ashley Rowley, American Museum of Ceramic Art, CA
For America: 200 Years of Painting from the National Academy of Design  
3/17
Features works made between 1810 and 2010 by some of the greatest American artists, drawn from the collections of the National Academy of Design in New York, founded in 1825, with over 8,000 works by historical and contemporary masters. We will look at Asher Durand, Frederick Edwin Church, William Merritt Chase, and John Singer Sargent, as well as women artists, Cecilia Beaux, Gertrude Fiske, Lois Dodd, and Jane Freilicher.  
*Presented by Carol Ehlers, Figge Art Museum, IA*

The Cultured Courtesan: Women Who Shaped Society  
3/24
At a time when marriage was often no more than a political contract, and wives were then tucked away to ensure the birth of ‘the heir and the spare’ - other (sometimes scandalous!) women came to the forefront. Standing beside kings, counselors, and commanders these ladies helped sculpt their society - and ours. Join us as we explore the adventures of such luminaries as Emma Hamilton, Madame de Pompadour, and Sarah Bernhardt, examining their impact on the world we live in.  
*Presented by Jennifer Lee, South Carolina State Museum*

Wild Life: Elizabeth Murray & Jessi Reaves  
3/31
This exhibition brings together paintings by Elizabeth Murray (b. 1940, Chicago; d. 2007, New York) and the work of New York-based sculptor Jessi Reaves (b. 1986, Portland, OR; lives in New York). Although Murray and Reaves are generations apart, this exhibition highlights each artist’s simultaneously lyrical, playful, and rigorous engagement with the decorative, domestic, and bodily.  
*Presented by Adrianna Benavides, Contemporary Art Museum Houston, TX*
Homage to the Wheel of Color
4/7
Fourteen SF Bay Area artists celebrate the enduring legacy of the Bauhaus art movement by delving into experimentation with color theories. The exhibition examines color’s relationship with shape, material, light, and sound, showcasing a spectrum of efforts to use color as a tool to play with perception and illusion.

Presented by Hanna Regev, Ruth’s Table, CA

When the Tiger Smoked a Pipe: Art of Korea
4/14
“A long time ago when the tiger smoked a pipe…” this is how Korean tales begin. We have been hearing a lot about the Korean peninsula, now explore the distinctive and beautiful artistic traditions of this ancient culture. “First under heaven” in celadon ware, textiles that amaze with their color and workmanship, unique and symbolic ceramics, and a strong emerging contemporary art scene, Korean art offers a diverse and complex insight into this fascinating country.

Presented by Mary Mead, Asian Art Museum, CA

Intersections: Studio 30th Anniversary Exhibition
4/21
An exhibition celebrating the atypical, anti-disciplinary, and inter-institutional spirit of the Frank-Ratchye Studio for Creative Inquiry, the research laboratory of Carnegie Mellon University’s College of Fine Arts. Highlighting the intersections of the arts, science, technology, and culture through a survey of cutting edge projects, cultivated at the Studio and developed by national and international artists. Featuring Addie Wagenknecht, Aman Tiwari + Gray Crawford, Angela Washko, Ayanah Moor, Bill Shannon + Cornelius Henke, Claire Hentschker, CLOUDS, Deep Lab, Jacob Tonski, Jill Miller, Jon Rubin + Dawn Weleski, Suzie Silver + Hilary Harp, Madeline Gannon, Moon Arts Group, Tahir Hemphill, Teenie Harris Archive Investigation, The Last Billboard and the Warhol Data Recovery Project.

Presented by Lydia Rosenberg, Miller Institute for Contemporary Art, PA
Luminous Visions

2/4

Join an artist living in the SF Bay Area, whose colorful, detailed, and imaginative paintings on paper, have spanned the period from 1970 and today. We will hear an overview of her work with an emphasis on the last 20 years during which she has explored the topic of our environment and humankind’s relationship to the planet we live on.

*Presented by Donna Mossholder*

Africa’s Elephants

2/11

Join us for a discussion and with a wildlife photographer, about his work, and images of the iconic African elephant, as we follow a 7 month survey of elephants, from coast to coast, across 10 African nations, and every ecosystem where Africa’s elephants are found.

*Presented by Larry Laverty, actor, wildlife photographer, mountaineer, and author of the book Power and Majesty: The Plight and Preservation of the African Elephant*

Zentangle®

2/18

Anything is possible…one stroke at a time. Zentangle is a method of drawing simple, repeating patterns. Just as beautiful as the designs that are created is the state of relaxed focus that comes from the practice of Zentangle. Ages 8 – 98 can learn these simple patterns and reap the rewards of tangling! You can see Zentangle as a metaphor for life, putting together the design of a beautiful life one simple little line at a time.

*Presented by Elizabeth Smith, Certified Zentangle® Teacher*

Maker turned Bijoux Creator

2/25

Learn about a jewelry journey: from semi-precious stones to found objects, and her dad’s old luggage tags. See how some really good glue, trips to antique fairs, and a love for “sparkly” gems turns into handmade, unique jewelry!

*Presented by Tracy Powell, Covia VP Community Services*
Pop-Ups  
3/4  
A fun exploration of crafty pop-ups! It’s a whimsical way to play with paper to create cards and three-dimensional art pieces. In addition, we’ll see some mosaics, weaving, calligraphy, and other arts and crafts.  
*Presented by Terry Englehart*

Quilts Beyond Tradition  
3/11  
Quilts have become so much more than a comforter, they are powerful artistic expression. Explore the 35-year evolution of a quilt maker, starting with the study of Amish quilts, and culminating in her own style of art quilts. She incorporates drafting, precision piercing, fabric dying, painting, and the use of personal photographs to capture and color a memory.  
*Presented by Diane Goff*

Perspectives on the Everyday  
3/18  
Explore original works in painting, drawing, sculpture and installation, with themes of impermanence, memory and the everyday. Current works include a series of oil on canvas paintings inspired by photographs of her childhood in Baltimore, which she uncovered during quarantine, and a series of sculptural works combining dyed mop heads with traditional art-making materials like gesso, acrylic medium and plaster.  
*Presented by Alexandra Bailliere*

Creativity Thrives  
3/25  
Take a delightful adventure that has led through pencil and pen-and-ink drawing, Sumi-E and watercolor, a dip into oil-painting, and finally into acrylic painting. From stick figures to a few sellable paintings, with lots of color in between, Nancy creates what she can finally call “art.”  
*Presented by Nancy Henderson*
Beatitudes in Matthew and Luke

Thursday, 1/21

These promises and blessings from Jesus are some of the most well-known passages in the gospels. Let's dive in and take a closer look at the two versions of the Beatitudes. How are they similar and different? And how can the Beatitudes guide us in our daily lives?

*Facilitated by Andrea Miotto, M.Div.*

Bible Reading

Mondays, 1/4 – 4/26

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 & The Good Book

Thursdays, 1/7 – 2/25

What is it about the Holy Bible that continues to make it the best seller, worldwide? It offers love, joy, and peace, and many other blessings. Let's find out more! (January). Join us as we encourage each other toward love and good deeds through the study of scripture in the Book of Hebrews (February).

*Facilitated by brother drake (January) and Lori Guthrie (February)*

Gratitude

Every Day, 1/1 – 4/30

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, Kathy Connelly, Rita Goldhor, Marie Hamilton, Lynn Millar, Lanae Naugle, Nicolette Noyes, Rene Philpott, Patt Schroeder, Kathleen Torres, Nancy Walton-House, and Tom White*
Guided Imagery Meditation  
**Thursdays, 1/7 – 4/29**  
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  
**Every Day, 1/1 – 4/30**  
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  
**Friday, 4/23**  
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*

Religion, Illness, and Disease  
**Fridays, 1/8 – 2/12**  
Did you know that some of today’s major religions emerged at the same time as widespread infectious diseases in the ancient world? A growing number of scholars are suggesting that this is no accident and that religion and disease have helped shape one another. We will examine the connection between disease and religion throughout history and then think about how COVID-19 has changed our relationship to religion.  
*Facilitated by Karla Suomala, PhD, Pacific School of Religion/UC Berkeley-Extension*
Socrates Café
Mondays, 1/18, 2/15, 3/15, 4/19
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.

Writing as a Spiritual Practice
Thursday, 2/18
Writing and journaling has been used throughout history as a spiritual practice. Let’s examine how some great spiritual figures have used this method to develop a relationship to the Divine, and how it can bring you closer to your spiritual goals.
Facilitated by Andrea Miotto, M.Div.

“For me, Well Connected is a remarkable, educationally stimulating experience that allows me to feel gratitude, explore creativity through engagement, intellectual writing with Daniel [Writing for the Common Good], worldwide travel and adventures, and the ability to share in creative conversations.”

Gayle
Participant & Volunteer, OH
Life Stories: Acknowledgment and Inspiration

**Thursdays, 1/7 – 3/4 (no group on 1/28)**

When we articulate our stories, we contribute to the wisdom that is generated in the group. Sharing stories can be an opportunity for learning and sharing more about ourselves and others, it can be a time for acknowledgment and inspiration, a path to transformation and growth. It can also simply be a time and place to connect with each other, share a few laughs, and appreciate those moments of connection.

*Facilitated by Phalguni Freeman, Counseling Student, Palo Alto University, CA*

---

Life Story Workshop: Create a Collection of Audio Stories

**SPACE IS LIMITED**

**REGISTRATION REQUIRED**

**Tuesdays, 2/2 – 2/16**

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 Vita Story Club (vitastoryclub.org)*
“Well Connected is exactly what the name implies: a community of staff and participants who are connected and care about each other. I have made friends through Well Connected whom I would not have met otherwise.”

Janice
Participant & Volunteer, CA
Supportive Groups

Art of Healthy Relationships
**Mondays, 2/8, 2/22, 3/8, 3/22, 4/12, 4/26**
Learn how to improve your relationships with caregivers, adult children and other family members, as well as financial and cyber security, and legal issues.
*Facilitated by the Women’s Transitional Living Center, CA*

Coping with COVID Stress
**Fridays, 1/29 – 2/19**
These are stressful times. We will explore ways to brighten your outlook and stay positive when surrounded by negativity. We will dive into how to deal with uncertainty and related distress. We will also look at how COVID times changed our routines and how we can adapt to sustain wellness. We all experienced a huge loss to our social lives and we will talk about how to foster social health in times of social distance or isolation.
*Facilitated by Paige Roehr, Pacific University, OR*

Discover Community Resources
**Wednesdays, 1/6 – 2/10**
Learn where to find community resources such as: home safety, financial, and medical from your smartphone or computer. Gain knowledge about reputable governmental, educational, non-profit and other organizations to assist you in getting the help you want or need in your local area. Share your thoughts, experiences, and questions.
*Facilitated by Michelle Bouas*

Don’t Worry Be Happy
**Fridays, 1/8 – 1/29**
Do these stressful times have you feeling down or anxious? You are not alone! Learn coping skills, tools to strengthen resilience, strategies to combat depression, and other tips to tame stress. Experiencing depression or anxiety can make you feel like you’re isolated, but interacting with others who know what it is like can help.
*Facilitated by Carolyn Ross, MSW Intern, California State University, Fullerton, CA*
Supportive Groups

**Healing Hearts after Loss**  
**Mondays, 1/4 – 1/25**  
This group can help you begin making sense out of life and death; deal with the tasks of mourning; handle feelings of emptiness, confusion, and anger; start picking up the pieces of life again; begin healing the layers of loss in your life; celebrate and remember a life well-loved; forgive, hold onto hope and go on.  
*Facilitated by Kim Tribulski, MSW Intern, California State University, Fullerton*

**Living with Chronic Pain**  
**Thursdays, 1/28 – 4/29**  
Do you or a loved one live with chronic pain? Do you need to talk about your victories, defeats or struggles with living a quality life with chronic pain? Join a peer-led support group where everyone has an opportunity to share thoughts about living with chronic pain. Open to anyone living with chronic pain or their caregivers.  
*Facilitated by Tom Norris, Retired Air Force Lieutenant Colonel, and ACPA Facilitator*

**Living with Vision Loss**  
**Thursdays, 1/7 – 4/29**  
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*
Supportive Groups

Low-Vision Support: The Eyes Have It
**Wednesdays, 1/20 – 4/14**
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, 1/10 – 3/14**
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*  

Speaking Up Without Visual Cues
**Wednesdays, 1/6 – 1/20**
Join us for discussions about self-advocacy - personal, home, and social life with vision loss - with author, teacher, and parent, whose own story of recovery and self-advocacy will help you with resources, how-tos, and empowerment in your own vision loss journey.

*Facilitated by Hannah Fairbairn, author, When You Can’t Believe Your Eyes: Vision Loss and Personal Recovery,*  
[visionlossandpersonalrecovery.com](http://visionlossandpersonalrecovery.com)
**Support 101-Taking care of YOU: Managing Stress and Independence**  
**Tuesdays, 2/2 – 3/16**  
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 University of New Hampshire Occupational Therapy Department*

**Support/Discussion for the Blind**  
**Tuesdays, 1/26 – 4/27**  
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.*

**Support and Connection in a Pandemic**  
**Wednesdays, 1/27 – 3/17**  
The Coronavirus has had an impact on many lives, which can create feelings of loneliness, frustration, anxiety, depression, and loss. It can be even more difficult to navigate the pandemic when also faced with challenges related to aging. Share your experiences in a safe place of the dealing with Coronavirus, discuss challenges related to aging, learn coping skills, and build resiliency.  
*Facilitated by Jasmine Wilson and Cassandra Dias, Counseling Students, Palo Alto University, CA*
EveryoneOn
1/29
Learn about EveryoneOn, a nonprofit dedicated to creating social and economic opportunity by connecting low-income families to affordable internet service and computers, and delivering digital skills trainings. Since 2012, they have helped connect more than 784,000 people, deployed thousands of computers, and delivered hundreds of hours of digital skills trainings to diverse communities.

*Presented by Kurt Peluso, Senior Director of Programs & Partnerships, EveryoneOn.org*

Welcome to the Wide World of Postage Stamps!
2/5
We'll learn about these tiny pieces of paper from countries spanning the globe, each of which constitutes a work of art.

*Presented by Bob Gordon, Golden Gate Stamp Club*

Anticipating a World of Automated Vehicles: Cost, Energy, & Urban System Implications
2/12
Automated vehicles are set to disrupt the ways in which we travel. The potential of self-driving vehicles is to reduce the cost of public transportation; emissions and energy demand; as well as travel times, and their unreliability. We will hear about research relating to these topics, including forecasts of land use change.

*Presented by Kara Kockelman, PhD, PE, University of Texas at Austin*

Aging Well with Technology and Internet Safety
2/19
With technology changing constantly, it can be difficult to stay connected and get the most out of the computer tools available to you. Learn about the Aging Well with Technology curriculum, an extensive list of online computer skills classes. Staying safe online is essential in today’s world. Learn about how to recognize a phishing scam in your emails.

*Presented by Susan Corbett, Founder and Director, and Marita Fairchild, Program Director, National Digital Equity Center, ME*
Stable Income in Unstable Times
2/26
We will look at current market options for interest rates, and how charitable solutions can help boost your own stable income while maximizing your income tax savings.

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

Avoiding Scams, Fraud, and Identity Theft
3/5
Learn tools and tips you, your friends, and family need to spot scams and stop them before they start. We all get scam phone calls every day, but seniors are especially targeted by many scammers. You will learn how to be a scam spotting expert; the difference between scams, fraud, and identity theft; how to protect your hard-earned money from scammers, and where to report scammers.

*Presented by Emily Milstein, Staff Attorney, Contra Costa Senior Legal Services, CA*

Oakland Zoo Global Conservation Projects in the Time of Covid-19
3/12
Learn about the Conservation Society of California/Oakland Zoo’s on-site conservation initiatives and the 25 conservation partnerships that Oakland Zoo assists locally, within the USA and globally.

*Presented by Joel Parrott, DVM, President and CEO, Oakland Zoo, Conservation Society of California*

Using Software & Devices for Better Health
3/19
We will explore apps, software and devices that help promote and maintain exercise and diet, monitor blood sugar, blood pressure, weight, and medication reminders, using FitBits, Apple Watch, etc., and connecting with Bluetooth.

*Presented by Susan Corbett, Founder and Director, and Marita Fairchild, Program Director, National Digital Equity Center, ME*
Homeowner Protections

3/26
Learn how to protect your most valuable asset: your home. Owning a home can sometimes be a burden, especially as you age. We will discuss tips on how to age in place, obtain help with utilities and home repairs, and how to navigate some of the tricky aspects of property ownership. You will also learn how to spot financial scams; how to get a free credit report; why you should be cautious when getting a reverse mortgage, and how state and federal Covid-19 housing laws can protect you.

Presented by Emily Milstein, Staff Attorney, Contra Costa Senior Legal Services, CA

Lighthouse for Older Adults: A Demonstration Project to Bring Telehealth to Affordable Housing Communities

4/2
Much has been discussed over the opportunities of technology-enabled care for older adults since the COVID-19 pandemic. “Telehealth”, “virtual”, or “remote” care allows patients to remotely receive care from doctors and other providers through video chat, communicating blood pressure or weight monitoring information, smartphones and computers, and website portals at the convenience of their homes and communities. Telehealth visits provide a safe, easy, and socially distanced visit to your doctor or health care professional. Learn how a coalition of organizations are piloting a program to introduce these technologies and innovations to older adults living in affordable housing communities to develop a model for wide scale and affordable adoption.

Presented by Ty Mayberry, Integrated Services Engagement Specialist, CDW, Kari Olson, Chief Innovation and Technology Officer, Front Porch, Davis Park, Vice President, Front Porch Center for Innovation and Wellbeing
Technology for Home Automation and Safety
4/9
Learn about the latest technology solutions that can help make your home safer and more convenient. These include devices where you only need to use your voice to access your email and calendar, to control lights, security and other household appliances, and stove-top safety devices to help reduce the chance of a kitchen fire.

*Facilitated by Carla Din and Doug Mosher, SeniorFusion (seniorfusion.org)*

AccessWorld Senior Issue
Thursday, 4/1
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 our favorite low-tech and no-tech solutions aimed at guiding people losing vision down the path of continued independence along with information on getting started with the most useful technologies for people with vision loss.

*Presented by Aaron Preece, Editor-in-Chief, and Authors, AccessWorld, American Foundation for the Blind, VA*

Digital Learning
Fridays, 3/26 – 4/30
Learn how to use email; navigate your computer; use social media platforms; connect with family, friends, and medical providers through video conferencing sites; teach you about security measures to prevent scams online; and how to use your smart phone device (texting, taking pictures, how to access your photo gallery).

*Facilitated by Loren Valentine, BS, CHES, St. Jude Medical Center, CA*
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 Programs

Market Day: Selling fresh produce at cost to older adults each week at various locations.

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

Ruth’s Table: In San Francisco brings generations together through a combination of rotating gallery exhibitions, creative projects and community initiatives.

Creative Spark: In collaboration with Ruth’s Table, provides consultation, curriculum, and staff training for organizations and professionals working in engagement programs with older adults.

Social Call: A one-on-one nationwide 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. Call (877) 797-7299, email: coviaconnections@covia.org or visit covia.org/services/social-call/.

Well Connected Español: Nationwide Spanish language phone and online groups. Call (877) 400-5867 or visit covia.org/services/well-connected/bien-conectado/.

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.
Without Walls Network

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

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

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

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

Welcome and Inclusion

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

General Resources

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

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

Vision Loss Resources

- **Be My Eyes** – 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.

- **VisionAware** – visionaware.org
  Online resources for adults with vision loss, their families, friends, and the providers. Practical information about living with vision loss, support groups, eye conditions, and services available throughout the country.

Connection Resources

- **CONNECT2AFFECT** – connect2affect.org
  Online resources and information to help evaluate isolation risk, reach out to others who may be feeling lonely and disengaged, and find practical ways to reconnect.

- **The Friendship Line** – (800) 971-0016
  National 24-hour support for seniors.

Intergenerational Resources

- **Encore.org** – info@encore.org

- **Generations United** – gu.org

Technology Resources

- **AARP** – aarp.org/home-family/personal-technology

- **Cyberseniors.org** – intergenerational webinars and tech training

- **EveryoneOn.org** – low-cost internet, device and training offers

- **National Digital Equity Center** – digitalequitycenter.org
  Classes, digital inclusion, articles, fees may apply

- **Oats.org** and **seniorplanet.org**
  Online classes, in-person locations, articles

- **SeniorFusion.org** – info@seniorfusion.org (510) 531-6104
  Innovative technology for seniors, info and consulting, fees apply

- **Teeniors.com** – (505) 600-1275 or teeniors@gmail.com
  Intergenerational tech consulting, fees apply
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

Colleen joined Well Connected when her day program was temporarily closed due to COVID. Without being able to attend her favorite activities, like gospel singing and drama club, Colleen jumped at the chance to join Well Connected. Since April, Colleen has participated in nearly 500 hours of programming!

Colleen particularly enjoys the groups that focus on books, music, games, and languages, but is looking forward to trying out other groups in the future, including low-vision support groups and maybe even Play Reading.

When asked what she appreciates most about Well Connected, Colleen said, “the great friendliness of the facilitators and the other participants. I really feel like I am part of a great community!”

Colleen and many other New Hampshirites learned about Well Connected through an ongoing partnership between Covia and Easterseals NH. For the last two years, superstar Program Specialist Linda Howard has been tirelessly connecting older adults in New Hampshire with the Covia connection programs.

Linda says, “One major obstacle in today’s society is social isolation. A big factor for many individuals in recent months is, of course, the COVID-19 pandemic. Easterseals NH is proud to be in partnership with Well Connected to bring awareness of this great program. For many older adults, not only in New Hampshire, but across the USA, Well Connected has reopened so many doors for people to connect with one another and increase their sense of belonging and well-being.”

Colleen, thank you for your enthusiasm about Well Connected! We look forward to hearing your voice (and others from the Granite State) in more groups!

Pictured on the Cover: (clockwise from top right) Marilyn and Jerry