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Virtual connection is amazing, but we sure loved seeing each other in person at our Community Services Team picnic!

Patt, Annette, Amber, Melissa
Connection Team Staff
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, a Front Porch partner, 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 group times in your time zone, and for information about how to join.

3. Join by Phone 📞
   • All groups may be joined by telephone using a toll-free phone number.
   • Call in at the scheduled time, enter the two-digit code listed on the Participant Calendar.

4. Join Online 📱
   • All groups may be joined online with a device that connects to the Internet.
   • Well Connected uses two different conferencing platforms.
   • Sign up in advance, and you will get an email the morning of the group (check your spam folder!) with a link to join.
   • Click the link to enter.
   • Allow the system to access your microphone and speakers.
   • If you need tech help, contact us and we can send you more detailed instructions, or walk you through how it works.
How It Works

5 Handouts and Call-ins

- Some groups have handouts that can be mailed to you if you are not online. Sign up in advance for handouts.
- If you need help getting into groups, we can call you! Call the office to request a call-in to a group.

6 Group Registration and Limited Space Groups

- You only need to sign up in advance for groups that require registration. These include:
  - Getting called-into groups.
  - Joining groups online
  - Receiving handouts in the mail.
- 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.

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

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

Phone/Online Etiquette
• Ensure that you are in a quiet environment before joining a group.
• Please try to join activities at the time they begin.
• Be prepared to identify yourself with your first name when you join the group and before you speak for the benefit of everyone.
• When you are not speaking, please mute your line to avoid background noise.
  • On the phone: press the MUTE button on your phone or *1.
  • Online: click on the microphone icon or button on the screen.
• If you are having trouble with your device, please do not disrupt the group, test your speakers and audio before you join, use your mobile/tablet in landscape mode. Consider taking a class if you need help with the technology.
• Consider using a wired headset for the best audio/online quality.

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

Violation of the above guidelines may be grounds for dismissal from the program.
Fall 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.
Champion

Where to begin to describe Well Connected long-time participant and facilitator, Andy Andersen? Erland (yes, his real name) was born in 1942 in Palo Alto, CA, and to say that he followed a circuitous career path is an understatement. He started out with a degree in Dairy Husbandry in Oregon, and ended up with a Master’s in Guidance Counseling in Omaha, Nebraska. Along the way he had a job milking cows, which is still his favorite job, because he says, “they don’t talk back!” He loves cows! It’s impossible to be on a group with him and not have a good belly laugh, or leave a conversation without a smile on your face.

Andy worked in a number of positions supporting people with disabilities of many kinds. He learned about Well Connected through the National Library Service for the Blind and began as a participant in 2011 (we think)! Over the years Andy has facilitated a number of groups, all with patience, humor and kindness, including a Diabetes support group; Book Share; Gratitude; a number of low-vision/blind support groups; Coffee Break and Bible reading. About Well Connected, he says, “I love interacting with the wide diversity of folks from all different walks of life, and I always learn something about life from what each person has to share!” All of us who have had the experience of being with Andy in a group feel that he actually reaches out through the phone to give everyone in the group a big hug!

Andy, we thank you for everything you have given to Well Connected. You have enhanced the lives of thousands of participants over the years. We are with you and Marta, “his inspiration and his angel (and she is a great cook!),” as you continue your life’s journey. We all love you!
Advocacy

Activists R Us!
**Wednesdays, 9/1 – 12/29**
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 in Action: Nursing Home Reform in the US
**Mondays, 10/18 – 11/15**
Many nursing homes in our country have operated for years below minimum standards that guarantee residents are cared for in a safe, healthy, and life-enhancing manner. The recent pandemic highlighted this reality as many older adults died from Covid-19, due to the dangerous spread of this deadly disease in nursing homes. We will explore the history of the development of the nursing home model of care, and take action by advocating for improved care in these settings.

*Facilitated by Patt Schroeder, Well Connected Program Specialist*
Climate Change: An Action Agenda

Tuesdays, 9/14 – 9/28

Time to Act
9/14
Learn about efforts being taken by climate change advocacy organizations including Friends of the Earth, Greenpeace, Rainforest Action Network, and 350.org.
Facilitated by Patt Schroeder, Program Specialist, Well Connected

Indigenous People and Climate Action
9/21
A history of the fight by indigenous people to protect their homes, territories and water, from destructive pipelines bringing tar sand oil from Canada across the US. Strategies will be shared to support indigenous people, and protect our planet, resulting from the recent in-person Treaty People Gathering held in Northern Minnesota.
Facilitated by Natalie Nussbaum, Climate Change Activist

Uncovering Our Resistance to Hearing the Cry of the Earth, the Cry of the Poor
9/28
Come together as a “Circle of Inquiry,” creating a safe space where there is no judgment, to share lived experience in the face of climate change. We will share our concerns, fears, and questions about finding a path of engagement.
Facilitated by Marita Grudzen, MHS, Associate Director Emerita, Stanford Geriatric Education Center, Stanford University

Our Environment: Our Lives
Sundays, 9/5, 9/19, 10/3, 10/17, 11/7, 11/21, 12/5, 12/19
We live in a rapidly changing world. There are climate change tipping points and extreme weather that are out of our individual control. At the same time, there are practical individual actions we can take now to move toward solutions. Both global concerns and individual actions, where you will make a difference, will be discussed.
Facilitated by Linda Adair & Pam Balidoy
Accessible Travel

9/27

Have a special need and think you can’t travel? Learn about all the ways you can enjoy traveling. We will share tips for making sure planning your vacation is stress-free, as well as how to meet your special needs. As a bonus, enjoy a trip to Alaska!

*Presented by Melvin Reynolds, Certified Travel Agent and Accessible Travel Advocate*

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Surprising Nicaragua

10/4

Nicaragua is a beautiful and safe place for tourists, with Pacific and Caribbean coasts, tropical islands, lakes, exquisite flora and fauna, and volcanoes. It even has well developed parks and good roads. What makes it “surprising” is that Nicaragua is one of four “sanctioned” countries in the hemisphere. We will see the beautiful land and warm and friendly people of this surprisingly satisfying tourist destination.

*Presented by Laura Wells*
High Arctic Adventure
10/11
Join us on an 11-day trip to the high Arctic aboard a Russian scientific ship. After traveling northward along the Greenland coast visiting communities, we crossed Baffin Bay and visited several places in Nunavut, Canada, including the largest uninhabited island in the world, Devon Island.

Presented by Dale Wolfgram

Murals on Walls: Street Art in the Queen City of the Midwest
10/18
Join us for a whirlwind trip to see the National Underground Railroad Freedom Center, Fountain Square, Findlay Market, Jungle Jim’s International Market, the Great American Ball Park, Washington Park, and Dinosaur Journey, as well as glimpses of beautiful street murals by known and unknown artists. Then, we dash to Williamstown, KY for the Ark Encounter, an incredible 510’ long “life-size” replica of Noah’s ark!

Presented by Marilyn Simpson

Timbuktu Part II
10/25
We travelled together to Timbuktu in the Spring, enjoying the River life and Djenne. Now join us for the rest of the journey, along the Sahel, the cliffs of Dogon country, and Bandiagara. A lot of fun experiences!

Presented by Joya Chatterjee
Hippy Tour through Colorado
11/1
After a year-and-a-half of sheltering in place, a Colorado trip was just what the doctor ordered for two Minnesota hippies. Together they ventured west to explore both nature and culture in Denver, Boulder, Buena Vista, and Evergreen.
*Presented by Anz Johansen and Jarret Thompson*

The Hottest Place on Earth
11/8
Furnace Creek hit 130°F (54°C) in 2020; the highest temperature reliably recorded on earth, and summer averages are blistering. Yet Death Valley in CA is also a place of stunning natural beauty, with canyons, starry nights, salt flats, turn of the C20th mining history, and tiny pupfish that live only in the desert.
*Presented by Annette Balter, Program Manager, Well Connected*

Cotswolds Hike
11/15
Join four friends on a delightful trip to the English Cotswolds as we hike through ancient woodlands and wildflower meadows, explore picturesque market towns and villages, enjoy a traditional afternoon tea, chat with the locals, and relax in charming stone cottage B&Bs.
*Presented by Teresa, Theresa, Terry, and Nan*

Heights of Africa
11/22
Our intrepid mountaineer takes us to climb Mt. Kilimanjaro in Tanzania, the highest peak in Africa at almost 20,000’ elevation. No stranger to Africa, after 7 months of studying and photographing elephants, this latest African adventure takes us to see the African landscape from its heights.
*Presented by Larry Laverty*
Boating in the Salish Sea  
11/29
Join us for a cruise through the Salish Sea in Washington and British Columbia. We will explore Puget Sound, the Strait of Juan de Fuca, the San Juan Islands, the Strait of Georgia, the Gulf Islands and the southern Discovery Islands. Beginning in Anacortes, WA and ending it in Desolation Sound, BC, we will tour marine parks, small villages, fiords and city marinas, enjoying views from the water and land. The presenters descend from commercial fishermen on the Columbia River bordering Washington and Oregon and recreational fishermen on Puget Sound – salt water runs in their veins.

*Presented by John House and Nancy Walton-House*

History and Development of the Los Angeles Basin  
12/6
We will consider the issues and influences that have contributed to the making of Los Angeles, since its inception as a Spanish pueblo in the 1760s.

*Presented by Catherine Coleman*

Southwest Road Trip  
12/13
Hop aboard a trusty 1985 VW camper van for a jaunt through parts of the U.S. southwest. See petroglyphs at Corn Springs in California, stargaze at the Cosmic Campground in Arizona, explore the Santa Fe town plaza in New Mexico, and gaze in wonder at the incredible rock formations of southern Utah. Let’s hit the road!

*Presented by Steve and Terry Englehart*
Art and Architecture of Ancient Rome
11/15
Tour Rome’s ancient ruins as we take in the art and architecture to decipher the language within symbols.
*Presented by Hugh Leeman, arthistorytrips.com*

Eat, Drink and Be Merry
11/22
Whether it’s picking an orange from the tree, cooking fish fresh from the lake, or pondering games after a delicious dinner, a food medley awaits you. Artists from the Ancient Greeks to the modernists have depicted the cultivation, preparation and enjoyment of food and drink. Works by artists such as Winslow Homer, Vincent Van Gogh and Roy Lichtenenstein portray the delicacies that grace our tables and the gourmands who eat it. Get your art appetites ready for the dining experience!
*Presented by Laura Davis*

Seasons of Art
11/29
The cycle of the seasons is the origin of many myths and legends, and has inspired artists from all over the world. In this presentation, we will retrace the various ways in which the four seasons have inspired artists from antiquity to modern times.
*Presented by Kit Keane and Sheila Krippner*

Celtic Art and its Symbols
12/6
An ancient culture, the Celts have a long history in the British Isles and throughout Europe. Often using complex symbols, their art typically avoids strong lines and only occasionally uses symmetry. It represents nature without imitating it, and is central to the classical tradition. Today we get to know the Celtic people through their art and its symbols.
*Presented by Jasmeet Sekhorn*
Lady GaGa and the Belle Époque
12/13
Luisa Casati (1881-1957) was a wealthy, eccentric, unconventional Italian noblewoman who was determined to become a living work of art. She commissioned the most affluent designers of her time to create her lavish costumes, including a gown fashioned from tiny light bulbs. She threw extravagant parties, was painted by the most gifted artists of her time, and delighted European society for nearly three decades. Why is it that most of us have never heard of her?

*Presented by Judy Hunnicutt*

“Well Connected offers such an array of groups and activities and has something that sparks creativity in so many areas of my life. From special topics, games, support groups, music, poetry, language studies, art presentations, armchair travel, and spiritual experiences, I have the opportunity to grow, explore, and learn in new ways. It keeps my mind sharp and hungry for stimulation. It encourages discussion, new ways of thinking, and opens up the world to me that is beyond my reach... It is so wonderful to be engaged, connected, and inspired by the programs and topics!”

Audrey
Participant & Facilitator
Creative Spark Workshop: Image of Self  
**Wednesdays, 9/22 – 10/27**
Creativity is all about sharing stories and perspectives on life through art. Whether abstract, symbolic, or intimately detailed, an artwork can reveal a person’s individuality, unique voice, and story. In this workshop we will explore storytelling, and use collage techniques to create symbolic portrait compositions, experiment with watercolor, and learn the fundamentals of drawing and portraiture to create inspiring portraits that tell meaningful stories. No artistic experience or skills required. Join this series to explore, experiment, and most of all, have fun.

*Facilitated by Teaching Artist, Creative Spark, a Front Porch Community Service*

Knit or Crochet Together  
**Wednesdays, 9/1 – 12/29**
People who knit or crochet, from beginners to experts, are invited to grab their needles, looms or hooks and join a group of friendly yarn workers to chat while we stitch away an hour. You can share what you are working on, give others tips on the challenges they have with a project, and enjoy learning from others. If you are interested, the facilitator can teach you how to loom knit, and all you will need is about $20 in supplies to get started.

*Facilitated by Neva Fairchild, American Foundation for the Blind, VA*

The Play’s the Thing!  
**Thursdays, 9/30 – 11/18**
Play reading one-acts and short plays, radio theater style and learn about acting, characterization and have fun! Learn about playwrights, directors and actors and what it takes to put on a play. Find out why The Play’s the Thing.

*Facilitated by Gina Pandiani, MA, Director, Fringe of Marin, CA*
Across the Miles  
**Wednesday, 10/27**  
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 Lisa Evans, Programs and Experiences Facilitator, Mather, IL*

Angels in Our Lives  
**Wednesday, 12/8**  
We will share stories of how real-life angels are around us, without us even knowing it. You might have experienced a difficult situation, and an unknown helper appeared when you most needed them. You are welcome to share your experiences.  
*Facilitated by Marion Mango*

Ask the Attorney  
**Fridays, 9/3 – 12/31 (no groups on 12/3, 12/24, 12/31)**  
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 connections@frontporch.net which will be answered on the next call.  
*Facilitated by Gerald Richards, Esq., Contra Costa Senior Legal Services Board*

Bird Talk  
**Saturdays, 9/4 – 12/25**  
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*
**Conversation**

**Coffee Break**  
**Mondays, 9/5 – 12/27**  
**Wednesdays, 9/1 – 12/29**  
**Thursdays, 9/2 – 12/30**  
**Sundays, 9/5 – 12/27**  
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), Kathy Connelly (Thursdays), Carol Sears (Mondays), and Lisa Wynne (Sundays)*

**Conversations that Count**  
**Tuesdays, 9/14 – 11/16**  
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 Robin Steis, Oasis Volunteer, oasisnet.org*

**Discover Community Resources**  
**Wednesdays, 12/1 – 12/29**  
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*
Elder Salon  
**Thursdays, 9/2 – 11/4**  
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 David “Lucky” Goff, PhD and Patt Schroeder*

Follow Your Bliss ters: The Interviews  
**Mondays, 9/6, 10/4, 11/8, 12/6**  
Joseph Campbell famously advised that we follow our bliss. “If you follow your bliss”, he said, “Doors will open for you that wouldn’t have opened for anyone else.” Throughout this series, we will have the opportunity to learn from people fortunate enough to have found their bliss in lots of different professional arenas.  
*Facilitated by Amber Carroll, Covia Senior Director, Connection Programs*

Growing an Elder Community  
**Mondays, 9/6 – 11/8**  
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*

Gutsy Women  
**Wednesday, 9/8**  
We will hear readings from Chelsea and Hillary Clinton’s *The Book of Gutsy Women*, and other sources, as well as share our own stories.  
*Facilitated by Marion Mango*
Conversation

His/Her Story
**Wednesdays, 11/3 – 12/29**
We will focus on diverse national and global leaders dedicated to the common good who used peaceful methods to achieve their goals. We will learn about their lives and discuss their work and its impact on others. We will discuss the following leaders: Jimmy Carter, Deb Haaland, Caesar Chavez, Maya Angelou, Mikhail Gorbachev, Queen Lili’uokalani, Archbishop Desmond Tutu and Benazir Bhutto. Participants will be invited to share their knowledge of these leaders, and how they were personally influenced by them, or tell a story of a leader they know whose work served the common good.

*Facilitated by Kathy Connelly, CA and Nancy Walton-House, WA*

Inspiring Stories
**Saturdays, 9/4 – 12/25**
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 Nicolette Noyes*

Intergen Chat
**Fridays, 9/10 – 11/19**
Join us for a discussion across the generations with students from the Department of Communication Sciences. Discussion topics may include technology, dating, memories, University life, and many more!

*Facilitated by Students from Central Michigan University*

Keys to Joy
**Saturdays & Sundays, 9/4 – 12/19**
Each day we will take a topic from the fields of psychology, spirituality, or philosophy geared to increase our happiness. We come not as “experts” but as fellow seekers wishing to warm ourselves at each other’s fires.

*Facilitated by Lynn Millar*
LGBTQ Chat
*Wednesdays, 9/8, 9/22, 10/13, 10/27, 11/10, 11/24, 12/8, 12/22*
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*

Life Story Workshop
*Fridays, 9/3, 10/1, 11/5, 12/3*
What did you get in trouble for when you were young? What’s the greatest historical event you live 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*

Meet Me in the Kitchen
*Wednesdays, 9/1 – 11/13 (no group on 9/15)*
Grab a cup of tea and let’s gather in the heart of the home where so many fond memories were created over wonderful meals cooked with love. Every week will be a new topic where we can share our thoughts and stories. We can even create new experiences with virtual potlucks in beautiful imaginative places! As the season changes to Fall, we often want goodies made with pumpkin, and remember holidays around the table.
*Facilitated by Harla Norman*

Newcomers Welcome
*Mondays, 9/13, 9/27, 10/11, 10/25, 11/8, 11/22, 12/13, 12/27*
Are you confused about how to start “connecting” with Well Connected? We will guide you through the process of making that first phone call or how to join online. Learn about what those icons mean in the catalog, or how to take a turn to talk. No question is too silly or simple!
*Facilitated by Donna Mossholder*
Pet Tales
Saturdays, 9/18 – 12/11
Share stories about your animal companions, past or present, with others who also appreciate furry, feathered, and gilled friends.
*Facilitated by Anne Sanabria and her dogs, Ringo, Butchie, Freddie, and Stevie*

Pet Therapy
Wednesdays, 9/1 – 12/29 (no group on 11/24)
Join us for a virtual pet visit! Meet a variety of animals, from dogs and cats, to chickens donkeys and goats, and interact with volunteers from all over the country.
*Presented by Jennifer Bashford, Executive Director, Pets Together & Volunteers with their Pets, petstogether.org*

State of Well Connected
Fridays, 9/17 & 12/10
Join us to learn more about new and exciting changes afoot in the world of Well Connected. 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 Senior Director, Connection Programs*

Walk in Nature
Fridays, 9/3 – 12/31
Where were you when you saw a spectacular sunset? What wild creatures have you encountered? Do you enjoy camping and hiking? Share your experiences in nature, discuss geography, and evoke memories that will spark the positive associations that nature gives us.
*Facilitated by Lisa Wynne*

Where Were You When?
Saturdays, 9/18 – 12/18
Don’t you love thinking back to the good ‘ole times when life wasn’t so busy and confusing? Join us for some reminiscing as we ask: “Where were you when...?”
*Facilitated by Janice Rooker*
Creative Writing

Legacy Letters
**Thursdays, 9/2 – 10/28**
We will look at end of life issues, comfort for the grieving, and the legacy of the lives we leave behind. Participants will explore writing techniques to explore their own legacy, revealing the truth of our past as we prepare for the journey ahead.

*Facilitated by Dr. Sheppard Kominars, PhD, Author, Write for Life: Healing Body, Mind & Spirit through Journal Writing*

Journal Writing
**Wednesdays, 9/8, 9/22, 10/13, 10/27, 11/10, 11/24, 12/8, 12/22**
Decades of research on journal writing show enormous benefits to one’s health through a process of healing through self-discovery. We will practice effective journal writing for novice to experienced writers, on a journey of gratitude, self-awareness, and emotional well-being.

*Facilitated by Rita Goldhor*

Poetry
**Sundays, 9/5 – 12/27**
Share poetry that you have written or that you admire, and join in a lively discussion about the poems.

*Facilitated by Anne Allen*

Poetry Workshop
**Tuesdays, 9/7 – 12/28**
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 inspire 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*
The Well Connected community offers a sense of connection and belonging through volunteers who are committed, reliable and friendly. This has really made a difference in the lives of many, especially, during the pandemic when so many of us felt isolated.”

Jill Melchior
Participant
The Magic of Podcasts  
**Mondays, 9/6, 9/20, 10/4, 10/18, 11/1, 11/15, 12/6, 12/20**  
Are you ready to meet the people who have created some of the best podcasts for seniors? Many sessions will feature the Podcasters themselves! Podcasts are simply recorded radio shows. Enjoy the best of current listening without needing a smart device or choosing from overwhelming menus. Whether you are a regular Podcast-listener or are Podcast-curious, come discover intriguing life stories, science, nostalgia, history, and imaginative ideas of interest to mature folks.  
*Facilitated by Marlene West*

Music’s Memory Lane  
**Tuesdays, 9/7 – 12/28**  
We’ll discuss a hit song, vintage television variety show, or a memorable musician in music history. From Big Band music to the Beatles, we’ll dive into our recollections of concerts, lyricists, and pop culture. We will then hear musical requests and discuss.  
*Facilitated by Steve Maraccini*

Open Mic  
**Thursdays, 9/2 – 12/30**  
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 Nicolette Noyes*

Song Lyrics and Other Hysteerics  
**Thursdays, 9/2 – 9/30, 11/4 – 12/30**  
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*
Fun & Games

Bingo
Saturdays, 9/18 – 12/18
Bingo? On the telephone? You bet! Join us for the classic game of chance and a few variations. Please call the Well Connected office to request Bingo cards, including cards in Braille: (877) 797-7299.
Facilitated by Janice Rooker

Boggle
Saturdays, 9/18 – 12/18
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, 9/6 - 12/27
A spin on the classic guessing game! Join a team, choose a person, place, thing, movie or book title, and give verbal clues, without giving the game away!
Facilitated by Lisa Wynne

Do You Know What You Don’t Know?
Sundays, 9/5 – 10/31
Join us for interesting facts and fun about various subjects. Some of the information may come as a revelation, some may just add to your current bank of knowledge.
Facilitated by Sharon Schwartz

Facts about Foreign Countries
Sundays, 9/5 – 10/31
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
Fun & Games

Joke-A-Thon
**Wednesday, 10/13**
Are the lines in your face getting longer and deeper, how about creating some new laugh lines! Bring a clean joke, listeners welcome.
*Facilitated by Marion Mango*

The Memory Game
**Tuesdays, 9/7 – 12/28**
Use it or lose it! Exercise your brain by being challenged to remember items that you’ll have to recall at the end of the group!
*Facilitated by Lisa Wynne*

Mystery Melody
**Saturdays, 9/4 – 11/6**
The Mystery melody theme this session is school days, with guide words to get you started. Come with a list of songs related to the following: 9/4 Grammar (adjectives; big, noisy, good); 9/11 Geography (names of countries, cities, rivers), 9/18 Home Economics (food, and/or clothing), 9/25 Health (parts of the body), 10/2 Foreign Languages (at least one word or name that isn’t in English), 10/9 Psychology (emotions expressed in song; joy, jealousy, regret), 10/16 Media Studies (movie and TV themes), 10/23 Astronomy and Geology (the sky and the earth; moon, stars, land), 10/30 Religion and Philosophy (inspirational songs, hymns; love, faith, angel), 11/6 Open Chorus (choose your favorites).
*Facilitated by Jan Knowles*

Noggin Joggin’
**Thursdays, 9/2 – 9/9, 10/7 – 12/9**
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.
*Facilitated by Nicolette Noyes*
Fun & Games

Tall Tales
**Tuesdays, 9/7 – 12/28**
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*

Three Oaks
**Fridays, 9/3 – 12/31**
This is role play hour! Dive into a constantly growing, evolving interaction. We make it up as we go along. The environment is the group’s decision, the character you play is decidedly your own. For an hour a week, be anything you want to be, live anywhere you want to live, do anything you want to do, reactivate the gift of make-believe you had as a child. Can you come out to play?

*Facilitated by Well Connected Participants*

Trivia
**Tuesdays (Trivial Pursuit), 9/7 – 12/28**
**Tuesdays, 9/7 - 12/28**
**Sundays, 9/5 – 12/26**
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 Sue Piecuch (Tuesday), Marion Mango and Sharon Schwartz (Sunday), and Elantra V. (Tuesday)*
Ungame I and Ungame II

**Thursdays, 9/2 – 12/30**

**Fridays, 9/17, 10/29, 11/26, 12/24**

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 your listening, communicating, and connecting skills.

*Facilitated by Samantha Smith (Thursday) and Elantra V. (Thursday & Friday)*

U.S. State Trivia

**Wednesday, 11/10**

Do you know how the States and their Capitals got their names? Join us for some fun facts.

*Facilitated by Marion Mango*

Word Play

**Sundays, 9/5 – 10/31**

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

*Facilitated by Sharon Schwartz*
Good Reads

Book Club
**Sundays, 9/19, 10/17, 11/21, 12/19**
We will discuss *Alive Day* by Tom Sullivan (Sept); *What Love Sees* by Susan Vreeland (Oct); *Murder She Wrote: A Time for Murder* by Jessica Fletcher (Nov) and *Merry and Bright* by Debbie Macomber (Dec). Available on books on tape. 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, 9/4, 9/18, 10/2, 10/16, 11/6, 11/20, 12/4, 12/18**
Book lovers unite! Call in to discuss and recommend some of your favorite books and authors with other book lovers.
*Facilitated by Andy Andersen*

Eggs to Ashes
**Saturdays, 9/11, 10/9, 11/13, 12/11**
An *Eggs to Ashes* Book Club with the author, which will cover four chapters of the book or ebook, on the following topics: 9/11- Grieving is healing; 10/9 - Dreams: Hidden Language for Healthy Living; 11/13 - Wholistic Health: Forks over Knives; 12/11- Relationship is Life with positive communication tools. *Eggs to Ashes* is available on Amazon to review the relevant chapter in advance.
*Facilitated by Mario Lorenzo, Author, Eggs to Ashes: Practical Tips, Tools, and Techniques for Loving, Grieving, Dreaming & Healing*

Poetically Speaking
**Wednesdays, 9/1 – 12/29**
Poetry has been proven to inspire, challenge, console, inform, and help heal both the body and soul. Please join us to hear selections of celebrated and contemporary poems.
*Facilitated by Greg Pond, Poet*
Poetry of Change: Beyond Sunrise  
**Thursdays, 10/28 – 11/11**

We experience ceaseless change moment to moment. We also experience it on a larger, more expansive level. Sometimes we feel ready and grateful for change, while other times we dread it. What do poets have to say about change? We will read and explore poems that speak to the various experiences around change. Come with an open mind and heart, and we’ll see what we can learn about navigating change.

*Facilitated by Mark Thoma, EdD, LCSW*

Poetry Reading  
**Thursdays, 9/16, 10/21, 11/18, 12/16**

Join Sally Love Saunders as she reads and discusses her original poetry. You will find her poetry to be enjoyable and easy to relate to.

*Facilitated by Sally Love Saunders*

Story Time  
**Thursdays, 9/2 – 9/9, 10/7 – 12/9**  
**Saturdays, 9/11, 9/25, 10/9, 10/23, 10/30, 11/13, 11/27, 12/11, 12/25**

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, 12/10**

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, Well Connected Program Specialist*
What is Non-24?

9/28

NO HANDOUTS

Non-24 is a rare circadian rhythm disorder that causes sleep disturbances which can have significant health consequences. Non-24 commonly affects those with visual impairment or blindness. Learn about this disorder and how to advocate for yourself when discussing the condition with a healthcare provider.

*Presented by Jennifer Lyman, RN, Nurse Educator, Vanda Pharmaceuticals*

Hadley – Help is in Sight

10/5

NO HANDOUTS

Sharing all the new and exciting things at Hadley that are a direct response to input and feedback from our current and former learners. Learn about how Hadley is entering into a new century of learning. Hadley provides learning opportunities for adults with vision loss or blindness.

*Presented by Marc Arneson, Director of Community, Hadley, IL, hadley.edu*

Liven Up Your Meals with Vegetables & Fruits

10/12

Let’s discover the many benefits and explore creative ways of adding vegetables and fruits to our meals. Recipe included.

*Facilitated by Tina Louise Carpenito, Nutrition Educator, New Mexico State University*

Make Half Your Grains Whole

10/19

Do you know what to look for on the ingredients list when selecting a whole grain? Let’s explore this, and lots more as we make half our grains whole. Recipe included.

*Facilitated by Tina Louise Carpenito, Nutrition Educator, New Mexico State University*
Kidney Health 101  
10/26  
Curious about what your kidneys do, or what you can do to keep your kidneys healthy? Join us to learn basic information about how your kidneys function, chronic kidney disease, and nutrition and lifestyle tips that can help maintain kidney health!  
*Presented by University of California Berkeley Students, Kidney Disease Screening and Awareness Program (KDSAP)*

Managing your Arthritis  
11/2  
Learn about the Arthritis Foundation, a volunteer led organization helping people with arthritis to live better. We will discuss arthritis, tips for managing symptoms, and how to find a compassionate and caring community to help live your best life in an often isolating and discouraging disease.  
*Presented by Grace Scheer, Associate Director, Arthritis Foundation, N. California*

Make Healthier Holiday Choices  
11/9  
Let’s explore ways to make little changes this holiday season to create healthier meals and active days. Recipe included.  
*Facilitated by Tina Louise Carpenito, Nutrition Educator, New Mexico State University*

4Ms Age Friendly Care  
11/16  
Join us for a discussion about Baystate’s journey to becoming an Age Friendly Health System. We’ll explain this social movement, and will discuss the 4Ms Age Friendly framework (What Matters, Mentation, Mobility, and Medications), that is being taught across the nation to health care providers. We will explain how you can work with your own health care provider(s) to ensure you are receiving Age Friendly Care.  
*Presented by Alina Sibley, NP Geriatrics Workforce Enhancement Program, Baystate Health, MA*
Embracing the End-of-Life
11/23
Dying is a natural part of life, but thinking and talking about the topic can be frightening. We will discuss ways that we can prepare for, understand, and even embrace the end-of-life stage. We will talk about the dimensions of a “good death” and steps we might take now to ensure that we and our family members can find physical, emotional, or spiritual comfort during those final days.

*Presented by Deborah Carr, PhD, Professor of Sociology, Boston University, Author, Golden Years: Social Inequities in Later Life*

Dementia Friends
11/30
Dementia touches the lives of many people. You may have a loved one, a neighbor, or a coworker living with dementia, or know of someone else that does. In this session, you will learn about dementia, what it’s like living with the disease, communication tips and what you can do to support others. You don’t need to be a dementia expert or know someone living with dementia, to become a Dementia Friend or to promote dementia friendly communities.

*Presented by Wendy Morris, Lutheran Community Services Northwest, WA*

Preventing a Fall
12/7
Falls can be serious and costly. Learn about the risk factors for falling, the impact of falls, and what can be done to reduce the possibility of falling.

*Presented by Giovanna Lara, St. Jude Medical Center, CA*

Aging is Cool - Staying Active as You Age
12/14
Learn the myths of aging, and how you can stay active and engaged throughout your lifespan. Find out why it is important to stay strong, stay smart, stay social and find meaning and purpose in your life!

*Presented by Amy Temperley, Owner/CEO, Aging is Cool & Co-Creator of AMightyGoodTime.com*
Everyday Life Hacks
Wednesdays, 9/1 – 10/6
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? We will focus on tips and tricks you can use in your own home to help you get, and stay, organized. Learn new and creative ways to organize and make the most of your day!
Facilitated by the University of New Hampshire Occupational Therapy Department

Feel Better with Healthy Movement
Fridays, 9/3 – 10/8
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 the University of New Hampshire Occupational Therapy Department

Is My Home Safe?
Fridays, 10/15 – 11/19
Did you know that falls at home are one of the biggest threats to living at home independently? Are you worried about living alone? We 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 the University of New Hampshire Occupational Therapy Department
Holidays

Angels at Christmas
Saturday, 12/25
Share stories of angels and their impact on the art of Christmas.
Facilitated by Gayle Wanamaker

Halloween Ghostly Delights
Saturdays, 10/9 – 10/30
Join us for Halloween folklore and fun. Each week a new book, poetry, activity or game will be shared to tantalize your inner child. Eek!
Facilitated by Gayle Wanamaker

Table for One: Tips for a Festive Solo Holiday
Friday, 11/19
Make Room @ The Table, an affinity group out of Chicago, creates an annual cornucopia of ideas to help people reach out and provide holiday cheer to one another. Join MR@TT Founder to learn some creative tips about how to stay connected during the holiday season.
Facilitated by Marcia Slater Johnston, MR@TT Founding Member & Convener

Thanksgiving
Thursday, 11/25
Gather together in celebration of our being here to share amusing anecdotes, family traditions, and fond memories.
Facilitated by Marion Mango

“I realize how much I rely on Well Connected to keep me connected.”
Anne
Participant & Facilitator
As a lawyer answering law-related questions as the facilitator for the Ask the Attorney, the interaction with the people who call in inspires me with the interest shown by all of them. The activity keeps me on my toes and helps me keep up with the latest changes in the law.”

Gerald
Facilitator
Welcome to the Wadsworth Atheneum

9/29
Visit the oldest public art museum in the US, founded by Daniel Wadsworth in 1842 with just 79 paintings and three sculptures. Today the collection exceeds 50,000 works that span 50,000 years of art history. Highlights include Renaissance and Baroque paintings, European and American decorative arts, Hudson River School landscapes and Impressionist paintings, modern and Surrealist masterpieces, and contemporary art of diverse media.

*Presented by Courtney Hebert, Wadsworth Atheneum Museum of Art, CT, thewadsworth.org*

Judy Chicago: A Retrospective

10/6
We will discuss the career, from the 1960s to the present, of a pioneering feminist artist, teacher, and writer who is best known for her huge installation The Dinner Party of 1979, honoring women throughout history. Chicago has worked with a huge variety of media, and has strived to put the female experience at the front of her artistic content, to question historic assumptions of male social dominance, and advance recognition of women artists.

*Presented by Victoria Kirby, Fine Arts Museums of San Francisco, CA, famsf.org*

Cauleen Smith: We Already Have What We Need

10/13
Works by the acclaimed Los Angeles-based artist, featuring film, video, sculpture, textiles, installation, and drawing. The exhibition emphasizes acts of caring as antidotes to the injustices and inequities that shape our past and present. For over three decades, Smith has harnessed acts of imagination and the power of revolutionary thinking to envision a better world.

*Presented by Adrianna Benavides, Contemporary Art Museum of Houston, TX, camh.org*
Don Reitz: Life is not a Dress Rehearsal
10/20
Broadly recognized as one of the most influential American ceramic artists of the last century, this exhibition adds to the significant body of scholarship on Reitz’s work with new research on the well-known but largely unstudied “Sara Series” (1983-91). We will discuss pieces that played a critical role in reconnecting Reitz to his artistic process and reinvigorating his artistic production for the next 30 years, and set the stage for his acclaimed woodfire period.

*Presented by Ashley Rowley, American Museum of Ceramic Art, CA, amoca.org*

Spirits Roam the Earth
10/27
Explore the first major survey of Jacolby Satterwhite’s wide-ranging practice, and the broad references that inform his work, from gaming, Black culture, queer club scenes, to recreations and remixes of the creative output of his mother, Patricia Satterwhite, a foundational influence. Through film, sculpture, music, and performance, his synthesis of personal, theoretical, and pop-culture distinguishes him as one of the preeminent makers and thinkers of our time.

*Presented by Lydia Rosenberg, Miller Institute for Contemporary Art, CMU, PA, miller-ica.cmu.edu*

Glorious Civilizations of Southeast Asia
11/3
Eleven countries, numerous cultures, thousands of years. Explore the varied and intriguing art of Southeast Asia as reflected in secular and religious objects from this fascinating region. See sculptures from Angkor Wat, Buddhas from Burma and Thailand, ceramics from Vietnam, and textiles from the Philippines.

*Presented by the Asian Art Museum, CA, asianart.org*
Grant Wood: American Scene
11/10
Learn about the work of artists using realistic representation and American subject matter during the 1920s and ’30s. We will view works of friends and family of Grant Wood and John Bloom, who attended the Stone City Art Colony founded by Wood, and other American Scene artists including Thomas Hart Benton, John Steuart Curry, Doris Lee, Marvin Cone, and Helen J. Hinrichsen.

*Presented by Carol Ehlers, Figge Art Museum, IA, figgeartmuseum.org*

Color into Line: Pastels from the Collections
11/17
With the appearance of painting, the immediacy of drawing, and the timeless matte finish of an ancient fresco, pastel is one of the most versatile mediums used throughout art history. This exhibition spans five centuries, from the early Renaissance to present day, and features masterpieces by artists including Mary Cassatt, Edgar Degas, and Wayne Thiebaud. This is a once in a lifetime opportunity to appreciate works not usually on public view.

*Presented by Mike Madrid, Fine Arts Museums of San Francisco, famsf.org*

A Visual History of *Life* Magazine
11/24
Found in nearly every home, *Life* magazine is a virtual visual history of America from the 1930s to 1980. Wars, Hollywood, the space program, sports, and daily life all were extensively documented. We’ll examine the pictures of renowned photographers and consider memorable essays. *Life*’s distinctive graphics, layout, and advertising will also be discussed.

*Presented by Mark Pohlad, PhD, Associate Professor, Dept. of History of Art & Architecture, DePaul University, IL, depaul.edu*
Welcome to the African American Museum and Library at Oakland (AAMLO)
12/1
Learn about the specialized focus of the non-circulating library, see selected highlights from the archives, explore the seed-lending library, and examine the black presence in Oakland as presented in the tripartite mural cycle, Journey of Promise, by painter Daniel Galvez and quilt artist Patricia Montgomery. Get a synopsis of the long-term exhibition, Visions Toward Tomorrow, the History of Oakland from the 1890s - 1990s.

*Presented by Marco Frazier, African American Museum and Library at Oakland, CA, oaklandlibrary.org*

Travels With My Aunt
12/8
We won’t be selling any Modigliani paintings or smuggling English pounds to Turkey, but let’s board the Orient Express in Paris, and travel together through Europe taking in the fabulous art along the way.

*Presented by Nanette Hanks, Assistant Dean, College of Liberal Arts, University of Minnesota, twin-cities.umn.edu*

Mystery and Benevolence
12/15
Created by the American Folk Art Museum in New York City, this is the first exhibition to explore the importance of fraternal societies in American history through their folk art. See a diverse collection of art and regalia from these secret societies. The fantastic and sometimes strange images will shed light into the societies’ rich symbolism and rituals. Whether you know the secret handshakes or not, the amazing artworks found in the exhibition are certain to enchant you.

*Presented by Janene Pearson, Bullock Texas State History Museum, TX, thestoryoftexas.com*
Hugh Leeman Studio
10/7
Hugh Leeman delves into the process behind his artwork and social practice, from the T-shirt project with the homeless of his neighborhood to clean water projects in the Philippines.

*Presented by Hugh Leeman, hughleeman.com*

The Art of Fabric Design
10/14
Are you a fabric lover? Did you ever wonder how those prints and patterns came to be? Learn how one designer builds a collection from a mood board and simple sketches to artwork, repeat patterns and finally fabric and sewn goods. Jennifer Moore from Monaluna Organic Fabric will walk you through the design process and show how fabric collections are designed and brought to market.

*Presented by Jennifer Moore, monaluna.com*

Halloween Spook-tac-ular
10/21
Spidery, watchful fun awaits as I unpack my collection of Halloween quilts, fiber arts, cross-stitch, collage & poetry. Your eyeballs will be tantalized and your ear balls will bellow with ghostly glee. Oh my!

*Presented by Gayle Wanamaker*

Jewelry Making with Metal Clay
10/28
Mimi has been designing jewelry using metal clay for more than 15 years. But what is “metal clay?” Join us to learn about this miraculous material!

*Presented by Mimi Fisher*

Luminous Visions (Part II)
11/4
Join SF Bay Area artist, whose colorful, detailed, and imaginative paintings on paper, have spanned from 1970 to today. We will hear an overview of her work, with an emphasis on her current work, in which she has explored the topic of our environment, and humankind’s relationship to the planet.

*Presented by Donna Mossholder*
Images of the Sporting Life
11/11
Get a glimpse of what it’s like to photograph major sporting events like the U.S. Open golf and tennis championships, as well as NBA basketball, major league baseball and college and professional football, and portraits of the people who amaze us with their talents. We will look back at Darren’s 25 years of covering athletics for magazines like Golf Digest and Sports Illustrated, discussing his favorite sports and subjects.

*Presented by Darren Carroll, darrencarroll.com*

100 Pairs of Jeans
11/18
Shelley will discuss the history of the Levi denim blue jean, and how she became interested in using indigo denim as an art material. She disassembles used denim jeans into the individual component parts and reassembles them into art objects.

*Presented by Shelley Gardner, shelleygardner.com*

“Cheers to Well Connected! I love being able to share with and learn from such a diverse community!”

Mike Jaszewski
Facilitator
Reflection & Religion

Bible Reading
Mondays, 9/6 – 12/27
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
Thursdays, 9/2 – 10/7
Join us as we encourage each other toward love and good deeds through the study of scripture in the Book of Hebrews.
Facilitated by Lori Guthrie

The Four Agreements (Plus the Fifth Agreement)
Thursdays, 9/23 & 9/30
Toltec Wisdom, as described by Don Miguel Ruiz, provides daily guidance to be who we really are. We will discuss how these simple truths can bring us personal freedom and happiness.
Presented by Deb Bocar Levine, RN, PhD

Gratitude
Every Day, 9/1 – 12/31
Call our daily Gratitude Groups to share what you feel grateful for in a safe and welcoming space. Listen to others share as well for an inspiring way to begin each day!
Facilitated by Kaevalya Banks, Betty Broadley, Lynn Millar, Lanae Naugle, Nicolette Noyes, Lynn Parrish, Sue Piecuch, Rene Philpott, Ricki Perlman, Patt Schroeder, Doug Stetson, Cristina Torres, Nancy Walton-House, and Tom White

Introduction to Judaism
Thursdays, 9/16 – 10/21
This group will provide a basic introduction to the development of Judaism as a religious culture from its beginnings to the present day. By looking at sacred texts and traditions from different periods, we will get a sense of Jewish history, experience, beliefs, and rituals across the centuries.
Facilitated by Karla Suomala, PhD, Pacific School of Religion/UC Berkeley-Extension
Let’s Talk About Jesus
Tuesdays, 9/7 – 11/30
A brief selection from the New Testament, followed by a discussion of its implications.
*Facilitated by Brother Drake*

Meditation
Every Day, 9/1 – 12/31
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, 12/17
Along with commemorating those in our Well Connected community who have died, this will be a chance for all of us to process the grief that might be close to the surface during a season of holiday celebrations.
*Facilitated by Laura Darling, Covia VP of Spiritual Care and Communication*

Socrates Café
Mondays, 9/20, 10/18, 11/15, 12/20
Around the world, people of diverse backgrounds gather to think and discuss philosophical questions with one another at the Socrates Café. “What is beauty?”, “Is it ever okay to lie?” or “Who deserves happiness?” may be some of the questions to ponder.
*Facilitated by Linda Greenberg, Ph.D.*
Supportive Groups

Art of Healthy Relationships
Tuesdays, 10/5, 10/19, 11/2, 11/16, 12/7, 12/21
Learn how to improve your relationships with caregivers, adult children, and other family members. We will also discuss financial, cyber security and legal issues.

Presented by the Women’s Transitional Living Center, CA, wtlc.org

Arthritis Support
Tuesdays, 9/14, 9/28, 10/12, 10/26, 11/9, 11/23, 12/14, 12/28
This Arthritis Foundation group provides supportive social connections to parents/guardians of children, or adults living with all types of arthritis and rheumatic diseases. Come together for fun social, informative and educational activities focused on mutual support and positive coping strategies for living well. Through understanding and encouragement, participants become self-advocates, develop self-management skills, and learn not only how to survive life with arthritis but also thrive.

Facilitated by Roberta Tracy, in Partnership with the Arthritis Foundation

Beating the Holiday Blues
Mondays, 11/22 – 12/13
The holiday blues, or feelings of sadness, that last throughout November and December are real, and much more common than you think. We will discuss practical tips that can help to lighten your spirit if you find yourself feeling depressed, sad or stressed out during the holidays.

Facilitated by Kim Tribulski, MSW

Clutter Bootcamp
Thursdays, 9/9 – 9/30
Learn to let go of all that stuff, and the guilt and shame along the way! Taking a non-judgmental approach, you will be guided through informational videos, followed by a discussion of how to de-clutter, get organized, and make your home your sanctuary once more.

Presented by Jes Marcy, Professional Organizer, jesmarcy.com
Supportive Groups

Healing Through Art
**Thursdays, 9/16, 10/14, 11/18, 12/16**
Grieving the loss of a loved one is the most difficult hardship one has to endure. Creative arts can help you express emotions that are very hard to put into words. This peer group will explore, express and story tell by using art, food and music to support each other through our own way of living with loss. Share with your peers as we find friendship, hope and a new artistic lens!

*Facilitated by Vannessa Cendejas, M.S.W., Senior Services Program Coordinator, City of Walnut Creek, CA*

Living with Chronic Pain
**Thursdays, 9/23 – 12/16 (no group on 11/25)**
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, 9/2 – 12/30**
Anyone can join this peer discussion group. It can be difficult for some people who lose some or all of their vision, since they have to give up driving and even reading. We share helpful tips to cope, and get support from people in the same situation.

*Facilitated by Anne Allen and Andy Andersen*

Low-Vision Support: The Eyes Have It
**Wednesdays, 9/22 – 12/15**
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, to help you regain independence.

*Facilitated by Doug Rose, Lighthouse for the Blind and the California Department of Rehabilitation*
Supportive Groups

Pet Loss Support
**Sundays, 9/5, 10/3, 11/7, 12/5**
A grief support group for those who have lost a beloved pet. Come share your stories of love and loss with people who understand this unique pain. Our pets mean so much to us; for some, they are constant companions and confidants, for others, they are necessary for daily life. But for all of us, they are family. We grieve deeply when they die.

*Facilitated by Kevin Ringstaff, Grief Recovery Specialist, Founder*
*www.PetCloud.pet*

Self-Compassion
**Thursdays, 10/7 & 10/14**
Through a series of discussions and exercises we will apply the work of Kristin Neff and others to increase our self-compassion and quiet our inner critics.

*Presented by Deb Bocar Levine, RN, PhD*

Support 101 Taking Care of YOU: Managing Stress and Independence
**Wednesdays, 10/13 – 11/17**
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 the University of New Hampshire Occupational Therapy Department*

Support/Discussion for the Blind
**Tuesdays, 9/28 – 12/28**
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.*
AgeMarch
9/24
Join AgeMarch founder, author, podcaster and activist to hear her inspirational vision of a culture where people of all ages, race, genders, sexual orientations, will not be defined by age. AgeMarch is a movement against ageism, where everyone at every age is age magnificent!

Presented by Barbara Rose Brooker, agemarch.org

Email from your iPhone with Confidence
10/1
No matter who you contact sooner or later they will ask you to email them. Easy does it! Learn how to open the application, receive messages and reply, compose a brand-new message, and search your mailbox. Find out how simple it is to use this great tool on your iPhone.

Presented by Laura Mogannam, technology4life.org

Robotic Companion Pets: Providing Comfort and Joy
10/8
Ageless Innovation creates products that foster meaningful connections through play, joy, and happiness. Developed with extensive input from older adults, Joy for All Companion Pets look, sound and feel like real pets – and provide many of the same benefits of interactive companionship. They are a powerful solution for many who love having pets, yet are no longer able to manage the day-to-day care of a real pet.

Presented by Jim Murphy, Senior VP of Healthcare, Ageless Innovation, joyforall.com

Senior-Friendly Technology for Greater Independence
10/15
SeniorFusion will share “whole house” scenarios where technology could help improve your quality of life at home, whether through increased social interaction, by reducing and detecting falls, and even through adaptive technology for better hearing.

Presented by Carla Din and Doug Mosher, Seniorfusion.org
Employment Challenges for Older Workers
10/22
We’re living longer and perhaps want to work longer. Learn what the job market is like for older adults. From resumes to interviewing, we will discuss how to best position yourself as a good job candidate in today’s market.

*Presented by Bette Gundersheim, YWCA Golden Gate Silicon Valley, CA*

Art-Reach – Accessibility in Arts & Culture
10/29
Art-Reach believes that art is a human right. Learn how museums, theatres, gardens, and historic sites can break down barriers for underrepresented communities. Through captioning videos for people who are hard of hearing, or creating sensory/touch tours at museums for people who are blind/low vision - with creativity many organizations have built welcoming spaces both online and in person. Art-Reach provides guidance to help create and expand programs so the full spectrum of society is served.

*Presented by Katie Samson, Art-Reach.org*

Sound and Vision: Emergent Hearing and Vision Assistive Technologies
11/5
A decline in hearing and vision is a normal part of aging – and we’re here to help connect you with affordable and easy to access hearing and vision assistive technology. Join us as we share recommendations of hearing and vision assistive solutions, and explore apps and phone settings that can enhance the quality of life across all hearing and vision abilities.

*Presented by Kristle Bulleman and Jennifer Lee, Front Porch Center for Innovation and Wellbeing, fpciw.org*
An Introduction to Ableism
11/12
Ableism is the discrimination of and social prejudice against people with disabilities based on the belief that typical abilities are superior. Join us for a conversation on harmful stereotypes, misconceptions, and generalizations of people with disabilities. We will participate in a few activities and exercises to recognize our personal bias and help build empathy for people with disabilities.

*Presented by Katie Samson, Art-Reach.org*

Tombot Robotic Puppies: A Son’s Quest for His Mother
11/19
Tombot’s founder was on a quest to find a substitute for his mother’s dog after she was diagnosed with Alzheimer’s. Tombot makes robotic emotional support animals, designed to provide medical benefits for those with dementia. Research shows that robotic animals positively affect some peoples’ ability to cope with stress, anxiety, loneliness, depression and pain, improve quality of life and reduce the need for medications. Tombot Puppies will be the first affordable, FDA-regulated robotic animals.

*Presented by Tom Stevens, Founder, Tombot.com*

Myth & Meaning (Part II)
12/3
The word mythology brings to mind fantastic tales full of gods and goddesses, heroes and villains, imaginary beasts, exotic locales, and damsels-in-distress. But what do these tales have in common? And what relevance, if any, do they have for us today? We will discuss the Hero’s Journey, a recurring motif first identified by mythologist Joseph Campbell, and found in the myths of all cultures. What is the Hero’s Journey? Why does it keep reappearing? And where do we find this theme in play in the modern world?

*Presented by Stephen Gerringer, Joseph Campbell Foundation, jcf.org*
Replicating Well Connected for Latino older adults has had immeasurable impact. All of us at Well Connected Español are thankful to our ever-growing community for their love, understanding, support and commitment. We are grateful for what we have been able to build during these last two and a half years and we look forward to continuing to grow and flourish!”

Melissa, Lizette, & Michael
WCE Team
Connection Team

Annette Balter  
Program Manager  
Well Connected

Melissa Benitez  
Administrative Coordinator  
Well Connected (English & Español) & Social Call

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Program Specialist  
Well Connected

Lizette Suarez  
Program Director  
Well Connected Español

Katie Wade  
Senior Director  
Creative Engagement
Volunteer with Us

Call for Art! Do you have a creative passion? Whether it's painting, quilting, jewelry making or collage, showcase your artwork in our Open Studios series!

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

Creative Spark: provides consultation, curriculum, and staff training for organizations and professionals working in engagement programs with older adults.

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

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

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

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.

Well Connected Español: Nationwide Spanish language phone and online groups.

Our mission is to inspire and build community, cultivating meaningful relationships and experiences that respond creatively to changing needs. For more information about our community services programs, call (877) 797-7299, email connections@frontporch.net or visit www.covia.org/programs.
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

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

Mather Telephone Topics
(888) 600-2560 / matherlifeways.com

Welcome and Inclusion

inclusion.
grace.
social justice.
Covia welcomes you.
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.
- **Pet Resources** - www.dogingtonpost.com

Vision Loss Resources
- **Be My Eyes** – bemyeyes.com
  A free app that connects blind and low-vision people with sighted volunteers
- **VisionAware** – visionaware.org
  Online resources for adults with vision loss, their families, friends, and the providers.

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
- **Communitytechnetwork.org** – internet access and digital literacy training
- **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@frontporch.net

Gratitude for Generous Support

Tell us how we’re doing!

We appreciate your feedback. Fill out a Facilitator/Group survey for each of the groups you attend, either online, by mail, or over the phone. Call or email the office for information about surveys!