Happy New Year
from the Connection Team!
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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 3,400 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 and when prompted, 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.

Contact Well Connected to get started or if you have questions.
(877) 797-7299
connections@frontporch.net
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, a Front Porch partner.
• Groups may be recorded with notification for quality assurance.
• Well Connected and Covia, a Front Porch partner 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 or offering medical advice is prohibited.
• Arguing with, or directing hurtful or disrespectful remarks to another 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 that can be received by mail, or that may be shown on screen for online users. 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.
Champions

This winter, the Well Connected champions are YOU! Last fall, the Well Connected programs (Well Connected and Well Connected Español), received the 2021 Innovation of the Year Award from the SCAN Foundation for our human-centered design model. The SCAN Foundation announced the honor at its 2021 Forum Amplifying All Voices on Aging.

Organizations considered for the award were evaluated based on criteria including understanding older adults’ needs, wants, and preferences through research, and involving older adults in the design process from ideation to iteration.

We are so lucky to be part of a diverse community that brings so much experience, expertise, and passion to the table. Your wisdom and input has guided us since 2004. It keeps us relevant, keeps us accessible, and keeps us evolving and improving over time.

“Without dedicated community members, we wouldn’t be anywhere close to where we are today. I’m in awe of our collective impact!”

– Amber, Senior Director of Connection Programs

“Purpose with a unique opportunity to touch other’s lives through the unchartered waters of a pandemic, fires, tornadoes, hurricanes and just plum hot weather. Purpose through sharing. Purpose of simply being given the honor to build long distance relationships through phone pal and with other facilitators.”

– Gayle, Participant & Facilitator
“We are so proud that so many of our participants are facilitators.”
– Lizette, Director, Well Connected Español

“I appreciate the breadth and depth of programs that meet individual needs and interests. Some provide a meeting place for people to enjoy rewarding relationships with others. The staff are open to volunteer offers to present or facilitate programs and to participant requests. The staff also directly invite participants to offer programs in their field of interest and expertise. This is an excellent service that significantly increases quality of life for older adults.”
– Nancy, Participant & Facilitator

“It is important for me to have telephone access to groups, classes, and activities. By giving me telephone access, Well Connected improves the quality of my life.”
– Elantra, Participant & Facilitator
The Creative Aging Symposium truly showcases creativity in a broad form of dance, storytelling, life, and mesmerizing adventures. The diversity in this conference is explosive with tantalizing shared experiences that encapsulates an individual’s dreams and connects those dreams to the senior spark waiting to be tapped through outreach.”

Gayle
Participant & Facilitator

Thursday, 1/27
REGISTRATION REQUIRED

Rooted in Belonging

Imagine a sense of belonging so deep that you carry it with you wherever you go; it sits next to you on the couch and links arms as you cross a busy street. Cultivating roots of belonging – in your surroundings, a phase of life, within your spiritual compass – unlocks our resiliency, our ability to transform and reinvent. Join our fifth annual Creative Aging Symposium for virtual discussion, experiences, and ideas to nourish and grow these roots of interconnectedness. We’ll thrive, together.

The Creative Aging Symposium is organized in collaboration between Well Connected, Well Connected Español, and Creative Spark.
Registration is required by Tuesday, 1/25.  
For more information: CreativeAgingSymposium.org or (877) 797-7299
Activists R Us!

**Wednesdays, 1/5 – 4/27**

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*

Climate Change: An Action Agenda

**Mondays, 1/10 – 2/14**

Join us if you're interested in taking action to curb the harmful, human-caused escalation of the devastating effects of climate change. We will support each other as we individually reach out in our advocacy efforts.

*Facilitated by Patt Schroeder, Program Specialist, Well Connected, a Front Porch Community Service*

—I so enjoy facilitating Well Connected’s Advocacy Now group. I am reminded all of the time how crucial it is for older adults with their lifetime of experiences to encourage our leaders to take actions that will ensure a legacy of a healthy and safe world."

Patt
Well Connected Program Specialist
The Wonders of Yellowstone  
1/24  
Explore the diverse natural beauty, wildlife and geo-thermal features of the world’s first National Park with a Park Ranger’s wife. Together we will learn why this area was initially called Wonderland.  
*Presented by Robin Steis*

California’s Central Coast  
1/31  
Grab your surf board and join us for a tour around California’s Central Coast, home to Hearst’s Castle, the Paso Robles wine country, Cal Poly and the college town of San Luis Obispo, the beach towns of Cayucos and Pismo Beach, and more!  
*Presented by Laura Darling, VP Communications and Spiritual Care, Covia, a Front Porch partner*

Paris, Bordeaux, and Beyond  
2/7  
We’ll go through the highs and lows of traveling Paris during a pandemic, including evenings by the Seine River, navigating transit during protests, vintage shopping, and many COVID tests. Next stop is wine country in South of France, where we visit a medieval village and spend quiet days by the vineyards.  
*Presented by Katie Wade, Senior Director of Creative Engagement, Covia, a Front Porch partner*

Imperial Russia: St. Petersburg  
2/14  
We will visit the Fortress of Saints Peter and Paul; the burial chapel of most of the Tsars and Tsarinas, and the glorious summer palace and garden designed by Peter, called Peterhof. It is 300 acres with 370 gold plated statues. On to the State Heritage Museum, and the Winter Palace, with a gallery dedicated to the art of ancient Greece.  
*Presented by Marguerite McInnes, PhD*
Great Coastal Towns around the World

2/28
Join me on a tour of six wonderful seaside or lakeside towns I have enjoyed visiting over the past 40 years: Cassis, France; Vernazza, Cinque Terre, Italy; Camden, Maine; Paia, Maui, Hawaii; Grand Marais, Minnesota; and Port Elizabeth, Bequia. Each town has its own distinctive local culture, history, and special attractions.

*Presented by Amy Brokering*

Holiday in Hollywood

3/7
Come with us on a fun visit to Tinseltown! Attend a movie premiere at the El Capitan Theatre, visit a glamorous photo studio, find your favorite celebrity’s star on the Hollywood Walk of Fame, and bask in the Southern California sun!

*Presented by Terry and Steve Englehart*

Between Inca Walls

3/14
Travel to the Andes Mountains of Peru with Peace Corps volunteers as they explore the realms of the Incas. Fall in love, as Evelyn did, with her village, her indigenous pupils, and a handsome university student.

*Presented by Evelyn LaTorre, Author, Between Inca Walls a Peace Corps Memoir, www.evelynlatorre.com*

CA Road Trip

3/21
Take a California road trip to see art in Paso Robles, and the beautiful Monterey peninsula, and a stop in Los Angeles.

*Presented by Ellen Kaufman*
Newfoundland and Labrador
3/28
Traveling to Canada’s second newest province, Newfies are wonderful people. The scenery is great as is the music. Whatever time zone you live in, it is one-half hour different in NFL. The people have an island mentality and often act as their brother’s keeper.

*Presented by Dale Wolfgram*

Slices of the Big Apple
4/4
We will visit Manhattan, a diverse and spectacular city represented by its more than 40 neighborhoods. Let’s travel through history as we visit the neighborhoods of the Financial District, Greenwich Village, the Meatpacking District, Museum Mile, Spanish Harlem, Morningside Heights and Sugar Hill.

*Presented by Joan Rosenberg*

Road Tripping with a Geographer and a Photographer
4/11
Rural Minnesota has a rich and interesting history. We will visit the business districts in Warrens (pop. 360), Mountain Lake (pop. 2,092) and Nowthen (!) (pop. 4,785). Fascinating locations include an organic farm in Rushford, an Agroecology Summit in Windom and the world’s biggest boot in Red Wing.

*Presented by Dr. Brenda Kayzar and Steve Ozone*
Mannequins, Dress Forms, and the Arts
3/7
From Tut, Pharaoh’s tombs and Roman art and culture dress forms have been used for tombs, fashion, and the prominence of the elite. We will explore the uses of mannequins through works of art, and the various forms that helped define the authentic shape of the human form throughout history.

**Presented by Gayle Wanamaker**

Looking at Art Together
3/14 & 3/21
When we look at art together, and really take the time to share our impressions and responses, we can learn a lot about ourselves, each other and the world. Slowing down to explore a single work of art closely brings relaxation, reflection and joy. No background knowledge necessary to join this group of careful observers to explore what is going on in two works of art, selected from museums around the country, using a series of questions developed by Visual Thinking Strategies.

**Presented by Suzanne Reich**

Surrealism in Context
3/28
Originating in Europe, Surrealism was a lifestyle more than an art movement. Incorporating literature, politics, and the visual arts, it was launched by a small band of individuals in a collaborative quest for a deeper understanding of the subconscious. We will look at works by Salvador Dali, Max Ernst, and Yves Tanguy, among others, and unexpected ties to Abstract Expressionism.

**Presented by Antonia Dapena-Tretter, MA, Art Curator, Stanford Children’s Health**
The Art of the Female Muse
4/4
Centuries of art historians have romanticized the notion of the artist and his muse. At times, these women honed their creativity in tandem with their mentors. Many were overshadowed and underestimated in their own work, only to become more famous than their painters as the years progressed. We will explore the artworks of some of these creative women.

Presented by Kit Keane

Highlights from the Havemeyer Collection
4/11
H.O. Havemeyer and his wife, Louisine, amassed a huge collection of art, so diverse in depth and scope, that its bequest became one of the cores of The Metropolitan Museum of Art in New York. We will examine some very familiar pieces, and share a few interesting stories about the Havemeyer family, their friends, and advisors.

Presented by Dave Williams

Art of the Needle
4/18
Textile art has been practiced around the world for thousands of years. By the Middle Ages, tapestry workshops throughout Europe were producing textile hangings, which were among the most prestigious art owned by churches, royalty and the wealthy. We will look at how textile artists from the Middle Ages through today tell stories through their weavings, including examining works by some contemporary textile artists such as Bisa Butler.

Presented by Laura Davis

The Boston Fine Arts and Peabody Essex Museums
4/25
These two museums in Massachusetts are preeminent representatives of early American interest in commerce, travel, and art. We will explore their origins and vast collections, and better understand how America’s earliest citizens combined capitalism and curiosity.

Presented by Catherine Coleman
Crazy Quilt Workshop II

Saturdays, 2/12 – 4/8

REGISTRATION REQUIRED

“For the love of mail” is the theme for this workshop. We will begin with a brief history of crazy quilts, and showcase the quilts made in the first workshop. We will review the basics, then learn how to work with ribbon, felt and wool, hexagons, envelopes, embroidery and appliqué. Participants will need the following supplies: fabric scissors, gray quilting thread, needles for yarn and embroidery threads, cotton balls, assorted embroidery thread, beads, buttons and any personal ephemera you choose to use. You will receive a partial kit of muslin, batting, quilt backing and fabric to begin the 12” crazy quilt squares.

Quilting kits are generously provided by the facilitator, so please only sign up if you can commit to completing this awesome project.

*Presented by Gayle Wanamaker*

Knit or Crochet Together

Wednesdays, 1/5 – 4/27

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*
Page to Stage: Reading and Acting

**Thursdays, 1/13 – 3/3**
We will read short scenes, monologues, classic writings, speeches and poetry. Did you know movies, stage plays, and musicals all start from somewhere like a novel, book or music? We’ll explore the many ways the play is created from page to stage.

*Facilitated by Gina Pandiani, MA, Director, Fringe of Marin, CA*

Trifles: A Radio Play

**Thursdays, 3/10 – 4/28**
We will cast and rehearse Trifles by Susan Glaspell, a one-act play from 1916. The inspiration for the play was the true crime murder story of an Illinois farmer in 1900 that Glaspell covered as a reporter for the Des Moines Daily News. All Well Connected participants are invited to join us for the radio play performance on 4/28.

*Facilitated by Gina Pandiani, MA, Director, Fringe of Marin, CA*

“Facilitating Well Connected groups is so fulfilling! Where else can you connect with such a wide variety of interesting people?”

Katie Wade
Senior Director, Creative Engagement
Conversation

Across the Miles
Wednesday, 1/26
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 Heather Roland, Community & Partnerships Coordinator, Edmonton Southside Primary Care Network

Angels in Our Lives
Wednesday, 4/13
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, 1/7 – 4/29
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, 1/1 – 4/30
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, 1/3 – 4/25
Wednesdays, 1/5 – 4/27
Thursdays, 1/6 – 4/28
Sundays, 1/2 – 4/24
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 Carol Sears (Mondays), Andy Andersen (Wednesdays), Kathy Connelly (Thursdays), and Ricki Perlman (Sundays)*

Conversations that Count
Tuesdays, 1/11 – 2/22
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, www.oasisnet.org*

Elder Salon
Thursdays, 1/6 – 3/10
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, Program Specialist, Well Connected, a Front Porch Community Service*
Growing an Elder Community
Mondays, 1/3 – 3/7
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, 1/12
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

Inspiring Stories
Saturdays, 1/1 – 4/30
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, 1/21 – 4/29
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, 1/1 – 4/30**  
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, 1/12, 1/26, 2/9, 2/23, 3/9, 3/23, 4/13, 4/27**  
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 Kay George*

Life Story Workshop  
**Fridays, 1/7, 2/4, 3/4, 4/1**  
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*
Conversation

Meet Me in the Kitchen
Wednesdays, 1/5 – 3/9
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!

Facilitated by Harla Norman

Newcomers Welcome
Mondays, 1/10, 1/24, 2/14, 2/28, 3/14, 3/28, 4/11, 4/25
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, 1/15 – 4/9
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, Freddie, and Stevie

Pet Therapy
Wednesdays, 1/5 – 4/27
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  
**Wednesdays, 1/19, 4/20**
Join us to learn more about new and exciting changes afoot in the world of Well Connected and Covia/Front Porch. 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, Senior Director of Connection Programs, Covia, a Front Porch partner*

Walk in Nature  
**Thursdays, 1/6 – 3/31**
How has nature enriched your life? We learn from each other, and we will learn what others have taught us. Share your experiences in nature, discuss geography and evoke memories that will spark the positive association that nature gives us.  
*Facilitated by Kathy Connelly*

Where Were You When?  
**Saturdays, 1/22 – 4/30**
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*
Well Connected is a really good companion! It is always there!”

Kaevalya
Participant & Facilitator

Women’s Work III
Sundays, 2/13 – 4/3
Sericulture was introduced with silk about 552 A.D. in Turkey. During the Muslim expansion in the Middle East, the creation of dyes, fibers, and other materials to create textiles became the heavy industry of the Medieval period. Over time, as the Sultanates of Persia and Turkey became the Turkish Ottoman Empire (1603), different areas produced different types of textiles. We will look at examples of dress, fabrics, and rugs, with comparison and contrast between Persian and Turkish style, color, and materials with discussion, poetry and stories.

Facilitated by Alane Spight

Young, Gifted and Black
Monday, 2/28
In honor of Black History Month, explore the young lives of notable Black American historical figures, including Harriett Tubman, Kofi Annan, and Langston Hughes.

Facilitated by Patt Schroeder, Program Specialist, Well Connected, a Front Porch Community Service

“Well Connected is a really good companion! It is always there!”

Kaevalya
Participant & Facilitator
Journal Writing

**Wednesdays, 1/12, 1/26, 2/9, 2/23, 3/9, 3/23, 4/13, 4/27**

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*

Legacy Letters

**Thursdays, 1/6 – 2/24**

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

Poetry Workshop

**Tuesdays, 1/4 – 4/26**

Explore the craft of poetry as you embrace your own life experiences. Anyone who has ever wanted to write a poem, and poets who have been writing for years will learn how to express yourself in new ways, and inspire others in a creative, safe environment. 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*

Writing Workshop

**Sundays, 1/2 – 3/27**

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, MFA, Published Author and Poet*
All Request 90
**Thursdays, 1/6 – 1/27, 3/3 – 4/28**
A full ninety minutes playing the songs YOU want to hear. Join us and be prepared to request whatever song you like – from any musical era or style!
*Facilitated by Buddy Weisman*

**Let’s Go to the Movies!**
**Sundays, 1/9, 2/13, 3/13, 4/10**
Participants are encouraged to watch a movie that is free on the internet before the group meets. We will discuss Serendipity (January); Seabiscuit (February); Legally Blond 2 (March) and Music and Lyrics (April). We’ll explore plots, performances, cinematography, set design, costumes, music, and much more. You’re also invited to listen to the discussions that may inspire you to view the movie. Get your popcorn ready!
*Facilitated by Deb Bocar Levine, RN, PhD, Former Movie Critic and Rosalind Reeder, Playwright, Television Producer*

**Music’s Memory Lane**
**Tuesdays, 1/4 – 4/26**
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, 1/6 – 4/28**
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*
Bingo  
**Saturdays, 1/22 – 4/30**
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.  
*Facilitated by Janice Rooker*

Boggle  
**Saturdays, 1/22 – 4/30**
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*

Boost Your Brain Power!  
**Thursdays, 1/13 – 2/10**
Each week we will explore how games can boost your brain power, and play a different game, including a crossword puzzle, Sudoku, word search, concentration, and online sites such as Luminosity.  
*Facilitated by Jessie Armstrong, California State University Fullerton*

Do You Know What You Don’t Know?  
**Sundays, 1/2 – 4/24**
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, 1/2 – 4/24**
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, 2/9
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

Mystery Melody
Saturdays, 1/8 – 3/12
The Mystery melody theme this session is the world of work, with guide words to get you started. Come with a list of songs related to the following: Jan 8 Artist - colors, shapes, materials; Jan 15 Meteorologist - songs words related to weather; Jan 22 Songs for or about children; Jan 29 Jeopardy Producer - question words in songs; Feb 5 Soldiers and Sailors songs; Feb 12 Life Coach with (Love); Feb 19 Parents to Be; Feb 26 Accountants - money and numbers; March 5 Gardener - flowers and trees; March 12 Travel agent.
Facilitated by Jan Knowles

Noggin Joggin’
Thursdays, 1/13 – 3/17, 4/14 – 4/28
Let’s get those dendrites going and spice up our brains! We will have exercises that may not always be easy but will be a fun way of joggin’ our noggins. We’re sure to have a great time along the way.
Facilitated by Nicolette Noyes

Tall Tales
Tuesdays, 1/4 – 4/26
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
Fun & Games

Three Oaks
Fridays, 1/7 – 4/29
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), 1/4 – 4/26
Tuesdays, 2/1 – 4/26
Sundays, 1/2 – 4/24
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 am), Elantra V. (Tuesday pm), and Sharon Schwartz (Sunday)
Ungame and Ungame II

**Thursdays, 1/6 – 4/28 (no group 4/21)**
**Fridays, 1/28, 2/25, 3/25, 4/22**

Is it a game or isn’t it? It is, and so much more! This unusual board game imparts communication, listening and connection skills via a wide variety of topics and questions; from thought-provoking and deep to light-hearted and fun. The format allows for authentic expression, and getting to know your fellow players in a safe space. The more you participate in the rules of engagement, the more benefit you receive. Everyone walks away a winner!

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

U.S. State Trivia

**Wednesday, 3/9**

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

*Facilitated by Marion Mango*

Word Play

**Sundays, 1/2 – 4/24**

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, 1/16, 2/20, 3/20, 4/17**
We will discuss *The Cats Table* by Michael Ondaatje (January), *Rules of Civility* by Amor Towles (February), *Elizabeth is Missing* by Emma Heald (March), and *The Master Butchers Singing Club* by Louise Erdrich (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 Julie Jones*

**Book Share**
**Saturdays, 1/1, 1/15, 2/5, 2/19, 3/5, 3/19, 4/2, 4/16**
Book lovers unite! Call in to discuss and recommend some of your favorite books and authors with other book lovers.
*Facilitated by Andy Andersen*

**Poetry**
**Sundays, 1/2 – 4/24**
Share poetry that you have written or that you admire, and join in a lively discussion about the poems.
*Facilitated by Anne Allen*

**Poetically Speaking**
**Wednesdays, 1/5 – 4/27**
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 Reading**
**Thursdays, 1/20, 2/17, 3/17, 4/21**
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*
Good Reads

Story Time
Thursdays, 1/13 – 3/17, 4/14 – 4/28
Saturdays, 1/8, 1/22, 1/29, 2/12, 2/26, 3/12, 3/26, 4/9, 4/23, 4/30
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, 4/8
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, Program Specialist, Well Connected, Covia, a Front Porch partner

“Facilitating for Well Connected is so therapeutic for me, I am lucky I don't get billed!”

Jerry
Participant & Facilitator
So Many Medicines
1/25
Worried about your medicines? Wondering if you are taking the right ones, or if they are causing more harm than good? We’ll discuss strategies and tools for learning more about your medicines, and tips for working with your doctor and pharmacist to make sure your medicines are the right ones for you.

*Presented by Michael Steinman, MD, Professor of Medicine, University of California San Francisco*

Six Pillars of Brain Health
2/1
In this interactive session you will learn about the six pillars of brain health; an overview for anyone interested in learning more about brain health. We will provide you with information on the latest research on brain health, lifestyle suggestions, and resources to learn more.

*Presented by Kris Ritulo, Senior Program Specialist, AARP*

PTSD in Real Life
2/8
PTSD…You hear about it in the news, and see it in movies and television shows but what does it really look like in real life, and what causes it? Learn the basics about Post Traumatic Stress Disorder, and the changes that might come with aging, presented in everyday language from someone with firsthand lived experience.

*Presented by Debbie Sprague, Author, Speaker, Elizabeth Dole Foundation Fellow Alumni*

Taking Care of your Feet
2/15
Learn about the importance of good foot health, how Diabetes and nerve damage affect your feet, common injuries, as well as when to consult with a doctor.

*Presented by California State University Fullerton Nursing Students*
Who Speaks for You?

2/22
Let’s talk about a subject no one really wants to talk about, but everyone should think about and act on - Advance Directives. An advance directive is a legal document that assigns a person to speak on your behalf regarding what actions should be taken for your health, if you are no longer able to make decisions for yourself. We will explain sections of an advanced directive form and clear up some assumptions about who speaks for you. Perhaps it’s time for the conversation and then some action.

Presented by Lauren Moulton-Beaudry, Ed.D, Director of Ethics and Education, Front Porch

Nutrition for Brain Health

3/1
A well-rounded diet can improve your brain health and support a healthy mind. Learn more about what foods you should include in your diet, and what foods to avoid.

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

Dietary Supplements: What You Need to Know

3/8
More than half of adults and one-third of children in the US take one or more dietary supplements such as multivitamins, omega-3 fish oil, St. John’s wort, or melatonin. We will provide an overview of dietary supplements, focusing on supplements for older adults. Learn what you need to know to inform your decision-making about whether or when to take these products.

Presented by Carol Haggans, MS, RD, National Institutes of Health
FriendshipWorks
3/15
Learn about FriendshipWorks, a 37 year organizing serving the Boston area, reducing social isolation by matching volunteers to older adults, for friendly visiting, friendly helping, medical escort, petpals, and musicworks. 
Christy Waybright, FriendshipWorks

Reading Made Easy: Free Audiobooks
3/22
Having trouble seeing standard print? Get free audiobooks! In partnership with the National Library Service, we provide books and magazines in audio and braille, free of charge, to people who are blind, have low vision or have a physical and/or reading disability. Learn about our resources including our vast digital collection of audiobooks and find out how to sign up at an NLS library that serves you.
Julieta Fox, Librarian, Talking Books and Braille Center, San Francisco Public Library, sfpl.org/talking-books
Remembering a Life: Creating Meaningful Life Tributes

3/29

Whether you’re looking ahead to how you’d like to be remembered by friends and family after you die, or are looking for meaningful ways to honor the life of a loved one, we will provide you with the resources you need. Join us for a conversation about life, death, and how we can create tributes that beautifully honor the richness of a life well-lived.

*Presented by Gail Marquardt, Remembering a Life and Melissa Loose, National Funeral Directors Association*

Lessons from National Poll on Healthy Aging

4/5

The National Poll on Healthy Aging (NPHA) is a recurring, nationally representative household survey of adults age 50-80. Over five years and more than 40 reports, the NPHA has gathered important insights about the experiences and perspectives of older adults on a range of health-related topics. We will discuss lessons learned from the poll that can inform and support the things you do to maintain health and well-being as you age. More information about the NPHA can be found at www.healthyagingpoll.org.

*Presented by Erica Solway, Associate Director, University of Michigan National Poll on Healthy Aging, Institute for Healthcare Policy & Innovation, Ann Arbor, MI*
Health & Wellness

Be Healthy, Stay Fit
Tuesdays, 1/18 – 3/15
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

Be Well/Age Well
Fridays, 1/28 – 2/25
Learn how to stay healthy. We will cover the following topics: Diabetes and healthy lifestyles; safety in the home; infectious diseases and how vaccines work; Hypertension, and a final week “grab bag,” where you ask questions or suggest topics you are curious to learn more about.
Facilitated by Nursing School Students, The George Washington University, DC

Wellness Wednesdays
Wednesdays, 3/9 – 4/27
Learn healthy aging tips such as how to stay safe by preventing a fall, and effective movement techniques, to help support your daily activities and maintain independence.
Facilitated by Occupational Therapy Department Students, University of New Hampshire, NH
Languages

Bilingual Chat
**Mondays, 2/14 – 4/25 (no group on 2/21)**
Practice your beginning level Spanish with members of Well Connected Español! Get to know some native Spanish speakers through interactive, real-life conversations. Call the Well Connected office at (877) 797-7299 for information on how to join.

*Facilitated by Cecilia Shikiya*

Practicing German
**Fridays, 1/28 – 4/8**
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, 1/4 – 4/26**
**Thursdays, 9/2 – 9/9, 10/7 – 12/16**
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)*

“My life has been doubly enriched by the friends I have met on Well Connected both as a participant and as a facilitator!!”

Kathy
Participant & Facilitator
Keep an Eye on the Bowl  
1/26
Join us for an exhibition of the works of internationally acclaimed mixed-media quilt, collage, and fiber artist Joan Schulze. Schulze bridges abstraction and minimalism, fine arts and crafts, East and West. A “pioneer of the art quilt movement,” Schulze has revolutionized the field of fiber arts with new quilting techniques fused with poetry and cultural influences from around the world. This exhibition explores the possibilities of quilting and collage, with the tea bowl as a common thread.

Presented by Ruth’s Table, www.ruthstable.org

Women’s Woven Voices  
2/2
The Creating Meaning exhibition celebrates the Women’s Woven Voices tapestry created by people from all over the world including Front Porch residents, staff, friends, family and community members in partnership with founder Brecia Kralovic-Logan. Women’s Woven Voices is an international collaborative art project that promotes women’s empowerment through writing, weaving, and sharing of stories. We will explore the tapestry and share stories from weavers.

Presented by the Front Porch Gallery, CA, www.frontporchgallery.org

Experience Leonard Cohen  
2/9
We will look at both the biography of Leonard Cohen as well as how his work inspired and informed the four artists on view. Via installation and archival images, we will engage in conversation about the power of words, Cohen’s poetry and music, and explore the contemporary art works of George Fok, Judy Chicago, Candice Breitz, and Marshall Trammell.

The Dirty South: Contemporary Art, Material Culture, and the Sonic Impulse
2/16
We look at the roots of Southern hip-hop culture and how the aesthetic traditions of the African American South have shaped visual art and musical expression over the last 100 years. While the expression “Dirty South” is codified within the culture of Southern hip-hop music, it encompasses a much broader understanding of the geography, history, and culture of the Black South. We explore the traditions, aesthetics, and exchanges between visual and sonic arts, featuring a multigenerational group of artists working across a wide range of media in more than 130 works that span the entire Museum. camh.org/event/dirty-south
Presented by Adrianna Benavides, Contemporary Arts Museum Houston, TX, camh.org

¡Presente! A Latino History of the United States
2/23
The Molina Family Latino Gallery at the Smithsonian National Museum of American History in Washington, D.C. opens this year! This gallery is the first dedicated museum space on the National Mall that celebrates the U.S. Latino experience. Experience the inaugural exhibition, which tells our national history from the perspectives of the diverse Latinas/os who lived it. Presented by Natalia M. Febo, the Smithsonian Latino Center, latino.si.edu/latino-center

Alice Neel: People Come First
3/2
The first comprehensive West Coast museum retrospective of the work of American artist Alice Neel (1900–1984) features paintings, drawings, watercolors, and film. Neel is one of the century’s most radical painters, a champion of social justice, whose longstanding commitment to humanist principles inspired her life as well as her art. Presented by the Fine Arts Museums of San Francisco, www.famsf.org
Mira, Mira On the Wall: Reflecting on 20 Years of NHCC Exhibitions
3/9
The National Hispanic Cultural Center (NHCC) turned twenty years old in 2020. Experience a selection of exhibits that have been presented over the last two decades, their impact on the permanent collection, the importance of the stories that have been told, and the artists that have shaped the identity of the museum. These exhibitions have worked to expand a collective understanding of American art and identity through the lens of Hispanic, Chicana/o, Latinx, and Latin American creative expression.

**Presented by Elena Baca National Hispanic Cultural Center, Albuquerque, NM, www.nhccnm.org**

Milton Avery
3/16
The modernist American painter Milton Avery (1885–1965) expressed his vision of the world through harmonious color and balanced forms, spanning American Impressionism and Abstract Expressionism. This first retrospective in the US in thirty years brings together a selection of works representative of his signature themes, including scenes of daily life, portraits of loved ones, serene landscapes, and large-scale abstractions. The Wadsworth is the only venue in New England, and is a homecoming for Avery who grew up outside Hartford, and took his first art classes here.

**Presented by the Wadsworth Atheneum Museum of Art, CT, www.thewadsworth.org**

Animals in Modern and Contemporary Art
3/23
In this session from The Museum of Modern Art, an educator will highlight themes, artists, and exhibitions from the Museum, with a focus on Modern and Contemporary artworks that feature artists’ pets and the animals that inspired them. We look forward to welcoming you to this interactive program.

**Presented by the Museum of Modern Art, NY**
Grant Wood: American Scene
3/30
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*

Hidden Unions: Art of the Himalayas
4/6
Learn about the art from the roof of the world, much of it reflecting Tibetan Buddhist beliefs and practices. Colorful and complex mandalas, fierce and sometimes gruesome protective deities, serene and unworldly Taras, ritual implements made of human bones, and exquisite hanging scrolls that aid meditation.

*Presented by Mary Mead, Asian Art Museum, CA, asianart.org*

Connected Spaces
4/13
We will discuss the collaborative works of longtime friends Cheryl Ann Thomas and Michael F. Rohd, through ceramic sculptures and woven tapestries, exploring the concept of *interchange*: the act of mutually giving and receiving, and the exchange of ideas. The collaborative series finds the common ground between two seemingly distinct and dissimilar art practices: Rohde, a weaver, utilizing thread and loom; Thomas, a ceramicist, making use of clay and kiln.

*Presented by the Ashley Rowley, American Museum of Ceramic Art, CA, www.amoca.org*
Acts of the Holy Spirit
**Thursdays, 1/6 – 3/31**
Come explore the strength, wisdom, and unique influence of the Spirit of Holiness that’s offered in the Book of Acts.
*Facilitated by brother drake*

Art and Spirituality
**Saturdays, 2/12 – 4/2**
Join us as we read through scripture, psalms, inspirational writing and quotes, poetry and look at art that makes us closer and stronger to our faith.
*Facilitated by Gina Pandiani, MA, Director, Fringe of Marin, CA*

Art & the 7 Churches
**Friday, 2/4**
We will explore the 7 Churches of Revelation accompanied by original artwork representing the ancient Turkish churches, accompanied by Jesus’s words for each church and their cultures.
*Facilitated by Carol Martin*

Bible Reading
**Mondays, 1/24 – 4/25**
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, 1/13 – 2/3**
Join us as we encourage each other toward love and good deeds through the study of scripture.
*Facilitated by Lori Guthrie*

A Course in Miracles
**Fridays, 3/4 – 3/25**
An overview of the book *A Course In Miracles* and its major themes of forgiveness, and letting love and forgiveness heal our relationships. We will discuss how the material can bring us more love, happiness, and joy in our lives.
*Facilitated by Stephanie Alexander*
Dream Group
**Fridays, 1/14, 1/21, 2/18, 3/18, 4/15**
Do you remember your dreams? Would you like to share one? We will explore ways to help remember dreams, and discuss possible meanings of dreams. We will discuss what the symbols and messages might mean to the dreamer, and how it might be helpful in their life. The first meeting will be an overview and an example using this approach.

*Facilitated by Deb Bocar Levine, RN, PhD*

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, 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*

Healing Prayer
**Sundays, 1/2- 4/24**
Prayer is one of the most powerful forms of healing. Join this regular forum for healing prayers - both for each other and for the larger world.

*Facilitated by Stephanie Alexander*

Jewish-Christian Relations from Antiquity to the Present
**Mondays, 1/10 – 2/28**
After Christianity became the official religion of the Roman Empire in 380 CE, the relationship between Jews and Christians deteriorated significantly. Throughout much of their history, this relationship has remained difficult, with Jews on the receiving end of Christian hatred and violence. After the Holocaust, however, things began to change. We will consider the origins of Christian actions and attitudes, and how they have impacted Jews and the practice of Judaism.

*Facilitated by Karla Suomala, PhD, Pacific School of Religion/UC Berkeley-Extension*
Meditation
Every Day, 1/1 – 4/30
The direct experience of our own inner reality is called meditation. Meditation facilitates calm, focus, and examination of the mind. You will be guided for a few minutes to get present and relax our bodies from head to toes, followed by a 25 minute silent meditation, during which all phone lines will be muted. No experience is necessary. New meditators are encouraged to pay attention to one’s breath. Every Sunday, Tuesday and Thursday a bell rings every 5 minutes during the silence, to notice whether you are present or daydreaming, and gently bring your attention back to a meditative focus.
Facilitated by Christine Esenther and Kaevalya Banks

Meditation and Journaling
Mondays, 1/3 – 2/7
We will begin with a guided imagery meditation, followed by a creative writing activity.
Facilitated by Stephanie Ochoa, Palo Alto University Counseling Student

Memorial Service
Friday, 4/22
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 of a loss.
Facilitated by Laura Darling, Covia’s VP Spiritual Care and Communication

Socrates Café
Mondays, 1/17, 2/21, 3/21, 4/18
People of diverse backgrounds gather to think, and discuss philosophical questions 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

Arthritis Support
Tuesdays, 1/11, 1/25, 2/8, 2/22, 3/8, 3/22, 4/12, 4/26
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

Facilitator Support Group
Thursdays, 1/27, 2/24, 3/24, 4/28
Well Connected Active Facilitators Only
In-service training and program updates, as well as open discussion time for facilitators to share with each other.

Facilitated by Annette Balter and Patt Schroeder, Well Connected, a Front Porch Community Service

Finding Inner Peace
Tuesdays, 1/11 – 4/26
Finding inner peace in the modern world is a challenge. Mindfulness reduces stress, depressive symptoms, and significantly boosts working memory, cognitive flexibility, and sustained attention during a performance task, and has numerous health benefits, including increased immune functioning. Let’s dive into the still part of our beautiful minds! We will learn and practice nine ways to experience inner peace and enjoy life on a deeper, more satisfying level.

Facilitated by Sepideh Saiedi, LPC
Supportive Groups

**Helpful Condolences**  
**Fridays, 1/21 – 2/4**  
Want to make a big difference in the life of a friend who’s grieving a loss—any type of loss? This group will focus on helping you gain confidence and skills in your conversations with grievers by encouraging and educating about consolation. We’ll practice the three steps to saying helpful condolences, learn the three steps to listening well, and discuss the four types of condolences to avoid.  
*Facilitated by Dana Lacy Amarisa, Founder of the Be a Bridge Condolences Project, author of Condolences Pocket Guide*

**Let it Go and Laugh**  
**Tuesdays, 1/11 – 4/26**  
We will explore forgiveness and acceptance as ways of letting go, and improving our mental health. Together we will explore what forgiveness is and is not, stages of forgiveness, and engage in ceremonial acts of forgiveness. We will also consider acceptance; trying to change situations outside of our control can lead to anger, bitterness, and wasted time and energy. Laughter is also great medicine; a good dose of laughter has benefits for your body, emotions, and mental energy.  
*Facilitated by Sepideh Saiedi, LPC*

**Living with Chronic Pain**  
**Thursdays, 1/20 – 4/14**  
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*
Supportive Groups

Living with Vision Loss
**Thursdays, 1/6 – 4/28**
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, 1/19 – 4/13**
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 Cristina Torres*

Pet Loss Support
**Sundays, 1/2, 2/6, 3/6, 4/3**
A grief support group for those who have lost a beloved pet. Come share your stories of love and loss with people who understand this unique pain. Our pets mean so much to us; for some, they are constant companions and confidants, for others, they are necessary for daily life. But for all of us, they are family. We grieve deeply when they die.
*Facilitated by Kevin Ringstaff, Grief Recovery Specialist, Founder www.PetCloud.pet*

Support/Discussion for the Blind
**Tuesdays, 1/25 – 4/26**
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.*
Accessible Phones and Relay Service
1/28
For more than 40 years the California Telephone Access Program and the California Relay Service have provided free specialized home telephones, relay services, specialized equipment, and most recently cell phone accessories and smartphone trainings for both iPhone and Android for people who are deaf or disabled. Learn about the CTAP, CRS, and some smartphone tips if you have trouble hearing or seeing.

*Presented by Contessa Bunn and Elizabeth Wong, California Telephone Access Program, www.californiaphones.org*

How to Stay Connected When You Have Hearing Loss
2/4
Having hearing loss presents challenges with communication, which can lead to stepping back from social situations and losing connections. The pandemic has also brought more challenges for those with hearing loss trying to communicate due to wearing masks, social distancing and virtual meetups. Luckily there are tools we can use to overcome. Let’s talk about what technology is available that can improve our communication and stay connected!

*Presented by Jessie Johnson, Hearing and Speech Center of Northern California*

The Actual Dance
2/11
Experience an excerpt from, The Actual Dance, a play now in its eight season; a love story told through the eyes of a husband as he struggles with his worst fears as his wife battles cancer. Journey through an uplifting story that has been called “a life affirming ode to commitment and boundless love.” It will be followed by a conversation with the playwright and his wife, the survivor.

*Presented by Sam Simon, Author/Performer, The Actual Dance, theactualdance.com*
Action, Reciprocity, Transformation (ART) & Justice: Art and Storytelling for People in Prison during COVID-19

2/18

People in prison have faced inhumane levels of social exclusion and isolation since the onset of COVID-19 in March 2020. In British Columbia, Canada, incarcerated people spent upwards of 23 hours a day in their cells for weeks on end, and to date visitation from friends, family and community volunteers has still not returned to pre-pandemic levels. For Indigenous Peoples, the risk of harm is even greater due to the ongoing impacts of colonial violence, resulting in disproportionate rates of incarceration and health inequities. We will describe ART & Justice, a prison in-reach project where art and writing are shared with people in prison, and the work is shared with the community, to support mental health, wellbeing, social inclusion, reciprocity and a sense of belonging.

*Presented by Kelsey Timler and Helen Brown, RN, PhD, University of British Columbia, Canada*

Online Shopping

2/25

Pandemic lockdowns and shop closures led many to embrace online shopping and food delivery. Still, online shopping may feel like a risk. Learn how to shop online safely and confidently. We’ll look at popular online shopping sites and apps and how to use them, and discuss common scams, and ways to keep your money secure.

*Presented by Josie Boyle, Community Tech Network, CA and TX*

ElliQ

3/4

Learn about ElliQ, a voice operated assistant designed to empower healthy, happy days at home for older adults. ElliQ is designed to be easy to use and can help you keep up with your health and wellness goals; assist with day-to-day needs through a concierge service; monitor and keep track of health; provide appointment reminders; stay up to date with the latest news, and enjoy conversation, jokes, music, games and more fun activities.

*Presented by Michael Ingram, Intuition Robotics*
care.coach
3/11
Learn about a new channel of communication and care delivery in your home! care.coach has created a fun and engaging pet companion that aims to keep you company, and provide helpful reminders throughout the day. There is even a feature to connect via video with your caregivers or loved ones. No technology skills or internet in your home - we’ve got you covered!

*Presented by Kendra Seavey, care.coach*

CaptionCall
3/18
CaptionCall provides those with hearing loss a visual text display on their phones at no cost. As America’s leading phone captioning service, we convey messages in real time to ensure clarity, understanding and confidence. Get CaptionCall phone and service, including delivery, installation and training, free, funded by the FCC.

*Presented by Maria Sanchez-Chan, CaptionCall*

Legacy Film Fest Celebrates Elders
3/25
The Legacy Film Festival on Aging celebrates the aging process as profound and meaningful, often challenging, and always courageous. Join us to see a sample of trailers of the films we screened for our 10th annual festival to portray some of the many facets of our unique, ever-changing experience.

*Presented by Sheila Malkind, Founder and Executive Director, and Arlene Reiff, Film Curator*
The Healing Power of Museums: How Arts and Culture are Healthy for Us

4/1

We’ve all heard that an intellectually stimulating and socially engaged lifestyle is healthy for us. Some doctors have even begun prescribing museum visits to their patients. How exactly is arts and cultural enrichment healthy for us? Dive into this question to explore the healing power of museums and how cultural organizations can help empower older Americans by tearing down systemic barriers to access.

*Presented by Lucas Livingston, Museum Educator*

Digital Learning

**Mondays, 3/7 – 3/28**

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 Giovanna Lara, St. Jude Medical Center, CA*

Science Café

**Tuesdays, 2/1 – 3/22**

We will discuss thought-provoking ideas from science and technology! Each week will start with an introduction to a concept from science or technology, followed by a discussion about its implications for society, or our view of the world. All are welcome – no science background required. Bring your curiosity and imagination!

*Facilitated by Amanda Duncan*
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.

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Without Walls Network

Well Connected is part of an international network of Without Walls connection programs for older adults. 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
Virtual Volunteering!

We are looking for caring volunteers to lead supportive groups, to share, have fun, and connect with others.

If you like leading groups, facilitate for a few weeks, or months! Well Connected and Well Connected Español are looking for facilitators in English or Spanish. Scheduling is flexible, training and support are provided, and no travel is required!

Social Call matches individuals for regularly scheduled one-on-one friendly phone conversations.

Contact us at connections@frontporch.net or visit www.covia.org/programs for more information.

Covia and Front Porch share the 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.
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
Welcome and Inclusion

inclusion.

grace.

social justice.

Covia welcomes you.

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 kamiller@frontporch.net

Gratitude for Generous Support

Pictured on the Cover: (clockwise from top right)
Doug, Janice & Katrinka