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The Asian Art Museum in San Francisco has had the pleasure of collaborating with Well Connected for over six years, and welcomes the ongoing opportunity they provide us to live our logo - the inverted A, which stands for “includes all.” [Well Connected] supports us in our goal of serving as a bridge that unites and includes all - East and West, old and new, traditional and contemporary. We share a common goal to connect and inspire all.”

Mary
Presenter, Asian Art Museum
Welcome to the Well Connected Community

Well Connected is a phone and online community of more than 3,500 members across 49 states, offering education, friendly conversation, and a variety 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 online.** Well Connected is a Front Porch Community Engagement Program and is free of charge to all participants and available to adults over the age of 60.

About Front Porch

Front Porch is a not-for-profit system that supports 51 communities, 7,500 residents, and more than 10,000 participants in programs and services nationwide. Learn more at frontporch.net.

Front Porch has a mission is to inspire and build community, cultivating meaningful relationships and experiences that respond creatively to changing needs.

A Word About Inclusion

We welcome participants from a variety of backgrounds, beliefs, opinions, living situations, and abilities. Many of our participants are low-vision or blind. Many are dealing with health concerns, chronic or disabling conditions or other issues. Please be sensitive, and mindful of the diversity in our community.
Fall program guide and schedule

LEGEND

Handout/Visuals: A group that includes a handout. To receive a handout, you must register in advance by filling out the Group Registration Form, calling the office, or emailing us.

New: A new Well Connected group.
How It Works

1 Enroll in the program
• You can enroll and participate at any time throughout the session. You only need to enroll in Well Connected once.

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

3 Join Groups
You can join by phone or online.

Join by Phone
• All groups can be joined by telephone using a toll-free number from an unblocked number.
• To join a group, call the program line, and when prompted, enter the two-digit code listed on the Participant Calendar.

Join Online
• All groups can be joined online with a device that connects to the Internet.
• Register for groups in advance, and you will get an email the morning of the group (check your spam folder!) with a personal link to join.
• Allow the system to access your microphone and speakers.
• Click the Join Group button to enter the meeting.
• 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

Handouts and Call-ins

- You must register for groups to receive handouts or call-ins.
- If U.S. Mail is your mailing preference, handouts will be mailed to you.
- If Email is your mailing preference, handouts will be attached to the email invite you receive.
- If you need help getting into groups, we can call you! Call the office to request an automated call-in to any group.

- Some groups may have limited space. If a group is full, you will receive a message that the group is now closed.

Call or email the office to get started, or if you have any questions.
(877) 797-7299 | connections@frontporch.net
For mutual enjoyment and respectfulness, registered participants agree to the following. Violation may be grounds for dismissal from the program.

**Confidentiality**
- Never share private information in groups, including your phone number.
- Only enrolled participants have access to activity codes. Please do not share these codes.
- The opinions expressed by facilitators and participants are their own and do not necessarily reflect the views of Well Connected or Front Porch.
- Groups may be recorded with notification for quality assurance.
- Well Connected will not share your personal information with anyone without your consent.

**Phone/Online Etiquette**
- Join on time.
- Join from a quiet environment. Turn off your TV or radio.
- Consider using a wired headset for the best audio quality.
- Be prepared to share your first name before speaking.
- Mute yourself when not speaking to avoid background noise that may distract the group (press the MUTE button on your phone or *1).
- If you are joining online:
  - Test your speakers and audio before joining.
  - Use your mobile/tablet in landscape mode.
  - Mute yourself with the microphone icon/button.
  - If you are having trouble, please do not disrupt the group.

**Group Etiquette**
- Allow the Facilitator to guide and direct the flow of the group.
- Everyone’s opinion is valued and must be respected.
- Allow every member to participate and be heard.
- Do not interrupt or monopolize the conversation.
- Religious proselytizing or offering medical advice is prohibited.
- Arguing with, or making hurtful or disrespectful remarks to another member is forbidden.
- Life presents us with challenging issues, and we might not always agree. Be thoughtful when discussing sensitive topics.
Connection Team

Annette Balter  
Program Manager  
*Well Connected*

Karen Miller  
Program Manager  
*Social Call*

Amber Carroll  
Senior Director  
*Connection Programs*

Casey O’Neill  
Associate Director  
*Social Call*

Michael Cueva  
Program Manager  
*Connection Programs*

Francisco Salazar  
Support Specialist  
*Well Connected*

Vicmarie Cruz  
Intern  
*Well Connected Español*

Patt Schroeder  
Program Manager  
*Connection Programs*

Amber Dean  
Program Manager  
*Social Call*

Lizette Suarez  
Program Director  
*Well Connected Español*

Xochilt Feliz  
Administrative Coordinator  
*Connection Programs*

Maria Valdez  
Temporary Administrative Coordinator  
*Connection Programs*

Michelle Haines  
Program Manager  
*Social Call*

Katie Wade  
Senior Director  
*Creative Engagement*

Emma Marquez  
Administrative Coordinator  
*Connection Programs*
This session, we recognize the many talents and contributions of our dear colleague and friend, Patt (with two t’s!), who has been taking some much needed R&R, and has reduced her workload. Patt joined Episcopal Senior Communities, as it was known at the time, in 2013, after running a food co-op at St. Paul’s Episcopal Church in Oakland, that was recognized by Governor Jerry Brown with a proclamation establishing “Food Co-op Day,” and working at St. Mary’s Center in Oakland for a number of years, sharing information and resources to older adults in the county.

At ESC’s Senior Resources, Patt excelled by building relationships and partnerships with other nonprofits, and relating directly with older adults. Her warm personality, knowledge, and compassion endeared her to all she connected with. She is an amazing listener, and people always feel better after talking with Patt. Patt is an incredible team player, helping with a friendly visitor program, National Night Out in Oakland every year, and always speaking from her heart, pushing us to identify ways to address housing scarcity, collaborate with peer organizations, and focus on unmet needs.

Patt joined Well Connected in 2015, and says, “I am a very lucky woman that throughout my many years of working with older adults, working at Well Connected has afforded me a plethora of opportunities to be inspired on a daily basis. Every day as I have conversations with our participants, many of whom are facing major challenges in their lives, I end the conversation feeling grateful for the connection with that person and ever so grateful that I can still work and be engaged in providing a meaningful connection. It truly is a win-win situation. In addition, Well Connected staff members are the best team of people I have ever worked with. Every staff member is eager not only to create the best program possible, but is always ready and willing to go beyond the call of duty to support each other and to problem-solve with creativity and patience. I feel honored to be selected as the Fall Well Connected Champion and I am looking forward to many more encounters with Well Connected participants, our staff members, and to reach out to others who have yet to join Well Connected and reap the benefits of being part of this awe-inspiring community!”
Advocacy

Activists R Us!
**Wednesdays, 9/7 - 12/28**
Democracy needs three things to thrive: voting, the political act, and information. Your voice is heard during elections by casting your vote, otherwise your voice is heard by committing a political act. We will talk about political acts, when and why we’ve committed a political act, what leads up to our decision, what sources of information influenced our decision, how did we feel before, during, and after the act, did we get results or not? We will listen to each other, encourage each other, and learn from each other. Democracy is a numbers game - majority rules - add your voice to the total.
*Facilitated by Samantha Smith*

Our Blue Marble
**Tuesdays, 9/13, 10/11, 11/8, 12/13**
An introduction to an aspect of our changing planet will be followed by a discussion. Share your knowledge with others as we strive to understand this magnificent Earth we live on.
*Facilitated by Linda Adair*

“I love sharing my travels on Well Connected, but I also love learning from others when I join as a participant.”

Amy
Participant & Facilitator
California Road Trip
9/26
Take a road trip to see art in Paso Robles, and the beautiful Monterey peninsula, with a stop in Los Angeles along the way.
*Presented by Ellen Kaufman*

The Northern Isles
10/3
We will visit Na h-Eileanan a Tuath (Scottish Gaelic), a pair of archipelagos off the north coast of mainland Scotland, comprising of Orkney and Shetland. Learn about their prehistoric ruins, local folklore, and the place-names of the islands that are dominated by Norse and Celtic heritage. Both island groups have strong, and distinct local cultures.
*Presented by Joya Chatterjee*

Historical Hawaii
10/10
Let’s travel to the island of Oahu and experience some of the rich history of our 50th state. Aloha!
*Presented by Robin Steis*

Tenerife, Spain
10/17
Visit the largest of Spain’s Canary Islands, a tourist destination off West Africa. Tenerife is dominated by Mt. Teide, a dormant volcano that is Spain’s tallest peak. In just 1,265 square miles this island offers multiple climates, and stunning forest and mountain scapes.
*Presented by Karen Bennett*
Anasazi Culture and the Four Corners
10/24
Join us for a fascinating exploration of the lands of the Ancestral Puebloans who inhabited the Four Corners region of New Mexico, Arizona, Utah, and Colorado more than 10,000 years ago. During the years 700-1,200 the people developed magnificent and extraordinary buildings. As they did not have a written language, most of what is known about them is based on their architectural remains. We will visit Canyon de Chelly, Mesa Verde and Chaco Canyon.

*Presented by Marguerite McInnis, PhD*

Art Workshop in Italy
10/31
The hill town of Monte Castello di Vibio in Umbria, Italy, is the site of the International Center for the Arts where Terry attended a two-week workshop retreat on The Art of Paper. Explore this historic village in the “green heart of Italy”, a verdant area known for its vineyards, olive groves, and sunflower fields.

*Presented by Terry Englehart*

Pilgrimage to the World Renowned Swiss Alps
11/7
Switzerland, known for the finest watches, the best fondue, the tastiest chocolate, and the most beautiful cities in the world, is also home to some of the most recognized mountains in the world, the Alps. People come from all over the world to ski, hike, and climb. We will visit the sports mecca of Zermatt, to climb numerous peaks around the famous Matterhorn.

*Presented by Larry Laverty*

London, Paris, Dublin
11/14
Explore London, go on a day trip to Paris, followed by a visit to the campus at Trinity College in Dublin, Ireland.

*Presented by Roberta Tracy*
Sunday Drives Around the Northeast
11/21
We will revisit scenic, entertaining, and fun destinations from four “Sunday drives” my family enjoyed taking in the 1960s in the Northeast. We’ll explore the Finger Lakes, Vermont’s Northeast Kingdom, Cape Cod’s Old King’s Highway, and the Rangeley Lakes Scenic Byway — each full of historic and cultural discoveries!

Presented by Amy Brokering

Lisbon, Portugal
11/28
Fado music, architecture galore and pastries, yes please! Tour through Lisbon, Portugal and explore the things this coastal city of tiles and hills has to offer.

Presented by Soe Han Tha

Historic Philadelphia
12/5
Join us for a walking tour of the Old City district of Philadelphia, the birthplace of our nation where our Founding Fathers signed the Declaration of Independence and later wrote the U.S. Constitution.

Presented by Terry and Steve Englehart

National Parks from NY to WY
12/12
Come along for an accessible road trip from New York to Wyoming. Visit some of our great national parks, including Yellowstone and Grand Tetons, and learn tips and tricks for planning and taking your next accessible road trip.

Presented by Kristin Secor, worldonwheelsblog.com
Art With Elders: Annual Exhibit Highlights  
10/6

Art With Elders (AWE) uses the power of art, creativity, and community to enrich the journey of aging. Founded in 1991, AWE engages older adults through art classes taught by professional artists, and features seniors and their artwork in exhibits at venues across the S.F. Bay Area. AWE partners with 35 senior communities and offers three Online Open Studios, engaging approximately 400 seniors in 40 weekly art classes. AWE exhibits, online and on location, are viewed by an estimated 200,000 annually. See highlights from the 30-year history of the AWE program and its Annual Exhibit.

*Presented by Art with Elders Executive Director Mark Campbell and Exhibitions Director Darcie O’Brien, CA, artwithelders.org*

The Art of Disability Culture  
10/13

We invite you to engage with the work of artists with disabilities and expand our understanding of the disability community. At the heart of this gallery exhibition is a celebration of the diverse, personal, and infinitely varied “disability experience.” Each of the 12 artists has one or more disabilities, whether visible or invisible, and the exhibition centers upon their creativity, vulnerability, and unique perspectives. We will examine work from artists who advocated to create greater access through the Americans with Disabilities Act (ADA) of 1990, as well as a younger generation who claim their place in the world as a civil right.

*Presented by Ruth’s Table, ruthstable.org*
The Five Senses & Contemporary Art
10/20
How do the five senses help us relate to and engage with contemporary art? Bodily sensations and how we react to them define our lived experiences. Contemporary artists know this to be true, and use a variety of medium to explore the breadth of this reality, either alone or with their audience’s participation. Take time to see, hear, touch, smell, and savor the flavor of contemporary art.

*Presented by Emma Nordin, Art 21, NY, art21.org*

The Inception of Conceptual Art
10/27
Corresponding roughly to the years of the Vietnam War, the conceptual art movement has attracted controversy and debate, with a tendency to provoke intense and perhaps extreme reactions. What some find refreshing and relevant, others consider shocking, distasteful, or lacking in craftsmanship. We will look at the so-called “death of painting,” while highlighting several key conceptual artists such as Sol LeWitt and Piero Manzoni.

*Presented by Antonia Dapena-Tretter, Curator & Educator, CA*

“I can honestly say it is not just the attendees who have benefited from this association. I have learned so much, not only from researching art topics, but from the participants who have broadened my knowledge through their art expertise and experience.”

Kit
Presenter, Fox Valley Artistic Insights (formerly Art Institute of Chicago Art Insights)
Hats Off to You!
11/3
We will take a light-hearted look at over 500 years of millinery history portrayed by artists, in works from museums around the world. Caps, berets, bonnets, chapeau, helmets, visors and sombreros portray the life and time of the wearer. Look at hats through the eyes of African tribal artists, French Impressionists, American and European Portraitists and Modernists. Men and women of all ages and classes wear hats for work, protection from weather, and simply for fun.

Presented by Laura Davis

The Philadelphia Ten
11/10
We will examine a selection of extraordinary works of The Philadelphia Ten, a group of American female artists who exhibited together from 1917 to 1945. Their first show in 1917 was monumental, the first time women artists took control of their careers, and chose where and how they would exhibit their work. The group eventually numbered 30 painters and sculptors.

Presented by Kit Keane

First Impressions
11/17
Let’s criss-cross time, space and geography to see if our initial look at a work of art reveals its true meaning, or if ambiguities jump out at us, or if we have an “what IS this?” moment. Drilling a little deeper as we look might reinvigorate our first impression, or instead might take us to some unexpected and surprising places.

Presented by Sarah Davy
All Request 90  
**Thursdays, 9/1 – 12/29**  
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*

Art Quilt or Collage  
**Saturdays, 9/17 – 10/15**  
**REGISTRATION REQUIRED**  
Create an art quilt or painted collage, celebrating Georgia O’Keeffe’s abstract floral art. Using either fabric paint/markers, acrylic paints + Golden GAC 900 fabric, watercolor, or Crayola crayons (need white), you will learn dimensional construction techniques to embroider, collage and/or layer a floral abstract using fabric or canvas. Participants are responsible for providing 1 large empty cereal box, 12 x 12 piece of freezer paper or Reynold’s wrap, embroidery thread, personal embellishments and your choice of paints or crayons, brushes, 10 x 10 or 12 x 12 white canvas (optional) and adhesive. Facilitator will provide muslin, fabric for painting on, batting and leaves.  
**Limited numbers of quilting kits are generously provided by the facilitator, please only sign up if you can commit to completing this awesome project.**  
*Facilitated by Gayle Wanamaker*

Creative Writing  
**Tuesdays, 9/6 – 12/27**  
Exercise your imagination muscles, and fire up some healthy brain cells! If you would love to write and do so at times, you are a writer. Learn how to compose simple and beautiful poems or prose with just the touch of a pen or key. Each month we will write with different themes in mind. Don’t be shy! Join our growing community of enthusiastic and supportive writers. At the end of the session, participants will have the opportunity to share their poems on Writers Read, or publish them in Fall Writers’ Anthology.  
*Facilitated by Linda Valenziano*
Knit or Crochet Together

**Wednesdays, 9/7 – 12/28**

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*

Music’s Memory Lane

**Tuesdays, 9/6 – 12/27**

We’ll discuss a hit song, vintage television variety show, or a memorable musician in music history. From Big Band music to the Beatles, we’ll dive into our recollections of concerts, lyricists, and pop culture. We will then hear musical requests and discuss.

*Facilitated by Steve Maraccini*

Poetry Prompts

**Thursdays, 9/8, 10/13, 11/10**

Intimidated by writing poetry? Each month we will explore poetry writing using structured prompts to help get the creative juices flowing. Participants are encouraged to read their poems aloud to the group for immediate poetry satisfaction. At the end of the session, participants will have the opportunity to share their poems on Writers Read, or publish them in Fall Writers’ Anthology.

*Facilitated by Amber Carroll, Senior Director, Connection Programs, Front Porch*
Radio Theater  
**Thursdays, 9/8 – 10/27**  
Listen to fun, short plays that are enacted by Well Connected participants who rehearsed the plays last session. All are invited to enjoy the show!  
*Facilitated by Gina Pandiani, MA*

Writing Workshop  
**Sundays, 9/4 – 11/27**  
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. At the end of the session, participants will have the opportunity to share their poems on Writers Read, or publish them in Fall Writers’ Anthology.  
*Facilitated by Jerry Sexton, MFA, Published Author and Poet*

“Life is like a flower - joyful, endearing and vibrant. Come explore how crayons and paint can bloom on fabric.”  
*Gayle*  
Participant & Facilitator
Across the Miles  
**Wednesday, 10/26**  
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 Amber Carroll, Senior Director, Connection Programs, Front Porch*

Angels in Our Lives  
**Wednesday, 11/9**  
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, 9/2 – 11/18 (no group on 10/16)**  
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, 9/3 - 12/31**  
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 – 12/26
Tuesdays, 9/6 – 12/27
Wednesdays, 9/7 – 12/28
Thursdays, 9/1 – 12/29
Saturdays, 9/3 – 12/31
Sundays, 9/4 – 12/25
Grab a cup of coffee or tea and enjoy an opportunity to chat, tell a story, share a memory, catch up, and laugh, with the Well Connected community.  
Facilitated by Andy Andersen (Wednesdays), Mindy Bledsoe (Saturdays), Kathy Connelly (Mondays), Ricki Perlman (Thursdays and Sundays), Carol Sears (Tuesdays)

Conversations that Count
Tuesdays, 10/11 – 11/15
Connect while learning from the experiences and viewpoints of others. Oasis-trained volunteers conduct a peer-led discussion 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. In partnership with Oasis.  
Facilitated by Robin Steis, Oasis Volunteer, oasisnet.org

Cozy Corner
Saturdays, 11/12 – 12/31
Grab your favorite people and comfort cup filled with your favorite drink; coffee, tea or juice. We'll reminisce, listen to music, play games, read, tell stories, learn about each other and fun topics, and have a good time. Memory care and caregivers, family and friends are welcome!  
Facilitated by Gina Pandiani, MA
Dear Youth

Mondays, 9/12, 9/26, 10/10, 10/24, 11/14, 11/28

What advice or life lessons would you like to offer to a younger generation? Each week we will discuss a different topic, reflecting on your experiences and insights that could be passed down to youth in this crazy world.

*Facilitated by Jennifer Wright, Resident Service Coordinator, Front Porch*

Growing an Elder Community

Mondays, 9/5 – 11/7

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, 9/14

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, 9/3 – 12/31

Today’s world inundates us with bad news. Would you like to hear some good news and inspiration, or share some of your own? We’d love to have you do both. 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, 9/16 – 12/9 (no group on 11/25)

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, MI*
Conversation

Keys to Joy
Saturdays & Sundays, 9/3 – 12/24
We come not as experts but as fellow seekers wishing to warm ourselves at each other’s fires. This is a journey, perhaps even an adventure. “At times joy is elusive – she seems to disappear even as we approach her. I see her standing on a ridge covered with oak trees, and suddenly the distance between us feels enormous. I am overwhelmed and wonder if the effort to reach her is worth it. Yet…she waits for us. Her desire to walk with us is as great as our longing to accompany her.” (J Ruth Gendler)
Facilitated by Lynn Millar

LGBTQ Chat
Wednesdays, 9/14, 9/28, 10/12, 10/26, 11/9, 11/23, 12/14, 12/28
This group is intended for participants who identify as LGBTQ, and is an opportunity to connect with others socially in a supportive environment, where participants can share individual and collective experiences. We will create an inclusive place to share our stories with each other and build a sense of community.
Facilitated by Kay George

Life Story Workshop
Wednesdays, 9/7 - 11/9
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

Living it Up at 90+
Wednesday, 9/7 – 12/28
Who wants to be ninety? Someone who is 89, no doubt! Join your 90+ facilitator, looking forward and back, while loving what is, and that’s what you too might discover, at any age. You don’t have to be 90 to join this group, but it helps! We will reflect on the many changes we’ve seen in the world, including our own attitudes, discuss the challenges and joys we’ve experienced, share ideas of positive aging, include some humor, journaling, and look forward to what life will bring next.
Facilitated by Rita Goldhor

Meet Me in the Kitchen
Wednesdays, 9/7 – 11/2
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, 9/12, 9/26, 10/10, 10/24, 11/14, 11/28, 12/12
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, and how to take a turn to talk. No question is too silly or simple!
Facilitated by Well Connected Staff

Pet Tales
Saturdays, 9/17 – 12/10
Share stories about your animal companions, past or present, with others who also appreciate furry, feathered, and gilled friends.
Facilitated by Anne Sanabria and her dogs, Freddie and Stevie
Science Café  
**Mondays, 9/5, 10/3, 11/7, 12/5**  
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*

State of Well Connected  
**Friday, 9/9**  
**Monday, 11/28**  
Join us to learn more about new and exciting changes afoot in the world of Well Connected and 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, Connection Programs, Front Porch*

Where Were You When?  
**Saturdays, 9/17 – 12/31**  
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*

“Want to learn more about Well Connected? Join us for State of Well Connected!”  

Patt, Annette, & Amber  
Well Connected Staff
Bingo

Saturdays, 9/17 – 12/31
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

Do You Know What You Don’t Know?

Sunday, 9/4 – 12/25
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

Sunday, 9/4 – 12/25
Join us if you have an interest in learning new or unusual facts about other countries around the world. Andorra, for example, has the world’s highest life expectancy, at 82.5 years of age, followed by Japan at 82.1.

Facilitated by Sharon Schwartz

Fun with English

Wednesdays, 10/5 – 10/26
Let’s explore the delightful wordplay of malapropisms, spoonerisms, oxymorons, palindromes, and more. Be prepared to tickle your bunny phone (funny bone)!

Facilitated by Terry Englehart

Joke-A-Thon

Wednesday, 10/12
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
Fun & Games

Laugh Break
**Fridays, 9/9, 10/14, 11/11, 12/9**
Get your daily dose of laughter! Just call in, listen, and laugh at jokes that are read aloud. Then go about the rest of your day, recharged.
*Facilitated by Elantra V.*

Mystery Melody
**Saturdays, 9/3 – 11/5**
The mystery melody theme this session is the alphabet+; songs that start with the first letter listed each week; week 1 (ABC), week 2 (DEF), week 3 (GHI), week 4 (JKL), week 5 (MNO), week 6 (PQRS), week 7 (TUV), week 8 (WXYZ), week 9 (numbers, weights and measurements; lb, feet, tonnes) and week 10 (pick your favorite).
*Facilitated by Jan Knowles*

Noggin Joggin’
**Thursdays, 9/1 – 9/15, 10/13 – 12/15**
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*

Open Mic
**Thursdays, 9/1 - 12/29**
All are welcome to perform, big talent not required. Singing, spoken word, stand-up comedy, play an instrument, read a poem, or tell a (clean) joke! Enthusiastic spectators are also welcome.
*Facilitated by Nicolette Noyes*

Tall Tales
**Tuesdays, 9/6 – 12/27**
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

Trivia
Tuesdays (Trivial Pursuit), 9/6 – 12/27
Tuesdays, 9/6 – 12/27
Sundays, 9/4 – 12/25
Knack for facts? Attempt a guess? Need some clues to get the answer? Join in for a fun time of miscellaneous trivia, entertainment and fun.
Facilitated by Sue Piecuch (Tuesday am), Marion Mango and Sharon Schwartz (Sunday), and Elantra V. (Tuesday pm)

Trivia Contest
Saturdays, 9/3, 9/17, 10/8, 10/22, 11/5, 11/19, 12/3, 12/17, 12/31
This group is for those who enjoy the challenge of competition. We’ll play on teams, award points for correct answers, and declare a winner at the end of the game. Specific rules will apply.
Facilitated by Elantra V.

Ungame and Ungame II
Thursdays, 9/1 - 12/29 (no group 9/15, 10/20, 11/17, 12/15)
Fridays, 9/23, 10/28, 11/25, 12/23
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!
If you would like to read an article or the rules of the game, call the office for materials.
Facilitated by Samantha Smith (Thursday) and Elantra V. (Friday)

Word Play
Sundays, 9/4 – 12/25
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 Share**  
*Saturdays, 9/3, 9/17, 10/1, 10/15, 11/5, 11/19, 12/3, 12/17*
Book lovers unite! Call in to discuss and recommend some of your favorite books and authors with other book lovers.
*Facilitated by Andy Andersen*

**The Corpse's Secret Life: A PIP, Inc. Mystery**  
*Wednesdays, 9/7 – 11/9*
Pat's fledgling private investigation company, PIP Inc., has a promising new case. Pat is still wearing a wrist cast after breaking her arm in a confrontation with a killer, so when she's hired by the City of Watsonville to unearth the identity of an older woman who died in her bed, she's delighted that her next job promises to be a simple computer-based research project. Why is it that things are never as simple as she thinks they will be? Pat soon discovers nothing is as it seems, beginning with a corpse who had secret identities, murder, and a post-death ritual thought to have last been performed decades ago.
*Facilitated by Nancy Lynn Jarvis, Author*

**Poetically Speaking**  
*Wednesdays, 9/7 – 12/28*
Poetry has been proven to inspire, challenge, console, inform, and help heal both the body and soul. Please join us to hear selections of celebrated and contemporary poems.
*Facilitated by Greg Pond, Poet*

**Poetry**  
*Sundays, 9/4 – 12/25*
Share poetry that you have written or that you admire, and join in a lively discussion about the poems.
*Facilitated by Anne Allen*
Poetry and Nature: The Bond of Living Things Everywhere
Mondays, 11/7 – 11/28
Join us as we read and reflect together on poems that speak to nature and its relationship to humanity. We will engage with works from such poets as Lucille Clifton, N. Scott Momoday, Joy Harjo, Izumi Shikibu, Walt Whitman, and others on this exploration.
Facilitated by Mark Thoma, EdD, LCSW

Poetry Reading
Thursdays, 9/15, 11/17, 12/15
Join Sally Love Saunders as she reads and discusses her original poetry. You will find her poetry to be enjoyable and easy to relate to.
Facilitated by Sally Love Saunders

“I’m looking forward to reading to Well Connected for the eleventh time. Members graciously let me read the first book I wrote and put up with my shaky, fear induced voice. I had a great time and now feel like I’m reading to friends.”

Nancy
Facilitator
Read Along
Tuesdays, 9/27 – 11/22
We will read *The Mystery of Mrs. Christie* by Marie Benedict, bring along a copy of the book if you'd like to take a turn to read, or just come to listen. In December 1926, investigators found Agatha Christie's empty car on the edge of a deep, gloomy pond. The only clues are some nearby tire tracks and a fur coat left in the car. England unleashed an unprecedented manhunt to find the up-and-coming mystery author. Eleven days later, she reappeared, just as mysteriously as she disappeared, claiming amnesia. Author Marie Benedict brings us into the world of Agatha Christie, imagining why such a brilliant woman would find herself at the center of such a murky story.
*Facilitated by Roberta Tracy*

Story Time
Thursdays, 9/1 – 9/15, 10/13 – 12/15
Saturdays, 9/10, 9/24, 10/8, 10/22, 10/29, 11/12, 11/26, 12/10, 12/24, 12/31
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, 12/9
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 Linda Valenziano*
Manage Your Pain

9/27

Pain is an incredibly common symptom, and people in their 60s and older more often report dealing with pain than people who are younger. Pain management has come a long way, and we will talk about strategies for managing pain symptoms and the safety and drawbacks of the most common medications.

Presented by Anna Chodos, MD, MPH, Associate Professor, University of California San Francisco, CA

Medicare Fraud and Scams

10/4

The California Senior Medicare Patrol (CA-SMP) is federally funded by the Administration for Community Living, and investigates fraud complaints reported to a statewide hotline at (855) 613-7080. We will cover the latest Medicare scams including cardiac genetic testing, hospice fraud, aggressive insurance agents, back brace and new Medicare card scams. Learn valuable tips on how to prevent, detect and report health care fraud. Check out the website for free, downloadable fraud alerts available in different languages, subscribe to a newsletter, or attend webinars.

Presented by Sandy Morales, California Senior Medicare Patrol, CA, cahealthadvocates.org/fraud-abuse/medicare-fraud-alerts/

Cardiac Concerns

10/11

Join a discussion of common cardiac concerns including the heart’s electrical system (Atrial Fibrillation, need for a Pacemaker), valves (aortic value replacement, mitral valve repair/replacement), vessels (stints, coronary artery by-pass procedures), and the importance of statin therapy as well as blood thinners.

Presented by Deb Bocar Levine, RN, PhD
Understanding Cannabis and Healthy Aging
10/18
Join us for an overview of the scientific and clinical evidence showing the benefits of medical cannabis use. Learn about successful approaches for using cannabis to improve sleep and mood, and reduce pain and agitation. We’ll also talk about how and where people obtain medical guidance and safe, legal cannabis products. Bring your questions!
Presented by Linda Jacobson, EldersTogether.com

Medicare Annual Choices and Changes
10/25
Every year everything changes in Medicare; companies, coverage, prices, formularies, pharmacies, co-pays and Provider networks. You have from mid-October to December 7 to review what is changing in 2023 with Part D drug plans and Advantage managed care plans, and make changes to your Medicare healthcare. Don’t pay more than you have to, or realize too late that parts of your healthcare have had major changes in coverage. HICAP does not sell anything, and is the only source authorized by the CA Dept. of Aging to provide unbiased Medicare education so you can make more informed decisions.
Presented by Michael Thompson, Senior Advocacy Services, CA

Roadmap for Aging Well
11/1
Plotting a rewarding path is key to living longer, independently, and securely. That path requires good health, affordable housing, social connections, spiritual soundness, a strong support network, a fulfilling purpose, enough money, and tending to legal matters. We will discuss creating a roadmap that shows your strengths and weaknesses, how to improve them, and how to deploy a plan of action. Albert Einstein said, “We can’t solve problems by using the same kind of thinking when we created them.” The complexities of aging call for a different way of thinking.
Presented by Carol Marak, author and speaker, caralmarak.com
Understanding Vision Loss  
11/8  
For new students, family members, caregivers and more. Learn about vision loss and common eye diseases. Get started using Braille Institute’s free services.  
*Presented by Julie Slusher, Brailleinstitute.org, CA*

Emergency Preparedness  
11/15  
Learn how to plan and prepare for an emergency or natural disaster. Whether your area faces wildfires, floods, snow storms, or power outages, you can make a plan and be prepared! Know the steps to protect yourself. We will specifically address considerations for older adults and individuals with limited mobility or social networks.  
*Presented by L. Vance Taylor, Chief, Office of Access and Functional Needs, California Governor’s Office of Emergency Services*

Medical Aid-in-Dying: The Ins and Outs  
11/22  
Medical assistance in dying is a legal option for one in five Americans. And yet, few people know what it takes to carry out an assisted death. Based on five years of research, author Anita Hannig will share what she learned shadowing patients, families, and physicians in this country. She will read excerpts from her book, *The Day I Die: The Untold Story of Assisted Dying in America*, and discuss the nuts and bolts of this growing end-of-life option.  
*Presented by Anita Hannig, Ph.D., Associate Professor, Department of Anthropology, Brandeis University, MA*

Healthy Meals and Super Foods  
11/29  
Let’s discuss what makes so-called “super” foods beneficial for your diet. We will also gain a better understanding of how to maintain or improve an overall healthy diet, and how to make quick and easy meals.  
*Presented by Andrea Vargas, St. Jude Medical Center, CA*
Ageism and our Well-Being
12/6
In our youth-centered culture, ageism towards older adults shows up everywhere—in both obvious and subtle ways. Join us for an exploration of ageism, how it impacts individual health and well-being, and the ways each of us can take small and large steps toward disrupting age-based discrimination and embracing our own elderhood.

*Presented by Kirsten Jacobs, MSW, LeadingAge.org*

Keeping Busy During the Holidays
12/13
For many of us, the holidays aren’t always as cheerful as it is for others. Together, let’s change that way of thinking. We will discuss ways to develop new traditions, incorporate self-love practices, or simply take on fun DIYs to stay busy during the winter holidays.

*Presented by Brittney Doyle, MPH, wisehealthsf.com*

Be Healthy, Stay Fit
Tuesdays, 10/4 – 12/6
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, 9/16 – 10/14
Learn healthy aging tips to support your daily activities and maintain independence: preventing a fall, performing effective movement techniques, and managing joint pain, healthy sleep, and an aging heart.

*Facilitated by Nursing School Students, George Washington University, DC*
I’m excited about sharing Winter Holidays from around the world with everyone. They are not weird or silly holidays but real ones that mean a lot to different cultures of people. I hope you will join me.”

Sally
Facilitator

History of Christmas Carols
Sunday, 12/25
Come learn about the history, origins and folklore around Christmas Carols. Now how fun is this! Singing will be optional - and very limited. A handout will be provided with words for some of the songs.
Facilitated by Gayle Wanamaker

Stories of Christmas Love
Wednesday, 12/14
Come and enjoy these heartwarming true stories by Dr. Leo Buscaglia, and share some of your own. Listeners welcome.
Facilitated by Marion Mango

Winter Holidays around the World
Thursdays, 9/1 – 12/29
Let’s talk about winter holidays that don’t involve Christmas trees. Learn about how the Scandinavian people celebrate the Northern Lights. Maybe you have heard about Kwanzaa, and we’ll also learn about South Africa Heritage Day. Hear about how Columbus Day became Indigenous People’s Day, and how Japan celebrates Culture Day. Have you ever been to an Octoberfest, and how do the people in Australia celebrate Boxing Day?
Facilitated by Sally Tindall Hayward
Languages

Perfecting Our French
Tuesdays, 9/6 – 12/27
Thursdays, 9/1 – 9/15, 10/13 – 12/15 (no group on 11/24)
In this French language group, a textbook is used for instruction, though the main focus is practicing oral conversational skills. For advanced level French speakers only.
Facilitated by Jerry Sexton (Tuesday practice) and Instructor, Jan Knowles (Thursday)

Practicing German
Fridays, 9/23 - 12/2 (no group on 11/25)
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

“The participants on Well Connected are always so engaged. It’s a great way to share information on important topics and connect with a broad audience.”

Christina
Presenter, Family Caregiver Alliance
Weave: The Social Fabric Project
11/4
The Weave project addresses the problem of broken social trust that has left Americans divided along many lines, isolated and unable to address our common needs. Without trust, we cannot ensure individual happiness and equity, strengthen communities, or sustain our democracy. People across the U.S. are taking time to show up for others, building community connections, and weaving a rich social fabric. We will explore what it means to weave in our schools, workplaces and every other part of life. Weave’s mission is to invite everyone to start living like a weaver, and shift our culture from one that values achievement and individual success to one that finds value in deep relationships and community success.

*Presented by Maria Oah, Weave, WeAreWeavers.org*

Wisdom at Work
11/11
Join the Podcaster to hear about older women, elder women and grandmothers on the move! Hear stories of creative, outrageous, authentic, adventurous, irreverent and powerful disrupters and influencers. Grandmothers, from the living room to the courtroom, are making powerful contributions in every walk of life.

*Presented by Ilana Landsberg Lewis, Host, Wisdom at Work Podcast, ilanalandsberglewis.com*

Experience Corps: Be the Difference in a Child’s Life
11/18
Experience Corps is a community-based volunteer program that empowers people over 50 to serve as tutors to help students become better readers by the end of third grade. It is a proven “triple win,” helping students succeed, older adults thrive, and communities grow stronger. The program ensures volunteer success through extensive training, peer networks, and ongoing evaluation. Experience Corps employs a structured, evidence-based model that improves the overall reading ability of students by building their fluency, accuracy, and comprehension skills. Tutor in person or on-line! See how you can make a difference in your community.

*Presented by Sandra Strang, AARP Foundation Experience Corps Bay Area, CA*
Dealing with Inflation  
12/2  
Tracking the inflationary period starting in the mid 1970’s, we will examine how the Federal Reserve responded then, and what will need to be done today, including a look at root causes in the broader economy.

*Presented by Marvin Diamond*

Road Scholar  
12/9  
Not-for-profit Road Scholar is the world leader in educational travel for older adults (and their grandkids), offering thousands of programs in more than 100 countries and all 50 states. Road Scholar provides expert faculty and one-of-a-kind experiences – both in person and virtually. Join us to find out what you can learn about when you travel.

*Presented by Cecilia Fallert, Road Scholar Ambassador*

A Trip to the Brain!  
12/16  
Meet the author of the book *Why Does Granny Forget Things? A Trip to the Brain*, where two grandchildren undertake a wonderful journey to their grandmother’s brain to understand what dementia is. There they meet Mr. Hippocampus and see neurons up close. It is a beautiful story where children learn that love, patience and empathy is what their grandparents with cognitive problems need the most. The story is illustrated by Gustavo Desimone and is complemented by an educational guide for parents and guardians for talking to young people about dementia.

*Presented by Julissa Cruz, MD, Author, julissacruz.com/?lang=en*
Amoako Boafo: Soul of Black Folks
9/28
The first museum solo exhibition for Ghanaian artist Amoako Boafo (b. 1984), one of the most influential artistic voices of his generation. Featuring over 30 works created between 2016–2022, to capture the essence of the Black figure, paintings that actively center Black subjectivity, Black joy, and the Black gaze.

Presented by Adrianna Benavides, Contemporary Arts Museum Houston, TX, camh.org

Codemakers and Codebreakers
10/5
From ancient devices to quantum computers, people have devised ingenious ways to hide a message’s true meaning. Join us as we visit SPY’s Codes gallery and explore the stories behind the extraordinary people and machines who create (and break!) these “unbreakable” codes.

Presented by Shana Oltmans, International Spy Museum, DC, spymuseum.org

Fired Up: Glass Today
10/12
From studio glass to American flameworking, Fired Up presents a major showing of contemporary glass work created out of the artists’ desire to connect with their material. The exhibition highlights glassmakers who are pushing boundaries, forging new paths, and inspiring people in support of this art.

Presented by the Wadsworth Atheneum Museum of Art, CT, thewadsworth.org
Breaking Ground: Women in California Clay

10/19
Join AMOCA for a virtual presentation of our current exhibition spanning across all of our gallery spaces. The exhibition highlights prominent women working in ceramics in California born between 1880-1980. The contributions of these artists will be examined through three themes: identity and politics, nature, and material culture.

*Presented by Carly Lake-Irigoyen, The American Museum of Ceramic Art, CA, amoca.org*

Yōkai: Ghosts & Demons of Japan

10/26
Vivid in Japanese art and imagination are creatures that are at once ghastly and comical. Yōkai is a catchall word that generally refers to demons, ghosts, shapeshifters, and “strange” and supernatural beings. Yōkai are prevalent in Japanese popular and expressive culture. We will explore narrative arts such as Edo period scroll paintings and woodblock prints; contemporary folk art that depicts yōkai and illustrates their eerie tales; ghost and demon characters from classical noh and kabuki performances, and special festivals.

*Presented by Kemely Gomez, Museum of International Folk Art, NM*

Faith Ringgold

11/2
We will examine one of the most influential cultural figures of her generation, with a career linking the multi-disciplinary practices of the Harlem Renaissance to the political art of young Black artists today. For 60 years, she has drawn from both personal autobiography and collective histories to document her life as an artist and mother, and amplify the struggles for social justice and equity. Her indelible artworks of the civil rights era challenge accepted hierarchies of art versus craft through experimental story quilts, producing a body of work that bears witness to the complexity of the American experience.

*Presented by Margaret Grohne, Fine Arts Museum of San Francisco, CA, famsf.org*
Legends of the Fall: Tall Tales and Mysterious Myths
11/9
As the days grow shorter and the nights become colder, let’s gather ‘round the fire and share some stories of yore! We’ll visit Agnes of Glasgow whose tragic love story may have left more than just memories behind in colonial South Carolina. We shall seek out the Gray Man, in the hopes he will keep us safe from the most treacherous of hurricanes. And we will take a look at some of the autumnal traditions that have come down to us today. Bundle up and come sit a spell, won’t you?

*Presented by Jennifer Lee, South Carolina State Museum, SC, scmuseum.org*

Adornment: Displays of Wealth and Status
11/16
Gold, silver, gems, pearls. Crowns, earrings, pendants, bracelets. For thousands of years people of all countries and cultures have ornamented themselves with costly, intricate, and often symbolic jewelry to attest to their wealth, status, and importance. Cultures from the ancient Persians and Koreans to 18th century ethnic Indonesians to modern Chinese and South Asians have loved beautifully crafted adornment. See examples of eye-catching and meaningful wearable art from the Asian Art Museum’s fabulous collections.

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

Travels with My Aunt
11/23
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, University of Minnesota, MN*
The Nabi Painters  
11/30  
The “Nabi” (meaning prophet) painters rose to prominence in the 1890s. We will examine the work of Bonnard, Vuillard, Denis, and Roussel. They adopted the name to distance themselves from the Impressionists, whom they respected, but divulged in painting style, influenced by Gauguin. Although well known, they were considered to be decorative artists, as many of their murals and other pieces enhanced interiors in private homes. 

Presented by Dave Williams, IL

African American First Part II  
12/7  
We will continue our look at African American entrepreneurs, as well as focusing on judges and nurses. Also, as we remember the anniversary of the Loma Prieta earthquake, we will look at the West Oakland freeway history and eventual collapse on October 17, 1989. 

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

Dara Birnbaum: Journey  
12/14  
We will review Birnbaum’s penetrative interrogations of mass media during a period of time when technological transformations enabled seismic shifts in the mass consumption of information and entertainment. Beginning in the 1970s, her trailblazing video, media, and installation work has addressed the ideological and aesthetic character of mass media imagery, and has been considered fundamental to our understanding of the history of media art. 

Presented by Lydia Rosenberg, Miller Institute for Contemporary Art, PA, miller-ica.cmu.edu
Art and Spirituality
Saturdays, 9/3 – 11/5
Join us as we read scripture, psalms, inspirational writing, quotes and poetry, and look at art that makes us closer and stronger to our faith.
*Facilitated by Gina Pandiani, MA*

Bible Reading
Mondays, 9/26 – 12/26
For the first half of our time together, we’ll listen to a reading from a Bible passage, followed by sharing prayer requests and praying together.
*Facilitated by Andy Andersen*

Dream Group
Fridays, 9/16, 10/21, 11/18, 12/16
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.
*Facilitated 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, Peggy Morin, Lanae Naugle, Nicolette Noyes, Lynn Parrish, Sue Piecuch, Rene Philpott, Ricki Perlman, Doug Stetson, Cristina Torres, Nancy Walton-House, and Tom White*
Heartfulness Practices

Mondays, 9/5 – 12/26
Thursdays, 9/8 – 12/29
Saturdays, 9/3 – 12/31

In this class, you will be guided into transformative practices followed by the Heartfulness institute for over 100 years. **Relaxation:** vital for well-being, reduces tension in all parts of your body and helps you to stay balanced even in stressful situations. **Meditation:** With regular practice, your mind will become centered and shift to deeper levels of feeling, intuition, and consciousness. **Cleaning:** fosters lightness of being, joy, and a carefree attitude, as emotional burdens, habits, deep conditioning, and complexities are removed. **Inner Connect:** through a simple bedtime prayerful intention, you can connect humbly with your inner self, listen to your heart’s voice, and weave your destiny. **Detox Practices:** guided methods to overcome common emotional patterns and compulsive habits that we find in modern society; fear, stress, passion and anger.

*Facilitated by Artee Chandekar, Certified Heartfulness Trainer*

Let’s Talk About Jesus

Fridays, 9/2 – 12/30

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 facilitates calm, focus, and examination 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*
Memorial Service  
**Thursday, 12/15**  
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 Alexis Pearce, Director of Spiritual Life, Front Porch*

Socrates Café  
**Mondays, 9/19, 10/17, 11/21, 12/19**  
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.*

Spiritual Adventure of Aging  
**Thursdays, 9/8 – 10/20**  
You are invited to join a reflective conversation on the great spiritual adventure of aging and being an elder in our country. I will read brief chapters from *The Gift of Years: Growing Older Gracefully* (BlueBridge, 2008) by Joan Chittister, a Benedictine nun, feminist, speaker and spiritual writer. The book is described as “not only accepting but celebrating getting old, this inspirational and illuminating work looks at the many facets of the aging process.” We will discuss limitations, letting go, forgiveness, adjustment, transformation, joy and appreciation.  
*Facilitated by Nancy Walton-House, MEd*
Supportive Groups

Aging Alone
Fridays, 10/7 – 12/30
Are you aging alone without a partner or family? We will discuss issues unique to us. Voice your concerns as well as what has worked for you. Meet fellow friends aging alone. Get support as we move from alone to a group.
*Facilitated by Mindy Bledsoe*

Caregiver Conversations
Fridays, 9/2, 10/7, 11/4, 12/2
For many of us having a home care provider is new territory with no guideposts along the way. We deal with loss of strength and independence, a disturbing power imbalance where we often feel one down, an intimacy foisted upon us out of necessity. We can create guideposts together and give each other support.
*Facilitated by Samantha Smith*

Facilitator Support Group
Thursdays, 9/22, 10/27, 12/22
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, Program Manager, Front Porch*

Family Relationships
Saturdays, 9/3 – 10/8
We will explore conflict resolution, making quality time for family, effective family communication, and celebrating and appreciating individual differences.
*Facilitated by Phuong Nguyen, Counseling Student, Palo Alto University, CA*
Finding Joy and Building Resilience
Sundays, 10/16 – 11/20
We’ve all been going through a lot over the past few years, and it’s important that we give ourselves permission to find and feel joy again. In this supportive and inclusive group, we’ll share experiences, learn a variety of skills and coping strategies (including yoga) to help us navigate challenges, and improve our overall well-being.

Facilitated by Jamie Lockwood, Counseling Student, Palo Alto University, CA

Grieving Our Personal Losses
Mondays, 10/17 - 11/21
LIMITED SPACE, REGISTRATION REQUIRED
Our grief response to loss, is complex and multifaceted, containing thoughts, feelings, behaviors, and physiological changes. It may begin suddenly following a health crisis, or more gradually as we attempt to adjust to a multitude of losses such as identity, independence, mobility, memory, energy, and resilience. It takes time to adapt, often longer than we expect, and may entail accepting the reality of the loss, and restoring a sense of well-being.

Facilitated by Maureen Kelly, LCSW, retired Elder Care Counselor, UC Berkeley

Life Transitions
Tuesdays, 9/20 – 10/25
Are you going through a tough medical diagnosis, birth of a grandchild, loss of a spouse or partner, or facing retirement? Transitions can bring about many feelings such as joy, loss, stress or fear. We will work together to support each other as we learn to face transition and lifestyle changes.

Facilitated by Dorothy Chen, Counseling Student, Palo Alto University, CA
Supportive Groups

Living with Chronic Pain
**Thursdays, 9/22 – 12/15**
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*

Low-Vision Support: The Eyes Have It
**Wednesdays, 9/21 – 12/14**
A group to assist you on your journey of vision loss adjustment. Hear from professionals regarding proven vision rehabilitation skills and strategies, such as psychosocial adjustment, independent living skills, and low to high technology solutions, to help you regain independence.

*Facilitated by Cristina Torres*

Pet Loss Support
**Sundays, 9/4, 10/2, 11/6, 12/4**
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, PetCloud.pet*

Support/Discussion for the Blind
**Tuesdays, 9/27 – 12/27**
This peer-led group offers a safe environment in which completely blind participants can share the challenges they face and the successes they experience. We will create a place to share our joys, fears, tears, and laughter.

*Facilitated by Andy Andersen, M.S.*
Well Connected Online!
10/7
Learn about our conferencing platform, Abiento, and a new way to sign up for groups online!
*Presented by Annette Balter and Amber Carroll, Front Porch*

Understanding Virtual Reality and the Metaverse
10/14
An overview of the history and today’s uses of virtual reality in entertainment, education, and healthcare. Let’s discuss these new technologies designed to help us relax, restore, and engage our senses — backed by scientific evidence.
*Presented by Linda Jacobson, EldersTogether.com*

Tech Tips with BridgingApps: Finding the Right App for You
10/21
BridgingApps provides resources, education, and information on apps and mobile devices to help people with disabilities improve skills, physical, social, and cognitive levels. Learn how to use the website, and several apps that can help with daily living, medication management and more.
*Presented by Amy Fuchs, BridgingApps, Easter Seals Greater Houston, eastersealshouston.org*

Take Control of your Email
10/28
Is your email account full of junk mail? Join us to learn a few tips and tricks of how you can better manage and organize your email inbox.
*Presented by Sabrina Tam, Community Tech Network, CA & TX*

Digital Learning
Tuesdays, 9/20 – 11/11
Learn how to use email; navigate your computer; use social media; connect with family, friends, and medical providers through video conferencing; understand security measures to prevent scams, and how to use your smart phone for texting, taking and managing photos.
*Facilitated by Andrea Vargas, St. Jude Medical Center, CA*
Other Front Porch Community Engagement Programs

**Creative Spark:** energizes and inspires organizations and professionals engaging with older adults by providing consultation, curriculum, and staff training.

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

**Market Day:** supports positive aging and nutrition through weekly onsite produce markets throughout California.

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

**Social Call:** fosters meaningful telephonic connections between volunteers and older adults throughout the country.

**Well Connected Español:** connects Spanish-speaking older adults to virtual group activities.

For more information: frontporch.net/programs

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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
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
visit frontporch.net/programs
or call us at (877) 797-7299 for more information.
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 and company representatives for visual assistance through a live video call.
• Hadley – hadley.edu or (800) 323-4238
  Workshops, Podcasts and discussion groups
• VisionAware – visionaware.org
  Online information, tips and resources

Connection
• CONNECT2AFFECT – connect2affect.org
  Online resources, information and practical ways to connect with others

Mental/Emotional Health
• 9-8-8 – National Suicide & Crisis Lifeline – 24-hour dial, text or chat
• The Friendship Line – (800) 971-0016
  National 24-hour support for older adults

Intergenerational
• 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
• 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
Donations

Your generous donation can help make Well Connected an even greater success.

To make a donation online, please visit: https://frontporch.net/philanthropy/

To make a donation by mail, make checks payable to:
Front Porch Communities Foundation
800 N. Brand Blvd., 19th Floor
Glendale, CA  91203
(Please note “Well Connected” on the check)

To discuss estate planning options, please contact:

Katharine Miller, Executive Director, Front Porch Foundation
(925) 956-7414 or kamiller@frontporch.net

Gratitude for Generous Support

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