Well Connected
CREATING COMMUNITY

SPRING & SUMMER 2023
May 1 – August 31

(877) 797-7299
connections@frontporch.net
wellconnectedprogram.org
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I support the Well Connected program since I know how important it is to provide a variety of educational, supportive and heartwarming programming for people, no matter where they live!"

Angela
Lifestyle & Culture Presenter

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Pictured on the Cover: (clockwise from top right)
Artee, Rita
Welcome to the Well Connected Community

Well Connected is a national phone and online community that brings people together to explore, learn, laugh, and share experiences. Over 3,500 members from across the country join educational, fun, and engaging groups from the comfort of home. The Well Connected 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 Service and is available, free of charge, to adults over the age of 60.

About Front Porch

Front Porch is a dynamic not-for-profit organization, dedicated to empowering individuals to live connected and fulfilled lives through community and innovation. In support of this vision, Front Porch provides quality, accessible and affordable human services to approximately 7,500 residents in 19 senior living and 32 affordable housing communities. Other programs and services connect more than 10,000 participants throughout the country. Learn more at frontporch.net.

Welcome and 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.
Program guide and schedule

**LEGEND**

**Handout/Visuals:** A group that includes a handout. To receive a handout, you must register in advance by calling the office, emailing us, or registering online.

**New:** A new Well Connected group

**Note:** Some groups may have limited space. If a group is full, you will receive a message that the group is now closed.
How It Works

1. **Browse the materials and find groups that interest you**
   - Once you are enrolled in the program, 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.

2. **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.
   - If you need help getting into groups, we can call you! Call the office to request an automated call-in to any group.

3. **Join Online**
   - **All** groups can be joined online with a device that connects to the Internet.
   - Create your own online registration account and sign yourself up!
   - Once you’re registered 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.

Call or email the office to get started, or if you have any questions.
(877) 797-7299 | connections@frontporch.net

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

For mutual enjoyment and respectfulness, registered participants agree to the following. Abusive behavior towards staff, program participants or facilitators, as well as non-compliance with program guidelines will be grounds for dismissal from the program.

Confidentiality
- Never share private information in groups, including your phone number.
- Do not share the calendar or group codes with anyone who is not an enrolled Well Connected member.
- 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 purposes of quality assurance and inclusion in Abiento’s secure online library available only to Well Connected members.
- 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.
- Always introduce yourself on groups with your first name and 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).

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.
Champions

Celebrating our Generous Funders

The Connection Programs (Well Connected, Well Connected Español, and Social Call) are available free of charge to older adults living anywhere throughout the United States. So the programs are free, right?

Providing these programs at no cost to you actually costs about $1.5 million each year! This session, we’d like to pay tribute to the Front Porch Communities Foundation, our institutional funders, and each and every one of you who has generously donated to the Connection Programs.

“The Connection Programs are a vehicle to allow people to express who they really are. As an older adult it can be easy to get left behind and our programs give them the opportunity to rekindle who they are.”
— Mary Gregory, Institutional Giving Manager, Front Porch

“My connections with Well Connected have been so rich, and I thought [an estate] gift could have a significant impact for this program.”
— Lucky, Participant, Facilitator, and generous donor (pictured with Amber Carroll, Senior Director, Front Porch Connection Programs)

“Supporting and improving the mental health of our members and the communities we serve is fundamental to Kaiser Permanente’s mission. Fostering connections and friendships to reduce social isolation is integral to that. We are proud to support Front Porch and the work they are doing to connect older adults to compassionate, caring volunteers.”
— Yvette Radford, Vice President, External & Community Affairs
“Ability Central is excited to support the Front Porch Well Connected programs in their efforts to inclusively serve those at high risk for being left behind with accessible programming that decreases isolation and loneliness for older adults.”
— Jessie Galloway, Program Officer, Ability Central

“I support Well Connected for many reasons. I first learned of “Senior Center Without Walls” when I was an instructor at the Braille Institute. I was so grateful to learn about the wonderful programs that were offered to people with such varied backgrounds, varied interests, and varied abilities. I was even more thankful when I became a participant in some of the many programs that were offered by Well Connected. For the past ten years that I have been participating in Well Connected, I have not only made some wonderful friendships but also I hope to have been a support to others, as they have been to me, through some moments that have been challenging. I am so appreciative to be a participant in Well Connected.”
— Jill, Participant and generous donor

Donations

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
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Well Connected Español

Maria Valdez  
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Senior Director  
Creative Engagement
Istanbul
5/22
A spellbinding city where cultures collide. One of the greatest cities in the world, a modern western city combined with a traditional eastern city, straddling the borders between Asia and Europe.

Presented by Linda Houser

Portugal and Spain
6/5
Explore the city of Porto and the wine regions of northern Portugal, including the Douro River Valley, followed by a visit to northern Spain with its rich Celtic heritage and Roman ruins. A highlight is Santiago de Compostela, the destination for pilgrims through many centuries.

Presented by Pam Phillips

Northern Thailand and Laos
6/12
Enjoy a visit to two beautiful countries with very different histories and governments, and both warm and welcoming places to visit. Thailand was never colonized, and for 70 years had a king who was beloved. Laos was colonized by the French and is now socialist. They have similar languages and scripts, and fabulous cuisines, and yet, you can lose weight!

Presented by Laura Wells

South Dakota: Great Faces and Great Places
6/19
Mt. Rushmore is more than just four faces carved in rock, why were these four men chosen, and what do they represent? South Dakota was named after the Lakota and Dakota Sioux Native American tribes, who comprise a large portion of the population and historically dominated the territory. Their history and heritage are honored with the Crazy Horse Memorial. Just a couple of marvels as we travel across the Badlands and take part in the annual buffalo roundup.

Presented by Christine St Laurent
China: A Country Steeped in the Past and Focused on the Future
6/26
China is an amazing mixture of ancient sites like the Great Wall and the Terra Cotta Warriors, but also shining skyscrapers and new “ghost cities.” Join us for an introduction to a China that most Westerners don’t know exists. We will talk about modern communism and ancient societies. Cities we will explore include Beijing, Xian, and Shanghai. Will it change your view of China – we’ll see.

Presented by Aelea Christofferson

Great Small Towns Around the World - Part II
7/3
Join me as we travel to six of the most fascinating small towns on three continents: L'Isle sur la Sorgue, France; Rothenburg, Germany; Hakone, Japan; Asheville, North Carolina; Cody, Wyoming; and Port Townsend, Washington. Highlights include hot springs, the biggest private mansion in the US, a Victorian era seaport, a look at the myth of the Wild West, and a visit to a picturesque village in Provence.

Presented by Amy Brokering

Transatlantic Crossing on the Queen Mary II
7/10
Join me as we travel across the Atlantic on a relaxing and educational adventure aboard the Cunard Line’s luxury flagship. Learn about the benefits of sailing aboard an oceanliner and enjoying the varied activities, and programming and experiencing the open sea.

Presented by Deirdre Spelman

Dingle Peninsula, Ireland
7/17
Hike with three septuagenarians in southwest Ireland as we explore the wild coastline, golden beaches, and rugged landscapes of the Irish-speaking Dingle Peninsula with stops at charming villages and pubs along the way.

Presented by Terry Englehart, Theresa Gallant, and Nan Smalley
New Zealand
7/24
Craggy coastlines, gold sand beaches, primeval forests and snowcapped mountains— all this in a country the size of Colorado. Visit New Zealand in the southwestern Pacific Ocean – land of the long white cloud – and one of the last major land masses settled by humans. Enjoy the beautiful landscapes and interesting wildlife of this island nation.

Presented by Sue Willson

On Safari in Tanzania
7/31
Tanzania is an accessible and popular safari destination for travelers from around the world. Tanzania is home to the Serengeti and Ngorongoro Crater conservation areas and Africa’s most iconic wildlife. We'll visit Tanzania via images of wildlife, landscapes and people.

Presented by Carolyn Bobo

The Azores
8/7
The Azores are a group of nine islands 850 miles west of the Portuguese mainland, which have been an international stop or settling in place for people from many traditions. Join us for a hiking adventure exploring the stunning landscapes of two of these islands. Hospitality, beautiful food, and lively ports were parts of this travel experience.

Presented by Laurel Ostrow
What is Contemporary Art? En Plein Air  
6/1
For centuries artists created art ‘en plein air’ or outside. Whether using the great outdoors for inspiration, materials, or final installation sites, artists like Mark Dion, Luchita Hurtado, and Andrea Zittel are just a few working with nature today. This session is part of a series exploring different aspects of the question, what is contemporary art?

Presented by Emma Nordin, art21.org, NY

Titian and the Glory of the Renaissance  
6/8
Titian was an active portrait painter in 16th Century Venice who became well-known throughout Europe for his portraits of the political and religious leaders of his era.

Presented by Dave Williams

American Tonalism - The Palette of Poetry  
6/15
The Tonalist Movement flourished from 1880-1915, and has a renewed interest today. With an emphasis on color, mood and shadow, this group of artists, seeking a soulful harmony in nature, distinguished themselves from the Impressionists. We will not only view paintings by the original tonalists, but also see a sample of paintings by artists today, whose works are considered tonal in color and style.

Presented by Kit Keane

“Good Artists Copy, Great Artists Steal”  
6/22
… according to Pablo Picasso. But where is the line between inspiration and appropriation? Can a “stolen” work or idea be turned into something entirely original? Art history is filled with such examples, and they sometimes show up in very unexpected forms and places.

Presented by Sarah Davy
The Making of Sculpture  
6/29
We will review how artists have made sculpture throughout art history up to contemporary sculptors who have expanded the very definition of what sculpture is. We will learn how the medium necessarily dictates the method and explore several key fundamentals of making three-dimensional art. Topics covered include the lost wax technique, carving, welding, multi-media assemblage, and even sculpting in a 100% virtual environment. 
*Presented by Antonia Dapena-Tretter*

Iconic Public Art from Around the World  
7/6
Some of the world’s most exhilarating art is found beyond museums and galleries. Intriguing public art is everywhere. Cities around the world are adorned with public art, from traditional statues and abstract sculptures to murals and street art. We find it on buildings and walls, in parks, and in open spaces. These works unite us, elicit our emotions, and breathe life into the open air. We will look at the stories behind some of the most compelling public art from around the world, focusing on art as diverse as the Statue of Liberty to Banksy’s graffiti. 
*Presented by Laura Davis*

“It is my joy to share art presentations with the Well Connected audience. Their questions and comments show a deep interest in lifelong learning. Whether looking at one artist or and entire movement, the group is engaged, enthusiastic, and makes my role as a presenter fun!”

Antonia  
Art Insights Presenter
All Request 90  
**Thursdays, 5/4 – 8/31**  
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*

Crazy Quilt Workshop  
**Saturdays, 5/20 – 6/24**  
**REGISTRATION REQUIRED - LIMITED SPACE AVAILABLE**  
In this **advanced** black and white class we will create a 10” crazy quilt, necklace and journal cover for a composition book. Kit includes: fabric, batting, muslin, embellishments. Participants will need to provide: embroidery threads, needles, fabric scissors, black thread, student composition book and 1 yard of black satin ribbon 1/2” or 3/4” wide.  
**A limited number of kits are generously supplied by the facilitator, only sign up if you can commit to completing this project.**  
*Facilitated by Gayle Wanamaker*

Creative Writing  
**Tuesdays, 5/2 – 8/15**  
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 work on Writers Read, or publish in the Writers’ Anthology.  
*Facilitated by Linda Valenziano*

Knit or Crochet Together  
**Wednesdays, 5/3 – 8/30**  
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. Share what you are working on, give others tips on the challenges they have with a project, and enjoy learning from others. You can also learn how to loom knit, with about $20 in supplies to get started.  
*Facilitated by Neva Fairchild, American Foundation for the Blind, VA*
Let Your Garden Grow  
**Sundays, 5/21, 6/18, 7/16**  
We will cover the following topics each month: **May 21**, Planting a Small Herb Garden. Have an unwanted pot, unused patio or a garden space? Would you love to grow herbs? If so, learn how to grow and cultivate delicate flavors that will enhance your cakes, cookies, pies and sugars. **Jun 18**, Eco-dying. Learn how to dye unwanted or boring fabric scraps from produce waste and excess summer foliage to make one-of-a-kind unique fabric pieces. **Jul 16**, Harvesting Herbs. Learn how to harvest your herbs for winter use, and how to make herb and scented vinegars, vanilla, bouquet garni bags and potpourri.  
**Facilitated by Gayle Wanamaker**

Music's Memory Lane  
**Tuesdays, 5/2 – 8/29**  
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**

Stitchers’ Circle  
**Mondays, 5/8 – 8/11**  
Join in conversation while we sew, quilt, embroider, needlepoint, and of course MEND! LOL, as we laugh our way through a mending pile, unfinished sewing or quilting project, and all things in between. Bring your own projects and supplies!  
**Facilitated by Gayle Wanamaker**

Writing Workshop  
**Sundays, 5/7 – 7/30**  
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**
Across the Miles  
**Wednesday, 7/26**  
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 Without Walls Staff throughout North America*

Activists R Us!  
**Wednesdays, 5/3 – 8/30**  
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*

Ask the Attorney  
**Fridays, 5/5 – 8/25 (no group 6/16, 6/23)**  
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. 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, 5/6 – 8/26**  
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
Tuesdays, Wednesdays, Thursdays, Sundays, 5/2 – 8/31
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 Kathy Connelly (Tuesdays), Carlen Olson (Wednesdays), Ricki Perlman (Thursdays and Sundays)

Cooking with Company
Wednesdays, 5/3 – 7/5
Are you a foodie? Join our group of fellow food lovers while we explore different recipes and share our favorites! At the end of the series, recipes will be shared in a digital cookbook for anyone to download. Don’t have a recipe to share? No problem! Come and get inspired. Facilitated by Rachel Stice

Creative Conversations
Mondays, 7/10 – 8/28
What does it mean to be a hero? If your foot could talk, what would it say? What are the foods and tastes of your childhood? Join me to answer questions like these, and have some creative conversations together. Facilitated by Harla Norman

Death Café
Tuesdays, 6/6 – 7/25 (no group 7/4)
Join us for conversations about death so that we can make the most of our lives. We meet one another as peers to share whatever feels right in the moment. We will make space for grief, creativity, and being present to the simple joys of life. This is a respectful and confidential space. There is no agenda so we can let conversations flow naturally. While this can feel therapeutic, this is not a support group or counseling session. Make yourself a cup of tea and join us. Facilitated by Rickie Redman, End-of-Life Practitioner Intern
Groceries for Less  
**Mondays, 5/1 – 8/21 (no group 5/29, 7/3)**
Shopping can be a bore, so let’s liven it up by sharing ways to spend less - it’s the only way to save. With more than 50 years of shopping experience, and a love for the grocery business, we will talk about grocery ads, stores, and ways to shop while spending less. Share your tips on eating on a budget!  
*Facilitated by Steve Hoad*

Inspiring Stories  
**Saturdays, 5/6 – 8/26**
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*

Keys to Joy  
**Saturdays & Sundays, 5/6 – 8/27**
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, 5/10, 5/24, 6/14, 6/28, 7/12, 7/26, 8/9, 8/23**
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, 5/3 – 7/5**
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*

Newcomers Welcome  
**Mondays, 5/22, 6/26, 7/24, 8/28**
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 Annette Balter and Amber Carroll, Front Porch*

Our Blue Marble  
**Mondays, 5/8, 6/12, 7/10, 8/14**
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*

Pet Tales  
**Saturdays, 5/20 – 8/5**
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*
Music is a universal language that touches everyone and evokes so many precious memories.”

Steve
Facilitator, Music’s Memory Lane

Socrates Café
Mondays, 5/15, 6/19, 7/17, 8/21
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.

State of Well Connected
Wednesdays, 5/17, 8/9
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

Speak Your Mind
Saturdays, 7/1 – 8/19
In this world of technology and social media, searching for historical accuracy and information, words, communication, reasoning, knowledge and opinions become imperative. Socialization and good discussion are the focus of this group.
Facilitated by Gina Pandiani, MA
Bingo
Mondays, 5/22 – 8/28
Saturdays, 5/20 – 8/26
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

Brain Strains
Mondays, 5/15, 6/19, 7/17, 8/21
Let’s flex our mental muscles with riddles, puzzles, brain teasers, and mind-benders from The Everything Brain Strain Book by Jake Olefsky. Have fun while improving your thinking and problem-solving skills.
Facilitated by Amber Carroll, Senior Director Connection Programs, Front Porch

Do You Know What You Don’t Know?
Sundays, 5/7 – 8/27
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, 5/7 – 8/27
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

Improv Games
Wednesdays, 6/14 – 8/30
Join us for spontaneous fun as we let go of our inner judges and let our playful selves frolic. We’ll improvise short dialogs and stories, and play some kooky games. Lots of laughter guaranteed! Listener audience members also welcome.
Facilitated by Terry Englehart
Jeopardy!
**Tuesdays, 5/2 – 8/29**
From 1964 to today, Merv Griffin’s Jeopardy! has been a huge television hit. You will need to ask the correct question to a variety of trivia answers from the world of history, literature, food, travel, art, and more!
*Facilitated by Sue Piecuch*

Mystery Melody
**Saturdays, 5/6 – 7/8**
The mystery melody themes, with guidelines to help you get started are a few of our favorite themes: **May 6** first names in song (Bobby’s Girl); **May 13** all in a royal family (mother, king, brother, prince); **May 20** the body (heart, hands, arms); **May 27** clothing and/or colors (hat, boots, blue, red); **Jun 3** finals, school subjects (Tea for Two - math); **Jun 10** modes of transportation (train, boat, car); **Jun 17** passport required, foreign places or languages (Arrivederci Roma); **Jun 24** fun in the sun, parties, food, beach (Surfer Girl); **Jul 1** celebrating traditional and patriotic songs; **Jul 8** town and country (horse, farm, highway, school).
*Facilitated by Jan Knowles*

Noggin Joggin’
**Thursdays, 5/4 – 6/15, 7/13 – 8/31**
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 noggin’s. We’re sure to have a great time along the way.
*Facilitated by Nicolette Noyes*

Open Mic
**Thursdays, 5/4 – 8/31**
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*
Fun & Games

Tall Tales

Tuesdays, 5/2 – 8/29
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

Trivia

Tuesdays, 5/2 - 8/29 (Trivial Pursuit pm)
Sundays, 5/7 - 8/27
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), Sharon Schwartz (Sunday), and Elantra V. (Tuesday PM)

Ungame

Thursdays, 5/4 – 8/31 (no group 5/18, 6/15, 7/20, 8/17)
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

Word Play

Sundays, 5/7 – 8/27
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
Author Reading: Dearly Beloved Departed, A PIP Inc. Mystery
Wednesdays, 5/3 – 6/28
Pat is hired by attorney Jason Forman to “get some dirt” on his daughter’s fiancé. Before she gets very far in her investigation, the young man is murdered. Did his past catch up with him, or is what Pat fears, that there’s a serial shooter going after Christmas Eve grooms?
Facilitated by Nancy Lynn Jarvis, Author

Poetically Speaking
Wednesdays, 5/3 – 8/30
Poetry has been proven to inspire and help heal both the body and soul. Join us to hear selections of celebrated and contemporary poems.
Facilitated by Greg Pond, Poet

Sunday Poetry
Sundays, 5/21 – 8/27
Share poetry that you have written or that you admire, and join in a lively discussion about the poems.
Facilitated by Joan Rosenberg

Poetry Reading
Thursdays, 5/18, 6/15, 7/20, 8/17
Join Sally Love Saunders as she reads and discusses her original poetry. You will find her poetry to be enjoyable and easy to relate to.
Facilitated by Sally Love Saunders

Story Time
Thursdays and Saturdays, 5/4 – 8/31
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 to just listen.
Facilitated by Pat Brunetti and Nicolette Noyes

Writers Read
Friday, 8/18
Enjoy the many talents of the Well Connected community, or share your original work. To share your work, join the group on time, as reading time is allotted at the beginning of the group.
Facilitated by Linda Valenziano
Empower Your Fight Against Fraud  
5/23  
Have you ever been approached with a fraudulent offer or been a victim of identity theft? The AARP Fraud Watch Network is working to empower you, with the latest data on fraud trends and proven resources and tools to help you spot and avoid identity theft and fraud to protect you and your family. 
*Presented by Kris Ritualo, Community Engagement Specialist, AARP*

An Ounce of Prevention is Worth a Pound of Cure; Secrets of the Long-Lived  
5/30  
We will review current research findings from studies of extreme aging – people in the nineties and hundreds share many of the same traits and biology. Current literature provokes thoughtful changes in the way we live our lives today. 
*Presented by David K. Johnson, PhD., Professor in Neurology, Director, UC Davis Alzheimer’s Disease Center, CA*

Suicide Prevention 101  
6/6  
A brief overview of suicide prevention during which participants will learn how to compassionately discuss suicide and how to help someone who may be experiencing suicidal thoughts. 
*Kaitlyn Coughran, Contra Costa Crisis Center, CA*

Welcome to the Lighthouse!  
6/13  
Come and hear about the programs and services offered virtually to keep everyone connected and living a fulfilled life with changing vision. 
*Presented by Sheri Albers, Lighthouse for the Blind, SF, CA*
HomeFit: Smart Solutions for Making your Home Comfortable and Safe
6/20

Older adults want to remain in their current homes and communities for as long as possible. Yet barely one percent of the nation’s housing supply contains any “universal design” elements, such as single-story living, or a sink that can be reached from a wheelchair. Based on the free AARP HomeFit Guide, learn how to make your current or future residence your “lifelong home.”

Presented by Kris Ritalo, Community Engagement Specialist, AARP

Stay Fit = Stay Healthy
6/27

How fit do you need to be declared healthy? What is physical fitness and how does it apply to you? Is it a state of mind, or are there benchmarks that tell you if you’re physically fit? According to the Centers for Disease Control & Prevention, regular physical activity is crucial for older adults to remain healthy. Activities like brisk walking are not only good for heart health but they can also prevent the onset of illnesses and chronic conditions. We’ll talk about how you can incorporate physical exercise into your daily life and how to overcome barriers like inertia, space or time. We’ll also practice a few exercises that can jumpstart our day and/or be done a few times during the day.

Presented by Kay Parekh, Fitness Instructor

Create Meals for Living Healthy with Diabetes
7/11

Learn a simple and practical way to guide your portions and carbohydrates for better blood sugar control! Plus resources for recipes and meals to put this guide into action.

Presented by Jacquelyn Russum, MPH, RDN, Alameda County Public Health Dept., CA
Declutter and Downsizing: You Can’t Take It With You
7/18
Having too much stuff can impede people from relocating or getting health care into their homes. We will explore why stuff is so important for some people and learn practical, easy-to-follow tips on downsizing and decluttering. Learn how to get started!
Presented by Kris Ritualo, Community Engagement Specialist, AARP

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning
7/25
When someone is showing signs of dementia, it’s time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. Learn tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.
Presented by Benson Zhao, Community Engagement Manager, Alzheimer’s Association

Caring for Family and Friends as We Age: Taking Care of Ourselves while Caring for Others
8/1
What are the key causes of stress and distress that arise as we care for older family and friends? Learn strategies to help maintain and even enhance the quality of life for you and your loved ones.
Presented by David W. Coon, PhD, Associate Dean for R.I.S.E., Director and Professor, Center for Innovation in Healthy and Resilient Aging, Arizona State University
Nursing Home Reform: The Moving Forward Coalition
8/8
Nearly 1.5 million people live in nursing homes in the US, another 1.5 million people work in them. Chances are we all know at least one of these residents or staff. And yet many of us don’t know how nursing homes operate and the urgent need for nursing home reform. The Moving Forward Nursing Home Quality Coalition is a diverse and growing group – including nursing home providers and staff, residents and family, advocates and policymakers – committed to making all nursing homes communities where residents are nurtured and empowered, and people want to work. Join the Coalition to learn more about the state of nursing homes in the US, and how we can create meaningful quality improvement with feasible changes in policy and practice. Learn how to access and understand critical information about nursing homes in your community.

Presented by The Moving Forward Nursing Home Quality Coalition, movingforwardcoalition.org

The Brain Connection
Saturdays, 5/6 – 6/24
Learn about our 4 Brains and how attention, memory, communication, reminiscing, stories, brain games and writing affect us and the world around us.

Facilitated by Gina Pandiani, MA

Be Healthy, Stay Fit
Tuesdays, 5/1 – 6/8
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
Healthy Eating
Saturdays, 6/17, 7/1, 7/15, 7/29, 8/5, 8/19
Do you want to eat healthier or lose weight, but don’t know where to start? Gather with like-minded people to discuss, learn, and discover healthy foods, delicious recipes, and misleading labels so you can make informed food choices.
Facilitated by Inga Shalmiyeva, RN, Certified Health Coach, and Carlen Olson

Living Better with Chronic Conditions
Tuesdays, 5/2 – 6/6
Managing chronic health conditions can be challenging, both physically and mentally. These conditions can create limitations, frustrations, and uncertainty. This 6-session class will help people learn active coping skills to better manage symptoms. Topics such as, goal setting, pacing, sleep hygiene, and the mind-body connection will be discussed. Join us in learning how to better manage chronic health conditions!
Facilitated by Paige Naylor, PhD, Clinical Psychologist

Think Again Thursday
Thursdays, 5/11, 6/8, 7/13, 8/10
We will explore and practice applied brain health, including the power of surprise, based on the inspirational 2003 book, “Surprise, Uncertainty and Mental Structures,” from Harvard pioneer in brain health, Jerome Kagan.
Facilitated by Roger Anunsen, Co-Founder MINDRAMP Consulting
Languages

Perfecting Our French
Tuesdays, 5/2 – 8/29
Thursdays, 5/4 – 8/31 (no group 6/22 – 7/6)
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 Instructor Jan Knowles (Thursday) and Nicolette Noyes (Tuesday practice)

Practicing German
Fridays, 5/5 – 8/25 (no group 5/19 – 6/2)
This class is for participants with some knowledge of the German language, and who would like to continue their practice.
Facilitated by Jack Gorby

“I love to take part in the programs that Well Connected offers – poetry groups and cultural. I go to Sally Saunders and Greg Pond’s groups.”
Karen
Participant
Is It Time to Park the Car?
7/7
Driving skills can change. Some medical conditions and medications can affect a person’s ability to drive safely. There are many warning signs to the driver or loved one that there may be a problem. Join us to learn more about the warning signs, assessment process, conversation strategies, driving tips and helpful tools. Learn more about navigating next steps, resources available and transportation options.

*Presented by Melanie Henry, Founder & CEO, DriveABLE Licensed Assessment Provider, Licensed Driving Instructor, Certified Dementia Practitioner (CDP), Driver Cognitive Assessment Center, CA, dcacbayarea.com*

WOW Panel
7/14
Like Well Connected? Well Connected is part of a larger community of “Without Walls” programs who convene every quarter to share and collaborate. Join us to learn about two other virtual programs that provide accessible and diverse programming by phone.

*Presented by Amber Carroll, Front Porch, CA (Well Connected), Robyn Heid, Family Eldercare, TX (Lifetime Connections Without Walls), and Amy Wald, DOROT, NY (University Without Walls)*

Building a CA for ALL Ages & Abilities by 2030
7/21
By 2030, adults aged 60 and over will make up 30% of California’s population, leading to the largest, and most diverse, older population the state has ever experienced. The state’s Master Plan for Aging is a “blueprint” for state and local governments, the private sector, and philanthropy to prepare for demographic changes, and to continue California’s leadership in aging, disability, cultural responsiveness, and equity. The multi-sector plan outlines five bold goals to build a California for ALL Ages & Abilities by 2030. Local engagement and implementation is imperative to the success of the plan’s 10-year vision.

*Presented by Amanda Lawrence, MPH, Project Director, Master Plan for Aging, State of California*
Guaranteed Income
7/28
What is Guaranteed Income (GI)? Join us to learn more about the cash transfer program that has been championed as a means of building wealth amongst vulnerable communities and reducing poverty. We will explore the impact of GI through education, a review of its history, and its popularity today.

*Presented by Marissa Garibay, Guaranteed Income Coordinator, Community Financial Resources, CA*

Muttville Senior Dog Rescue
8/4
Learn all about a wonderful rescue for senior dogs in San Francisco. We will share how Muttville was founded, and how we have been able to save over 10,000 dogs in the last 15 years, through fostering, volunteering, outreach and adoption. We welcome any stories about your own experiences with adopting dogs!

*Presented by Angela Di Martino, Community Outreach Manager, Muttville*

Becoming an Empowered Elder
8/11
Join the growing senior movement to learn how to stand up for yourself, your loved ones, and your community. The California Alliance for Retired Americans (CARA) is California's largest, grassroots senior advocacy organization working to educate and organize older adults to improve the quality of life for seniors and our families.

*Presented by Jodi Reid, Executive Director, California Alliance for Retired Americans*
Mindful Practices

Art & Mindfulness
Sundays, 5/7 – 6/11
We will start with a meditation to ground ourselves and come together. We’ll ease into artwork with a new theme each week. You will be encouraged to draw or paint while tuning into your emotions and/or body. You may choose to share in the group what you create, and see and hear what others made!
Facilitated by Sonal Prasad, Masters in Counseling Student, Palo Alto University

Guided Mindfulness Meditation
Mondays, 5/1 – 8/21 (no group 7/3)
This guided mindfulness meditation practice is designed to help cultivate mindfulness, ease stress, and anxiety, and promote a sense of calm and well-being. Give yourself the gift of the present as you are guided through various mindfulness practices, including breath awareness, body scans, mindfulness of thought, and self-compassion. All are welcome, no experience necessary. Meditations can be done seated or lying down, whatever is most comfortable.
Facilitated by Alexandra Klein, Certified Mindfulness Teacher

Meditation
Every Day, 5/1 – 8/31
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
Mindful Self-Compassion
Fridays, 5/5 – 6/23
Learn skills and resources to develop a kinder, more compassionate relationship with yourself based on the three components of self-compassion: mindfulness, self-kindness, and common humanity. We will cultivate ways to incorporate these practices into our daily life and how we relate to ourselves and others. You will learn evidence-based practices, including loving kindness, mindful breathing, and self-compassion exercises. No experience necessary. Come with an open heart and mind and learn to meet yourself with kindness and friendliness.
Facilitated by Alexandra Klein, Certified Mindfulness Teacher

Re-Engineer Your Mind
Saturdays, 5/6 – 8/26
In this practical session, we will explore methods to regulate the thought process, practical tips for mental and emotional wellbeing, how to live in the present moment by letting go of the past, and experiencing the subtle realm of the heart-mind experience.
Facilitated by Artee Chandekar, Certified Heartfulness Trainer

“No matter how old we all become it is never too late to find our true nature. With a childlike innocence and wonder, let’s seek that everlasting joy and true potential hidden within ourselves.”
Artee
Facilitator, Re-Engineer Your Mind
Jewish Traditions and Rituals in Contemporary Art
5/31
Jewish traditions and rituals are reexamined and interpreted through contemporary art, as we explore artworks on view in Cara Levine: To Survive I Need You to Survive and We Become [Vessels] that draw on Jewish traditions and practices, and invite reflection on concepts of grief, lifecycle, and interconnectedness with our community and environment. We will consider what it means to be Jewish in our world today, and consider how art can contribute to a more just, empathetic world.

*Presented by Ron Glait, Contemporary Jewish Museum, CA, thecjm.org*

Ansel Adams in Our Time
6/7
Ansel Adams was the most important landscape photographer of the 20th century. He is also perhaps the most widely known and beloved photographer in the history of the United States. Adams’s most important work was devoted to what was or appeared to be the country’s remaining fragments of untouched wilderness, especially in national parks and other protected areas of the American West. He was also a vigorous and outspoken leader of the conservation movement.

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

Dalí and the Surrealists at the Wadsworth
6/14
Join a virtual tour of the Wadsworth Atheneum’s stellar collection of Surrealist art. Learn about artists such as Salvador Dalí, Joan Miró and their contemporaries.

*Presented by the Wadsworth Atheneum, CT, thewadsworth.org*
Museums at Home

The Harmon and Harriet Kelley Collection of African American Art
6/21
Explore the carefully curated art collection of Harmon and Harriet Kelley highlighting the importance of 19th, 20th, and 21st century African American artists. Learn about pivotal moments in history viewed through the lens of artists in the form of intimate drawings, pastels, bright abstract acrylics, lithographs, and more!

*Presented by Lindsay Muncy, Bullock Museum of Texas State History, TX, thestoryoftexas.com*

Color Blocks: The Beauty and Impact of Woodblock Prints
6/28
Woodblock printing made art accessible to the masses. Japanese art is known for the beauty and variety of its woodblock prints. The techniques and characteristics of woodblock prints have evolved over the years, and influenced other art forms, especially the Impressionists. They served multiple purposes from advertising posters and printed books to promoting fashion icons.

*Presented by the Asian Art Museum, CA, asianart.org*

The Hidden Messages in Still Life Paintings
7/5
Still life paintings are one of the most popular genres and most seem quite straightforward, but if you look closely, you will discover many hidden messages within the arrangement of objectives. Let’s examine some of the still life paintings created by artists through the years.

*Presented by Nanette Hanks, MN*

Ming Smith: Feeling the Future
7/12
Explore an under-recognized career from the 1970s through the present, encompassing a multitude of artistic expressions, grounded in portraiture, and amplifying the heartbeat of Black life in the US. Examine themes such as Afrofuturism, Black cultural expression, representation and social life.

*Presented by the Contemporary Arts Museum Houston, TX, camh.org*
La Cartonería Mexicana / The Mexican Art of Paper and Paste  
7/19
Mexican cartonería uses simple materials of paste, cardboard, and paper to create a diverse array of subjects such as piñatas, dolls, Day of the Dead skeletons, and fantastical animals called alebrijes. We will explore cartonería used in regional and religious festivals throughout the year in Mexico.

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

Women Artists at the Millicent  
7/26
Taos is well known as an art hub of the Southwest. We will explore the diverse artworks of five inspired women whose works capture the beauty at the heart of this Northern New Mexico community. We will look at works by painter Dorothy Brett, painter Pop Chalee, santera Lydia Garcia, potter Angie Yazzi, and painter Eva Mirabel.

**Presented by Karen Chertok, Millicent Rogers Museum, NM, millicentrogers.org**

Visions Towards Tomorrow Part II  
8/9
We will review the founding of the museum and permanent exhibition on African Americans in Oakland beginning with the 1890s, and hear interviews of prominent figures, entrepreneurs, and everyday people from the museum’s west wing.

**Presented by Marco Frazier, Library Assistant at the African American Museum and Library at Oakland**
Reflection & Religion

Art and Spirituality  
**Saturdays, 5/6 – 8/19**
Based in a Big History format and all things in art and spirit, this group covers all things related in the world through time. From prehistoric cave art to Michaelangelo’s Sistine Chapel we’ll discover how art and spirituality have inspired and shaped our lives.  
*Facilitated by Gina Pandiani, MA*

Bible Study  
**Thursdays, 5/4 – 5/25**
Join us as we encourage each other toward love and good deeds through the study of scripture.  
*Facilitated by Lori Guthrie*

The Good Book  
**Mondays, 5/15 – 8/28**
The Holy Bible is often mistaken for a book of hard and fast commands from an angry God. Actually, though, it’s a love letter from providence, to guide us to the source of everything that ever was, is, or ever will be! The Good Book will help with understanding of the full story with no ending.  
*Facilitated by brother drake*

Gratitude  
**Every Day, 5/1 – 8/31**
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, Lynn Parrish, Ricki Perlman, Sue Piecuch, Doug Stetson, Cristina Torres, Nancy Walton-House, and Tom White*

Memorial Service  
**Thursday, 8/17**
Along with commemorating members of the Well Connected and Social Call communities who have died, this will be a chance for all of us to process our grief and remember the friends and family we have lost.  
*Facilitated by Alexis Pearce, Director of Spiritual Life, Front Porch*
Caregiver Conversations  
**Fridays, 5/5, 6/2, 7/7, 8/4**
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, 5/25, 6/22, 7/27, 8/24**  
**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*

Living with Chronic Pain  
**Thursdays, 5/4 – 8/31**  
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 Group
**Wednesdays, 5/24 – 8/30**
A vision loss journey can be lonely and uncertain. We will share information and advice to help you adjust to living with low vision. Hear from your peers and professionals about skills, resources and tools for independent living and enjoying activities in a new way. We will support each other on the emotional journey that can come with significant vision changes. Sharing experiences and tips gives everyone a broader perspective of solutions for a wide variety of low vision concerns. Join us to gain insight on your path to becoming independent and confident with low vision.

*Facilitated by Judy Davis and Mary Witherspoon*

Self-Empowerment Now
**Tuesdays, 5/16, 6/20, 7/18, 8/15**
Join us for support and discussion on various topics related to self-care and self-advocacy, including cybersecurity, mental health, and more. Get connected with resources and information that can help you discover the importance of independence and community.

*Facilitated by Jennifer Soto, MSW, Elder Abuse Specialist, Radiant Futures, CA*

Support/Discussion for the Blind
**Tuesdays, 5/2 – 8/8**
This peer-led group offers a safe environment in which completely blind participants can share the challenges they face and the successes they experience. Participants will also learn to live with blindness and about resources for the blind. We will create a place to share our joys, fears, tears, and laughter.

*Facilitated by Audrey Demmitt and Empish Thomas*
Well Connected Online
6/2
Learn about Abiento, the Well Connected conferencing platform and member portal. You’ll learn about why we developed Abiento, and how you can use it to register for groups, accessibly join groups, and enjoy select lifelong learning groups after the fact.
*Presented by Annette Balter and Amber Carroll, Front Porch*

Better Hearing and Vision for Quality of Life!
6/9
Good hearing and vision are far more valuable than just hearing or seeing better- they’ve both been linked to greater social connectivity, decreased risk of cognitive impairment, better balance and fewer falls! This presentation will cover a range of technology solutions, from over-the-counter hearing aids to assistive technology for vision impairments. Emphasis will be on affordability plus the status of insurance coverage for devices.
*Presented by Carla Din and Doug Mosher, seniorfusion.org*

Cyber-Seniors: Intergenerational Tech Training
6/16
Cyber-Seniors’ mission is to bridge the digital divide by connecting generations through technology. We envision a world with digital equality, where everyone has access to technology and the skills to use it. Through no-cost, volunteer-led sessions, Cyber-Seniors is able to deliver multi-lingual tech training and support to hundreds of thousands of older adults across North America.
*Presented by Lukas Holland, cyberseniors.org*

California Connect
6/30
The California Telephone Access Program (CTAP) provides free adaptive telephones, accessories and specialized services for people who have difficulty hearing, speaking, moving, seeing and/or remembering. There are no age or income restriction or guidelines.
*Presented by Contessa Bunn and Pa Kou Cha, California Connect*
Facilitating and participating in this group has empowered me to advocate for myself and others with chronic pain. The members of Living with Chronic Pain are truly inspirational in their search for regaining “quality of life” while dealing with chronic pain.”

Tom
Facilitator
Front Porch Community Services – Creating Community

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 telephone 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

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.

**Well Connected and Well Connected Español** are looking for group facilitators in English or Spanish. Facilitating for a few weeks or months could be for you if you:

- Are an empathetic, active listener
- Can encourage and support others
- Are flexible when faced with the unexpected
- Are a great communicator who can manage and respect the group process

**Social Call** matches individuals for regularly scheduled one-on-one friendly phone conversations. Join us if you:

- Like to meet new people
- Are flexible and curious
- Can take different perspectives
- Are available each week, for a 30 minute phone chat, and willing to commit for at least 6 months

Contact us at connections@frontporch.net or (877) 797-7299 for more information
Other Resources

General
- **2-1-1 or 211.org** – Free, national, confidential information and resources
- **Eldercare Locator** – 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
- **Be My Eyes** – bemyeyes.com – A free app that connects people with low/no-vision with sighted volunteers and company representatives for assistance through a live video call
- **Hadley.edu** – (800) 323-4238 – Education and discussion groups
- **VisionAware.org** – Online information and resources
- **BrailleInstitute.org** – (800) 272-4553 – Free classes and library

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 – 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** – (510) 531-6104 – Innovative technology for seniors, info and consulting, fees apply