Well Connected
CREATING COMMUNITY

FALL 2023
September 1 – December 31

(877) 797-7299
connections@frontporch.net
wellconnectedprogram.org
Gratitude ........................................ 44
Grieving Our Personal Losses .......... 47
Groceries for Less ......................... 22
Growing in our Faith ....................... 45
Guided Mindfulness Meditation ......... 39
Health & Wellness Series ................. 29-31
Hear the Catalog ......................... 11
His/Her Story ......................... 22
How Do I... Tech? ......................... 51
Improv Games ......................... 25
Inspiring Stories ......................... 22
Intergen Chat ......................... 22
Jeopardy! ......................... 25
Keys to Joy ................................. 23
Knit or Crochet Together ................. 18
Labor Day ................................. 33
LGBTQ Chat ................................. 23
Life Story Workshop ...................... 23
Lifestyle & Culture Series ................. 36-38
Living with Chronic Pain ................. 47
Low Vision Support Group ................. 48
Managing Stress ......................... 48
Meditation ................................. 39
Memorial Service ......................... 45
The Mind, Body, and Self Care Connection ................. 48
Mindful Self-Compassion ................ 39
Museums at Home Series ................. 40-43
Monsters Among Us ....................... 33
Music’s Memory Lane ...................... 18
Mystery Melody ............................. 25
Newcomers Welcome ..................... 11
New Year’s Eve ............................. 34
Noggin Joggin’ .............................. 26
Our Blue Marble ......................... 23
Open Mic ................................. 26
Paper Craft ................................. 18
Pearl Harbor Rememberance Day ........ 34
Perfecting Our French .................... 35
Pet Tales ................................. 24
Poems on the Cycles of Life ............. 27
By connecting socially, sharing experiences, and developing caring relationships, we realize and appreciate how much we have in common. We enjoy an improved quality of life and greater unity in our country.”

Nancy
Participant & Facilitator
Donations

Your generous donation supports Well Connected!

To make a donation online, please visit: 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)
Elantra, Emma and Amber
Welcome to the Well Connected Community

Well Connected is a nationwide phone and online community that brings people over the age of 60 together to explore, learn, laugh, and share experiences. Over 3,500 members join educational, fun, and engaging groups from the comfort of home. The Well Connected community of participants, staff, facilitators, and presenters value being connected to engaging content, and to each other. Well Connected is a Front Porch Community Service and is free of charge to individual members.

About Front Porch

Front Porch is a not-for-profit organization, dedicated to empowering individuals to live connected and fulfilled lives through community and innovation. 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.

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.
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, enrolled 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.
• Introduce yourself on groups and state 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 is prohibited.
• Our peer-led groups are meant to offer support in a safe, nurturing environment. However, they are not intended to replace individual medical or therapy sessions. 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 - Creative Writing Groups

This session we honor the tremendous creative talent in our writing groups. Well Connected has hosted poetry and prose writing groups for about 15 years. Over the years, we have had terrific facilitators who have provided an encouraging and supportive space for both budding and experienced writers. The late Anne Allen led a poetry group for many years. We have been especially lucky to have had published writers on Well Connected, including the late Sheppard Kominars, and current facilitators Joan Rosenberg, and Jerry Sexton. They are joined by former National Teachers Writing Group member and writing teacher Linda Valenziano.

Sandy Friedlander, one of our writing group participants comments, “The writers’ groups of Well Connected brought the writer in me back to life, after a series of blows to my health and mobility cut me off from most of the places, people and activities that inspired and energized me to write. But thanks to Jerry Sexton’s whimsical and playful leadership, and Linda Valenziano’s long teaching experience and soulful approach, and the supportive environment created by both, Behold! I am happily writing again. Thank you!”

You may not know that Well Connected has produced a Writers’ Anthology since 2008. Each session, this culminating document showcases the original work of writing group members. You can also hear Well Connected writers read their pieces in our Writers Read group, scheduled for Friday 12/15 this session. All are welcome to come and listen!

**MORNING COFFEE**

By Linda Valenziano

I sit in an old wooden rocker outside
Sheltered on the red brick porch
My coffee cup warms my hands
Soft rain taps in the street, polishes blades of grass in the yard
Near the porch steps
Golden crested Birds of Paradise nod back and forth
One broad leaf outstretched cups a pool of rain
Mirroring the sky and clouds above
The leaf sways
Clouds and sky still cradled, ripple in the water
Nearby a mockingbird’s chatter cracks the silence
I sip my coffee slowly, savoring early morning
Champions

A MEMORY
By Joan Rosenberg

What part of youth is still with me
Asleep in my body’s cells?
Something I read woke a memory.
It speaks to me now.

I remember that autumn night
Going up the steps in Central Park.
The night wrapped me up.
You held me close.

I heard a nightingale sing.
Looked up to see if the light
Of the moon showed our profile.
We were so young at that moment.

My memory came in a split second of time.
Free to wander and surprise.
I untied my apron strings
And hung it up ready for the morning.

YOU ASKED, SO I’M TELLING YOU
By Jerry Sexton

If I had one more day, yes,
I’d really like to hear
skilled musicians play.

Haven’t we already spoken
at great length about the
inadequacy of words?
And whyever did we do that?

Do you feel the impulse, the tug of
what could be added here?

Certainly, you may
feel free to
finish this on your own. We can
argue later in inadequate words the
nature of our being and our
continuing attempts
to connect.
Connection Team

Rosanna Aragon
Program Manager
Social Call

Liz Avalos
Program Manager
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Annette Balter
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Well Connected

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Connection Programs

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Program Director
Well Connected Español

Katie Wade
Senior Director
Creative Engagement
Learn About Well Connected

Hear the Catalog
Sundays, 9/3, 12/31
Would you like to hear this (9/3) and next session’s (12/31) Well Connected catalog read aloud? If you don’t use an audio player, but need help with reading, join us to hear the catalog read to you, as well as questions answered about group content.
Facilitated by Nicolette Noyes

State of Well Connected
Wednesdays, 9/20, 12/13
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

Newcomers Welcome
Mondays, 9/11, 9/25, 10/9, 10/23, 11/13, 11/27, 12/11
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

“Well Connected turns my focus to intellectual curiosity and learning.”
—Catherine
Participant & Facilitator
Great Small Towns Around the World - Part II

9/25
Travel to six of the most fascinating small towns on three continents: L’Isle sur la Sorgue, France; Rothenberg, 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

Switzerland

10/2
Join us for a walking adventure in the Swiss Alps. There will be picturesque villages and serene valleys. The Matterhorn, Eiger, and Jungfrau are some of the mountain areas traversed. Wildflowers are in season. Cultural treasures and cuisine included in this tour!

Presented by Laurel Ostrow

London and Amsterdam

10/9
Journey through some of the iconic sights of London England, from the Tower of London and the crown jewels to the Houses of Parliament, Westminster Abbey and tea at the Ritz. From there we travel by Eurostar to Amsterdam to visit the Van Gogh museum and explore the flower fields by electric car.

Presented by Karen Bennett

Big Bend National Park

10/16
Big Bend National Park is 800,000 square miles of remote wilderness in the southwest corner of Texas, where the Rio Grande River curves and gives the park its name. Visitors are captivated by its vast desert and forested mountain landscapes, and the variety of animal and plant life that thrive in elevations from 1,800 to 7,800 feet. The most re-visited park of the NPS is a Globally Important Bird Area, UNESCO Biosphere Reserve, and an International Dark Sky Park, and the Rio Grande is a National Wild and Scenic River.

Presented by Carolyn Bobo
The Outer Banks  
10/23
The Outer Banks is part of a string of barrier islands and spits off the coast of North Carolina and southeastern Virginia. Known for their wide expanse of open beachfront and the Cape Hatteras National Seashore, an important biodiversity zone, including beach grasses and shrubs that help protect the land. Sites of early European settlement in 1587, and the first place where an English person, Virginia Dare, was born in the Americas. We will stay in Kitty Hawk NC, home of the Wright brothers, and the first powered flight on 12/17/1903.

*Presented by Tom Deckert*

Antarctica  
10/30
Welcome to the lands of ice and snow traveled by Ernest Shackleton and other famous explorers. The Falkland Islands, South Georgia Island, Antarctica and the infamous Drake Passage are both wondrous and foreboding locations with much exciting wildlife and history. Join the adventure.

*Presented by Paula Wright*

More of West Africa!  
11/6
We will visit the less travelled countries of Benin and Togo, experience the Stilt villages, and learn about the influence of Voodoo.

*Presented by Joya Chatterjee*

Pitcairn Island  
11/13
The island of “Mutiny on the Bounty” fame is still populated by descendants of the Bounty mutineers. Cruise ships sometimes call here, but since there is no harbor, passengers meet the locals only when artisans visit the ship anchored offshore to sell crafts. Make a rare visit to the island on the Aranui, a French Polynesian ship that takes tourists twice a year from Papeete, Tahiti, with shore visits in the Tuamotus and Gambiers.

*Presented by Teresa Wilkin*
Taiwan

11/20
Taiwan is very small, with 24 million citizens. Join us for a historical, cultural, and political overview - Taiwan 101!

*Presented by Catherine Coleman*

**The Call of the Wild: Alaska and the Inside Passage**

11/27
As Robert Service wrote in the poem *The Call of the Wild*, “*Let us journey to a lonely land I know. There's a whisper on the night-wind, there's a star agleam to guide us, And the Wild is calling, calling.....let us go.*” Join us on an 80th Birthday family trip by plane, car, excursion boat and Alaska Marine Highway Ferry to Seward, Kenai Fjords National Park, Anchorage, Fairbanks, Denali National Park, Destruction Bay (Yukon), Haines Junction (British Columbia), Haines, Juneau, Sitka, Wrangell/Ketchikan and Bellingham (Washington).

*Presented by John House and Nancy Walton-House*

**Cruising the Norwegian Coast to the Arctic Circle**

12/4
Visit the land of the Midnight Sun and Northern Lights, and enjoy the majestic mountains and fjords of Norway. Stop at the colorful towns of Bergen and Tromso as well as smaller villages such as Geiranger and Honningsvag, as we cruise the Viking Sea on the Silversea Dawn.

*Presented by Elizabeth Danielson*
**Artful Connections: Alfred Stieglitz, Georgia O’Keeffe, Ansel Adams**

10/5

These three transformational artists were born almost a generation apart and across three different regions of the United States. When did their paths cross? What impact did their friendship and somewhat complicated affiliations have on their own works of art? As some of their magnificent paintings and photographs show, we’ll examine their influences on one another, as well as on future generations.

*Presented by Kit Keane*

**In the Footsteps of Johannes Vermeer: The Master of Light**

10/12

Join us as we tour the paintings in the exhibition in the fabulous Rijksmuseum, Amsterdam, followed by the Mauritshuis Museum located in The Hague. Our last excursion is the beautiful, historic city of Delft where Vermeer was born, lived and died.

*Presented by Dr. Marguerite McInnes*

**Jean Dubuffet and Art Brut**

10/19

Dubuffet’s early career of the 1940s is a personal search for “otherness,” that led to his “discovery” of Art Brut or Outsider Art. Outsider Art is supposedly pure artworks born outside of cultural or societal influence. Dubuffet carefully constructed the appearance of being an outsider. However, he enjoyed a profitable career within the fine art market he criticized. We will examine his hypocritical motives, at the same time shining a light on the importance of supporting artists who produce art outside of traditional art markets.

*Presented by Antonia Dapena-Tretter*
The Soul of the Rose - the Pre-Raphaelites’ Language of Flowers
11/2
In 1848, the Pre-Raphaelites Brotherhood, a secret group of seven young English artists, dedicated their art to the concept of upholding true emotion, simplicity and vividness. In their paintings, they gave flowers special poetic meaning and emotion. They also focused on staying true to nature, and observed flowers in the way of botanists. We will examine the works of some of the most famous Pre-Raphaelite painters, including Dante Gabriel Rossetti and John Everett Millais.

Presented by Laura Davis

A Picture is Worth 1000 Words
11/9
Behind every great painting there is a great story to be discovered. From quiet moments to epic adventures, from the personal to the political - artists create amazing narratives that impact lives, and maybe even history.

Presented by Sarah Davy

Looking at Art Together
11/16
When we look at art together, and really take the time to share our impressions and responses, we can learn a lot about ourselves, each other and the world. Slowing down to explore a single work of art closely brings relaxation, reflection and joy. No background knowledge necessary to join this group of careful observers to explore what is going on in two works of art, selected from museums around the country, using a series of questions developed by Visual Thinking Strategies.

Presented by Suzanne Reich
All Request 90  
**Thursdays, 9/7 – 12/28 (no group 11/23)**  
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 Presents**  
**Saturday, 9/30**  
Enjoy the creative treasures that students have created while engaged in crazy quilt workshops. The work of students is staggeringly awesome and represents the joy and love that each student brings to these workshops.  
*Facilitated by Gayle Wanamaker*

**Children’s Literature Across the Arts**  
**Saturday, 9/23**  
Delight in the powerful connection of children’s literature, and how it continues to spark creativity across all ages; through postcards, quilts, movies, architecture and books.  
*Facilitated by Gayle Wanamaker*

**Creative Writing**  
**Tuesdays, 9/12 – 12/12**  
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 explore a different genre; writing poetry, journeying into memoirs, and freely write our way. 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 the Writers’ Anthology.  
*Facilitated by Linda Valenziano*
Knit or Crochet Together  
**Wednesdays, 9/6 – 12/27**  
People who knit or crochet, from beginners to experts, are invited to grab their needles, looms or hooks and join a group of friendly yarn workers to chat while we stitch away an hour. 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*

Music’s Memory Lane  
**Tuesdays, 9/5 – 12/26**  
We’ll discuss a hit song, vintage television variety show, or a memorable musician in music history. From Big Band music to the Beatles, we’ll dive into our recollections of concerts, lyricists, and pop culture. We will then hear musical requests and discuss.  
*Facilitated by Steve Maraccini*

Paper Craft  
**Wednesdays, 11/1 – 11/29**  
In this introduction to the joys of paper craft, you’ll see examples each week of: 1) paper weaving; 2) pop-ups; 3) small handmade books; and 4) miscellaneous paper projects. Encouragement and resources will be provided to inspire you to create with paper yourselves.  
*Facilitated by Terry Englehart*

Stitchers’ Circle  
**Mondays, 9/11 – 12/11 (no group on 11/6)**  
Each week we continue to build upon our stitching knowledge while creating a stitching book. Come join if you love to embroider or stitch. You must supply your own materials: fabrics, embroidery and pearl cotton flosses, needles and scissors.  
*Facilitated by Gayle Wanamaker*
Writing Workshop
Sundays, 9/3 – 11/26
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 the Writers’ Anthology.

Facilitated by Jerry Sexton, MFA, Published Author and Poet

“I am so grateful I discovered Well Connected. It has helped me through the long Minnesota winters, and I always look forward to connecting with others across the country and learning something new. So many fun and interesting choices...hard to choose from the many options sometimes.”

Peg
Participant
Across the Miles
Wednesday, 10/25
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, 9/6 – 12/27
Democracy needs three things to thrive: voting, the political act, and information. Your voice is heard during elections by casting your vote, otherwise your voice is heard by committing a political act. We will talk about political acts, when and why we’ve committed a political act, what leads up to our decision, what sources of information influenced our decision, how did we feel before, during, and after the act, did we get results or not? We will listen to each other, encourage each other, and learn from each other. Democracy is a numbers game - majority rules - add your voice to the total.
Facilitated by Samantha Smith

Ask the Attorney
Fridays, 9/1 – 11/24 (no group on 9/22)
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, 9/2 – 12/30
Join fellow bird lovers for this informal group to share our admiration and memories of our diverse family of feathered friends.
Facilitated by Kaevalya Banks
Conversation

**Coffee Break**  
**Mondays, Tuesdays, Wednesdays, Thursdays, Sundays, 9/3 – 12/31**  
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 Lanae Naugle (Mondays), Kathy Connelly (Tuesdays), Carlen Olson (Wednesdays), Ricki Perlman (Thursdays and Sundays)*

**Death Café**  
**Tuesdays, 9/5, 10/3, 11/7, 12/5**  
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*

**Do You Remember?**  
**Thursdays, 9/7, 10/5, 11/2, 12/7**  
Together we’ll reflect on memories and share some laughs as we reminisce about the significant and silly events in our lives that make us who we are today.  
*Facilitated by Amber and Darlene Carroll*

**Food for Thought**  
**Mondays, 9/18, 10/16, 11/20, 12/18**  
Calling all food lovers! Cooking is like telling a story...good flavor and good food tells a story just as much as a good book does. Discuss the recipe of the month, cooking tips, reviews and advice of many foods that are loved and in season.  
*Facilitated by Teresa Abney, Associate Director, Market Day, Front Porch*
Groceries for Less  
**Mondays, 9/11 – 12/18 (no group on 10/9)**
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*

His/Her Story  
**Fridays, 10/20 – 11/17**
We will focus on diverse national and global leaders dedicated to the common good. We will learn about their lives, the different methods they used to achieve their goals and the impact of their work as environmental activists. We will study Ansel Adams (America); Robin Wall Kimmerer (America); Rusul Al Shihab (the Middle East and Africa) and Vandana Shiva (India). Share your knowledge of these leaders and how you were personally influenced by them. We will also recognize lesser known leaders. You are invited to share a story of a leader whose work served the common good.  
*Facilitated by Nancy Walton-House*

Inspiring Stories  
**Saturdays, 9/2 – 12/30**
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, 9/8 – 12/8 (no group on 11/24)**
Join us for a discussion across the generations with students from the Department of Communication Sciences & Disorders at Central Michigan University. Some of the discussion topics include technology, dating, memories, University life, and many more!  
*Facilitated by Students at Central Michigan University*
Conversation

Keys to Joy
**Saturdays & Sundays, 9/23 – 12/31**
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, 9/13, 9/27, 10/11, 10/25, 11/8, 11/22, 12/13, 12/27**
This group is intended for participants who identify as LGBTQ, and is an opportunity to connect with others socially in a supportive environment, where participants can share individual and collective experiences. We will create an inclusive place to share our stories with each other and build a sense of community.
*Facilitated by Kay George*

Life Story Workshop
**Wednesdays, 9/13 – 11/15**
What did you get in trouble for when you were young? What’s the greatest historical event you’ve lived through? We will guide you through sharing and preserving your life stories through facilitated new, engaging prompt questions every week. You will hear the amazing life experiences of your community members, while having the opportunity to share some stories of your own.
*Facilitated by Vita Story Club, vitastoryclub.org*

Our Blue Marble
**Mondays, 9/11, 10/9, 11/13, 12/11**
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, 9/23 – 12/9
Share stories about your animal companions, past or present, with others who also appreciate furry, feathered, and gilled friends.
Facilitated by Anne Sanabria and her dogs, Freddie and Stevie

Science Café
Mondays, 9/11, 10/9, 11/13, 12/11
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

Socrates Café
Mondays, 9/18, 10/16, 11/20, 12/18
People of diverse backgrounds gather to think, and discuss philosophical questions at the Socrates Café. “What is beauty?” “Is it ever okay to lie?” or “Who deserves happiness?” may be some of the questions to ponder.
Facilitated by Linda Greenberg, Ph.D.

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

Doug
Participant & Facilitator
Fun & Games

Bingo

**Mondays and Saturdays, 9/23 – 12/30**

Bingo? On the telephone? You bet! Join us for the classic game of chance and a few variations. Please call the Well Connected office to request Bingo cards, including cards in Braille.

*Facilitated by Janice Rooker*

Improv Games

**Wednesdays, 10/4 – 12/27**

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, 9/5 – 12/26**

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, 9/2 – 11/4**

The mystery melody themes, with guidelines to help you get started are:

- **9/2** Songs about work and workers (‘16 Tons’);
- **9/9** Songs about or for children (Brahms’ Lullaby);
- **9/16** Active verbs, run, dance, sing (‘Run Around Sue’);
- **9/23** Songs from musicals;
- **9/30** Adjectives (‘Big Bad John’);
- **10/7** In the Sea, fish, ships (‘Beyond the Sea’);
- **10/14** At night, sleep, dreams (‘Daydream Believer’);
- **10/21** Question words, who, why, when, do;
- **10/28** Songs of the 60s;
- **11/4** Anticipating the holidays, Christmas, Thanksgiving.

*Facilitated by Jan Knowles*
Fun & Games

Noggin Joggin'
**Thursdays, 9/7 – 12/14 (no group on 9/21 – 10/5)**
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, 9/7 – 12/28**
All are welcome to perform, big talent not required. Singing, spoken word, stand-up comedy, play an instrument, read a poem, or tell a (clean) joke! Enthusiastic spectators are also welcome.
*Facilitated by Nicolette Noyes*

Tall Tales
**Tuesdays, 9/5 – 12/26**
Do you like to tell or listen to a good story? Join the Well Connected “Liars’ Club” and see if you can figure out which stories are true and which are fanciful fabrications.
*Facilitated by Lynn Millar*

Trivia
**Tuesdays and Sundays, 9/3 – 12/31**
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 (Sundays), and Elantra V. (Tuesdays)*

Ungame
**Thursdays, 9/7 – 12/28 (no group on 9/21, 10/19, 11/16, 12/21)**
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*
Good Reads

**Autumn Fairies**  
**Saturday, 10/14**  
Listen to the poetry of Cecily Mary Barkers Flower Fairies. Throughout her life’s work of poetry, folklore and whimsical illustrations, Baker exemplifies her love of fairies in a truly unprecedented and delightful way.  
*Facilitated by Gayle Wanamaker*

**Book Share**  
**Saturdays, 9/9, 10/14, 11/11, 12/9**  
Read any good books lately? Join us to discuss and recommend some of your favorite books and authors with other book lovers.  
*Facilitated by Neva Fairchild and Carlen Olson*

**Poems on the Cycles of Life: That the Gift has been Given**  
**Friday, 12/8 – 12/15**  
We will read and discuss poems that reflect on the cycles of life. We'll explore such poets as Joy Harjo, N. Scott Momaday, Mary Oliver and others.  
*Facilitated by Mark Thoma, LCSW*

**Poetically Speaking**  
**Wednesdays, 9/6 – 12/27**  
Poetry has been proven to inspire, challenge, console, inform, and help heal both the body and soul. Join us to hear selections of celebrated and contemporary poems.  
*Facilitated by Greg Pond, Poet*

**Poetry Reading**  
**Thursdays, 9/21, 10/19, 11/16, 12/21**  
Join Sally Love Saunders as she reads and discusses her original poetry. You will find her poetry to be enjoyable and easy to relate to.  
*Facilitated by Sally Love Saunders*
Gayle
Participant & Facilitator

“Purpose with a unique opportunity to touch others lives through the unchartered waters of a pandemic, fires, tornadoes, hurricanes and just plum hot weather. Purpose through sharing.”

Gayle
Participant & Facilitator
Accessible Fitness with SPIRIT Club!
9/26
At SPIRIT Club, we believe exercise is not only essential to living a happy and healthy life, it is also a human right. Therefore, fitness should be made accessible to you! Whether you’re experienced with exercise or a total beginner; comfortable in gyms or don’t feel like they are the right fit for you; able to participate in typical fitness programs or face limited opportunities due to a disability, SPIRIT Club is the place where you can successfully work toward your fitness goals.

*Presented by SPIRIT-Club.com*

Avoiding Financial Fraud and Scams
10/3
Please join us for information on trending fraud and scams, current cybercrimes targeting the community, online fraud prevention. Learn tools to protect your financial and personal information. Cybercrime, especially through the Internet, has grown as the computer and cellphones have become central to commerce, entertainment, and work.

*Presented by Fernando Ponce, California Department of Financial Protection & Innovation*

Parkinson’s Foundation & Parkinson’s Disease 101
10/10
Learn about the Parkinson’s Foundation, including ways to support the Foundation’s mission, as well as information and resources available for those affected by Parkinson’s disease. The Foundation also works to increase community understanding of Parkinson’s disease symptoms and management, and treatments.

*Presented by Donna Sperlakis, MPH, CHES, Parkinson’s Foundation, parkinson.org*

Get Kinnected!
10/17
Learn about Kinnected.org, a kinetic social health system where everyone belongs. Kinnected harnesses peer support and shared health journeys, using humane technology that turns social media into social health.

*Presented by Megan Haas, Founder, Kinnecte**.org*
Explore Community Resources Using Findhelp!

10/24
Findhelp.org is America’s largest Social Resource Directory. It’s free, open 24/7, and available without a login! Come learn how to search for and connect with free and reduced cost programs. The programs cover a large variety of needs including food insecurity, navigating new diagnoses, caregiver supports, and more! There’s something for everyone on findhelp!

*Presented by Kadilyn Knief, Community Engagement Manager, Findhelp*

Common Foot and Ankle Problems

10/31
Foot and ankle problems are common in older adults. Early diagnosis and effective treatments are critical to maintaining function and quality of life. Long term effects of common structural foot deformities, including collapsing flat foot and high arches, cause significant disability. Skin disorders are also common, and systemic diseases can have long-term effects. Fortunately, new techniques and technologies are always being developed to contribute to a longer and more productive quality of life.

*Presented by Dr. Anthony R. Iorio, DPM, MPH, C.Ped, FACFAS, FACFOAM, FACWCA, Professor, New York College of Podiatric Medicine*

Every Year EVERYTHING Changes in Medicare

11/7
Oct. 15 to Dec. 7 is the Annual Election Period to review what is changing with Part D drug plans and Advantage managed care plans, and make changes to your Medicare healthcare. Companies change, coverage changes, prices change, formularies change, contracted pharmacies change, co-pays change, Provider networks change, everything changes. 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 Medicare education.

*Presented by Michael Thompson, HICAP Regional Outreach Coordinator, Senior Advocacy Services, CA*
Stay Fit, Stay Healthy
11/14
How fit do you need to be healthy? What is physical fitness and how does it apply to you? According to the CDC, regular physical activity is crucial for older adults to remain healthy. Activities like brisk walking are not only good for heart health, but can also prevent the onset of illnesses and chronic conditions. We’ll talk about how you can incorporate physical activity into your daily life, how to overcome barriers, and also practice a few exercises.

*Presented by Kay Parekh, Fitness Instructor*

Healthcare Reform in the United States
11/21
Learn about the effort to privatize Medicare; a threat to seniors and the future of Medicare. Private equity firms are buying up healthcare delivery systems, hospital systems are becoming consolidated. Hear how and why a single payer system is not only the solution, but the foundational transformation of the healthcare delivery system, where quality is measured on patient outcomes and not dollars saved.

*Presented by Corinne Frugoni, Advocate*

Taking Care of Aging Feet
11/28
A brief discussion on the field of Podiatric Medicine and subspecialties, followed by a conversation on the importance of Podiatry and integration of a Podiatric Assessment in a comprehensive wellness plan.

*Presented by Dr. Bibi Singh, DPM, Assistant Professor, Barry University, FL*

Understanding Lead
12/5
Learn about the dangers of lead and how to reduce and prevent exposure. Lower IQ, slowed or stunted growth, and hearing problems are just some of the long-lasting health effects caused by even low levels of lead in children. Learn about specific actions to protect children and communities from lead exposure; and where to find practical resources.

*Presented by the U.S. Environmental Protection Agency*
Health & Wellness

Be Healthy, Stay Fit
Tuesdays, 10/10 – 12/12 (no group on 11/28)
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

Brain Connection: Mind, Body and Spirit
Saturdays, 9/30 – 11/18
We’ll discover how the mind is central to everything and the connection between our mind and body - physical health, well-being and quality of life are directly connected to the spirit and the whole person. Holistic approach will be the focus and discussion and sharing experiences will be a priority!
Facilitated by Gina Pandiani, MA

End of Life Planning
Fridays, 9/15, 10/20, 11/17
Join us to discuss all those organizational tasks you may have been putting off. Come prepared each month to cover the following: care documents, such as legal, financial, accounts/passwords, pet care and more (9/15); advanced directives and living wills (10/20), and leaving a legacy, letters to loved ones and funeral and alternative burial plans (11/17).
Facilitated by Rickie Redman, End of Life Practitioner Intern

Think Again Thursday
Thursdays, 9/14, 10/12, 11/9, 12/14
We will explore the exciting new field of Applied Brain Science. Based on rapidly emerging research and “The Power of a Smidgen,” each session includes fun, interactive precision design and practice of everyday, non-pharmaceutical cognitive interventions.
Facilitated by Roger Anunsen, Co-Founder MINDRAMP Consulting
**Labor Day**  
**Monday, 9/4**  
How long has Labor Day been celebrated in the US? Which US President helped to make Labor Day a national holiday? Can you wear white after Labor Day? Join us for some fun trivia, and learn the history of this holiday.  
*Facilitated by Sue Piecuch*

**Monsters Among Us: A Halloween Special**  
**Friday, 10/20**  
Fearful creatures are as old as society itself, and include such horrifying entities as vampires, werewolves, demons, and zombies. Join us for a spooky, fun discussion about the cultural and psychological underpinnings of the monsters we create.  
*Facilitated by Mike Jaszewski*

**Thanksgiving**  
**Thursday, 11/23**  
Share your Thanksgiving traditions and memories. What does this holiday mean to you and your family? What is your favorite Thanksgiving side dish?  
*Facilitated by Nicolette Noyes*

“Looking forward to sinking my teeth into our Halloween Special!”  
Mike  
Facilitator
Pearl Harbor Remembrance Day
Thursday, 12/7
Where is Pearl Harbor? Who was the Japanese Admiral who thought of attacking Pearl Harbor? How long did the attack last? Find the answers to some trivia questions about the history of Pearl Harbor and the U.S. involvement in WWII, and share your remembrances.
*Facilitated by Sue Piecuch*

Christmas Eve
Sunday, 12/24
Share your Christmas Eve and other holiday memories. What winter holidays do you celebrate? What was your favorite gift as a child? Do you remember the excitement you felt during this time?
*Facilitated by Nicolette Noyes*

Gingerbread Anyone?
Monday, 12/25
Explore the history, lore, magic, trivia and poetry of all things gingerbread. YUM!
*Facilitated by Gayle Wanamaker*

New Year’s Eve
Sunday, 12/31
Ring out the old and ring in the New Year! Join some friends and have some fun.
*Facilitated by Janice Rooker*
Perfecting Our French
Tuesdays, 9/5 – 12/26
Thursdays, 9/7 – 12/14 (no group 9/21 – 10/5, 11/23)
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, 9/22 – 12/29
This class is for participants with some knowledge of the German language, and who would like to continue their practice.
*Facilitated by Jack Gorby*

Well Connected Facilitators Carlen and Neva met in person and visited Williams Square in Irving, Texas for a tactile exploration of a mustangs in motion sculpture.

Carlen & Neva
Participants & Facilitators
The League of Women Voters: Defending Democracy & Empowering Voters
9/22
The League of Women Voters was established in 1920 in response to the ratification of the 19th Amendment recognizing women's right to vote. The League is a nonpartisan, grassroots organization working to protect and expand voting rights and ensure everyone is represented in our democracy. A panel of LWVUS Board members will discuss the League's mission, nonpartisan stance, election-related work, and the broad range of work done by grassroots volunteers.

Presented by the League of Women Voters, lwv.org

Philly Sound
9/29
Something very special was given to music in the 1960s-70s that was created right in Pennsylvania, a musical style known around the world as the Philly Sound. Three of the chief architects of this style were interviewed for the NAMM Oral History program and will be featured during our special program. You will hear from songwriters Gamble & Huff, arranger Bobby Martin and the late DJ and television personality Jerry Blavat. Join us, won't you.

Presented by Dan Del Fiorentino, Music Historian for the National Association for Music Merchants, namm.org

Monuments & Memorials
10/6
Explore the history of public monuments and memorials as it relates to our collective memory and humanity. Drawing on participants' personal experiences and our current events, the dialogue will include the BLM movement, Covid 19 Pandemic, as well as the climate crisis, and invite participants to consider how we wish to remember the historic time we are living in.

Presented by Anna Adler, Artist & Teacher, NY
Action, Reciprocity, Transformation (ART) & Justice: Digital Literacy, Community Building & Holistic Wellbeing Through Art
10/13
ART & Justice has been working with incarcerated and criminalized artists in British Columbia, Canada, since the beginning of the COVID-19 pandemic. We have been gifting high quality art supplies to people in prison and inviting them to share their art. We have hosted a number of public art exhibitions showcasing this powerful work, both in community and prison contexts. We are also developing a digital platform, intended to support the holistic mental health of people in prison through artist community building, digital literacy supports, and opportunities to learn from other artists and storytellers. Learn about the history of ART & Justice, lessons and stories from the public art exhibitions, and exciting updates from the digital content development process.

Presented by Kelsey Timler, PhD-Candidate, University of British Columbia, Canada

Vibrant Villages Empowering Communities
10/20
Villages are grassroots, community-based organizations powered by volunteers, operating on a philosophy of self-help and peer-to-peer reciprocity. Village volunteers, many of whom are also members, provide a variety of support services, including transportation, light home maintenance, tech support and friendly visits. They coordinate engaging social, educational and cultural activities that promote personal connections through shared interests and experiences. Villages generate opportunities and choices for older adults to remain active and age successfully.

Presented by Barbara Sullivan, Executive Director, Village to Village Network

Email/Text/Phone Scams & Occupational Fraud
10/27
Like any smart entrepreneur, scammers know their target audience and design campaigns to capitalize on their needs, hopes, desires, and fears. Protect yourself and your money by learning about the most common schemes and how to deal with them. Includes an introduction to occupational fraud, aka ‘white collar’ crime.

Presented by Dan Patton, Certified Fraud Examiner (Retired)
Protecting Mama
11/3
Four strategies you might never have thought about for protecting your elders, and the younger members of the family as well. They go far beyond the old “Have your documents in order” advice. This is also a crash course in how much society has changed in its treatment of elders and their loved ones over the past 30 years. Prepare to be surprised.

Presented by Léonie Rosenstiel, Author, Protecting Mama: Surviving the Legal Guardianship Swamp, DayspringResources.com

Emeritus Students College of Marin (ESCOM)
11/10
Learn about ESCOM (CA), a pioneer provider of lifelong learning for 50 years. ESCOM is 100% volunteer driven and offers a rich variety of interactive clubs, interesting monthly speakers and cultural events, both in-person and online. Our members contribute their own work to our bi-monthly Journal of creative writing, poetry and photography. As a nationally cited program, our activities educate, entertain and bring people together. Membership and all events are free.

Presented by Gary Gonser, President and Leonard Weingarten, Vice President, ESCOM, escom.marin.edu

A Few Elvis Presley Stories
11/17
What made him so unique and why are we still talking about this former truckdriver born in Mississippi? Hear interviews from those who knew and worked with Elvis, who shared stories you likely never heard before. Join us as we hear from musicians, songwriters, music publishers, a guitar maker and others who shared first-hand account with the King.

Presented by Dan Del Fiorentino, Music Historian for the National Association for Music Merchants, namm.org
Mindful Practices

Guided Mindfulness Meditation
Mondays, 9/18 – 12/18 (no group on 11/20)
A guided meditation practice designed to 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 and body scans. All are welcome, no experience necessary.
Facilitated by Alexandra Klein, Certified Mindfulness Teacher

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. 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. No experience necessary.
Facilitated by Kaevalya Banks (Sunday AM) and Christine Esenther

Mindful Self-Compassion
Fridays, 9/22 – 11/24
Learn to develop a kinder, more compassionate relationship with yourself using mindfulness, self-kindness, and a sense of common humanity. We will incorporate these concepts into our daily life using 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, 9/2 – 12/30
In this practical session, we will explore methods to regulate the thought process, 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
Willem de Kooning

9/27

A key figure in American abstract expressionism in the 1940s-50s, de Kooning’s career spanned over five decades in the 20th century. A stowaway from Rotterdam, he became an American citizen, and will be remembered in a group that included Jackson Pollock and Arshile Gorky. His life ranged from Bohemian poverty, great struggles with acceptance, and finally, starring success.

Presented by Dave Williams, Gallery Volunteer, The Art Institute of Chicago, IL

Patterns and Codes, Brooklyn Style

10/4

Hidden among the works of the museum are patterns and codes designed by artists to give meaning to works of art, from thousands of years ago to today. Explore works as varied as a Chinese wine jar, contemporary African fashion, an ancient Egyptian cartonnage, and an 18th century portrait of a young woman, while indulging in a love of wordplay and imageplay.

Presented by Allison Day, Brooklyn Museum, NY, brooklynmuseum.org

Discovering the Regions of Texas

10/11

Delve into the diverse regions of Texas, exploring their breathtaking beauty through the lens of its remarkable state parks. In this visual journey, we will use art inspired by Texas State Parks to illustrate the distinct characteristics of each region. Get ready to discover the stunning landscapes, rich history, and natural wonders that make Texas a truly remarkable state.

Presented by the Bullock Texas State History Museum, thestoryoftexas.com
Luxurious Lacquerware
10/18
Lacquerware has been a treasured luxury item for thousands of years throughout Asia. High-quality lacquer is precious because of the skill, time, and expense required to produce it. Over the centuries, lacquer has been worked in a variety of ways; functional, protective, and beautiful. Revel in some of the gorgeous lacquer items from the permanent collection.

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

The Kimbell Art Museum from Home
10/25
This introductory tour showcases a range of masterpieces from the museum’s outstanding permanent collection representing different subjects, time periods, cultures, and artists’ techniques. The interactive discussion will invite you to learn about how artistic, historical, and cultural traditions are explored using a wide range of processes and materials.

Presented by the Kimbell Art Museum, TX, kimbellart.org

Worn and Woven: Highlights from the Costume & Textile Collection
11/1
Join us for a tour of the fabrics and fashions from the collection of costume and textiles. From cotton to quilt, learn about the threads that run through the Wadsworth.

Presented by the Wadsworth Atheneum, CT, thewadsworth.org
Wild Life: Elizabeth Murray & Jessi Reaves  
11/8
This exhibition brings together paintings by Elizabeth Murray (b. 1940, Chicago; d. 2007, New York), and the work of New York-based sculptor Jessi Reaves (b. 1986, Portland, OR; lives in New York). Although Murray and Reaves are generations apart, this exhibition highlights each artist’s simultaneously lyrical, playful, and rigorous engagement with the decorative, domestic, and bodily.

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

RetroBlakesberg: The Music Never Stopped  
11/15
What role does music hold in our lives? How can the music of a time help us understand the nature of a community? And how can one’s personal journey capture an era? Discover the personal journey of Jay Blakesberg, a Jewish kid from New Jersey who followed his passion for music and photography to San Francisco, becoming a witness to era-defining moments from 1978 to 2008. Immerse yourself in the captivating imagery featuring iconic artists such as the Grateful Dead, Joni Mitchell, Tracy Chapman, Neil Young, Soundgarden, and Carlos Santana.

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

Vincent van Gogh: The Paris Experience  
11/22
Van Gogh lived in Paris from 1886 to 1888, and in that short time his work was transformed, as he was exposed to the work of Impressionists and Pointillists. He met Avant-garde artists such as Paul Signac, George Seurat, Adolphe Monticelli, and Paul Gauguin. We will compare how his style changed from the somber palette and daily life subjects of Dutch works to the exuberant color of modern life of Paris and the landscapes of the suburbs.

Presented by Carol Ehlers
Welcome to the Kimbell Art Museum!

With works of art ranging from antiquity to the 20th century, the collection includes European masterpieces, Egyptian and classical antiquities, and the art of Asia, Africa and the ancient Americas—all on view within the iconic Louis I. Kahn Building and Renzo Piano Pavilion.

¡Presente! A Latino History of the United States
11/29
Join us to learn about the inaugural exhibition, ¡Presente! A Latino history of the United States. This exhibition presents key concepts, moments, and biographies that shed light on the historical and cultural legacy of Latinas and Latinos in the United States. We will explore new objects in the exhibition.

Presented by Natalia Febo, Smithsonian National Museum of the American Latino, DC, latino.si.edu

Botticelli Drawings
12/6
Experience the first exhibition ever dedicated to the drawings of Renaissance artist Sandro Botticelli (ca. 1445 – 1510). Botticelli’s drawings offer an intimate look into the making of some of his most memorable masterpieces, including Adoration of the Magi. From his earliest recorded drawings through expressive designs for his final painting, the works reveal the artist’s experimental drawing techniques, quest for ideal beauty, and command of the line.

Presented by the Fine Arts Museums of San Francisco, CA, famsf.org
Art and Spirituality: Big History  
Saturdays, 9/30 – 11/18  
Big History is the timeline and guide, from the Big Bang - Creation, through prehistoric cave art to Michaelangelo's ceiling art and contemporary spiritual art. We’ll focus on commonalities through time, in spiritual inspiration through art, and a universal consciousness to explore the spiritual through art!  
Facilitated by Gina Pandiani, MA

Bible Study  
Thursdays, 9/7 – 9/28  
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, 9/4 – 12/25  
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, 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, Lynn Parrish, Ricki Perlman, Sue Piecuch, Doug Stetson, Cristina Torres, Nancy Walton-House, and Tom White
Growing in our Faith

**Wednesdays, 9/6 – 12/6**

We will journey through the Bible to better understand the importance of developing and growing by faith. What is faith, it’s benefits, and how can we apply this to our daily life? We will learn how faith and prayer work together for our good.

*Facilitated by Andrea Ayers, Masters Student, Regent University*

Praying the Rosary

**Wednesdays, 11/1 – 11/29**

Join us to pray the Rosary, a traditional scripture based prayer that commemorates the life of Jesus Christ and the Virgin Mary. There are four sets of Mysteries: Joyful, Sorrowful, Glorious and Luminous, after announcing each one an Our Father, ten Hail Mary’s and a Glory Be to the Father are recited. A Rosary and copy of the printed Rosary prayer are available upon request.

*Facilitated by Liz Avalos, Program Manager, Front Porch*

Spiritual Adventure of Aging

**Fridays, 12/1 – 12/29**

Join others in a reflective conversation on the great spiritual adventure of aging and on being an elder in our country. Hear 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 the chapters on Solitude, Ageism, Learning, Wisdom and Legacy.

*Facilitated by Nancy Walton-House, MEd*

Memorial Service

**Thursday, 12/21**

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*
Advocacy in Eye Care: PeerVision
**Tuesdays, 10/24 – 11/14**
PeerVision is an empowering workshop that promotes self-advocacy among blind and visually impaired individuals in their interactions with eyecare professionals. Through role-playing and envisioning the ideal doctor-patient relationship, you will practice and develop the skills needed to navigate your interactions with confidence and assertiveness. Join us for this transformative journey.

*Facilitated by Sabrina Bolus, Lighthouse for the Blind, CA*

Caregiver Conversations
**Fridays, 9/1, 10/6, 11/3, 12/1**
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*

Coping Skills Workshop
**Tuesdays, 11/14 – 12/19**
Learn about different coping strategies to decrease emotional distress and improve overall well-being. Topics include managing change, developing routines, sleep hygiene, communication skills, resilience training, relaxation techniques, mindfulness, and more! Each week we will discuss different coping tools. You will be encouraged to practice weekly to figure out what works best for you!

*Facilitated by Paige Naylor, PhD, Clinical Psychologist*

Facilitator Support Group
**Thursdays, 9/28, 10/26, 12/21**
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*
Supportive Groups

Grandolescence and the Elder Journey
Mondays, 9/4 – 11/6
A gathering to dispel all of the myths of old age. Using the book, *The Tao of Later Life* as reference, we will explore the challenges and opportunities of growing older. Life is growing us — and it doesn’t matter if we are living with a disability, or aging alone — nature is providing an avenue for each of us to actualize our uniqueness. Find out how this could be the richest time in your life. Copies of the book are available in both print and audio.

*Facilitated by David “Lucky” Goff, PhD*

Grieving Our Personal Losses
Mondays, 10/23 – 11/20
LIMITED SPACE AVAILABLE
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*

Living with Chronic Pain
Thursdays, 9/7 – 12/28
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, ACPA Facilitator*
Supportive Groups

Low Vision Support Group
**Wednesdays, 9/27 – 11/29**
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 solutions for a wide variety of low vision concerns that promote 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. Join us on your path to becoming independent and confident with low vision.

*Facilitated by Judy Davis and Mary Witherspoon*

Managing Stress
**Fridays, 9/8 – 12/8**
Stress can harm our body’s physical and mental health; it’s up to us to develop control over our stressors. We will discuss tools and techniques that can help reduce stress. Learning to focus on having a balanced lifestyle through diet, exercise, and controlling our reactions can have a positive impact on our life.

*Facilitated by Andrea Ayers, Masters Student, Regent University*

The Mind, Body, and Self Care Connection
**Mondays and Wednesdays, 9/4 – 12/20**
Our mind and body have an amazing relationship; because what we think, feel, and believe can affect our physical health. Join us as we explore what happens when the mind and body are not on the same page and discover how self-care can reconnect them again.

*Facilitated by Fhontaniec Johnson, Masters Student, Regent University*
Supportive Groups

Reflection, Reminiscence & Gratitude

Wednesday, 10/4 – 11/22

It can sometimes be hard to stop for a moment, reflect, and appreciate life for what it is. We will reflect on and explore various aspects of life that may impact our sense of gratitude and well-being (such as friendships, accomplishments, exercise and hobbies but also aspects such as stress or grief). Join us as we reminisce, reflect, and share in the joys of life.

*Presented by Helen Vallaeys, Masters Clinical Mental Health Counseling Student, Palo Alto University, CA*

Self-Empowerment Now

Tuesday, 9/19, 10/17, 11/21, 12/19

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 Radiant Futures, CA*

Support/Discussion for the Blind

Tuesday, 9/5 – 12/19 (no group on 12/12)

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 Jill Noble*
Lotus Ring for Independence
12/1
Learn about a new technology for helping people remain as independent and safe as possible at home. Lotus Ring enables users to control devices like lights, fans, and TVs by pointing, without the need for apps, internet, or rewiring. Lotus Ring can convert your home into a smart home in seconds. Benefits include increased independence and reduced opportunities for falls.

*Presented by Dhaval Patel, Lotuslabs.org*

Tech for Easier Living
12/8
Join us for a conversation and learn what cutting edge technology the CIW team has been bringing to Front Porch communities, and how you might integrate similar technology in your own home! Topics include smartwatches, dining robots, smartphone apps, and voice first devices such as Amazon Alexa and Google Home. We’d also like to hear from you about the technology that you use to make life easier, or what technology you’d like to try.

*Presented by Jennifer Lee, Center for Innovation and Wellbeing, Front Porch*

The Astonishing World of Artificial Intelligence (A.I.)
12/15
Artificial intelligence (A.I.) has exploded onto the scene. What is it? What does it do? What can it do for me? Join us for a hands-on exploration of this revolutionary new technology as we use it for everything from writing essays and poems, to creating masterful and original works of art.

*Presented by Steve Lipson, Executive Director and Founder, ElderTechAcademy.com*
The Affordable Connectivity Program (ACP)

12/22
ACP is a Federal Communications Commission program that helps families and households to connect to the internet. This benefit provides eligible households discounts toward broadband service, and a one-time discount of up to $100 to purchase a laptop, computer, or tablet from participating providers. Learn how you might qualify. Visit www.fcc.gov/acp or call 877-384-2575 for more information.

Presented by Keyla Hernandez-Ulloa, Federal Communications Commission

Digital Learning

Tuesdays, 10/3 – 11/7
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, and Student Interns, St. Jude Medical Center, CA

How Do I…Tech?

Fridays, 9/8, 10/13, 11/10, 12/8
How do I stop an email going to Spam? How do I send my family a photo? How do I remember my passwords? You have tech questions, we can help. We will take your burning tech questions and issues, and try to help you to solve them!

Facilitated by Doug Stetson and Buddy Weisman
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 / familyelder.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

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

General Resources
• 2-1-1 or 211.org
  Free, national, confidential information and resources.
• Eldercare Locater – eldercare.acl.gov or (800) 677-1116
  U.S. Administration on Aging, information for older adults and their families
• CDC.gov - health information, resources, data
• 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.edu – (800) 323-4238 – education and discussion groups
• VisionAware – 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
• National Alliance on Mental Health – Helpline (800) 950-6264 or nami.org
  Nationwide chapters for those with mental illness and their families

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
  Tech info and consulting, fees may apply