Senior Center Without Walls
An ESC Senior Resources Program

an award-winning community for seniors

Winter 2017
Jan. 9 – April 9

1 (877) 797-7299
scww@jtm-esc.org
seniorcenterwithoutwalls.org
Welcome to Senior Center Without Walls!

Senior Center Without Walls (SCWW) is a non-denominational program of Episcopal Senior Communities. It is a national program offering activities, education, friendly conversation, and an assortment of classes and support groups to older adults from the comfort of their own homes. Play a game, 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.

SCWW is a community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value being connected.

All groups are accessible by phone and many are accessible online!

How It Works

1. If you are new to SCWW, call us to register: (877) 797-7299

2. We will send you a calendar with information about how to access our groups.

3. For handouts for selected groups, call us: (877) 797-7299

Groups are in Pacific Time

We’re on Facebook!
Visit us at Facebook.com/SeniorCenterWithoutWalls
Senior Center Without Walls connects over 600 seniors throughout 26 states!
Tell your friends!

SCWW Staff

Amber Carroll
Director

Patt Schroeder
Program Specialist

Katie Wade
Program Manager

Jeff Cheung
Administrative Coordinator
Senior Center Without Walls aims to connect and engage members in a safe environment. **Please respect the following guidelines:**

**Confidentiality**
- Senior Center Without Walls and Episcopal Senior Communities will not share your personal information with anyone without your consent.
- Never share any private information over the phone or online.
- Do not share code numbers with others.
- The views and opinions expressed by our facilitators and participants are their own and do not necessarily reflect the views of Senior Center Without Walls or Episcopal Senior Communities.

**Phone/Online Etiquette**
- Ensure that you are in a quiet environment before joining a group.
- Although you may join a group at any time, please try to join groups as close to start time as possible.
- Identify yourself with your first name when you join the group and before you speak.
- When you are not speaking, please mute yourself to avoid background noise.

**Group Etiquette**
- Allow the Facilitator to guide and direct the flow of his or her group.
- Everyone’s opinion is valuable and must be respected in all groups.
- Allow every member the opportunity to participate and be heard.
- Do not monopolize the conversation.
- Proselytizing, arguing, or directing hurtful or disrespectful remarks at any member is forbidden.

Violation of the above guidelines may be grounds for dismissal from the program.
Many of these groups have handouts. If you would like to receive handouts, or receive email invites, please call the SCWW office: 1 (877) 797-7299

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<td>State of SCWW **</td>
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Episcopal Senior Communities (ESC) cultivates and builds healthy communities with a continuum of residential and innovative aging services that actively promote intellectual, physical, social, and spiritual wellbeing. Through retirement communities, affordable housing, and home and community-based services, ESC provides supportive services to seniors of all economic means.

Episcopal Senior Communities Senior Resources are available throughout California.

**Senior Produce Markets**
Markets selling fresh fruit and vegetables, eggs, and cheese at cost to more than 1,000 seniors each week at various sites throughout Northern California.
Sheila Womack  (925) 428-7904 | swomack@jtm-esc.org

**Senior Resources Information and Referral Programs**
One stop shop for seniors, their families, or caregivers to access information, referrals, and assistance.

- Laura Medina  (831) 424-0911 | lmedina@jtm-esc.org  Monterey
- Amy Brokering  (415) 563-8043 | abrokering@jtm-esc.org  San Francisco
- Carolyn Bolton  (510) 444-0243 | cbolton@jtm-esc.org  Alameda
- Jen Arent  (707) 539-0333 | jarent@jtm-esc.org  Sonoma
- Annette Balter  (925) 956-7396 | abalter@jtm-esc.org  Contra Costa
- Carol Ann Moore  (415) 899-8296 | cmoore@jtm-esc.org  Marin
- Britt Bassoni  (408) 295-5905 | dbassoni@jtm-esc.org  Santa Clara

**ElderWISE**
Volunteer friendly visitor program with a mission to help seniors overcome isolation and loneliness.
Vanessa Sacks  (323) 928-2240 | vsacks@jtm-esc.org  San Francisco, Marin, Sonoma, Alameda, Los Angeles

**Telephone Reassurance**
Regularly scheduled phone calls to seniors to check-in, gauge safety and well-being.
Leslie Klor  (415) 456-9068 | lklor@jtm-esc.org  Marin

**Home Sharing**
Matches individuals willing to share their home with a home seeker, in exchange for rent and/or services.
Leslie Klor  (415) 456-9068 | lklor@jtm-esc.org  Home Sharing Marin
Amie Spencer  (415) 351-1000 | aspencer@homematchsf.org  Home Match San Francisco

**Rotary HOME Team**
Program that deploys Rotarians to do minor repairs for seniors in their communities.
Annette Balter  (925) 956-7396 | abalter@jtm-esc.org  Contra Costa
Carol Ann Moore  (415) 899-8296 | cmoore@jtm-esc.org  Marin - Novato
Leslie Klor  (415) 456-9068 | lklor@jtm-esc.org  Marin - San Rafael

**Senior Resources @ Home**
Provides quality and compassionate home care to older adults and their loved ones.
Karen Miller  (707) 664-5230 | kmmiller@jtm-esc.org  Sonoma, Marin
Support Senior Center Without Walls

Donate
SCWW is a community outreach program of Episcopal Senior Communities, a 501(c)(3) non-profit organization. We gratefully accept all tax-deductible donations and bequests, which assist us in our mission to offer this program free of charge to all participants.

Thank you to our funders - Episcopal Senior Communities, and all of our individual contributors. We could not do our work without you!

If you would like to make a donation, please make checks payable to:
Episcopal Senior Communities Foundation
(Please note “SCWW” on the check)

Mail to: Episcopal Senior Communities Foundation
2185 N. California Blvd., Suite 575
Walnut Creek, CA 94596

Volunteer
Do you enjoy calling in to SCWW groups? Are you looking for a way to give back from the comfort of your home? Well, today’s the day! We are looking for group facilitators on several topics:

- Groups in languages other than English
- Crochet
- Religious studies
- Educational (ex: history, science)
- Art/crafts
- Music

If you would like to facilitate a group with SCWW, please contact:
Katie Wade, Program Manager
(877) 797-7299
kwade@jtm-esc.org
**Fun & Games**

**Tall Tales**  
Tuesdays, 1/10 - 4/4  
2:00pm - 2:45pm  
Do you like to tell or listen to a good story? Join SCWW’s “Liar Club” and see if you can figure out which stories are true and which are fanciful fabrications.  
*Facilitated by Kathleen Torres*

**Trivia**  
Tuesdays, 1/10 - 3/14  Saturdays, 1/14 - 3/18  
4:00pm - 4:45pm  1:00pm - 1:45pm  
Get your dose of trivia fun and celebrate your trivia knowledge. What is your favorite trivia category – geography, arts and literature, science and nature? The excitement begins with a toss of the dice when you are given a question and the game begins. No winners or losers, just lots of fun.  
*Facilitated by Kathleen Torres (Tuesdays) and Janice Rooker (Saturdays)*

**ACE: Acronyms Create Excitement**  
Wednesdays, 2/22 - 3/29  
5:00pm - 5:45pm  
Make your favorite word into a sentence, praise your friend with letters from her name, or get the right title for your new project. Acronyms are a lot of fun, especially for insomniacs. Try it out!  
*Just One Yes.*  
*Facilitated by Lynn Rayburn*

**Improv**  
Thursdays, 2/9 - 4/6  
9:30am - 10:00am  
Let’s put our wits together and come up with outrageous characters, imaginative scenes, and spontaneous stories. No experience necessary. Just be ready for a good time!  
*Facilitated by Terry Englehart*

“*Winning is habit. Unfortunately, so is losing.*”  
~ Vince Lombardi
Bingo
Thursdays, 1/12 - 4/6
11:00am - 12:00pm

Saturdays, 1/14 - 4/8
9:00am - 10:00am
10:00am - 11:00am

Facilitated by Janice Rooker (Thursdays) and Gloria Flores (Saturdays)

Boggle
Saturdays, 1/1 - 4/8
11:30am - 12:00pm

Have fun finding as many words as you can in a grid of letters in this fun and brain-stimulating classic game!
Facilitated by Janice Rooker

Writing Workshop
Sundays, 1/15 - 4/9
3:00pm - 4:00pm

Join this peer group for supportive discussions and invite suggestions and feedback about what you are writing. Plus exercises to get those creative juices flowing!
Participants are invited to offer ideas for writing exercises.
Facilitated by Jerry Sexton

Creative Writing Across the Miles
Wednesday, 4/5
3:30pm - 4:30pm

The SCWW community and an in-person writing group at the Merriman in Ohio will join together for a rich exchange. You will have the opportunity to share your prose both locally in Ohio, and nationally on SCWW.
Facilitated by Patt Schroeder and Polly Reiheld
**LGBTQ Chat**
2nd and 4th Mondays, 1/9, 1/23, 2/13, 2/27, 3/13, 3/27
1:00pm - 2:00pm
This group is open to all LGBTQ seniors 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 Sylvia Vargas, Openhouse Friendly Visitor Manager*

**Chat Room**
Mondays, 1/9 - 4/3
2:00pm - 3:00pm
We invite our community to call in to chat during this informal group. It provides an opportunity for us to get to know each other a little better.  
*Facilitated by Barbara Britton*

**Coffee Break**
Wednesdays, 1/11 - 4/5  Sundays, 1/15 - 4/9
10:00am - 10:30am  11:00am - 11:30am
Grab a cup of coffee or hot tea and enjoy a mid-morning opportunity to chat and catch up with your SCWW community.  
*Facilitated by Andy Andersen (Wednesdays) and Vi C. (Sundays)*

**Ladies Lounge**
Thursdays, 1/12 - 3/16
1:00pm - 2:00pm
Meet up with other lovely SCWW ladies each week to spend quality time sharing joys and challenges that are unique to being women... the difficult, humorous, and awe-inspiring. We will gain perspectives that give new meaning to past experiences and stamina for the ones ahead. Undoubtedly there will be a few laughs along the way!!  
*Facilitated by Patt Schroeder, SCWW Program Specialist*
**Newcomer’s Meetup**
Fridays, 1/13, 1/20, 1/27
10:00am - 10:30am
Have you joined Senior Center Without Walls in the last six months? Maybe you’ve wondered, “How exactly does this work?” Join us to ask your questions, meet new people, and learn the process of participating in this wonderful community.
*Facilitated by various SCWW Facilitators*

**Meet Me in the Kitchen**
Fridays, 1/13 - 3/3
4:15pm - 4:45pm
What is your favorite childhood memory of a meal or holiday celebration? What culture influenced the foods you grew up with and still enjoy today? Meet us in the kitchen, where we will share stories and memories of our favorite foods, meals, and celebrations and create new food experiences together!
*Facilitated by Harla Norman*

**Where Were You When?**
Saturdays, 1/14 - 4/8
12:00pm - 12:45pm
Where were you when you were 10? 50? Do you remember where were you on Christmas Eve in 1950 or the summer just before you started high school? Join us to discuss memories of where you were when.
*Facilitated by Janice Rooker*

“Great minds discuss ideas; average minds discuss events; small minds discuss people.”

~ Eleanor Roosevelt
Good Reads

Poetically Speaking
Wednesdays, 1/11 - 4/6
2:00pm - 2:30pm
Poetry has been proven to inspire, challenge, console, inform, and help heal the body and soul. Please join us to hear selections of celebrated and contemporary poems.
Facilitated by Greg Pond, Poet

Book Reading: Love Letter to the Earth
Wednesdays, 2/8 - 3/1
3:00pm - 3:30pm
Vietnamese Buddhist monk and peace activist, Thich Nhat Hanh, explores the relationship between people and the environment, suggesting we recognize the lack of meaning and connection in our lives as the cause of consumerism. Nhat Hanh shows that mindfulness and a spiritual revolution are needed to protect nature.
Facilitated by Judith Pruess-Mellow, Ph.D., M.Div.

Short Stories Read Aloud
Thursdays, 1/12 - 4/6
3:00pm - 4:00pm
Pull up your chair, and come with me to a place where your imagination is engaged and where visuals are just what your mind creates. Selections will be read from stories written by a variety of authors - some you may have heard of, others may be new. Throughout this hour, we will experience mystery, humor, inspiration, and love, with a variety of fictional stories.
Facilitated by Dorothy Gager

Groups are in Pacific Time
Poetry
Sundays, 1/15 - 4/9
10:00am - 10:45am
Share with others poetry that you have written or that you admire and join in a discussion about the poems.
Facilitated by Anne Allen

Book Share
1st & 3rd Saturdays, 1/21, 2/4, 2/18, 3/4, 3/18, 4/1
3:00pm - 4:00pm
Book lovers unite! Call in to discuss some of your favorite books and authors with other book lovers.
Facilitated by Andy Andersen

Story Time
2nd & 4th Saturdays, 1/14, 1/28, 2/11, 2/25, 3/11, 3/25, 4/8
3:00pm - 4:00pm
What are your favorite short stories? Have you written anything yourself? Please join us for an hour of sharing. You are welcome to read up to 15-20 minutes... or you may prefer to just listen to the magic provided by others.
Facilitated by Nicolette Noyes

“Reading gives us someplace to go when we have to stay where we are.”
~ Mason Cooley
Picture My World  
Sundays, 1/15 - 3/19  
12:00pm - 1:00pm  
Join us as we continue our adventure through poetry, reminisce, and short (optional) art projects. Using simple art materials, each person will explore their inner view of the world through simple art or verbal participation. Our goal is to view our lives as a whole and to appreciate what each of us has experienced and accomplished in our lifetime. Art materials needed: pencil/pen, paper of any kind, any kind of glue. We welcome all, including those with vision loss. 

Facilitated by Alane Spight

Personal Storytelling  
Tuesdays, 1/24, 2/21, 3/21  
3:00pm - 4:00pm  
Under the guidance of Master Storytelling Mary Gay Ducey, Stagebridge Storytellers have been exploring the art of Personal Storytelling. Our tellers have taken personal memories, thoughts, and even ramblings and turned them into engaging personal narratives. In this call-in Storytelling Concert, you will hear these stories come alive! 

Facilitated by Stagebridge, California

“One ought, every day at least, to hear a little song, read a good poem, see a fine picture, and, if it were possible, to speak a few reasonable words.”

~ Johann Wolfgang von Goethe
Keys to Joy
Saturdays & Sundays, 1/14 - 4/9
5:00pm - 6:00pm
Each day we will take a topic from the fields of psychology, spirituality, or philosophy geared to increase our happiness. We come not as “experts” but as fellow seekers wishing to warm ourselves at each others’ fires.
Facilitated by Lynn Rayburn

Socrates Café
Mondays, 1/9, 2/13, 3/13
1:00pm - 2:00pm
Around the world, people of diverse backgrounds gather to think and discuss philosophical questions with one another at the Socrates Café. “What is beauty?” , “Is it ever okay to lie?”, or “Who deserves happiness?” may be some of the questions to ponder.
Facilitated by Linda Greenberg, PhD

What is Character?
2nd and 4th Wednesdays, 1/11, 1/25, 2/8, 2/22, 3/8, 3/22, 4/5
9:30am - 10:30am
What do you think character is? How do we help younger people develop character? Join us to explore these questions and many more.
Facilitated by Ken Roman, Author

“Think left and think right and think low and think high. Oh, the thinks you can think up if only you try.”
~ Dr. Suess

Groups are in Pacific Time
Reflections & Meditations

Gratitude
1/9 - 4/9

Morning Gratitude Every Day 9:00am - 9:30am
Afternoon Gratitude Mondays - Fridays 12:00pm - 12:30pm
Saturdays 4:00pm - 4:30pm
Sundays 1:00pm - 1:30pm

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, Kathleen Torres, Tom White, Lynn Rayburn, Vi C., Nicolette Noyes, and Patt Schroeder*

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Meditation
1/9 - 4/9

Mondays 11:00am - 11:30am
Tuesdays 5:00 pm - 5:30pm
Wednesdays 10:30am - 11:00am
Thursdays 11:00am - 11:30am
5:00pm - 5:30pm
Fridays 11:00am - 11:30am
Saturdays 10:30am - 11:00am
4:30pm - 5:00pm
Sundays 10:30am - 11:00am
4:30pm - 5:00pm

The direct experience of our own inner reality is called meditation. Meditation techniques are mental disciplines that allow us to calm, focus, and examine the mind. These groups share 15-20 minutes of silent meditation where all lines will be muted. No experience is necessary.

*Facilitated by Christine Esenther, Tom White, and Kathleen Torres*
Open Mic
Thursdays, 1/12 - 4/6
6:30pm - 7:00pm
All are welcome to call in and perform, big talent not required. Singing, spoken word, stand-up comedy, play your favorite instrument, read a poem or more. Enthusiastic spectators are also welcome to join.
Facilitated by Kathleen Torres

DJ Jeff's All Request Show
Fridays, 1/13 - 3/17
1:00pm - 2:00pm
Call in to request the title track from your first record, your favorite song from your first dance, the song you listened to over and over again in your car way back when. Have fun laughing, reminiscing, singing, and tapping your feet. You may even have the urge to get up and dance!
Facilitated by Jeff Cheung, SCWW Administrative Coordinator

Electric Sound Collective
Wednesday, 4/5
5:30pm - 6:15pm
Join us for a performance by University of San Francisco's Electric Sound Collective, which performs improvisatory electronic music. Students learn how to digitally create and manipulate sounds, as well as how to change those sounds in the context of live performance in a variety of locations.
Directed by Giacomo Fiore

“Without music, life would be a mistake.”
~ Friedrich Nietzsche
Diabetes Self-Care from Head to Toe
Mondays, 1/9 - 3/20  
(no group on 2/6)  
11:00am - 12:00pm  
Join us for a 10-week class covering the self-care behaviors recommended by the American Association of Diabetic Educators. We’ll discuss healthy eating, being active, monitoring, taking medication, problem solving, healthy coping, and reducing risks.  
*Facilitated by Audrey Demmitt, R.N., BSN, Diabetic Educator*

Active Mind, Healthy Brain
Tuesdays, 3/7 - 3/28  
3:00pm - 4:00pm  
The Memory and Aging Center at UCSF brings you a series of talks through which we’ll learn together how to take care of our brains. We’ll talk about nutrition, physical activity, social engagement, cognitive stimulation, and overall health. Prepare your questions and join our conversations!  
*Facilitated by Karen Dorsman, UCSF Memory and Aging Center*

Insightful Information
Tuesdays, 3/21 - 4/4  
1:00pm - 2:00pm  
Join us for a three-week series discussing resources for those with vision loss. We’ll discuss library resources, free screen readers, publications for the blind, podcasts, apps, keyboard shortcuts, and much more! Bring your questions and we’ll do our best to find the answers you need.  
*Facilitated by Christine Chaiken, President and CEO, Insightful Publications*
Using Your Voice: Self-Advocacy for People with Vision Loss

Wednesdays, 3/22, 3/29, 4/5
1:00pm - 2:00pm
The California Council will provide speakers skilled in the art of speaking up and going to bat for yourself when you need to. Areas covered include: why you should be your own best advocate; communicating well with family, friends, and caregivers; and dealing with community resources.
Facilitated by the California Council

National Issues Forum: Making Ends Meet

Wednesdays, 3/21, 3/28, 4/4
11:00am - 12:00pm
For many Americans, the recovery from the 2007 recession, a recovery that officially began in 2009, feels very remote, or nonexistent. How should we spread prosperity and improve opportunity? Join us for a moderated deliberation of three options: create new opportunities, strengthen the safety net, or reduce inequality. With your input, we hope to move the discussion beyond the current political debate and inform real change in policy.
Facilitated by Katie Wade, SCWW Program Manager
Handouts

Why Grow Old: Explorations in Aging

Mondays, 1/9 - 1/30
4:00pm - 5:00pm
Most of us end up in old age without having given much thought to the meaning of this time in life. Yet if we are to age successfully (with purpose and grace), each of us will have to answer this question in some way. This group is intended to explore how participants are grappling with this question as well as what spiritual traditions and gerontological theories have to offer.
Facilitated by Sandi Peters, MA, CPG
Supportive Groups

Support/Discussion for the Blind
Tuesdays, 1/10 - 3/14
1:00pm - 1:45pm
This Support/Discussion Group offers a confidential environment in which completely blind participants can share the challenges they face and the successes they experience. We will create a safe place to share our joys, fears, tears, and laughter.
Facilitated by Andy Andersen, M.S.

Diabetes Support
Wednesdays, 1/11 - 3/15
10:30am - 11:00am
Have you been diagnosed with, or have questions about symptoms, treatment, and prevention of Diabetes? Join us to discuss your experience living with diabetes.
Facilitated by Andy Andersen, M.S.

Low-Vision Support: “The Eyes Have It”
Wednesdays, 1/11 - 3/15
1:00pm - 1:45pm
Meet others living with low vision and share your solutions, while learning techniques from others for continuing to live a full life. Learn about available resources that can help you remain independent.
Facilitated by Doug Rose, Lighthouse for the Blind & the California State Department of Rehabilitation

Living with Chronic Pain
Thursdays, 1/12 - 3/16
2:00pm - 2:30pm
Those of us living with chronic pain know that it can affect every area of our lives - disrupting our activities, our appetite, our personal relationships, and our overall emotional health. Share your experiences, your challenges, and successes with others dealing with chronic pain in a supportive, caring environment.
Facilitated by Tom Norris, Retired Air Force Lieutenant Colonel, and American Chronic Pain Association (ACPA) Facilitator

Supportive Groups are meant to offer support in a safe, nurturing environment. They are not intended to replace individual medical or psychotherapy sessions.
Supportive Groups

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Living with Vision Loss
Thursdays, 1/12 - 4/6
4:00pm - 5:00pm
This peer support group for those with any level of vision loss provides an opportunity to share experiences and suggestions. If you do not experience visual impairment, but would like to know more, you are also welcome to join this group.
Facilitated by Andy Andersen, M.S. and Anne Allen

Grief Support
Saturdays, 1/14 - 3/18
2:30pm - 3:30pm
Discover the power of a caring environment where you can share and support each other in a time of loss. Learn about helpful tools, tips, and resources for working with grief.
Facilitated by Eric King, MSW Intern, Optimal Hospice

Supportive Resources

The Friendship Line
(800) 971-0016
National 24-hour support for lonely, isolated, depressed, frail and/or suicidal seniors.

2-1-1 or 211.org
Free, national, confidential information and support.

Eldercare Locator
www.eldercare.gov or (800) 677-1116
A public service of the U.S. Administration on Aging connecting you to services for older adults and their families.

Hadley Institute for the Blind and Visually Impaired
www.hadley.edu or (800)323-4238
Hadley Institute promotes independent living through lifelong, distance education programs (online courses) for individuals who are blind or visually impaired, their families, and blindness service providers.
Study the Bible on a Personal Level
Mondays, 1/9 - 4/3
5:00pm - 6:00pm
As we travel through life, we are given the Bible, a road map to guide us through the rough spots (and smooth). There are tools we can use to help us read our map, such as concordances, histories, dictionaries, etc. In this program, learn how to use those tools to understand your own map – the Bible.
*Facilitated by Janine Ford*

Breaking Barriers: The Bold Women Who Sought Christ
Wednesdays, 1/11 - 2/15
9:00am - 9:30am
Join us as we discuss the interaction between Jesus Christ and the women society labeled as unfit. Come and explore a love beyond labels.
*Facilitated by Lori Guthrie*

Sharing Our Pathways
Wednesdays, 1/11 - 2/15
5:00pm - 5:45pm
SCWW encourages discussing our spiritual and religious experiences at appropriate times when done with respect and without proselytizing. Here is a chance for believers, as well as atheists, agnostics, and total skeptics to share our views and get to know more about each other.
*Facilitated by Lynn Rayburn*

“One does not become enlightened by imagining figures of light, but by making the darkness conscious.”
~ Carl Jung
Growing an Elder Community
Mondays, 1/9 - 3/13
10:00am - 12:00pm
By speaking with others, older people discover what is beautiful about the latter stages of life, and how getting older, especially as a disabled or homebound person, can contribute positively to our culture-at-large. This is an opportunity to experience what is noble about being human in this world.
Facilitated by David “Lucky” Goff, Ph.D., “Growing an Elder Culture” Radio Host, and author

Not-So-Extreme Couponing
Mondays, 2/27 - 4/3
2:00pm - 2:30pm
Have you ever wondered how to get the best buy at your local grocery or pharmacy? Perhaps you need to stretch the budget a bit or want to have fun getting a great deal? Join us to learn about reading ads for national chain stores, where to find coupons and how to get the most for your money.
Facilitated by Tina Cheung, HomeMatch SF Program Manager

Martin Luther King, Jr. Day
Monday, 1/16
4:00pm - 5:00pm
Join us to discuss thoughts and memories related to this celebration of the legacy of Martin Luther King, Jr., an influential activist who successfully protested racial discrimination.
Facilitated by Jennifer Cancino

President’s Day
Monday, 2/20
4:00pm - 5:00pm
Join us to celebrate this patriotic holiday, popularly seen as the day to recognize the lives and achievements of all of America’s Commanders in Chief.
Facilitated by Jennifer Cancino
**Across the Miles**
Tuesdays, 2/7, 4/4
12:15pm - 1:15pm
Join us across the miles as the Without Walls Network comes together to share stories and talk about life in our different locations.
*Facilitated by various Without Walls programs*

**Perfecting Our French**
Tuesdays (Practice), 1/10 - 4/4
Thursdays, 1/12 - 3/16
5:00pm - 6:00pm
4:30pm - 5:30pm
This French language group will share events of the week and brush up on language skills. *For advanced level French speakers only.*
*Facilitated by Gloria Kasdan (Tuesday) and Jan Knowles (Thursday)*

**Noggin Joggin’**
Thursdays, 1/12 - 3/16
2:30pm - 3:00pm
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. And, hopefully, we will have a great time along the way. Please join us!
*Facilitated by Nicolette Noyes*

**Memorial Service**
Friday, 2/3
10:00am - 10:45am
Join us to remember the members of the SCWW community who touched the lives all of us.
*Facilitated by the Rev. Laura Darling, ESC’s Director of Spiritual Care*
State of Senior Center Without Walls
Friday, 2/24
10:00am - 11:00am
Join us to discuss recent and upcoming changes to SCWW, including how the program is expanding with new activities and participants from all over North America!
Facilitated by the SCWW staff

Cultural Literacy Meltdown
Fridays, 1/13 - 4/7
5:00pm - 5:45pm
Cultural literacy is the term used to describe a body of knowledge held in common by members of a society. Each week, we will pick subjects from the Dictionary of Cultural Literacy to see what we know as a group. Participants are encouraged to bring topics of their own.
Facilitated by Lynn Rayburn

Pet Tales
Saturdays, 1/14 - 3/18
11:00am - 11:30am
Share stories about your animal companions, past or present, with others who also appreciate furry, feathered, and gilled friends.
Facilitated by Anne Sanabria and her dogs, Ringo, Butchie, Freddie, and Stevie

Thoughts on Birds
Saturdays, 1/14 - 4/8
2:00pm - 2:30pm
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
Despite the stream of commercials about overactive bladders and the fact that 50% of women have incontinence, it’s not a commonly discussed topic. Join us to learn about the risk factors for incontinence, how it is connected to falls, and what to do about it! 

**Presented by Daniel Frias-Vidal, On Lok Lifeways**

**Mind Over Bladder**

Have you ever walked out of the doctor’s office thinking, “Now, what did she say is the next step?” We all have! Health literacy is our ability to obtain and understand the health information needed to guide us to the right decisions.

**Presented by Karen Garrison, Felton/Family Service Agency**

**Health Literacy**

Over 5 million Americans are living with Alzheimer’s. What do we know about how Alzheimer’s affects adults over 85, African Americans, LGBT individuals, and others? We will discuss research and resources regarding the intersection of diversity and Alzheimer’s.

**Presented by Edie Yau, Alzheimer’s Association**

**Diversity and Alzheimer’s Disease**

Medicare offers limited coverage for dental care. What’s the next step? What does your plan cover? Should you bother with a checkup if it’s not covered? How do you work with your provider to pay for treatment? Join us for these answers and more!

**Presented by Dr. Angela Leung, DDS**

**Medicare and Your Pearly Whites**

Grab a cup of tea and join us for an informal conversation about the ways that death impacts our lives and the lives of those we love. Death touches each and every one of us, so let’s talk about it together!

**Presented by Meuy Saelee, Alameda County**

**Death Cafe**
Handouts by mail or email, please call the SCWW Office: 1 (877) 797-7299.

In Good Company 2/14
We know that relationships are key to healthy aging, both physically and emotionally. Join us to discuss forging new relationships later in life while harvesting current ones for the best they have to offer.

Presented by Patrick Arbore, Institute on Aging

Who You Gonna Call? 2/21
If you’ve ever felt lonely or depressed, or had thoughts of suicide, you know the importance of reaching out to the right person. Friendship Line is filled with the right people who specialize in offering a caring ear for older adults experiencing depression.

Presented by Tim Riel, The Friendship Line, Institute on Aging

The Spiritual Dimension of Aging 2/28
Does aging have a spiritual dimension? What are some of the spiritual issues that gain significance as we get older? What resources can we draw on to support us in our spiritual lives? Join us to discuss spiritual maturation and exploration.

Presented by Rev. Laura Darling, Episcopal Senior Communities

Project Visibility 3/7
Join us to discuss the concerns facing older adults in the LGBTQ community. This discussion is for everyone. You will learn definitions, share stories, and explore your role in creating safer communities for your peers, even here at SCWW.

Presented by Ash Bell, Project Visibility, Boulder County AAA

Trends in Aging 3/14
Did you know that 10,000 individuals turn 65 each day? Join us to discuss how this demographic shift is impacting traditional services, how the field of Aging Services is responding, and what this could mean for you.

Presented by Ron Shaefer, COO, Episcopal Senior Communities
Artwork of Kaevalya Banks
1/11
Kaevalya finds trees to be the most inspiring and you’ll see that influence in her work. Join us as she shares artwork featuring a variety of mediums - acrylic, watercolor, crayon, magic marker, finger paint, and color pencils.

Presented by Kaevalya Banks

Big-City Color and Lines
1/18
San Francisco Artist, Brian Stannard, will share his watercolor and ink paintings, reminiscent of lino cut prints, full of strong lines and movement. Join us to hear of the inspiration he finds in urban characters, his creative process and showing his art in unusual “galleries”.

Presented by Brian Stannard, Artist and ElderWISE Coordinator

Curtain Call
1/25
Join us for life represented on stage as we hear of Leslie Klor’s acting and dancing performances. Prepare yourself for an entertaining and interesting ride!

Presented by Leslie Klor, Performer and Director of Shared Housing

Bask in the Botanical
2/1
The colors, shapes, sizes, textures, and personalities of the natural world begin to arrange themselves in her mind, speaking to each other like one musical note leads to the next. Learn how a floral artist creates sophisticated, modern compositions with unique ingredients.

Presented by Meghan Awalt, Floral Designs

Brushed Landscapes
2/8
A self-taught artist, Kathleen has been drawing since childhood and picked up oil painting in her 40’s. You’ll find yourself transfixed by her landscapes and one would never know she has compromised depth perception due to an eye injury!

Presented by Kathleen Torres
Resonance in Verse
Poetry is rhymes, refrains, meter, and pain. It is growth, lyrics, cadence, tropes. It is technical and emotional and so much more. Join Greg as he shares some of his most meaningful writings and get a peek into his creative process.

*Presented by Greg Pond, Poet*

Beads and Baubles
Join Katie as she shares one of her first crafting memories - making jewelry with her grandma and the passion it continues to spark years later. We'll explore color and shapes through wire wrapping, gemstones, brass, mixed media, and simple beading.

*Presented by Katie Wade, Jeweler and SCWW Program Manager*

Work in Progress
Join us to learn about contour drawing, blind contour drawing, and drawing with you non-dominant hand. These exercises are great mental workouts and also help break routines or fears of drawing.

*Presented by Jeff Cheung, Artist and SCWW Administrative Coordinator*

Back of the House
Join us where a crowd always gathers - the kitchen. Chris, influenced by his childhood experience with international cuisines, will walk us through recreating dishes from his mother’s recipes and perhaps we'll end with a mouth-watering lesson in the art of dessert.

*Presented by Chris Dana, Culinary Artist and ESC’s VP of I.T.*

Through the Lens
Through portraiture and interviews with immigrants, the journeys, hopes, and aspirations of becoming an American are examined. These images detail the friction between diversity and homogeneity, identity and assimilation, and the fears of being recast in a new role.

*Presented by Steve Ozone, Photographer*
Hanford, CA
Small town living was particularly fun for Rosalee because she was well-known as a cheerleader, participated in speech competitions, and her mother was a teacher. Join us to hear of the lone drive-in theater and more of life in Hanford. *This presentation will not include handouts.*
*Presented by Rosalee Biasatti*

WI, CO, CA
Join us for a tour of Andy’s experience growing up with a whole raft of cousins in Wisconsin, then in the dry sand hills of Colorado, and finally with herds of cows in California. *This presentation will not include handouts.*
*Presented by Andy Andersen*

Purathur, India
How simple and easy childhood was in India in the ’50s and ’60’s! Aroon likens his quiet youth to the tranquil feeling of the same time period in the Midwest, United States. *This presentation will not include handouts.*
*Presented by Aroon Herlekar*

The Twin Cities, MN
In 2016, the Washington Post named Minnesota the best place to grow up in the US, and those of us who did, couldn't agree more! A lake around every corner, tremendous arts and cultural offerings, amazing food, and, of course, “all the women are strong, all the men are good looking, and all the children are above average”!
*Presented by Amber Carroll*

San Fernando Valley, CA
Life in the San Fernando Valley in the 1950’s was fun and carefree and maybe a little scary. In a Hispanic household of eight people, with illegal Mexican immigrants residing in the garage, and the green immigration vehicle parked out front, there was never a dull moment!
*Presented by Marta Andersen*

Mangham, LA
A rural town in North Louisiana, Mangham occupies one square mile and is home to about 600 people. As we stroll through miles of surrounding farmland and woods, we’ll sample delicious country cooking, and we might bump into a stranger who works with your mom’s cousin’s friend. We’re all connected here.
*Presented by Katie Wade*
Boston, MA  2/22
Join us to hear about the New England experience including growing up in a picturesque, quaint, historic town, and later moving closer to Boston, one of the oldest cities in the U.S., full of historical significance for its role in the American Revolution and home to world renowned universities.

*Presented by Catherine Li*

Cincinnati, OH  3/1
Rich in history and best known for flying pigs, 3-way chili, Pete Rose, and Proctor and Gamble. A nod to its German roots, Oktoberfest and the chicken dance are not to be missed. Our visit will include touring a rare collection of Cincinnati’s steamboats and paddle wheel boats, used for exporting in pre-railroad days.

*Presented by Amie Spencer*

Oakland, CA  3/8
A lifelong resident of Oakland, CA, Patt continues to be an ardent fan and supporter of the largest city (and county seat) of Alameda County. Known for its diversity in many categories, especially cultural and geographical, Patt will give you a glimpse of life in Oakland as we visit a few of the 50 distinct neighborhoods.

*Presented by Patt Schroeder*

Essex Junction, VT  3/15
It’s a toss-up; Essex Junction’s claim to fame might be that “Snowflake Bentley” grew up in a neighboring town, it’s prominence as a railroad stop, or that IBM moved there back in 1958. Whichever it is, Amy’s small-town childhood in this quaint village is sure to delight us!

*Presented by Amy Brokering*
Riding With a Purpose 1/13
Each year, Cycle Oregon bikes various routes in Oregon with the goal of rebuilding rural economies through tourism. Join us to learn of Ian’s experience with Cycle Oregon 2016, and adventure in scenic views, challenges, amenities, camaraderie, and philanthropy.

*Presented by Ian McDonald*

Celebrating Women Writers 1/20
Let’s gather to hear poignant writings of relationships, exploration, aging, and much more. You can expect a fascinating journey through poetry, song, short stories, and essays, all composed by female artists of the 19th, 20th, and 21st centuries.

*Presented by Beth Milwid, PhD, Psychologist, Author, Speaker*

Spinning Facts Into Fiction 1/27
Where does a writer draw the line between truth and story in historical fiction? Join the author of *Shadow on the Crown* and *The Price of Blood* to learn more about how historical characters and events inform compelling fictional stories.

*Presented by Patricia Bracewell, Author*

United States Capitol Tour 2/3
The US Capitol in Washington, D.C. is the symbol of the American people and our government. The Capitol also houses an important collection of American art, is an architectural achievement in its own right, and a bustling office building. Join us to learn more!

*Presented by David Hauck, Office of Congressional Accessibility Services*

A Year Abroad in Holland 2/10
In August of 1979, Kimberly had the opportunity to travel to Amsterdam, Holland to be an Au Pair for a family with two children. Join us for a tour of a memorable year experiencing family life and culture in a foreign country.

*Presented by Kimberly Braten*
Out of the Box: The Rise of Sneaker Culture  
A fashion staple and cultural icon, sneakers are worn by millions of people and seem to transcend generations and socioeconomic status. Explore the significance of the complex design history, and evolution of these shoes in the first exhibition of its kind in the US.  
Presented by the Oakland Museum of California

Monterey Bay National Marine Sanctuary  
The Monterey Bay National Marine Sanctuary offers jewel-like tide pools, lush kelp forests, steep canyons, rich sea life, and some of the best wildlife viewing in the world! We’ll also learn of the sanctuary’s work in environmental protection, stewardship, and ocean research.  
Presented by Chelsea Prindle, Sanctuary Exploration Center Manager

Nautical Navigation  
Nine days, 340 miles of ocean, five boats, and island isolation. Join photographer and sailor, Amie Spencer, as she recounts an unparalleled sailing adventure through the deep waters of British Columbia.  
Presented by Amie Spencer, Home Match Director, Photographer, Sailor

Brain Fitness  
Are you looking to maintain and even embrace your cognitive function as you age? In this program you’ll discover the ingredients needed for a brain-healthy lifestyle and tips for how to integrate them into your life in fun, engaging, and creative ways.  
Presented by Hope Klein Levy, MA, Lifelong Learning Specialist

Writers Read  
Writers Read is our highly anticipated showcase of SCWW writers reading selections they have worked on during the session. Poetry, short stories, and more! Sign up as a reader, or join in to listen to and enjoy the many talents within our community.  
Presented by Patt Schroeder, SCWW Program Specialist
Doug has been volunteering with SCWW for a little over two years as the facilitator of Low Vision Support: ‘The Eyes Have It’.

Doug says, “I’m an information guy, I want people to be empowered with information, whether they do nothing or it changes their life... I’m always trying to stay informed myself and having spent my career working with visually impaired people, it was a natural fit.”

“It feels good to be part of the community.”

Doug enjoys volunteering with SCWW, has learned a lot and developed a great deal of respect for participants in his group. He has gone above and beyond in finding resources for participants with low vision (and our family members!).

Thank you, Doug, for your commitment to SCWW.

There are a number of Without Walls programs throughout the world, providing older adults with endless opportunities to participate in activities and classes over the phone. For more information, please contact:

**DOROT University Without Walls**
(877) 819-9147
dorotusa.org

**Lifetime Connections Without Walls**
(512) 626-1508
familyelder.org
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