

Is COVID-19 keeping you home more than you'd like?

During this time of caution, join Well Connected and have access to hundreds of activities and classes. All from the comfort of home!

Fun!

Volunteer opportunities available from home!

Everything is accessible by phone!

Registration is free!

TRAVEL
ART

Creative Writing

BRAIN GAMES

Current Events

Health and Well-being

Book Discussion
Friendship
SUPPORT GROUPS
technology
...AND MORE



Well Connected
A COVIA COMMUNITY SERVICE

TO REGISTER:
(877) 797-7299

coviaconnections@covia.org

<https://covia.org/services/well-connected/>

Here are just a few of the many upcoming Well Connected topics Contact Covia Well Connected to sign up and learn about many more!

Gratitude

Daily, 1/1 – 4/30

Call our morning and/or afternoon 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 addition to your day! Facilitated by Kaevalya Banks, Betty Broadley, Marie Hamilton, Lynn Millar, Nicolette Noyes, Patt Schroeder, Kathleen Torres, and Tom White

Sports Talk

Wednesdays, 1/8 – 4/29

Come join this open forum to discuss all things sports! Themes will include: current games, past performances, favorite athletes, trivia questions, and any other appropriate sports topics the group wants to discuss. Facilitated by Ray Hansen

LGBTQ Chat

Mondays, 3/9, 3/23, 4/13, 4/27

This group is open to all LGBTQ older adults. We will create an inclusive place to share our stories with each other and build a sense of community. Facilitated by Laura Groffman

Emergency Preparedness for Older Adults & People with Disabilities

Thursday, 3/19

Planning ahead, starting with small steps, makes your emergency preparation easier and less stressful. We will complete or update the Vial of Life form that records important contacts and medical information for first responders. Presented by Sherri Hayes Sawyer, Vision and Hearing Manager, Community Living Campaign

Armchair Travel: Sardinia

Monday, 3/30

Sardinia, the second largest island in the Mediterranean Sea, is Italy's hidden secret. We will explore mountain villages, a stalactite cave, the village of Orgosolo with murals covering its walls, and the unique Sardinian cuisine. Presented by Sue Willson

Pet Tales

Saturdays, 4/4 – 4/25

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

Armchair Travel: Spell-Binding New Orleans!

Monday, 4/6

Take a street car to visit mansions and a cemetery in the Garden District, catch live music in the French Quarter, and much more during our Armchair Travel to the Crescent City. Presented by Casey O'Neill, Associate Director of Covia's Social Call

Newcomers Welcome (How Well Connected Works!)

Monday, 4/6

Are you confused about how to start "connecting" with Well Connected, or interested in volunteering as a facilitator? Learn more about how to make that first phone call, or how to start a conversation as a new facilitator. Facilitated by Donna Mossholder

MIND Diet to Prevent Alzheimer's

Tuesday, 4/14

The MIND diet is a brain-protective way of eating. It is a hybrid between DASH and Mediterranean diets and has been shown to support brain health with aging. Presented by Renée Soderquist, RDN, CDE, St. Joseph Health Center