



NEW! VIRTUAL GROUP SCHEDULE

Weekly discussions, unless otherwise noted.

All SeniorsTogether groups will meet VIRTUALLY until further notice.

The 50+ Center name designated next to each time slot is a **reference point only** to the original meeting place. Participation is free and all groups are facilitated by older adult peers.

MONDAYS

THINK POSITIVE GROUP

1:00 to 2:00 p.m. (Met at Elkridge 50+ Center)

Learn and discuss ways to make positive thinking a daily practice and support each other on the journey.

CAREGIVER SUPPORT GROUP

7:00 to 8:30 p.m. (Met at East Columbia 50+)

(3rd Monday of the month)

For adult caregivers caring for another adult. Focuses on practical needs, resources, social networking, emotional support and downtime.

TUESDAYS

MEN'S ROUNDTABLE

10:00 a.m. to noon (Met at Glenwood 50+)

Join other men for civil discussions on politics, government, finance, health and other topics of interest to seniors. Occasional guest speakers.

LOW VISION SUPPORT GROUP

1:00 to 2:15 p.m. (Conference Call Only)

Ongoing support for those with low vision; explore options, share ideas and learn new ways to maintain independence.

THURSDAYS

NEWSTALK

10:00 to 11:30 a.m. (Met at North Laurel 50+)

Lively discussion group focusing on current news locally, nationally and globally.

BRAINTEASERS

12:30 p.m. (Met at Bain 50+)

Challenge your mind, strengthen memory using games, puzzles and other activities.

FRIDAYS

OPEN MIND GROUP

10:00 a.m. to noon (Met at Elkridge 50+)

In-depth, civil discussions on a wide range of topics to promote greater understanding of the values and experiences that inform us.

TRENDERS

1:00 to 2:30 p.m. (Met at Bain 50+)

A lively, open-minded discussion group with a loosely structured agenda.

 Howard County Office on
Aging and Independence
Department of Community Resources and Services

www.howardcountymd.gov/aging

TO REGISTER OR FOR ADDITIONAL INFORMATION, CONTACT

Karen Hull

TELE 410-313-7466 (VOICE/RELAY)

EMAIL khull@howardcountymd.gov

Elaine Widom

TELE 410-313-7353 (VOICE/RELAY)

EMAIL ewidom@howardcountymd.gov

If you need this in an alternate format, or accommodations to participate, contact MAP at 410-313-1234 one week prior to a scheduled event.