



GENERAL GROUP SCHEDULE

MONDAYS

CURRENT EVENTS GROUP

10:00 a.m. • BAIN 50+ CENTER

Lively discussions on local, national and world issues; sharpens wit, promotes intellectual wellness and social networking.

CAREGIVER SUPPORT GROUP

7:00 p.m. (3rd Monday) • EAST COLUMBIA 50+

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

TUESDAYS

INSIGHTERS (LOW VISION)

10:00 a.m. • BAIN 50+ CENTER

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

THRIVING AFTER "LIVING WELL"

2:30 p.m. • NORTH LAUREL 50+ CENTER

Graduates of the "Living Well" Program discuss toolkit concepts, goal sharing and ways to tackle daily challenges.

ADDITIONAL GROUPS

BEREAVEMENT GROUP

Meets at various locations.

A multi-week group to explore bereavement after losing a loved one. Registration required; nominal fee. Attendance at all sessions essential.

DECORATORS

Meets at the Bain Center; flexible schedule. Create event decor; all talents welcome!

THURSDAYS

ZOOM-IN

10:00 a.m. • BAIN 50+ CENTER

Enjoy discussions on a variety of topics and view thought-provoking videos. A group blog offers related research and links.

MENS FORUM

10:00 a.m. • ELLICOTT CITY 50+ CENTER

Share stories, ideas, and life experiences in a comfortable, good-humored, social setting.

NEWS TALK

10:00 a.m. • NORTH LAUREL 50+ CENTER

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

BRAIN TEASERS

12:30 p.m. • BAIN 50+ CENTER

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

FRIDAYS

TRENDERS

10:00 a.m. • BAIN 50+ CENTER

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



Department of Community Resources and Services

For additional information, contact:

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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.