

Seniors Together

CONNECT • LEARN • GROW

IN-PERSON and VIRTUAL GROUP SCHEDULE

The SeniorsTogether groups meet weekly (unless otherwise noted); participation is free and all groups are facilitated by older adult peers.



MONDAYS



MEN'S FORUM

10:00 a.m. to noon • Ellicott City 50+

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



THINK POSITIVE GROUP

A Treasure Hunt for Joy and Harmony

11:00 a.m. to noon • Begins October 18

Focuses on the positive aspects of appreciating all that we have and expanding our horizons with new ideas, opinions and activities.



CAREGIVER SUPPORT GROUP

7:00 to 8:30 p.m. (3rd Monday of the month)

For adult caregivers of adults. Focuses on practical needs, resources, social networking, emotional support and downtime.

WEDNESDAYS



OPEN MIND GROUP

9:30 to 11:30 a.m.

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

THURSDAYS



ON OUR MINDS

10:00 to 11:30 a.m.

An upbeat group discussion on a variety of topics with a high expectation of mutual respect and support.



BRAINTEASERS

12:30 to 2:00 p.m. • Bain 50+

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

TUESDAYS



LOW VISION SUPPORT GROUP

10:15 to 11:45 a.m. • Bain 50+

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

FRIDAYS



TRENDERS

10:00 to 11:30 a.m. • Bain 50+

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


Howard County
Office on Aging & Independence
www.howardcountymd.gov/aging

FOR VIRTUAL GROUP LINKS, ADDITIONAL INFORMATION, OR TO REGISTER

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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.