

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

11:00 a.m. to noon • Virtual/In-Person subject to change; call for schedule

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



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.

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.



FOR GROUP LINKS, MORE INFORMATION, OR TO REGISTER

Karen Hull TELE 410-313-7466 (VOICE/RELAY)
EMAIL khull@howardcountymd.gov

Elaine Widom TELE 410-313-7353 (VOICE/RELAY)
EMAIL ewidom@howardcountymd.gov

WEDNESDAYS



OPEN MIND GROUP

9:30 to 11:30 a.m.

In-depth discussion on topics drawn from the issues of today and the country's challenges, in a collegial environment where all input is respected.



SEASONED SISTERS

12:30 to 1:30 p.m. • East Columbia 50+

A welcoming setting to uplift and create connection. Discussions focus on sharing life lessons and the joys of being seasoned.

THURSDAYS



ON OUR MINDS

10:00 to 11:30 a.m.

Find camaraderie in a highly supportive group and join the discussion on a range of topics from the news, life experiences, or member suggestions.



BRAINTEASERS

12:30 to 2:00 p.m. • Bain 50+

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

FRIDAYS



TRENDERS

10:00 to 11:30 a.m. • Bain 50+

Lively group discussion on uplifting news, upcoming events, or topics sure to inspire, entertain and satisfy curiosity. Group often lunches out together post-meeting.

www.howardcountymd.gov/aging

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.