



# Seasoned Sisters Group Schedule

Every Other Wednesday  
Starting Sept 7  
12:00 - 1:30pm  
East Columbia 50+ Center  
6600 Cradlerock Way  
Columbia, Md

## Group Dates for 2022

September 7  
September 21

October 5  
October 19

November 2  
November 16  
November 30

December 14  
December 28

## Seasoned Sisters

Laugh, learn, and grow with other women in an uplifting setting. Celebrate the joys of being seasoned, create new connections, and share life lessons.

Led by a trained facilitator.

Sponsored by



[www.howardcountymd.gov/seniorstogether](http://www.howardcountymd.gov/seniorstogether)

For more information contact:  
Karen Hull  
410-313-7466 (voice/relay)  
khull@howardcountymd.gov



If you need this in an alternate format or accommodations to participate, contact Maryland Access Point (voice/relay) at 410-313-1234 (voice/relay) one week prior to the scheduled event.