

APRIL 2024



**Groups for
Ages 55+**
Senior &
Older Adult
Calendar

MONDAY

Grief and Loss
12 pm



TUESDAY

**Plàtica Entre
Amigos**
12 pm



WEDNESDAY

Senior Social
2 pm



THURSDAY

**Ageless &
Unstoppable**
1 pm



FRIDAY

Senior Calm
2 pm
(hybrid)



Do You Need Tech support?

Contact the
Wellness Center
to make an
appointment for
videoconferencing
and telehealth
assistance.



For More Information, Contact the Wellness Center:

(909) 242-7600 | wellness@tricitymhs.org
1403 N Garey Ave, Pomona, CA 91767

www.tricitymhs.org

