

Tri-City Wellness Center Calendar

December



MONDAY

Grief and Loss
12 pm



TUESDAY

No groups held



WEDNESDAY

Senior Social
2 pm



Groups for Ages 55+

THURSDAY

No groups held



FRIDAY

Senior Calm
2 PM
(hybrid)



Do You Need Tech support?

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

Upcoming Events!

Senior Movie Matinee
Monday, December 9
2 PM
A Christmas Story

Ugly Sweater Party
Friday, December 20
3 PM-4:30 PM



Tri-City Wellness Center

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HOPE. WELLNESS. COMMUNITY.
Let's find it together.

Visit tricitymhs.org and follow us @tricitymhs