


JULY 2024

MONDAY

Grief and Loss
12 pm



TUESDAY

Plàtica Entre Amigos
12 pm



WEDNESDAY


Senior Social
2 pm



Groups for Ages 55+
Senior & Older Adult Calendar

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.

Wellness Center Closed for Independence Day
Thursday, July 4

Senior Movie Matinee
Wednesday, July 17 | 12 pm
Wizard of Oz



For More Information, Contact the Wellness Center:

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

www.tricitymhs.org

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