

# June 2024

## MONDAY

**Grief and Loss**  
12 pm



## TUESDAY

**Plática 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.

**Senior Movie Matinee**  
June 26 | 12 pm  
Pee Wee's Big Adventure



**For More Information, Contact the Wellness Center:**

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

[www.tricitymhs.org](http://www.tricitymhs.org)

[f](#) [i](#) [t](#) [in](#) @TriCityMHS