

# April 2025

**Tri-City Wellness Center**  
Senior & Older Adult Calendar

**GROUPS  
FOR AGES  
55+**



## MONDAYS

**Grief and Loss**  
12 PM



## WEDNESDAYS

**Senior Social**  
2 PM



## FRIDAYS

**Senior Calm**  
2 PM  
(hybrid)



## UPCOMING EVENT

**Senior Movie  
Matinee**  
April 28 at 2 PM



**MURDER  
MYSTERY**



For more information or to request accommodations or technology assistance, please contact:

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

**HOPE. WELLNESS. COMMUNITY.**

Let's find it together.

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