

Tri-City Wellness Center Calendar

January 2025



Groups for Ages 55+

MONDAY

Grief and Loss
12 pm



WEDNESDAY

Senior Social
2 pm



FRIDAY

Senior Calm
2 PM
(hybrid)



MONDAY, JAN 13

**Senior Movie
Matinee**
2 pm

Sweet Home Alabama



Do You Need Tech support?

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



Tri-City Wellness Center

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

HOPE. WELLNESS. COMMUNITY.

Let's find it together.

Visit tricitymhs.org and follow us @tricitymhs