

August 2026

MONDAYS

Grief and Loss
12 PM



WEDNESDAYS

Senior Social
2 PM



FRIDAYS

Senior Calm
2 PM
(hybrid)



UPCOMING

**Senior Movie
Matinee**



August 24 at 2 PM
The Flintstones

Senior & Older Adult Calendar

Groups for Ages 55+



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

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

HOPE. WELLNESS. COMMUNITY.

Let's find it together.

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