

SENIOR Retreat

FOR AGES

55+

FREE!

Connection Through Time

Retreat Highlights

Mon
26

Paint & Sip

Channel your inner artist in a peaceful, hands-on art activity

Tues
27

Chino Basin Water Conservation District

*Enjoy a walk through lush California native landscapes and gardens

Wed
28

Gardening Workshop

Unwind and relax as you create your own Fall-themed terrarium with air plants

Thurs
29

Voyage to Italy

Say "Buongiorno!" to Italy with our virtual tour and delicious Italian food

Fri
30

Claremont Lewis Museum of Art

*Explore painting, sculpture and other works by local artists, past and present



October 26-30

Tri-City Wellness Center

12 PM - 3 PM

Light lunch included | *Transportation provided from the Wellness Center

➔ **SIGN UP BY OCTOBER 16**



(909) 242-7600



wellness@tricitymhs.org



1403 N Garey Ave, Pomona, CA

