



September 2026

MONDAYS

Grief and Loss
12 PM



WEDNESDAYS

Senior Social
2 PM



FRIDAYS

Senior Calm
2 PM
(hybrid)



UPCOMING

Senior Movie Matinee

September 28
at 2 PM
The King's Speech

Groups for Ages 55+
Senior & Older Adult Calendar



For more information or to request accomodations 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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