

May 2024

MONDAY

Grief and Loss
12 pm



TUESDAY

Plàtica Entre Amigos
12 pm



WEDNESDAY

Senior Social
2 pm



Groups for Ages 55+
Senior & Older Adult Calendar

THURSDAY

Ageless & Unstoppable
1 pm



FRIDAY

Senior Calm
2 pm
(hybrid)



Do You Need Tech support?

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

Senior Movie Matinee

May 15 | 12 pm

Indiana Jones & the Temple of Doom



For More Information, Contact the Wellness Center:

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

www.tricitymhs.org

[f](#) [i](#) [t](#) [in](#) @TriCityMHS