

Tri-City Wellness Center

# MARCH

# 2026

Senior & Older Adult Calendar

Groups for Ages 55+

## MONDAYS

**Grief & Loss**  
12 PM



## WEDNESDAYS

**Senior Social**  
2 PM



## FRIDAYS

**Senior Calm**  
2 PM  
(hybrid)



## UPCOMING

**Senior Movie  
Matinee**  
March 23 at 2 PM  
*Three Amigos*



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

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

HOPE. WELLNESS. COMMUNITY.

Let's find it together.

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