

SENIOR Retreat

BLAST FROM THE PAST

FOR AGES

55+

FREE!

Retreat Highlights



Phillips Mansion Tour

*Travel back in time with a captivating tour of the Phillips Mansion in Pomona



Paint & Sip

Channel your inner artist in a relaxing and loosely-guided art activity



Gardening Workshop

*Explore mindfulness and your senses at our Therapeutic Community Garden



Jukebox Jive Party

Celebrate the 50s with music, trivia, and optional vintage dress-up fun!



AMOCA in Pomona

*Discover the past in clay at the American Museum of Ceramic Art/AMOCA



Tri-City Wellness Center

October 27-31

12 PM - 4 PM

*Light lunch included | *Transportation provided from the Wellness Center*



SIGN UP BY OCTOBER 17

For more information, contact:



(909) 242-7600



wellness@tricitymhs.org



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