

Registration Steps

1 Online

1. Visit <https://events.tmcaz.com/events/>
2. Select TMC for Seniors under Category and click Filter.
3. Choose a class and click Register Now.
4. Verify your email and enter your contact information.
5. Select In Person or Virtual attendance (if applicable).
6. Click Add to Cart. Add more classes if desired.
7. Click Proceed to Checkout and then Complete Registration.
8. A confirmation email will be sent once your registration is complete.

2 EMAIL at: seniorservices@tmcaz.com with your name, phone number, and the list of the classes you want to attend.

3 PHONE at: (520) 324-1960, leave a message with your name, contact info, and the classes/events you wish to attend.

Viewing Online Presentations

Most presentations are streamed live on the **TMC Health YouTube Channel** at www.youtube.com/c/TMCHealthCare/Live or TMC for Seniors Facebook page. No YouTube account is required. Simply click the link when the presentation begins and the live stream will start automatically. Most presentations are also recorded and can be viewed on the YouTube channel at a later date.

Calendar Format

Classes & Activities are now listed by viewing format: **In-Person** & **Online**. Some classes will be offered both online and in-person, look for the class format symbols to determine the class option(s).

In-Person Classes & Activities:

Offered in-person at our TMC for Seniors at the Palo Verde Campus location.

Online Classes:

Offered through a computer-based format.

Classes are approximately an hour unless otherwise stated.

MEDICARE COUNSELING

Schedule your appointment to meet with a PCOA Medicare counselor today by calling (520) 324-1960.
Fridays: 10 a.m. • 11 a.m. • 12 p.m.

Advanced DIRECTIVES

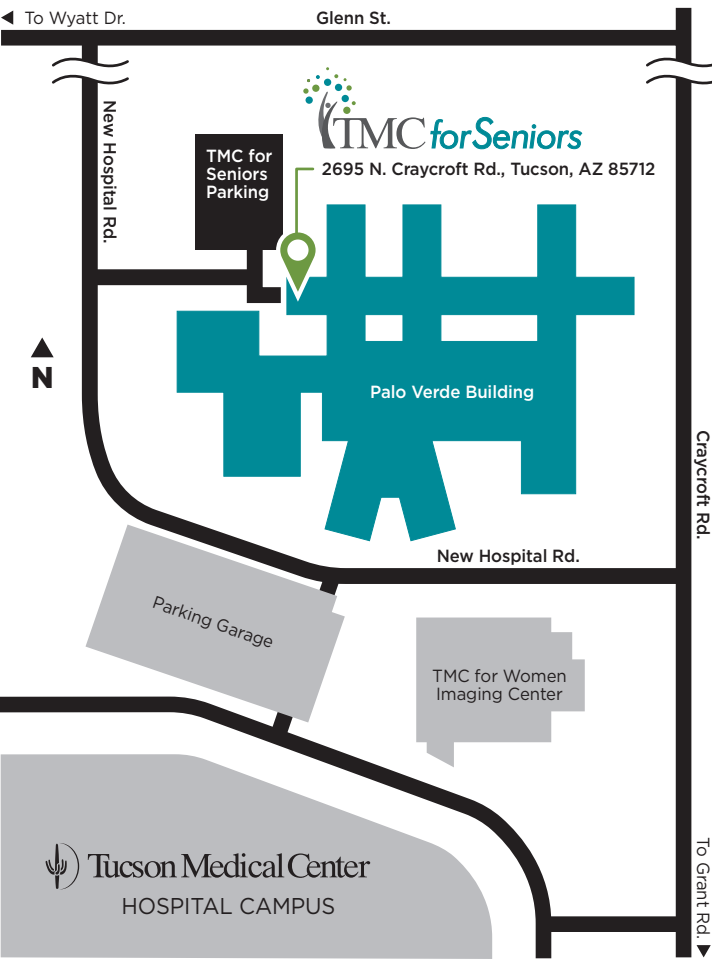
Call (520) 324-1960 to schedule an appointment with our advanced directives counselor.

Wednesdays:
9 a.m. • 10 a.m.
11 a.m.



TMC for Seniors Location

2695 N. Craycroft Road



Office Hours: 30 minutes prior to in-person events and by appointment
(520) 324-1960

CANCER SUPPORT RESILIENCE ROOM

Mondays, Nov. 23 & Dec. 21 • 10-11 a.m.

A safe space to share, heal and grow

The Resilience Room is a support group for individuals living with cancer and their care partners. This group meets on the 4th Monday of each month in-person only at TMC for Seniors.

Art & Heart: A Cancer Support Circle

Wednesdays, Nov. 18 & Dec. 16
10 a.m.-noon

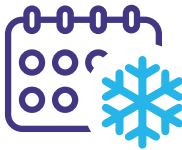
A welcoming space for art, conversation and support

A supportive group for individuals in active cancer treatment to connect through art and conversation. No art experience needed.



P.O. Box 42195
Tucson, AZ 85775

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**Winter Class
Schedule Inside!**

FITNESS CLASSES at TMC for Seniors

Enjoy our fitness classes at a convenient monthly rate! Register in advance to reserve your spot. Drop-in classes are \$7 each and available as space allows. Please note some classes may take place outside, weather permitting. **Registration for fitness classes starts on the 4th Thursday of each month at 10 a.m.**

Tai Chi Your Way: Sit, Stand & Flow
Mondays • 10:30 a.m.

Beginning Tai Chi
Tuesdays or Thursdays • 3:15 p.m.

Intermediate Tai Chi
Tuesdays or Thursdays • 2 p.m.

Mindfulness Chair Yoga
Tuesdays • 9 a.m.



EVENT CALENDAR

November & December 2026

**Age Well. Choose Well.
Choose TMC.**

Tucson Medical Center is your nonprofit community hospital, proud to be a part of Tucson for 80 years. TMC for Seniors continues to provide online and in-person wellness lectures, exercise and socialization activities for active agers and lifelong learners of Southern Arizona.

TMC for Seniors at Palo Verde Campus ■ 2695 N. Craycroft Road



DIABETES DAY

**Wednesday,
Nov. 4**
9:30 a.m.-noon



Millions of people in the country have been diagnosed with diabetes and chances are you know someone with it. November is American Diabetes Month, so TMC for Seniors is partnering with the TMC Diabetes Education Team to bring you two presentations on diabetes, *one focusing on insulin resistance and the other on building muscle mass*. Plus, vendors will be on site with information to keep you healthy and educated. **Registration is for both the 9:30 a.m. and the 11 a.m. class.** There will be a short break in between lectures.

Understanding Insulin Resistance: Signs, Symptoms and Treatment Options
Wednesday, Nov. 4 • 9:30 a.m.

Dorota Pucyk, M.D., TMCOne

Simple Steps to Building Muscle Mass
Wednesday, Nov. 4 • 11 a.m.

Marija Zaruba, PT, DPT, CLT,
TMC Outpatient Therapy

Art Workshops with Carolyn King, 1-3 p.m.

Join artist, Carolyn King for a new art project each month. The cost for the session is \$20 and includes supplies, instruction and fun! *No art experience necessary. Workshops are not refundable or transferable. Images are just an example and may not represent the final project.*



Harvest Mosaic with Beans & Corn

Monday, Nov. 16 • 1-3 p.m.

In this project we celebrate the Harvest Season with a circular mandala project designed using a variety of dry beans and corn.

Dotted Desert Holiday Ornament

Monday, Dec. 7 • 1-3 p.m.

Using acrylic paints and various "dotting" tools, participants will create memorable desert scenes inspired by the dot techniques of the Indigenous people of Australia.



Look inside for our latest schedule



November Theme: **DIABETES**

Diabetes is more common than people may think, approximately 11% of the population have it. It can be life long or reversible depending on the type you have. The good news is the symptoms and related concerns are manageable, and in some cases even preventable. Join us for the month of November as we provide classes covering diabetes medication, exercise and more!

NOVEMBER Classes & Activities

Tai Chi Your Way: Sit, Stand & Flow \$
Mondays, Nov. 2, 9, 16, 23 & 30 • 10:30 a.m.
Shuping Zhao, *see box for details* 🚶

Mindfulness Chair Yoga \$
Tuesdays, Nov. 3, 10, 17 & 24 • 9 a.m.
Connie Lucas, *see box for details* 🚶

Medicare Updates: What's New for 2027?
Tuesday, November 3 • 11 a.m.
Linda Khumalo, PCOA 🚶

Intermediate Tai Chi \$
Tuesdays, Nov. 3, 10, 17 & 24 • 2 p.m.
Shuping Zhao, *see box for details* 🚶

Beginning Tai Chi \$
Tuesdays, Nov. 3, 10, 17 & 24 • 3:15 p.m.
Shuping Zhao, *see box for details* 🚶

Diabetes Day
Wednesday, Nov. 4 • 9:30 a.m.-noon
See ad for details 🚶

TMC for Seniors Sonoran Stitchers
Wednesday, Nov. 4 • 10 a.m. 🚶

Alzheimer's Caregiver Support Group
Thursday, Nov. 5 & 19 • 10:30 a.m. 🚶

Intermediate Tai Chi \$
Thursdays, Nov. 5, 12 & 19 • 2 p.m.
Shuping Zhao, *see box for details* 🚶

Effects of Chronic Illnesses
Thursday, Nov. 5 • 3 p.m.
Emily Rich, PhD, OTR/L, TMC Outpatient Therapy 🚶

Beginning Tai Chi \$
Thursdays, Nov. 5, 12 & 19 • 3:15 p.m.
Shuping Zhao, *see box for details* 🚶

SOS Tech Help
Friday, Nov. 6 • 10:30 a.m.
The Gregory School, *see box for details* 🚶

Sonoran Glass Workshop: Glass Snowflakes \$
Friday, Nov. 6 • 1 p.m. or Nov. 13 • 10 a.m. 🚶

Memory Makers: Fostering Connections & Experiences
Monday, Nov. 9 • 10-11:30 a.m. 🚶

Diabetes Medications Demystified: From Metformin to GLP-1s
Tuesday, Nov. 10 • 11 a.m.
Gus Perez, PharmD, CDCES, BC-ADM, TMC Pharmacy 🚶

APDA Parkinson's Information & Support Group
Tuesdays, Nov. 10 & 24 • 2 p.m.
Cynthia Holmes, Ph.D. 🚶

Microbes: The Key to Our Future?
Wednesday, Nov. 11 • 10-11:30 a.m.
Jill Jones & Michele Clark, PhD 🚶

Women's Wisdom Circle
Wednesday, Nov. 11 • 3 p.m.
Mary Becker, TMC Volunteer 🚶

The Impact of Diabetes on Vascular Disease
Wednesday, Nov. 11 • 4 p.m.
Eric Berens, MD, TMCOne Vascular 🚶

Stroke Support Group
Monday, Nov. 16 • 10:30 a.m. 🚶

Art Workshop: Harvest Mosaic with Beans and Corn \$
Monday, Nov. 16 • 1-3 p.m.
Carolyn King 🚶

Art & Heart: Cancer Support Circle
Wednesday, Nov. 18 • 10 a.m.-noon 🚶

WomenHeart Support Group
Wednesday, Nov. 18 • 2-3:30 p.m.
Holiday date change 🚶

I Love Books!
Thursday, Nov. 19 • 2 p.m.
Ragged Company by Richard Wagamese 🚶

TMC for Seniors Laughter Yoga Club
Friday, Nov. 20 • 10 a.m.
Holiday date change 🚶

Cancer Support Resilience Room
Monday, Nov. 23 • 10 a.m. 🚶

On the Road with the Inside Story
Monday, Nov. 30 • 1-3 p.m.
See ad for details 🚶

SEASON'S GREETINGS FROM TMC FOR SENIORS

May your holiday season and New Year be filled with joy, hope and peace.
Our office will be closed Dec. 23 through Jan. 1. We are excited for the upcoming offerings beginning in January 2027. Stay tuned and keep an eye out for the next calendar to see what new and exciting programs we have in store for you!

DECEMBER Classes & Activities

Mindfulness Chair Yoga \$
Tuesdays, Dec. 1, 8, 15 & 22 • 9 a.m.
Connie Lucas, *see box for details* 🚶

Intermediate Tai Chi \$
Tuesdays, Dec. 1, 8, 15 & 22 • 2 p.m.
Shuping Zhao, *see box for details* 🚶

Beginning Tai Chi \$
Tuesdays, Dec. 1, 8, 15 & 22 • 3:15 p.m.
Shuping Zhao, *see box for details* 🚶

TMC for Seniors Sonoran Stitchers
Wednesday, Dec. 2 • 10 a.m. 🚶

Alzheimer's Caregiver Support Group
Thursdays, Dec. 3 & 17 • 10:30 a.m. 🚶

Intermediate Tai Chi \$
Thursdays, Dec. 3, 10 & 17 • 2 p.m.
Shuping Zhao, *see box for details* 🚶

Beginning Tai Chi \$
Thursdays, Dec. 3, 10 & 17 • 3:15 p.m.
Shuping Zhao, *see box for details* 🚶

Sonoran Glass Workshop: Carved Ornaments \$
Friday, Dec. 4 • 1 p.m. or Friday, Dec. 11 • 10 a.m. 🚶

Tai Chi Your Way: Sit, Stand & Flow \$
Mondays, Dec. 7, 14 & 21 • 10:30 a.m.
Shuping Zhao, *see box for details* 🚶

Art Workshop: Dotted Desert Holiday Ornament \$
Monday, Dec. 7 • 1 p.m.
Carolyn King, *see box for details* 🚶

APDA Parkinson's Information & Support Group
Tuesdays, Dec. 8 & 22 • 2 p.m.
Cynthia Holmes, Ph.D. 🚶

Women's Wisdom Circle
Wednesday, Dec. 9 • 3 p.m.
Mary Becker, TMC Volunteer 🚶

Memory Makers: Fostering Connections & Experiences
Monday, Dec. 14 • 10-11:30 a.m. 🚶

Art & Heart: Cancer Support Circle
Wednesday, Dec. 16 • 10 a.m.-noon 🚶

I Love Books!
Thursday, Dec. 17 • 2 p.m. 🚶

TMC for Seniors Laughter Yoga Club
Friday, Dec. 18 • 10 a.m.
Holiday date change 🚶

Cancer Support Resilience Room
Monday, Dec. 21 • 10 a.m. 🚶
Holiday date change

Stroke Support Group
Monday, Dec. 21 • 10:30 a.m. 🚶

Lectures are live online at the time listed, and you can watch many of them later as well. Contact us at (520) 324-1960 or seniorservices@tmcaz.com to learn more.

Class Format:
In-Person 🚶 Online 🚶 Both 🚶

Sonoran Glass

WORKSHOPS

Join the Sonoran Glass school as they will walk you through the tools, materials and process of making various fused glass projects. The cost for the session is \$25 and includes supplies, instruction and fun! No art experience necessary. *Workshops are not refundable or transferable. Images are just an example and may not represent the final project.*



Glass Snowflake
Friday, Nov. 6 • 1 p.m.
Friday, Nov. 13 • 10 a.m.



Carved Ornaments
Friday, Dec. 4 • 1 p.m.
Friday, Dec. 11 • 10 a.m.



MEMORY MAKERS: Fostering Connections & Experiences
Monday, Nov. 9 & Dec. 14 • 10-11:30 a.m.

This program offers individuals with early-stage Alzheimer's or dementia and their caregivers the opportunity to connect and create enriching experiences together. Through arts, culture, games and social interactions, participants can enjoy meaningful connections in a supportive environment. Registration and prescreening are required.



TMC for Seniors Sonoran Stitchers
Wednesday, Nov. 4 & Dec. 2 • 10 a.m.

Join TMC for Seniors Sonoran Stitchers on the first Wednesday of every month for an hour of stitching and conversation. Whether you're a beginner or an experienced stitcher, bring your current project, share tips, and enjoy connecting with fellow crafters. This is not a structured class, but a relaxed space to work on your craft and enjoy friendly conversation.



TMC FOR SENIORS
Laughter Yoga Club
Jim "Shark" Ogden, Certified Laughter Yoga Leader
Fridays, Nov. 20 & Dec. 18 • 10 a.m.

Laughter is not only good for your health, it's fun! Join Jim "Shark" Ogden as you laugh and learn how this fun, playful activity can boost your mood, energy and health.

SOS Tech Help

Friday, November 6 • 10:30 a.m.

Sign up for a 50-minute appointment with Gregory School students for help using your cell phone, tablet or laptop. Registration is required. Call (520) 324-1960 to register.



On the Road with the Inside Story: Saguaro National Park East –
Monday, November 30 • 1-3 p.m.

Join us for a curated experience in the Rincon Mountain District of Saguaro National Park. Discover the iconic giant Saguaro cactus, diverse desert wildlife, and the unique "Sky Island" ecosystem. Expert guides will share insights on the park's natural and cultural history, along with information about programs, events, park fees and volunteer opportunities. An optional hike is available afterward; park fees apply.

