

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 & Advance Directives Counseling



Free One-on-One Counseling Services

Call (520) 324-1960 to schedule an appointment!

Advanced Directives

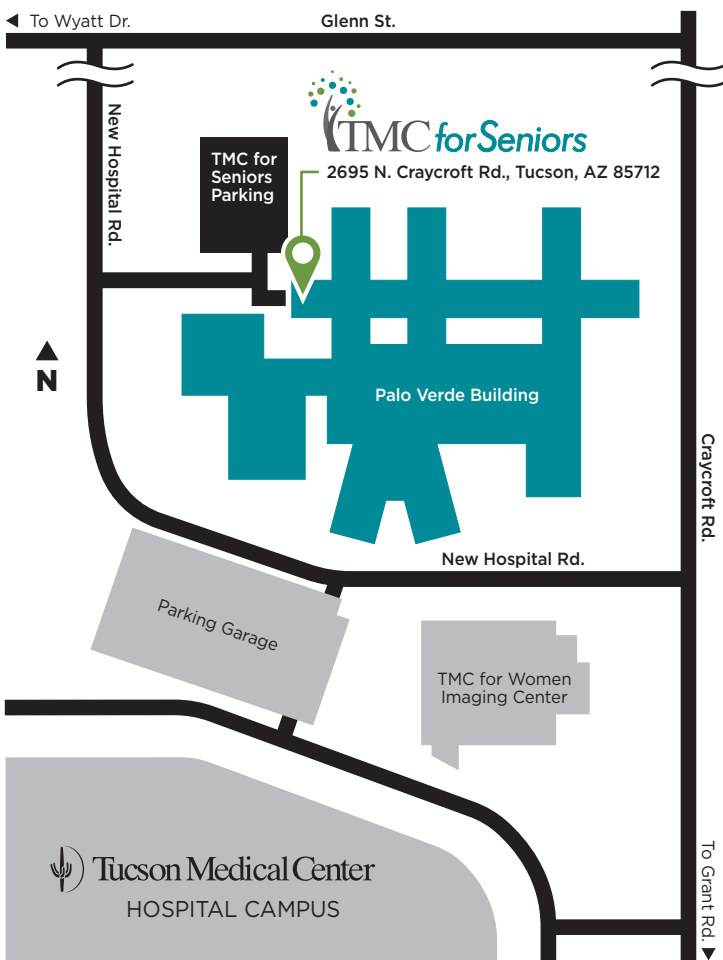
Wednesdays: 9 a.m. • 10 a.m. • 11 a.m.

Medicare

Fridays: 10 a.m. • 11 a.m. • 12 p.m.

TMC for Seniors Location

2695 N. Craycroft Road



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

GOING BEYOND

SURVIVORSHIP CELEBRATION

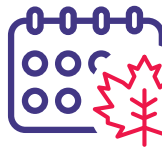
Saturday, Oct. 17
9 a.m.-noon

Join us in the TMC for Seniors Courtyard as we celebrate cancer survivorship at every stage. Enjoy resources, refreshments, wellness activities, and meaningful connections with others impacted by cancer.



P.O. Box 42195
Tucson, AZ 85775

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Fall Class
Schedule Inside!

FITNESS CLASSES at TMC for Seniors

The cost is **\$5 per class** and registration in advance is required for each individual class. 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.

Intermediate Tai Chi

Tuesdays or Thursdays • 2 p.m.

Beginning Tai Chi

Tuesdays or Thursdays • 3:15 p.m.

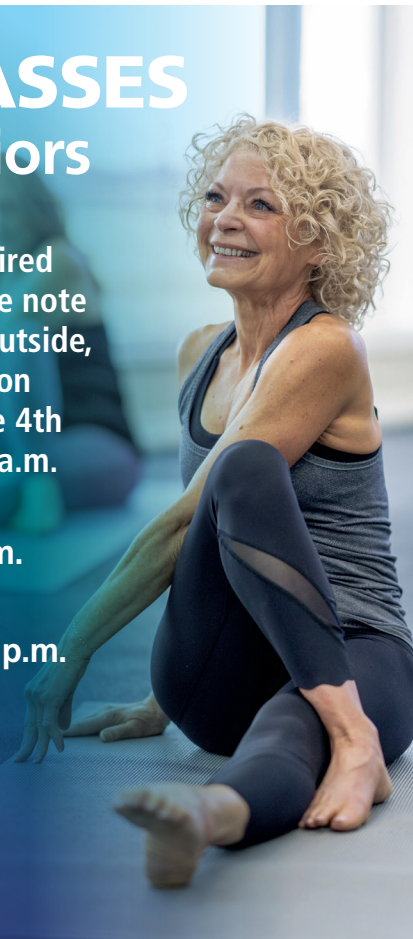
Seated Tai Chi

Mondays • 10:30 a.m.

Mindfulness Chair Yoga

Tuesdays • 9 a.m.

***No class in September**



CANCER SUPPORT RESILIENCE ROOM

Mondays, Sep. 28 & Oct. 26 • 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.

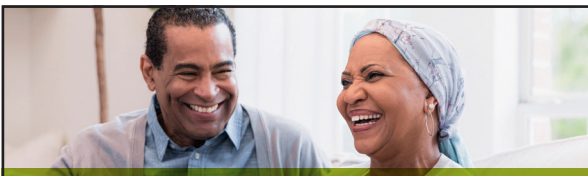
Art & Heart:

A Cancer Support Circle

Wednesdays, Sep. 16 & Oct. 21
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.



EVENT CALENDAR

September & October 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

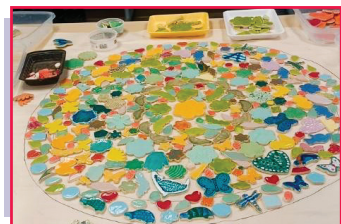


Wednesday,
Sep. 16 • 9-11:30 a.m.
3800 E River Rd,
Tucson, AZ 85718

Join **TMC for Seniors, the Tucson JCC and Encompass Health Rehabilitation Hospitals** for the **'No Falls' Fair** at the Tucson JCC on **Wednesday, September 16, from 9 a.m. to 11:30 a.m.**

Discover strategies to reduce fall risk, receive individual balance assessments, learn about fall risk checklists and home safety and more! For registration details, call **(520) 324-1960**. Don't miss this opportunity to enhance fall prevention knowledge and connect with others!

Art Workshops!



Community Mosaic Project

Mondays, Sep. 14, 21, 28 and Oct. 12 & Oct. 19 • 1-3 p.m.

Join artist Carolyn King for a new community mosaic project to be installed at the TMC Campus. Carolyn will lead two hour workshops taking participants through each step of creating a mosaic. Everyone is welcome to participate in this workshop at no cost; however, registration is required. No prior art experience necessary. Attend as many of the six sessions as you'd like. Image does not represent final rendering.

Sonoran Glass School

Join the Sonoran Glass school as they 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.*



Bird Stake
Monday, Oct. 5 • 1 p.m.
Friday, Oct. 9 • 1 p.m.



Fall Wreath
Friday, Oct. 23 • 1 p.m.
Monday, Oct. 26 • 1 p.m.

Look inside for our latest schedule



September Theme: **FALL PREVENTION**

Fall prevention in older adults is crucial for maintaining independence and overall health. Throughout the month of September we are offering classes and workshops on how to reduce and prevent falls, how factors like medication, home safety and diet can impact your risk of falling and the return of our “No Falls” Fair and Mini Assessment Clinic.

SEPTEMBER Classes & Activities

APDA Parkinson’s Information & Support Group Tuesdays, Sep. 1 & 15 • 2 p.m. Cynthia Holmes, Ph.D. 📺	Opioids and Older Adults: Managing Pain and Preventing Falls Wednesday, Sep. 9 • 2 p.m. 🚶📺⚠️ Susan Thompson, PharmD, BCPP, TMC Pharmacy	I Love Books! Thursday, Sep. 17 • 2 p.m. <i>Ordinary Grace</i> by William Kent Krueger 🚶
Intermediate Tai Chi \$ Tuesdays, Sep. 1, 8, 15, 22 & 29 • 2 p.m. Shuping Zhao, <i>see box for details</i> 🚶	Women’s Wisdom Circle Wednesday, Sep. 9 • 3 p.m. Mary Becker, TMC Volunteer 🚶	Stroke Support Group Monday, Sep. 21 • 10:30 a.m. 🚶📺
Beginning Tai Chi \$ Tuesdays, Sep. 1, 8, 15, 22 & 29 • 3:15 p.m. Shuping Zhao, <i>see box for details</i> 🚶	The New Face of Colorectal Cancer: What Every Generation Should Know Thursday, Sep. 10 • 3 p.m. Peter Lee, M.D., TMC Health Cancer Center 🚶📺🌐	Navigating the Financial Impact of Cancer Care Tuesday, Sep. 22 • 11 a.m. Kerri Reeves, LMSW, TMC Health Cancer Center 🚶📺🌐
TMC for Seniors Sonoran Stitchers Wednesday, Sep. 2 • 10 a.m. 🚶	Memory Makers: Fostering Connections & Experiences Monday, Sep. 14 • 10-11:30 a.m. 🚶 Alzheimer’s Association	The Inside Story Wednesday, Sep. 23 • 10 a.m. 🚶 featuring Hunter’s Kitten Lounge & Southern Arizona Cat Rescue
Steps to Safety: Fire & Fall Prevention Wednesday, Sep. 2 • 2 p.m. Janela Livingston, Tucson Fire Dept 🚶📺⚠️	Seated Tai Chi \$ Mondays, Sep. 14, 21 & 28 • 10:30 a.m. Shuping Zhao, <i>see box for details</i> 🚶	WomenHeart Support Group Wednesday, Sep. 23 • 2-3:30 p.m. 🚶📺
Alzheimer’s Caregiver Support Group Thursday, Sep. 3 & 17 • 10:30 a.m. 🚶	Community Mosaic Project Mondays, Sep. 14, 21 & 28 • 1-3 p.m. Carolyn King 🚶	From Fall to Recovery: Hip Fractures and Joint Replacement Wednesday, Sep. 23 • 3 p.m. Gens Goodman, DO, Tucson Orthopaedic Institute 🚶📺⚠️
Prostate Cancer: Innovations in Treatment and Radiotherapy Thursday, Sep. 3 • 3 p.m. Hayden Ansinelli, M.D., TMC Health Radiation Oncology 🚶📺🌐	Nutrition Essentials for Bone Health Tuesday, Sep. 15 • 11 a.m. Laurie Ledford, RDN, Wellness Volunteer 🚶📺⚠️	Preventing Falls Through Movement and Strength Thursday, Sep. 24 • 10:30 a.m. Geneva Kaplan-Smith, PT, DPT, ATC 🚶📺⚠️
Beginning Tai Chi \$ Thursdays, Sep. 3, 10, 17 & 24 • 3:15 p.m. Shuping Zhao, <i>see box for details</i> 🚶	No Falls Fair & Mini Assessment Clinic Wednesday, Sep. 16 • 9-11:30 a.m. <i>See box for details</i> 🚶⚠️	TMC for Seniors Laughter Yoga Club Friday, Sep. 25 • 10 a.m. 🚶
Balance for Life: Fall Prevention Series Fridays, Sep. 4, 11, 18 & 25 • 10 a.m.-noon 🚶⚠️ Tom Pylman, MA, TMC Volunteer	Art & Heart: Cancer Support Circle Wednesday, Sep. 16 • 10 a.m.-noon 🚶🌐	Cancer Support Resilience Room Monday, Sep. 28 • 10 a.m. 🚶🌐

VIRTUAL DEMENTIA EXPERIENCE
Thursday, Oct. 8 • 10 a.m.-noon
This in-person session allows you to experience what it might be like to have dementia. To create confusion, we limit your physical senses, making it difficult for you to do simple tasks. You’ll learn what it’s like to “walk in their shoes” for five minutes and better understand the behaviors and needs of those with dementia. This session is for family caregivers caring for someone with dementia. It is NOT for those who have been told or suspects they have dementia.





MEMORY MAKERS: Fostering Connections & Experiences

Mondays, Sep. 14 & Oct. 12 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.



October Theme: **SURVIVORSHIP**

Throughout September and October TMC for Seniors and the TMC Health Cancer Center invite you to a special lecture series supporting cancer survivors and their loved ones – from diagnosis through every stage. Learn more about prostate cancer, the financial impacts, how to manage your mental health and more during our survivorship series.

OCTOBER Classes & Activities

Alzheimer’s Caregiver Support Group Thursdays, Oct. 1 & 15 • 10:30 a.m. 🚶	Virtual Dementia Experience Thursday, Oct. 8 • 10 a.m.-noon <i>See box for details</i> 🚶	Survivorship Series: 🌐
Intermediate Tai Chi \$ Thursdays, Oct. 1, 8, 15, 22 & 29 • 2 p.m. Shuping Zhao, <i>see box for details</i> 🚶	SOS Tech Help Friday, Oct. 9 or Oct. 30 • 10:30 a.m. The Gregory School Students 🚶	Art & Heart: Cancer Support Circle Wednesday, Oct. 21 • 10 a.m.-noon 🚶🌐
Beginning Tai Chi \$ Thursdays, Oct. 1, 8, 15, 22 & 29 • 3:15 p.m. Shuping Zhao, <i>see box for details</i> 🚶	Memory Makers: Fostering Connections & Experiences Monday, Oct. 12 • 10-11:30 a.m. 🚶 Alzheimer’s Association	Stay in the Game: Managing Shoulder Pain Wednesday, Oct. 21 • 3 p.m. Bryn Berens, M.D., Tucson Orthopaedic Institute 🚶📺
Seated Tai Chi \$ Mondays, Oct. 5, 12, 19 & 26 • 10:30 a.m. Shuping Zhao, <i>see box for details</i> 🚶	Community Mosaic Project Mondays, Oct. 12 & 19 • 1-3 p.m. Carolyn King 🚶	Matters of the Heart: Navigating Cancer Care and Heart Health Thursday, Oct. 22 • 4 p.m. 🚶📺🌐 Joseph Chambers M.D., TMCOne Cardiology
Sonoran Glass Workshop: Bird Stake Monday, Oct. 5 or Friday, Oct. 9 1-3 p.m. \$25 🚶	The Aging Bone Marrow: Why Can’t We Live Forever? Tuesday, Oct. 13 • 11 a.m. Michael Boxer, M.D. 🚶📺🌐	TMC for Seniors Laughter Yoga Club Friday, Oct. 23 • 10 a.m. 🚶
Mindfulness Chair Yoga \$ Tuesdays, Oct. 6, 13, 20 & 27 • 9 a.m. Connie Lucas, <i>see box for details</i> 🚶	Women’s Wisdom Circle Wednesday, Oct. 14 • 3 p.m. Mary Becker, TMC Volunteer 🚶	Sonoran Glass School: Fall Wreath Friday, Oct. 23 or Monday, Oct. 26 1-3 p.m. \$25 🚶
APDA Parkinson’s Information & Support Group Tuesdays, Oct. 6 & 20 • 2 p.m. Cynthia Holmes, Ph.D. 📺	I Love Books! Thursday, Oct. 15 • 2 p.m. <i>How to Solve Your Own Murder</i> by Kristen Perrin 🚶	Cancer Support Resilience Room Monday, Oct. 26 • 10 a.m. 🚶🌐
Intermediate Tai Chi \$ Tuesdays, Oct. 6, 13, 20 & 27 • 2 p.m. Shuping Zhao, <i>see box for details</i> 🚶	Every Breath You Take: Understanding Lung Cancer Thursday, Oct. 15 • 4 p.m. TMC Health Cancer Center 🚶📺🌐	The Inside Story Wednesday, Oct. 28 • 10 a.m. 🚶 featuring the Arizona Historical Society
Beginning Tai Chi \$ Tuesdays, Oct. 6, 13, 20 & 27 • 3:15 p.m. Shuping Zhao, <i>see box for details</i> 🚶	Going Beyond: Survivorship Celebration Saturday, Oct. 17 • 9 a.m.-noon <i>See box for details</i> 🚶🌐	WomenHeart Support Group Wednesday, Oct. 28 • 2 p.m. 🚶📺
TMC for Seniors Sonoran Stitchers Wednesday, Oct. 7 • 10 a.m. 🚶	Stroke Support Group Monday, Oct. 19 • 10:30 a.m. 🚶📺	Advances in Cancer Treatment: From Targeted Therapies to Personalized Medicine Wednesday, Oct. 28 • 4 p.m. Abhijeet Kumar, M.D., TMC Health Cancer Center 🚶📺🌐

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

Class Format:

In-Person 🚶 Online 📺 Both 🚶📺



TMC for Senior’s Sonoran Stitchers

Wednesdays, Sep. 2 & Oct. 7 • 10 a.m.
Whether you are a beginner or a seasoned stitcher, bring your current project, share tips and enjoy the company of fellow crafters. Please note that this is not a structured class, but a relaxed space to work on your craft and connect with others.

The Inside Story
Join us for an inside view that you won’t be able to get anywhere else. The Inside Story features guest speakers from a variety of backgrounds to provide you with a deeper look into a topic.



Wednesday, Sep. 23 • 10 a.m.
featuring Hunter’s Kitten Lounge & Southern Arizona Cat Rescue



Wednesday, Oct. 28 • 10 a.m.
featuring the Arizona Historical Society



INTERGENERATIONAL PROGRAMS WITH THE GREGORY SCHOOL
Join TMC for Seniors and The Gregory School for intergenerational programs this fall. Registration is required as space is limited. Call (520) 324-1960 to reserve your spot today.

SOS Tech Help
Friday, Oct. 9 or 30 • 10:30 a.m.
Sign up for a one-hour appointment with Gregory School students for help using your cell phone, tablet or laptop. Registration is required. Call (520) 324-1960 to register.

