

## NEW! Registration Steps

- 1 ONLINE** at: <https://events.tmcaz.com/events/>
  - On the left, open the **CATEGORY** drop-down menu, select **TMC FOR SENIORS**, and click **FILTER** to display classes in this category.
  - Click on the class title, then click **REGISTER NOW** below the class description.
  - On the next page, select **REGISTER**, enter your email, and click **SUBMIT**.
  - Check your email and click **VERIFY EMAIL ADDRESS**. On the page that opens, click **COMPLETE VERIFICATION AND CONTINUE TO SITE**.
  - Fill in your **Name, Email, and Phone Number**, respond to any required questions, and click **SAVE AND CONTINUE**. If it's a hybrid class, choose **VIRTUAL** or **IN-PERSON** first. Review your information, then click **ADD TO CART**.
- To register for more classes, click **CONTINUE SHOPPING** and repeat step 5 for each class. Otherwise, click **PROCEED TO CHECKOUT**.
- To register additional guests, click **REGISTER ANOTHER PERSON**, confirm, and repeat step 5 for each guest.
- Click **PROCEED TO CHECKOUT**, then **COMPLETE REGISTRATION**. For fee-based classes, follow the payment process. You'll receive a confirmation page once registered.

- 2 EMAIL** [seniorservices@tmcaz.com](mailto:seniorservices@tmcaz.com) with your name, phone number, and the list of the classes you want to attend.

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

Most presentations will be available online using our TMC Health YouTube page or TMC for Seniors Facebook page. You will not need an account to access the online presentation at: [www.youtube.com/c/TMCHealthCare/Live](http://www.youtube.com/c/TMCHealthCare/Live). The feed will start automatically when the presentation begins. Most presentations will be available on our YouTube channel afterwards to watch at a later time.

## Calendar Format

Classes & Activities are now listed by viewing format: **In-Person** & **Online**. Some classes are 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.

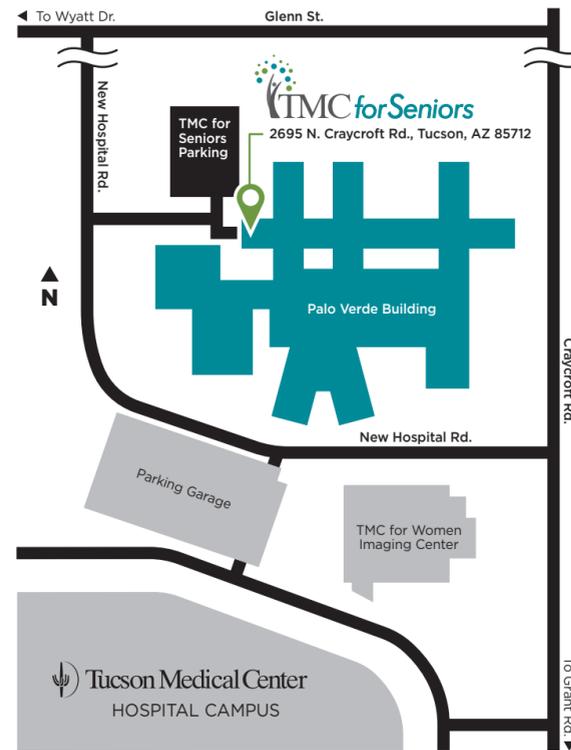
### Online Classes:

Offered through a computer-based format.

**Classes are approximately an hour unless otherwise stated.**

## TMC for Seniors Location

2695 N. Craycroft Road



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

## 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 April fitness classes will start on March 25 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.



P.O. Box 42195  
Tucson, AZ 85775



**Spring Class Schedule Inside!**

NON PROFIT ORG  
U.S. POSTAGE  
**PAID**  
TUCSON, AZ  
PERMIT NO. 145

# EVENT CALENDAR

March & April 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

# Stroke PREVENTION SATURDAY

KNOW THE SIGNS, KNOW YOUR RISK FACTORS

Brought to you by:



## FREE SCREENING!

For best results, 8 hour fasting is recommended but not required

Saturday, April 11, 2026  
7:30-11:30 a.m.

TMC Marshall Conference Center

REGISTRATION REQUIRED

Sign up for an appointment window at:



Or call (520) 324-1960



## CANCER SUPPORT RESILIENCE ROOM

Mondays, March 23 & April 27 • 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.



Wednesdays, March 18 & April 15  
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.

## Art WORKSHOP 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.*

**Acrylic Color Mixing Deep Dive**  
Monday, March 16 | 1-3 p.m.

This workshop provides participants with an opportunity to explore how mixed colors compare side by side in a 'mirror' exercise. Your simple composition will be painted in two color palettes on the same piece of paper.



**Patterning with Acrylics: A Painted Quilt**  
Monday, April 20 | 1-3 p.m.

This workshop supports participants to explore color combinations through patterning related to fabric. We will combine drawn, stamped & stenciled patterns using acrylic paint & paint pens.



Look inside for our schedule



**MARCH THEME**  
**Brain Health**

As people age, the brain naturally changes, affecting memory, learning, and other cognitive functions. The good news is you can take steps to keep your brain healthy as you age. Join TMC for Seniors for the month of March as we cover topics ranging from strokes to aneurysms to memory.

**MARCH** Classes & Activities

**Seated Tai Chi \$**  
Mondays, March 2, 9, 16, 23 & 30 • 10:30 a.m. 🚶

**Mindfulness Chair Yoga \$**  
Tuesdays, March 3, 10, 17, 24 & 31 • 9 a.m. 🚶

**APDA Parkinson's Information & Support Group**  
Tuesdays, March 3 & 17 • 2 p.m.  
Cynthia Holmes, Ph.D. 📄 🗣️

**Intermediate Tai Chi \$**  
Tuesdays, March 3, 10, 17, 24 & 31 • 2 p.m.  
Thursdays, March 5, 12, 19 & 26 • 2 p.m. 🚶

**Beginning Tai Chi \$**  
Tuesdays, March 3, 10, 17, 24 & 31 • 3:15 p.m.  
Thursdays, March 5, 12, 19 & 26 • 3:15 p.m. 🚶

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

**Memory Makers: Fostering Connections & Experiences Alzheimer's Association**  
Monday, March 9 • 10-11:30 a.m. 🚶 🗣️

**Rest Assured: Sleep & Stroke Prevention**  
Tuesday, March 10 • 11 a.m.  
David Sholes, TMC Sleep Lab 🚶 📄 🗣️

**Opening the Door: How to Talk About Mental Health**  
Wednesday, March 11 • 10 a.m.  
Cam Dyman, NP, TMC Manager Clinical Informatics Education 🚶 📄 🗣️

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

**Think F.A.S.T. – Stroke Signs and Symptoms**  
Thursday, March 12 • 3 p.m.  
David Teeple, M.D. TMC Stroke Director, Center for Neurosciences 🚶 📄 🗣️

**SOS Tech Help**  
Friday, March 13 • 1:15 p.m. & 2:15 p.m. 🚶

**Stroke Support Group**  
Monday, March 16 • 10:30 a.m. 🚶 📄 🗣️

**Art Workshop: Acrylic Color Mixing Deep Dive \$**  
Monday, March 16 • 1-3 p.m.  
Carolyn King 🚶

**Navigating Brain Changes and Cancer**  
Tuesday, March 17 • 11 a.m.  
Kerri Reeves, LMSW, TMC Health Cancer Center 🚶 📄 🗣️

**NEW! Art & Heart: A Cancer Support Circle**  
Wednesday, March 18 • 10 a.m.-Noon 🚶

**Decoding the Aging Brain: Normal Aging vs. Cognitive Decline**  
Wednesday, March 18 • 2 p.m.  
Frances West, NP-C, Center for Neurosciences 🚶 📄 🗣️

**I Love Books! My Antonia** by Willa Cather  
Thursday, March 19 • 2 p.m. 🚶

**Sonoran Glass School: Dichroic Jewelry (\*See Ad)**  
Friday, March 20 • 10 a.m.-Noon  
Friday, March 27 • 1-3 p.m. 🚶

**NEW! Cancer Support Resilience Room**  
Monday, March 23 • 10 a.m. 🚶

**The Inside Story**  
Wednesday, March 25 • 10 a.m.  
UA Laboratory of Tree-Ring Research 🚶

**WomenHeart Support Group**  
Wednesday, March 25 • 2-3:30 p.m. 🚶 📄

**No Ifs, Ands or Butts: Colorectal Screening Uncovered**  
Thursday, March 26 • 3 p.m.  
Peter Lee, M.D., TMC Health Cancer Center 🚶 📄

**TMC for Seniors Laughter Yoga Club**  
Friday, March 27 • 10 a.m. 🚶

**The "Symphony" of the Brain: The Impact of Music on Brain Health**  
Tuesday, March 31 • 11 a.m.  
Tucson Symphony Orchestra 🚶 📄 🗣️

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

**INTERGENERATIONAL PROGRAMS WITH THE GREGORY SCHOOL**

**Generations in Play: Games Galore**



**Friday, April 17 • 9 a.m.**  
Bring generations together in this fun and interactive program where seniors and students from the Gregory School team up to enjoy a variety of games! From classic board games to new favorites, this activity encourages connection, laughter and learning across generations. Share stories, skills and strategies as you form friendships and create lasting memories. Perfect for anyone who loves games and values community!

**SOS Tech Help**

**Friday, March 13 or Friday, April 24 • 1:15 & 2:15 p.m.**  
Call (520) 324-1960 to schedule your 50-minute appointment. Learn how to use your cell phone, tablet, or laptop with students from the Gregory School.



**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, March 25 • 10 a.m.**  
Featuring UA Laboratory of Tree-Ring Research  
**Wednesday, April 22 • 10 a.m.**  
Featuring Saguaro National Park



**Sonoran Glass School**

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.*



**Dichroic Jewelry**

Create a pendant & earrings  
**Fridays, March 20 • 10 a.m.-Noon**  
**March 27 • 1-3 p.m.**



**Jewelry Dish**

**Fridays, April 10 • 10 a.m.-Noon**  
**April 17 • 1-3 p.m.**

**MEDICARE AND 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. or 11 a.m.

**Medicare**  
Fridays: 10 a.m., 11 a.m. or 12 p.m.



**TMC FOR SENIORS**

**LAUGHTER YOGA CLUB**  
Jim Ogden, Certified Laughter Yoga Leader  
**Fridays, March 27 & April 24 • 10 a.m.**  
Laughter is not only good for your health, it's fun! Join Jim "Shark" Ogden on the fourth Friday of every month to discover the many physical and emotional benefits of laughter, and learn how this fun, playful activity can boost your mood and energy. Come ready to laugh and experience the positive impact it can have on your health!



**MEMORY MAKERS: Fostering Connections & Experiences**

**Mondays, March 9 & April 13 • 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.

**APRIL THEME**  
**Health Care Directives**

April is National Healthcare Decisions Month making it a good time to think about your advance care planning. TMC for Seniors is here to encourage you to express your medical decisions through advanced care plans and educational classes. Join us for classes on legal documents, funeral planning and more to help you make the most informed decision possible.

**APRIL** Classes & Activities

**Alzheimer's Caregiver Support Group**  
Thursdays, April 2 & 16 • 10:30 a.m. 🚶

**Intermediate Tai Chi \$**  
Thursdays, April 2, 9, 16, 23 & 30 • 2 p.m.  
Tuesdays, April 7, 14, 21 & 28 • 2 p.m. 🚶

**Beginning Tai Chi \$**  
Thursdays, April 2, 9, 16, 23 & 30 • 3:15 p.m.  
Tuesdays, April 7, 14, 21 & 28 • 3:15 p.m. 🚶

**Seated Tai Chi \$**  
Mondays, April 6, 13, 20 & 27 • 10:30 a.m. 🚶

**Mindfulness Chair Yoga \$**  
Tuesdays, April 7, 14, 21 & 28 • 9 a.m. 🚶

**Protecting Your Wishes: Essential End-of-Life Documents**  
Tuesday, April 7 • 11 a.m.  
Shanelle Schmitz, JD, Law Office of David I. Karp 🚶 📄 🗣️

**Wishes Registered. Wishes Honored.**  
Wednesday, April 8 • 10 a.m.  
Carla Sutter, MSW, AZ Healthcare Directive Registry 🚶 📄 🗣️

**Women's Wisdom Circle**  
Wednesday, April 8 • 3 p.m.  
Mary Becker, TMC Volunteer 🚶

**The Comfort Connection: Palliative Care and Dementia**  
Thursday, April 9 • 11 a.m.  
Shana Semmons, M.D., TMC Palliative Care 🚶 📄 🗣️

**Sonoran Glass School: Jewelry Dish (\*See Ad)**  
Friday, April 10 • 10 a.m.-Noon  
Friday, April 17 • 1-3 p.m. 🚶

**Stroke Prevention Saturday**  
Saturday, April 11 • 7:30-11:30 a.m.  
See box for details 🚶

**Memory Makers: Fostering Connections & Experiences Alzheimer's Association**  
Monday, April 13 • 10-11:30 a.m. 🚶

**APDA Parkinson's Information & Support Group**  
Tuesdays, April 14 & 28 • 2 p.m.  
Cynthia Holmes, Ph.D. 📄

**NEW! Art & Heart: A Cancer Support Circle**  
Wednesday, April 15 • 10-Noon 🚶

**I Love Books! A Great Deliverance** by Elizabeth George  
Thursday, April 16 • 2 p.m. 🚶

**Generations at Play: Games Galore**  
Friday, April 17 • 9-11 a.m.  
The Gregory School Students 🚶

**Stroke Support Group**  
Monday, April 20 • 10:30 a.m. 🚶 📄

**Art Workshop: Patterning with Acrylics: A Painted Quilt \$**  
Monday, April 20 • 1-3 p.m.  
Carolyn King 🚶

**Inside Story**  
Wednesday, April 22 • 10 a.m.  
Saguaro National Park 🚶

**WomenHeart Support Group**  
Wednesday, April 22 • 2-3:30 p.m. 🚶 📄

**Building Resilience for Caregiver Well-Being**  
Thursday, April 23 • 10 a.m.  
Kyleigh Roessner, RN, TMC Hospice 🚶 📄 🗣️

**TMC for Seniors Laughter Yoga Club**  
Friday, April 24 • 10 a.m. 🚶

**SOS Tech Help**  
Friday, April 24 • 1:15 p.m. & 2:15 p.m. 🚶

**NEW! Cancer Support Resilience Room**  
Monday, April 27 • 10 a.m. 🚶

**Ethical Wills Workshop: Sharing Your Values and Life Lessons**  
Wednesday, April 29 • 1-3 p.m. 🚶 🗣️

**Genes, Epigenetics, and the Microbiome: Who's Really in Control?**  
Thursday, April 30 • 10-11:30 a.m. 🚶 📄

**Class Format:**  
In-Person 🚶 Online 📄 Both 🚶 📄