

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 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. 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.

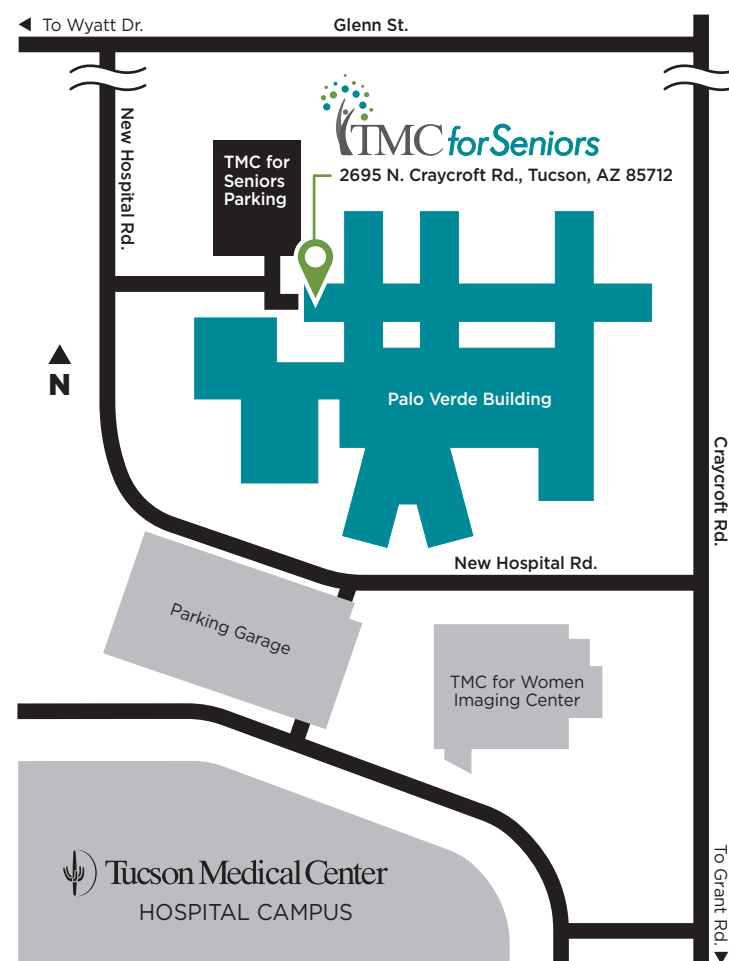
Online Classes:

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



CANCER SUPPORT RESILIENCE ROOM

Meets 4th Monday monthly (See calendar for May date)

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, May 20, June 17, July 15 & August 19 • 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.



MEMORY MAKERS: Fostering Connections & Experiences

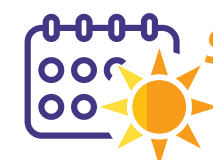
Mondays, May 11, June 8, July 13 & Aug. 10 • 10-11:30 a.m.

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.



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Tucson, AZ 85775

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Summer Class Schedule Inside!

EVENT CALENDAR

May, June, July & August 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.



Art Workshops! with Carolyn King

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



Monday, May 11 | 1-3 p.m. • \$20/session
Desert Homage Picture Frames

In this workshop, participants will design and create a 5" x 7" picture frame. Small unpainted clay cactus 'tiles' will be available for you to paint and incorporate as elements of the finished piece. Watercolor pencils and acrylic paints will be our additional tools. A complete demonstration of 'How-To' begins the class.

June 22, 24, 29 & July 1 | 1-3 p.m. • \$75/4-session workshop
Mixed Media Intensive: Accordion Books

This four-class workshop combines 'Fundamentals of Visual Arts' (color mixing, composition, scale and more) with a simple book-making format. We will include drawing, painting and collage in this fun, creativity-stretching project. Photocopies of your favorite family photos are encouraged, but NOT required.



Virtual Dementia Experience

Thursday, May 14
10 a.m.-Noon

This in-person session will allow you to experience what it might be like to have dementia. To create confusion, we will 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 anyone who has been told or suspects they have dementia.*



Look inside for our latest schedule

May Theme: Women's Health



From midlife to menopause and beyond, you may find yourself with new questions about your health as you grow older. Whether you are concerned about cognitive health, osteoporosis, or your risk of gynecologic cancer, TMC for Seniors has you covered. For the month of May, we will be offering lectures on all topics related to women's health and aging.

MAY Classes & Activities

Seated Tai Chi \$ (*See Ad)
May 4, 11, & 18 • 10:30 a.m.
Shuping Zhao 🚶

Mindfulness Chair Yoga \$ (*See Ad)
May 5, 12, 19 & 26 • 9 a.m.
Connie Lucas 🚶

From Shoebox to Shared Treasures: A beginner's Guide to Digital Preservation
May 5 • 10 a.m. 🚶
Amy Leigh Ellsworth,
University of Arizona Libraries

Intermediate Tai Chi \$ (*See Ad)
May 5, 12, 19 & 26 • 2 p.m.
May 7, 14, 21 & 28 • 2 p.m.
Shuping Zhao 🚶

Beginning Tai Chi \$ (*See Ad)
May 5, 12, 19 & 26 • 3:15 p.m.
May 7, 14, 21 & 28 • 3:15 p.m.
Shuping Zhao 🚶

Mindfulness Tools for Healthy Aging
May 6 • 10 a.m. 🚶
Greg Dalder, LCSW, TMC Hospice

NEW! Sonoran Stitchers (*See Ad)
May 6 • 10 a.m. 🚶

Alzheimer's Caregiver Support Group
May 7 & 21 • 10:30 a.m. 🚶

Sonoran Glass School: Garden Flower Stake \$ (*See Ad)
May 8 • 10 a.m. or
May 15 • 1 p.m. 🚶

Memory Makers: Fostering Connections & Experiences
May 11 • 10-11:30 a.m. 🚶

Art Workshop: Desert Homage Picture Frames \$ (*See Ad)
May 11 • 1-3 p.m.
Carolyn King 🚶

APDA Parkinson's Information & Support Group
May 12 & 26 • 2 p.m. 🚶

Everyday Self Defense for Older Adults
May 13 • 10-11:30 a.m.
Thomas Pazos, TMC Security Officer
Training Coordinator 🚶

Stress, Mood and the Aging Female Brain
May 13 • 2 p.m. 🚶
Jenine Hain, Ph.D.,
A-Z Neuropsychology, LLC

Women's Wisdom Circle
May 13 • 3 p.m. 🚶

Virtual Dementia Experience (*See Ad)
May 14 • 10 a.m.-Noon 🚶

Osteoporosis: Risk Factors, Prevention & Treatment
May 14 • 4 p.m.
Sabina Mian, M.D., Rheumatologist,
TMCOne 🚶

Stroke Support Group
May 18 • 10:30 a.m. 🚶

Art & Heart: Cancer Support Circle
May 20 • 10 a.m.-Noon 🚶

I Love Books!
May 21 • 2 p.m.
We'll Prescribe You a Cat
by Syou Ishida 🚶

Laughter Yoga Club
May 22 • 10 a.m. 🚶

Cancer Support Resilience Room
May 26* (Special Date) • 11 a.m. 🚶

The Inside Story
May 27 • 10 a.m.
Southern Arizona Reptile
Rescue & Education 🚶

WomenHeart Support Group
May 27 • 2-3:30 p.m. 🚶

Navigating Gynecological Cancers – From Screening to Survivorship
May 28 • 4 p.m. 🚶
Jillian O'Donnell, M.D.,
TMC Health Cancer Center

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.*



Garden Flower Stake

Friday, May 8 • 10 a.m.
Friday, May 15 • 1 p.m.



Fun with Fusing: A Deep Dive Workshop

\$100/4-session workshop

Choose one session only
Session 1: July 6, 8, 13, 15 • 1-3 p.m.
Session 2: Aug. 3, 5, 10, 12 • 1-3 p.m.
Experiment with fused glass in this fun summer session. You'll master professional tools and techniques to bring your creative ideas to life while working on a minimum of two projects throughout the session to take home and treasure. No previous experience necessary and all supplies will be provided.

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. **Featuring Southern Arizona Reptile Rescue & Education.**



JUNE Classes & Activities

Seated Tai Chi \$ (*See Ad)
June 1, 8, 15, 22 & 29 • 10:30 a.m.
Shuping Zhao 🚶

Intermediate Tai Chi \$ (*See Ad)
June 2, 9, 16, 23 & 30 • 2 p.m.
June 4, 11, 18 & 25 • 2 p.m.
Shuping Zhao 🚶

Beginning Tai Chi \$ (*See Ad)
June 2, 9, 16, 23 & 30 • 3:15 p.m.
June 4, 11, 18 & 25 • 3:15 p.m.
Shuping Zhao 🚶

NEW! Sonoran Stitchers (*See Ad)
June 3 • 10 a.m. 🚶

Picture Perfect: iPhone Photography Basics
June 3 • 10-11:30 a.m. 🚶
Danielle Hader, Photographer

Alzheimer's Caregiver Support Group
June 4 & 18 • 10:30 a.m.

Memory Makers: Fostering Connections & Experiences
June 8 • 10-11:30 a.m. 🚶

APDA Parkinson's Information & Support Group
June 9 & 23 • 2 p.m. 🚶

Women's Wisdom Circle
June 10 • 3 p.m. 🚶

Stroke Support Group 🚶
June 15 • 10:30 a.m.

On the Road with the Inside Story (*See Ad)
June 15 • 2-3:30 p.m.
UA Tree-Ring Lab 🚶

Art & Heart: Cancer Support Circle
June 17 • 10 a.m.-Noon 🚶

The Pelvic Floor Truth: What Women Need to Know
June 17 • 2 p.m.
Samantha Johnson, PT, DPT, AT-Ret.,
TMC Outpatient Therapy 🚶

I Love Books
June 18 • 2 p.m. 🚶
How to Age Disgracefully
by Clare Pooley

Cancer Support Resilience Room
June 22 • 10 a.m. 🚶

Mixed Media Intensive: Accordion Books \$ (*See Ad)
June 22, 24, 29 & July 1
1-3 p.m.
Carolyn King 🚶

WomenHeart Support Group
June 24 • 2 p.m. 🚶

Laughter Yoga Club
June 26 • 10 a.m. 🚶

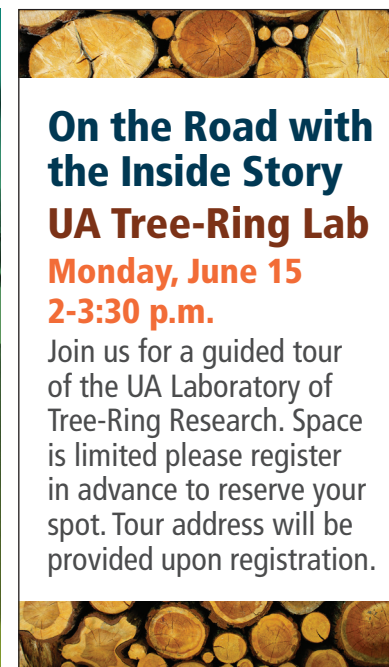
TMC FOR SENIORS

LAUGHTER YOGA CLUB

Jim Ogden, Certified
Laughter Yoga Leader

**Fridays, May 22, June 26,
July 24 & Aug. 28 • 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!



On the Road with the Inside Story

UA Tree-Ring Lab
Monday, June 15
2-3:30 p.m.

Join us for a guided tour of the UA Laboratory of Tree-Ring Research. Space is limited please register in advance to reserve your spot. Tour address will be provided upon registration.

JULY Classes & Activities

Alzheimer's Caregiver Support Group
July 2 & 16 • 10:30 a.m. 🚶

Intermediate Tai Chi \$ (*See Ad)
July 2, 9, 16, 23 & 30 • 2 p.m.
July 7, 14, 21 & 28 • 2 p.m.
Shuping Zhao 🚶

Beginning Tai Chi \$ (*See Ad)
July 2, 9, 16, 23 & 30 • 3:15 p.m.
July 7, 14, 21 & 28 • 3:15 p.m.
Shuping Zhao 🚶

Seated Tai Chi \$ (*See Ad)
July 6, 13, 20 & 27 • 10:30 a.m.
Shuping Zhao 🚶

Fun with Fusing: A Deep Dive Workshop (*See Ad) 🚶
Session 1: July 6, 8, 13, 15 • 1-3 p.m.

Mindfulness Chair Yoga \$ (*See Ad)
July 7, 14, 21 & 28 • 9 a.m.
Connie Lucas 🚶

APDA Parkinson's Information & Support Group
July 7 & 21 • 2 p.m. 🚶

Women's Wisdom Circle
July 8 • 3 p.m. 🚶

Memory Makers: Fostering Connections & Experiences
July 13 • 10-11:30 a.m. 🚶

Art & Heart: Cancer Support Circle
July 15 • 10 a.m.-Noon 🚶

I Love Books!
July 16 • 2 p.m.
She's Not Sorry by Mary Kubica 🚶

Stroke Support Group
July 20 • 10:30 a.m. 🚶

WomenHeart Support Group
July 22 • 2 p.m. 🚶

Laughter Yoga Club
July 24 • 10 a.m. 🚶

Cancer Support Resilience Room
July 27 • 10 a.m. 🚶

AUGUST Classes & Activities

Seated Tai Chi \$ (*See Ad)
Aug. 3, 10, 17, 24 & 31 • 10:30 a.m.
Shuping Zhao 🚶

Fun with Fusing: A Deep Dive Workshop (*See Ad) 🚶
Session 2: Aug. 3, 5, 10, 12 • 1-3 p.m.

Mindfulness Chair Yoga \$ (*See Ad)
Aug. 4, 11, 18 & 25 • 9 a.m.
Connie Lucas, *See box for details* 🚶

APDA Parkinson's Information & Support Group
Aug. 4 & 18 • 2 p.m. 🚶

Intermediate Tai Chi \$ (*See Ad)
Aug. 4, 11, 18 & 25 • 2 p.m.
Aug. 6, 13, 20 & 27 • 2 p.m.
Shuping Zhao 🚶

Beginning Tai Chi \$ (*See Ad)
Aug. 4, 11, 18 & 25 • 3:15 p.m.
Aug. 6, 13, 20 & 27 • 3:15 p.m.
Shuping Zhao 🚶

NEW! Sonoran Stitchers (*See Ad)
Aug. 5 • 10 a.m. 🚶

Alzheimer's Caregiver Support Group
Aug. 6 & 20 • 10:30 a.m. 🚶

Memory Makers: Fostering Connections & Experiences
Aug. 10 • 10-11:30 a.m. 🚶

Women's Wisdom Circle
Aug. 12 • 3 p.m. 🚶

Stroke Support Group
Aug. 17 • 10:30 a.m. 🚶

Art & Heart: Cancer Support Circle
Aug. 19 • 10 a.m.-Noon 🚶

I Love Books!
Aug. 20 • 2 p.m.
When Harry Met Winnie
by Martha Tichenor 🚶

Cancer Support Resilience Room
Aug. 24 • 10 a.m. 🚶

WomenHeart Support Group
Aug. 26 • 2 p.m. 🚶

Laughter Yoga Club
Aug. 28 • 10 a.m. 🚶

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 🚶