

## 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.

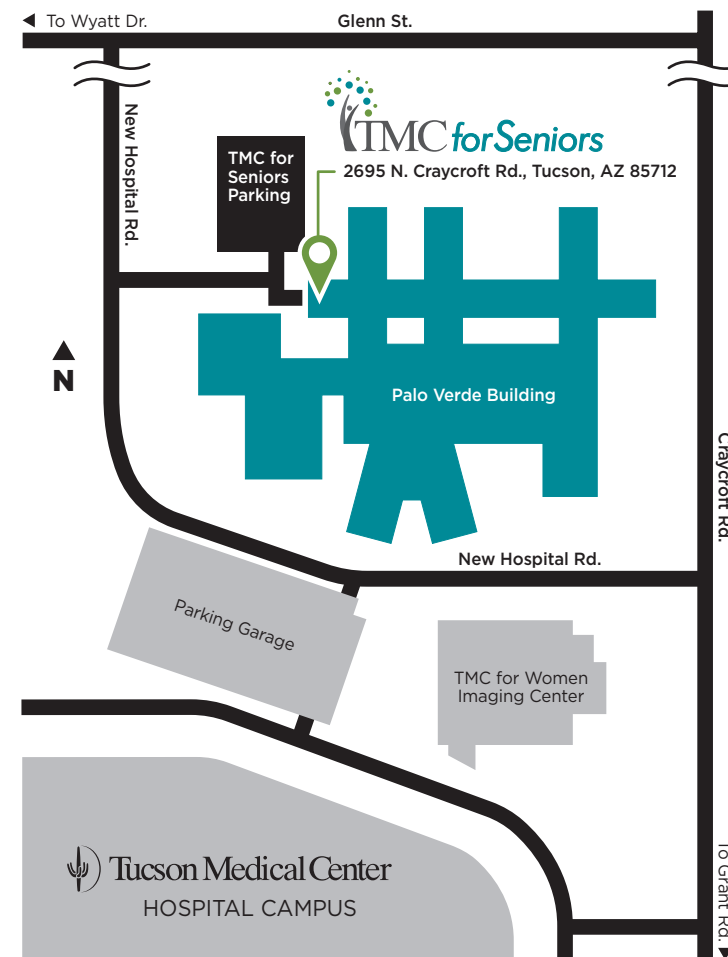
### Online Classes:

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**

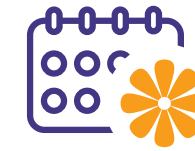
## Sonoran Glass School: Garden Stakes

**Monday, March 31 & April 7**  
**1 p.m. - 3 p.m. • \$25**

Transform colorful glass sheets into dazzling garden stakes in this fun and creative workshop! You'll learn the basics of glass fusing as you cut, layer, and arrange glass to create your own unique design. Our experienced instructor will guide you every step of the way and no prior experience is needed.



P.O. Box 42195  
Tucson, AZ 85775



**Spring Class**  
**Schedule Inside!**

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# EVENT CALENDAR

**March & April 2025**

**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

## VIRTUAL DEMENTIA EXPERIENCE

**Wednesday, March 5**  
**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.*



## FREE SCREENING!

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

**Saturday, April 5, 2025**  
**7:30-11:30 a.m.**  
**TMC Marshall Conference Center**

### REGISTRATION REQUIRED

Sign up for an appointment window at:



Or call (520) 324-1960

# Stroke PREVENTION SATURDAY

KNOW THE SIGNS, KNOW YOUR RISK FACTORS

Brought to you by:



# 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 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.*

### Birds of a Feather – Mixed Media & Acrylic

**Monday, March 24 | 1-3 p.m • \$18/session**

This is a mixed-media workshop where participants will create patterned papers to be shared, cut up and collaged. We will use acrylic paints, stencils, stamps and Scraffito to make lively, colorful papers!



### Geometric Painting

**Monday, April 21 | 1-3 p.m.**  
**\$18/session**

This is a class for people who LOVE color. We will explore color mixing principles using basic acrylic paints (3 colors and white) and masking tape. Not your ordinary color wheel exercise!



**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**

**Mindfulness Chair Yoga**  
Tuesdays, March 4, 11, 18 & 25 • 10 a.m.  
Connie Lucas, \$5 per class 🚶

**APDA Parkinson's Information & Support**  
Tuesday, March 4 & 18 • 2 p.m.  
Cynthia Holmes, Ph.D. 📄🗣️

**Intermediate Tai Chi**  
Tuesdays, March 4, 11, 18 & 25 • 2 p.m.  
Shuping Zhao, \$5 per class, *see box for details* 🚶

**Beginning Tai Chi**  
Tuesdays, March 4, 11, 18 & 25 • 3:15 p.m.  
Shuping Zhao, \$5 per class, *see box for details* 🚶

**Virtual Dementia Experience**  
Wednesday, March 5 • 10 a.m.-noon  
*see box for details* 🚶🗣️

**Journey for Control**  
Wednesdays, March 5, 12, 19 & 26 • 1:30-3:30 p.m.  
4-week Diabetes Workshop,  
Melanie Winkey-Whitlock, TMC Diabetes Educator 🚶

**Nutrition Label Literacy: A Guide to Healthier Choices** Thursday, March 6 • 10 a.m.  
Mary Mellady, R.D., TMC Wellness Director 🚶📄

**Alzheimer's Caregiver Support Group**  
Thursday, March 6 & 20 • 10:30 a.m. 🚶🗣️

**Intermediate Tai Chi**  
Thursdays, March 6, 13, 20 & 27 • 2 p.m.  
Shuping Zhao, \$5 per class, *see box for details* 🚶

**Running Away from the Runs: A Discussion About Diarrhea** Thursdays, March 6 • 3 p.m.  
Peter Lee, M.D., FACS, Arizona Oncology 📄

**Seated Tai Chi**  
Thursdays, March 6, 13, 20 & 27 • 3:15 p.m.  
Shuping Zhao, \$5 per class, *see box for details* 🚶

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

**Deciphering the 4 D's: Decline, Depression, Delirium and Dementia** Wednesday, March 12 • 10 a.m.  
Kathleen Insel, Ph.D., RN, UA College of Nursing 🚶🗣️

**Women's Wisdom Circle**  
Thursday, March 12 • 3 p.m.  
Trish Davis, UA Dept. of Psychology 🚶🗣️

**SOS Tech Help**  
Friday, March 14 • 1 & 2 p.m.  
With the Gregory School, *see box for details* 🚶

**Stroke Support Group**  
Monday, March 17 • 10:30 a.m. 🚶📄🗣️

**Cutting-Edge Solutions for Aneurysm Care**  
Tuesday, March 18 • 3 p.m.  
Arunit (Jessey) Chugh, M.D., Center for Neurosciences 🚶📄🗣️

**Recognizing Stroke Symptoms: F.A.S.T. Action**  
Wednesday, March 19 • 3 p.m.  
David Teeple, M.D., TMC Stroke Director, Center for Neurosciences 🚶📄🗣️

**I Love Books! Thursday, March 20 • 2 p.m.**  
*Tapestry of Fortunes* by Elizabeth Berg 🚶

**Art Workshop: Birds of a Feather – Mixed Media & Acrylic** Monday, March 24 • 1-3 p.m.  
Carolyn King, \$18 🚶

**Neuroplasticity Explained** Tuesday, March 25 • 3 p.m.  
Frances West, NP-C, Center for Neurosciences 🚶📄🗣️

**WomenHeart Support Group**  
Wednesday, March 26 • 2-3:30 p.m. 🚶📄🗣️

**Deep Vein Thrombosis (DVT) and Aging: Understanding Risks and Solutions**  
Wednesday, March 26 • 3 p.m.  
Cody Kraemer, M.D., TMCOne 🚶📄

**The Role of PT After Stroke**  
Thursday, March 27 • 10 a.m.  
Geneva Kaplan-Smith, PT, DPT, TMC Adult Outpatient Therapy 🚶📄🗣️

**TMC for Senior's Laughter Yoga Club**  
Friday, March 28 • 10 a.m.  
Jim "Shark" Ogden, Certified Laughter Yoga Leader 🚶

**Sonoran Glass Workshop: Garden Stakes**  
Monday, March 31 • 1-3 p.m. \$25 🚶

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.

**TMC FOR SENIOR'S LAUGHTER YOGA CLUB**

Jim "Shark" Ogden, Certified Laughter Yoga Leader

**Fridays, March 28 & April 25 • 10 a.m.**

Laughter is not only fun—it's good for your health! Join Jim "Shark" Ogden each 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!



**ETHICAL WILLS WORKSHOP**  
Wednesday, April 16 | 1-3 p.m.



Writing an ethical will is an opportunity to examine our lives, to notice what we hold as meaningful and the core of our being – values, people, answers to life's questions. This writing workshop will help you to document your values, memories, advice and life lessons with your loved ones and future generations. Join Rabbi Stephanie Aaron of Congregation Chaverim to learn how to write an ethical will and begin the process.

**SOS Tech Help**

**Friday, March 14 • 1 p.m. & 2 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.



**Apple Basics Counseling**

Meet one-on-one with our tech help volunteer to get answers to questions about your iPhone, iPad or laptop. Call (520) 324-1960 to schedule your appointment.

**Thursdays:**  
9 a.m. | 10 a.m. | 11 a.m.

**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 classes opens on March 20.

**Intermediate Tai Chi**  
Tuesdays & Thursdays • 2 p.m.

**Beginning Tai Chi**  
Tuesdays • 3:15 p.m.

**Seated Tai Chi**  
Thursdays • 3:15 p.m.

**Mindfulness Chair Yoga**  
Tuesdays • 10 a.m.



**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.

**Advance DIRECTIVES**

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

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



**MEMORY MAKERS:**  
Fostering Connections & Experiences

**Monday, March 10 & April 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.

**APRIL THEME**  
**Health Care Decisions**

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, palliative care, funeral planning and more to help you make the most informed decision possible.

**APRIL Classes & Activities**

**Mindfulness Chair Yoga**  
Tuesdays, April 1, 8, 15, 22 & 29 • 10 a.m.  
Connie Lucas, \$5 per class 🚶

**APDA Parkinson's Information & Support**  
Tuesday, April 1 & 15 • 2 p.m.  
Cynthia Holmes, Ph.D. 📄

**Intermediate Tai Chi**  
Tuesdays, April 1, 8, 15, 22 & 29 • 2 p.m.  
Shuping Zhao, \$5 per class 🚶

**Beginning Tai Chi**  
Tuesdays, April 1, 8, 15, 22 & 29 • 3:15 p.m.  
Shuping Zhao, \$5 per class 🚶

**You're Dead, Now What? Exploring Body Disposition Options**  
Wednesday, April 2 • 10 a.m.  
Alex Trevino, Caregiving & End-of-Life Specialist, PCOA 🚶🗣️

**Circulation Matters: Identifying and Treating Peripheral Arterial Disease (PAD)** Wednesday, April 2 • 2 p.m.  
Cody Kraemer, M.D., TMCOne 🚶📄

**Alzheimer's Caregiver Support Group**  
Thursday, April 3 & 17 • 10:30 a.m. 🚶

**Intermediate Tai Chi**  
Thursdays, April 3, 10, 17 & 24 • 2 p.m.  
Shuping Zhao, \$5 per class, *see box for details* 🚶

**Seated Tai Chi**  
Thursdays, April 3, 10, 17 & 24 • 3:15 p.m.  
Shuping Zhao, \$5 per class, *see box for details* 🚶

**Stroke Prevention Saturday**  
Saturday, April 5 • 7:30-11:30 a.m.  
*see box for details* 🚶

**Sonoran Glass Workshop: Garden Stakes**  
Monday, April 7 • 1-3 p.m. \$25 🚶

**Mindful Aging: Mental Health & Mental Wellness for Older Adults** Wednesday, April 9 • 10 a.m.  
Linda Hollis, Ph.D., UA Department of Psychology 🚶📄🗣️

**Women's Wisdom Circle** Wednesday, April 9 • 3 p.m.  
Trish Davis, UA Department of Psychology 🚶

**Understanding the Power of Palliative Care**  
Thursday, April 10 • 10 a.m.  
Shana Semmens, M.D., TMC Palliative Care 🚶📄🗣️

**Memory Makers: Fostering Connections & Experiences** Monday, April 14 • 10-11:30 a.m.  
Alzheimer's Association 🚶

**Ethical Wills Workshop** Wednesday, April 16 • 1-3 p.m.  
Rabbi Stephanie Aaron 🚶🗣️

**Caring For The Caregiver: Strategies for Self-Care**  
Thursday, April 17 • 10 a.m.  
TMC Hospice 🚶📄🗣️

**I Love Books Group** Thursday, April 17 • 2 p.m.  
*The Measure* by Nikki Erlick 🚶

**Stroke Support Group**  
Monday, April 21 • 10:30 a.m. 🚶📄

**Art Workshop: Geometric Painting**  
Monday, April 21 • 1-3 p.m.  
Carolyn King, \$25 🚶

**From Soil to Gut: The Bacterial Bridge Supporting Health & Well-Being** Tuesday, April 22 • 10-11:30 a.m.  
Jill Jones & Michele Clarke, Ph.D. 🚶📄

**The Inside Story: Centenarians**  
Wednesday, April 23 • 10 a.m.  
This session features interviews and discussions with local Centenarians. Hear about their lives throughout the past 99 (or more!) years. 🚶📄

**WomenHeart Support Group**  
Wednesday, April 23 • 2 p.m. 🚶

**Legal Documents You Should Have: A Comprehensive Overview** Thursday, April 24 • 3 p.m.  
Shanelle Schmitz, JD, Law Office of David I. Karp 🚶📄🗣️

**TMC for Senior's Laughter Yoga Club**  
Friday, April 25 • 10 a.m.  
Jim "Shark" Ogden, Certified Laughter Yoga Leader 🚶

**Prices May Vary: Funeral Options**  
Wednesday, April 30 • 10 a.m.  
Dianna Repp, Ph.D., Funeral Consumers Alliance of Arizona 🚶📄🗣️

**Class Format:**

In-Person 🚶 Online 📄 Both 🚶📄