

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.

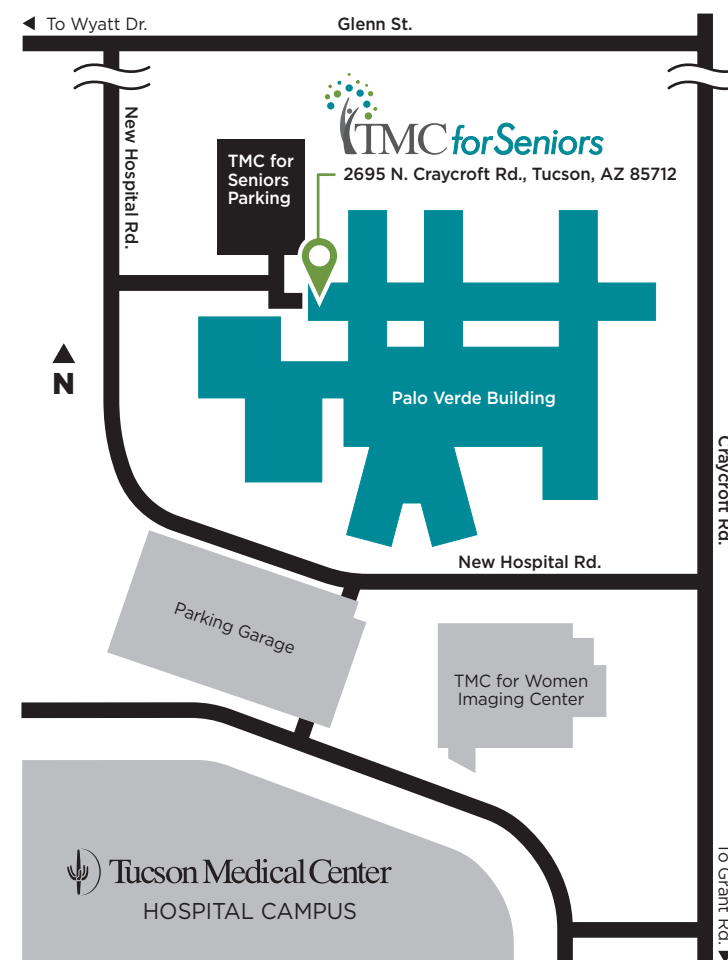
Online Classes:

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

Do you know someone who has been on this earth 100 years?

Let's Celebrate Their Life

with our annual **Salute to Centenarians**

Call TMC for Seniors at (520) 324-1960 or email SeniorServices@tmcaz.com, to submit the individual's name by **Friday, Feb. 27, 2026**.
For local citizens age 99 and over

  Aging well for life

We look forward to documenting and sharing their stories in our commemorative tribute book.

NEW!

CANCER SUPPORT RESILIENCE ROOM

Mondays, Jan. 26 & Feb. 23 • 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. Whether you're navigating treatment, survivorship, or supporting a loved one, this group offers connection, understanding, and hope for every step of the journey. This group meets on the 4th Monday of each month in-person only at TMC for Seniors.


P.O. Box 42195
Tucson, AZ 85775

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 **Winter 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 February fitness classes will start on January 22 at 10 a.m.*

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

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

Seated Tai Chi
Mondays • 10:30 a.m.

Mindfulness Chair Yoga
Tuesdays • 9 a.m.

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

EVENT CALENDAR

January & February 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.





HEART SMART EXPO

Wednesday, Feb. 18, 11 a.m.-1 p.m.

We are all "heart" at the Heart Smart Expo.

Join us to learn about your heart health with screenings, cardiovascular resource tables, heart healthy snacks and more.

This event is free to attend, registration is required.

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.*

Monday, Jan. 19, 1-3 p.m.
Design a Nesting Doll

In class, we will each design our own 'Nesting Doll' as a mixed-media painting on heavy paper. This will be finished artwork you can frame or gift! A frame is included as part of the class.



Monday, Feb. 16, 1-3 p.m.
"Nest" a Heart for Valentine's Day

To celebrate The Heart on Feb. 14th, this year, participants will paint their very own design on a wood 'Nesting Doll' form. You will also paint a small wooden heart 'to nest' inside. One wood form per person!



Look inside for our latest schedule



January Theme: **ACTIVE AGING**

Active aging involves engaging in physical, mental, and social activities that promote overall well-being and independence as you grow older. By embracing an active lifestyle, you can improve your health, prolong your independence, and continue to contribute meaningfully to your communities.

JANUARY Classes & Activities

Seated Tai Chi
Mondays, Jan. 5, 12, 19 & 26 • 10:30 a.m.
Shuping Zhao, *see box for details* 🚶

Mindfulness Chair Yoga
Tuesdays, Jan. 6, 13, 20 & 27 • 9 a.m.
Connie Lucas, *see box for details* 🚶

APDA Parkinson’s Information & Support
Tuesday, Jan 6 & 20 • 2 p.m.
Cynthia Holmes, Ph.D. 🏠

Intermediate Tai Chi
Tuesdays, Jan. 6, 13, 20 & 27 • 2 p.m.
Shuping Zhao, *see box for details* 🚶

Beginning Tai Chi
Tuesdays, Jan. 6, 13, 20 & 27 • 3:15 p.m.
Shuping Zhao, *see box for details* 🚶

Am I Truly Invisible? Ageism Discussed! 🗣️
Tuesday, Jan. 6 • 11 a.m.
Linda Hollis, Ph.D., UA Department of Psychology 🏠

Secure Aging: Personal Safety for Older Adults 🗣️
Thursday, Jan. 8 • 10 a.m.
Tucson Police Department 🚶

Intermediate Tai Chi
Thursdays, Jan. 8, 15, 22 & 29 • 2 p.m.
Shuping Zhao, *see box for details* 🚶

Beginning Tai Chi
Thursdays, Jan. 8, 15, 22 & 29 • 3:15 p.m.
Shuping Zhao, *see box for details* 🚶

Memory Makers: Fostering Connections & Experiences
Monday, Jan. 12 • 10-11:30 a.m.
Alzheimer’s Association 🚶

Sonoran Glass School: Flower Stake
Monday, Jan. 12 or Friday, Jan. 23 • 1-3 p.m. \$25 🚶

Staying Steady: Tips For Using Assisted Devices 🗣️
Wednesday, Jan. 14 • 11 a.m.
Tom Pylman, TMC Volunteer 🚶

Women’s Wisdom Circle
Wednesday, Jan. 14 • 3 p.m.
Mary Becker, TMC Volunteer 🚶

Alzheimer’s Caregiver Support Group
Thursday, Jan. 15 • 10:30 a.m. 🚶

I Love Books!
Thursday, Jan. 15 • 2 p.m.
The Thursday Murder Club by Richard Orman 🚶

Portrait Reflections
Friday, Jan. 16 • 10:30 a.m.
With the Gregory School, *see box for details* 🚶

Stroke Support Group
Monday, Jan. 19 • 10:30 a.m. 🚶🏠

Art Workshop: Design a Nesting Doll
Monday, Jan. 19 • 1-3 p.m.
Carolyn King, \$20 🚶

The Power of Prevention: Vaccines for Older Adults 🗣️
Tuesday, Jan. 20 • 11 a.m.
Natalie Norem, FNP, TMCOne 🚶🏠

Breaking the Silence: The Impact of Hearing Loss 🗣️
Wednesday, Jan. 21 • 2 p.m.
Haley Lanoue, Au.D., CCC-A, Vestibular Audiologist, TMC Outpatient Adult Therapy 🚶

Handle with Care: Preserving Your Family Treasures 🗣️
Thursday, Jan. 22 • 10-11:30 a.m.
Jackie Hoffman Chin, lifelong artist and fine art conservator 🚶

TMC for Seniors Laughter Yoga Club
Friday, Jan. 23 • 10 a.m. 🚶

NEW! Cancer Support Resilience Room
Monday, Jan. 26 • 10 a.m. 🚶

Genealogy: Building Your Family Tree 🗣️
Tuesday, Jan. 27 • 11 a.m.
Leslie Carney, professional genealogist 🚶🏠

Inside Story • Wednesday, Jan. 28 • 10 a.m.
Featuring BG Boyd, local photographer and drone videographer 🚶

WomenHeart Support Group
Wednesday, Jan. 28 • 2-3:30 p.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 🚶🏠

January registration for PAID classes
will open on Monday, Dec. 29 at 10 a.m.

**INTERGENERATIONAL PROGRAMS
WITH THE GREGORY SCHOOL**

Portrait Reflections

Friday, Jan. 16 & Feb. 13 • 10:30 a.m.

Seniors are invited to have portraits created by talented Gregory School art students in watercolor, acrylics, chalk, and more. Sit for a photo on Jan. 16, then see your finished piece at the Feb. 13 art show. Participants receive a copy to share with loved ones. **Space is limited—must attend both dates.** Call (520) 324-1960 to register.

**TMC FOR SENIORS
LAUGHTER YOGA CLUB**

Jim Ogden, Certified Laughter Yoga Leader

Fridays, Jan. 23 & Feb. 27 • 10 a.m.

Laughter is fun—and good for your health! Join Jim “Shark” Ogden on the fourth Friday each month to boost mood, energy, and overall well-being. Laughter yoga can reduce stress, strengthen your immune system, and improve emotional resilience—all while having fun!

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.

Wed., Jan. 28 • 10 a.m.

featuring BG Boyd, local photographer and drone videographer

Wed., Feb. 25 • 1 p.m.

Authors of *To Tell Our Stories with Holocaust Survivors of Southern Arizona*

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.*



Flower Stake
Monday, Jan. 12 or
Friday, Jan. 23
1-3 p.m.



Fused Cactus
Monday, Feb. 9 or
Friday, Feb. 20
1-3 p.m.

**MEDICARE AND
ADVANCE DIRECTIVES
C O U N S E L I N G**

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.**

VIRTUAL DEMENTIA EXPERIENCE

Thursday, Feb. 12 • 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, Jan. 12 & Feb. 9 • 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.



February Theme: **HEART HEALTH**

As we age, maintaining heart health becomes increasingly important to prevent cardiovascular diseases and improve overall longevity. By taking proactive steps, you can significantly reduce your risk of heart-related issues and enjoy a healthier, more active life.

FEBRUARY Classes & Activities

Seated Tai Chi
Mondays, Feb. 2, 9, 16, 23 • 3:15 p.m.
Shuping Zhao, *see box for details* 🚶

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

The Intersection of AI and Healthcare
Tuesday, Feb. 3 • 11 a.m.
Joshua Lee, M.D., TMC Health Senior Vice President, Chief Information Officer 🚶🏠

APDA Parkinson’s Information & Support
Tuesday, Feb. 3 & 17 • 2 p.m.
Cynthia Holmes, Ph.D. 🏠

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

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

Paving the Way Forward: Clinical Trials in Cardiac Care ❤️
Wednesday, Feb. 4 • 2 p.m.
Adriana Olivares, M.D., TMC Cardiovascular Clinical Research Fellow 🚶🏠

Alzheimer’s Caregiver Support Group
Thursdays, Feb. 5 & 19 • 10:30 a.m. 🚶

Intermediate Tai Chi
Thursdays, Feb. 5, 12, 19 & 26 • 2 p.m.
Shuping Zhao, *see box for details* 🚶

Beginning Tai Chi
Thursdays, Feb. 5, 12, 19 & 26 • 3:15 p.m.
Shuping Zhao, *see box for details* 🚶

Memory Makers: Fostering Connections & Experiences
Monday, Feb. 9 • 10-11:30 a.m.
Alzheimer’s Association 🚶

Sonoran Glass School: Fused Cactus
Monday, Feb. 9 or Friday, Feb. 20 • 1-3 p.m. \$25 🚶

Rebuilding Strength: The Power of Cardiac Rehab ❤️
Tuesday, Feb. 10 • 11 a.m.
Michael Urquhart, MS, Ph.D., EP, TMC Cardiac Rehabilitation 🚶

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

Reducing Heart Risks: Prevention is Key ❤️
Wednesday, Feb. 11 • 4 p.m.
Basel Skeif, M.D., TMC Health 🚶

Virtual Dementia Experience
Thursday, Feb. 12 • 10 a.m.-Noon 🚶

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

Art Workshop: ‘Nest’ a Heart for Valentine’s Day
Monday, Feb. 16 • 1-3 p.m.
Carolyn King, \$20 🚶

Save a Life With Hands-Only CPR: What I Learned Firsthand ❤️
Tuesday, Feb. 17 • 11 a.m.
Gary Brauchla 🚶

Heart Smart Expo ❤️
Wednesday, Feb. 18 • 11 a.m.-1 p.m.
TMC for Seniors Courtyard, *see ad for details* 🚶

I Love Books Group
Thursday, Feb. 19 • 2 p.m.
James by Percival Everett 🚶

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

Food For Thought – And A Healthy Heart ❤️
Tuesday, Feb. 24 • 11 a.m.
Mary Mellady, RDN, TMC Wellness Director 🚶

The Inside Story
Wednesday, Feb. 25 • 1 p.m.
Authors of *To Tell Our Stories with Holocaust Survivors of Southern Arizona* 🚶

WomenHeart Support Group ❤️
Wednesday, Feb. 25 • 2 p.m. 🚶🏠

Angioplasty to Valve Repair: Minimally Invasive Solutions ❤️
Thursday, Feb. 26 • 10 a.m.
Juan Siordia M.D., Southern Arizona Heart & Vascular 🚶🏠

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