

Don't Forget to Register

1 ONLINE at: www.tmc.az.com/events
 On the left go to the drop down menu for **CATEGORY** and select **TMC FOR SENIORS**. You can now scroll down to find individual classes – listed by date and choose a class by clicking on the title or you can enter the class name in the search field on the left. Click on **REGISTER NOW** underneath the class you wish to register for. Enter in your **NAME, EMAIL** and **PHONE NUMBER** then click **SAVE AND CONTINUE**. If there are required questions respond to those. Review the information you entered then click on **ADD TO CART**. From here you can click on **CONTINUE SHOPPING** if you want to add more classes to your or **PROCEED TO CHECKOUT** if you are ready to complete registration. You can also register additional guests on this page by clicking **ADDITIONAL REGISTRATION**. You must click **COMPLETE REGISTRATION** to finish. You will receive a confirmation page letting you know you have successfully registered for the class.

2 EMAIL at: seniorservices@tmc.az.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 want to attend.

Most presentations will be available online using our TMC HealthCare YouTube page or TMC for Seniors Facebook page. You will not need an account on YouTube, you can access the online presentation at: www.youtube.com/c/TMCHealthCare/Live and 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.

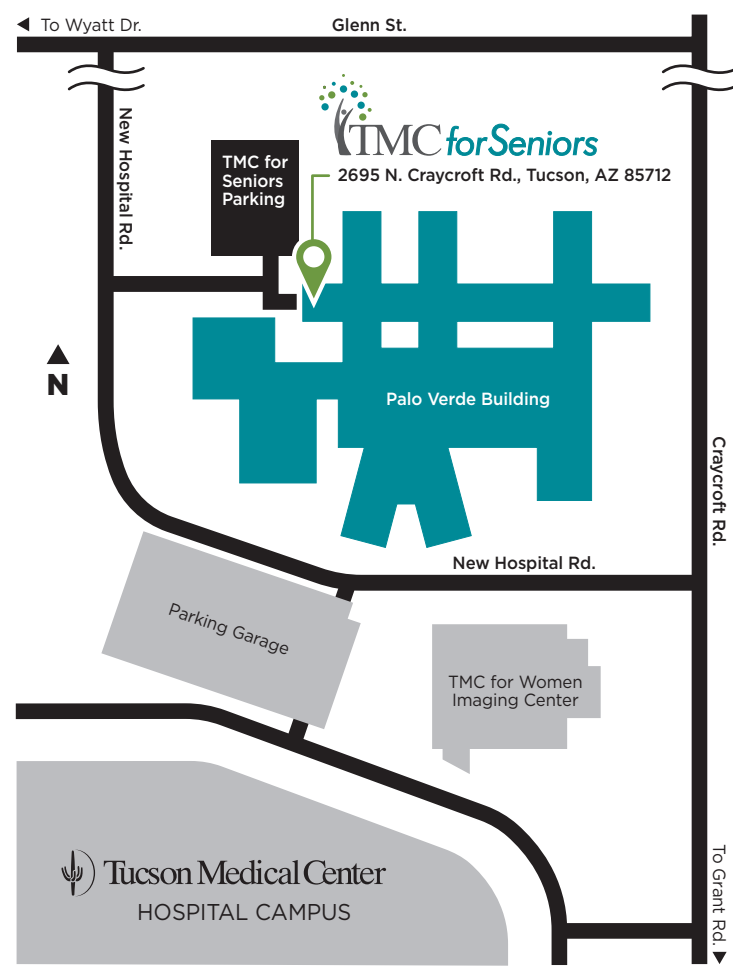
Online Classes:

Offered through a computer-based format.

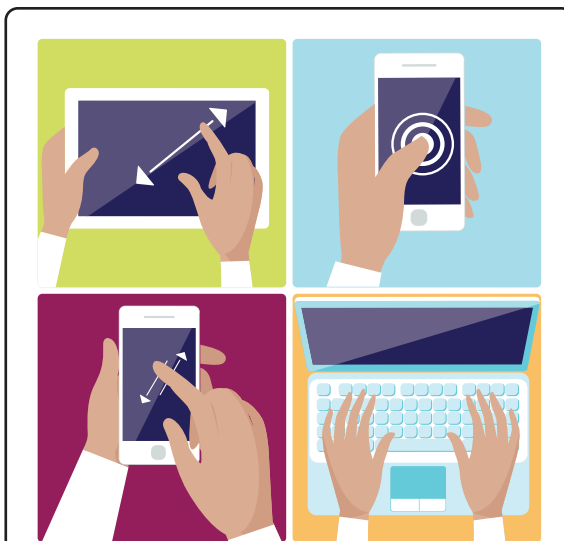
Classes are approximately an hour unless otherwise stated.

TMC for Seniors Location

2695 N. Craycroft Road



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



Tech Counseling **NEW!**

Thursdays:
10 a.m. | 11 a.m. | 12 p.m.

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



P.O. Box 42195
 Tucson, AZ 85775

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Winter Class Schedule Inside!



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 advanced directives counselor.

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

DIABETES DAY

Wednesday, Nov. 6
9:30 a.m.–noon

Millions of people in the country have been diagnosed with diabetes and chances are you know someone with it. November is American Diabetes Month, so TMC for Seniors is partnering with the TMC Diabetes Education Team to bring you presentations on diabetes, including how to navigate the world of diabetic medications and an important nutritional player in diabetes management. Register to attend the two classes below.

Navigating the World of Diabetic Medications: GLP1s
Wednesday, Nov. 6 | 9:30 a.m.

Heather Schroder, NP, TMC Clinical Pharmacy
 McKensie Jacobson, RD, MS

Fiber: A Powerful Tool for Blood Sugar Stability
Wednesday, Nov. 6 | 11 a.m.

Whitney Wischki, TMC Clinical Dietician

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

EVENT CALENDAR

November & December

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 WORKSHOP

with Carolyn King • 1–3 p.m.

Join artist Carolyn King for a new art project each month. The cost is \$18/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.

Harvest Watercolor
Monday, Nov. 18 | 1–3 p.m.

This workshop is a guided “still life” watercolor painting project. Participants will use watercolor paints, watercolor pencils and indelible markers either on a pre-drawn image or your own drawing of a still life from a set-up of harvest fruits, vegetables and flowers.



Tooled Tin Ornaments
Wednesday, Dec. 11 | 1–3 p.m.

’Tis the season to decorate hand-made tin ornaments! Nonsecular and traditional images like stars, spheres, suns, moons, hearts and trees will be provided. We will use acrylic paints and paint pens to give life to these shapes. Colorful ribbons will be provided to hang your creations at home!



Look inside for our latest schedule



November Theme: DIABETES EDUCATION

Diabetes is a serious disease that can affect many older adults. Older adults may dismiss the symptoms of diabetes as part of getting old. The good news is that you there are plenty of options available to help manage, prevent or delay diabetes and its related health problems. Join us for classes the month of Novemer covering diabetes medication, nutrition, dental health and more.

NOVEMBER Classes & Activities

Medicare Update 2025
 Tuesday, Nov. 5 • 10 a.m.
 Linda Khumalo, PCOA Medicare Program Supervisor 🚶🏻📺

Mindfulness Chair Yoga
 Tuesdays, Nov. 5, 12, 19 & 26 • 10 a.m.
 Connie Lucas, \$5 per class, *see box for details* 🚶🏻📺

APDA Parkinson's Information & Support
 Tuesday, Nov. 5 & 19 • 2 p.m.
 Cynthia Holmes, Ph.D. 📺

Intermediate Tai Chi
 Tuesdays, Nov. 5, 12, 19 & 26 • 2 p.m.
 Shuping Zhao, \$5 per class, *see box for details* 🚶🏻📺

Beginning Tai Chi
 Tuesdays, Nov. 5, 12, 19 & 26 • 3:15 p.m.
 Shuping Zhao, \$5 per class, *see box for details* 🚶🏻📺

Diabetes Day 🚶🏻
 Wednesday, Nov. 6 • 9:30 a.m.-noon
See ad for details 🚶🏻📺

Journey for Control - 4-week Diabetes Workshop 🚶🏻
 Wednesdays, Nov. 6, 13, 20 & 27 • 1:30-3:30 p.m.
 Melanie Winkey-Whitlock, TMC Diabetes Educator 🚶🏻

Women's Wisdom Circle
 Wednesday, Nov. 6 • 3 p.m.
 Trish Davis Chilton, MS, MA, UA Dept. of Psychology 🚶🏻

Alzheimer's Caregiver Support Group
 Thursday, Nov. 7 • 10:30 a.m. 🚶🏻

Intermediate Tai Chi
 Thursdays, Nov. 7, 14 & 21 • 2 p.m.
 Shuping Zhao, \$5 per class, *see box for details* 🚶🏻📺

Seated Tai Chi
 Thursdays, Nov. 7, 14 & 21 • 3:15 p.m.
 Shuping Zhao, \$5 per class, *see box for details* 🚶🏻📺

TMC's Heart & Sole Walking Club
 Friday, Nov. 8 & 22 • 9 a.m. 🚶🏻

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

Diabetic Foot Care: Prevention & Treatment 🚶🏻
 Tuesday, Nov. 12 • 10 a.m.
 Natalie Norem, FNP, TMC Wound Care 🚶🏻📺

Biliary Breakdown: Understanding Gall Bladder Disorders
 Tuesday, Nov. 12 • 3 p.m.
 David Lew, D.O., TMCOne General Surgeon 🚶🏻📺

Virtual Demetia Experience
 Wednesday, Nov. 13 • 10 a.m.-12 p.m.
See box for details 🚶🏻

Stroke Support Group
 Monday, Nov. 18 • 10:30 a.m. 🚶🏻📺

Art Workshop: Harvest Watercolor
 Monday, Nov. 18 • 1-3 p.m.
 Carolyn King, \$18 per class 🚶🏻

Navigating the Intersection of Diabetes and Oral Health 🚶🏻
 Tuesday, Nov. 19 • 10 a.m.
 Melody Leavitt, Dental Hygienist, Coronado Dental 🚶🏻📺

The Inside Story
 Wednesday, Nov. 20 • 10 a.m.
 Featuring Jed Dobbs, Animal Care Staff, Reid Park Zoo 🚶🏻

What's Ringing In My Ears? Managing Tinnitus
 Wednesday, Nov. 20 • 2 p.m.
 Haley Lanoue, Au.D., Outpatient Therapy and Audiology 🚶🏻

Women Heart Support Group
 Wednesday, Nov. 20 • 2-3:30 p.m.
Holiday date change 🚶🏻📺

Alzheimer's Caregiver Support Group
 Thursday, Nov. 21 • 10:30 a.m. 🚶🏻

I Love Books!
 Thursday, Nov. 21 • 2 p.m.
The Madness of Crowds by Louise Penny 🚶🏻📺

TMC's Heart & Sole Walking Club
 Wednesday, Nov. 27 • 9 a.m.
 Move Your Feet Before You Eat edition 🚶🏻

SEASON'S GREETINGS FROM TMC FOR SENIORS

May your holiday season and New Year be filled with joy, hope and peace. Our office will be closed Dec. 25 through Jan. 2. We are excited for the upcoming offerings beginning in January 2025. Stay tuned and keep an eye out for the next calendar to see what new and exciting programs we have in store for you!

DECEMBER Classes & Activities

Mindfulness Chair Yoga
 Tuesdays, Dec. 3, 10 & 17 • 10 a.m.
 Connie Lucas, \$5 per class 🚶🏻

APDA Parkinson's Information & Support
 Tuesday, Dec. 3 & 17 • 2 p.m.
 Cynthia Holmes, Ph.D. 🚶🏻📺

Intermediate Tai Chi
 Tuesdays, Dec. 3, 10 & 17 • 2 p.m.
 Shuping Zhao, \$5 per class 🚶🏻

Beginning Tai Chi
 Tuesdays, Dec. 3, 10 & 17 • 3:15 p.m.
 Shuping Zhao, \$5 per class 🚶🏻

Alzheimer's Caregiver Support Group
 Thursday, Dec. 5 • 10:30 a.m. 🚶🏻

Intermediate Tai Chi
 Thursdays, Dec. 5, 12, & 19 • 2 p.m.
 Shuping Zhao, \$5 per class 🚶🏻

Seated Tai Chi
 Thursdays, Dec. 5, 12, & 19 • 3:15 p.m.
 Shuping Zhao, \$5 per class 🚶🏻

SOS Tech Help
 Friday, Dec. 6 • 1 & 2 p.m.
 The Gregory School, *See box for details* 🚶🏻

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

Art Workshop: Tooled Tin Ornaments
 Wednesday, Dec. 11 • 1-3 p.m.
 Carolyn King, \$18 per class 🚶🏻

Women's Wisdom Circle
 Wednesday, Dec. 11 • 3 p.m.
 Trish Davis Chilton, MS, MA, UA Dept. of Psychology 🚶🏻

TMC's Heart & Sole Walking Club
 Friday, Dec. 13 • 9 a.m.
See box for details 🚶🏻

Stroke Support Group
 Monday, Dec. 16 • 10:30 a.m. 🚶🏻📺

Alzheimer's Caregiver Support Group
 Thursday, Dec. 19 • 10:30 a.m. 🚶🏻

I Love Books Group
 Thursday, Dec. 19 • 2 p.m.
Jane Eyre by Charlotte Bronte 🚶🏻📺

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 🚶🏻📺

VIRTUAL DEMENTIA EXPERIENCE



Thursday, Nov. 13 • 10 a.m.-12 p.m.

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.*

FITNESS CLASSES at TMC for Seniors

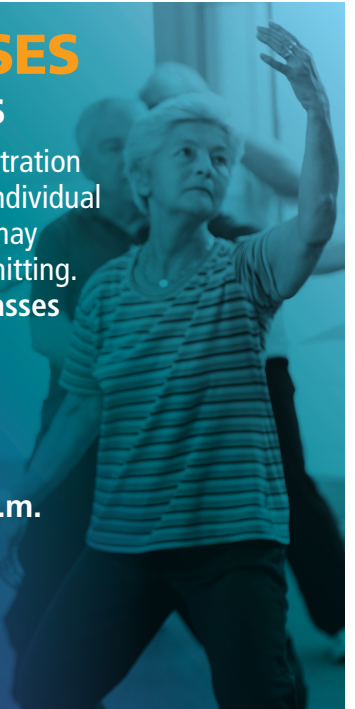
The cost is \$5 per class and registration in advance is required for each individual class. Please note some classes may take place outside, weather permitting. Registration for December classes opens Nov. 21.

Mindfulness Chair Yoga
 Tuesdays • 10 a.m.

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

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

Seated Tai Chi
 Thursdays • 3:15 p.m.



New Program!

MEMORY MAKERS: Fostering Connections & Experiences

Monday, Nov. 11 and Dec. 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 required.

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, Nov. 20, 10 a.m.
 Jed Dobbs, Animal Care Staff, Reid Park Zoo



SOS TECH HELP



with the Gregory School

Friday, Dec. 6 • 1 p.m. & 2 p.m.

Schedule your 50-minute appointment to learn how to use your cell phone, tablet or laptop with students from the Gregory School. Registration is required as space is limited. Call (520) 324-1960 to reserve your spot today.

TMC's Heart & Sole WALKING CLUB



Walking is a great way to stay active, and now you can join in the fun with TMC's Heart & Sole Walking Club! The club meets on the second and fourth Friday of each month, from October through April, at 9 a.m. Each walk is approximately two miles and takes about 50 minutes to complete. Participants should be able to keep pace with the group and complete the entire distance. Registration is required. Call (520) 324-1960 to find out if the walking club is the right fit for you!