

Don't Forget to Register

1 ONLINE at: www.tmc.az.com, click on **CLASSES & EVENTS**
Directions: on the left side, click on **LOCATION** and choose: **TMC Online** for virtual classes and **TMC for Seniors at the Palo Verde Campus** for the in-person classes, then click the **SUBMIT** button. You can scroll down to find individual classes – listed by date and choose a class by clicking on the title. Once you've selected a class, click on the **ADD TO CART** button to add it to your list. Then click on the **EVENT CART** button and enter your registration information. You can register guests for each class, but will only have to enter YOUR information once at the top of this page. When you've filled in the required information, click the **REGISTER** button to finalize registration. If there is a charge for any class, you must complete the payment process to be registered for the class.

Please note: You can also search for a class by its name under "Select Event" instead of by location.

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 will be 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.

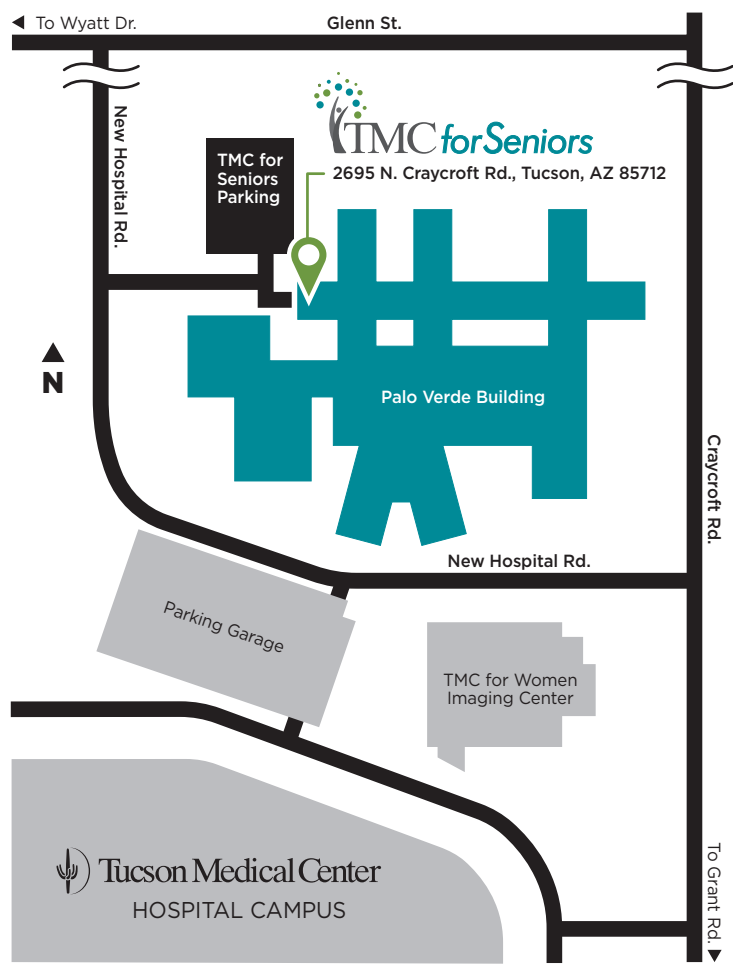
Online Classes:

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

GOING BEYOND

SURVIVING, FIGHTING & THRIVING SURVIVORSHIP SERIES

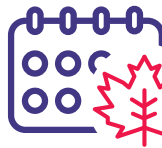
TMC for Seniors and the TMC Health Cancer Center invite you to a special lecture series supporting cancer survivors and their loved ones – from diagnosis through every stage.

- Open to all, including family, friends & caregivers
- Classes in September & October
- Hybrid format (unless noted)
- Register online or call (520) 324-1960

Survivorship is a shared journey – join us!

TMC HEALTH
P.O. Box 42195
Tucson, AZ 85775

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



Fall Class Schedule Inside!

FITNESS CLASSES at TMC for Seniors

Fitness classes are now available at a convenient monthly rate! Be sure to register in advance to secure your spot, as drop-in classes (\$7 each) are subject to availability. Please note: refunds are considered on a case-by-case basis for the full month only and must be requested at least 24 hours before the first session.

Registration for October classes opens Sept. 24.

Intermediate Tai Chi at 2 p.m. Tuesdays or Thursdays

ADDITIONAL DAY ADDED! Beginning Tai Chi at 3:15 p.m. Tuesdays or Thursdays

NEW DAY & TIME! Seated Tai Chi at 10:30 a.m. | Mondays

NEW TIME! Mindfulness Chair Yoga at 9 a.m. | Tuesdays

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.



EVENT CALENDAR

September & October 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



Wednesday, Sept. 17, 9-11:30 a.m. | Tucson JCC

Join **TMC for Seniors**, the **Tucson JCC**, and **Encompass Health Rehabilitation Hospitals of Tucson** for a morning dedicated to fall prevention and wellness. This interactive event offers practical tools to help you stay safe and steady, including:

- Individual balance assessments
- Expert tips on reducing fall risks
- Helpful resources from local exhibitors

Whether you're concerned about falls or simply want to stay proactive, this fair is a great way to learn, connect, and enhance your fall prevention knowledge.

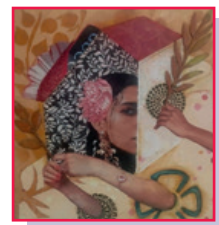
Register online or call (520) 324-1960 to reserve your spot.

Art Workshops! with Carolyn King

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.*

Exploring Design Through Collage
Monday, September 15 | 1-3 p.m.

The workshop guides participants through explorations of scale, color, value and composition using simple collage techniques. These skills are useful for any 2-D projects you do at home. We will use this information in the October workshop, "Memory Shadow Boxes".



Mini-Ofrendas: Memory Shadow Boxes
Monday, October 13 | 1-3 p.m.

The word 'Ofrenda' in Mexico means 'offering' and refers to 'altars' that are created both in homes and community spaces to honor beloveds. In this workshop, we will make small shadow box 3-D constructions featuring whoever or whatever you choose to honor. Participants are invited to bring photocopies of family members, departed pets or images of nature that hold special meaning. An ofrenda can be dedicated to the environment, endangered species or special people in your life.



Look inside for our latest schedule



September Theme: FALL PREVENTION

Fall prevention in older adults is crucial for maintaining independence and overall health. Throughout the month of September, we offer classes and workshops on how to reduce and prevent falls, how to recover after a fall and the return of our “No Falls” Fair and Mini Assessment Clinic. We will also be introducing our new cancer survivorship series designed to support your health and well-being from diagnosis through every stage.

SEPTEMBERClasses & Activities

Mindfulness Chair Yoga

Tuesdays, Sept. 2, 9, 16, 23 & 30 • 9 a.m.

Connie Lucas, *see box for details*, \$25

APDA Parkinson’s Information & Support

Tuesday, Sept. 2 & 16 • 2 p.m.

Cynthia Holmes, Ph.D.

Intermediate Tai Chi

Tuesdays, Sept. 2, 9, 16, 23 & 30 • 2 p.m.

Shuping Zhao, *see box for details*, \$25

Beginning Tai Chi

Tuesdays, Sept. 2, 9, 16, 23 & 30 • 3:15 p.m.

Shuping Zhao, *see box for details*, \$25

Home Safety Check: A Fall Prevention Walkthrough

Wednesday, Sept. 3 • 10 a.m.

Tucson Fire Department

Journey for Control 4-week Diabetes Workshop

Wednesdays, Sept. 3, 10, 17 & 24 • 1:30-3:30 p.m.

Melanie Winkey-Whitlock, TMC Diabetes Educator

Alzheimer’s Caregiver Support Group

Thursday, Sept. 4 & 18 • 10:30 a.m.

Intermediate Tai Chi

Thursdays, Sept. 4, 11, 18 & 25 • 2 p.m.

Shuping Zhao, *see box for details*, \$20

Beginning Tai Chi

Thursdays, Sept. 4, 11, 18 & 25 • 3:15 p.m.

Shuping Zhao, *see box for details*, \$20

Memory Makers: Fostering Connections & Experiences

Monday, Sept. 8 • 10-11:30 a.m.

Alzheimer’s Association

Sonoran Glass Workshop: Fall Trees Suncatcher

Monday, Sept. 8 or 22 • 1-3 p.m., \$25

Group Wellness Coaching Workshop

Mondays, Sept. 8, 15, 22 & 29 • 10 a.m.

Michael Miller, NBC-HWC, Odyssey Integrative Wellness, LLC

Seated Tai Chi

Mondays, Sept. 8, 15, 22 & 29 • 10:30 a.m.

Shuping Zhao, *see box for details*, \$20

Watch Your Step: Fall Prevention in Motion

Wednesday, Sept. 10 • 2 p.m.

Geneva Kaplan-Smith, DPT, TMC Outpatient Therapy

Women’s Wisdom Circle

Wednesday, Sept. 10 • 3 p.m.

Mary Becker, TMC Volunteer

Comfort First: Rewriting the Pain Narrative in Cancer Care

Thursday, Sept. 11 • 10 a.m.

Shana Semmens, M.D., TMC Palliative Care

SOS Tech Help

Friday, Sept. 12 • 1:15 p.m. & 2:15 p.m.

The Gregory School, *see box for details*

Stroke Support Group

Monday, Sept. 15 • 10:30 a.m.

Art Workshop: Exploring Design Through Collage

Monday, Sept. 15 • 1 p.m.

Carolyn King, \$20 per session

The Role of Diet and Nutrition in Prevention, Treatment and Survival

Tuesday, Sept. 16 • 1 p.m.

Mary Marian, DCN, RDN, FAND, FASPEN

Fall Prevention: Survivorship Series:

No Falls Fair & Mini Assessment Clinic

Wednesday, Sept. 17 • 9-11:30 a.m.

Tucson JCC, *see box for details*

I Love Books! Thursday, Sept. 18 • 2 p.m.

Solito by Javier Zamora

Keeping Your Balance as You Age

Monday, Sept. 22 • 11 a.m.

Tom Pylman, MA, TMC Volunteer

Fragility Fractures: What You Need to Know

Tuesday, Sept. 23 • 3 p.m.

Ty Endean, D.O., TMCOne Orthopedic Surgeon

The Inside Story

Wednesday, Sept. 24 • 10 a.m.

Featuring Christine Gorder, local centenarian & author

WomenHeart Support Group

Wednesday, Sept. 24 • 2-3:30 p.m.

Beyond the Diagnosis: The Power of Cancer Rehabilitation

Thursday, Sept. 25 • 3 p.m.

Sara Parke, M.D., TMCOne & Marija Zaruba, DPT, TMC Outpatient Therapy

TMC for Senior’s Laughter Yoga Club

Friday, Sept. 26 • 10 a.m.

Jim Ogden, Certified Laughter Yoga Leader

Reclaiming Confidence, Connection and Wellbeing After a Fall

Tuesday, Sept. 30 • 2 p.m.

Linda Hollis, Ph.D., UA Department of Psychology



October Theme: FOR THE HEALTH OF IT

We will cover the many ways you can stay healthy as you age, such as keeping your gut microbiome and your eyes healthy. We will also talk about types of surgeries that are common for older adults and continue to spotlight our cancer survivorship series. Join us for practical tools, expert tips, and uplifting classes designed to help you heal, grow, and thrive—physically and emotionally.

OCTOBERClasses & Activities

Feed Your Bacterial Partners: A Science-based Guide to Energy & Health

Wednesday, Oct. 1 • 10 a.m.

Jill Jones & Michele Clark, Ph.D.

Intermediate Tai Chi

Thursdays, Oct. 2, 9, 16, 23 & 30 • 2 p.m.

Shuping Zhao, *see box for details*, \$25

Beginning Tai Chi

Thursdays, Oct. 2, 9, 16, 23 & 30 • 3:15 p.m.

Shuping Zhao, *see box for details*, \$25

Alzheimer’s Caregiver Support Group

Thursday, Oct. 2 & 16 • 10:30 a.m.

Seated Tai Chi

Mondays, Oct. 6, 13, 20 & 27 • 10:30 a.m.

Shuping Zhao, *see box for details*, \$20

Mindfulness Chair Yoga

Tuesdays, Oct. 7, 14, 21, 28 • 9 a.m.

Connie Lucas, *see box for details*, \$20

Your Story on Stage

Tuesday, Oct. 7, 21 • 10:30-11:30 a.m.

The Gregory School, *see box for details*

APDA Parkinson’s Information & Support

Tuesday, Oct. 7 & 21 • 2 p.m.

Cynthia Holmes, Ph.D.

Intermediate Tai Chi

Tuesdays, Oct. 7, 14, 21, 28 • 2 p.m.

Shuping Zhao, *see box for details*, \$20

Beginning Tai Chi

Tuesdays, Oct. 7, 14, 21, 28 • 3:15 p.m.

Shuping Zhao, *see box for details*, \$20

Women’s Wisdom Circle

Wednesday, Oct. 8 • 3 p.m.

Mary Becker, TMC Volunteer

Cataracts: Diagnosis, Surgery, and Intraocular Lens Selection

Wednesday, Oct. 8 • 4 p.m.

Brock Bakewell, M.D., FACS, Desert Eye Associates

Emotional First Aid After a Diagnosis: What Now?

Thursday, Oct. 9 • 10 a.m.

Kerri Reeves, LMSW, TMC Health Cancer Center

Sonoran Glass Workshop: Glass Jack-o-Lanterns

Friday, Oct. 10 or 17 • 1-3 p.m., \$25

Memory Makers: Fostering Connections & Experiences

Monday, Oct. 13 • 10-11:30 a.m.

Alzheimer’s Association

Art Workshop: Mini-Ofrendas-Memory Shadow Boxes

Monday, Oct. 13 • 1-3 p.m.

Carolyn King, \$20 per session

When Surgery Is the Best Option: Understanding Common Procedures in Older Adults

Tuesday, Oct. 14 • 11 a.m.

Caroline Butler, M.D., TMCOne General Surgery

Understanding Your Options: Navigating Breast Cancer Care

Wednesday, Oct. 15 • 3 p.m.

Rebecca Viscusi, M.D., TMC Cancer Center

I Love Books!

Thursday, Oct. 16 • 2 p.m.

Woman of Light by Kali Fajardo-Anstine

Stroke Support Group

Monday, Oct. 20 • 10:30 a.m.

The Inside Story

Wednesday, Oct. 22 • 10 a.m.

featuring Timothy Behnke, United States Air Force pilot

WomenHeart Support Group

Wednesday, Oct. 22 • 2 p.m.

Facets of Grief and Loss After Cancer Diagnosis

Thursday, Oct. 23 • 10 a.m.

Gretchen Steffenson, MDiv, BCC, TMC Spiritual Care Services Manager

TMC for Senior’s Laughter Yoga Club

Friday, Oct. 24 • 10 a.m.

Jim Ogden, Certified Laughter Yoga Leader

Cognitive Healing and Fatigue

Wednesday, Oct. 29 • 2 p.m.

Emily Rich, Ph.D., OTR/L, TMC Outpatient Therapy

Virtual Dementia Experience

Thursday, Oct. 30 • 10 a.m.-noon

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-PersonOnlineBoth

VIRTUAL DEMENTIA EXPERIENCE

Thursday, Oct. 30 • 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, Sept. 8 & Oct. 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.

TMC FOR SENIOR’S LAUGHTER YOGA CLUB

Jim “Shark” Ogden, Certified Laughter Yoga Leader

Fridays, Sept. 26 & Oct. 24 • 10 a.m.

Laughter is not only fun—it’s good for your health! 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!

Sonoran Glass School:

Fall Trees Suncatcher

Monday, Sept. 8 or 22, 1-3 p.m. | \$25

Learn the fundamentals of glass fusing, like cutting and layering colorful glass, to create beautiful suncatchers that represent fall trees.

Glass Jack-o-Lanterns

Friday, Oct. 10 or 17, 1-3 p.m. | \$25

Join us as we celebrate the Halloween season by creating glass jack-o-lanterns. We’ll show varying techniques that you can use, whether you want to create a scary one or a silly one!

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, Sept. 24 • 10 a.m.

featuring Christine Gorder, local centenarian and author

Wednesday, Oct. 22 • 10 a.m.

featuring Timothy Behnke, United States Air Force pilot

INTERGENERATIONAL PROGRAMS WITH THE GREGORY SCHOOL

Join TMC for Seniors and The Gregory School for intergenerational programs this fall. Registration is required as space is limited. Call (520) 324-1960 to reserve your spot today.

Your Story on Stage

Session dates: Oct. 7, 21 & Dec. 5 • 10:30-11:30 a.m.

Drama students from The Gregory School are back to conduct interviews that their subjects will see come alive on stage during a special performance. If you want to share your life experiences, be sure to reserve your spot today. You must be able to attend on all three dates to participate. Registration is required. Call (520) 324-1960 to register.

SOS Tech Help

Friday, Sept. 12 • 1:15 p.m. & 2:15 p.m.

Schedule your 50-minute appointment to learn how to use your cell phone, tablet or laptop with students from The Gregory School.