

Don't Forget to Register

1 ONLINE

at: www.tmcnaz.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@tmcnaz.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.

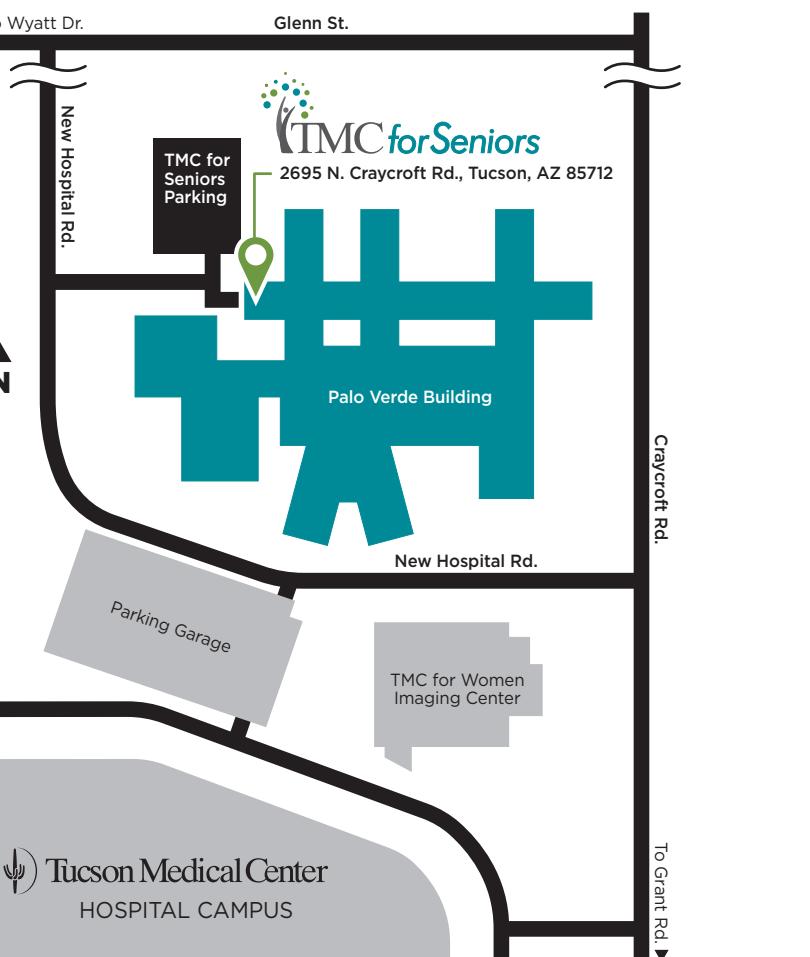
• Online Classes:

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!

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.



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



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



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.



Look inside for our latest schedule

