

Don't Forget to Register

1 ONLINE at: www.tmcaz.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@tmcaz.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.

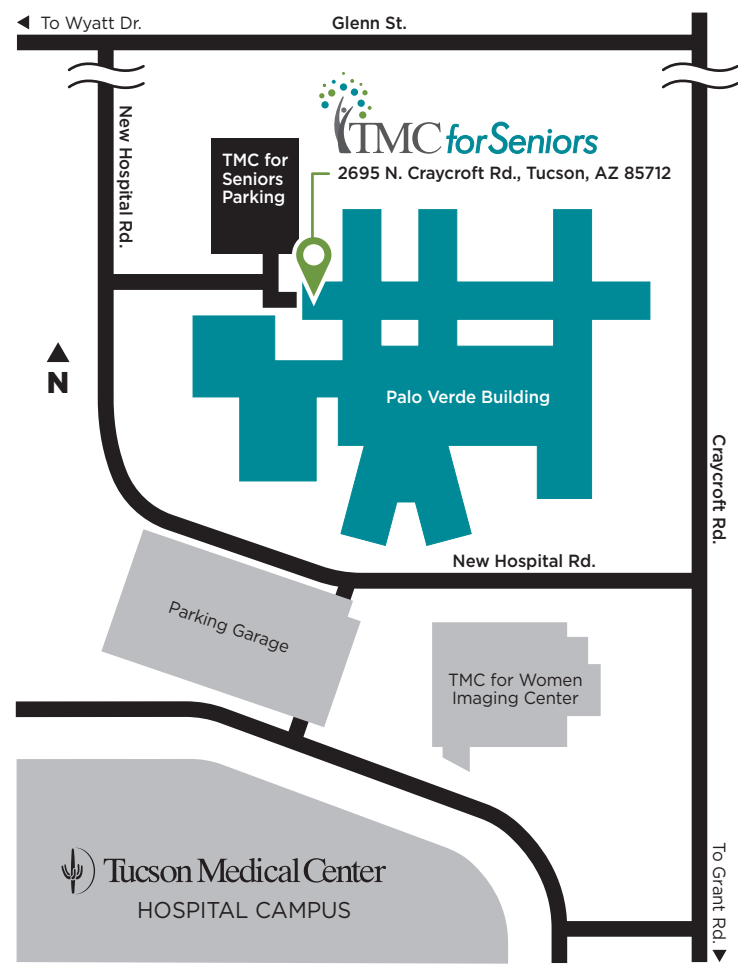
Online Classes:

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

TMC EMPLOYEE FOOD BANK
A vital resource to support staff and their families during times of need.

SUGGESTED DONATIONS ITEMS NEEDED:

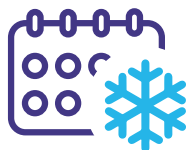
- Cereal
- Shelf Milk
- Mac & Cheese
- Condiments
- Instant and Scalloped Potatoes
- Canned Meats
- Canned Veggies
- Peanut Butter & Jelly
- Men & Women's Hygiene Products
- Infant/Baby Essentials & Diapers

Donations can be dropped off at TMC for Seniors through Monday, Dec. 15.



P.O. Box 42195
Tucson, AZ 85775

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Winter 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 December classes will open November 24.*

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

Beginning Tai Chi
Tuesdays or Thursdays • 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

November & December 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.

DIABETES DAY

Wednesday, Nov. 5
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 two presentations on diabetes, one focusing on maintaining your strength and stability and the other on your cardiometabolic system. Plus, don't miss out on the vendors during the break to help keep you healthy and educated! **Registration is for both the 9:30 a.m. and the 11 a.m. class. There will be a short break in between lectures.**

Cardiometabolic Care:

How it Impacts Diabetes

Wednesday, Nov. 5 | 9:30 a.m.

Cynthia Rivas Pajuelo, M.D.,
TMC Specialty Clinic: Endocrinology

Core Confidence: Enhancing Circulation, Strength & Stability with Diabetes

Wednesday, Nov. 5 | 11 a.m.

Michael Urquhart, Ph.D., M.S., EP,
TMC Cardiac Rehabilitation

ART WORKSHOP

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.*

Harvest Triptych Painting
Monday, Nov. 10 | 1-3 p.m.

Each participant will create three small canvas 'Food Portraits' to honor the Harvest Season. Demonstration, guidance, templates and examples will be provided. You will take home your own set of three small paintings to share as gifts or to enjoy hung together at home.



Tooled Tin Ornaments
Thursday, Dec. 11 | 10 a.m.-noon

'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 there are plenty of options available to help manage, prevent or delay diabetes and its related health problems. Join us for classes in the month of November covering diabetes medication, nutrition, dental health and more.

NOVEMBER

Classes & Activities

Seated Tai Chi
Mondays, Nov. 3, 10, 17 & 24 • 10:30 a.m.
Shuping Zhao, *see box for details*, \$20 🚶

Mindfulness Chair Yoga
Tuesdays, Nov. 4, 11, 18 & 25 • 9 a.m.
Connie Lucas, *see box for details*, \$20 🚶

APDA Parkinson’s Information & Support
Tuesdays, Nov. 4 & 18 • 2 p.m.
Cynthia Holmes, Ph.D. 🖥

Intermediate Tai Chi
Tuesdays, Nov. 4, 11, 18 & 25 • 2 p.m.
Shuping Zhao, *see box for details*, \$20 🚶

Beginning Tai Chi
Tuesdays, Nov. 4, 11, 18 & 25 • 3:15 p.m.
Shuping Zhao, *see box for details*, \$20 🚶

Diabetes Day
Wednesday, Nov. 5 • 9:30 a.m.-noon
See box for details 🚶 🖥 🦺

Alzheimer’s Caregiver Support Group
Thursdays, Nov. 6 & 20 • 10:30 a.m. 🚶

Intermediate Tai Chi
Thursdays, Nov. 6, 13, & 20 • 2 p.m.
Shuping Zhao, *see box for details*, \$15 🚶

Beginning Tai Chi
Thursdays, Nov. 6, 13, & 20 • 3:15 p.m.
Shuping Zhao, *see box for details*, \$15 🚶

What’s New with Medicare 2026
Friday, Nov. 7 • 10 a.m. 🚶 🖥
Linda Khumalo, PCOA Medicare Program Supervisor

SOS Tech Help the Gregory School
Friday, Nov. 7 • 1:15 p.m. & 2:15 p.m.
See box for details 🚶

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

Art Workshop: Harvest Triptych Painting
Monday, Nov. 10 • 1-3 p.m.
Carolyn King, \$20 🚶

Diabetic Wound Care Essentials: What You Should Know
Tuesday, Nov. 11 • 11 a.m.
Natalie Norem, FNP, TMCOne 🚶 🖥 🦺

Women’s Wisdom Circle
Wednesday, Nov. 12 • 3 p.m.
Mary Becker, TMC Volunteer 🚶

Blurred Vision: Navigating Macular Degeneration & Diabetic Eye Disease
Wednesday, Nov. 12 • 4 p.m. 🚶 🖥 🦺
Brock Bakewell, M.D., FACS, Eye Associates of Tucson

Group Wellness Coaching Workshop
Mondays, Nov. 17, 24 & Dec. 1, 8 • 10 a.m.
Michael Miller, NBC-HWC, Odyssey Integrative Wellness, LLC 🚶

Stroke Support Group
Monday, Nov. 17 • 10:30 a.m. 🚶 🖥

WomenHeart Support Group
Wednesday, Nov. 19 • 2-3:30 p.m.
Holiday date change 🚶 🖥

I Love Books!
Thursday, Nov. 20 • 2 p.m.
The Midnight Library by Matt Haig 🚶

TMC for Senior’s Laughter Yoga Club
Friday, Nov. 21 • 10 a.m.
Jim Ogden, Certified Laughter Yoga Leader 🚶

Keeping Your Balance as You Age: Home Safety
Monday, Nov. 24 • 11:30 a.m.
Tom Pylman, MA, TMC Volunteer 🚶

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. 22 through Jan. 2. We are excited for the upcoming offerings beginning in January 2026. 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

Seated Tai Chi
Mondays, Dec. 1, 8 & 15 • 10:30 a.m.
Shuping Zhao, *see box for details*, \$15 🚶

Mindfulness Chair Yoga
Tuesdays, Dec. 2, 9 & 16 • 9 a.m.
Connie Lucas, *see box for details*, \$15 🚶

Sonoran Glass School: Holiday Trees
Tuesday, Dec. 2 or 9 • 1-3 p.m. \$25 🚶

APDA Parkinson’s Information & Support
Tuesday, Dec. 2 & 16 • 2 p.m.
Cynthia Holmes, Ph.D. 🖥

Intermediate Tai Chi
Tuesdays, Dec. 2, 9 & 16 • 2 p.m.
Shuping Zhao, *see box for details*, \$15 🚶

Beginning Tai Chi
Tuesdays, Dec. 2, 9 & 16 • 3:15 p.m.
Shuping Zhao, *see box for details*, \$15 🚶

On the Road with the Inside Story:
Tucson Village Farm
Wednesday, Dec. 3 • 11 a.m.-12:30 p.m.
Offsite at the Tucson Village Farm,
See box for details 🚶

Alzheimer’s Caregiver Support Group
Thursday, Dec. 4 & 18 • 10:30 a.m. 🚶

Intermediate Tai Chi
Thursdays, Dec. 4, 11 & 18 • 2 p.m.
Shuping Zhao, *see box for details*, \$15 🚶

Beginning Tai Chi
Thursdays, Dec. 4, 11 & 18 • 3:15 p.m.
Shuping Zhao, *see box for details*, \$15 🚶

Memory Makers: Fostering Connections & Experiences
Monday, Dec. 8 • 10-11:30 a.m.
Alzheimer’s Association 🚶

Women’s Wisdom Circle
Wednesday, Dec. 10 • 3 p.m.
Carol Bondurant, TMC Volunteer 🚶

Art Workshop: Tooled Tin Ornaments
Thursday, Dec. 11 • 10 a.m.-noon
Carolyn King, \$20 🚶

Stroke Support Group
Monday, Dec. 15 • 10:30 a.m. 🚶 🖥

I Love Books Group
Thursday, Dec. 18 • 2 p.m.
The Secret Garden by Frances Hodgson Burnett 🚶

TMC for Senior’s Laughter Yoga Club
Friday, Dec. 19 • 10 a.m.
Jim Ogden, Certified Laughter Yoga Leader 🚶

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 🚶 🖥

TMC FOR SENIOR’S
LAUGHTER YOGA CLUB

Jim Ogden, Certified Laughter Yoga Leader

Fridays, Nov. 21 & Dec. 19 • 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:
Holiday Trees

Tuesday, Dec. 2 or Dec. 9 | 1-3 p.m. • \$25

Join the Sonoran Glass school as they will walk you through the tools, materials, and process of making fused glass holiday trees, just in time to add some festive decorations to your house! No experience necessary. No art experience necessary. *Workshops are not refundable or transferable. Images are just an example and may not represent the final project.*



The Inside Story is going on the road!

Join TMC for Seniors for a guided tour of the Tucson Village Farm, a program of the Pima County Cooperative Extension and the University of Arizona. Space is limited please register in advance to reserve your spot.

Wednesday, Dec. 3 • 11 a.m.-12:30 p.m.



INTERGENERATIONAL PROGRAMS
WITH THE GREGORY SCHOOL

SOS Tech Help

Friday, Nov. 7 • 1:15 p.m. & 2:15 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.



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

Mondays, Nov. 10 & Dec. 8
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.

