

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.

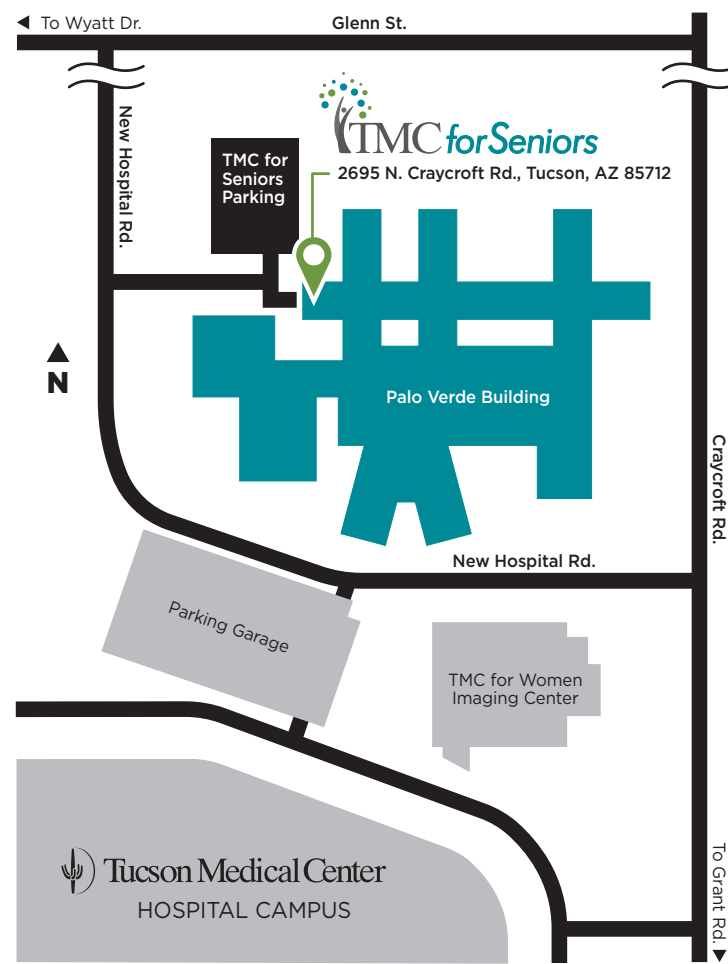
Online Classes:

Offered through a computer-based format.

Classes are approximately an hour unless otherwise stated.

TMC for Seniors Location

2695 N. Craycroft Road



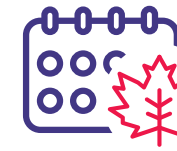
Office Hours: 30 minutes prior to in-person events and by appointment
(520) 324-1960

TMC for Seniors 35th Anniversary Open House
Wednesday, Oct. 16 3-5 p.m.
 Join us in celebrating 35 years of incredible volunteers, innovative programs, devoted staff, and inspiring presenters. Together, we've built a legacy of community and achievement, and we look forward to many more years of impactful service and collaboration.
Register to Attend



P.O. Box 42195
 Tucson, AZ 85775

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Fall Class Schedule Inside!

EVENT CALENDAR

September & October

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 HEALTH | TMC for Seniors

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



Wednesday, Sept. 18 10 a.m.-noon

Tucson JCC, 3800 E River Rd, Tucson, AZ 85718

Join **TMC for Seniors, the Tucson JCC, and Encompass Health Rehabilitation Institute of Tucson** for the 'No Falls' Fair at the J on **Wednesday, September 18, from 10 a.m. to noon.** Discover strategies to reduce fall risk, receive individual balance assessments, learn about fall risk checklists and home safety, and presentations by fitness and wellness instructors and exhibitors. Don't miss this opportunity to enhance fall prevention knowledge and connect with others!

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 is \$18/ session and includes supplies, instruction and fun! *No art experience necessary. This workshop is not refundable or transferable. Images are just examples and may not represent the final project.*

"Make & Take" Mosaic Tile Mandala

Monday, Sept. 23 | 1-3 p.m.

Monday, Sept. 30 | 10 a.m.-noon

Join artist, Carolyn King, and guest instructor, Kristine Stoner, to design a personalized mosaic-in-a-circle project. Hand-made the terra cotta colored 'plates' will serve as the base for your Mandala. The workshop will be offered twice during the month of September. Bring your love of color, symmetry, and pattern with you!



Dia de los Muertos Sugar Skulls

Monday, Oct. 21 | 1-3 p.m.

As the Fall Harvest time draws near in Mexico and Central America, families and merchants welcome Los Dias de los Muertos by creating colorful, decorated skulls made from sugar in order to embrace and welcome the Great Circle of Life. For this workshop, participants use colored icings, sequins and other decorative elements to embellish traditional sugar skulls that the instructor makes prior to the class.



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 October classes opens Sept. 19.

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

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

Seated Tai Chi at 3:15 p.m. Thursdays

Mindfulness Chair Yoga at 10 a.m. Tuesdays

VIRTUAL DEMENTIA EXPERIENCE

Thursday, Sept. 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.



Look inside for our latest schedule



September Theme: FALL PREVENTION

Fall prevention in older adults is crucial for maintaining independence and overall health. Implementing measures such as regular exercise, proper lighting, and eliminating tripping hazards in the home can significantly reduce the risk of falls and associated injuries. Throughout the month of September we offer classes and workshops on how to reduce and prevent falls.

SEPTEMBER Classes & Activities

Mindfulness Chair Yoga
Tuesdays, Sept. 3, 10, 17 & 24 • 10 a.m.
Connie Lucas, \$5 per class 🚶

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

Intermediate Tai Chi
Tuesdays, Sept. 3, 10, 17 & 24 • 2 p.m.
Shuping Zhao, \$5 per class, *See box for details* 🚶

Beginning Tai Chi
Tuesdays, Sept. 3, 10, 17 & 24 • 3:15 p.m.
Shuping Zhao, \$5 per class, *See box for details* 🚶

Journey for Control
Wednesdays, Sept. 4, 11, 18 & 25
1:30-3:30 p.m.
Melanie Winkey-Whitlock, TMC Diabetes Educator,
4-week Diabetes Workshop 🚶

Safety in Every Step: Fall Prevention Exercise ⚠️
Wednesday, Sept. 4 • 2 p.m.
Geneva Kaplan-Smith, DPT & Kirsten Shelby, DPT, TMC
Adult Therapies 🚶📺

Is Your World Spinning? Vestibular Testing ⚠️
Thursday, Sept. 5 • 10 a.m.
Haley Lanoue, Au.D., OP Adult Therapy and
Audiology 🚶📺

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

Intermediate Tai Chi
Thursdays, Sept. 5, 12, 19 & 26 • 2 p.m.
Shuping Zhao, \$5 per class, *See box for details* 🚶

Seated Tai Chi
Thursdays, Sept. 5, 12, 19 & 26 • 3:15 p.m.
Shuping Zhao, \$5 per class, *See box for details* 🚶

Independence and Aging: Myths and Facts ⚠️
Tuesday, Sept. 10 • 10 a.m.
Linda Travis, Director Healthy Aging, Tucson JCC 🚶📺

Unsteady Ground: Navigating Balance Concerns ⚠️
Wednesday, Sept. 11 • 10 a.m.
Lisa Walters, Fall Prevention Supervisor, PCOA 🚶📺

Women's Wisdom Circle
Wednesday, Sept. 11 • 3 p.m.
Trish Chilton, UA Dept. of Psychology 🚶

Virtual Demetia Experience
Thursday, Sept. 12 • 10 a.m.-noon
See box for details 🚶

Breathe Easy: Managing COPD
Thursday, Sept. 12 • 3 p.m.
Robert Aaronson, M.D., TMC Pulmonary 🚶📺

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

Prescriptions and Pitfalls: How Medications Impact Fall Risk
Tuesday, Sept. 17 • 10 a.m.
Katherine Dowell, M.D., TMCOne 🚶📺

No Falls! Fair ⚠️
Wednesday, Sept. 18 • 10 a.m.-noon
See ad for details 🚶

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

I Love Books!
Thursday, Sept. 19 • 1 p.m. 📺 | 2 p.m. 🚶
Violeta by Isabel Allende

TMC's Heart & Sole Walking Club
Friday, Sept. 20 • 9 a.m. 🚶

SOS Tech Help
Friday, Sept. 20 & 27 • 1 p.m. & 2 p.m.
See box for details 🚶

Art Workshop: "Make & Take" Mosaic Tile Mandala
Monday, Sept. 23 • 1-3 p.m.
Carolyn King, \$18 per class 🚶

Mood Food: Beyond Comfort Food
Tuesday, Sept. 24 • 10 a.m.
Mary Mellady, Director, TMC Wellness 🚶📺

The Art of Minimally Invasive Hernia Repair
Wednesday, Sept. 25 • 10 a.m.
Jason Nielsen, M.D., TMCOne General Surgeon 🚶📺

WomenHeart Support Group
Wednesday, Sept. 25 • 2-3:30 p.m. 🚶📺

Balancing on Air: Peripheral Neuropathy and Fall Risk ⚠️
Wednesday, Sept. 25 • 3 p.m.
Frances West, NP-C, Center for Neurosciences 🚶📺

Art Workshop: "Make & Take" Mosaic Tile Mandala
Monday, Sept. 30 • 10 a.m.-noon
Carolyn King, \$18 per class 🚶



October Theme: FOR THE HEALTH OF IT

There are many ways you can stay healthy as you age, such as paying attention to your pelvic floor health or managing conditions like hemorrhoids. Throughout the month of October, we offer classes and workshops on what you can do simply for the health of it.

OCTOBER Classes & Activities

Mindfulness Chair Yoga
Tuesdays, Oct. 1, 8, 15, 22 & 29
10 a.m.
Connie Lucas, \$5 per class 🚶

APDA Parkinson's Information & Support Group
Tuesday, Oct. 1 & 15 • 2 p.m.
Cynthia Holmes Ph.D. 📺

Intermediate Tai Chi
Tuesdays, Oct. 1, 8, 15, 22 & 29
2 p.m.
Shuping Zhao, \$5 per class 🚶

Real Talk About Prostate Health 🍎
Tuesday, Oct. 1 • 3 p.m.
Aye Lwin, M.D., Arizona Urology
Specialists 🚶📺

Beginning Tai Chi
Tuesdays, Oct. 1, 8, 15, 22 & 29
3:15 p.m.
Shuping Zhao, \$5 per class 🚶

The Nuts & Bolts of the Men's Pelvic Floor 🍎
Wednesday, Oct. 2 • 2 p.m.
Samantha Johnson, DPT,
TMC Adult Therapies 🚶📺

Alzheimer's Caregiver Support Group
Thursday, Oct. 3 • 10:30 a.m. 🚶

Intermediate Tai Chi
Thursdays, Oct. 3, 10, 17, 24 & 31
2 p.m.
Shuping Zhao, \$5 per class 🚶



Mastering Apple Basics
Thursdays:
9 a.m. | 10 a.m. | 11 a.m.

Beginning Sept. 5, you can meet one-on-one with our tech volunteer to get answers to questions related to Apple products. Call (520) 324-1960 to schedule your appointment.

Medicare Counseling

Fridays: 10 a.m. | 11 a.m. | noon
Schedule your appointment to meet with a PCOA Medicare counselor today by calling (520) 324-1960.

Advanced Directives

Wednesdays: 9 a.m. | 10 a.m. | 11 a.m.
Call (520) 324-1960 to schedule an appointment with our advanced directives counselor.

Seated Tai Chi
Thursdays, Oct. 3, 10, 17, 24 & 31
3:15 p.m.
Shuping Zhao, \$5 per class 🚶

Knee Deep: Exploring Joint Reconstruction 🍎
Thursday, Oct. 3 • 4 p.m.
Chad Hills, D.O., Tucson Orthopaedic
Institute 🚶📺

Optimize Your Energy Systems for Better Cognitive, Muscular & Metabolic Health 🍎
Tuesday, Oct. 8 • 10-11:30 a.m.
Jill Jones & Michele Clarke, Ph.D. 🚶📺

What's Ringing in My Ears? Managing Tinnitus 🍎
Wednesday, Oct. 9 • 2 p.m.
Haley Lanoue, Au.D., OP Adult Therapy
and Audiology 🚶📺

Women's Wisdom Circle
Wednesday, Oct. 9 • 3 p.m.
Trish Chilton, UA Dept. of Psychology 🚶

TMC's Heart & Sole Walking Club
Friday, Oct. 11 & 25 • 9 a.m. 🚶

I Eat, Therefore I Can 🍎
Tuesday, Oct. 15 • 10 a.m.
Mary Mellady, Director,
TMC Wellness 🚶📺

35th Anniversary Open House
Wednesday, Oct. 16 • 3-5 p.m.
See box for details 🚶

Alzheimer's Caregiver Support Group
Thursday, Oct. 17 • 10:30 a.m. 🚶

I Love Books Group
Thursday, Oct. 17 • 1 p.m. 📺 | 2 p.m. 🚶
Your Inner Hedgehog by
Alexander McCall Smith

Stroke Support Group
Monday, Oct. 21 • 10:30 a.m. 🚶📺

Art Workshop: Dia de los Muertos Sugar Skulls
Monday, Oct. 21 • 1-3 p.m.
Carolyn King, \$18 per class 🚶

Hemorrhoids: Bold & Bothersome 🍎
Tuesday, Oct. 22 • 3 p.m.
Peter Lee, M.D., Arizona Oncology 🚶📺

The Inside Story
Wednesday, Oct. 23 • 10 a.m.
Richard Brusca, Ph.D. Arizona-Sonora Desert
Museum and author 🚶

WomenHeart Support Group
Wednesday, Oct. 23 • 2-3:30 p.m. 🚶📺

Your Story on Stage
Thursday, Oct. 24 • 9 a.m.
See box for details 🚶

Vaccines Unmasked: The Power of Immunizations 🍎
Thursday, Oct. 24 • 3 p.m.
Carlos Borrás, M.D., TMCOne 🚶📺

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, Oct. 23, 10 a.m.

Richard Brusca, Ph.D., author and Executive Director Emeritus, Arizona-Sonora Desert Museum

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.

SOS Tech Help

Friday, Sept. 20 & 27 • 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.

Your Story on Stage

Session dates: Oct. 24, Nov. 14 & Dec. 11 • 9 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.

