

NEW! Registration Steps


- 1 **ONLINE** at: <https://events.tmcaz.com/events/>
- 1 On the left, open the **CATEGORY** drop-down menu, select **TMC FOR SENIORS**, and click **FILTER** to display classes in this category.
- 2 Click on the class title, then click **REGISTER NOW** below the class description.
- 3 On the next page, select **REGISTER**, enter your email, and click **SUBMIT**.
- 4 Check your email and click **VERIFY EMAIL ADDRESS**. On the page that opens, click **COMPLETE VERIFICATION AND CONTINUE TO SITE**.
- 5 Fill in your **Name, Email, and Phone Number**, respond to any required questions, and click **SAVE AND CONTINUE**. If it's a hybrid class, choose **VIRTUAL** or **IN-PERSON** first. Review your information, then click **ADD TO CART**.
- 6 To register for more classes, click **CONTINUE SHOPPING** and repeat step 5 for each class. Otherwise, click **PROCEED TO CHECKOUT**.
- 7 To register additional guests, click **REGISTER ANOTHER PERSON**, confirm, and repeat step 5 for each guest.
- 8 Click **PROCEED TO CHECKOUT**, then **COMPLETE REGISTRATION**. For fee-based classes, follow the payment process. You'll receive a confirmation page once registered.


- 2 **EMAIL** seniorservices@tmcaz.com with your name, phone number, and the list of the classes you want to attend.
- 3 **PHONE** (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 Health YouTube page or TMC for Seniors Facebook page. You will not need an account to access the online presentation at: www.youtube.com/c/TMCHealthCare/Live. 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

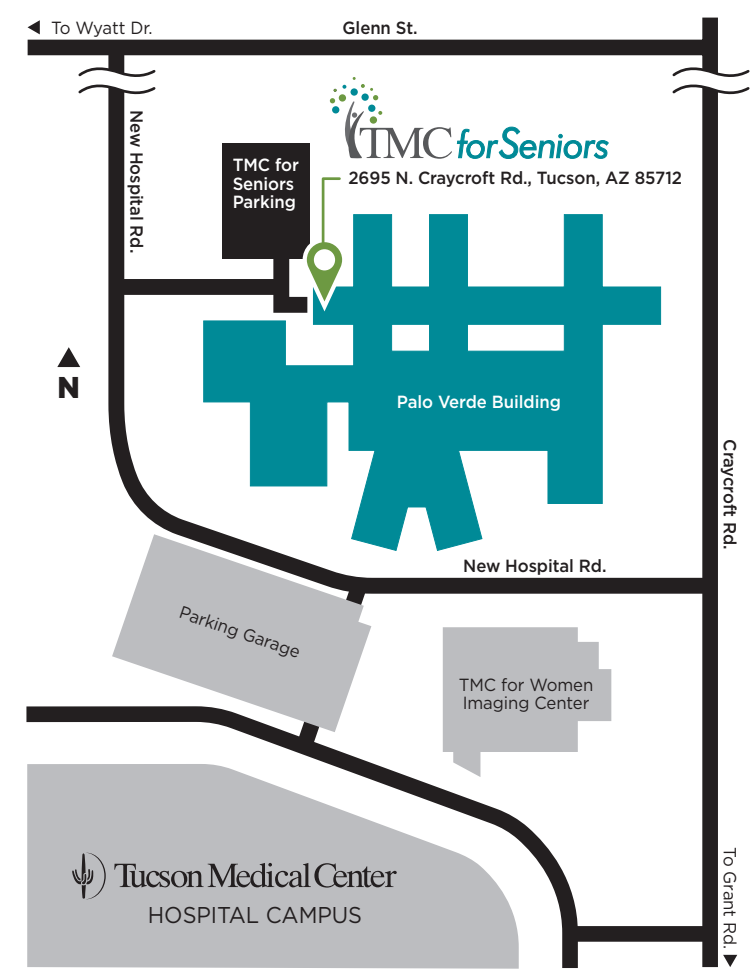
Classes & Activities are now listed by viewing format: **In-Person** & **Online**. Some classes are offered both online and in-person, look for the class format symbols to determine the class option(s).

 **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



Miniature Book WORKSHOP
Wednesday, June 4 or 18 10-11:30 a.m.

A perfect introduction to beginner bookbinding and yarn painting.

Sketchbooks are a powerful tool for visual creativity, capturing bite-sized snippets of inspiration through writing and artistic expression. In this mini-making session, we'll create miniature sketchbooks while exploring both 2D and 3D techniques to add to your creative toolbox. We'll also incorporate yarn painting, a vibrant and tactile art where colorful yarn is used to create intricate designs. Registration is required.


The Mini Time Machine
museum of miniatures

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

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FITNESS CLASSES at TMC for Seniors

Fitness classes are now offered at a **monthly rate**. Be sure to register in advance to secure your spot. Drop-in classes are \$7 each and subject to availability. Please note that some classes may be held outdoors, weather permitting.

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

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

Seated Tai Chi
Thursdays • 3:15 p.m.

Mindfulness Chair Yoga
Tuesdays • 10 a.m.

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

EVENT CALENDAR
May, June, July & August 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.

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 an example and may not represent the final project.

 **Monday, May 12 | 1-3 p.m. • \$18/session**
Rock Cactus Garden
No green thumb needed! In this workshop, we will design, paint & 'plant' cactus 'rocks' in small terra cotta pots.

Mondays & Wednesdays, July 21, 23, 28 & 30 1-3 p.m. • \$75/4-session workshop
Mixed Media Art Workshop Retreat

Join Carolyn King for a 4-session workshop focused on layering with mixed-media, inspired by Julie Liger-Belair. We will explore storytelling through a guided process. Canadian collage artist, Julie Liger-Belair's imagery will be our springboard. You will learn steps to create a layered, rich, meaning-filled image with support from Carolyn at every step of the process. If you'd like, bring some photocopies of family members in color or black & white to include in your piece.

Look inside for our latest schedule

Virtual Dementia Experience
Thursday, May 29 10 a.m.-noon

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.*

May Theme: Women’s Health
MAY Classes & Activities



From midlife to menopause and beyond, you may find yourself with new questions about your health as you grow older. Whether you are concerned about incontinence, skin care, or kidney health, TMC for Seniors has you covered. For the month of May, we will be offering lectures on all topics related to women’s health and aging.

Alzheimer’s Caregiver Support Group
Thursdays, May 1 & 15 • 10:30 a.m. 🚶

Intermediate Tai Chi
Thursdays, May 1, 8, 15, 22 & 29 • 2 p.m.
Shuping Zhao, \$25/month 🚶

Seated Tai Chi
Thursdays, May 1, 8, 15, 22 & 29 • 3:15 p.m.
Shuping Zhao, \$25/month 🚶

APDA Parkinson’s Information & Support
Tuesdays, May 6 & 20 • 2 p.m.
Cynthia Holmes, Ph.D. 🏠

Intermediate Tai Chi
Tuesdays, May 6, 13, 20 & 27 • 2 p.m.
Shuping Zhao, \$20/month 🚶

Beginning Tai Chi
Tuesdays, May 6, 13, 20 & 27 • 3:15 p.m.
Shuping Zhao, \$20/month 🚶

Conscious Aging Workshop
Wednesday, May 7 • 10-11:30 a.m. 🚶💡
Trish Chilton, M.S., M.A. UA Department of Psychology

Journey for Control
Wednesdays, May 7, 14, 21 & 28 • 1:30-3:30 p.m.
4-week Diabetes Workshop Melanie Winkey-Whitlock, TMC Diabetes Educator 🚶

Understanding Menopause: What to Expect and How to Cope
Wednesday, May 7 • 2 p.m.
Samantha Johnson, PT, DPT, ATC, TMC Adult Outpatient Therapy 🚶🏠💡

Memory Makers: Fostering Connections & Experiences
Monday, May 12 • 10-11:30 a.m. 🚶

Art Workshop: Rock Cactus Garden
Monday, May 12 • 1-3 p.m.
Carolyn King, \$18 🚶

Mindfulness Chair Yoga
Tuesdays, May 13, 20 & 27 • 10 a.m.
Connie Lucas, \$15/month 🚶

Pelvic Floor Health: Understanding Common Issues
Wednesday, May 14 • 2 p.m.
Samantha Johnson, PT, DPT, ATC, TMC Adult Outpatient Therapy 🚶🏠💡

I Love Books!
Thursday, May 15 • 2 p.m.
Lady Tan’s Circle of Women by Lisa See 🚶

Stroke Support Group
Monday, May 19 • 10:30 a.m. 🚶🏠

Sonoran Glass Workshop: Windchimes
Monday, May 19 or Friday, May 23 • 1-3 p.m. \$25 🚶

Skin Deep: The Essentials of Skin Care & Aging
Wednesday, May 21 • 2 p.m.
Amy Garcia, M.D., Pima Dermatology 🚶🏠💡

Navigating Chronic Kidney Disease
Thursday, May 22 • 10 a.m.
Tausif Zar, M.D., FASN, Arizona Kidney Disease & Hypertension Centers 🚶🏠💡

TMC for Seniors Laughter Yoga Club
Friday, May 23 • 10 a.m.
Jim Ogden, Certified Laughter Yoga Leader 🚶

The Inside Story
Wednesday, May 28 • 10 a.m.
The History of TMC 🚶

WomenHeart Support Group
Wednesday, May 28 • 2-3:30 p.m. 🚶🏠💡

Gynecologic Cancers: What Every Woman Should Know
Wednesday, May 28 • 4 p.m.
Candice Lewis, M.D., TMC Health Cancer Center 🚶🏠💡

Virtual Dementia Experience
May 29 • 10 a.m.-noon
See box for details 🚶

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 🚶🏠

Sonoran Glass School:

Windchimes
Monday, May 19 or Friday, May 23
1-3 p.m. | \$25 for the workshop

Learn the fundamentals of glass fusing, from cutting and layering colorful glass to designing captivating patterns. We’ll explore various techniques and then assemble your handcrafted glass pieces into a beautiful, melodic wind chime. No prior glass experience is necessary – just bring your creativity!

Glass Pendant
Wednesday, June 11 or Friday, June 13
1-3 p.m. | \$25 for the workshop

Transform colorful glass fragments into wearable gems! Join us for a fun and creative session where you’ll learn to fuse glass into stunning pendant necklaces and finish them with stylish bails for easy wear. No prior glass experience is needed.

JUNE Classes & Activities

Community Mural Project
Monday, June 2 • 1-3 p.m.
Carolyn King, *see box for details* 🚶

Mindfulness Chair Yoga
Tuesdays, June 3, 10 & 17 • 10 a.m.
Connie Lucas, \$15/month 🚶

APDA Parkinson’s Information & Support
Tuesdays, June 3 & 17 • 2 p.m.
Cynthia Holmes, Ph.D. 🏠

Intermediate Tai Chi
Tuesdays, June 3, 10 & 17 • 2 p.m.
Shuping Zhao, \$15/month 🚶

Beginning Tai Chi
Tuesdays, June 3, 10 & 17 • 3:15 p.m.
Shuping Zhao, \$15/month 🚶

Mini Time Machine Museum Workshop
Wednesday, June 4 • 10-11:30 a.m. 🚶

Alzheimer’s Caregiver Support Group
Thursdays, June 5 & 19 • 10:30 a.m. 🚶

Intermediate Tai Chi
Thursdays, June 5, 12 & 19 • 2 p.m.
Shuping Zhao, \$15/month 🚶

Community Mural Project
Friday, June 6 • 10 a.m.-noon
Carolyn King, *see box for details* 🚶

Memory Makers: Fostering Connections & Experiences
Monday, June 9 • 10-11:30 a.m. 🚶

Community Mural Project
Monday, June 9 • 1-3 p.m.
Carolyn King, *see box for details* 🚶

Sonoran Glass Workshop: Glass Pendant
Wednesday, June 11 or Friday, June 13 • 1-3 p.m., \$25 🚶

Community Mural Project
Thursday, June 12 • 10 a.m.-noon
Carolyn King, *see box for details* 🚶

Stroke Support Group
Monday, June 16 • 10:30 a.m. 🚶🏠

Community Mural Project
Monday, June 16 • 1-3 p.m.
Carolyn King, *see box for details* 🚶

Mini Time Machine Museum Workshop
Wednesday, June 18 • 10-11:30 a.m. 🚶

Community Mural Project
Wednesday, June 18 • 1-3 p.m.
Carolyn King, *see box for details* 🚶

I Love Books!
Thursday, June 19 • 2 p.m.
Sold on a Monday by Kristina McMorris 🚶

TMC for Seniors Laughter Yoga Club
Friday, June 20 • 10 a.m.
Jim Ogden, Certified Laughter Yoga Leader 🚶

PLEASE NOTE: TMC for Seniors office will be closed June 21-29, 2025

COMMUNITY MURAL PROJECT
Painted Fabric “Murals” for Mobile Meals of Southern Arizona

Join artist Carolyn King for a community art project painting canvas panels for installation at Mobile Meals in South Tucson. Sessions will be held indoors at TMC for Seniors in June. Materials and guidance provided—just bring a smock! No experience needed. Free workshop; registration required. Attend as many of the six sessions as you’d like. Image does not represent final rendering. See calendar for dates.

JULY Classes & Activities

Mindfulness Chair Yoga
Tuesdays, July 1, 8, 15, 22 & 29 • 10 a.m.
Connie Lucas, \$25/month 🚶

APDA Parkinson’s Information & Support
Tuesdays, July 1 & 15 • 2 p.m.
Cynthia Holmes, Ph.D. 🏠

Intermediate Tai Chi
Tuesdays, July 1, 8, 15, 22 & 29 • 2 p.m., Shuping Zhao, \$25/month 🚶

Beginning Tai Chi
Tuesdays, July 1, 8, 15, 22 & 29 • 3:15 p.m.
Shuping Zhao, \$25/month 🚶

Alzheimer’s Caregiver Support Group
Thursdays, July 3 & 17 • 10:30 a.m. 🚶

Intermediate Tai Chi
Thursdays, July 3, 10, 17, 24 & 31 • 2 p.m.
Shuping Zhao, \$25/month 🚶

Seated Tai Chi
Thursdays, July 3, 10, 17, 24 & 31 • 3:15 p.m.
Shuping Zhao, \$25/month 🚶

Memory Makers: Fostering Connections & Experiences
Monday, July 14 • 10-11:30 a.m. 🚶

I Love Books!
Thursday, July 17 • 2 p.m.
Love Stories by Trent Dalton 🚶

Mixed Media Art Workshop Retreat
Mondays & Wednesdays, July 21, 23, 28 & 30 • 1-3 p.m.
Carolyn King, \$75 for the session 🚶

TMC for Seniors Laughter Yoga Club
Friday, July 25 • 10 a.m.
Jim Ogden, Certified Laughter Yoga Leader 🚶

MEMORY MAKERS:
Fostering Connections & Experiences

Mondays, May 12, June 9, July 14 & Aug. 11 at 10-11:30 a.m.

This program invites individuals with early-stage Alzheimer’s or dementia and their caregivers to connect through arts, culture, games, and social activities. Enjoy meaningful experiences in a supportive setting. Registration and prescreening required.

The Inside Story
Wednesday May 28 • 10 a.m.

Join us for an inside view that you won’t be able to get anywhere else.

Discover the intriguing connection between Aristotle contemplating a bust of Homer and TMC at the Inside Story with Jerry Freund, TMC Historian.

AUGUST Classes & Activities

Mindfulness Chair Yoga
Tuesdays, Aug. 5, 12, 19 & 26, • 10 a.m.
Connie Lucas, \$20/month 🚶

APDA Parkinson’s Information & Support
Tuesday, Aug. 5, 12, & 19 • 2 p.m.
Cynthia Holmes, Ph.D. 🏠

Intermediate Tai Chi
Tuesdays, Aug. 5, 12, 19 & 26 • 2 p.m., Shuping Zhao, \$20/month 🚶

Beginning Tai Chi
Tuesdays, Aug. 5, 12, 19 & 26 • 3:15 p.m.
Shuping Zhao, \$20/month 🚶

Alzheimer’s Caregiver Support Group
Thursdays, Aug. 7 & 21 • 10:30 a.m. 🚶

Intermediate Tai Chi
Thursdays, Aug. 7, 14, 21 & 28 • 2 p.m.
Shuping Zhao, \$20/month 🚶

Seated Tai Chi
Thursdays, Aug. 7, 14, 21 & 28 • 3:15 p.m.
Shuping Zhao, \$20/month 🚶

Memory Makers: Fostering Connections & Experiences
Monday, Aug. 11 • 10-11:30 a.m. 🚶

Stroke Support Group
Monday, Aug. 18 • 10:30 a.m. 🚶🏠

I Love Books!
Thursday, Aug. 21 • 2 p.m.
The Beekeeper of Aleppo by Christy Lefteri 🚶

TMC for Seniors Laughter Yoga Club
Friday, Aug. 22 • 10 a.m.
Jim Ogden, Certified Laughter Yoga Leader 🚶

WomenHeart Support Group 🚶🏠
Wednesday, Aug. 27 • 2 p.m.