
August 2025 Monthly Newsletter



Happy August, Everyone! Let's hope that this month is not as hot as July has been! Here are a few notes and updates for the month!

- Join Our Smartphone Photography club meetup at Cream + Sugar Coffee House on August 8th at 1:30 PM
- Our Library Lunch & Learn topic for August will be "King Records and Herzog Studios". Lunch is Provided.
- We've been noticing an increasing trend of no-call no shows and last minute cancellations for our events. We understand that sometimes unexpected circumstances come up, but we ask that when you sign up for an event, that you check your calendar to ensure that you can attend. When you have a last minute cancellation or no-show that takes a spot from someone else. If you realize you can no longer attend an event you have signed up for, please let me know at least 48 business hours in advance. In most cases this then allows me to release your spot to someone else and to alert our transportation team. Please let me know if you have any questions about this.

Kara Harper

Health & Wellness Program Coordinator

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Office Hours: M - F, 9 AM - 4 PM

August 2025 In-Person Health & Wellness



City Stops: Sorrento's Italian Joint

Friday , August 1st from 11:30 AM- 1PM
5143 Montgomery Rd, Cincinnati, OH 45212
Cost: PAY YOUR WAY

City Stops is a program designed to bring you out of your usual environment, exposing you to new cuisines or unique experiences, alongside other older adults like you! Join us for lunch at Sorrento's Italian Joint!



Gothica Botanica: Butterfly Exhibition at Krohn Conservatory

Monday, August 4th from 11 AM - 12 PM
Krohn Conservatory
1501 Eden Park Dr, Cincinnati, OH 45202
Cost: \$12

Join us to visit Gothica Botanica, Krohn Conservatory's Butterfly exhibition. Registration for this program has closed.



Tai Chi Flow (In-Person)

Each Tuesday from 2 – 2:45 PM
Knox Presbyterian Church
3400 Michigan Ave., Cincinnati, OH 45208
Cost: FREE

Kristin Dietsche makes tai chi fun in her relaxing follow-along classes. Please wear loose comfortable clothes and closed flat shoes like a gym shoe. All are welcome. No Transportation

August 2025 In-Person Health & Wellness



Chess with Chess Earth

Wednesday, August 13th and 27th

from 11 AM - 12 PM

Carnegie Center of Columbia Tusculum

3738 Eastern Ave, Cincinnati, OH 45226

Cost: FREE

Discover the joy of chess in a fun and welcoming class. Whether you're new to the game or looking to sharpen your skills, this class combines strategic gameplay with fascinating insights into chess culture. No Transportation.

RSVP REQUIRED by August 11TH and 25th



Intro to Smartphone Photography

Friday, August 8th from 1:30 - 3 PM

Cream + Sugar Coffeehouse

3546 Montgomery Rd, Cincinnati, OH 45207

Cost: FREE

Learn how to take beautiful, clear photos using your smartphone! This beginner-friendly class covers simple tips for lighting, composition, and using built-in camera features—no tech experience needed. Join us at a new location each month to spark our creativity. This month, we'll meet at Cream + Sugar Coffeehouse



Partner Program: Brains in Bloom

Friday, August 15th from 1 – 2 PM

Montgomery Community Church

11251 Montgomery Rd., Cincinnati, OH 45249

Cost: FREE

A fun and inclusive floral arranging class for older adults – with the heart of the program centered around individuals with dementia (at any stage) and their loved ones. In partnership with the Giving Voice Foundation. No Transportation.

REGISTRATION REQUIRED BY AUGUST 8TH

August 2025 In-Person Health & Wellness



Art With Abrakadoodle

Monday, August 18th from 1:30 - 3 PM

Carnegie Center of Columbia Tusculum

3738 Eastern Ave., Cincinnati, Ohio 45226

Cost: FREE

Anyone can paint with Abrakadoodle! Discover your creative side while you experiment with different art techniques and create a series of themed art projects. This session is for all levels of experience.

REGISTRATION REQUIRED BY AUGUST 11TH



Library Lunch & Learn: King Records and Herzog Studios

Monday, August 25th from 11:30 AM – 1 PM

Reading Branch Library

8740 Reading Rd, Cincinnati, OH 45215

Cost: FREE

Explore the intersection of history and culture with our monthly Library Lunch & Learn series for older adults, presented in collaboration with Cincinnati's cultural hubs, historians, and Meals on Wheels Southwest OH & Northern KY. As early as 1943, Cincinnati was the heart of recording all types of music including the style that brought Rock and Roll into its heyday of the 1950s. Before Nashville was on the recording map, singers such as Hank Williams and Patti Page recorded at Herzog Studios on Race Street. Hear how King Records became an independent record label recording and manufacturing bluegrass, country, jazz, doo-wop, R&B and made James Brown, the Godfather of Soul. Lunch provided. Limited spots available

REGISTRATION REQUIRED BY AUGUST 18TH



Digital Scrapbooking

Thursday, August 28th from 1:30 - 3:30 PM

Walnut Hills Library

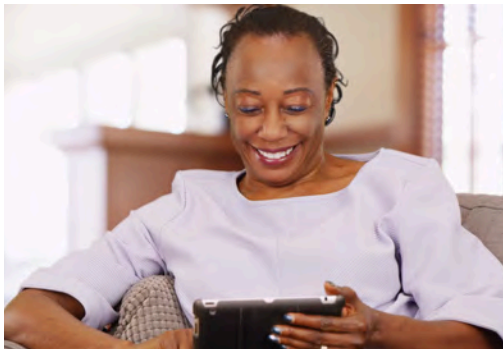
2533 Kemper Ln, Cincinnati, OH 45206

Cost: FREE

Learn how to turn your cherished memories into beautiful digital scrapbooks using simple tools. No experience needed, just bring your favorite photos and a willingness to explore your creativity.

Registration required by August 21st

August 2025 Virtual Health & Wellness



Mindful Mornings

Every Monday & Friday from 9:30 - 10 AM

Online via Televeda

Cost: FREE

Join our laid-back online meditation program where you can kick back, relax, and tap into some inner peace to start your day.



Sr. Exercise

Every Monday, Wednesday, and Friday
from 11:30 AM - 12:30 PM

Online Via Televeda

Cost: FREE

This class offers a fun and engaging way to stay active and maintain a healthy lifestyle. Our experienced instructors will guide you through a variety of exercises tailored to your needs, helping you improve flexibility, strength, and overall well-being. Don't miss out on this wonderful opportunity to connect with fellow members and enhance your physical fitness.



Tai Chi Qigong Shibashi

Every Monday and Friday

from 11 AM - 12 PM

Online Via Televeda

Cost: FREE

Tai Chi Qigong Shibashi is a gentle practice combining Yang Style Tai Chi and Qigong to improve posture, balance, muscle tone, and joint mobility. The 18 Shibashi forms, created by Chinese Medical Physician Lin Housheng in 1979, are designed to support health conditions such as back pain, lung disease, and hypertension.



Popcorn & Perspectives Cinema Club

Every Tuesday from 1 - 2:30 PM

Online via Televeda

Cost: FREE

Come join us for a weekly cinema club. Each week, we'll watch a movie or show together, followed by a discussion. We'll send you some single-serve, microwavable popcorn to enjoy upon request!

August 2025 Virtual Health & Wellness



Spanish Club

Every Wednesday from 2 - 3 PM

Online Via Televeda

Cost: FREE

We invite older adults to join our online Spanish Club. We'll explore the Spanish language and the cultures of Spanish - speaking countries in an open and fun environment. All levels welcome.



Chair Yoga with Joan

Every Thursday from 10 – 11AM

Online Via Televeda

Cost: FREE

Chair Yoga is a practice that can be experienced by everybody and every body! Chair Yoga uses gentle movements and stretches that help us stay healthy as we age. Participants work at their own pace and listen to their body.



Zentangle with Val

Every Thursday from 12 – 1 PM

Online Via Televeda

Cost: FREE

Zentangle is a meditative art form that combines structured patterns, mindfulness, and artistic expression. In this class, Val will guide you through the process of creating beautiful, intricate designs using simple lines and shapes. Whether you're a beginner or an experienced artist, this class is designed to help you relax, focus, and find inner peace through the art of Zentangle.



Strength Training

Every Thursday from 2 – 3 PM

Online Via Televeda

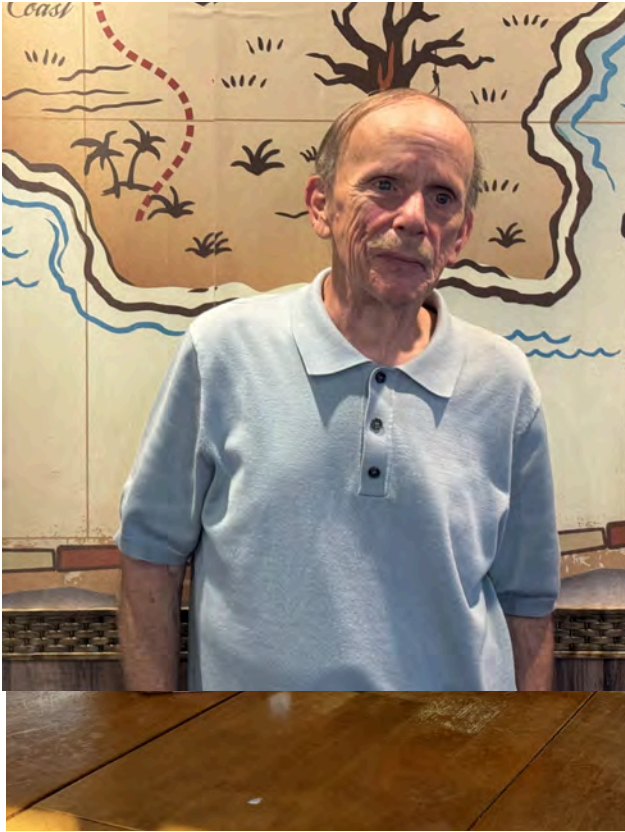
Cost: FREE

An energetic class with upbeat music using light weights or household items for resistance. In addition to strength training, cardio intervals are included for a well-rounded workout.

Senior Spotlight:

From the Kitchen to the Community: Jeff Hartmann

written by Kara Harper



If you've attended one of our Health & Wellness programs, chances are you've met Jeff Hartmann. A longtime participant, Jeff first joined us back when our programs were held at the Hyde Park Senior Center. You may already know him for his kind, gentle spirit that makes everyone feel seen—but what you may not know is that Jeff spent his career as a professional chef! Keep reading to learn more! Jeff was the oldest of three children and grew up in Plymouth, Ohio—a small rural town with fewer than 500 residents. He fondly remembers going to a neighbor's house for Bible study, lured by the promise of freshly baked chocolate chip cookies. After high school, Jeff pursued his passion for food at the Culinary Institute of America in Hyde Park, New York, with the encouragement of his parents.

"Being from a small town, I was very shy," he recalls. But one of his professors encouraged him to engage more in class, telling him that his success would depend on it Jeff took that advice to heart and gradually began participating more, building his confidence and finding his voice.

At the Culinary Institute, Jeff learned from chefs from around the globe—including France, London, and Japan—and remembers it as a "wonderful experience." He graduated with a 3.5 GPA and went on to work at the Cedar Point Yacht Club in Ohio. The highlight of his culinary career was serving as Head Chef at The Ohio State University Faculty Club. There, he prepared meals for faculty and distinguished guests, including President Gerald Ford, President Jimmy Carter, and the then-Prince (now King) of Saudi Arabia.



Jeff and Audrey at our June City Stops Brunch at The National Exemplar

Jeff later moved to Atlanta to continue his career as a chef, before eventually settling in Cincinnati in 2000 working on Mercy Anderson's dietary team. His favorite dish to prepare was beef stroganoff made with tenderloin, and his favorite part of the job was watching people enjoy the food he poured his heart and creativity into.

Although he's now retired, Jeff is intentional about staying active in the community. He is an active member of our Health & Wellness programs and the Eastside Rec Center Senior Program. He also participates in a book club and is currently reading the autobiography of Viola Davis. He is also a part of a birthday club that started during the height of the COVID pandemic in 2020.

The group attends restaurants to celebrate one another. In his free time, he enjoys the company of his cat, Rosie, who he lovingly inherited from his late sister. He shares that during these times it's important that we stay connected to one another and to remember to have compassion.

August 2025

VIRTUAL (IN BLACK)
IN-PERSON (IN BLUE)
RSVP (IN RED)

| SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT |
|-----|--|---|--|---|---|-----|
| 1 | | | | | 1 | 2 |
| | | | | | 9:30 - 10:00 AM Mindful Mornings 10:30 - 11:30 AM Sr Exercise 11:30 AM – 1 PM City Stops: Sorrento's Italian | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | 9:30 - 10:00 AM: Mindful Mornings 11:00 AM – 12:00 PM: Tai Chi Qigong Shibashi 11:30 AM – 12:30 PM: Sr Exercise 11 AM – 12 PM: Butterfly Exhibition | 12 – 1 PM: Ageless Yoga 1 – 2:30 PM: Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 PM– 4:30 PM: Brain Games | 11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner | 10 – 11 AM: Chair Yoga 12 - 1PM: Zentangle 2 – 3 PM: Strength Training 2– 3 PM: Hillcrest Spanish Club | 9:30 - 10:00 AM Mindful Mornings 10:30 - 11:30 AM Sr Exercise | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | 9:30 - 10:00 AM: Mindful Mornings) 11:00 AM – 12:00 PM: Tai Chi Qigong Shibashi 11:30 AM – 12:30 PM: Sr Exercise | 10 AM – 12 PM: Caring For Caregiver Writing Experience 12 – 1 PM: Ageless Yoga No Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 – 4:30 PM: Brain Games | 11 AM – 12 PM: Chess 11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner | 10 – 11 AM: Chair Yoga 12 - 1PM: Zentangle 2 – 3 PM: Strength Training | 9:30 - 10:00 AM Mindful Mornings 10:30 - 11:30 AM Sr Exercise 1 – 2pm: Brains in Bloom | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | 9:30 - 10:00 AM: Mindful Mornings 11:00 AM – 12:00 PM: Tai Chi Qigong Shibashi 11:30 AM – 12:30 PM: Sr Exercise 1:30 – 3PM Art with Abrakadoodle | 12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 PM– 4:30 PM: Brain Games | 11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner | 10 – 11 AM: Chair Yoga 12 - 1PM: Zentangle 2 – 3 PM: Strength Training 2– 3 PM: Hillcrest Spanish Club | 9:30 - 10:00 AM: Mindful Mornings 10:30 - 11:30 AM: Sr Exercise Smartphone Photography Meet UP | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | No Mindful Mornings 11:00 AM – 12:00 PM: Tai Chi Qigong Shibashi 11:30 AM – 12:30 PM: Sr Exercise 11:30 AM – 1 PM: Library Lunch & Learn 11:30 AM – 3 PM Dominoes Divas & Dudes | 12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 – 4:30 PM: Brain Games | 11 AM – 12 PM: Chess 11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner | 10 – 11 AM: Chair Yoga 12 - 1PM: Zentangle 2 – 3 PM: Strength Training 1:30 – 3 PM: Digital Scrapbooking | | |