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# October 2025 Monthly Newsletter



Happy Fall, everyone! Here are my notes and updates for the month!

- **New Programs:** I am introducing some special programs this month including a trip to Findlay Market and a Sip or Treat Party to celebrate the fall season!
- **City Stops:** Starting this month, we will have two City Stops events each month. We will be going in two smaller groups to the same restaurant instead of one big group. I hope that this improves service and wait times and allows us to go to more restaurants that might have less seating. When you sign up, please choose only one of the dates. Let me know if you have any questions about this!

I've received some great ideas for future programming, so stay tuned! Thank you all for your feedback! hope everyone has a wonderful month!

*Kara Harper*

**Health & Wellness Program Coordinator**

**513-244-5494**

**[kpierson@muchmorethanameal.org](mailto:kpierson@muchmorethanameal.org)**

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

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## October 2025 In-Person Health & Wellness



### City Stops: The Echo - Hyde Park

Friday, October 3<sup>rd</sup> OR 17<sup>th</sup> from 11:30 AM- 1PM

3510 Edwards Rd, Cincinnati, OH 45208

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 The Echo, a local diner that's been in business and through many transformations since 1945.

**REGISTRATION REQUIRED by October 1<sup>st</sup> - Pick One Date**



### 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



### Chess with Chess Earth

Wednesday, October 8<sup>th</sup> and 22<sup>nd</sup>

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.

**REGISTRATION REQUIRED by October 6<sup>th</sup> and 19<sup>th</sup>**



### Intro to Smartphone Photography

Friday, October 10<sup>th</sup> from 2 - 3 PM

The Madison Place Coffee Shop

4200 Plainville Rd, Cincinnati, OH 45227

Cost: FREE

This beginner-friendly class covers simple tips for lighting, composition, and using built-in camera features—no tech experience needed.

**REGISTRATION REQUIRED by October 8<sup>th</sup>**



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## October 2025 In-Person Health & Wellness



### Senior Self Care Series:

#### Make Your Own Relaxation Oils with Kara

Monday, October 13th from 1- 2 PM

Madisonville Branch Library

4910 Whetsel Ave, Cincinnati, OH 45227

Cost: FREE

Join us for our Senior Self-Care Series, a time to slow down, connect, and nurture your well-being. This month, we'll explore the soothing world of aromatherapy and create custom relaxation oil blends to take home. Led by Kara.

**REGISTRATION REQUIRED by October 8TH**



### Partner Program: Brains in Bloom

Friday, October 17<sup>th</sup> 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 OCTOBER 12TH**



### Art With Abrakadoodle

Monday, October 20th, 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 OCTOBER 13TH**

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## October 2025 In-Person Health & Wellness



### Findlay Market Tour, Shopping, & Lunch

Friday, October 24th, from 11 AM - 1 PM

1801 Race St, Cincinnati, OH 45202

Cost: \$10 For Tour + PAY YOUR WAY FOR SHOPPING & LUNCH

Join us for a 45-minute walking tour and discussion about the past, present and future of Findlay market! Then you'll get to choose a snack from six food options from a Findlay Market merchant. We'll also have time to enjoy some lunch and shopping after our tour. You will need to call Jenna in our Accounting Department at 513-244-0684 to purchase your ticket over the phone. Your registration will not be complete without this step. We are limited to only 15 spots.

**REGISTRATION REQUIRED BY OCTOBER 13TH**



### Library Lunch & Learn: Historic Hauntings

Monday, October 27th 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 The Cincinnati Public Library. Learn about the history of ghost stories and hauntings in the Cincinnati and Northern Kentucky area from the founding of the city right up to the present time. Lunch provided. Limited spots available.

**REGISTRATION REQUIRED BY OCTOBER 16TH**



### Sip or Treat Party

Friday, October 31st from 11 AM – 1 PM

Carnegie Center of Columbia Tusculum

3738 Eastern Ave., Cincinnati, Ohio 45226

Cost: FREE

Whether you celebrate Halloween or just enjoy the Fall season, we invite you to join us for a nostalgic fall celebration featuring music, food, and an Apple Cider Bar. Feel free to wear a Halloween costume or a fall festive outfit.

**REGISTRATION REQUIRED BY OCTOBER 22ND**

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## October 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!

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## October 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.

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# October 2025

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

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			1	2	3	4
			11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner	10 – 11 AM: Chair Yoga 12 - 1:PM: 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 11:30 AM – 1 PM City Stops: The Echo Restaurant	
5	6	7	8	9	10	11
	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	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 AM – 12 PM: Chess 11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner	10 – 11 AM: Chair Yoga 12 - 1:PM: Zentangle 2 – 3 PM: Strength Training	9:30 - 10:00 AM Mindful Mornings 10:30 - 11:30 AM Sr Exercise 2 – 3 PM: Intro to Smartphone Photography	
12	13	14	15	16	17	18
	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 – 2 PM: Senior Self Care Series	12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 – 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 - 1:PM: 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 11:30 AM – 1 PM City Stops: The Echo Restaurant 1-2 PM : Brains In Bloom	
19	20	21	22	23	24	25
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26	27	28	29	30	31	
	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 11:30 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	11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner	10 – 11 AM: Chair Yoga 12 - 1:PM: Zentangle 2 – 3 PM: Strength Training	9:30 - 10:00 AM: Mindful Mornings 10:30 - 11:30 AM: Sr Exercise 11 AM– 1 PM: Sip or Treat Party	