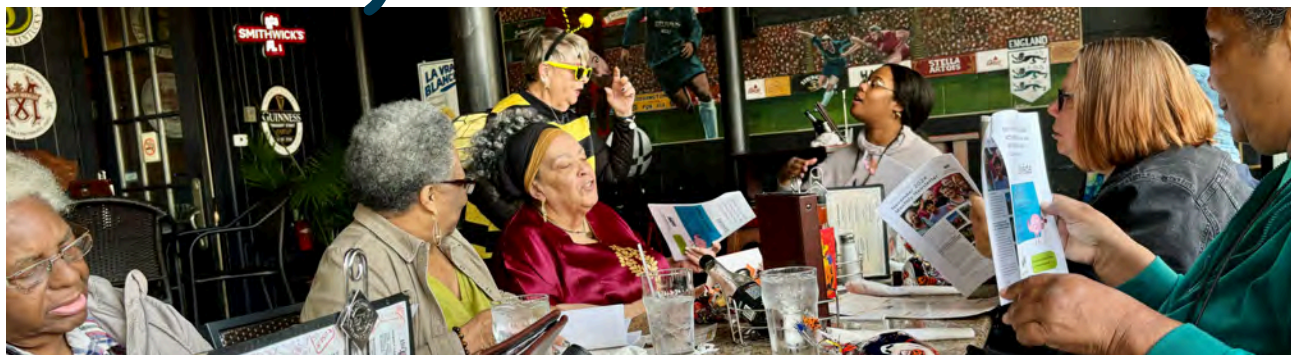

December 2025 Monthly Newsletter



Hello Everyone! Can you believe we are already in December of 2025?

- Transportation Update: Beginning this month, our transportation team will be making a few adjustments to help ensure we can continue supporting everyone who relies on us. Because demand for rides has grown so much, we'll need to match pick-ups and destinations within certain zones. Additionally, we kindly ask that you do not request transportation services if you have the ability to drive. This helps us use our limited vehicles and drivers as efficiently as possible, so we can continue providing essential trips, like doctor's appointments and grocery shopping, to those who need them most. We know any change can feel challenging, and we truly appreciate your patience while we make this transition. We'll be sharing more information about these zones in January, and our staff is always here to answer questions or help you understand how this may affect your ride requests. Thank you for your understanding and for being part of our community. We're committed to supporting you the best we can.*
- Holiday Luncheon: We're turning up the holiday cheer with a Holiday Luncheon! Enjoy live holiday music provided by the one and only, Cheryl Renee, tasty food, and festive fun with friends! More details inside.*



Kara Harper

Health & Wellness Program Coordinator

513-244-5494

kpierson@muchmorethanameal.org

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

December 2025 In-Person Health & Wellness



City Stops: Grand Buffet

Friday, December 5th OR 22nd from 11:30 AM- 1PM
3320 Highland Ave, Cincinnati, OH 45213

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. In December, we're back in the Pleasant Ridge neighborhood for an all-you-can-eat Chinese feast at Grand Buffet.

REGISTRATION REQUIRED by December 1st or 13th.



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. No Registration Required. Class is held in Room 301 (elevator available).

Participants should enter through the main entrance on the Michigan side. No class 12/16, 12/23. or 12/30



Senior Self Care Series:

Chair Yoga + Tea Tasting

Monday, December 8th 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, Melanie Moon will lead us through a relaxing Chair Yoga Session. There will also be a variety of teas available to sip and enjoy. Space is very limited.

REGISTRATION REQUIRED by December 1st

December In-Person Health & Wellness



Chess with Chess Earth

Wednesday, December 10th

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 December 8th



Intro to Smartphone Photography

Friday, December 12th 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. No Transportation.

**REGISTRATION REQUIRED
by December 10TH**



Art With Abrakadoodle

Monday, December 15th, 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 DECEMBER 8TH

December 2025 In-Person Health & Wellness



Holiday Luncheon

Friday, December 19th from 11 AM – 1 PM

Carnegie Center of Columbia Tusculum

3738 Eastern Ave., Cincinnati, Ohio 45226

Cost: FREE

We're turning up the holiday cheer with a Holiday Luncheon! Enjoy live holiday music provided by the one and only, Cheryl Renee, tasty food, and festive fun with friends!

REGISTRATION REQUIRED BY DECEMBER 9TH



Partner Program: Brains in Bloom

Friday, December 19th 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 DECEMBER 12TH



Library Lunch & Learn:

Rookwood Pottery

Monday, December 29th 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.. This program presents the history of Rookwood Pottery — its development, decline and resurgence. Discuss and view examples of Rookwood Faience decorative architectural tiles that can be found in Cincinnati and throughout the United States. Lunch provided. Limited spots available.

REGISTRATION REQUIRED BY DECEMBER 17TH

December 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!

December 2025 Virtual Health & Wellness



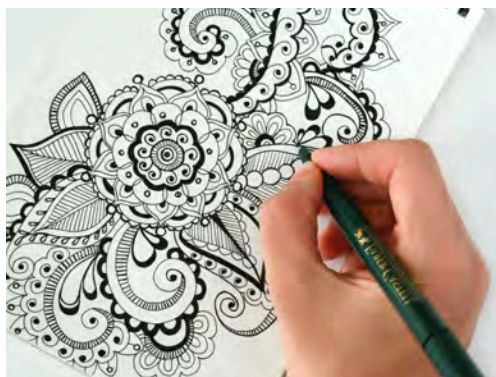
Chair Yoga with Joan

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.

cincinnati  art museum

MEALS  WHEELS®
SOUTHWEST OH & NORTHERN

ArtWorks

Present

2026 Senior Artist Cohort

We invite you to participate in a powerful series of Art & Wellbeing Workshops that amplifies your voice and creativity.

- Create artwork inspired by your life and story
- Experiment with a variety of art materials
- Collaborate with a professional local artist
- Participate in 5 monthly interactive art-making workshops, followed by a reception and the opportunity to see your artwork displayed at the Cincinnati Art Museum in a public exhibition!

Participants must be available for the following:

- January 9th– 10 AM – 12 PM: Gallery Tour + Studio Session
- February 13th– 11 AM – 1 PM: Studio Session
- March 13th– 11 AM – 1 PM: Studio Session
- April 10th – 11 AM – 1 PM: Studio Session
- May 8th : 11 AM – 1 PM: Studio Session
- May 29th: 11 AM– 1 PM: Artist Reception

**Register by December 12th
at 513-244-5494 or
kpierson@muchmorethanameal.org**



December 2025

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

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1	2	3	4	5	6
	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 1-3: Booth Social Club	12 – 1 PM: Ageless Yoga 1 – 2:30 PM: Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 PM– 4:30 PM: Brain Games	10 AM – 12 PM: Cambridge Arms Social Club 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: Grand Buffet	
7	8	9	10	1	12	13
	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 – 3 PM: Senior Self Care Series	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 1 -3 PM	10 – 11 AM: Chair Yoga 12 - 1:PM: Zentangle 2 – 3 PM: Strength Training 1-3: Page Towers Social Club	9:30 - 10:00 AM Mindful Mornings 10:30 - 11:30 AM Sr Exercise 1:30 – 3 PM: Intro to Smartphone Photography	
14	15	16	17	18	19	20
	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 No Tai Chi 3:30 – 4:30 PM: Brain Games	10 AM – 12 PM: Hillcrest Social Club 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 – 1 PM: Holiday Luncheon	
21	22	23	24	25	26	27
	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 City Stops: Grand Buffet	12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives No Tai Chi 3:30 PM– 4:30 PM: Brain Games	Merry Christmas Office Closed	Merry Christmas Office Closed	9:30 - 10:00 AM Mindful Mornings 10:30 - 11:30 AM Sr Exercise	
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 – 1 PM: Library Lunch & Learn	12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives No Tai Chi 3:30 PM– 4:30 PM: Brain Games	11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner			