



MEALS on WHEELS
SOUTHWEST OH & NORTHERN KY

HEALTH & WELLNESS PROGRAMS

February 2026 Newsletter

Happy February!

2026 is off to a wonderful start! I'd like to welcome all new members and say thank you to our returning members!

We have a few Black History Month Themed Programs this month including:

- Library Lunch & Learn: The African American Experience in Music Hall:
- Senior Self Care: The Hands That Built Us- A Relaxing DIY Hand Soak Workshop
- Popcorn & Perspectives Online Cinema Club: High on The Hog Docuseries

Keep reading for more details!

March Save-The-Dates:

- Tuesday, March 3rd: Caring for the Caregiver Virtual Writing Experience
- Monday, March 30th: Spring Social

As always, please reach out with any questions!

Kara Harper

Health & Wellness Program Coordinator
513-244-5494

kpierson@muchmorethanameal.org

Office Hours:

Monday through Friday, 9 a.m. to 4 p.m.



Happy Birthday!

2/14: Donna Kinney



February 2026 In-Person Health & Wellness



Senior Self-Care Series: The Hands That Built Us

Monday, Feb. 9, 1 p.m. to 2 p.m.

Madisonville Branch Public Library

4910 Whetsel Ave, Cincinnati, OH 45227

Cost: FREE

In celebration of Black History Month, enjoy a calming DIY hand soak experience where you'll create your own custom blend and treat your hands to a little extra care, with the sounds of Black musical composers as our backdrop.

**Transportation will be available to the East Zone only.
Registration Required by Feb. 2**



Tai Chi Flow (In-Person)

Every Tuesday, 2 to 2:45 p.m.

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 provided. No registration required.



Chess with Chess Earth

Wednesday, Feb. 11 and 25, 11 a.m to 12 p.m.

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 provided.
Registration Required by Feb. 9 and 23**

February 2026 In-Person Health & Wellness



Tech Talks: Smartphone Photography

Friday, Feb. 13, 2 to 3 p.m.

Madison Place Coffeeshop

4200 Plainville Rd, Cincinnati, OH 45227

Cost: FREE

Each month we meet for coffee and explore the topic of technology. This month, we continue our Smartphone Photography Series, which covers simple tips for lighting, composition, and using built-in camera features

No transportation provided.

Registration Required by Feb. 11



Art with Abrakadoodle

Monday, Feb. 16, 1:30 p.m. to 3 p.m.

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.

Transportation Available to East Zone Only

Registration required by Feb. 11



City Stops: Chicken on The Run

Friday, Feb. 20, 11:30 a.m. to 1 p.m

Chicken On The Run

7255 Ohio Ave, Cincinnati, OH 45236

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. This month, we visit Chicken on The Run in the Wyoming neighborhood.

Transportation Available for Northeast Zone Only

Registration required by Feb. 17

To RSVP: email kpierson@muchmorethanameal.org, or call Kara Harper at 513-244-5494

February 2026 In-Person Health & Wellness



Partner Program: Brains In Bloom

Friday, Feb. 20, 1 p.m. to 2 p.m.

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 provided.

Registration required by Feb. 13



Library Lunch & Learn: The African American Experience in Music Hall

Friday, Feb. 27, 11:30 a.m. to 1 p.m.

Reading Branch Public Library

8740 Reading Rd, Cincinnati, OH 45215

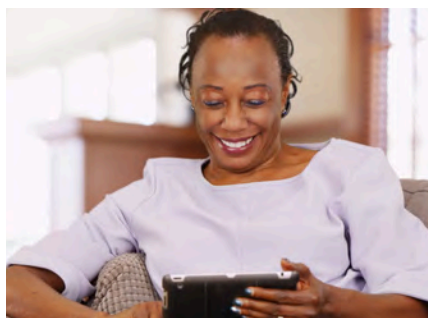
Cost: FREE

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. In celebration of Black History Month, we will learn about the contributions African Americans have been made to Cincinnati Music Hall's history. The South Hall ballroom hosted jazz, R&B, and rock 'n' roll legends, including Duke Ellington. The North Hall sports arena launched the careers of athletes such as boxer Ezzard Charles. Discover the stories of determination and artistry that shape our city's identity within Music Hall's three buildings.

Transportation available to Northeast Zone only

Registration Required by Feb. 19

FEBRUARY 2026 Virtual Health & Wellness



Mindful Mornings

Every Monday and Friday, 9:30 to 10 a.m.
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, 11:30 a.m. to 12:30 p.m.
Online via Televeda

Cost: FREE

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.



Tai Chi Qigong Shibashi

Every Monday and Friday, 11 a.m. to Noon
Online via Televeda

Cost: FREE

A gentle practice combining Yang Style Tai Chi and Qigong to improve posture, balance, muscle tone and joint mobility. Designed to support health conditions such as back pain, lung disease and hypertension.

MONTH 2026 Virtual Health & Wellness



Popcorn & Perspectives Cinema Club High on The Hog Docuseries

**Every Tuesday, 1 to 2:30 p.m.
Online via Televeda**

Cost: FREE

Each week, we watch a movie or show together, followed by a discussion. We'll send you some single-serve, microwavable popcorn to enjoy, upon request! This month,, we celebrate Black History Month with High On The Hog, a four-part Netflix docuseries that follows food writer Stephen Satterfield on a culinary journey from Africa to the American South. The series explores the origins and lasting influence of African American food traditions on American and global cuisine. Through powerful storytelling and interviews with chefs and historians, it highlights stories of resilience, creativity, and cultural impact. The series is adapted from Dr. Jessica B. Harris's book of the same name and showcases Black America's essential, foundational role in shaping the nation's kitchen.



Chair Yoga with Joan

**Every Thursday, 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.

February 2026

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

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2	3	4	5	6	7
	9:30 – 10 AM: Mindful Mornings 11 AM – 12 PM: Tai Chi Qigong Shibashi 11:30 AM – 12:30 PM: Sr Exercise 1 – 3 PM: Booth Social Club	12 – 1 PM: Ageless Yoga 1 – 2:30 PM: Popcorn & Perspectives 2 – 2:45 PM: Tai Chi 3:30 – 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 AM: Mindful Mornings 10:30 – 11:30 AM: Sr Exercise	
8	9	10	11	12	13	14
	9:30 – 10 AM: Mindful Mornings 11 AM – 12 PM: Tai Chi Qigong Shibashi 11:30 AM – 12:30 PM: Sr Exercise 1 – 2 PM: Senior Self Care Series: The Hands That Built Us	12 – 1 PM: Ageless Yoga 1 – 2:30 PM: Popcorn & Perspectives 2 – 2:45 PM: 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 – 1 PM: Zentangle 2 – 3 PM: Strength Training 1 – 3 PM: Page Towers Social Club	9:30 – 10 AM: Mindful Mornings 10:30 – 11:30 AM: Sr Exercise 10 AM – 12 PM: Senior Artist Cohort 2 – 3 PM: Tech Talks: Smartphone Photography	
15	16	17	18	19	20	21
	9:30 - 10 AM: Mindful Mornings 11 AM – 12 PM: Tai Chi Qigong Shibashi 11:30 AM – 12:30 PM: Sr Exercise 1:30 – 3 PM: Art with Abrakadoodle	12 – 1 PM: Ageless Yoga 1 – 2:30 PM: Popcorn & Perspectives 2 – 2:45 PM: 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 1 – 2 PM: Hillcrest Self Care 2 – 3 PM: Hillcrest Spanish Club	9:30 – 10 AM: Mindful Mornings 10:30 – 11:30 AM: Sr Exercise 11:30 AM – 1 PM: Chicken On The Run	
22	23	24	25	26	27	28
	9:30 - 10 AM: Mindful Mornings 11 AM – 12 PM: Tai Chi Qigong Shibashi 11:30 AM – 12:30 PM: Sr Exercise 11:30 AM – 3 PM: Dominoes Divas & Dudes	12 – 1 PM: Ageless Yoga 1 – 2:30 PM: Popcorn & Perspectives 2 – 2:45 PM: 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 1 – 3 PM: Courtyard Social Club	9:30 – 10 AM: Mindful Mornings 10:30 – 11:30 AM: Sr Exercise 11:30 AM – 1 PM: Library Lunch & Learn: African American Experience in Music Hall	