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# January 2026 Health & Wellness Newsletter



Happy New Year!!

We are dedicated to providing a welcoming and high-quality experience for our seniors. While our resources may be limited, our care, attention, and commitment to creating meaningful programs remain strong.

## Happy Birthday

Catherine Davis

Linda Hess

Nick Payne

Dianna Watson

After reviewing participant feedback and our organizational capacity, we have made several changes to our Participation and Transportation Policies, and we've also added a list of Participant Community Agreements. These updates are meant to help create a welcoming, safe, and supportive environment for everyone. All of which you will find at the end of this month's newsletter. As always, please let me know if you have questions. We're looking forward to another year of community and connection.



*Kara Harper*

Health & Wellness Program Coordinator

513-244-5494

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

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## January 2026 In-Person Health & Wellness



### **City Stops: TAGLIO Pizzeria**

Friday, January 16th from 11:30 AM- 1PM

3531 Columbia Pkwy, Cincinnati, OH 45226

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 TAGLIO Pizzeria. Transportation will be available to the East Zone only.

**REGISTRATION REQUIRED** by January 9<sup>th</sup>.



### **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.



### **Senior Self Care Series:**

#### **Journal Decorating**

Monday, January 12th 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.

Journaling is a practice that helps with emotional wellbeing. Come decorate your very own journal Space is very limited. Transportation Available to the East Zone Only

**REGISTRATION REQUIRED** by January 7th



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## January 2026 In-Person Health & Wellness



### Chess with Chess Earth

Wednesday, January 14th and 28th  
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 January 12<sup>th</sup> and 26<sup>th</sup>



### Tech Talks: Smartphone Photography

Friday, January 9th 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 January 7<sup>th</sup>



### Art With Abrakadoodle

Monday, January 26th, 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. Transportation Available to East Zone Only

**REGISTRATION REQUIRED BY JANUARY 21ST**

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## January 2026 In-Person Health & Wellness



### **Partner Program: Brains in Bloom**

Friday, January 16th 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 JANUARY 9TH**



### **Library Lunch & Learn: American Sign Museum**

Friday January 23rd 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. From glowing neon to classic roadside icons, this presentation introduces the remarkable collection of the American Sign Museum. Learn how signs shaped American neighborhoods, businesses, and everyday life—and why preserving them matters today. Lunch provided. Limited spots available. Transportation Available to Northeast Zone only.

**REGISTRATION REQUIRED BY JANUARY 12TH**

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## January 2026 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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## January 2026 Virtual Health & Wellness



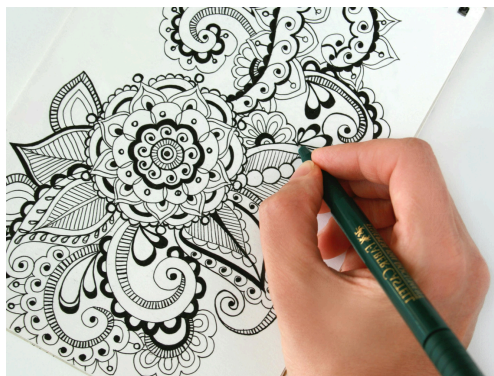
### **Chair Yoga with Joan**

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.

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# What To Expect in 2026

## Transportation Zones + Policies

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. Here are the zones as follows:

### Transportation Zones

#### East Zone

- Walnut Hills
- East End
- Hyde Park
- Oakley
- Mt. Lookout
- Madisonville
- South Norwood
- Evanston
- Fairfax
- Over-the-Rhine
- Mt Auburn
- Downtown
- Mt Adams

#### Northeast Zone

- Pleasant Ridge
- Silverton
- Amberley
- Deer Park
- Wyoming
- Roselawn
- Hartwell
- Reading
- Finneytown
- Winton Hills
- Mt. Healthy (right side Hamilton Ave)
- Pleasant Hills
- Woodlawn
- Corryville
- Avondale
- Clifton

- Camp Washington

#### West Zone

- Fairmount
- Price Hill (East/West)
- Delhi
- Western Hills
- Covedale
- Cheviot
- Westwood
- Bridgetown North
- Montfort Heights South
- West End

#### Northwest Zone

##### Neighborhoods Served:

- Northside
- College Hill
- Mt Healthy (left side Hamilton Ave.)
- White Oak
- Montfort Heights East
- Mt Airy
- Colerain Township

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

## Updated Participation Policies

### Late Cancellations & No-Shows

We strive to make our programs as accessible and enjoyable as possible. Please keep in mind that each program requires advance planning, including coordinating transportation, ordering food, and preparing supplies. Late cancellations can make planning difficult and may prevent other participants from attending.

- A **late cancellation** is defined as canceling within **2 business days** of the event.
- We follow a **3-strike policy**: after **three late cancellations**, participants will be placed on a temporary registration hold.
- A **no-show** will result in an **immediate temporary hold**.
- **Inclement weather** is an exception to this policy.
- Registration closes **2 business days before each event**; no additions can be made after that time.

We know any change can feel challenging, and we truly appreciate your patience while we make this transition. Thank you for your understanding and for being part of our community. We're committed to supporting you the best we can



## Reoccurring In-Person Programs

- City Stops
  - 3<sup>rd</sup> Fridays of each month (unless otherwise specified)
  - We will alternate transportation zones each month
- Art With Abrakadoodle
  - 3<sup>rd</sup> Mondays of Each Month (unless otherwise specified)
  - Transportation Only Available to the Eastern Zone
- Chess
  - 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of Each Month
  - No transportation available
- Senior Self Care
  - 2<sup>nd</sup> Mondays of Each Month
  - Transportation available for East Zone Only
- Library Lunch & Learn
  - 4<sup>th</sup> Fridays of each month (unless otherwise specified)
  - Transportation Available to Northeast Zone Only
- Monthly Tech Talks (formerly Smartphone Photography)
  - 2<sup>nd</sup> Friday of Each Month
  - No Transportation available
- Tai Chi Flow
  - Every Tuesday
  - No Transportation Available

## Birthday Club

We believe every birthday deserves to be celebrated! Our new Senior Birthday Club is a special way to honor you and your milestones. Starting January 2026, we'll celebrate all our members with birthdays each month by sharing a small token of appreciation and a special acknowledgment in our printed and online newsletters. You must sign up to be on the list.

To sign up for the Birthday Club, contact Kara at 513-244-5494 or [kpierson@muchmorethanameal.org](mailto:kpierson@muchmorethanameal.org)

# Community Agreements

Our community is built on care, respect, and shared responsibility. These agreements help create a welcoming, safe, and supportive environment for everyone. By participating in our programs, we agree to the following:

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## Community & Kindness

- We seek out and warmly welcome new members.
  - We try to engage with a variety of participants, not just those we already know.
  - We bring a positive and respectful attitude to each program.
  - Any concerns or feedback should be shared directly with the Program Coordinator **after** the event, rather than during the session.
  - We remain open to experimenting, trying new activities, and learning together.
  - We embrace new information and understand that growth can be uncomfortable.
  - We allow space for mistakes and offer one another grace and understanding.
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## Patience

- We practice patience when technology does not work as expected.
  - We are patient and respectful with staff when visiting restaurants or community spaces.
  - We allow the Program Coordinator at least **48 business hours** to respond to phone calls or emails.
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## Confidentiality

- What is shared within the group stays within the group.
- Some programs may invite more personal or vulnerable sharing.
- Participants may be trying new skills for the first time.
- We commit to fostering a culture of trust, respect, and support by:
  - Engaging in supportive and respectful conversation
  - Refraining from gossip or sharing others' personal information



# January 2026

VIRTUAL (IN BLACK)  
IN-PERSON (IN BLUE)  
SOCIAL CLUB (In GREEN)

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1	2	3
				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	
4	5	6	7	8	9	10
	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: Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 – 4:30 PM: Brain Games	10 AM – 12 PM: Social Club at Cambridge Arms 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 - 10:00 AM Mindful Mornings 10:30 - 11:30 AM Sr Exercise 10 AM - 12 PM: Senior Artist Cohort 2-3 PM: Tech Talk	
11	12	13.	14	15	- 16	17
	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 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 1-2: Hillcrest Self Care 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: TAGLIO Pizzeria	
18	19	20	21	22	23	24
	HAPPY MARTIN LUTHER KING Jr. DAY OFFICE CLOSED	12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives 2 – 2:45: 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	9:30 - 10:00 AM: Mindful Mornings 10:30 - 11:30 AM: Sr Exercise 11:30 AM – 1 PM: Library Lunch & Learn	
25	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 – 3 PM: Dominoes Divas & Dudes 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 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	