



**MEALS on WHEELS**  
SOUTHWEST OH & NORTHERN KY

**HEALTH & WELLNESS PROGRAMS**

# March 2026 Newsletter

Welcome to March!

Hopefully this month we all get an opportunity to thaw out from the snow. We have a few special programs this month including:

- 3/3: Caring For Caregivers Virtual Writing Experience: a virtual, free, and supportive writing experience that helps current and former family caregivers process emotions, reduce stress, and combat isolation through poetry, journaling, and storytelling. Contact me for more info!
- 3/5: Digital Legacy at a Glance: Have you thought about your digital legacy? Not sure what that is? In this virtual program, we'll explore this relatively new concept regarding what will happen to your digital content after you're gone.
- 3/30: Spring Social: Join us for a cheerful Spring Social with music, food, and great company as we welcome the new season together.

More details inside!

*Kara Harper*

**Health & Wellness Program Coordinator**  
**513-244-5494**

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

**Office Hours:**

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



## Happy Birthday!

**Joan Riemar**



# March 2026 In-Person Health & Wellness



**Senior Self-Care Series: The Words We Carry**  
**Monday, Mar. 9, 1 p.m. to 2 p.m.**  
**Madisonville Branch Public Library**  
**4910 Whetsel Ave, Cincinnati, OH 45227**

Cost: FREE

Enjoy a relaxing creative session where you'll decorate a personalized tote bag with positive and encouraging words and designs. This easy, hands-on activity is a lovely way to express yourself and take home a daily reminder of joy.

**Transportation will be available to the East Zone only.**  
**Registration Required by Mar. 4**



## 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, Mar. 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 Mar. 9 and 23**

**To RSVP: email [kpierson@muchmorethanameal.org](mailto:kpierson@muchmorethanameal.org), or call Kara Harper at 513-244-5494**

# March 2026 In-Person Health & Wellness



## Tech Talks: Smartphone Photography

Friday, Mar. 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 Mar. 11**



## Art with Abrakadoodle

Monday, Mar. 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 Mar. 11**



## City Stops: Flavors n Spices Indian Restaurant

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

Flavors n Spices Indian Restaurant

628 Vine St, Cincinnati, OH 45202

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're heading downtown to try the lunch menu at Flavors n Spices Indian Restaurant.

**Transportation Available for East Zone Only**

**Registration required by Mar. 17**

# March 2026 In-Person Health & Wellness



## **Partner Program: Brains In Bloom**

**Friday, Mar. 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 Mar. 13**



## **Library Lunch & Learn: Designing Women - Cincinnati's Dressmakers**

**Friday, Mar. 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 Women's History Month, the Cincinnati Art Museum will introduce us to the best in women's fashion from the late 19th and early 20th century, and the Cincinnati women designers who made it happen. Lunch Provided. Seats are limited.

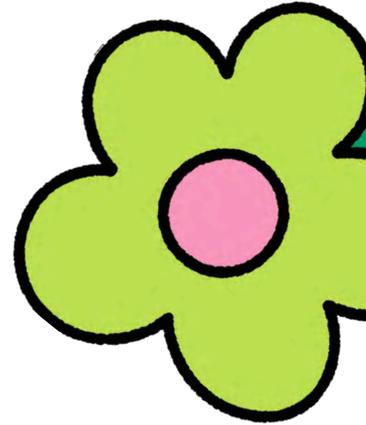
**Transportation available to Northeast Zone only**

**Registration Required by Mar. 19**



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# Senior Spring Social

Monday, March 30, 2026

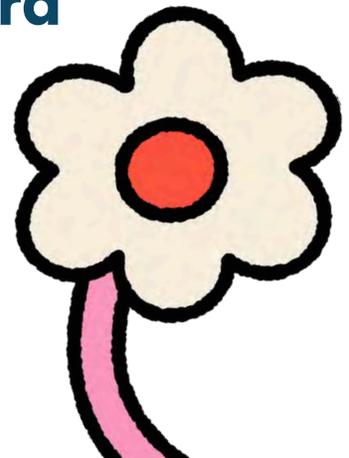
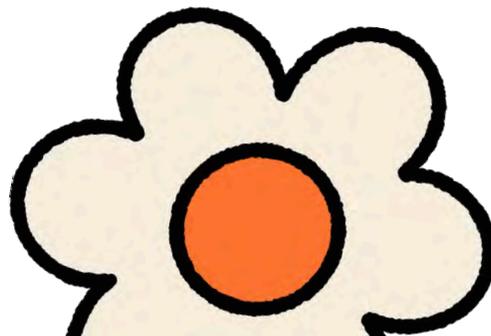
12 – 2 PM

Join us for a cheerful Spring Social with music, food, and great company as we welcome the new season together.

## Knox Presbyterian Church

3400 Michigan Ave, Cincinnati, OH 45208

RSVP Required by March 23rd



To RSVP: email [kpierson@muchmorethanameal.org](mailto:kpierson@muchmorethanameal.org), or call Kara Harper at 513-244-5494

# MARCH 2026 Virtual Health & Wellness



## **Digital Legacy at a Glance**

**Mar. 10th, 10:30 - 11:30 AM**

**Online via Televeda**

Cost: FREE

Have you thought about your digital legacy? Not sure what that is? In this program, we'll explore this relatively new concept regarding what will happen to your digital content after you're gone. We'll explain some of the legacy options provided by the biggest tech companies and show you how to find out more information in the Settings and Help Sections of popular websites and apps. You'll also learn some best practices for planning your digital legacy. Facilitated by Breanna Williams, Social Connection Program Manager



## **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.

**To RSVP: email [kpierson@muchmorethanameal.org](mailto:kpierson@muchmorethanameal.org), or call Kara Harper at 513-244-5494**

# MARCH 2026 Virtual Health & Wellness



## Popcorn & Perspectives Cinema Club Bold Women, Big Stories

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

Cost: FREE

Each week, we watch a movie or series together, followed by a discussion. We'll send you some single-serve, microwavable popcorn to enjoy, upon request! This month,, we celebrate Women's History Month with a collection of stories about bold, brave women and girls:

- **On The Basis of Sex** is a legal drama film based on the life and early cases of Ruth Bader Ginsburg, who was the second woman to serve as an Associate Justice of the United States Supreme Court.
- **Shirley** is a biographical drama starring Regina King as Shirley Chisholm, the first Black congresswoman, chronicling her audacious 1972 presidential campaign.
- **Girl Rising** is a powerful documentary following nine girls from developing nations—including Cambodia, Haiti, Nepal, and Ethiopia—who overcome immense barriers like forced labor and gender discrimination through education.



## 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.

# March 2026

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

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2	3	4	5	6	7
	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 <b>1 – 3 PM: Booth Social Club</b>	10 AM – 12 PM: Caring For Caregivers Writing Experience 12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives <b>2 – 2:45: Tai Chi</b> 3:30 – 4:30 PM: Brain Games	<b>10 AM – 12 PM: Cambridge Arms Social Club</b> 11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner	<b>No Chair Yoga</b> 12 - 1:PM: Zentangle 2 – 3 PM: Strength Training <b>2– 3 PM: Hillcrest Spanish Club</b> 4:30 – 5 PM: Is it a Scam?	9:30 - 10:00 AM Mindful Mornings 10:30 - 11:30 AM Sr Exercise	
8	9	10	11	12	13	14
	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 <b>1 – 2 PM: Senior Self Care Series: Custom Totebags</b>	10:30 - 11:30 AM: Digital Legacy at a Glance 12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives <b>2 – 2:45: Tai Chi</b> 3:30 – 4:30 PM: Brain Games	<b>11 AM – 12 PM: Chess</b> 11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner	10 – 11 AM: Chair Yoga 12 - 1:PM: Zentangle <b>1 - 3: Page Towers Social Club</b> 2 – 3 PM: Strength Training	<b>No Mindful Mornings</b> 10:30 - 11:30 AM Sr Exercise 11 AM - 1PM: Senior Artist Cohort <b>2-3 PM: Tech Talks: Smartphone Photography</b>	
15	16	17	18	19	20	21
	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 <b>1:30 – 3PM Art with Abrakadoodle</b>	12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives <b>2 – 2:45: Tai Chi</b> 3:30 PM– 4:30 PM: Brain Games	<b>10 AM – 12 PM: Hillcrest Social Club</b> 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 <b>1 – 2 PM: Hillcrest Self Care</b> <b>2– 3 PM: Hillcrest Spanish Club</b> 4:30 – 5 PM: Is it a Scam?	9:30 - 10:00 AM Mindful Mornings 10:30 - 11:30 AM Sr Exercise <b>11:30 AM – 1 PM: City Stops: Flavors N Spices Indian Restaurant</b>	
22	23	24	25	26	27	28
	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 <b>11:30 AM – 3 PM: Dominoes Divas &amp; Dudes</b> <b>1 – 3 PM : Courtyard Social Club</b>	12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives <b>2 – 2:45: Tai Chi</b> 3:30 PM– 4:30 PM: Brain Games	<b>11 AM – 12 PM: Chess</b> 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 <b>11:30 AM – 1 PM: Library Lunch &amp; Learn: Designing Women</b>	
29	30	31				
	<b>No Mindful Mornings</b> 11:00 AM – 12:00 PM: Tai Chi Qigong Shibashi 11:30 AM – 12:30 PM: Sr Exercise <b>12 - 2 PM: Spring Social</b>	12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives <b>2 – 2:45: Tai Chi</b> 3:30 PM– 4:30 PM: Brain Games				