



MEALS on WHEELS
SOUTHWEST OH & NORTHERN KY

HEALTH & WELLNESS PROGRAMS

April 2026 Newsletter

Happy April Everyone!

Just a few notes this month!

- **New Program:** This month I will be piloting a new virtual program called Radio Hour which is a cozy online gathering where we listen to vintage radio shows together. As the stories unfold, you are invited to work on your own project—whether that’s decluttering, cleaning, or a creative activity—while enjoying a relaxed, nostalgic atmosphere. So if Spring cleaning and decluttering is on your to-do list, come join us and we can get our projects done together!
- **Office Hours:** I will be out of the office on Wednesday April 15th on PTO and the Meals on Wheels Offices will be closed on Friday, April 17th for an All-Staff Meeting.
- We will not be having our usual Senior Self Care on Monday April 13th this month, but instead will be making our City Stops trip to Brotherton’s Family Restaurant.



Happy Birthday!
No April Birthdays :)

Kara Harper

Health & Wellness Program Coordinator
513-244-5494

kpierson@muchmorethanameal.org

Office Hours:

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



April 2026 In-Person Health & Wellness



City Stops: Brotherton's Family Restaurant
Monday, Apr. 13, 11:30 a.m. to 1 p.m.
Brotherton's Family Restaurant
7517 Hamilton Ave, Cincinnati, OH 45231

Cost: PAY YOUR WAY

City Stops is a program designed to bring you out of your usual environment, exposing you to Cincinnati's food scene. This month we're heading to Brotherton's Family Restaurant for comfort food and warm hospitality.

Transportation Available for Northeast Zone Only
Registration required by Apr. 8

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, Apr. 8 and 22, 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 Apr. 6 and 20

April 2026 In-Person Health & Wellness



Tech Talks: Smartphone Photography

Friday, Apr. 10, 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 April. 8

Art with Abrakadoodle

Monday, Apr. 20, 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 + Hillcrest Only

Registration required by Apr. 15



Partner Program: Brains In Bloom

Friday, Apr. 17, 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 Apr. 10



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

April 2026 In-Person Health & Wellness



Library Lunch & Learn: The History of The McDonald's Sign

Friday, Apr. 24, 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. This presentation by the Cincinnati Museum Center explores the history of McDonald's through the evolution of its iconic signage. From the 1950s restaurant buildings where the Golden Arches first appeared as architectural features, to their transformation into a global symbol in the early 1960s, discover how one sign became one of the most recognizable brand icons in the world. Lunch Provided. Seats are limited.

**Transportation available to Northeast Zone only
Registration Required by Apr. 16**

APRIL 2026 Virtual Health & Wellness

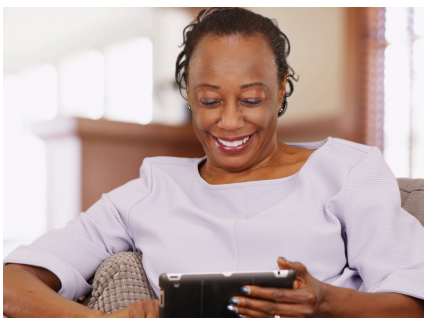


Radio Hour

Friday, April 3, 11 a.m to 12 p.m.
Online via Televeda

Cost: FREE

Join us for a cozy online gathering where we listen to vintage radio shows together. As the stories unfold, participants are invited to work on their own projects—whether that's decluttering, cleaning, or a creative activity—while enjoying a relaxed, nostalgic atmosphere.



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.



Digital Couponing

Tuesday, April 14th from 10:30 to 11:30 a.m.

Online via Televeda

Cost: FREE

If you like saving money on groceries and everyday items, then this session is for you! You'll learn about coupon websites, apps and databases—plus tips for getting the best deals. Facilitated by Breanna Williams, Social Connection Program Manager



Tai Chi Qigong Shibashi

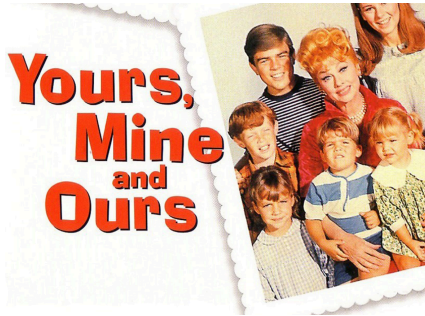
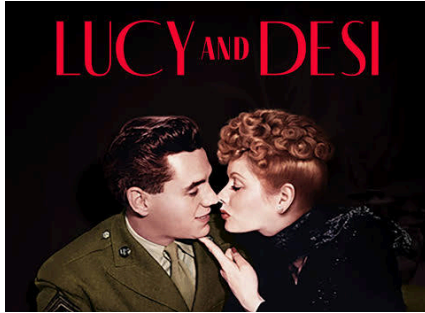
Every Monday and Friday, 11 a.m. to Noon
Online via Televeda

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, or call Kara Harper at 513-244-5494

APRIL 2026 Virtual Health & Wellness



Popcorn & Perspectives Cinema Club

Lucille Ball and Desi Arnaz
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 take a deep dive into the legacy of Lucille Ball and Desi Arnaz

- **Lucy and Desi** is a two-time Emmy winning documentary that explores the unlikely partnership and enduring legacy of one of the most prolific power couples in entertainment history. Lucille Ball and Desi Arnaz risked everything to be together.
- **I Love Lucy** is a groundbreaking TV sitcom, created by comedian Lucille Ball and her husband, musician Desi Arnaz. The show revolves around the lives of Lucy and Ricky Ricardo, a married couple navigating the challenges of domestic life in Manhattan, with Lucy's comedic attempts to break into show business often leading to humorous and zany situations.
- **Yours, Mine, & Ours** is a family comedic drama about Navy officer Frank Beardsley who is struggling to raise his 10 children in the wake of his wife's death. Frank soon begins dating Helen North (Lucille Ball), a widowed nurse with eight children of her own. After learning of their similar situations, the two are reluctant to pursue a relationship. But with the help of a mutual friend, Darrel Harrison, the two eventually fall in love and must decide about forming one big, unconventional family.

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.

April 2026

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

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			1	2	3	4
			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 AM – 12 PM: Radio Hour	
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 1 – 3 PM: 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	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 1 – 3 PM: Page Towers Social Club 2 – 3 PM: Strength Training	9:30 - 10:00 AM Mindful Mornings 10:30 - 11:30 AM Sr Exercise 11 AM - 1PM: Senior Artist Cohort 2-3 PM: Tech Talks: 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 11:30 – 1PM : City Stops: Brotherton Family Restaurant	10:30 - 11:30 AM: Digital Couponing 12 – 1 PM: Ageless Yoga 1 – 3 PM: Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 PM– 4:30 PM: Brain Games	KARA OUT OF OFFICE 11:30 AM – 12:30 PM: Sr Exercise No Spanish Club	10 – 11 AM: Chair Yoga 12 - 1:PM: Zentangle 1 – 2 PM: Hillcrest Social Club 2– 3 PM: Hillcrest Spanish Club 2 – 3 PM: Strength Training	OFFICE CLOSED FOR ALL STAFF MEETING	
19	20	21	22	23	24	25
	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 – 3 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 11:30 AM – 1 PM: Library Lunch & Learn: History of the McDonald's Sign	
26	27	28	29	30		
	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 – 3 PM : Courtyard Social Club	12 – 1 PM: Ageless Yoga 1 – 3 PM: Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 PM– 4:30 PM: Brain Games				

