



MEALS on WHEELS
SOUTHWEST OH & NORTHERN KY

HEALTH & WELLNESS PROGRAMS

May 2026 Newsletter

Happy May Everyone!

We are so excited to share what we have planned for you in celebration of Older American's Month! Here are the highlights:

- Senior Artist Cohort Exhibition and Reception: Our Senior Artists Cohort has been quietly creating deeply personal artwork on time, aging, and identity, soon to be revealed in a special public exhibition at the Cincinnati Art Museum.
- Popcorn & Perspectives: This month we'll be honoring bold, stylish, and unforgettable seniors who continue to live life on their own terms.
- Library Lunch & Learn: The Cincinnati Art Museum will give you a unique opportunity to see your own journey reflected through the art, with this month's theme "Beauty Has No Age."



Happy Birthday!

Mike Glover
Brenda Edwards

Keep reading for more details!

Kara Harper

Health & Wellness Program Coordinator
513-244-5494

kpierson@muchmorethanameal.org

Office Hours:

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



May 2026 In-Person Health & Wellness



Senior Self Care: Edible Mandalas Monday, May 11, 1 p.m to 2 p.m.

Madisonville Branch Library
4910 Whetsel Ave, Cincinnati, OH 45227
Cost: Free

A mandala is a geometric design that is often used for prayer, meditation, and self-reflection. Come create, snack, and unwind as you build a colorful edible mandala using fruit, yogurt, and crunchy toppings. It's a fun and relaxing way to explore creativity, enjoy mindful moments, and treat yourself to something beautiful, healthy, and delicious.

Transportation Available for East Zone Only
Registration required by May. 6



City Stops: Arthur's Friday, May 15, 11:30 a.m. to 1 p.m

Arthur's
3516 Edwards Rd, Cincinnati, OH 45208
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 Arthur's for some of the best burgers in Cincinnati.

Transportation Available for East Zone Only
Registration required by May 12



Tai Chi Flow (In-Person)

Tuesday, May 5, 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 class May 12, May 19, or May 26

No transportation provided. No registration required.

May 2026 In-Person Health & Wellness



Chess with Chess Earth

Wednesday, May 13 and 27, 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 May 11 and 25



Art with Abrakadoodle

Monday, May. 18, 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 May. 13



Partner Program: Brains In Bloom

Friday, May 15, 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 May 11

May 2026 In-Person Health & Wellness



Library Lunch & Learn: Beauty Has No Age

Friday, May 22, 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 Older American's month, the Cincinnati Art Museum will introduce us to exceptional works created by artists in their later years and thoughtful portrayals of older adults in art over the centuries. Lunch Provided. Seats are limited.

Transportation available to Northeast Zone only

Registration Required by May 19



Senior Artist Cohort Exhibition & Reception

Friday, May 29, 11:30 a.m. to 1 p.m.

Cincinnati Art Museum

953 Eden Park Dr. , Cincinnati, OH 45202

Cost: FREE

For the past 5 months, the members of our Senior Artists Cohort have been working on art pieces that express their relationship with time, aging, and identity. We are so excited to celebrate them and their work which will be placed on public display at the Cincinnati Art Museum during this public exhibition. Light Refreshments will be served. All are welcome to attend!

Transportation available to Northeast and East Zones.

Registration Required by May 26 only if you need transportation

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

MAY 2026 Virtual Health & Wellness

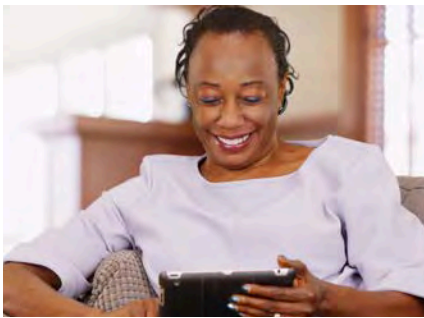


Radio Hour

Friday, May 1, 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.



Booking a Ride with Lyft Silver

Tuesday, May 12th^h from 10:30 to 11:30 a.m.
Online via Televeda

Cost: FREE

Are you tired of traffic jams and parking hassles? In this workshop, we’ll explore Lyft Silver, the streamlined version of the popular rideshare app. It’s designed for easier navigation and a smoother, more comfortable ride experience. Learn how to book a ride with Lyft Silver and discover how to share your ride details safely with loved ones.. Facilitated by Breanna Williams, Social Connection Programs 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.

MAY 2026 Virtual Health & Wellness



Popcorn & Perspectives Cinema Club Older Americans Month 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 Older Americans' Month honoring bold, stylish, and unforgettable seniors who continue to live life on their own terms. Each week, we'll screen a film featuring unique older adults—from real-life rule-breakers and fashion icons to heartfelt fictional characters navigating change, friendship, and adventure.

- **The Life and Crimes of Doris Payne** tells the real life story of an 80 year old international jewel thief.
- **Advanced Style:** examines the lives of seven unique New Yorkers whose eclectic personal style and vital spirit have guided their approach to aging
- **Going In Style:** Facing mounting bills, lifelong friends Willy, Albert, and Joe take a bold gamble—planning to rob the very bank that stole the pension they spent years earning.
- **Nebraska:** An aging, booze-addled father makes the trip from Montana to Nebraska with his estranged son in order to claim a million-dollar Mega Sweepstakes Marketing prize

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.

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

May 2026

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

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					1	2
					9:30 – 10:00 AM Mindful Mornings 10:30 – 11:30 AM Sr Exercise 11 AM – 12 PM: Radio Hour	
3	4	5	6	7	8	9
	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 – 3 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	9:30 – 10:00 AM Mindful Mornings 10:30 – 11:30 AM Sr Exercise 11 AM – 1 PM: Senior Artist Cohort	
10	11	12	13	14	15	16
	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	10:30 – 11:30 AM: Booking a Ride with Lyft Silver 12 – 1 PM: Ageless Yoga 1 – 3 PM: Popcorn & Perspectives No 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 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 11:30 – 1 PM: City Stops: Arthur's	
17	18	19	20	21	22	23
	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 Art with Abrakadoodle	12 – 1 PM: Ageless Yoga 1 – 3 PM: Popcorn & Perspectives No Tai Chi 3:30 PM – 4:30 PM: Brain Games	11 AM – 1 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 1 – 2 PM: Hillcrest Self Care 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: Beauty Has No Age	
24	25	26	27	28	29	30
	Office Closed Happy Memorial Day	12 – 1 PM: Ageless Yoga 1 – 3 PM: Popcorn & Perspectives No 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 1 – 2 PM: Walnut Towers Social Club 2 – 3 PM: Strength Training	9:30 – 10:00 AM: Mindful Mornings 10:30 – 11:30 AM: Sr Exercise 11:30 AM – 1 PM: Senior Artist Cohort Reception	