



MEALS on WHEELS

SOUTHWEST OH & NORTHERN KY

HEALTH & WELLNESS PROGRAMS

July 2026 Newsletter

Happy July!

I'm so excited to share a few upcoming events we have planned for our group!

- This month we will be piloting an exciting new Senior Line Dance Class at Cambridge Arms Apartments.
- Get ready to celebrate summer with food, music, and fun activities at our Summer Party on Friday, July 31st!
- MOW is going out to the ballgame! We will be taking a small group down to a Red's Game on Thursday September 17th for their game against the Dodgers.
- We have decided to move our online senior center from Televeda back to Zoom, starting in July. We appreciate your patience and willingness to try Televeda. If you would still like to keep your Televeda account and keep access to the other programs offered, we can transition you into the larger Televeda community. Just let me know! We will be working to add more online programming to Zoom over the coming months.
- Please note that the Meals on Wheels Offices will be closed on Friday, July 3rd in celebration of Independence Day.



Happy Birthday!

**Sandra Hill
Carolyn Powell
William Lankford
Jennefer Abrahamson
Fran Bellersen
Stephanie Slaughter
Jane Swaim**

Kara Harper

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

kpierson@muchmorethanameal.org

Office Hours:

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

July 2026 In-Person Health & Wellness



Line Dancing

Friday, July 10, 12p.m to 1 p.m.

Cambridge Arms Apartments

3781 Eastern Hills Ln. , Cincinnati, OH 45209

Cost: Free

Put on your dancing shoes and join us for an afternoon of fun, movement, and music! Participants can improve balance, coordination, and fitness while enjoying laughter and the joy of dancing together. No previous dance experience is needed—just come ready to move and have fun

No Transportation Available

Registration required by July 8



Senior Self Care: DIY Room Spray

Monday, July 13, 1 p.m to 2 p.m.

Madisonville Branch Library

4910 Whetsel Ave, Cincinnati, OH 45227

Cost: Free

Create your own custom room spray designed to bring a sense of calm and relaxation to your space. You will blend essential oils, learn about soothing scent combinations, and take home a personalized spray perfect for home.

Transportation Available for East Zone Only

Registration required by July 9



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.

July 2026 In-Person Health & Wellness



Chess with Chess Earth

Wednesday, July 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 July 6 and 20



City Stops: Ford's Garage

Friday, July 17, 11:30 a.m. to 1 p.m.

Ford's Garage

2692 Madison 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 Ford's Garage

Transportation Available for East Zone Only

Registration required by July 14



Art with Abrakadoodle

Monday, July 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 July 15

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

July 2026 In-Person Health & Wellness



Partner Program: Brains In Bloom

Friday, July 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 July 15



Library Lunch & Learn:

The History of The Big Boy Sign

Friday, July 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 from the American Sign Museum explores the history of the Big Boy sign and character as an enduring piece of American roadside culture. We'll look at how the cheerful, larger-than-life figure and bold signage helped shape the identity of family restaurants and became a nostalgic symbol of mid-century dining and travel

Lunch Provided. Seats are limited.

Transportation available to Northeast Zone only

Registration Required by July 16



Summer Party

Friday, July 31, 12 p.m. to 2 p.m.

Knox Presbetyrian Church

3400 Michigan Ave, Cincinnati, OH 45208

Cost: FREE

Celebrate the sunshine with an afternoon of summer fun, music, and friendship! Join us for a Senior Summer Party featuring light refreshments, games, lively entertainment, and plenty of opportunities to connect with friends old and new.

Transportation available to Northeast and East Zones

Registration required by July 20

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



MEALS on WHEELS
SOUTHWEST OH & NORTHERN KY

HEALTH & WELLNESS PROGRAMS

MOW Goes To The Ballgame



REDS

VS

DODGERS

THURSDAY 17 SEPTEMBER

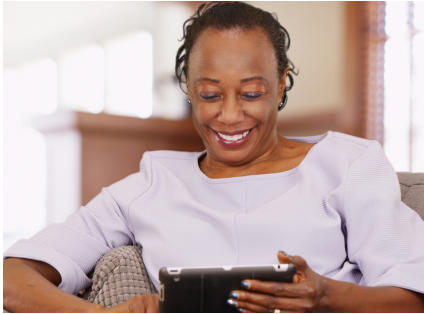
ADVANCED
REGISTRATION REQUIRED
BY AUGUST 7TH
BY CALLING JENNA AT
513-244-0684

SENIOR
TICKETS **\$15**

Limited Tickets Available

Transportation Available to Northeast and East Zones

July 2026 Virtual Health & Wellness



Mindful Mornings

Every Monday and Friday, 9:30 to 10 a.m.
Online via Zoom

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.



Spanish Club

Every Wednesday , 2 – 3 PM
Online via Zoom

Cost: FREE

Join us for a fun and welcoming Spanish Club designed for older adults who want to learn, practice, or refresh their Spanish skills. Through conversation, games, cultural activities, and simple lessons, participants will build confidence while connecting with others in a supportive environment. No prior Spanish experience is required—all skill levels are welcome!



Chair Yoga with Joan

Every Thursday, 10 – 11AM
Online via Zoom

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.

July 2026

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

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			1	2	3	4
			11 AM – 12 PM: Cambridge Arms Social Club 2 – 3 PM: Spanish Club: Beginner	10 – 11 AM: Chair Yoga	Office Closed Happy 4 th of July	
5	6	7	8	9	10	11
	9:30 - 10:00 AM: Mindful Mornings 1 – 3 PM: Booth Social Club	2 – 2:45 PM: Tai Chi	11 AM – 12 PM: Chess 12 – 1 : Christ Social Club 2 – 3 PM: Spanish Club: Beginner	10 – 11 AM: Chair Yoga 1 – 3 PM: Page Towers Social Club	9:30 - 10:00 AM Mindful Mornings 12 – 1 PM: Senior Line Dancing @ Cambridge Arms	
12	13	14	15	16	17	18
	9:30 - 10:00 AM: Mindful Mornings 1 – 2: PM: Senior Self Care	2 – 2:45 PM: Tai Chi	11 AM– 12 PM: Hillcrest Social Club 2 – 3 PM: Spanish Club: Beginner	10 – 11 AM: Chair Yoga 1 – 2 PM: Hillcrest Self Care	9:30 - 10:00 AM Mindful Mornings 11:30 AM – 1 PM: City Stops: Ford's Garage 1 – 2 PM: Brains In Bloom	
19	20	21	22	23	24	25
	9:30 - 10:00 AM: Mindful Mornings 1:30 – 3PM Art with Abrakadoodle	1 – 3 PM: Popcorn & Perspectives 2 – 2:45 PM: Tai Chi	11 AM – 12 PM: Chess 12 – 1 : Christ Social Club 2 – 3 PM: Spanish Club: Beginner	10 – 11 AM: Chair Yoga 1-2 PM: AEHA Social Club	9:30 - 10:00 AM: Mindful Mornings 11:30 AM – 1 PM: Library Lunch & Learn: The History of the Big Boy Sign	
26	27	28	29	30	31	30
	9:30 - 10:00 AM: Mindful Mornings 1 – 2 PM : Courtyard Social Club	2 – 2:45 PM: Tai Chi	2 – 3 PM: Spanish Club: Beginner	10 – 11 AM: Chair Yoga	9:30 - 10:00 AM: Mindful Mornings 12 PM – 2 PM : Senior Summer Party	