



MEALS on WHEELS
SOUTHWEST OH & NORTHERN KY

HEALTH & WELLNESS PROGRAMS

June 2026 Newsletter

Happy June Everyone!

As summer begins and the days grow longer, we're looking forward to a season filled with sunshine, friendship, and new opportunities to connect. We hope this month brings you moments of joy, relaxation, and meaningful community. Whether you're joining us for activities, in person or online, we're so glad to share this season with you.

- If you're looking for ways to get moving this summer, we have you covered with online Chair Yoga and In-Person Tai Chi. Keep reading inside for more details.
- Please note that I will be out of the office from June 15-19th and the Meals on Wheels Offices will be closed on June 19th in celebration of Juneteenth.



Happy Birthday!

**Cheryl Beardslee
Julie Bailey**

Kara Harper

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

kpierson@muchmorethanameal.org

Office Hours:

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



June 2026 In-Person Health & Wellness



Senior Self Care: Conversation Jars

Monday, Jun. 8, 1 p.m to 2 p.m.

Madisonville Branch Library

4910 Whetsel Ave, Cincinnati, OH 45227

Cost: Free

Create your own Conversation Jar and fill it with meaningful questions and fun prompts to inspire connection and conversation. This creative activity is a wonderful way to share stories, spark laughter, and build community.

Transportation Available for East Zone Only

Registration required by Jun. 4



City Stops: The Pub – Rookwood

Friday, Jun. 12, 11:30 a.m. to 1 p.m

The Pub

2692 Edmondson Rd Cincinnati, OH

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 The Pub for their award winning Fish & Chips!

Transportation Available for Northeast Zone Only

Registration required by June 10



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.

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

June 2026 In-Person Health & Wellness



Chess with Chess Earth

Wednesday, Jun. 10 and 24, 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 Jun 8 and 21



Art with Abrakadoodle

Monday, Jun. 15, 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 June 10



Partner Program: Brains In Bloom

Friday, Jun. 12, 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 Jun. 10

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

June 2026 In-Person Health & Wellness



Library Lunch & Learn:

Cincinnati's Candy Connection

Friday, Jun. 26, 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 month, Cincinnati Museum Center will share the who, what, when and how Cincinnati became an early "candy town" in the US. Explore a "taste" of Cincinnati Candy as we travel through 200+ years of sweets in the Queen City.

Lunch Provided. Seats are limited.

Transportation available to Northeast Zone only

Registration Required by June 18

JUNE 2026 Virtual Health & Wellness

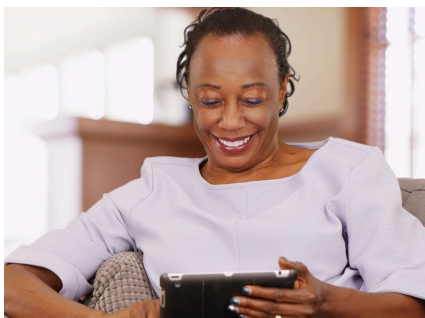


Radio Hour

Friday, Jun.5, 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.



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.

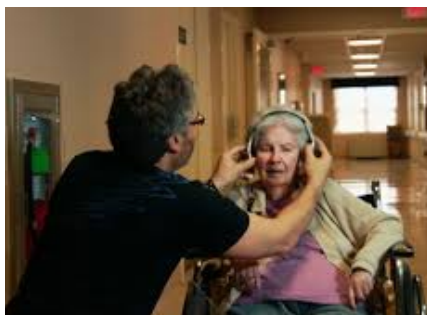
JUNE 2026 Virtual Health & Wellness



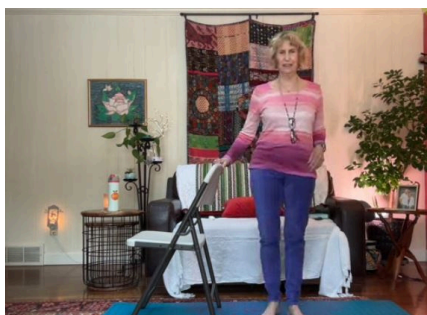
Popcorn & Perspectives Cinema Club **Behind the Music** **Every Tuesday, 1 to 3 p.m.** **Online via Televeda**

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 explore the world of musicians—their artistry, ambition, struggles, and the healing power of music. Through biopics and documentaries, we'll see how music can comfort, connect, inspire, and transform both artists and audiences alike. From stories of resilience and self-discovery to the joy of performance, each film celebrates music not just as entertainment, but as a force for healing and human connection.



- **American Symphony** follows musician Jon Batiste as he attempts to compose a symphony as his wife, writer Suleika Jaouad, undergoes cancer treatment.
- **Respect** is a biopic about the life and career of soul singer Aretha Franklin
- **Alive Inside: A Story of Music and Memory** follows social worker Dan Cohen as he uses music to unlock memory in nursing-home patients afflicted with Alzheimer's disease
- **Only Girl In The Orchestra** is a documentary celebrates trailblazing double bassist Orin O'Brien, the first woman to become a full-time member of the New York Philharmonic.



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

June 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
	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 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 – 12 PM: Radio Hour	
7	8	9	10	11	12	13
	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	12 – 1 PM: Ageless Yoga 1 – 2:30 PM: Popcorn & Perspectives 2 – 2:45 PM: 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 11:30 – 1Pm: City Stops: The Pub 1 – 2 PM: Brains In Bloom	
14	15	16	17	18	19	20
	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 KARA OUT OF OFFICE	12 – 1 PM: Ageless Yoga 1 – 3 PM: Popcorn & Perspectives 2 – 2:45 PM: Tai Chi 3:30 PM– 4:30 PM: Brain Games KARA OUT OF OFFICE	11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner KARA OUT OF OFFICE	10 – 11 AM: Chair Yoga 12 - 1:PM: Zentangle 2 – 3 PM: Strength Training KARA OUT OF OFFICE	Happy Juneteenth Office Closed	
21	22	23	24	25	26	27
	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 : Courtyard Social Club	12 – 1 PM: Ageless Yoga 1 – 3 PM: Popcorn & Perspectives 2 – 2:45 PM: Tai Chi 3:30 PM– 4:30 PM: Brain Games	11 AM – 12 PM: Chess 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 -3 PM: AEHA 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: Library Lunch & Learn: Cincinnati's Candy Connection	
28	29	30				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 1 – 2 PM: Hillcrest Self Care	12 – 1 PM: Ageless Yoga 1 – 3 PM: Popcorn & Perspectives 2 – 2:45 PM: Tai Chi 3:30 PM– 4:30 PM: Brain Games				