



MEALS on WHEELS
SOUTHWEST OH & NORTHERN KY

HEALTH & WELLNESS PROGRAMS

August 2026 Newsletter

Happy August! Here are my notes for the month.

- We're excited to launch our Virtual Book Club this August! Keep reading for all the details, including this month's book selection and how to join us online. We can't wait to turn the page with you!
- Line Dancing at Cambridge Arms is back! Join us on Friday, August 7, from 12:00–1:00 PM for an afternoon of music, movement, and fun. Last month, we had a fantastic time learning the Wobble, Fireball, and a dance to Michael Jackson's hit Billie Jean. Whether you're a seasoned dancer or stepping onto the dance floor for the first time, everyone is welcome. Best of all, you do not have to live at Cambridge Arms to participate.
- This month's City Stop takes us to Taranga African Restaurant, where we'll enjoy the bold flavors and warm hospitality of authentic West African cuisine. Come hungry and join us as we explore one of Cincinnati's culinary gems together!
- We still have tickets available for our trip to Great American Ball Park on Thursday, September 17. Be sure to reserve your spot before tickets are gone!



Happy Birthday!

Lavinia Brown
Barb Beckman

Kara Harper

Health & Wellness Program Coordinator
513-244-5494

kpierson@muchmorethanameal.org

Office Hours:

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

August 2026 In-Person Health & Wellness



Line Dancing

Friday, August 7, 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. Open to All.

No Transportation Available

Registration required by August 5



Senior Self Care: Stretch & Sip

Monday, August 10, 1 p.m to 2 p.m.

Madisonville Branch Library

4910 Whetsel Ave, Cincinnati, OH 45227

Cost: Free

Take a break and treat yourself to an afternoon of relaxation! Enjoy gentle stretches designed to improve flexibility and ease tension, then cool down with a tasting of refreshing iced tea flavors. Sample a variety of delicious blends, chat with friends in a peaceful environment.

Transportation Available for East Zone Only

Registration required by August 5



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.

August 2026 In-Person Health & Wellness



Chess with Chess Earth

Wednesday, August 12 and 26, 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 August 10 and 24



Art with Abrakadoodle

Monday, August 17, 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 August 12



City Stops: Taranga African Restaurant

Friday, August 21, 11:30 a.m. to 1 p.m

**Taranga African Restaurant
8438 Vine St, Cincinnati, OH 45216**

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 Taranga to experience authentic West African Cuisine.

Transportation Available for Northeast Zone Only

Registration required by August 18

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

August 2026 In-Person Health & Wellness



Partner Program: Brains In Bloom

Friday, August 21, 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 August 19



Library Lunch & Learn:

Rollin' On The River

Friday, August 28, 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, the Cincinnati Museum Center will guide us as we explore early travel along the Ohio River, and then enter the steamboat era. Learn about the people who traveled, worked and/or lived on the riverboats. The river is still important for Cincinnati's commerce and the city is a port of call for the authentic steamboats that still travel the western waters. Lunch Provided. Seats are limited.

Transportation available to Northeast Zone only

Registration Required by August 20



MEALS on WHEELS
SOUTHWEST OH & NORTHERN KY

HEALTH & WELLNESS PROGRAMS

MOW Goes To The Ballgame



REDS

VS

DODGERS

THURSDAY 17 SEPTEMBER

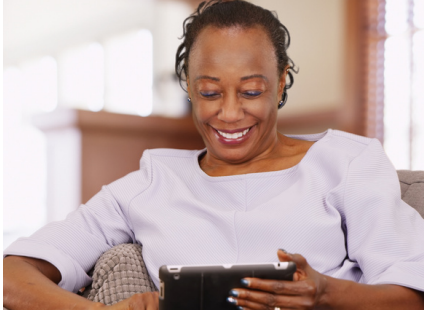
ADVANCED
REGISTRATION REQUIRED
BY AUGUST 7TH
BY CALLING JENNA AT
513-244-0684

SENIOR
TICKETS **\$15**

Limited Tickets Available

Transportation Available to Northeast and East Zones

August 2026 Virtual Health & Wellness



Mindful Mornings

Every Monday, Wednesday, 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. Contact Kara to receive the Zoom Link.

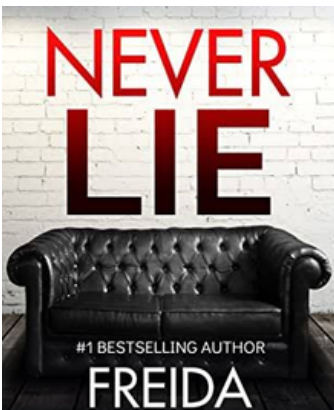


Virtual Book Club

Monday August 24, 1 to 2 p.m.
Online via Zoom

Cost: FREE

Join fellow book lovers for friendly discussions, meaningful conversation, and the opportunity to connect with others—all from the comfort of home. You are welcome to join the zoom each week for discussion, however the final discussion of the entire book will happen on the fourth Monday of each month. Contact Kara to receive the Zoom Link.



Never Lie is a 2022 psychological thriller by Freida McFadden. The story follows newlyweds Tricia and Ethan, who get snowed in at a remote, eerie manor that formerly belonged to Dr. Adrienne Hale, a psychiatrist who vanished without a trace. While trapped, Tricia discovers Dr. Hale's secret collection of confidential audio tapes. As she listens to them, the line between truth and deception blurs, revealing shocking twists and hidden secrets about everyone involved.

8/3: Prologue through Chapter 13

8/10: Chapters 14 through 27

8/17: Chapters 28 through 41

8/24: Chapters 42 through Epilogue/ whole book discussion



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. Contact Kara to receive the Zoom Link.

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



I'd like to take a moment to remind everyone of our program cancellation policy.

- If you need to cancel your registration, please let me know at least 2 business days in advance whenever possible.
- More than three last-minute cancellations (including cancellations made the morning of the event) will result in a temporary hold on future program registrations.
- No-call, no-shows will result in an automatic temporary hold for the following month.

We completely understand that unexpected situations happen. However, last-minute cancellations and no-call, no-shows prevent others from attending and can result in unused supplies, reserved spaces, and wasted food that has been prepared or purchased for the program. Our goal is to provide as many older adults as possible with access to our programs while making the best use of our limited resources. Thank you for helping us make that possible by canceling as early as you can if your plans change.

We truly appreciate your cooperation and support.

Kara Harper

Health & Wellness Program Coordinator

513-244-5494

kpierson@muchmorethanameal.org

Office Hours:

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