



MEALS on WHEELS
SOUTHWEST OH & NORTHERN KY

HEALTH & WELLNESS PROGRAMS

September 2026 Newsletter

Happy September! Here are the highlights for the month!

- **Book Club:** Our Virtual Book Club is a fun way to keep your mind active, connect with others, discover new stories, and enjoy lively conversation from the comfort of home. Keep reading for our September pick and details about how to join.
- This month, we're making a stop at a true Cincinnati classic — Skyline Chili! Get ready to enjoy some of the city's most iconic comfort food, from cheese coneys piled high with chili and cheese to Skyline's famous 3-Way with spaghetti, chili, and a mountain of shredded cheddar. Whether you're a longtime Skyline fan or trying it for the first time, it's the perfect chance to enjoy a Cincinnati tradition.
- Please note that Senior Self Care at the Madisonville Library will be moved to the 4th Monday this month. More details inside.
- Please note that the office will be closed on Monday September 7th for Labor Day. Kara will also be out of the office from September 10th-15th and will return on Wednesday, September 16th.



Happy Birthday!

Cindy Browne
Ron Purdon
Margo Rose

Kara Harper

Health & Wellness Program Coordinator
513-244-5494

kpierson@muchmorethanameal.org

Office Hours:

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

September 2026 In-Person Health & Wellness



Line Dancing

Friday, September 4, 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 September 2



Senior Self Care: Rhythm & Hues

Monday, September 28, 1 p.m to 2 p.m.

Madisonville Branch Library

4910 Whetsel Ave, Cincinnati, OH 45227

Cost: Free

Turn up the tunes and let your creativity flow! Join us for a fun, relaxing art experience where music inspires colorful paintings, playful patterns, and plenty of conversation. Listen, paint, laugh, and unwind—No artistic experience needed!

Transportation Available for East Zone Only

Registration required by September 23



Tai Chi Flow (In-Person)

Every Tuesday, 2 to 2:45 p.m.

No class 9/8 and 9/15

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.

September 2026 In-Person Health & Wellness



Chess with Chess Earth

Wednesday, September 9 and 23, 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 September 7 and 21



Art with Abrakadoodle

Monday, September 21, 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 September 16



City Stops: Skyline Chili

Friday, September 18, 11:30 a.m. to 1 p.m

Skyline Chili

3081 Madison Rd, Cincinnati, OH 45209

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 Skyline Chili for Cincinnati's most famous comfort food.

Transportation Available for East Zone Only

Registration required by September 15

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

September 2026 In-Person Health & Wellness



Partner Program: Brains In Bloom

Friday, September 18, 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 September 16



Library Lunch & Learn:

Cincinnati's Entertainers

Friday, September 25, 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 highlight the many professional entertainers who got their start in Cincinnati. We will take a look back at the life and careers of some of the biggest stars who were either born in Cincinnati or lived here early in their professional careers, including Tyrone Power, Vera-Ellen, Andy Williams, Doris Day, Rosemary and Betty Clooney, Theda Bara, Libby Holman and Roy Rogers. Lunch Provided. Seats are limited.

Transportation available to Northeast Zone only

Registration Required by September 17

September 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

Every Monday, 1 to 2 p.m.

Online via Zoom

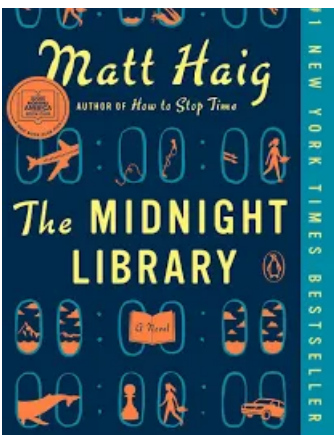
9/14: Chapters 1–38

9/21: Chapters 39–76

9/28: Chapters 77–115 / whole book discussion

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.



The Midnight Library is a 2020 fantasy and contemporary fiction novel by British author Matt Haig. It follows Nora Seed, a depressed woman who finds herself in a mystical library between life and death. Guided by her former school librarian, Nora tries out alternate life paths based on different choices she could have made.



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

September 2026

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

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1	2	3	4	5
		2 – 2:45 PM: Tai Chi	9:30 - 10:00 AM: Mindful Mornings 11 AM – 12 PM: Cambridge Arms Social Club	10 – 11 AM: Chair Yoga 1 – 2 PM: Booth Social Club	9:30 - 10:00 AM: Mindful Mornings 12 – 1 PM: Senior Line Dancing @ Cambridge Arms	
6	7	8	9	10	11	12
	Office Closed Happy Labor Day	No Tai Chi	9:30 - 10:00 AM: Mindful Mornings 11 AM – 12 PM: Chess	10 – 11 AM: Chair Yoga Kara Out of The Office	No Mindful Mornings Kara Out of The Office	
13	14	15	16	17	18	19
	9:30 - 10:00 AM: Mindful Mornings 1 – 2 PM: Book Club Kara Out of The Office	No Tai Chi Kara Out of The Office	11 AM– 12 PM: Hillcrest Social Club 1 – 2 PM: Courtyard Social Club	10 – 11 AM: Chair Yoga 11:30 – 3 PM: Reds Game	9:30 - 10:00 AM Mindful Mornings 11:30 AM – 1 PM: City Stops: Skyline Chili 1 – 2 PM: Brains In Bloom	
20	21	22	23	24	25	26
	9:30 - 10:00 AM: Mindful Mornings 1 – 2 PM: Book Club 1:30 – 3PM Art with Abrakadoodle	2 – 2:45 PM: Tai Chi (New Sequence)	9:30 - 10:00 AM Mindful Mornings 11 AM – 12 PM: Chess 1 – 2 PM: Hillcrest Self Care	10 – 11 AM: Chair Yoga 1 -2 PM: AEHPA Social Club	9:30 - 10:00 AM: Mindful Mornings 11:30 AM – 1 PM: Library Lunch & Learn: Cincinnati's Entertainment	
27	28	29	30			
	9:30 - 10:00 AM: Mindful Mornings 1 – 2 PM: Book Club 1 – 2: PM: Senior Self Care: Rhythm & Hues	2 – 2:45 PM: Tai Chi	9:30 - 10:00 AM Mindful Mornings 1 – 2 PM: Page Towers Social Club			