



MEALS on WHEELS
SOUTHWEST OH & NORTHERN KY

HEALTH & WELLNESS PROGRAMS

October 2026 Newsletter

Happy October! Here are some of the highlights happening this month!

- **Chair Yoga:** Join us for gentle chair yoga designed to improve flexibility, support balance, reduce tension, and promote relaxation, all while staying seated and moving at your own pace.
- **Halloween Pizza Party:** Get your costumes ready! Enjoy a festive afternoon filled with laughter, creativity, and opportunities to connect with each other!
- **Chess with Chess Earth:** Chess is a fun way to keep your mind active while building memory, concentration, problem-solving, and strategic thinking skills. Join us for our chess class—whether you're a longtime player or new to the game, all skill levels are welcome!
- **Lunch & Learn:** Our theme this month is Historic Hauntings! Please note that this will be our last Lunch & Learn of the year. We'll be taking a break during the Thanksgiving and holiday season and will resume our Lunch & Learn series in January.
- **Virtual Book Club:** Keeping with our Halloween theme, this month we will be reading *Ghost Town*, a novel by Tom Perrotta.

Keep reading for more details!



Happy Birthday!

Carol Feltman
Pam Brown
Cynthia Heinrich
Wanda Poling

Kara Harper

Health & Wellness Program Coordinator
513-244-5494

kpierson@muchmorethanameal.org

Office Hours:

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

October 2026 In-Person Health & Wellness



Line Dancing

Friday, October 2, 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 October 1



Senior Self Care:

Healthy Bites on a Budget

Monday, October 12, 1 p.m to 2 p.m.

Madisonville Branch Library

4910 Whetsel Ave, Cincinnati, OH 45227

Cost: Free

Discover simple, tasty snack ideas that are affordable, nutritious, and easy to make at home. We'll prepare a few delicious bites together and share tips for making healthy snacking budget-friendly.

Contact Kara with any dietary restrictions before October 7.

Transportation Available for East Zone Only

Registration required by October 7



Tai Chi Flow (In-Person)

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

No class 10/6

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.

October 2026 In-Person Health & Wellness



Chess with Chess Earth

Wednesday, October 14 and 28, 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 October 12 and 26



Art with Abrakadoodle

Monday, October 19, 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 October 14



City Stops: Hooligans

Friday, October 16, 11:30 a.m. to 1 p.m

Hooligan's Pub & Eatery

3340 Highland Ave, Cincinnati, OH 45213

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. Come join us for lunch at Hooligan's Pub & Eatery, a favorite in Cincinnati for over thirty years.

Transportation Available for Northeast Zone Only

Registration required by October 13

October 2026 In-Person Health & Wellness



Library Lunch & Learn: Historic Hauntings

Friday, October 23, 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 help us get into the Halloween spirit with Halloween Hauntings. Hear how not only houses and public places, but also bridges and railroad tracks in Cincinnati, are affected by the supernatural. Learn what haunted places still exist today and where they are located. Lunch Provided. Seats are limited.

**Transportation available to Northeast Zone only
Registration Required by October 15**



Halloween Pizza Party

Friday, October 30, 12 to 2 p.m.

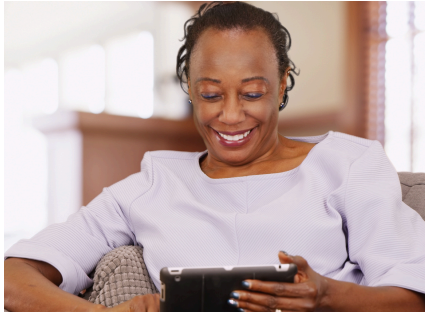
**Knox Presbyterian Church
3400 Michigan Ave, Cincinnati, OH 45208**

Cost: FREE

Join us for a fun-filled Halloween celebration with pizza, music bingo, arts and crafts, and plenty of festive fun! Costumes are welcome, so come dressed up if you'd like and celebrate the season with us.

**Transportation available to Northeast and East Zones
Registration Required by October 23**

October 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.

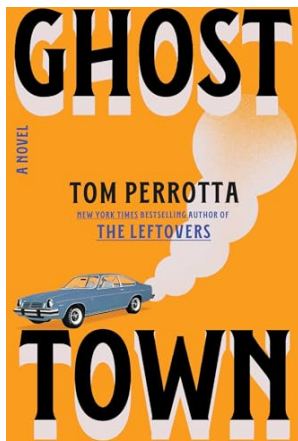


Virtual Book Club

Monday, October 26, 1- 2p.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. Contact Kara to receive the Zoom Link.



Ghost Town is a gripping and darkly nostalgic tale about a tumultuous summer in 1970s suburban New Jersey, from the perspective of a middle-aged writer, looking back on a series of events that changed his life—and the story he finally has the courage to tell.



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

October 2026

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

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1	2	3
				10 – 11 AM: Chair Yoga	9:30 - 10:00 AM: Mindful Mornings 12 – 1 PM: Senior Line Dancing @ Cambridge Arms	
4	5	6	7	8	9	10
	9:30 - 10:00 AM: Mindful Mornings 1 – 2 PM: Booth Social Club	No 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: Page Towers Social Club	9:30 - 10:00 AM: Mindful Mornings	
11	12	13	14	15	16	17
	9:30 - 10:00 AM: Mindful Mornings 1 – 2: PM: Senior Self Care:	2 – 2:45 PM: Tai Chi	11 AM – 12 PM: Chess	10 – 11 AM: Chair Yoga 1 – 2 PM: Hillcrest Self Care	9:30 - 10:00 AM Mindful Mornings 11:30 AM – 1 PM: Hooligan's Pub & Eatery	
18	19	20	21	22	23	24
	9:30 - 10:00 AM: Mindful Mornings 1:30 – 3PM Art with Abrakadoodle	1 – 2 PM: Courtyard Social Club 2 – 2:45 PM: Tai Chi	9:30 - 10:00 AM Mindful Mornings 11 AM– 12 PM: Hillcrest Social Club	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: Historic Hauntings	
25	26	27	28	29	30	31
	9:30 - 10:00 AM: Mindful Mornings 1 – 2 PM: Book Club	2 – 2:45 PM: Tai Chi	9:30 - 10:00 AM Mindful Mornings 11 AM – 12 PM: Chess	10 – 11 AM: Chair Yoga	9:30 - 10:00 AM: Mindful Mornings 12 - 2 PM: Halloween Party	