MEALS on WHEELS
SOUTHWEST OH & NORTHERN KY
HEALTH & WELLNESS PROGRAMS

November 2026 Newsletter

Happy November! Here are the highlights of the month:

- Beyond the Plate: Food is about so much more than what's on our plates. It connects us to people, places, traditions, and memories. We're excited to introduce an upcoming digital storytelling project exploring the experiences that connect food and community. You'll have an opportunity to explore food-related topics, share your unique perspective, and be part of creating a special film that brings these stories to life! Curious? Contact Kara to be among the first to hear more.
- Senior Self-Care: Join us for an interactive session focused on simple ways to support your well-being during the colder, darker months. Keep reading for details.
- Lunch & Learn: We will be taking a break from our Lunch & Learn series in November and December for the holidays. The series will return in January 2027.
- Program Registrations: Moving forward, we will no longer be taking event registrations in person. To keep registrations organized and ensure that all information is accurate, please register by calling, sending an email, or using the online registration form.



Happy Birthday!

Tricia Noe
Joy Middleton

Kara Harper

Health & Wellness Program Coordinator
513-244-5494
kpierson@muchmorethanameal.org
Office Hours:
Monday through Friday, 9 a.m. to 4 p.m.

USE THE CAMERA ON YOUR SMARTPHONE TO SCAN AND OPEN THE ONLINE REGISTRATION FORM.

November 2026 In-Person Health & Wellness



Line Dancing

Friday , November 6, 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 November 4



Senior Self Care:
DIY Winter Care Kits

Monday, November 9, 1 p.m to 2 p.m.
Madisonville Branch Library
4910 Whetsel Ave, Cincinnati, OH 45227
Cost: Free

Get ahead of the winter blues with a little self-care! Join us as we create personalized winter wellness kits filled with simple ways to nurture your mind, body, and spirit during the colder months. Enjoy a relaxing, creative activity while discovering practical tips to support your mood, boost your well-being, and bring a little extra warmth to your winter routine.
Transportation Available for East Zone Only
Registration required by November 4



Tai Chi Flow (In-Person)

Every Tuesday, 2 p.m to 2:45 p.m.
No class 11/24
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

November 2026 In-Person Health & Wellness



Art with Abrakadoodle

Monday, November 16, 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 November 11



City Stops: CM Chicken

Friday, November 20, 11:30 a.m. to 1 p.m
CM Chicken(Hyde Park)
3804 Paxton Ave, 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. Come join us for lunch at CM Chicken in Hyde Park, where we'll enjoy Korean Style Fried Chicken.
Transportation Available for East Zone Only
Registration required by November 17

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

November 2026 Virtual Health & Wellness



Mindful Mornings

Every Monday, Wednesday, and Friday, 9:30 to 10 a.m.,
No Class 11/27
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.

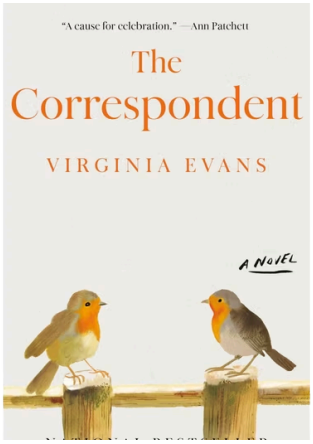


Virtual Book Club

Monday, November 23, 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.



The Correspondent follows Sybil Van Antwerp who has throughout her life used letters to make sense of the world and her place in it. But when letters from someone in her past force her to examine one of the most painful periods of her life, she realizes that the letter she has been writing over the years needs to be read and that she cannot move forward until she finds it in her heart to offer forgiveness.



Chair Yoga with Joan

Every Thursday, 10 – 11AM
No Class 11/26
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

November 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	7
	9:30 - 10:00 AM: Mindful Mornings 1 – 2 PM: Booth Social Club	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	9:30 - 10:00 AM: Mindful Mornings 12 – 1 PM: Senior Line Dancing @ Cambridge Arms	
8	9	10	11	12	13	14
	9:30 - 10:00 AM: Mindful Mornings 1 – 2: PM: Senior Self Care:	2 – 2:45 PM: Tai Chi	9:30 - 10:00 AM: Mindful Mornings	10 – 11 AM: Chair Yoga 1 – 2 PM: Page Towers Social Club	9:30 - 10:00 AM: Mindful Mornings	
15	16	17	18	19	20	21
	9:30 - 10:00 AM: Mindful Mornings 1:30 – 3PM Art with Abrakadoodle	2 – 2:45 PM: Tai Chi	9:30 - 10:00 AM: Mindful Mornings 11 AM– 12 PM: Hillcrest Social Club 1 – 2 PM: Courtyard Social Club	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: CM Chicken	
22	23	24	25	26	27	28
	9:30 - 10:00 AM: Mindful Mornings 1 – 2 PM: Book Club	No Tai Chi	9:30 - 10:00 AM: Mindful Mornings	Office Closed Thanksgiving Break	Office Closed Thanksgiving Break	
29	30					
	9:30 - 10:00 AM: Mindful Mornings					