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# September 2025 Monthly Newsletter



It's already September, if you can believe it! August has been such a lovely month for the Health & Wellness Programs at Meals on Wheels. We've welcomed several new participants, received a lot of valuable feedback on current programs, and some creative ideas for future programs.

Here are my notes and updates for the month!

- Senior Self Care Day: This month I will be piloting a new Senior Self Care Day Program. The goal of the program is to bring you opportunities to treat yourself to some pampering and relaxation. Join on Friday, September 26<sup>th</sup> for the first session. If we get enough interest, I'd like to try to host one every month. I'll be leading the first session with a Custom Relaxation Oil Making class. I can't wait!
- Birthday Celebrations: In January 2026, we will be rolling out a monthly birthday Celebration program (Thank you, Donna, for the suggestion)! We are still in the process of designing it, and would love your feedback. How would you like to be celebrated during your birthday month?
- Our Senior Spotlight for the month is the lovely Catherine Davis!

*Kara Harper*

**Health & Wellness Program Coordinator**

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**Office Hours: M - F, 9 AM - 4 PM**

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## September 2025 In-Person Health & Wellness



### City Stops: Oriental Wok - Hyde Park

Friday , September 5th from 11:30 AM- 1PM

2444 Madison Rd., Cincinnati, OH 45208

Cost: PAY YOUR WAY

City Stops is a program designed to bring you out of your usual environment, exposing you to new cuisines or unique experiences, alongside other older adults like you! Join us for lunch at Oriental Wok, a local Chinese restaurant that was opened by the Wong Family in 1977.



### Tai Chi Flow (In-Person)

Each Tuesday from 2 – 2:45 PM

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



### Chess with Chess Earth

September, 10<sup>th</sup> and 24<sup>th</sup>

from 11 AM - 12 PM

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.

**RSVP REQUIRED by September 7th and 21<sup>st</sup>**

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## September 2025 In-Person Health & Wellness



### **Intro to Smartphone Photography**

Friday, September 12th from 1:30 - 3 PM

The Madison Place Coffee Shop

4200 Plainville Rd, Cincinnati, OH 45227

Cost: FREE

Learn how to take beautiful, clear photos using your smartphone! This beginner-friendly class covers simple tips for lighting, composition, and using built-in camera features—no tech experience needed. Join us at a new location each month to spark our creativity. This month, we'll meet at The Madison Place Coffee Shop



### **Art With Abrakadoodle**

Monday, September 15<sup>th</sup> from 1:30 - 3 PM

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.

**REGISTRATION REQUIRED BY SEPTEMBER 10TH**



### **Partner Program: Brains in Bloom**

Friday, September 19<sup>th</sup> from 1 – 2 PM

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.

**REGISTRATION REQUIRED BY SEPTEMBER 12TH**



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## September 2025 In-Person Health & Wellness



### **Senior Self Care Day:**

#### **Make Your Own Relaxation Oils with Kara**

Friday, September 26th from 1:30 - 3 PM

Carnegie Center of Columbia Tusculum

3738 Eastern Ave., Cincinnati, Ohio 45226

Cost: FREE

Join us for the pilot of our monthly Senior Self-Care Series, a time to slow down, connect, and nurture your well-being. This month, we'll explore the soothing world of aromatherapy and create custom relaxation oil blends to take home. Led by Kara.

**Registration required by September 19th**



### **Library Lunch & Learn:**

#### **The Story of Bourbon**

Monday, September 29th

from 11:30 AM – 1 PM

Reading Branch 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. Through this rather whimsical presentation about "The American Spirit", we will hear the history of bourbon, learn how and when it got its name, and why most bourbon is manufactured in Kentucky. We will visit several distilleries on the Kentucky Bourbon Trail and see, using pictures and short videos, the five manufacturing steps that are the source of bourbon's distinctive flavor. Facilitated by The Cincinnati Museum Center. Lunch provided. Limited spots available.

**REGISTRATION REQUIRED BY SEPTEMBER 19TH**

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## September 2025 Virtual Health & Wellness



### **Mindful Mornings**

Every Monday & Friday from 9:30 - 10 AM

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.



### **Sr. Exercise**

Every Monday, Wednesday, and Friday  
from 11:30 AM - 12:30 PM

Online Via Televeda

Cost: FREE

This class offers a fun and engaging way to stay active and maintain a healthy lifestyle. Our experienced instructors will guide you through a variety of exercises tailored to your needs, helping you improve flexibility, strength, and overall well-being. Don't miss out on this wonderful opportunity to connect with fellow members and enhance your physical fitness.



### **Tai Chi Qigong Shibashi**

Every Monday and Friday

from 11 AM - 12 PM

Online Via Televeda

Cost: FREE

Tai Chi Qigong Shibashi is a gentle practice combining Yang Style Tai Chi and Qigong to improve posture, balance, muscle tone, and joint mobility. The 18 Shibashi forms, created by Chinese Medical Physician Lin Housheng in 1979, are designed to support health conditions such as back pain, lung disease, and hypertension.



### **Popcorn & Perspectives Cinema Club**

Every Tuesday from 1 - 2:30 PM

Online via Televeda

Cost: FREE

Come join us for a weekly cinema club. Each week, we'll watch a movie or show together, followed by a discussion. We'll send you some single-serve, microwavable popcorn to enjoy upon request!

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## September 2025 Virtual Health & Wellness



### Spanish Club

Every Wednesday from 2 - 3 PM

Online Via Televeda

Cost: FREE

We invite older adults to join our online Spanish Club. We'll explore the Spanish language and the cultures of Spanish - speaking countries in an open and fun environment. All levels welcome.



### Chair Yoga with Joan

Every Thursday from 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.



### Zentangle with Val

Every Thursday from 12 – 1 PM

Online Via Televeda

Cost: FREE

Zentangle is a meditative art form that combines structured patterns, mindfulness, and artistic expression. In this class, Val will guide you through the process of creating beautiful, intricate designs using simple lines and shapes. Whether you're a beginner or an experienced artist, this class is designed to help you relax, focus, and find inner peace through the art of Zentangle.



### Strength Training

Every Thursday from 2 – 3 PM

Online Via Televeda

Cost: FREE

An energetic class with upbeat music using light weights or household items for resistance. In addition to strength training, cardio intervals are included for a well-rounded workout.

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# Senior Spotlight:

## The Gentle Strength of Catherine Davis

written by Kara Harper



*I first invited Catherine Davis to do an interview for the Senior Spotlight about a year ago, and she politely declined. Over the past year, however, she and I have built a relationship through our Health & Wellness programs, so I decided to ask her again. This time she agreed, later admitting, "I wanted to see how the other ones turned out, first!" HA!*

*Catherine, was born near Richmond, Virginia, the second youngest of six children. Although she was one of the youngest siblings, she took an active role in helping her mother take care of their home while she was at work.*

*Raised in a religious household, Catherine's parents placed many restrictions on her, limiting opportunities to socialize or form friendships. Instead, she developed skills and hobbies that*

*would stay with her throughout her life, such as learning to cook, preserve food, sew, and read. For 25 years, she poured her creativity into quilting, using her talent to make quilts that she generously donated to the VA, a reflection of her lifelong dedication to caring for others. She went on to spend much of her adult life working in healthcare in Virginia before moving to Ohio at the age of 52. It was there, in her current apartment complex, that she says she formed true friendships for the very first time. While Catherine admits she's not a fan of Ohio's snowy winters, she treasures the community she has found here. Reflecting on her friendships in the apartment community, she shared, "We love each other! We do our sisterly things. It keeps me moving and it keeps me going. We don't always get along, but I wouldn't want to be without them. It's a good feeling to have someone you can talk to. This is the closest I've ever been to a group of women, and I was surprised by it. There's been so much change in the building, people coming and going, but I'm grateful that we are still here together. We lift each other's spirits."*



Now, the last surviving member of her birth family, Catherine also feels an even stronger commitment to her children, making sure they always feel loved and cared for. She brings that same commitment and care to our programs. Catherine is a consistent participant in our Health & Wellness programs, attending the weekly Mindful Morning sessions, monthly City Stops, Art with Abrakadoodle, and Lunch & Learn programs. She's a member of both the Spanish Club and the Popcorn & Perspectives Cinema Club. Just as she did growing up, Catherine takes an active leadership role in our group, by making sure her friends know what time to be ready to be picked up for events and that they make it to the bus on time.

Catherine's presence is somehow strong and gentle at the same time. If I've ever been feeling stressed or overwhelmed, she always seems to sense it, lifting her eyes over the top of her glasses to give me a gentle look that reminds me to relax and trust that everything will be okay. No words need to be said.

We are so grateful to have Catherine as part of our Health & Wellness community! Her warmth, generosity, and quiet strength make everyone around her feel seen and safe.



# September 2025

VIRTUAL (IN BLACK)  
IN-PERSON (IN BLUE)  
RSVP (IN RED)

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1	2	3	4	5	6
	Office Closed HAPPY LABOR DAY	12 – 1 PM: Ageless Yoga 1 – 2:30 PM: Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 PM– 4:30 PM: Brain Games	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 2– 3 PM: Hillcrest Spanish Club	9:30 - 10:00 AM Mindful Mornings 10:30 - 11:30 AM Sr Exercise 11:30 AM – 1 PM City Stops: Oriental Wok	
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	12 – 1 PM: Ageless Yoga 1 – 2:30 PM: Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 PM– 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 2 – 3 PM: Strength Training	9:30 - 10:00 AM Mindful Mornings 10:30 - 11:30 AM Sr Exercise 1:30 – 3 PM: Intro to Digital Photography	
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	12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 – 4:30 PM: Brain Games	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 2– 3 PM: Hillcrest Spanish Club	No Mindful Morning Office Closed- MOW ALL STAFF MEETING	
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 11:30 AM – 3 PM: Dominoes Divas & Dudes	12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 PM– 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 2 – 3 PM: Strength Training	9:30 - 10:00 AM: Mindful Mornings 10:30 - 11:30 AM: Sr Exercise 1:30 – 3 PM: Senior Self Care Day	
28	29	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 11:30 AM – 1 PM: Library Lunch & Learn	12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 – 4:30 PM: Brain Games				