

April 2024 Newsletter



MEALS on WHEELS
SOUTH TEXAS



THIS MONTH

Full Calendar, Page 4

Paw Express
Apr 9th

Library Delivery
Apr 17th

Food Bank
Apr 18th

Cuero Pet Food
Apr 3rd

Victoria Pet Food
Apr 24th



WHAT WE DO

MOBILE MEALS

Our Mobile Meal program provides nutritionally balanced meals for homebound seniors who are not able to provide themselves with a homecooked meal.

LIBRARY TO GO

We partner with Victoria Public Library to deliver library items and crafts to our homebound clients.

TOGETHERNESS

Our Togetherness program aims to lessen the isolation and loneliness homebound adults can experience by creating opportunities to build social connections and friendships through weekly calls and/or visits.

CONNECTION CAFE

Our Congregate Meal program provides a nutritionally balanced lunch and daily activities every weekday.

Monday - Friday, 9:30 - 11:30 AM. Meals served at 11:00 AM. BINGO Tuesday & Thursday, 10:00 AM.

Meal Reservations must be made 48 hours in advance.



PAW
Pets Are Wonderful
MEALS • WHEELS SOUTH TEXAS

Pets Are Wonderful delivers monthly pet food to registered home-delivered meal clients for up to two pets per household. Additionally, we offer vet care which consists of basic wellness checks and preventive care for our clients' pets.

SERVICES

FOR CURRENT CLIENTS

You must be an enrolled meal client to receive these services.

MORE THAN A MEAL



WHAT WE STAND FOR

Our Mission

Promote independence for area seniors by alleviating hunger and social isolation.

Our Vision

A community where all seniors live nourished lives.



MEALS on WHEELS
SOUTH TEXAS



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Meals on Wheels, Victoria, TX

A 4C 05-1764

April Activities & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Wound Care 101	2 BINGO Caring Senior Services	3 Cooking Well for Blood Pressure Cuero Pet Food	4 BINGO New Century Hospice	5 Cards & Dominoes
8 Crafts with Senior Helpers	9 BINGO Retama PAW Express	10 Cooking Well for Blood Pressure	11 BINGO Crown Hospice	12 Outreach Docket - Municipal Court
15 Midcoast Family Services	16 BINGO Harbor Hospice	17 Crafts VPL Library Delivery	18 BINGO First National Bank Food Bank Distribution	19 Cooking in a Disaster
22 Medical Trivia	23 BINGO Twin Pines North	24 Band Stretches PAM Health Pet Food Delivery	25 BINGO Jessica Can Help	26 Movies and Popcorn
28 Memory Strategies PAM Health	29 BINGO White Elephant			

JOIN US
AT THE
CONNECTION
CAFE!

ENJOY BINGO, CRAFTS, & MORE!



Home Delivered Meals

We deliver meals once a week. You will receive great tasting meals filled with nutrients good for health and well-being.

Meals are designed by our Registered dietitians to provide key nutrients.

BOX 1

Pork Patty with Rice
Honey Mustard Chicken Patty
New York Strip Beef Patty & Gravy
Chimichurri Chicken Breast Patty
Meatballs over Egg Noodles

BOX 2

Breaded Chicken Patty
Pork Patty & Gravy
Thai Chili Meatballs w/
Brown Rice
Ravioli and Spinach Alfredo
Chipotle Meatloaf

BOX 3

BBQ Pork Patty
Cilantro Lime Meatballs w/
Brown Rice
Chicken Patty w/ Rosemary
Gravy
S Salisbury Steak
Pepperoni Pizza

BOX 4

Chicken Patty & Penne
Pasta Alfredo
Fish Nuggets
Beef & Pepper Patty w/
Gravy
Breaded Parmesan
Chicken Patty
Red Beans & Brown Rice
w/ Sausage

BOX 5

Pork Patty & Mushroom
Gravy
Huevos Rancheros
Meatballs & Alfredo Shell
Pasta
Breaded Chicken Breast
Patties
Pork Patty & Rice w/ Roast
Garlic Gravy

SUGGESTED CLIENT CONTRIBUTION:

It's not required, but it helps a lot.

\$3

HOME-DELIVERED MEAL

(\$15/week)

\$5

MEAL AT THE CAFÉ

(\$25/week)

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Erica Johnson

ejohnson@4LPi.com

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Meals on Wheels, Victoria, TX

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Transform Trash into Treasure

Upcycle Bottles, Cans, and Cups into Eco-Friendly Planters!

Turn your household waste into beautiful planters for your flowers or veggies with our innovative upcycling craft! Instead of tossing away old bottles, cans, or cups, give them a new lease on life by transforming them into charming plant containers.

Our DIY project allows you to unleash your creativity while reducing your carbon footprint. With simple materials and easy-to-follow instructions, you can repurpose everyday items into functional and stylish planters for your garden or indoor plants.

Say goodbye to waste and hello to sustainability! Join us in embracing eco-friendly gardening practices and adding a touch of green to your surroundings. Let's embark on a journey of creativity and conservation together!



APRIL 7 - 15TH
LET'S CELEBRATE!

National Library Week

National Library Week is a celebration of the critical role libraries play in our communities, promoting a love for reading and lifelong learning. It's a time to honor the libraries, librarians, and library workers who transform lives by providing access to a wealth of knowledge and resources.

During this week, we are encouraged to recognize the library as a community hub that offers more than just books. It's a place for discovery, education, and engagement for people of all ages.

We extend a special thank you to the Victoria Public Library for their partnership with Meals on Wheels South Texas. Together, they deliver library materials to our local seniors, ensuring that everyone has access to the enriching world of books, regardless of their mobility or health.

What do you want to read today?



Citizens
MEDICAL CENTER
Home Health

361.579.1305 ★★★★★

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Meals on Wheels, Victoria, TX

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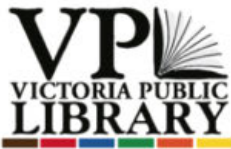
Community Spotlight

Victoria Public Library

Go to our website victoriapubliclibrary.org. Scroll down to "Library Events" to see our other activities!

★ JUVENILE EVENT

● ADULT EVENT



● Bad Art Night

Monday 1st
6-7pm

It's fun art not fine art! Enjoy a night out at the library while you create your own masterpiece or disaster. You'll be provided with all the craft items needed to design your art piece.

★ Lego Lab

Wednesday 3rd
4:30-5:30pm

Our favorite program for all of you Lego fans! Join us for an evening of Lego building. We will have both small Legos and big blocks available so all ages are able to participate.

● Fun Fridays

Friday 5th, 12th, 19th, 26th
10-11am

Join us for a fun creative or physical activity every Friday morning 10 to 11am! We'll be offering a different activity each week, from coloring to chair yoga to arts and crafts. Come meet new people while enjoying a fun and engaging activity.

● LLA Hunt A Killer Game

Wednesday 3rd
1:30-4pm

It's Spring! And it's time to get outside! Join us at Riverside Park to make your own kite! Have some fun getting crafty and flying your own kite. Open to all ages.

● VPL Talks: Charles Alcorn

Thursday 18th
6-7pm

Local author Charles Alcorn will be reading from his debut novel set in Texas, "Beneath the Sands of Monahans," followed by a discussion with Q&A.

DID YOU KNOW?

The Pillsbury Doughboy has a name. It's Poppin' Fresh! A fitting name for an energetic character.

★ Learning Lab: Bottle Rockets

Thursday 11th
4:30-5:30pm

Want to experience the Thrill of Science with Bottle Rockets? Look no further! Join us in creating some exciting bottle rockets.

● Chess Club

Saturday 20th
12-2pm

The Victoria Public Library is partnering with the Golden Crescent Chess Club to bring chess to the library! Join us in the Bronte Room for casual games of chess for all levels of players.

● Bad Poetry Night

Thursday 25th
6-7pm

Stop by the Victoria Public Library as we take away the pressure of writing good poetry and challenge you to have fun writing the worst during our Bad Poetry Night event. Come create, laugh, and cringe with us as we develop some bad poetry.



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that Support our
Community!

PUZZLE BREAK

CROSSWORD PUZZLE

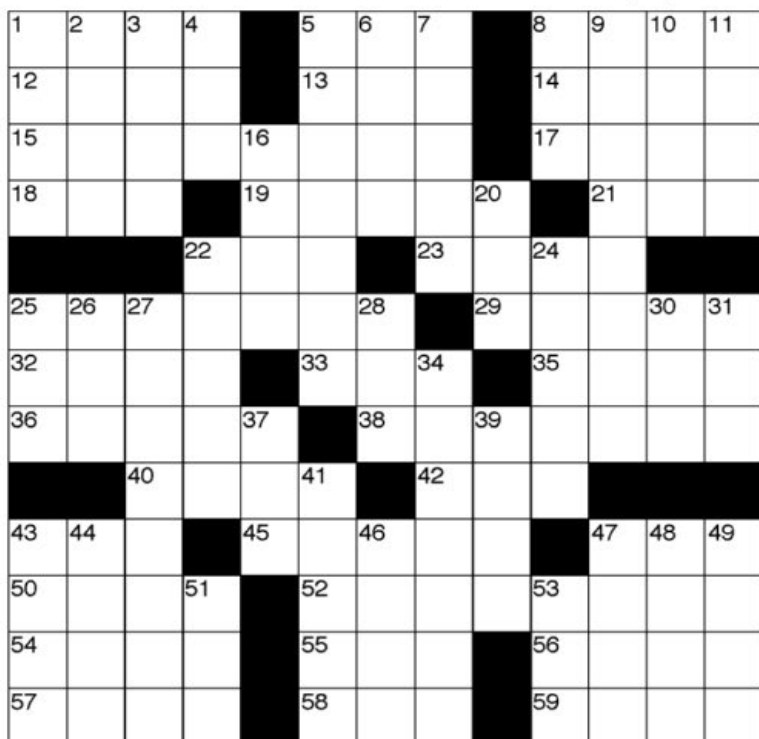
ACROSS

- 1 Canal bank
5 Raw (Fr.)
8 Afrikaans
12 Occupational Safety and Health Admin. (abbr.)
13 Ger. physicist
14 Dawn love song
15 Sample
17 Dressed
18 Anecdotes
19 Pointed missile
21 Verb-forming (suf.)
22 Exclamation
23 Hindu god of love
25 Clay mineral
29 Egypt. king
32 Academy (abbr.)
33 Corrode
35 Scientific name (suf.)
36 Remnant
38 Neptune's spear
40 Colorless
42 Dutch commune

- 43 Two-year-old sheep
45 Cob
47 Drone
50 Wings
52 Form into a chain
54 Proceed
55 Rom. first day of the month
56 Son of Ruth
57 Eur. canal
58 "Fables in Slang" author
59 _____ Nostrum (Mediterranean)

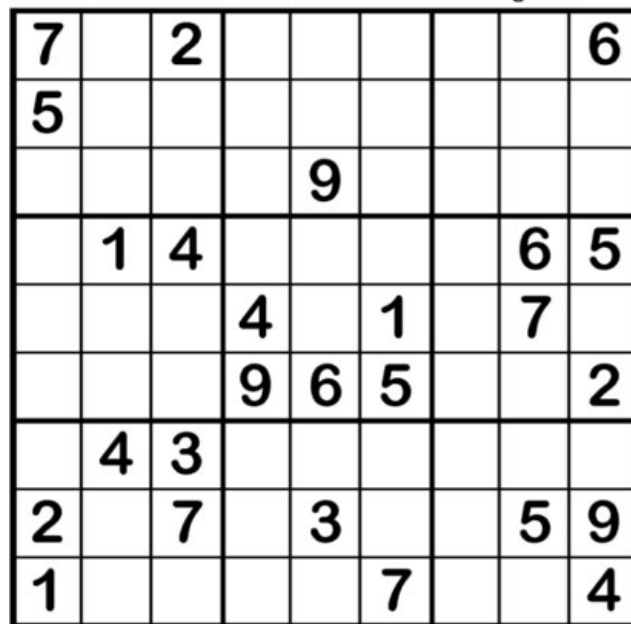
DOWN

- 1 Beerlike Arab drink
2 Television channel
3 S.A. ostrich
4 Son of (Scot.)
5 Fruit dish
6 Former Korean president
7 Aleutian island
8 Tactical Air Command
9 Pact
10 Down with (Fr., 2 words)
11 Dip
16 Yahi tribe survivor
20 Pound down
22 Species
24 Civil War commander
25 Nose (pref.)
26 Exclamation
27 Euchre (2 words)
28 Sup
30 Poetic contraction
31 Hindu essence of being
34 Bridge part
37 Burmese knife
39 Idea (Fr.)
41 Glass-furnace mouth
43 Nail
44 "The Time Machine" people
46 Thunderfish
47 Polish rum cake
48 Uterus (pref.)
49 Aryan
51 Moray
53 Name (Fr.)



Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

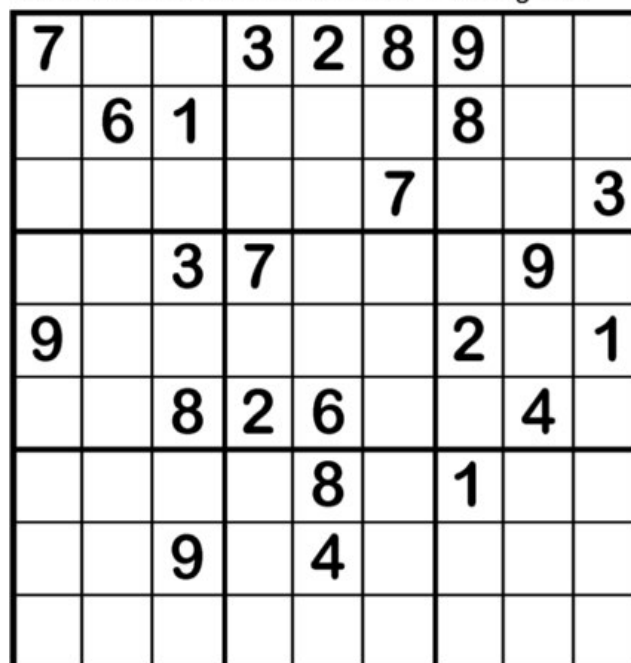


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DIFFICULTY: ★☆☆☆☆

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.



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Thank You!

We want to give a HUGE shout out to DOW-Seadrift Employees:

Chuck, Laura, Eddie, Tarra, and Sam

Thank you for volunteering your time to help at Meals on Wheels South Texas!!

While they were here, they bagged 800+ pounds of dog food, prepared 230 bags of 8-count juices, replanted the flower-pots at the front doors, and did lots of in-house repairs.

We thank DOW and all our volunteers for everything you do. We couldn't do what we do without you.

#NationalVolunteerMonth



OPPORTUNITIES

Volunteering opportunities with MOWSTX are life-changing not only for volunteers themselves but for the seniors who rely on regular meal deliveries. Contact volunteer@mowstx.org to help out in the following areas:

MOBILE MEALS

Deliver meals to seniors on Mondays in Victoria or Wednesdays in Cuero.

PAW BITES

Deliver pet food during the final week of the month.

LIBRARY 2-GO

Deliver library materials to clients every three weeks, usually on Wednesdays.

PREP & GO

Help load meal boxes in the freezer Thursday mornings.

PAW EXPRESS

Transport pets from their owners' homes to the vet, and back. Cats and dogs, carrier provided.

TOGETHERNESS

Call clients each week to chat and check in on their wellbeing.

E 4C 05-1764



ALL IT TAKES IS EIGHT!

JUST \$8 CAN PROVIDE A
MEAL TO A SENIOR IN NEED
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**YOUR GENEROSITY MAKES
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