

JULY 2026

ACTIVITIES NEWSLETTER



MEALS on WHEELS
SOUTH TEXAS

TOGETHER, WE CAN DELIVER.



Get in touch!

Office Hours: 9:00 AM - 3:00 PM

Phone: 361-576-2189

Address: 603 East Murray Street,
Victoria, TX 77901

www.mowstx.org

THIS MONTH

Cuero Pet Food

July 1st

PAW Express

July 2nd & 16th

Library Delivery

July 15th

Food Bank

July 16th

Victoria Pet Food

July 22nd

***Holiday Closure**

July 3rd

Connection Club Event Calendar

Page 4

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.

Interested in meals:

Call us at 361-576-2189
or Scan Here



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.

CONGREGATE

Our Congregate Program is getting a fresh new look focused on connection, socializing, and new experiences for seniors 60+. Reservations will be required for events. See Calendar on pg 4

Where life after 60 is
full of connection.

PET PROGRAMS



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



Staying Healthy

MEALS ON WHEELS SOUTH TEXAS

Sit Tall, Feel Better:

Easy Chair Stretches for Posture



1. Neck Stretch

Sit up straight. Look left, look right, and gently stretch each side in the process. This helps release tension and keeps your neck flexible.



2. Shoulder Rolls

Roll your shoulders backward and then forwards in big, slow circles. Make sure you are sitting up as straight as possible. This loosens tight muscles and encourages upright posture.



3. Seated Side Stretch

Raise one arm overhead and lean gently to your opposite side. This opens up the muscles in your sides and keeps your spine happy.



4. Chest Opener

Lean forward and clasp your hands behind your back, and gently pull your shoulders back. Perfect for counteracting that forward hunch.



©LPI



HOSPICE OF SOUTH TEXAS

605 E Locust Ave
Victoria, TX

361-572-4300

hospiceofsouthtexas.org



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"And when the Chief Shepard shall appear, ye shall receive a crown of glory that fadeth not away." 1 Peter 5:4

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lpicommunities.com



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July Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Seats for our Connection Club events are limited, so call 361-576-2189 to reserve your spot, locations and times vary! Connection Cafe: 603 E Murray St, Victoria, TX 77901		YMCA-Water 1 Aerobics 9:00am-11:0am 1806 N Nimitz st Victoria, TX 77901 	4th of July 2 Party w Frost Bank 10:30am - 1pm Connection Cafe 	CLOSED 3 In observance of Independence Day
Remeber When? 6 10:30am-1pm Connection Cafe 	BINGO & Lunch 7 w Crown Hospice 10:30am-1pm Connection Cafe 	YMCA-Water 8 Aerobics 9:00am-11:0am 1806 N Nimitz st Victoria, TX 77901 	9 CLOSED NO EVENT	End of TCMI 10 Celebration 10:30am-12pm Connection Cafe
Crafts w Victoria 13 Public Library 10:30am-1pm Connection Cafe 	Pokeno BINGO 14 10:30am-12:30pm Connection Cafe Senior BINGO 1pm-3pm Community Center	YMCA-Silver 15 Sneakers 9:00am-11:0am 1806 N Nimitz st Victoria, TX 77901 	16 Craft w Center Well 10:30am-1pm Connection Cafe 	Volunteer @ 17 Food Bank 8am-12pm Shifts Available 801 S Laurent St, Victoria, TX 77901
Movie Day 20 10:30am-1pm Connection Cafe 	BINGO w Vine 21 10:30am-1pm Connection Cafe 	YMCA-Silver 22 Sneakers 9:00am-11:0am 1806 N Nimitz st Victoria, TX 77901 	23 CLOSED NO EVENT	24 CLOSED NO EVENT
Craft Time 27 10:30am-1pm Connection Cafe 	BINGO w 28 Victoria Hospice 10:30am-1pm Connection Cafe 	YMCA-Silver 29 Sneakers 9:00am-11:0am 1806 N Nimitz st Victoria, TX 77901 Craft Time 10:30am-1pm Victoria Public Library	30 CLOSED NO EVENT	Movie Day 31 RSVP for Time Cinemark Victoria

Staying Safe in Hot Weather

Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse



Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.

Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952

Activities



SWEET TREET

CHOCOLATE
FUDGE
SPRINKLES
PEACANS
BRITTLE
GELATO
MARACHINO
SOCIAL
CANDY
PEANUT
VANILLA
PINEAPPLE
SPLIT
CASHEWS
ICE
JIMMIES
SHERBET
YOGURT
BROWNIE

MARCHMELLO
STRAWBERRY
WHIPPED
BUTTER
BANANNA
BUTTERSCOTCH
PARFAIT
SUNDAE
FROZEN
CREAM
SCOOPS
TOPPINGS
CREAM
CHERRY
CARAMEL
PEANUTS
MINT
FRUIT



E A O S T U N A E P B R O W N I E N
A L L I N A V S G N I P P O T C N S
E R O T A L E G S C O O P S I R P E
G R T S G T U N A E P L V J V R L S
D D B U T T E R S C O T C H I T H T
U I N D R A T S U C I A M N T E R N
F W H I P P E D F U R A K I R T M S
F I R E T T U B R A E L R B C I A O
R B E L T T G F M R E B E Q A A E L
O H T P N E B E C S K T X I N F R L
Z O A P I P L J I M M I E S D R C E
E S L A M A R A C H I N O I Y A I M
N U O E S W E H S A C R Z C P P I H
H N C N C I T S T R A W B E R R Y S
N D O I A A I H B A N N A N A B E R
E A H P U M L S Y W L A I C O S O A
A E C L D H P E A C A N S E A R P M
Y O G U R T S C H E R R Y E A G O T

↻ Word Twist At the Pool

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words.

Hint: Each puzzle has a common theme!



lggoges _____

swiuitms _____

oeltw _____

ressceunn _____

werat _____

cksnas _____

osfatl _____

aricbodkk _____

gslsuesnas _____

tsoy _____

Toys

Floats
Kickboard
Sunglasses

Sunscreen
Water
Snacks

Goggles
Swimsuit
Towel

Community Spotlight ⁷

VICTORIA PUBLIC LIBRARY
JULY '26 EVENTS CALENDAR

Visit our website:
victoriapubliclibrary.org

MO	TU	WE	TH	FR	SA					
<ul style="list-style-type: none"> ● Adult Event ★ All Ages Event 	<ul style="list-style-type: none"> 📍 Location off-site 🕒 Events Duration: 1 Hour 	POP-PUNK CARFT NIGHT 5:30PM	1	2	3 CLOSED	4 HAPPY 4TH OF JULY				
MIXED MEDIA BAD ART NIGHT 5:30PM	6	BOOKISH SOCIETY 6PM @Vida Cafe	7	BEDAZZLED BOOKS 5:30PM	8	9	CHAIR YOGA 10AM	10	11	
13	BARGELLO BOOKMARKS 5:30PM	14	NO PRESSURE BOOK CLUB 6PM @Moonshine Drinkery	15	YARN CRAFT CLUB 4PM	16	CHERRY TEA TOWEL 10AM	17	RECREATION NIGHT 5PM @DeLeon Plaza	18
20	LIBRARY TERRARIUMS 5:30PM	21	CRAFT NIGHT 5:30PM	22	HIDDEN WOMEN OF AMERICAN REVOLUTION 5:30PM	23	DIY LEMON FANS 10AM	24	FOAM PARTY 2PM	25
27	TRUE CRIME BOOK CLUB 6PM	28	K-POP SOCIAL 6:30PM	29	CRAFTING CONNECTIONS 9:30AM	30	FOIL ART 10AM	31	ADULT-ISH BOOK CLUB 6PM @Gardenhouse Coffee	

Advertise in Our Newsletter!

Contact Michelle Crites
mcrises@4LPi.com
(800) 950-9952 x2256




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COMMUNITY
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- Office Hours: 9:00 AM - 3:00 PM
- 603 E Murray St, Victoria, TX 77901
- Contact: 361-576-2189
- Email: info@mowstx.org
- Website: www.mowstx.org
- Stay up-to-date every day:



@MOWSouthTexas

GET FEATURED: Call 361-576-2189 x116 to talk about partnering. For advertising, contact Erica Johnson with our printer, LPi, at 316-258-6202.