



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.

CONNECTION CAFE

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

Victoria Location:

Monday - Friday 9:30 AM - 12:00 PM Meals served at 11:00 AM.

Yorktown Location:

Monday - Friday 10:00 AM - 1:00 PM Meals served at 11:30 AM.

Meal Reservations must be made 48 hours in advance.

PET PROGRAMS





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

FORCURRENT CLIENTS

You must bean enrolled meal client to receive these services.



A MEAL



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 Victoria & DeWitt County.

LIBRARY 2-GO

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

TOGETHERNESS

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

PAW BITES

Deliver pet food during the final week of the month.

PAW EXPRESS

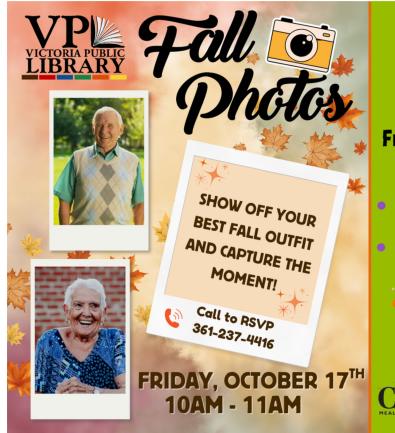
Transport pets from their owners' homes to the vet, and back. Cats and dogs, carrier provided.



OCTOBER ACTIVITIES & MORE

Monday	Tuesday	Wednesday Thursday		Friday	
選 ※	₩■▼無	1	2 New Century Hospice	3 Crafts with Hospice of South Texas	
		Cuero Pet Food			
6	7	8	9	10	
Remember When	First Christian Church	Chair Exercises with Zoom Physical Therapy & Wellness	Crown Hospice	Lavaca Bay N & R Center- Medicaid Pending Assistance	
13 Crafts with Well Med	8 INGO	15 Crafts with Victoria Public Library	16	Fall Pictures with Victoria Public Library October Birthdays Celebration	
	PAW Express	Library Delivery	Food Bank Distribution	CCICDIATION	
Crafts with Angels 20 Care Home Health United Healthcare Information Travis Jeffery	Parbor Hospice of Victoria	Cooking Well with Diabetes with Texas AgriLife Victoria Pet Food	United Way Community Navigator Appointments	24 Crafts with Crown Hospice	
27 Crafts with Victoria Public Library	28 (SINGO) Twin Pines North	29 Cooking Well with Diabetes with Texas AgriLife	30 WINGO MOWSTX	Halloween Party	

*Call to RSVP your seat 361-237-4416.





Home Delivered Meals

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

Meals are designed by our Registered Dietitians to provide key nutrients. Interested in meals: Call us at 361-576-2189 or Scan Here



BOX 1

Chimichurri Chicken

Ginger Pork

Taco Soup

Breaded Chicken Patty

Creamy Country Fried Steak

BOX 2

Red Beans & Rice w/Sausage Honey Mustard Chicken Florentine Stuffed Shell w/Parma Rosa

Pollock Nuggets Beef Pepper Patty w/Gravy

BOX 3

Spaghetti & Meatballs Chicken & Teriyaki Rice Breaded Pollock Chicken/Beef Sausage **Patties** Beef Patty over Cheesy

BOX 4

Salisbury Steak Beef Chili with Beans Rosemary Chicken Pizzaiola Pork Southwest Style Chicken

BOX 5

Macaroni & Cheese Pork Patty & Rice w/Roasted **Garlic Gravy** Bruschetta Chicken Breakfast Scramble Thai Chili Meatballs w/Rice



SUGGESTED CONTRIBUTION:

HOME-DELIVERED MEAL (\$15/week)

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

Chipotle Rice

Word Search



APPLE CRANBERRY **FIELD FIREPLACE**

FOOTBALL HALLOWEEN ROBINS **LEAVES**

MUSHROOM NOVEMBER **NUTS**

ORANGE **ORCHARD**

PINECONE PIMPKIN

QUILT

SCARECROW

SWEATER

THANKSGIVING |

TURKEY



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Κ Υ 0 R G Ε U S S Ν Α Ν ı 0 F Ε Т Ε R

What We Stand For ••••



MEALS ON WHEELS **SOUTH TEXAS**

Our Mission

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

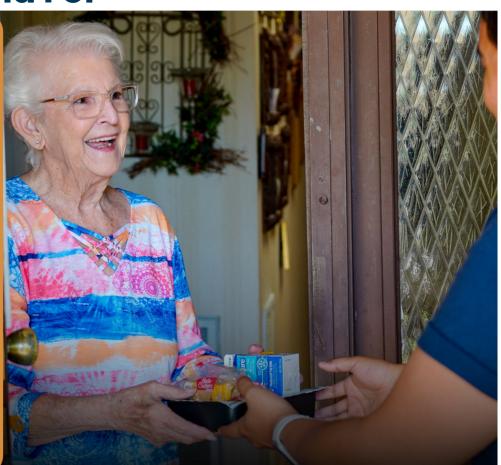
Our Vision

A community where all seniors live nourished lives.



Just \$40 delivers a senior a week of healthy lunches.

give.mowstx.org



••••• Community Spotlight

The second secon				510 HH	Marie Committee of the last	AND DESCRIPTION OF THE PERSON NAMED IN	
	Mon	Tue	Wed	Thu	Fri	Sat	
VP VICTORIA PUBLIC LIBRARY	hi		LEGO LAB 5PM	2	3 FUN FRIDAY 10AM	4	The Pumpkin Capital of the U.S. Is in Illinois Whether you're making pumpkin muffins, bread or other pumpkin- inspired recipes The vast majority is produced in
Visit our website: victoriapubliclibrary.org Scroll down to	6	7	8	9	10 FUN FRIDAY 10AM	11	
"Library Events" to see more activities! Adult Events Juvenile Event	13	TEXAS A&M STORYTIME 9:30AM MAGIC POTION 4PM	15	BOO BRACELETS 4PM	FUN FRIDAY 10AM	18	
SCAN QR CODE TO SEE EVENT DESCRIPTIONS	20	TEA LIGHT GHOSTS 4PM	22	FRANKEN TOYS 4:30PM	FUN FRIDAY 10AM	25	Morton, Illinois at the Libby's Pumpkin canning plant, which accounts for roughly 75%
	26	27	HIDDEN MESSAGES 2PM	29	30FUN FRIDAY 10AM STORY PARTY 10:30AM SCARY MINI GOLF 6PM ★	31	of the country's canned pumpkin.













Office Hours: 8:00 AM - 3:00 PM







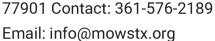




















Website: www.mowstx.org Stay up-to-date every day:

















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

@MOWSouthTexas