

# October 2025 Newsletter



**MEALS on WHEELS**  
SOUTH TEXAS  
[www.mowstx.org](http://www.mowstx.org)

## THIS MONTH

**Cuero Pet Food**  
October 1<sup>st</sup>

**PAW Express**  
October 14<sup>th</sup>

**Library Delivery**  
October 15<sup>th</sup>

**Food Bank**  
October 16<sup>th</sup>

**Victoria Pet Food**  
October 22<sup>nd</sup>

➤ **Full Calendar**  
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# 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

### **FOR CURRENT CLIENTS**

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

**MORE**

**THAN  
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](mailto: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
		1	2	3
		Cuero Pet Food	 New Century Hospice	Crafts with Hospice of South Texas
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	14	15	16	17
Crafts with Well Med	 PAW Express	Crafts with Victoria Public Library Library Delivery	 Food Bank Distribution	Fall Pictures with Victoria Public Library October Birthdays Celebration 
20	21	22	23	24
Crafts with Angels Care Home Health AND United Healthcare Information Travis Jeffery	 Harbor Hospice of Victoria	Cooking Well with Diabetes with Texas AgriLife Victoria Pet Food	 United Way Community Navigator Appointments	Crafts with Crown Hospice
27	28	29	30	31
Crafts with Victoria Public Library	 Twin Pines North	Cooking Well with Diabetes with Texas AgriLife	 MOWSTX	 Halloween Party

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



## Fall Photos





SHOW OFF YOUR BEST FALL OUTFIT AND CAPTURE THE MOMENT!

Call to RSVP 361-237-4416

**FRIDAY, OCTOBER 17<sup>TH</sup>**  
**10AM - 11AM**

Connection Café invites you to a

# Halloween Party

**Friday, October 31<sup>st</sup>**  
**9:30AM - 12PM**



**Spooky fun awaits! Call to RSVP and join us for a Halloween Boogie!**

**CAFE**  
HEALS WHEELS SOUTH TEXAS



# 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.  
**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  
Chipotle Rice

## 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  
CLIENT  
CONTRIBUTION:**

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

**\$3**

HOME-DELIVERED MEAL  
(\$15/week)

**\$3**

MEAL AT THE CAFÉ  
(\$15/week)

# Word Search



APPLE ORANGE  
CRANBERRY ORCHARD  
FIELD PINECONE  
FIREPLACE PIMPKIN  
FOOTBALL QUILT  
HALLOWEEN ROBINS  
LEAVES SCARECROW  
MUSHROOM SWEATER  
NOVEMBER THANKSGIVING  
NUTS TURKEY



T	H	A	N	K	S	G	I	V	I	N	G	S	C	Y
S	G	X	I	F	O	R	J	L	C	L	F	C	R	M
Q	M	V	T	Y	I	Y	P	V	O	K	J	A	A	P
F	U	U	Y	U	X	R	H	R	E	O	I	R	N	Y
I	W	I	S	G	R	Z	E	S	Z	R	J	E	B	F
E	E	E	L	H	N	K	A	P	L	C	O	C	E	H
L	C	D	S	T	R	O	E	F	L	H	W	R	R	A
D	N	V	Q	I	D	O	V	Y	X	A	J	O	R	L
P	F	U	Y	X	G	P	O	E	U	R	C	W	Y	L
F	O	O	T	B	A	L	L	M	M	D	J	E	S	O
W	B	Y	V	S	X	M	C	R	O	B	I	N	S	W
I	P	I	N	E	C	O	N	E	E	I	E	J	T	E
P	U	M	P	K	I	N	G	Z	O	F	L	R	Y	E
U	K	Y	O	R	A	N	G	E	I	U	S	O	S	N
A	P	P	L	E	A	V	E	S	W	E	A	T	E	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](http://give.mowstx.org)





# Community Spotlight<sup>7</sup>



Visit our website:  
[victoriapubliclibrary.org](http://victoriapubliclibrary.org)  
 Scroll down to  
 "Library Events"  
 to see more activities!

- Adult Events
- ★ Juvenile Event

SCAN QR CODE  
 TO SEE EVENT  
 DESCRIPTIONS



Mon	Tue	Wed	Thu	Fri	Sat
		1 LEGO LAB 5PM ★	2	3 FUN FRIDAY 10AM	4
6 hi	7	8	9	10 FUN FRIDAY 10AM	11
13	14 TEXAS A&M STORYTIME 9:30AM MAGIC POTION 4PM ★	15	16 BOO BRACELETS 4PM ★	17 FUN FRIDAY 10AM	18
20	21 TEA LIGHT GHOSTS 4PM ★	22	23 FRANKEN TOYS 4:30PM ★	24 FUN FRIDAY 10AM	25
26	27	28 HIDDEN MESSAGES 2PM ★	29	30 FUN FRIDAY 10AM STORY PARTY 10:30AM SCARY MINI GOLF 6PM ★	31 Happy HALLOWEEN

## DID YOU KNOW?

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  
Morton, Illinois  
at the Libby's  
Pumpkin  
canning plant,  
which accounts  
for roughly 75%  
of the country's  
canned  
pumpkin.





**THANK YOU  
TO OUR  
COMMUNITY  
PARTNERS:**



Office Hours: 8:00 AM - 3:00 PM  
603 E Murray St, Victoria, TX  
77901 Contact: 361-576-2189  
Email: [info@mowstx.org](mailto:info@mowstx.org)  
Website: [www.mowstx.org](http://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.