



MEALS on WHEELS

SOUTH TEXAS

TOGETHER, WE CAN DELIVER.

OCTOBER 2026

ACTIVITIES NEWSLETTER



The Connection Club members had an absolute blast at the Crowns Fall Festival!

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

Food Bank

OCT 15TH

Library Delivery

OCT 21ST

PAW Express

OCT 29TH

Cuero Pet Food

OCT 21ST

Victoria Pet Food

OCT 28TH

**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**



**NOW PROUDLY SERVING
JACKSON COUNTY**

Get Connected

Good Friends. Great Activities. 

CONNECTION Club

WHERE CONNECTION MATTERS

Connection Club is a social club for adults 60+ designed to bring people together, spark joy, and create meaningful connections.



MOWSTX MEALS on WHEELS SOUTH TEXAS



Social Connection

Build friendships and enjoy great company.



Fun & Varied Activities

Something new every month.



Nourishing Lunch

Enjoy a delicious lunch when provided.



Support & Well-Being

Programs that support mind, body & spirit.



Reservation Required

Call today to save your spot!

Join Us!
Check out our monthly calendar of activities!



SCAN HERE!

We can't wait to welcome you!



MOWSTX Connection Cafe
603 E Murray St
Victoria, TX 77901



Southbrooke Manor Nursing & Rehabilitation Center
1401 West Main Street
Edna, TX 77957



Learn More
361-237-2189
www.mowstx.org

October Activities

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 CLOSED NO EVENT 	6 BINGO w First Christian Church 10:30am- 12pm Connection Cafe 	7 YMCA-Silver Sneakers 9:00am-11:0am 1806 N Nimitz st Victoria, TX 77901 Lunch & Learn w Paradigm Healthcare Education & Day of the Dead Ornament making w VPL 10:30am- 12pm Connection Cafe 	8 BINGO w New Century Hospice 10:30am- 12pm Connection Cafe 	9 CLOSED NO EVENT
12 CLOSED NO EVENT	13 Social Hour 10:30am- 1pm Connection Cafe  Senior BINGO 1pm-3pm Community Center 	14 YMCA-Silver Sneakers 9:00am-11:0am 1806 N Nimitz st Victoria, TX 77901 Lunch & Learn with Sharonni Young & Pumpkin Painting w MCFS 10:30am-1pm Connection Cafe 	15 Community Bingo and Lunch at Avir 10:30am-1:30am 1301 Mallette Drive  Sugar Skull Embroidery 5pm-6pm Victoria Public Library 	16 Fun Friday: Beaded Skeletons 10am-11:30am Victoria Public Library 
19 CLOSED NO EVENT 	20 Crafts w Pam Health Rehabilitation 10:30am- 1pm Connection Cafe  Escape Room 6:30pm-7:30pm Victoria Public Library	21 YMCA-Silver Sneakers 9:00am-11:0am 1806 N Nimitz st Victoria, TX 77901 Crafts w VPL 10am-11:30am Connection Cafe Halloween Bash 6:30pm-8:00pm Deleon Plaza Downtown	22 Crafts w Vine School 10:30am-1pm Connection Cafe 	23 CLOSED NO EVENT 
26 CLOSED NO EVENT	27 Craft with the Nave Museum 10:30am- 1pm Connection Cafe 	28 Halloween Party 10:30am-1pm Connection Cafe 	29 Baking w Harbor Hospice 10:30am-1pm Connection Cafe 	30 CLOSED NO EVENT

Hungry for a partnership with Meals on Wheels South Texas? Give us a call at 361-576-2189!

6 Healthy Sleep Habits for Older Adults

Older adults need about 7-9 hours of sleep each night. Getting a good night's sleep supports physical health, mental health, and overall well-being. Improve your sleep with these tips.

Develop a regular sleep schedule and bedtime routine

Avoid napping in the late afternoon or evening

Try to avoid electronic screens, such as cell phones and TVs, in the bedroom

Keep your bedroom quiet and at a comfortable temperature

Exercise at regular times each day, but not within three hours of bedtime

Avoid alcohol, caffeine, and large meals late in the day



Learn more at: www.nia.nih.gov/sleep-tips.



Activities



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

Word Twist Road Trip

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!



kssnac _____

tvelra _____

pma _____

simuc _____

piowll _____

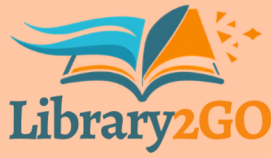
suiasetc _____

drosa _____

oksbo _____

ksauboodio _____

dirao _____



—Program—

Library2GO Program:

Meals on Wheels clients can enjoy large print books, audiobooks, movies, TV series, magazines, music CDs, and more—all delivered to your door through Meals on Wheels.

Visit our website:

victoriapubliclibrary.org

Events duration: 1 hour

Location off-site: 

OCTOBER Library Events

Monday

5th 5:30-7pm

- Textured Art Ghosts

26th 6pm

- True Crime Book Club

Tuesday

6th 6pm

- Bookish Society 

27th 5:30pm

- Remembrance Candles

20th 6:30-8pm

- Escape Rooms

Wednesday

7th 6-7:30pm

- Pickleball Games

14th 5:30-7pm

- Spooky Movie Night

21st 6pm

- No Pressure Book Club 

Thursday

15th 5:30-6:30pm

- Sugar Skull Embroidery

29th 6:30-8pm

- Haunted Mini Golf

Friday

2nd, 9th, 16th, 23rd, 30th
10am

- Mini Yarn Pumpkins
- Chair Yoga
- Fun Friday
- Crossaint Monsters
- Fun Friday

Saturday

10th 12-2pm

- Chess Club



SUPPORT LOCAL SENIORS IN NEED.



ONE WEEK OF MEALS. ONE WEEK OF COMFORT. \$50 MAKES IT HAPPEN.



Donate Today

give.mowstx.org



MEALS on WHEELS® SOUTH TEXAS

MAHJONG for Meals

Presented by: **H-E-B**
HelpingHere

10.17.26

SCAN HERE



WWW.MOWSTX.ORG

**THANK YOU
TO OUR
COMMUNITY
PARTNERS:**



- 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.