

# July 2025 Newsletter



**MEALS on WHEELS**  
SOUTH TEXAS

## THIS MONTH

**Cuero Pet Food**  
July 2<sup>nd</sup>

**PAW Express**  
July 8<sup>th</sup> & 22<sup>nd</sup>

**Library Delivery**  
July 16<sup>th</sup>

**Food Bank**  
July 17<sup>th</sup>

**Victoria Pet Food**  
July 23<sup>rd</sup>

**Holiday Closure**  
July 4<sup>th</sup>

➤ **Full 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.

## 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

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.**



**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 .....



**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.

**VOLUNTEER**      **DONATE**

[www.mowstx.org](http://www.mowstx.org)



**CROWN**  
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[www.crownhospice.com](http://www.crownhospice.com)

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

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Meals on Wheels, Victoria, TX

A 4C 05-1764

# JULY ACTIVITIES & MORE

Monday	Tuesday	Wednesday	Thursday	Friday
	1  First Christian Church	2 Coke Float Social  Cuero Pet Food	3  New Century Hospice	4  <b>CLOSED</b>
7 Board Game Day	8  MOWSTX PAW Express	9 Chair Exercises with Zoom Physical Therapy & Wellness	10  Crown Hospice	11 Crafts with Mid-Coast Family Services
14 United Way Community Navigator Presentation	15  Harbor Hospice	16 Crafts with Victoria Public Library  Library Delivery	17  The Vine School  Food Bank Distribution	18 Crafts with Victoria Public Library
21 Crafts with Mid-Coast Family Services	22  Twin Pines North PAW Express	23 Crafts with Caring Senior Service  Victoria Pet Food	24  Spherion Staffing and Recruiting	25 Crafts with Hospice of South Texas
28 Crafts with Victoria Public Library	29  PAM Health Rehabilitation Hospital	30 	31 How Therapy Protects Seniors with Pam Health Rehabilitation	

ARE YOU 60 YEARS OF AGE  
OR OLDER AND ACTIVE?

ARE YOU LOOKING FOR A WAY TO  
MAKE NEW FRIENDS AND  
SOCIALIZE?

OUR CONNECTION CAFE  
IS THE PLACE FOR YOU!



CALL US FOR MORE  
INFORMATION  
361-576-2189

CONNECTION CAFE VICTORIA  
603 E. MURRAY ST  
VICTORIA, TX 77901

CONNECTION CAFE YORKTOWN  
107 W MAIN  
YORKTOWN, TEXAS 78164





# 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

Spaghetti & Meatballs  
Pork Patty & Gravy  
Breaded Pollock  
Chicken Tenders & Zesty Orange Chicken  
Creamy Country Fried Steak

## BOX 2

Fried Egg Patties  
Salisbury Steak  
Chicken & Dumplings  
Red Beans & Rice w/Sausage  
Chicken & New Orleans Style Rice

## BOX 3

Honey Mustard Chicken Tenders  
Breaded Pollock w/ Parm Rosa Sauce  
Huevos Rancheros  
NY Beef Strip Patty & Gravy  
Turkey Meatloaf w/ Zesty Orange Rice

## BOX 4

Cheese Lasagna w/ Meat Sauce  
Rosemary Chicken  
Ginger Pork  
Beef Patty  
Pollock Nuggets

## BOX 5

Breakfast Burrito w/ Salsa  
Homestyle Meatloaf  
Chicken & Apricot Rice  
Pollock w/ Coconut Rice  
Southwest Casserole

**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)

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Erica Johnson**

[ejohnson@4LPi.com](mailto:ejohnson@4LPi.com)

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[hospiceofsouthtexas.org](http://hospiceofsouthtexas.org)



# Word Search



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# 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.



**MOWSTX**  
MEALS ON WHEELS  
SOUTH TEXAS  
TOGETHER, WE CAN DELIVER.



# Community Spotlight



**VICTORIA PUBLIC LIBRARY**  
IMAGINE. DISCOVER. CONNECT.

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

● Adult Events  
★ Juvenile Event



Mon	Tue	Wed	Thu	Fri	Sat
	1 TIE-DYE TEA TOWELS 5:30PM	2	3 YARN CRAFT CLUB 1PM	4 LIBRARY CLOSED 	5
7 COLLAGE NITE 6PM	8 ADOPT-A-PET READ WITH A PUP 2PM	9 MURDER MYSTERY GAME NIGHT 5:30PM	10 BEADED SUN- CATCHERS 5:30PM	11 LOCAL AUTHOR MJ MARLEIGH 6PM	12 TOUCH A TRUCK 11AM
14 FAIRY GARDEN TERRARIUMS 5:30PM	15 TX ROADHOUSE STORY HOUR 10AM	16 NO PRESSURE BOOK CLUB 6PM	17 YARN CRAFT CLUB 4:30PM	18 CHAIR YOGA 10AM VPL JAMS 7PM	19 CHESS IN THE PARK @ ETHEL LEE TRACY PARK 11AM
21 LEGO LAB 10:30AM SKINS & SKULLS 2PM	22 AFTER HOURS GAME NIGHT 6:30PM	23 COFFEE & COLORING @ GARDENHOUSE COFFEE 5:30PM	24 SUN VISORS CRAFT 2PM	25 TIC-TAC-TOE KITS 10AM ADULT-ISH BOOK CLUB 6PM	26
28 TRUE CRIME BOOK CLUB 6PM	29 K-POP SOCIAL 5:30PM	30 PET POP ART 5:30PM	31	SCAN QR CODE TO SEE EVENT DESCRIPTION 	

**DID YOU KNOW?**

Three of the first five presidents of the young United States died on the 4th of July. In 1831, just five years after the deaths of Adams and Jefferson, James Monroe, the fifth president, did so as well.



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SOUTH TEXAS

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[give.mowstx.org](http://give.mowstx.org)



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

- 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)
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**@MOWSouthTexas**