

June 2025 Newsletter



THIS MONTH



MEALS on WHEELS
SOUTH TEXAS

Cuero Pet Food
June 4th

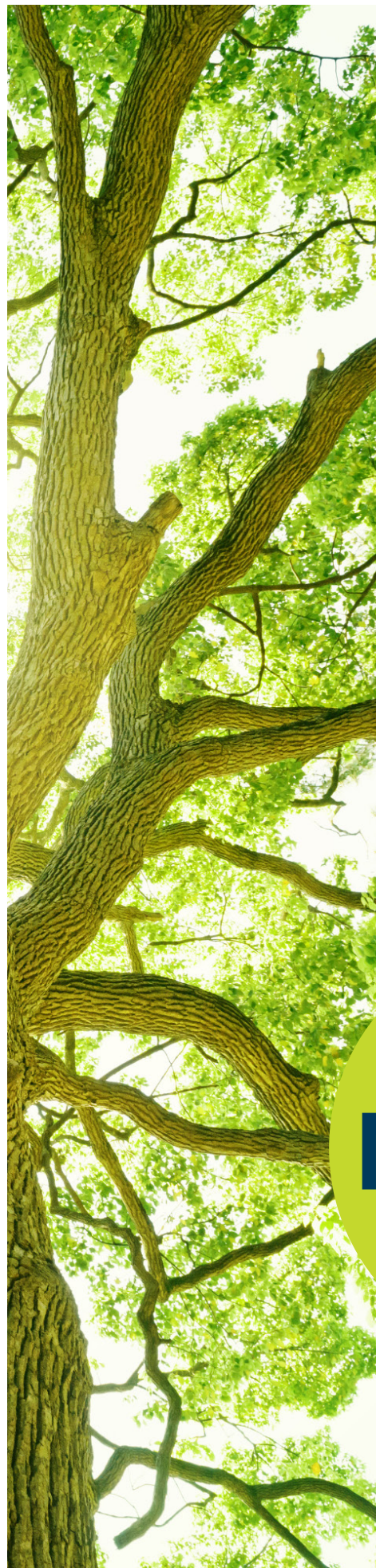
Food Bank
June 19th

PAW Express
June 10th

Victoria Pet Food
June 25

Library Delivery
June 18th

➤ **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 YESS

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



JUNE ACTIVITIES & MORE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Crafts with Twin Pines Mockingbird</p>	<p>3</p> <p>BINGO</p> <p>First Christian Church</p>	<p>4</p> <p>Step Up - Scale Down with Texas AgriLife</p> <p>Cuero Pet Food</p>	<p>5</p> <p>BINGO</p> <p>New Century Hospice</p>	<p>6</p> <p>Crafts with Hospice of South Texas</p>
<p>9</p> <p>United Way Community Navigator Presentation</p>	<p>10</p> <p>BINGO</p> <p>Harbor Hospice</p> <p>PAW Express</p>	<p>11</p> <p>Step Up - Scale Down with Texas AgriLife</p>	<p>12</p> <p>BINGO</p> <p>Crown Hospice</p>	<p>13</p> <p>Crafts with Mid-Coast Family Services</p>
<p>16</p> <p>HAPPY Father's DAY</p>	<p>17</p> <p>BINGO</p> <p>MOWSTX</p>	<p>18</p> <p>Crafts with Victoria Public Library</p> <p>Library Delivery</p>	<p>19</p> <p>BINGO</p> <p>The Vine School</p> <p>Food Bank Distribution</p>	<p>20</p> <p>Crafts with Victoria Public Library</p>
<p>23</p> <p>Crafts with Angels Care Home Health</p>	<p>24</p> <p>BINGO</p> <p>Twin Pines North</p>	<p>25</p> <p>Step Up - Scale Down with Texas AgriLife</p> <p>Victoria Pet Food</p>	<p>26</p> <p>BINGO</p> <p>Spherion Staffing and Recruiting</p>	<p>27</p> <p>Crafts with ACS Program</p>
<p>30</p> <p>Crafts with Victoria Public Library</p>				

FAN DRIVE

Help keep area senior citizens cool this summer!

Many of our homebound seniors live without air conditioning, and the summer heat can be dangerous. You can provide much-needed relief with something as simple as a fan — delivered right to their doorstep.

Here's How You Can Help:

Locations to drop off a new, unopened fan:

- **Twin Pines North**
1301 Mallette Dr, Victoria, TX
- **Meals on Wheels of South Texas**
603 E. Murray St, Victoria, TX

(Please note: we are unable to accept A/C units.)

Make a donation, and we'll purchase a fan on your behalf. Our volunteers will deliver it to a senior in need.

For more info or to sign up to receive a fan, call:
Tristine Galvan 361.212.6601 or
Lenora Tollefson 361.576.2189 (MOWSTX Clients)



TWIN PINES
NORTH
NURSING AND
REHABILITATION
CENTER

MOW
MEALS ON WHEELS
SOUTH TEXAS
TOGETHER, WE CAN DELIVER.

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 Rive
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)

Word Search



AUGUST
BARBECUE
BASEBALL
BEACH
CAMPING
GARDEN
HOT DOGS
ICE CREAM
JULY

OUTSIDE
PICNIC
POPSICLE
SUN
SWIMSUIT
TRAVEL
VACATION
WATERMELON

P	O	P	S	I	C	L	E	A	X	N	I	P	C	D
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Donation Spotlight

THANK YOU!

Victoria County Farm Bureau Donation

We had a delightful visit from the Victoria County Farm Bureau at the Connection Cafe, and they came bearing gifts! Their amazing team even rolled up their sleeves to help serve lunch and hand out 1-pound bags of rice and beans to our cafe members.

MEALS on WHEELS
SOUTH TEXAS



We were thrilled to receive 500 pounds of rice, 500 pounds of beans, and a generous monetary donation! But that's not all, a few weeks later the Victoria County Farm Bureau donated 122 pounds of processed pork.

A huge THANK YOU to the Victoria County Farm Bureau for their continued support and dedication to Meals on Wheels South Texas!

Community Spotlight



Visit our website:
victoriapubliclibrary.org
 Scroll down to
 "Library Events"
 to see more activities!

● Adult Events

★ Juvenile Event

hello
 Summer

Fun Friday

6th, 13th, 20th, 27th
 10-11am

Join us for a fun creative or physical activity every Friday morning from 10 to 11am. We'll be offering a different activity each week, from coloring to chair yoga to arts and crafts. Come meet new people while enjoying a fun and engaging activity.

VPL Talks: Community Gardening with Ashley Cano

Wednesday 11th
 6-7pm

Ashley Cano will be at the library to talk about the wonderful community garden located at the Pattie Dodson Public Health Center. Join us for a great talk about health, food and opportunities that community gardening offers!

Experimental Cinema Club

Saturday 21st
 3:30-5pm

Get ready for a unique cinematic experience at the Victoria Public Library! We are thrilled to invite you to a captivating series of film and video screenings that will take you deep into the fascinating world of experimental cinema. Each session will feature a carefully curated selection of films and video shorts, all available in the public domain. Adults 18+

★ Dough Making with Domino's Pizza

Friday 20th
 3:30-4:30pm

Join us for a hands-on experience where you can get involved in the dough-making process, and then treat yourself to some delicious Domino's pizza!

More Events

Monday 2nd 5:30-7pm
 Bad Art Night

Tuesday 3rd 5:30-6:30pm
 You Ought to Know:
 Sewing Basics

Thursday 5th & 12th 5:30-6:30pm
 Texas A&M AgriLife Extension:
 Step Up Scale Down

Wednesday 11th 5:30-7pm
 Puzzle Competition

Saturday 21st 12-2pm
 Chess Club

Monday 23rd 5:30-6:30pm
 Adult Craft Night

Thursday 26th 6-7:30pm
 Afterhours Game Night



MEALS on WHEELS
SOUTH TEXAS

ALL IT TAKES IS EIGHT!

JUST \$8 CAN PROVIDE A
MEAL TO A SENIOR IN NEED
IN SOUTH TEXAS.

**YOUR GENEROSITY MAKES
A DIFFERENCE, ONE MEAL
AT A TIME!**

FILL A PLATE

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



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



@MOWSouthTexas