

AUGUST 2026

ACTIVITIES NEWSLETTER



Connection Club members enjoyed staying active and building friendships during SilverSneakers® at the YMCA every Wednesday in July!

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

Cuero Pet Food
Aug 5th

PAW Express
Aug 27th

Library Delivery
Aug 19th

Food Bank
Aug 20th

Victoria Pet Food
Aug 26th

**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**



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.



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 to welcome you!



MOWSTX Connection Cafe
603 E Murray St
Victoria, TX 77901



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



605 E Locust Ave
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"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

05-1764

August 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
Monday Movies & Munchies ³ 10:30am- 1pm Connection Cafe 	BINGO with First Christian Church ⁴ 10:30am- 12pm Connection Cafe 	YMCA-Silver Sneakers ⁵ 9:00am-11:0am 1806 N Nimitz st Victoria, TX 77901 	⁶ CLOSED NO EVENT	⁷ CLOSED NO EVENT
Remember When? ¹⁰ 10:30am-1pm Connection Cafe 	Craft Time with Angel Care & Victoria Hospice ¹¹ 10:30am- 1pm Connection Cafe Senior BINGO 1pm-3pm Community Center	YMCA-Silver Sneakers ¹² 9:00am-11:0am 1806 N Nimitz st Victoria, TX 77901 	Interactive art activity with The Nave Museum ¹³ 10:30am- 11:30am 306 W. Commercial Street Victoria, TX 77901 	¹⁴ CLOSED NO EVENT
Sing- Along Monday with Your Favorite Jams ¹⁷ 10:30am-1pm Connection Cafe 	Class with Texas A&M AgriLife Extension ¹⁸ 10:30am-1pm Connection Cafe 	YMCA-Silver Sneakers ¹⁹ 9:00am-11:0am 1806 N Nimitz st Victoria, TX 77901 Lunch and Learn with VPD ²⁰ 11am-1pm Community Annex 	²⁰ CLOSED NO EVENT	²¹ Volunteer at the Victoria Public Library 3pm-4:30pm Victoria Public Library
²⁴ Karaoke with Mid-Coast Family Service 10:30am-1pm Connection Cafe 	²⁵ Bingo with Glitter and Grace 10:30am-1pm Connection Cafe 	²⁶ CLOSED NO EVENT	²⁷ CLOSED NO EVENT	²⁸ Canvas Painting with Glitter and Grace 10:30am-1pm Connection Cafe
³¹ Crafts with Victoria Public Library 10:30am-1pm Connection Cafe 	^{Sep 1} TBA 10:30am- 1pm Connection Cafe 			

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

What is brain health?

Brain health refers to how well a person's brain functions across several areas.

Motor function
Controlling movements and balance

Sensory function
Seeing, hearing, tasting, and smelling

Tactile function
Feeling and responding to sensations of touch, including pressure, pain, and temperature

Cognitive health
Thinking, learning, and remembering

Emotional function
Interpreting and responding to emotions



Learn more about keeping your brain healthy as you age: www.nia.nih.gov/brain-health.



MEALS  WHEELS[®] SOUTH TEXAS

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An advertisement in this newsletter is a highly effective way to promote your business to our community.



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Activities

Wild Flowers

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 HONEYSUCKLE
 PRIMROSE
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 ZINNIA
 BELLWORT
 BLOODROOT
 COLUMBINE
 CORNFLOWER
 GORGETMENOT
 LILLYOFTHEVALLEY
 QUEENANNESLACE
 SUNFLOWER
 BITTERWEED
 BLUEBELL

CONEFLOWER
 COSMOS
 FOXGLOVES
 LUPINE
 SNAPDRAGON
 VIOLET
 BLUEBONNET
 COREOPSIS
 DAISY
 HEATHER
 POPPY
 SNOWDROP
 YARROW
 BLACKEYEDSUSAN



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

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 _____

piowl _____

suiasetc _____

drosa _____

oksbo _____

ksauboodio _____

dirao _____

Snacks
 Travel
 Map
 Music
 Pillow
 Suitcase
 Roads
 Books
 Audiobooks
 Radio

Community Spotlight⁷

August '26 Events

Tuesday, August 4th
6-7pm

Bookish Society 📖

Monday, August 10th
5:30-6:30pm

Genealogy Talk with Mia Campbell

Wednesday, August 19th
6-7pm

No Pressure Book Club 📖

Saturday, August 23rd
12-2pm

Chess Club

Friday, August 28th
6-7pm

Adult-ish Book Club 📖

@Gardenhouse Coffee &
Espresso Bar

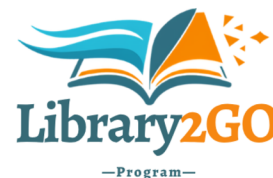
Monday, August 31st
6-7pm

True Crime Book Club

Location off-site 📍



Presents

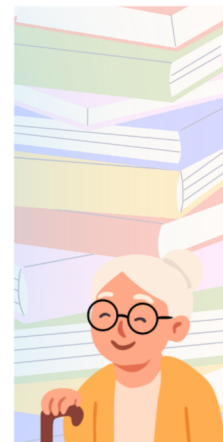


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Meals on Wheels, Victoria, TX

05-1764



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

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