



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
SEP 2ND

Library Delivery
SEP 16TH

Victoria Pet Food
SEP 23RD

PAW Express
SEP 18TH

Food Bank
SEP 17TH

***Holiday Closure**
September 7th

Connection Club Event Calendar

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**

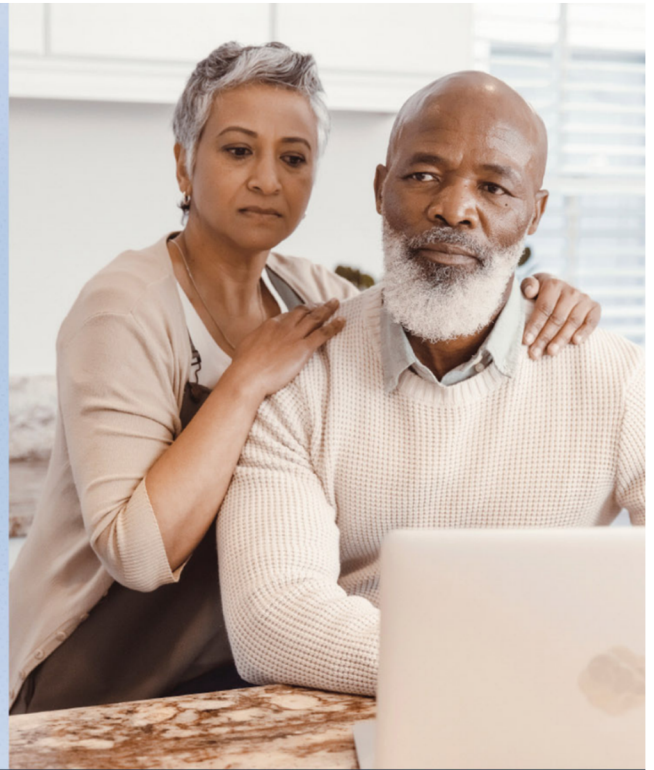


Steps to Take After a Dementia Diagnosis

Receiving a dementia diagnosis can be challenging. You may not know what to expect or what to do next.

Use this **checklist** to get started:

- ☒ Learn about dementia so you can better understand your condition.
- ☒ See your doctor as recommended.
- ☒ Find local services and resources, such as support groups.
- ☒ Make legal, financial, and long-term plans.
- ☒ Make changes to your home, such as adding nonslip rugs, so tasks will be easier and safer.
- ☒ Join a clinical trial to help advance dementia research.



To learn more about clinical research and other steps you can take after a dementia diagnosis, visit www.nia.nih.gov/alzheimers-next-steps.



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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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a newsletter?
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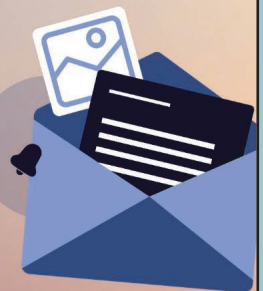
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September Activities

Seats for our Connection Club events are limited, so call

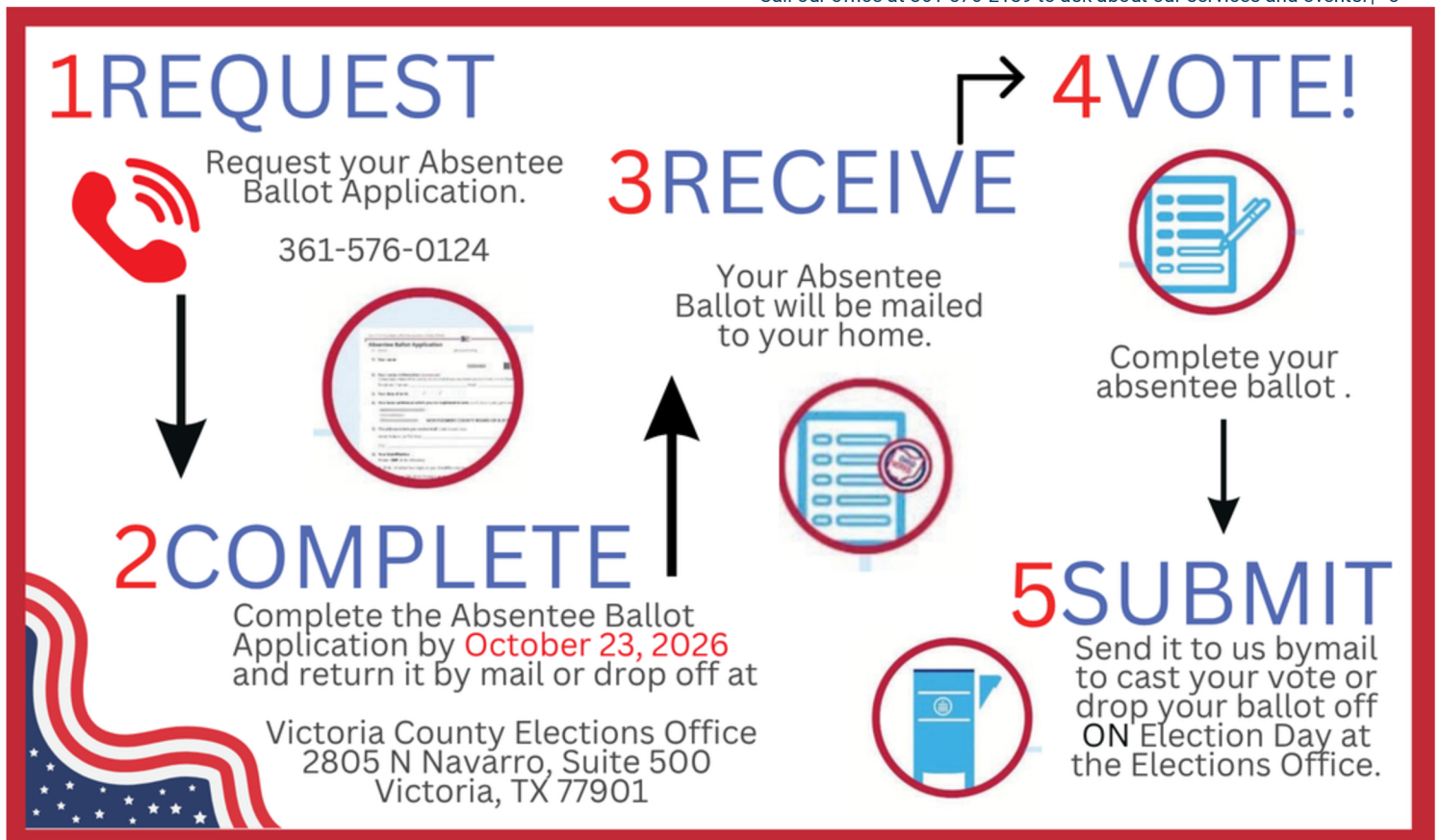
361-576-2189 to reserve your spot, locations and times vary!

Connection Cafe: 603 E Murray St, Victoria, TX 77901



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crafts w Victoria Public Library & Transportations Needs Talk w GCPRC 10:30am-1pm Connection Cafe 	BINGO w First Christian Church Building Brain Healthy Habits w Alzheimer's Association 10:30am- 12pm Connection Cafe  	YMCA-Silver Sneakers 9:00am-11:0am 1806 N Nimitz st Victoria, TX 77901 	Nave Museum "Full Circle" 10:30am- 11:30am 306 W. Commercial	CLOSED NO EVENT
CLOSED In observance of Labor Day 	Transportation Needs Talk & Medicaid University w GCPRC 10:30am- 1pm Connection Cafe   Senior BINGO 1pm-3pm Community Center	YMCA-Silver Sneakers 9:00am-11:0am 1806 N Nimitz st Victoria, TX 77901 	CLOSED NO EVENT Stop by our office to learn how you can volunteer at the Food Bank this month!	CLOSED NO EVENT
Class with Texas A&M AgriLife Extension 10:30am-1pm Connection Cafe 	Blood Pressure Check and Hydration Check Angel Care & Victoria Hospice 10:30am- 1pm Connection Cafe 	YMCA-Silver Sneakers 9:00am-11:0am 1806 N Nimitz st Victoria, TX 77901 	CLOSED NO EVENT	CLOSED NO EVENT
Class with Texas A&M AgriLife Extension 10:30am-1pm Connection Cafe 	Ballot by Mail 101 w Victoria County Elections Admin. & Bingo w CenterWell 10:30am-1pm Connection Cafe  	YMCA-Silver Sneakers 9:00am-11:0am 1806 N Nimitz st Victoria, TX 77901 	Lunch & Movie 12pm - 3pm YMCA  YMCA Pool Party 7pm - 9:30pm YMCA	CLOSED NO EVENT
Class with Texas A&M AgriLife Extension 10:30am-1pm Connection Cafe 	Litter Clean Up 9am-10am Deleon Plaza Downtown Crafts w Mid-Coast Family Services 10:30am- 1pm Connection Cafe 	Crown Fall Festival 11am-3pm Community Center 	We're excited to participate in the Food Bank Hunger Hero Challenge again this September!  Help us fight hunger by donating non-perishable food items.	

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



Reach a hyperlocal audience.

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



Call 800.950.9952



Activities

Hobby: Embroidery

APPLIQUE

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INTERLACED

MOORISH

QUILTING

SPANGLES

UNDERLAY

ARROWHEAD

BACK

CHENILLE

FROGGING

HARDANGER

JACOBAN

NEEDLES

QUEEN

TAMBOUR



YARN

STITCH

BLANKET

COUCHING

FLY

HERRINGBONE

LUNEVILLE

POUNCING

PURL

TWILL

HOOP

BUMP

BULLION

DEGRADE

GILT

IKAT

MONOGRAM

PATCHES

RUNNING



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

Word Twist

Kitchen Table

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!



aecilblotht _____

neurnr _____

rfsko _____

kvenis _____

sonpos _____

rgswaelas _____

teinussl _____

bkeast _____

cemplaat _____

etspal _____

Answers

 Plates
Placemat

 Baskets
Utensils

 Glassware
Spoons

 Knives
Forks

 Runner
Tablecloth

SEPTEMBER EVENTS



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

Location off-site



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.

Tuesday 1st 6-7pm
Bookish Society
Friday 4th, 11th, 18th, 25th
10-11am
Fun Friday
Wednesday 16th 6-7pm
No Pressure Book Club
Friday 18th 6-7pm
Adult-ish Book Club
@Gardenhouse Coffee
Saturday 26th 12-2pm
Chess Club
Monday 28th 6-7pm
True Crime Book Club

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**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.