

November 2025 Newsletter



MEALS on WHEELS
SOUTH TEXAS

www.mowstx.org

THIS MONTH

Cuero Pet Food
November 5th

PAW Express
November 11th & 25th

Library Delivery
November 19th

Food Bank
November 20th

Victoria Pet Food
November 19th

Holiday Closure
November 27th & 28th

➤ 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.

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.

CONNECTION CAFE

**Open 11/3-11/14
Stay Connected for new
program in 2026.**

Our Congregate Meal program provides a nutritionally balanced lunch and daily activities every weekday.

Victoria Location:

Monday - Friday
9:30 AM - 12:00 PM
Meals served at 11:00 AM.

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.**

PET PROGRAMS



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**



Opportunities

MEALS **on** WHEELS[®] SOUTH TEXAS

FEAST of SHARING

SPONSORED BY

H-E-B

Are you 60+ and living in Victoria, TX?

Enjoy a hot holiday meal delivered right to your door!

Call to sign up today, **361-576-2189**.

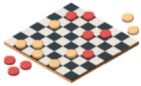
**Thursday, December 11th
11:00AM - Noon**

**VOLUNTEER
SIGNUP**



Celebrate the Season with a Hot Meal! Delivering to homebound seniors in our community.

NOVEMBER ACTIVITIES & MORE

Monday	Tuesday	Wednesday	Thursday	Friday
3 Game Day 	4  First Christian Church	5 Step Up - Scale Down with Texas AgriLife	6  New Century Hospice	7 Crafts with Hospice of South Texas
10 Let's Talk Tech: Phone Basics & Etiquette with T-Mobile	11  MOWSTX 	12 Step Up - Scale Down with Texas AgriLife	13  Harbor Hospice of Victoria	14  Twin Pines North

The Connection Cafe is taking a pause starting **11/17** until 2026. Make sure your info is up to date so you don't miss our upcoming events and the new program!

Community Events

Senior BINGO

Tuesday: Nov. 11th from 1-3PM
Victoria Community Center Annex

Community Coffee

Tuesday: Nov. 18th from 9:30-11AM
Victoria Community Center Annex

BINGO & Bites

Thursday: Nov. 20th at 10:30AM
Twin Pines North (RSVP 361-576-9263)

Senior Box Distribution

Thursday: Nov. 20th at 8AM
Meals on Wheels South Texas Parking Lot
*Must Register 361-578-0591

2025 Holiday Events

Mark your calendars for our
2025 Holiday Festivities!

Connection Cafe in Victoria & Yorktown
will temporarily close after
Friday, November, 14th, 2025.
Please ensure your contact
information is up to date with our staff.



Friendsgiving Gathering
November 19th
10:30am-1pm



Christmas Party
December 19th
10:30am-1pm



New Year's Eve Party
December 31st
10:30am-1pm

RSVP at 361-576-2189
Address: 603 E Murray St
Victoria, TX 77901

MOWSTX Update



In the middle of October we learned we would receive 45% less in federal funding for the year that began October 1, 2025 than we did this past year. Because of the immediate nature of these cuts, we had to take immediate action and make some painful choices.

One was to place a number of Mobile Meal clients (around 150) on a waitlist. To do this we raised the minimum assessment score needed to qualify for Mobile Meal services. We are working on finding funding to restore services to these individuals. In the meantime there are private pay options for those who are able.

The other was to pause daily operation of our Connection Café while we work on revamping that program to open in February 2026 with a renewed focus on social interaction and community engagement. We are excited about the changes to our congregate program.

We remain committed to our mission of helping seniors live connected, nourished lives.

-Dan Capone
President & CEO

6 Word Search



APPLE	SQUASH	FEAST
BASTE	AUTUMN	GRATEFUL
CORNUCOPIA	THANKSGIVING	HARVEST
DESSERT	CARVE	MEAL
FAMILY	DINNER	PLYMOUTH
GOBBLE	FOOTBALL	TURKEY
HAM	GRATITUDE	FALL
MAYFLOWER	HOLIDAY	FRIENDS
PUMPKIN	NOVEMBER	GRAVY
POTATOES	PILGRIM	LEFTOVERS
PIE	WISHBONE	PEACAN
CELEBRATE	BAKE	STUFFING
CRANBERRY	COOK	
DELICIOUS	COLONISTS	

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What We Stand For



MEALS on WHEELS
SOUTH TEXAS

Together, we can Help
Seniors Live Connected,
Nourished Lives.



\$50 delivers a
senior a week of
healthy lunches.



give.mowstx.org

Community Spotlight⁷



VP
VICTORIA PUBLIC
LIBRARY
IMAGINE. DISCOVER. CONNECT.

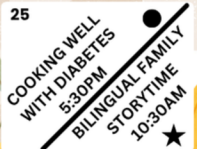
Visit our website:
victoriapubliclibrary.org

Scroll down to
"Library Events"
to see more activities!

● Adult Events
★ Juvenile Event

SCAN QR CODE
TO SEE EVENT
DESCRIPTION



Mon	Tue	Wed	Thu	Fri	Sat
					1
3	4 COOKING WELL WITH DIABETES 5:30PM ● LEGO LAB: DINO VEMBER 4PM ★	5	6 LEARNING LAB: SINK OR FLOAT 4PM ★	7 FUN FRIDAY 10AM	8
10 GENEALOGY TALK: BRENDA FISSELER 5:30PM ● TINY HEART CLUB 10AM ★	11  ★ WE ARE CLOSED ★	12 TEEN TECH: CORN KEY CHAINS 5PM ★	13 CRAFT: HOT AIR BALLOON 4PM ★	14 FUN FRIDAY 10AM	15  America Recycles Day
17	18 COOKING WELL WITH DIABETES 5:30PM ●	19 INBETWEENE RS: WASHER NECKLACE 4PM ★	20  HAPPY CHILDREN'S DAY	21 FUN FRIDAY 10AM	22
24 FAMILY STORYTIME 10:30AM ★	25  COOKING WELL WITH DIABETES 5:30PM ● BILINGUAL FAMILY STORYTIME 10:30AM ★	26	27 	28  BLACK FRIDAY	29

DID YOU KNOW?

The first Thanksgiving was celebrated in 1621 over a three day harvest festival. It included 50 Pilgrims, 90 Wampanoag Indians, and lasted three days. It is believed by historians that only five women were present. Venison, duck, goose, oysters, lobster, eel, and fish were likely served, alongside pumpkins and cranberries (but not pumpkin pie or cranberry sauce!).



SUPPORT LOCAL SENIORS IN NEED.



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

Donate Today

give.mowstx.org



**THANK YOU
TO OUR
COMMUNITY
PARTNERS:**



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

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