

February 2025 Newsletter



THIS MONTH



MEALS on WHEELS
SOUTH TEXAS

Cuero Pet Food
Feb. 5th

Food Bank
Feb. 20th

PAW Express
Feb. 11th

Victoria Pet Food
Feb. 26th

Library Delivery
Feb. 19th

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 - 12:30 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.




CROWN HOSPICE

Providing Comfort, Bringing Compassion and Sharing Hope
1406 East Red River • Victoria, TX 77901
361-575-5900
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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Near two regional hospitals, Retama Manor is a warm, homelike nursing facility and rehabilitation center.
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361-575-3212 (Victoria) 361-552-2300 (Port Lavaca)

As part of our commitment to serving veterans, we provide a complimentary casket or urn. Additionally, we offer pre-planning services, and we honor all existing pre-plans from our competitors.



FREE AD DESIGN with purchase of this space

CALL 800-950-9952

FEBRUARY ACTIVITIES & MORE

Monday	Tuesday	Wednesday	Thursday	Friday
3	4  First Christian Church	5 Cuero Pet Food	6  New Century Hospice	7 Crafts- Hospice of Texas South Texas
10	11  The Vine School PAW Express	12 Crafts- The Vine School	13  Crown Hospice	14 Valentine's Day Party 
17 Crafts- Twin Pines Mockingbird	18  Harbor Hospice	19 Crafts- Victoria Public Library Library Delivery	20 Food Bank Distribution	21 Self Care Day with Victoria Public Library
24 Crafts- Victoria Public Library	25  Twin Pines	26 Step Up-Scale Down with Texas AgriLife Victoria Pet Food	27  Twin Pines Mockingbird	28 Weather Preparation with AgriLife



JOIN US FOR A

VALENTINE'S PARTY

February 14

10AM TO 11AM
603 MURRAY STREET
VICTORIA, TX 77905

Join MOWSTX for
Karaoke, laughter, and fabulous company!

Wear your favorite Valentine attire, & let's create some memories!

MEALS & WHEELS SOUTH TEXAS

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
- Whole Kernel Corn
- Broccoli Florets
- Whole Wheat Bread
- Chocolate Crème Cookies

BOX 2

- Pork Patty & Gravy
- Spinach
- Sweet Potatoes
- Cornbread Muffin
- Raisins

BOX 3

- Breaded Pollock
- Green Pea Blend
- Carrots
- Whole Wheat Bread
- Mixed Fruit Cup
- Strawberry Crisp Bar

BOX 4

- Chicken Tenders & Zesty Orange Rice
- Bean Blend
- Three Seasons Vegetable Blend
- Whole Wheat Bread
- Snickerdoodle

BOX 5

- Creamy Country Fried Steak
- Red Skin Potatoes
- Mixed Vegetables
- Whole Wheat Bread
- Dragon Punch Juice

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
216-258-6202

SHORT STAFFED?

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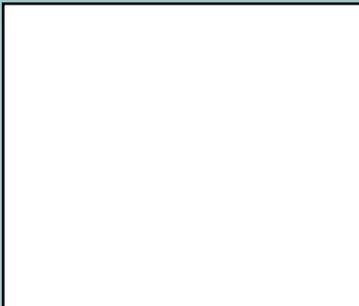
Main Phone: (361) 578-3632
Fax: (361) 573-6328

info@outreachhealth.com

 **HOSPICE OF SOUTH TEXAS**

605 E Locust Ave
Victoria, TX

361-572-4300
hospiceofsouthtexas.org



Word Search

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

If you have a craving for sweets you'll spot all the words in this word find pretty easily. The words in this word search are hidden across, down, and diagonally, with no backwards.

APPLEPIE
 CAKE
 CANDY
 CHOCOLATEBAR
 CHOCOLATECAKE

COOKIES
 DONUT
 DOUGHNUTS
 FRUIT
 ICECREAM

MUFFIN
 PIE
 POTATOCIPS
 PUDDING
 SWEETROLLS
 WHIPCREAM

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 to help out in the following areas:

MOBILE MEALS

Deliver meals to seniors on Mondays in Victoria or Wednesdays in Cuero.

PAW BITES

Deliver pet food during the final week of the month.

LIBRARY 2-GO

Deliver library materials to clients every three weeks, usually on Wednesdays.

PREP & GO

Help load meal boxes in the freezer Thursday mornings.

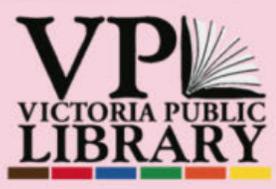
PAW EXPRESS

Transport pets from their owners' homes to the vet, and back. Cats and dogs, carrier provided.

TOGETHERNESS

Call clients each week to chat and check in on their wellbeing.

Community Spotlight



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

- ADULT EVENT
- ★ JUVENILE EVENT



● **Fun Friday**
Friday 7th, 14th, 21st, 28th
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. Come meet new people while enjoying a fun and engaging activity.

● **Texas A&M AgriLife Ext:**
Wednesday 5th, 12th, 26th
5:30-6:30pm
Cooking Well Exploring Cultures is a four-lesson series that aims to educate participants on nutrition, food safety, and healthy cooking techniques via an interest in cultural cuisine.

● **VPL Talks w/ Brigid Berger**
Thursday 6th
6:00-7:00pm
Texas Master Naturalist Brigid Berger will be giving a fascinating talk about the Texas Sea Turtle and efforts to help rescue one of our coast's most beloved and endangered species.

● **Paint Night**
Thursday 13th
1:00-2:00pm
Looking for a fun date night or a night out with friends? Stop by the library for our Valentine's Day Paint 'N Sip! This event is for adults 18+ and BYOB for adults 21+. Registration is required.

★ **Once Upon A Teatime**
Saturday 8th
11:30-12:30pm
Get ready for a whimsical tea party straight out of a storybook! Wear your princess gowns or dino costumes because we're about to have a dinomite blast! After story time and sipping tea, we'll unleash our creativity with a fabulous craft session!

★ **Learning Lab: Marbled Milk Paper**
Thursday 20th
4:30-5:30pm
Do you enjoy painting? Have you ever tried using milk? Join us to discover how you can create a stunning painting using milk!

● **Other Events**
Monday 3rd 6:00-7:00pm – Bad Art Night
Thursday 6th 1:00-2:00pm – Yarn Craft Club
Monday 10th 5:30-6:30pm – Genealogy Talk
Saturday 15th 12:00-2:30pm – Chess Club
Saturday 15th 1:00-3:00pm – Coast Writers
Wednesday 19th 6:00-7:00pm – No Pressure Book Club @Moonshine Drinkery
Thursday 20th 4:30-5:30pm – Yarn Craft Club
Friday 21st 7:00-8:00pm – VPL Jams with Danny Cano
Monday 24th 6:00-7:00pm – True Crime Book Club
Monday 24th 6:00-7:00pm – Young Adult Book Club @The Box Coffee Bar

★ **Other Events**
Tuesday 11th 4:30-5:30pm – Crafternoon: Puppy Love
Thursday 27th 4:30-6:00pm – National Pokémon Day

DID YOU KNOW? More than 8 billion conversation hearts are manufactured each year.

Citizens MEDICAL CENTER
Home Health

361.579.1305 ★★★★★

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THANK YOU TO OUR COMMUNITY PARTNERS:



GET FEATURED: Call 361-576-2189 x116 to talk about partnering. For advertising, contact Mike Ward with our printer, LPi, at 832-315-7207.



Office Hours: 8:00 AM - 3:00 PM
603 E Murray St, Victoria, TX 77901
Contact: 361-576-2189 // info@mowstx.org
Website: www.mowstx.org
Stay up-to-date every day:



@MOWSouthTexas