

February 2026 Newsletter



THIS MONTH



MEALS on WHEELS
SOUTH TEXAS

Cuero Pet Food
February 2nd

PAW Express
February 10th & 24th

Library Delivery
February 18th

Food Bank
February 19th

Victoria Pet Food
February 25th

**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**



Bring Hope and Connection.....



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



FEBRUARY ACTIVITIES & MORE

Welcome back to Meals on Wheels South Texas' reimagined congregate program...
the **Connection Club!**

Our events are for seniors 60+ who want to connect, explore, and have fun. Weekly events, times and locations vary, and spots are limited, please call to reserve. Keep an eye out for which events include meals and note that some activities have a small cost. Come join your neighbors for new adventures and friendships!

 **Call to RSVP to join us, 361-576-2189**

 **Look for the icon to see events with a meal!**

Welcome Back Lunch

Date: Tuesday, Feb. 3rd

Time: 11:30am - 1:30pm

Location: Connection Cafe

Cost: FREE

Description: Let's reconnect over a KFC lunch and learn about our new Connection Club and the fun events planned for this month.

Cooking Well for Healthy Blood Pressure

Date: Wednesdays, Feb. 4th, 18th, 25th

Time: 11:30am - 1:30pm

Location: Connection Cafe

Cost: Free

Description: Learn heart-healthy cooking, nutrition, smart shopping, and freezer-friendly meal prep with Texas A&M AgriLife.

DeTar Heart Health Expo

Date: Thursday, Feb. 5th

Time: 9:00am - 1:00pm

Location: Victoria Community Center

Cost: Free

Description: Learn how to protect your heart with free screenings and helpful community resources. Enjoy door prizes and Lunch & Learn w VPD.

Craft with South Texas Hospice

Date: Friday, Feb. 6th

Time: 9:00am - 1:00pm

Location: Connection Cafe

Cost: Free

Description: Spend time crafting, connecting, and enjoying light refreshments and snacks.

Valentine Glow-Up Day

Date: Tuesday, Feb. 10th

Time: 9:00am - 12pm

Location: Victoria College Beauty School

Cost: \$10-\$20

Description: Treat yourself to a little self-love with hair and/or nail services (wash, cut, or style).

Be Well Victoria- Love Yourself

Date: Tuesday, Feb. 10th

Time: 6:00pm

Location: Lawrence Haven(1307 Sam Houston Dr)

Cost: FREE

Description: Self-care activities, mental wellness tips, community resources, and food, all in one feel-good evening.

Pizza & Bingo

Date: Wednesday Feb. 11th

Time: 10:30am - 1:00pm

Location: Connection Cafe

Cost: FREE

Description: Eat, play, and connect! Domino's pizza and Bingo make a perfect afternoon.

Citizens Medical Center Heart Health Fair

Date: Thursday, Feb. 12th

Time: 9:00am - 12pm

Location: Citizens Medical Center Lobby

Cost: FREE

Description: Take simple steps toward better health with free screenings, heart and diabetes education, nutrition resources, and giveaways.

Valentine's Party

Date: Thursday, Feb. 13th

Time: 11:00am - 1pm

Location: Connection Cafe

Cost: FREE

Description: Join us for a festive taco bar, delicious sundaes, music, and time with friends!

Craft, Connect & Dine

Date: Feb. 16th, 17th, 23rd & 25th

Time: 10:30am - 1:00pm

Location: Connection Cafe

Cost: FREE

Description: Enjoy a creative afternoon with a craft project and a delicious lunch from Water Well Cafe.

..... FEBRUARY ACTIVITIES & MORE

 **Call to RSVP to join us, 361-576-2189**  **Look for the icon to see events with a meal!**

BINGO Time

Date: Thursday, Feb. 19th

Time: 11:00am - 1pm

Location: Connection Cafe

Cost: FREE

Description: Prizes, fun, and community resources! Day and Night Medical hosts, with UWC sharing valuable information.

Chocolate Heart Bark

Date: Friday, Feb. 20th

Time: 10:00am - 11:00am

Location: Victoria Public Library

Cost: FREE

Description: Create, connect, and enjoy making chocolate heart bark with Victoria Public Library.

Scoops & Smiles

Date: Feb. 24th

Time: 10:30am - 1:00pm

Location: Connection Cafe

Cost: FREE

Description: Enjoy ice cream from Baskin Robbins while socializing and making new friends!

Mini Potpourri Bags

Date: Friday, Feb. 27th

Time: 10:00am - 11:00am

Location: Victoria Public Library

Cost: FREE

Description: Create, connect, and enjoy making chocolate heart bark with Victoria Public Library.

Visit us at MOWSTX Connection Cafe, 603 E Murray St, Victoria, TX 77901

Word Search

HAPPY
Valentine's Day

ADORE	HONEY
BELOVED	LOVEBIRDS
CANDY	ROMANCE
CHOCOLATE	SWEETS
DESIRE	AMOROUS
FEBRUARY	BOUQUET
HEART	CHERISH
LOVE	DARLING
RED	EMBRACE
SWEETHEART	FOURTEENTH
AFFECTION	HUGS
BEMINE	PINK
CARDS	ROSES
CUPID	TEDDYBEAR
DEVOTION	ARROW
FLOWERS	CANDLELIGHT
CHERUB	FRIENDS
DEAR	KISSES
ENDEARMENT	SECRETADMIRER
POEM	TENDERNESS

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R	C	B	U	R	E	H	C	Y	E	N	O	H	E	S	R	M	K	Z

Help Make the Holidays Brighter!

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 Victoria & DeWitt County.

LIBRARY 2-GO

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

TOGETHERNESS

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

PAW BITES

Deliver pet food during the final week of the month.

PAW EXPRESS

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



MEALS on WHEELS

For the Month of November 2025

TOGETHER, WE CAN DELIVER.

Community Spotlight⁷



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

- ADULT EVENT
- ★ JUVENILE EVENT
- 📍 LOCATION: OFF-SITE

EVENTS DURATION:
 1 HOUR
 SCAN QR CODE
 TO SEE EVENT
 DESCRIPTIONS






































Mon	Tue	Wed	Thu	Fri	Sat
2	3 Lego Lab: Feelings 4pm ★ Bookish Society 6pm ●	4	5 Texas A&M AgriLife 5:30pm ●	6 Fun Friday 10am	7
9 Genealogy Talk Martha Jones 5:30pm ●	10 Teen Tech: Heartful Creators 5pm ★ Latte Art 5:30pm ●	11	12 Texas A&M AgriLife 5:30pm February Knots 2pm ●	13 Heart Wreaths 10am Reading Party 6-8pm ★	14 Valentine's Day
16 Tiny Hearts Club: Little Beats 10am ★	17 Inbetweeners: Tic Tac Toe Snack 4pm ★	18 No Pressure Book Club 6pm ●	19 Yarn Craft Club 4pm Texas A&M AgriLife 5:30pm ●	20 Chocolate Heart Bark Treats 10am	21 Chess Club 12pm Experimental Cinema Club 3:30-5pm ●
23 True Crime Book Club 6pm ●	24 Learning Lab: Floating Hearts 4pm ★	25 Bridgerton Paint Night 6pm ●	26	27 Fun Friday 10am Adult-ish Book Club 6pm ●	28

DID YOU KNOW?

The Duke of Orléans, in 1415, he wrote the very first recorded valentine letter. 'My very gentle Valentine, Alas, for me you were born too soon, As I was born too late for you! May God forgive my jailer Who has kept me from you this entire year. I am sick without your love, my dear, My very gentle Valentine.' A loose translation by Michael R. Burch

February Activities

Our Connection Club Events at a glance! Don't miss out! Seats are limited, call 361-576-2189.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Welcome Back Lunch  	4 Cooking Well for Healthy Blood Pressure 	5 DeTar Heart Health Expo  	6 Craft with South Texas Hospice 
9	10 Valentine Glow-Up Day   Be Well Victoria- Love Yourself  	11 Pizza & Bingo    	12 Citizens Medical Center Heart Health Fair 	13 Valentine's Party   
16 Craft, Connect & Dine  	17 Craft, Connect & Dine  	18 Cooking Well for Healthy Blood Pressure 	19 BINGO Time & UWC Navigator Assistance Counseling    	20 Library Fun Friday 
23 Craft, Connect & Dine  	24 Scoops & Smiles 	25 Cooking Well for Healthy Blood Pressure  Craft, Connect & Dine  	26	27 Library Fun Friday 

Locations and times may vary. See pages 4-5 for full event details.



Meals



Education



Craft



BINGO



Fees



HARBOR HOSPICE



- 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.