

February 2026
Newsletter



THIS MONTH



**MEALS on WHEELS
SOUTH TEXAS**

Cuero Pet Food
February 2nd

Food Bank
February 19th

PAW Express
February 10th & 24th

Victoria Pet Food
February 25th

Library Delivery
February 18th

**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**



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



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.

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

BELOVED

CANDY

CHOCOLATE

DESIRE

FEBRUARY

HEART

LOVE

RED

SWEETHEART

AFFECTION

BEMINE

CARDS

CUPID

DEVOTION

FLOWERS

CHERUB

DEAR

ENDEARMENT

POEM

HONEY

LOVEBIRDS

ROMANCE

SWEETS

AMOROUS

BOUQUET

CHERISH

DARLING

EMBRACE

FOURTEENTH

HUGS

PINK

ROSES

TEDDYBEAR

ARROW

CANDLELIGHT

FRIENDS

KISSES

SECRETADMIRER

TENDERNESS

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

TOGETHERNESS

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

LIBRARY 2-GO

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

PAW BITES

Deliver pet food during the final week of the month.



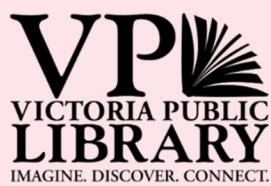
PAW EXPRESS

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



For the Month of
SOUTH TEXAS
TOGETHER, WE CAN DELIVER.

Community Spotlight ⁷



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 cook 🍎	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 cook 🍎	19 BINGO Time & UWC Navigator Assistance Counseling bingo 🎉 💚	20 Library Fun Friday 💡
23 Craft, Connect & Dine 💡 💚	24 Scoops & Smiles 🍽️	25 Cooking Well for Healthy Blood Pressure cook 🍎 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



MEALS on WHEELS SOUTH TEXAS

- 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 361-258-6202.