

# September 2025 Newsletter



**MEALS on WHEELS**  
SOUTH TEXAS

## THIS MONTH

**Cuero Pet Food**  
September 3<sup>rd</sup>

**Food Bank**  
September 18<sup>th</sup>

**PAW Express**  
September 9<sup>th</sup> & 23<sup>rd</sup>

**Victoria Pet Food**  
September 24<sup>th</sup>

**Library Delivery**  
September 17<sup>th</sup>

➤ **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 - 12:00 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 • VOICES

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**

TOGETHER, WE CAN DELIVER.

## Our Mission

Promote independence for area seniors by alleviating hunger and social isolation.

## Our Vision














A community where all seniors live nourished lives.

 VOLUNTEER       DONATE

[www.mowstx.org](http://www.mowstx.org)



# SEPTEMBER ACTIVITIES & MORE

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>CLOSED</b>	 First Christian Church	 New Century Hospice Cuero Pet Food	 New Century Hospice	 
8 United Way Community Navigator Presentation	9  Remarkable Hospice PAW Express	10 Chair Exercises with Zoom Physical Therapy & Wellness	11  Crown Hospice	12 
15 Crafts with Angels Care Home Health	16  Harbor Hospice of Victoria	17 Crafts with Victoria Public Library Library Delivery	18  The Vine School Food Bank Distribution	19 Crafts with Victoria Public Library
22 	23  Twin Pines North PAW Express	24 	25  Twin Pines Mockingbird	26 Crafts with Mid-Coast
29 Crafts with Victoria Public Library	30  Darre Hornstein			

**MEALS ON WHEELS SOUTH TEXAS**



**JOIN US FOR A SPECIAL RED BINGO EVENT AS WE CELEBRATE THE NEW TEXAS A&M-VICTORIA JAGUARS, HOSTED BY DAVID B PLEMONS CPA, INC!**



Help us celebrate the new Texas A&M-Victoria Jaguars and join in the community-wide Paint the Town Red festivities!

Wear your RED, bring your Jaguar spirit, and enjoy a fun-filled BINGO with friends.

**RESERVE YOUR SEAT TODAY!**

**FRIDAY, SEPTEMBER 5<sup>TH</sup>, 2025  
CONNECTION CAFE VICTORIA  
9:30AM - 12:00PM**

361-237-4416 | 603 E MURRAY ST, VICTORIA, TX 77901

**FOOD BANK HUNGER HERO Challenge**

**CAFE MEMBERS VS MOWSTX STAFF**

Every meal counts, pick a side, donate, and become a Hunger Hero!

**September 1<sup>st</sup> - September 30<sup>th</sup>**

**WEEK 1-** September 1<sup>st</sup>  
Donate the most Vegetable Cans

**WEEK 2-** September 8<sup>th</sup>  
Donate the most Rice and Pasta

**WEEK 3-** September 15<sup>th</sup>  
Donate the most Fruit Cans

**WEEK 4-** September 22<sup>nd</sup>  
Donate the most Cereal

**Donate = Raffle Entry!**

**MEALS ON WHEELS SOUTH TEXAS**  
TOGETHER, WE CAN DELIVER.



# 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

Ginger Pork  
Chicken Tenders & Tomato Basil Penne  
Meatballs with Rice & Gravy  
Breaded Pollock Wedge  
Cheese Pizza

## BOX 2

Cheese Omelet & Salsa  
Pork Patty & Zesty Orange Rice  
BBQ Chicken  
Florentine Stuffed Shell w/ Parma Rosa  
Honey Mustard Chicken

## BOX 3

Chicken & Honey Lemon Rice  
Homestyle Meatloaf  
Sausage Patties  
Pesto Basil Chicken  
Spaghetti & Meatballs

## BOX 4

Beef Patty & Onion Gravy  
Mushroom Swiss Chicken  
BBQ Pork Patty  
Salisbury Steak  
Pollock w/Spinach Alfredo Sauce

## BOX 5

Turkey Meatloaf w/Zesty Orange Sauce  
Cilantro Lime Meatballs w/Rice  
Bruschetta Chicken  
Breakfast Scramble  
Chicken Alfredo w/Penne Pasta

**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)

# Word Search



Christmas  
Day of the Dead  
Diwali  
Easter  
Fathers Day  
Hanukkah  
Holi  
Kwanzaa  
Labor Day  
Mardi Gras  
May Day

Midsummer Day  
Mothers Day  
New Year  
O-Bon  
Passover  
Ramadan  
Rosh Hashanah  
Songkran  
St. Lucia Day  
Tree Kings Day  
Valentines Day  
Yom Kippur

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

# 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](mailto: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.



**MOWSTX**  
MEALS ON WHEELS  
SOUTH TEXAS  
TOGETHER, WE CAN DELIVER.



# Community Spotlight




**VICTORIA PUBLIC LIBRARY**  
IMAGINE. DISCOVER. CONNECT.

Visit our website:  
[victoriapubliclibrary.org](http://victoriapubliclibrary.org)

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

● Adult Events  
★ Juvenile Event

*Happy*  
**OKTOBER**  
**FEST**

Mon	Tue	Wed	Thu	Fri	Sat
1 WORLD LETTER WRITING DAY	2 ★ Crafternoon: Pompom Buddy 4pm	3 INTERNATIONAL BACON DAY	4 ★ LEGO LAB 4:30PM AgriLife Walk n Talk 5:30pm	5 ● FUN FRIDAY 10AM	6
8 INTERNATIONAL LITERACY DAY	9 ★ TEDDY BEAR HOSPITAL 10AM LIGHT REFRACTION 4PM	10	11 ● AgriLife Walk n Talk 5:30pm	12 ● FUN FRIDAY 10AM VPL JAMS with Dante X 7PM	13
15	16 ★ BUGS, BUTTERFLIES MUSIC CAMP 4PM	17 ★ BUGS, BUTTERFLIES MUSIC CAMP 4PM	18 ★ BUGS, BUTTERFLIES MUSIC CAMP 4PM AgriLife Walk n Talk 5:30pm	19 ● FUN FRIDAY 10AM	20
22 ★ TRANSLUCENT LEAF 2pm	23 INTERNATIONAL DAY OF SIGN LANGUAGES	24	25 WORLD DREAM DAY	26 ● FUN FRIDAY 10AM	27 WORLD TOURISM DAY
29 ★ STOMP ROCKET 4PM	30 INTERNATIONAL PODCAST DAY		SCAN QR CODE TO SEE EVENT DESCRIPTION 		

**DID YOU KNOW?**

You're not alone if you assumed Oktoberfest took place in October, but it actually begins on 17th September 2024, running into the first week of October. For what it's worth, when the event first started in 1810 it took place across one week in October, but throughout the years the date was moved earlier to make the most of the milder weather.



**MEALS on WHEELS**  
SOUTH TEXAS

# ALL IT TAKES IS EIGHT!

JUST \$8 CAN PROVIDE A  
MEAL TO A SENIOR IN NEED  
IN SOUTH TEXAS.

**YOUR GENEROSITY MAKES  
A DIFFERENCE, ONE MEAL  
AT A TIME!**

## FILL A PLATE

Just \$40 delivers a  
senior a week of  
healthy lunches.



[give.mowstx.org](http://give.mowstx.org)

**THANK YOU  
TO OUR  
COMMUNITY  
PARTNERS:**



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

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



**@MOWSouthTexas**