

**January 2024  
Newsletter**



**MEALS on WHEELS  
SOUTH TEXAS**

W E L C O M E

2024



Closed: Jan. 1st & Jan. 15th

**THIS MONTH**

*Full Calendar, Page 4*

**Paw Express**  
*Jan. 9th*

**Library Delivery**  
*Jan. 17th*

**Food Bank**  
*Jan. 18th*

**Cuero Pet Food**  
*Jan. 3rd*

**Victoria Pet Food**  
*Jan. 24th - 26th*

# 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.

Monday - Friday, 9:30 - 11:30 AM. Meals served at 11:00 AM. BINGO Tuesday & Thursday, 10:00 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 .....

## Our Mission

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

## Our Vision

A community where all seniors live nourished lives.



**MEALS ON WHEELS**  
SOUTH TEXAS



**CROWN HOSPICE**

Providing Comfort, Bringing  
Compassion and Sharing Hope

1406 East Red River • Victoria, TX 77901

361-575-5900

[www.crownhospice.com](http://www.crownhospice.com)

*"And when the Chief Shepard shall appear, ye shall receive a crown of glory that fadeth not away." 1 Peter 5:4*

## ADT-Monitored Home Security

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## WE'RE HIRING!

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# SUPPORT OUR ADVERTISERS!



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Meals on Wheels, Victoria, TX

A 4C 05-1764

# January Activities & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Closed	<b>2</b> <b>BINGO</b> First Christian Church	<b>3</b> Presentation with Anna  Cuero Pet Food	<b>4</b> <b>BINGO</b> New Century Hospice	<b>5</b> Puzzles & Word Search
<b>8</b> <b>BINGO</b> Senior Helpers	<b>9</b> <b>BINGO</b> First Christian Church  PAW Express	<b>10</b> Gardening 101  Library Pick-Up	<b>11</b> <b>BINGO</b> Crown Hospice  Library Pick-Up	<b>12</b> Walk Across Texas  Library Pick-Up
<b>15</b> Closed	<b>16</b> <b>BINGO</b> Harbor Hospice	<b>17</b> Craft VPL  Library Delivery	<b>18</b> Movie & Popcorn  Food Bank Distribution Library Delivery	<b>19</b> Walk Across Texas  Library Delivery
<b>22</b> Cards & Dominoes	<b>23</b> <b>BINGO</b> Twins Pines North	<b>24</b> <b>BINGO</b> Pam  Pet Food Delivery	<b>25</b> <b>BINGO</b> Jessica Can Help  Pet Food Delivery	<b>26</b> Walk Across Texas  Pet Food Delivery
<b>29</b> <b>BINGO</b> Midcoast Family Service	<b>30</b> <b>BINGO</b> White Elephant	<b>31</b> Pictionary		

Connection Café and MOW Main Office - Closed Jan. 1st & Jan. 15th

**JOIN US**  
FOR ONE OF THE MANY EVENTS AT THE  
**CONNECTION**  
**CAFE**



# 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

- Beef Patty with Horseradish Sauce
- Chicken Chili with Beans
- Pork Patty & Brown Gravy
- Macaroni & Cheese
- Beef Patty Over Chipotle Rice

## BOX 2

- Breaded Pollock Wedge
- Homestyle Meatloaf
- Florentine Stuffed Shell w/ Parma Rosa Sauce
- Red Beans & Brown Rice w/ Sausage
- Cacciatore Chicken Tenders

## BOX 3

- Spaghetti & Meatballs
- BBQ Chicken
- Breaded Pollock
- Chicken Tenders & Zesty Orange Rice
- Beef Patty

## BOX 4

- Ginger Pork
- Meatballs & Alfredo Shell Pasta
- Rosemary Chicken
- Salisbury Steak
- Breaded Pollock Wedge w/ Parma Rosa Sauce

## BOX 5

- Chicken & Teriyaki Rice
- Breakfast Burrito w/ Salsa
- Lasagna w/ Meat Sauce
- Pork Patty & Rice w/ Roasted Garlic Gravy
- Breaded Chicken

**SUGGESTED CLIENT CONTRIBUTION:**  
It's not required, but it helps a lot.

**\$3 HOME-DELIVERED MEAL**  
(\$15/week)

**\$5 MEAL AT THE CAFÉ**  
(\$25/week)

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Mike Ward**

[mward@lpicommunities.com](mailto:mward@lpicommunities.com)

(800) 950-9952 x2324

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ADVERTISERS!

## ADVERTISE HERE

to reach your community



**Call 800-950-9952**



HOSPICE OF  
SOUTH TEXAS  
605 E Locust Ave  
Victoria, TX

361-572-4300  
[hospiceofsouthtexas.org](http://hospiceofsouthtexas.org)



**National Grandma Day**

January 21

let us celebrate

# GRANDPARENTS

Embracing grandparenthood rekindles a joy akin to childhood wonder. It's a privilege to see the world anew through your grandchildren's eyes, blending past and future in each shared moment. From baking cookies to storytelling, each experience is a heartfelt blend of laughter, learning, and love.



**National Grandpa Day**

January 22

END OF YEAR

# RECAP

**92,886** meals delivered

**15,210** lbs of pet food distributed

**4,580** meals served in our Connection Cafe

Plus, in partnership with the Victoria Public Library, we delivered 460 bags of library materials and 259 craft kits. We also escorted 60 pets to vets for annual wellness checks!



MEALS ON WHEELS  
SOUTH TEXAS

**Citizens**  
MEDICAL CENTER  
*Home Health*



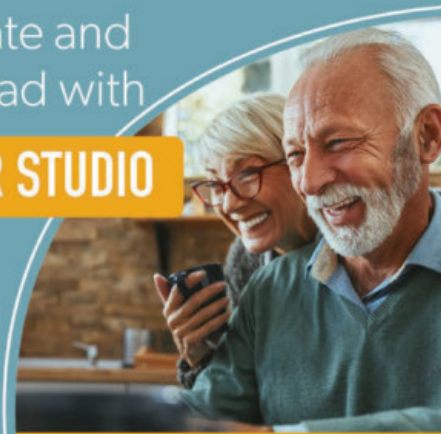
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Meals on Wheels, Victoria, TX

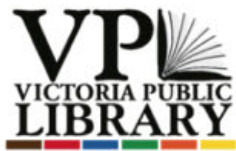
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# Victoria Public Library

Go to our website [victoriapubliclibrary.org](http://victoriapubliclibrary.org). Scroll down to "Library Events" to see our other activities!

★ JUVENILE EVENT

● ADULT EVENT



## ATTENTION LIBRARY 2 GO PATRONS

There will be a few changes to the Library 2 Go system in the new year. Please keep a look out for more information to come.

### Winter Animals ★

Thursday 11th  
4:30-5:30

Gather your friends and family and get ready to create some colorful and unique winter hats! This art project is a great way to express your creativity while also staying warm and cozy indoors

### Yarn Club ●

Thursday 18th  
4:30-5:30

Come join us for fun stitching projects, or work on your project with others who enjoy making crafts with yarn! The Yarn Craft Club is open to all ages 10 & up.

### Some Like it Hot! Hot Sauce Tasting

Monday 22nd  
6-7pm

Need a little spice in your year? Put your taste buds on trial, sample and learn about the art of hot sauce!

### Fun Fridays ●

Friday 5th, 12th, 19th, 26th  
10-11am

Join us for a fun creative or physical activity every Friday morning 10 to 11am! We'll be offering a different activity each week, from coloring to chair yoga to arts and crafts. Come meet new people while enjoying a fun and engaging activity.

### Golden Girls Trivia

Wednesday 17th  
4:30-5:30pm

Join us for a super fun night of trivia about one of the most watched television shows of all time and to celebrate Betty White Day - Golden Girls! 21+ and teams up to 6 players are welcome. Bonus points to any team that comes dressed in their favorite Golden Girls attire!

### ★ Watercolor Winter Hats

Wednesday 10th  
2-3pm

Gather your friends and family and get ready to create some colorful and unique winter hats! This art project is a great way to express your creativity while also staying warm and cozy indoors

### DID YOU KNOW?

The Victoria Public Library was built on October 4th, 1975!

### Snowman Snoball Shooters

Thursday 25th  
4:30-5:30pm

Winter is a wonderful time for outdoor activities, and snowman snowball shooters are a great way to add some fun to your family day. With a little creativity and imagination, you're sure to have a blast!

### ★ Marshmallow Igloos

Monday 15th  
2:30-3:30

Marshmallow igloos are a fun and educational activity is a great way teach children about architecture, engineering and teamwork

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that Support our Community!



# PUZZLE BREAK

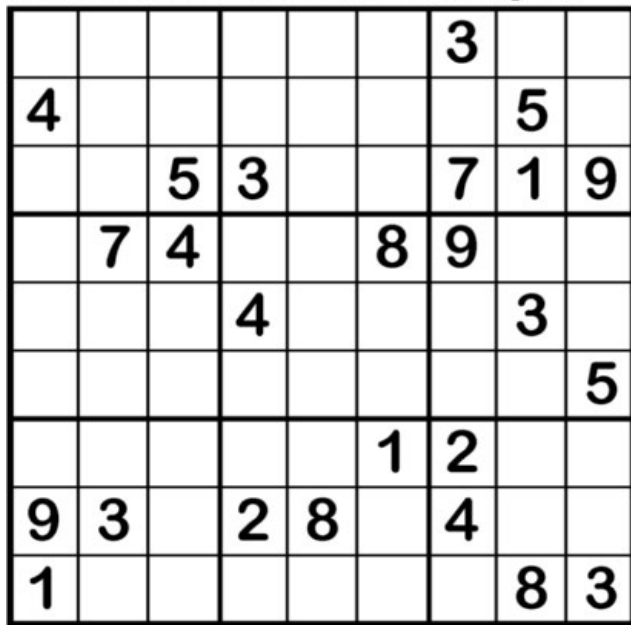
## CROSSWORD PUZZLE

- ACROSS**
- 1 Universal product code (abbr.)
  - 4 From (Scot.)
  - 8 S. Afr. language
  - 12 Classic car
  - 13 Mine stair
  - 14 Sayings (suf.)
  - 15 Automated teller machine (abbr.)
  - 16 Calm
  - 18 Broad hill
  - 20 Royal Air Force (abbr.)
  - 21 Provide
  - 25 Austral. wild dog
  - 29 Muse (2 words)
  - 32 Ointment
  - 33 Turkish caliph
  - 34 Rom. farce
  - 36 Energy unit
  - 37 Crazy
  - 39 Radial (2 words)
  - 41 Cathedral
- DOWN**
- 1 Russ. range
  - 2 Wahoo fish
  - 3 Staple
  - 4 Illness
  - 5 Lance of King Arthur
  - 6 Abridged (abbr.)
  - 7 Ivory (Lat.)
  - 8 Luncheon
  - 9 Mulberry of India
  - 10 Donkey (Fr.)
  - 11 Male person
  - 17 Rage
  - 19 Afghanistan (abbr.)
  - 22 Feminine (abbr.)
  - 23 Norse mythical hero
  - 24 Carbic grass
  - 26 4th incarnation of Vishnu
  - 27 Eng. poet
  - 28 Prospects
  - 29 "The Bartered Bride" character
  - 30 Jewish month
  - 31 Antelope
  - 35 Serum (pref.)
  - 38 Ancient Gr. city
  - 40 Robot play
  - 42 Extravehicular activity (abbr.)
  - 45 Anti-satellite (abbr.)
  - 47 Heddles of a loom
  - 48 Cordage fiber
  - 49 Unusual
  - 50 Edible seed
  - 51 Compass direction
  - 52 Truth: Chin.
  - 53 Altar



## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.



## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.





# PREP & GO

We are looking for 3-4 volunteers on Monday & Thursdays for about an hour from 9AM - 10AM. On Thursdays, we move frozen meals from the garage to the freezer. On Mondays, we transfer these meals from the freezer to the pickup room for deliveries. Call today for more info on how to sign up!



## 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 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 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.





**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:



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



**@MOWSouthTexas**

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