

JUNE 2026

ACTIVITIES NEWSLETTER



MEALS on WHEELS

SOUTH TEXAS

TOGETHER, WE CAN DELIVER.



The Connection Club members had a wonderful time reminiscing at the Harbor Hospice Sock Hop.

Get in touch!

Office Hours: 8:30 AM - 3:30 PM

Phone: 361-576-2189

Address: 603 East Murray Street,
Victoria, TX 77901

www.mowstx.org

THIS MONTH

Cuero Pet Food

June 3rd

PAW Express

June 11th

Library Delivery

June 17th

Food Bank

June 18th

Victoria Pet Food

June 24th

***Holiday Closure**

July 3rd

Connection Club Event Calendar

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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



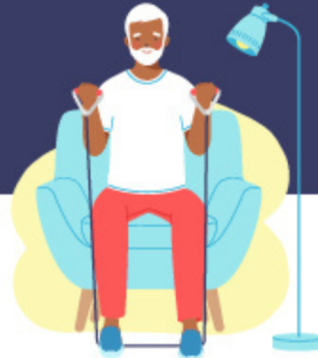
Staying Healthy

Want to **get moving**?
Try different types of exercise!



Aerobic

Aerobic exercises improve the health of your heart, lungs, and circulatory system.



Muscle-strengthening

Muscle-strengthening exercises can help you stay independent and prevent fall-related injuries.



Balance

Balance exercises help prevent falls and can improve stability.

To learn more about older adults and exercise, visit: www.nia.nih.gov/exercise.

 **HOSPICE OF SOUTH TEXAS**
605 E Locust Ave
Victoria, TX
361-572-4300
hospiceofsouthtexas.org

 **Retama Manor South**
3103 East Airline Road
Victoria, Texas 77901
361-575-6457
Near two regional hospitals, Retama Manor is a warm, homelike nursing facility and rehabilitation center.
Medicare • Medicaid • Managed Care Plans
Private Pay and Respite

 **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 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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- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

 **SafeStreets** 833-287-3502

 **Angel Lucy's Funeral Home**
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.

Never miss our publication!

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June Activities

Seats for our Connection Club events are limited, so call
361-576-2189 to reserve your spot, locations and times vary!



Connection Cafe: 603 E Murray St, Victoria, TX 77901

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch & Learn w Stevens Nursing & Rehab Center of Hallettsville 10:30am- 1pm Connection Cafe 	Chat & Connect 10:30am- 12pm Connection Cafe Hurricane Preparedness Kit VP&R & CenterWell 1:30pm - 3pm Community Center	CLOSED NO EVENT	Flamingle at Town & Country Center 10:30am - 12pm 1409 East Airline Victoria, TX 77901 	CLOSED NO EVENT
Remember When? 10:30am-1pm Connection Cafe 	Fit, Fueled & Hydrated w Texas A&M AgriLife Extension 10:30am- 1pm Connection Cafe 	CLOSED NO EVENT	Crafts w New Century Hospice 10:30am- 11:30am Downtown Deleon Plaza	CLOSED NO EVENT
Crafts w Victoria Public Library 10:30am-1pm Connection Cafe 	BINGO Angels Care 10:30am-1pm Connection Cafe 	YMCA- Chair Exercise 9:30am-10:30am 1806 N Nimitz st Victoria, TX 77901	Crafts w Mid Coast Family Services 10:30am- 12pm Downtown Deleon Plaza	CLOSED NO EVENT HAPPY
Board Game Day 10:30am-1pm Connection Cafe 	Remember When? 10:30am-1pm Connection Cafe 	YMCA-Chair Exercise 9:30am-10:30am 1806 N Nimitz st Victoria, TX 77901 	Crafts w Victoria Parks & Rec 10:30am- 12pm Downtown Deleon Plaza	Bowling & Lunch w GCPRC & AV Interior 11am - 1pm 1326 E Red River St Victoria, TX 77901
Chat & Connect 10:30am-1pm Connection Cafe 	Medical University with Megan 10:30am-1pm Connection Cafe 	-JULY- YMCA-Water Aerobics 9:30am - 10:30am 1806 N Nimitz st Victoria, TX 77901	4th of July Party w Frost Bank 10:30am-1pm Connection Cafe 	CLOSED In Observance of Independence Day

Hungry for a partnership with Meals on Wheels South Texas? Give us a call at 361-576-2189!

Gentle Beginnings, Stronger Connections.

Looking for more connection, movement, creativity, and fun?



Come be part of a welcoming community program designed to support social connection, emotional wellness, gentle movement and relaxation, community support and encouragement



What to Expect
Chair exercises
Gentle stretching
Music and movement
Arts & Crafts

Program Details
4-week program
2 sessions per week
~ 60 minutes per session

Why Join?
Increased social connection
More routine and engagement
Positive group experiences
Relaxation and stress reduction
Awareness of community resources



Contact:
Sakira Stanley
361-237-4416
sakira@mowstx.org

Registration Open:
June 1st - June 15th

Program Dates:
June: 17th , 18th , 24th , & 25th
July: 1st , 2nd , 8th , & 9th

Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952

Activities



THE BEACH

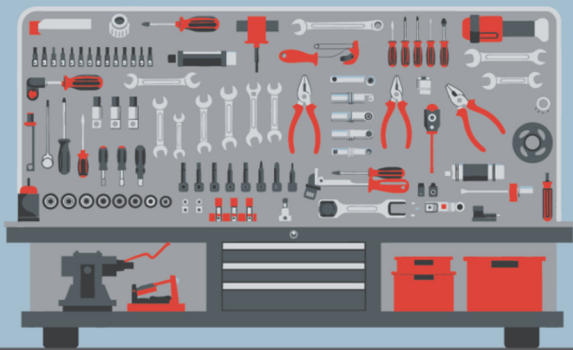
- BEACH
- FAMILY
- SWIMSUIT
- OCEAN
- SUNSCREEN
- SUNGLASSES
- SANDALS
- TOWEL
- BEACHBALL
- FRISBEE
- UMBRELLA
- POPSICLE
- SWIM
- SURF
- SEAGULL
- SHORE
- LAKE
- RELAX
- SUNTAN
- SANDCASTLE
- TAFFY
- BOAT
- WAVES
- LIFEGUARD
- SUN
- SUNBURN
- SHELL
- TRUNKS
- BLANKET
- BOARDWALK

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

Word Twist

Toolbox Essentials

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words. **Hint:** Each puzzle has a common theme!



- rmehma _____
- rwsridcever _____
- esirpl _____
- nhcwer _____
- ilnsa _____
- secswr _____
- eevll _____
- ptea _____
- lidlr _____
- wsa _____

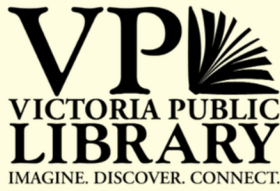
Saw
Drill

Tape
Level

Screws
Nails

Wrench
Pliers

Screwdriver
Hammer



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

● Adult Events

★ Juvenile Event

Location off-site 📍

Events Duration:
 1 Hour

June '26

Adult Craft Night ●

1st, 4th, 8th, 15th, 24th, 25th
 5:30pm

Monday **Bad Art Night**
 Thursday **Scented Wax Melts**
 Monday **Book Nooks**
 Monday **Tie Dye Book Bags**
 Wednesday **Paint Night**
 Thursday **Mosaic Trays (14+)**

Book Clubs ●

2nd, 17th, 26th, 29th
 6pm

📍 Tuesday **Bookish Society**
 📍 Wednesday **No Pressure**
 📍 Friday **Adult-ish**
 📍 Monday **True Crime**

Thursday 18th @5:30pm

★ **Unsolved: Murder Mystery**
Game Night Open to 18+
 Limited Seating.

★ Tuesday 23rd @6pm

★ **Library Camp Night** Channel
 your inner scout with
 nature-inspired crafts or
 relax in our "campground"
 area with smores.

Fun Friday

5th, 12th, 19th, 26th
 10am

Join us for a fun creative or
 physical activity every Friday.
 We'll be offering a different
 activity each week.

- DIY Flags
- Chair Yoga
- Yarn Butterflies
- Popsicle Stick Box

Crafting

Thursday 18th @4pm

★ **Yarn Craft Club** We teach
 beginner's crochet and provide
 the hooks, the yarn, and the
 moral support.

Open to ages 10 and up.

Wednesday 24th @9:30am

★ **Crafting Connection**
 Enjoy a stress-free craft in a
 relaxed atmosphere. Open to
 older adults and seniors.
 Light refreshments available.

Saturday Afternoon

6th @5pm
 13rd @12pm

📍 **Rec Night** Join us at DeLeon
 Plaza for games, friendly
 competition, and community.
 Giant lawn games, Pickleball,
 videogames, and classic board
 games.

📍 **Chess Club** All skill levels
 welcome!

You Ought to Know:

Sashiko bookmarks

Wednesday 10th @5:30pm

Join us for a workshop in
 Sashiko sewing. Learn the
 traditional "running stitch"
 technique and how to achieve
 those perfectly uniform
 Sashiko lines by creating your
 own bookmark using denim.

Registration is required.

Adults and Teens 14+.

Advertise in Our Newsletter!

Contact Michelle Crites

mcrites@4LPi.com

(800) 950-9952 x2256



Citizens
 MEDICAL CENTER
Home Health



361.579.1305 ★★★★★

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\$50 MAKES IT HAPPEN.**

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give.mowstx.org



**THANK YOU
TO OUR
COMMUNITY
PARTNERS:**



- Office Hours: 8:30 AM - 3:30 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:



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

@MOWSouthTexas