

# November 2024 Newsletter



MEALS **on** WHEELS  
SOUTH TEXAS



## Celebrating **102** Years!

Happy Birthday, **Meager!**

CLOSED - Nov. 28th & 29th

## THIS MONTH

Full Calendar, Page 4

**Paw Express**  
Nov. 12th

**Library Delivery**  
Nov. 20th

**Food Bank**  
Nov. 21st

**Cuero Pet Food**  
Nov. 6th

**Victoria Pet Food**  
Nov. 20th



# 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 AM - 12:30 PM at the Connection Cafe. BINGO Tuesday & Thursday, 10:00 AM.

Monday - Friday, 10:00 AM - 1:00 PM at our Yorktown location. Meals served at 11:30 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

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

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Meals on Wheels, Victoria, TX

A 4C 05-1764

# November Activities & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5 <b>BINGO</b> First Christian Church	6 Healthy Carbs - Texas AgriLife	7 <b>BINGO</b> New Century Hospice	8 Movie Day
		Cuero Pet Food		
11 Medicare 101 - Travis Jeffery Memory Awareness - PAM Rehab	12 <b>BINGO</b> Riverside Oaks	13 Crafts - VPL	14 <b>BINGO</b> Crown Hospice	15 Hand Knitting - VPL
	PAW Express			
18 Financial Guidance - Matt Maples	19 <b>BINGO</b> Harbor Hospice	20 Crafts - VPL	21 <b>BINGO</b> Twin Pines Mockingbird	22 Birthdays - Travis Jeffery
		Pet Food Delivery Library Delivery	Food Bank Distribution	Movie Day
25 Crafts - VPL	26 <b>BINGO</b> Twin Pines North	27 Maintain, No Gain - Texas AgriLife	28 CLOSED	29 CLOSED

# BINGO CRAFTS & MORE

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

- Pork Patty with Rice
- Honey Mustard Chicken Patty
- New Your Strip Beef Patty & Gravy
- Chimichurri Chicken Breast Patty
- Meatballs over Egg Noodles

## BOX 2

- Breaded Chicken Patty
- Pork Patty & Gravy
- Thai Chili Meatballs w/ Brown Rice
- Ravioli and Spinach Alfredo
- Chipotle Meatloaf

## BOX 3

- BBQ Pork Patty
- Cilantro Lime Meatballs w/ Brown Rice
- Chicken Patty w/ Rosemary Gravy
- Salsbury Steak
- Pepperoni Pizza

## BOX 4

- Chicken Patty & Penne Pasta Alfredo
- Fish Nuggets
- Beef & Pepper Patty w/ Gravy
- Breaded Parmesan Chicken Patty
- Red Beans & Brown Rice w/ Sausage

## BOX 5

- Pork Patty & Mushroom Gravy
- Huevos Rancheros
- Meatballs & Alfredo Shell Pasta
- Breaded Chicken Breast Patties
- Pork Patty & Rice w/ Roast Garlic Gravy

**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)

**LET'S GROW YOUR BUSINESS**  
Advertise in our Newsletter!

**CONTACT ME**  
**Erica Johnson**

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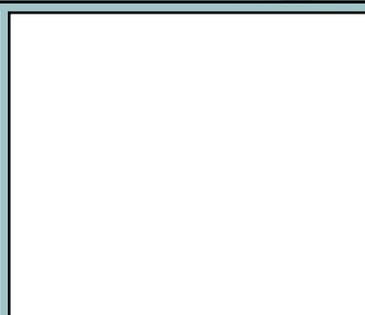
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# VETERANS DAY

HONORING ALL WHO SERVED

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CAFE CLIENTS PARTICIPATED IN A

# Food Drive

hosted by New Century Hospice and benefiting the Food Bank of the Golden Crescent.



Clients donated non-perishable goods and won a pizza party for their outstanding contribution to this




**Citizens**  
MEDICAL CENTER  
*Home Health*

361.579.1305 ★★★★★

5-STAR PATIENT SATISFACTION RATING



**NOE R. OLVERA, MD**

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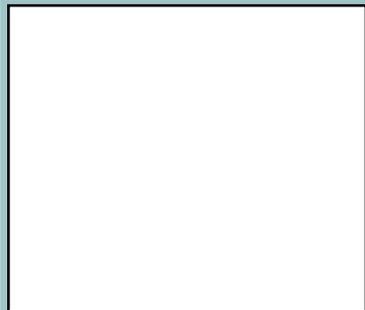
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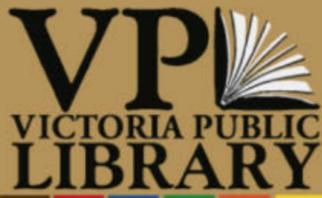


**Call 800-950-9952**



# SUPPORT OUR ADVERTISERS!

# Community Spotlight



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

● ADULT EVENT

★ JUVENILE EVENT



## ● Fun Friday

Friday 1st, 8th, 15th,  
22th & 29th  
10-11pm

Join us for a fun creative or physical activity every Friday morning from 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.

## ● Collage Nite

Monday 4th  
6-7pm

Join us for a fun night of DIY collage! We have a supply of magazines, newspapers, scissors, glue and tape. Feel free to bring your own supplies to customize your works of art.

## ● Chess Club

Saturday 16th  
12-2pm

The Victoria Public Library is partnering with the Golden Crescent Chess Club to bring chess to the library! Join us in the Bronte Room for casual games of chess for all levels of players.

## ● Yarn Craft Club

Thursday 7th  
1-2pm

Come join us for fun stitching projects, or work on your project with others who enjoy making crafts with yarn! This event is open to ages 10 and up.

## ● Young Adult Book Club

Monday 18th  
6-7pm

The Young Adult Book Club comes together for a fun night of discussion at The Box Coffee Bar – Town & Country. Any patrons 18+ are welcome to join in the conversation! The Young Adult Book Club meets on the third Monday of every month.

## ● True Crime Book Club

Monday 25th  
6-7pm

Join us for a night of True Crime discussion! The Library will be hosting the True Crime and Killers Book Club meetings once a month in the Bronte Room

## ● Texas A&M AgriLife Extension: Walk N Talk

Tuesday 5th & 12th  
5:30-6:30pm

Take a walk with us! During this Walk N Talk series, friends, family, and others from the community come together to support one another in a fun, simple way. Walk N Talk is an 8-week series, each session lasts 45-60 minutes. Each week, a new fruit or vegetable will be featured after enjoying a walk with friends!

## ● No Pressure Book Club

Wednesday 20th  
6-7pm

Get Lit(ery) at our No Pressure Book Club! We host this book club with a twist at Moonshine Drinkery. Instead of everyone reading the same books, we'll provide a theme and participants can share what they've been reading and gather ideas for what to read next.

# SUPPORT THE ADVERTISERS

## that Support our Community!



# PUZZLE BREAK

## Thanksgiving Word Search

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

### Word List:

APPLE

BASTE

CORNUCOPIA

DESSERT

FAMILY

GOBBLE

HAM

MAYFLOWER

PUMPKIN

POTATOES

PIE

CELEBRATE

CRANBERRY

DELICIOUS

FEAST

GRATEFUL

HARVEST

MEAL

PLYMOUTH

SQUASH

AUTUMN

THANKSGIVING

CARVE

DINNER

FOOTBALL

GRATITUDE

HOLIDAY

NOVEMBER

PILGRIM

WISHBONE

BAKE

COOK

COLONISTS

FALL

FRIENDS

GRAVY

LEFTOVERS

PEACAN

STUFFING

TURKEY



## 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 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)  
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