

# August 2025 Newsletter



**MEALS on WHEELS**  
SOUTH TEXAS

## THIS MONTH

**Cuero Pet Food**  
August 6<sup>th</sup>

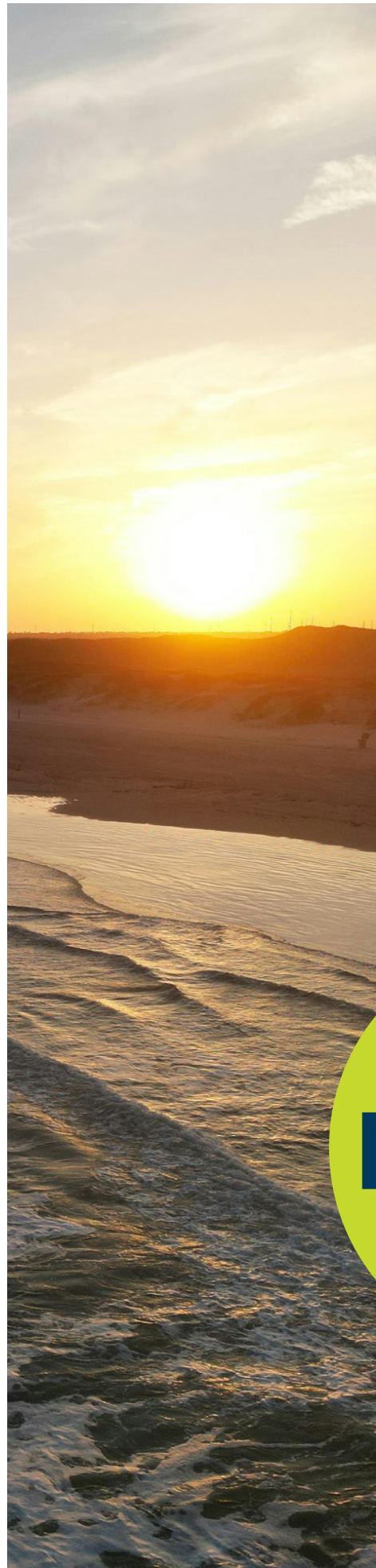
**Food Bank**  
August 21<sup>st</sup>

**PAW Express**  
August 12<sup>th</sup>

**Victoria Pet Food**  
August 27<sup>th</sup>

**Library Delivery**  
August 20<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 SOUTH YESS

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

## 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)

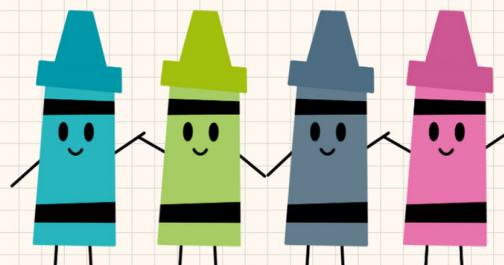


# AUGUST ACTIVITIES & MORE

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Crafts with Hospice of South Texas
4 National Chocolate Chip Cookie Day 	5  First Christian Church	6 United Way Community Navigator Presentation <b>Cuero Pet Food</b>	7  New Century Hospice	8 Crafts with Mid-Coast Family Services
11 Movement Day	12  Remarkable Hospice <b>PAW Express</b>	13 Chair Exercises with Kim from Zoom + Hydration Education with Texas A&M AgriLife	14  Crown Hospice <b>Food Bank Distribution</b>	15 Crafts with Victoria Public Library
18 Crafts with Angels Care Home Health	19  Harbor Hospice of Victoria	20 Crafts with Victoria Public Library <b>Library Delivery</b>	21  National Senior Day End of Summer Party 	22 Last Day to Donate Box of Crayons 
25 Crafts with Victoria Public Library <b>Victoria Pet Food</b>	26  Twin Pines North	27 Game Day	28  MOWSTX	29 Movie Day

## COLOR THEIR WORLD WITH KINDNESS!

JULY 28<sup>TH</sup> -  
AUGUST 22<sup>ND</sup>



Connection  
**CAFÉ**  
MEALS on WHEELS SOUTH TEXAS

WE'RE COLLECTING NEW BOXES OF CRAYONS TO SHARE WITH LOCAL KIDS.  
DROP YOUR DONATION OFF AT THE CONNECTION CAFÉ VICTORIA &  
HELP US BRIGHTEN SOMEONE'S DAY ONE COLOR AT A TIME!

603 E. MURRAY ST. | VICTORIA, TX  
9:30AM - 12:00PM

# 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



ACCEPTANCE LOVE  
 AWARENESS MEDITATION  
 BALANCE MINDFULNESS  
 BREATHE PEACE  
 CALM PRESENCE  
 CENTERED RELAXATION  
 CLARITY SERENITY  
 EMBRACE SILENCE  
 GROUNDING STILLNESS  
 HARMONY TRANQUILITY  
 HEALING UNITY

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

## 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



Mon	Tue	Wed	Thu	Fri	Sat
				1 ● FUN FRIDAY 10AM	2 ●  National Sandcastle Day
4 ★ LEGO LAB 5PM	5 ● Operation Conversation COPS & KIDS 5PM ★	6 ●  National Root Beer Float Day	7 ● YARN CRAFT CLUB 1PM ★ 50TH BIRTHDAY STORY PARTY 10-30AM	8 ● FUN FRIDAY 10AM	9 ●
11 ● GENEALOGY TALK WITH CAROLL BRINCEFIELD 5:30PM	12 ●	13 ●	14 ● VPL TALKS WITH GLENN DIVES 6PM	15 ● FUN FRIDAY 10AM	16 ●
18 ●	19 ★ SINK OR FLOAT CRAFT 4PM	20 ● NO PRESSURE BOOK CLUB 6PM	21 ● YARN CRAFT CLUB 4:30PM ★ WASHER NECKLACE 4PM	22 ● FUN FRIDAY 10AM ● OPEN MIC 5:30PM	23 ● CHESS CLUB 12PM ● EXPERIMENTAL CINEMA CLUB 3:30PM
25 ● TRUE CRIME BOOK CLUB 6PM	26 ★ HOT AIR BALLOON CRAFT 4PM	27 ● SCAN QR CODE TO SEE EVENT DESCRIPTION 	28 ● FUN FRIDAY 10AM ● ADULT-ISH BOOK CLUB 6PM	29 ● FUN FRIDAY 10AM ● ADULT-ISH BOOK CLUB 6PM	30 ●  National Beach Day

**DID YOU KNOW?**

Sandcastle Day is observed on the first Saturday in August every year. Sandcastle Day was created to remind us of the pleasure that a bit of sand, water, and sunlight can provide us in the summertime. Sandcastle Day is an excellent opportunity to take a few hours out of your day to recall how much fun it can be to build sandcastles at the beach like a kid again.



**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**