

MAY 2026

# ACTIVITIES NEWSLETTER



**MEALS on WHEELS**

**SOUTH TEXAS**

TOGETHER, WE CAN DELIVER.



The Connection Club members visited the YMCA.

## Get in touch!

Office Hours: 8:00 AM - 3:00 PM

Phone: 361-576-2189

Address: 603 East Murray Street,  
Victoria, TX 77901

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

## THIS MONTH

**Cuero Pet Food**

May 6<sup>th</sup>

**PAW Express**

May 7<sup>th</sup> & May 21<sup>st</sup>

**Library Delivery**

May 20<sup>th</sup>

**Food Bank**

May 21<sup>st</sup>

**Victoria Pet Food**

May 27<sup>th</sup>

**\*Holiday Closure**

May 25<sup>th</sup>

**Connection Club Event 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.

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



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

## Tips To BOOST Your Health as You Age


Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



**Manage stress — try yoga or keep a journal.**



**Learn something new — take a class or join a club.**




**Get moving — try gardening, biking, or walking.**



**Choose healthy foods rich in nutrients.**



**Go to the doctor regularly.**



**Connect with family and friends.**

Learn more about steps you can take to promote healthy aging at [www.nia.nih.gov/healthy-aging](http://www.nia.nih.gov/healthy-aging).




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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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361-575-6457

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*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.*

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# May 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
				1 <b>CLOSED</b>
4 <b>Medical University with Megan</b> 10:30am-1pm Connection Cafe 	5 <b>BINGO New Century Hospice</b> 10:30am-1pm Connection Cafe  	6 <b>May Craft</b> 10am - 11am Victoria Public Library  <b>Michael Jackson</b> 1pm - 3pm Cinemark Victoria	7 <b>CLOSED NO EVENT</b>	8 <b>Mother's Day Spa Day</b> 10:30am- 1pm Connection Cafe  
11 <b>Chat &amp; Connect</b> 10:30am-1pm Connection Cafe 	12 <b>BINGO Crown Hospice</b> 10:30am-12pm Connection Cafe  <b>Senior BINGO</b> 1pm-3pm Community Center	13 <b>Aging Well Conference</b> 10am - 2pm Son Valley Ranch 8793 Us HWY 87 North Victoria, Texas 77904 	14 <b>CLOSED NO EVENT</b>	15 <b>Chair Yoga</b> 10am-11am Victoria Public Library 
18 <b>Chat &amp; Connect</b> 10:30am-1pm Connection Cafe  <b>Nave Museum</b> 1:30pm-2:30pm 306 W. Commercial St.	19 <b>BINGO Accent Care</b> 10:30am-1pm Connection Cafe 	20 <b>CLOSED NO EVENT</b>	21 <b>Spring Fest</b> 11am - 3pm Community Center 	22 <b>CLOSED NO EVENT</b>
25 <b>CLOSED In Observance of Memorial Day</b> 	26 <b>Board Game Day</b> 10:30am-1pm Connection Cafe 	27 <b>CLOSED NO EVENT</b>	28 <b>Movie Day Victoria Parks &amp; Rec</b> 10:30am-1pm Connection Cafe   	29 <b>CLOSED NO EVENT</b>

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

# Make a Friend. Make a Difference.

## Togetherness Friendly Caller Program



### Volunteers & Seniors Welcome!

#### Volunteers Needed

Share a friendly phone call each month and brighten a senior's day. No experience needed just a kind heart and a little time.

#### Seniors

Enjoy regular friendly check-ins, conversation, and meaningful connection from someone who cares.



#### Why It Matters

Our Togetherness Program helps reduce isolation and build lasting relationships in our community.

#### Call us to join!

361-576-2189

or

email us at

[volunteer@mowstx.org](mailto:volunteer@mowstx.org)

## Advertise in Our Newsletter!

### Contact Michelle Crites

[mcrites@4LPi.com](mailto:mcrites@4LPi.com)  
(800) 950-9952 x2256



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Victoria, TX

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[hospiceofsouthtexas.org](http://hospiceofsouthtexas.org)



# Activities

## Meditation & Mindfulness

ACCEPTANCE  
 APPRECIATION  
 ATTENTION  
 AWARENESS  
 BREATHING  
 CALM  
 CLARITY  
 COMPASSION  
 DETERMINATION  
 FLEXIBILITY  
 FOCUS  
 VISUALIZATION  
 GRATITUDE  
 INSPIRATION  
 JOYFUL  
 KIND  
 NONJUDGMENTAL

LISTEN  
 LOVE  
 MEDITATION  
 MINDFUL  
 OBSERVATION  
 PATIENCE  
 PRACTICE  
 PRESENT  
 QUIET  
 REFLECTION  
 RELAXATION  
 SERENITY  
 THOUGHTS



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

## Word Twist Beverages

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!



saod \_\_\_\_\_

ltseerz \_\_\_\_\_

ticon \_\_\_\_\_

ewrat \_\_\_\_\_

cfeoef \_\_\_\_\_

tae \_\_\_\_\_

jceui \_\_\_\_\_

ckouhamb \_\_\_\_\_

lmik \_\_\_\_\_

smohieot \_\_\_\_\_

# Community Spotlight <sup>7</sup>



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

- Adult Event
- ★ Juvenile Event
- 📍 Location: Off-site

Events Duration:  
 1 Hour

Scan QR code  
 to see event  
 descriptions



Mon	Tue	Wed	Thu	Fri	Sat
4 Lego Lab: Camping 4pm ★ Mixed Media Monday 5:30pm	5 Baby Hour 10am ★ Pasta Coral Craft 4pm ★ Mediterranean Diet 5:30pm ●	6 Pickleball 6-7:30pm 107 N Ben Wilson St	7 Story Time 9:30-10am 10:30-11:30am	8 Fun Friday 10am	9
11 BOOK SALE *ALL WEEK*	12 Baby Hour 10am ★ Mediterranean Diet 5:30pm ●	13 Inbetweeners Portrait Drawing 4pm ★	14 DiscoverU: Teen Tech- Paper Hexagon Kaleidocycle 5pm ★	15 Fun Friday 10am	16 BOOK SALE 10-12PM LAST DAY!
18 True Crime Book Club 6pm	19 Baby Hour 10am ★ Levitating Paper Clip 4pm ★ Mediterranean Diet 5:30pm ●	20 No Pressure Book Club 6pm 📍 103 W Santa Rosa St	21 Story Party: Parks/Fire/Police 4pm ★ Yarn Craft Club 4pm	22 Fun Friday 10am	23 Chess Club 12-2pm 
25 WE ARE CLOSED	26 Baby Hour 10am ★	27	28 Story Time 9:30-10am 10:30-11:30am	29 Fun Friday 10am Adult-Ish Book Club 6pm 📍 1908 N Laurent St	30 SUMMER FUN FEST 10-1PM

**SUMMER FUN FEST**  
 Summer has ARRIVED! Come and celebrate with us as we launch the exciting season and our annual Summer Reading Program at our Summer Fun Fest! Join us for a fantastic time with special guests from Chick-Fil-A, VFD, VPD, Children's Discovery Museum, and many more!



361.579.1305 ★★★★★

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**THANK YOU  
TO OUR  
COMMUNITY  
PARTNERS:**



**MEALS on WHEELS SOUTH TEXAS**

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