

October 2024 Newsletter



MEALS **on** WHEELS
SOUTH TEXAS



THIS MONTH

Full Calendar, Page 4

Paw Express
Oct. 8th

Library Delivery
Oct. 16th

Food Bank
Oct. 17th

Cuero Pet Food
Oct. 2nd

Victoria Pet Food
Oct. 23rd

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



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Meals on Wheels, Victoria, TX

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October Activities & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BINGO First Christian Church	2 Cooking Well with Diabetes - Texas AgriLife Cuero Pet Food	3 BINGO New Century Hospice	4 Crafts - Mid Coast Family Services
7 Crafts - PAM Health	8 BINGO Riverside Oaks PAW Express	9 Healthy Carbs - Texas AgriLife	10 BINGO Crown Hospice	11 Crafts - The Vine School
14 Medicare 101 - Linda Dlugosch	15 BINGO Harbor Hospice	16 Crafts - VPL Library Delivery	17 BINGO Mid Coast Family Services Food Bank Distribution	18 Halloween Craft
21	22 BINGO Twin Pines North	23 Healthy Carbs - Texas AgriLife Pet Food Delivery	24 BINGO Altus	25 Spa Day - Crown Hospice
28 Medicare Review - Travis Jeffery	29 BINGO Twin Pines Mockingbird	30 Healthy Carbs - Texas AgriLife	31 Halloween Party	

JOIN US
AT THE
CONNECTION
CAFE!

ENJOY BINGO, CRAFTS, & MORE!



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)

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CONTACT ME
Erica Johnson

ejohnson@4LPi.com
216-258-6202



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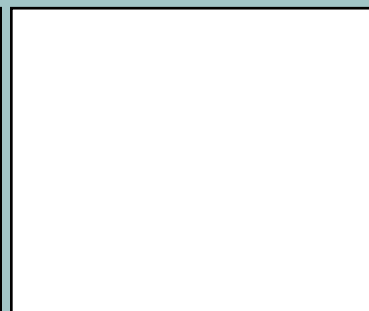
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HOSPICE OF SOUTH TEXAS

605 E Locust Ave
Victoria, TX

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Spooky Cupcakes

QUICK AND EASY RECIPE

Ingredients:

- 1 cup pumpkin puree
- 2 cups all-purpose flour
- 1 cup sugar
- 1/2 cup brown sugar
- 2 tsp pumpkin spice
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 cup vegetable oil
- 2 large eggs
- 1 tsp vanilla extract
- Whipped cream or white frosting
- Chocolate chips (for eyes)

Steps for Cooking:

- 1 Preheat oven to 350°F. Line a muffin tin with cupcake liners.
- 2 In a large bowl, mix together flour, sugars, pumpkin spice, cinnamon, nutmeg, baking powder, baking soda, and salt. In another bowl, whisk together pumpkin puree, oil, eggs, and vanilla extract. Mix.
- 3 Fill cupcake liners 3/4 full and bake for 18-20 minutes, or until a toothpick inserted into the center comes out clean.
- 4 Top with whipped cream or white frosting, swirling it to create a ghost shape. Place two chocolate chips as eyes on each ghost.



Servings
12 Cupcakes



Cook time
20 Minutes



Calories
280 per cupcake



OCTOBER 10

Be Kind to Your Mind

WORLD MENTAL HEALTH DAY



Citizens
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Home Health



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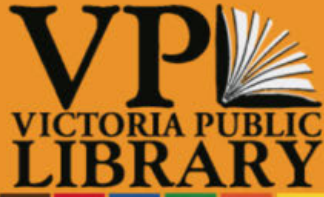


Call 800-950-9952

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Community Spotlight



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

● ADULT EVENT

★ JUVENILE EVENT



● Fun Friday

Friday 4th, 11th, 18th &
25th
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.

● Texas A&M AgriLife Extension: Walk N Talk

Tuesday 8th & 15th
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!

Library Closing

Friday 4th
Closing at 4pm

Saturday 5th
Closing at 1pm

Library Closing early for
Tejas Fest

● Zombies vs Humans Nerf Battle

Thursday 17th
7-8pm

Grab a friend and join us at the Victoria Public Library for a fun Zombies vs Humans Nerf Battle in the library after hours from 7:00 PM to 8:00 PM. This program is open to all ages. May the best team win!

● Chess Club

Saturday 19th
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.

● Young Adult Book Club

Monday 21st
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.

● Haunted Mini-Golf in the Library

Thursday 24th
7-8pm

Be ready for scares and laughs with an indoor miniature golf course in the library! Come in the library and enjoy an eerie filled night of indoor mini-golf! All ages welcome!

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that Support our Community!



PUZZLE BREAK

Celebrate National Pasta Day!

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MEALS ON WHEELS SOUTH TEXAS

VOLUNTEERS NEEDED!



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 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.

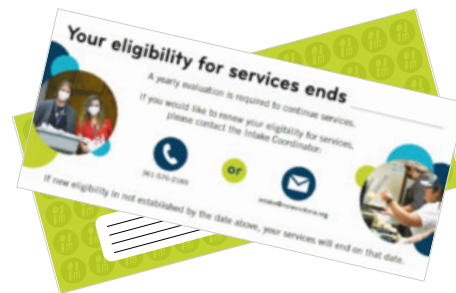
TOGETHERNESS

Call clients each week to chat and check in on their wellbeing.

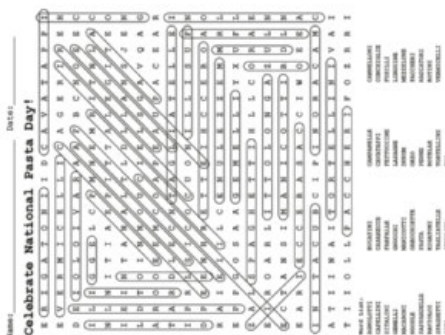
REMEMBER TO RENEW

You must renew your enrollment in our services each year. You will receive the notice for renewal (at right) by mail, about a month before your enrollment expires.

Please give our Intake Coordinator a call at 361-576-2189 as soon as possible to ensure your services continue uninterrupted.



PUZZLE SOLUTIONS



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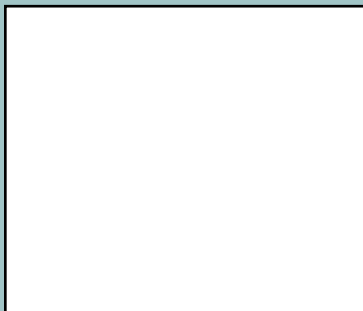
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MEALS on WHEELS
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THANK YOU TO OUR COMMUNITY PARTNERS:



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



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