

August 2024 Newsletter



MEALS on WHEELS
SOUTH TEXAS



THIS MONTH

Full Calendar, Page 4

Paw Express
August 13th

Library Delivery
August 21st

Food Bank
August 14th

Cuero Pet Food
August 7th

Victoria Pet Food
August 28th



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 11:00 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

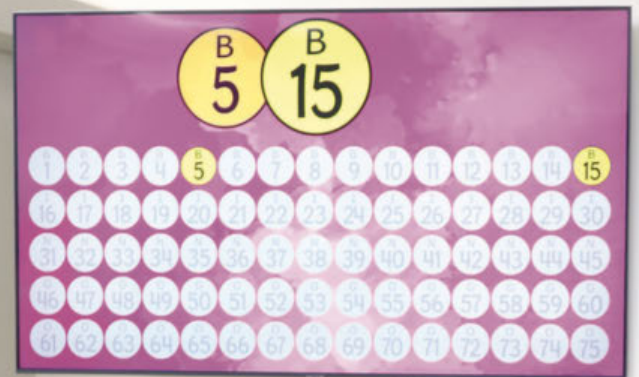
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August Activities & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BINGO New Century Hospice	2 Magazine Scavenger Hunt with Southbrooke Manor
5 Medicare 101 with Linda Dlugosch	6 BINGO First Christian Church	7 Cooking Well with Friends - Texas AgriLife	8 BINGO Crown Hospice	9 Billy Moeller - Music Set
		Cuero Pet Food		
12 The Price is Right Game Show	13 BINGO Riverside Oaks	14 Cooking Well with Friends - Texas AgriLife	15 Movie Day	16 Maples Financial with Matt Maples
	PAW Express	Food Bank Distribution		
19 Show & Tell	20 BINGO Harbor Hospice	21 Crafts - VPL	22 BINGO Altus Hospice	23 Crafts
		Library Delivery		
26 Board Games	27 BINGO Twin Pines North	28 Cooking Well with Friends - Texas AgriLife	29 BINGO Senior Helpers	30 Crafts & Dominoes
		Pet Food Delivery		

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 York 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
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Strawberry Shortcake

QUICK AND EASY RECIPE

Ingredients:

- 1-pint strawberries hulled and quartered
- 2 tablespoons sugar
- 2 cups self-rising flour + more for dusting
- 2 tablespoons sugar
- 1 pinch kosher salt
- 4 ounces cream cheese at room temperature, cut into chunks
- 5 tablespoons frozen, salted butter grated
- ½ cup whole milk
- Whipped Cream

Steps for Cooking:

- 1 Mix strawberries with 2 tbsp sugar. Set aside.
- 2 Preheat oven to 425°F. Combine flour, 2 tbsp sugar, and salt. Add cream cheese and butter. Mix until crumbly. Stir in milk until dough forms.
- 3 Pat dough to 1-inch thick. Cut out shortcakes and bake on a sheet for 12-15 mins. Cool slightly.
- 4 Split shortcakes, layer with whipped cream and strawberries. Top with more whipped cream and strawberries.



Servings

8-10 Slices



Cook time

20 Minutes



Calories

390

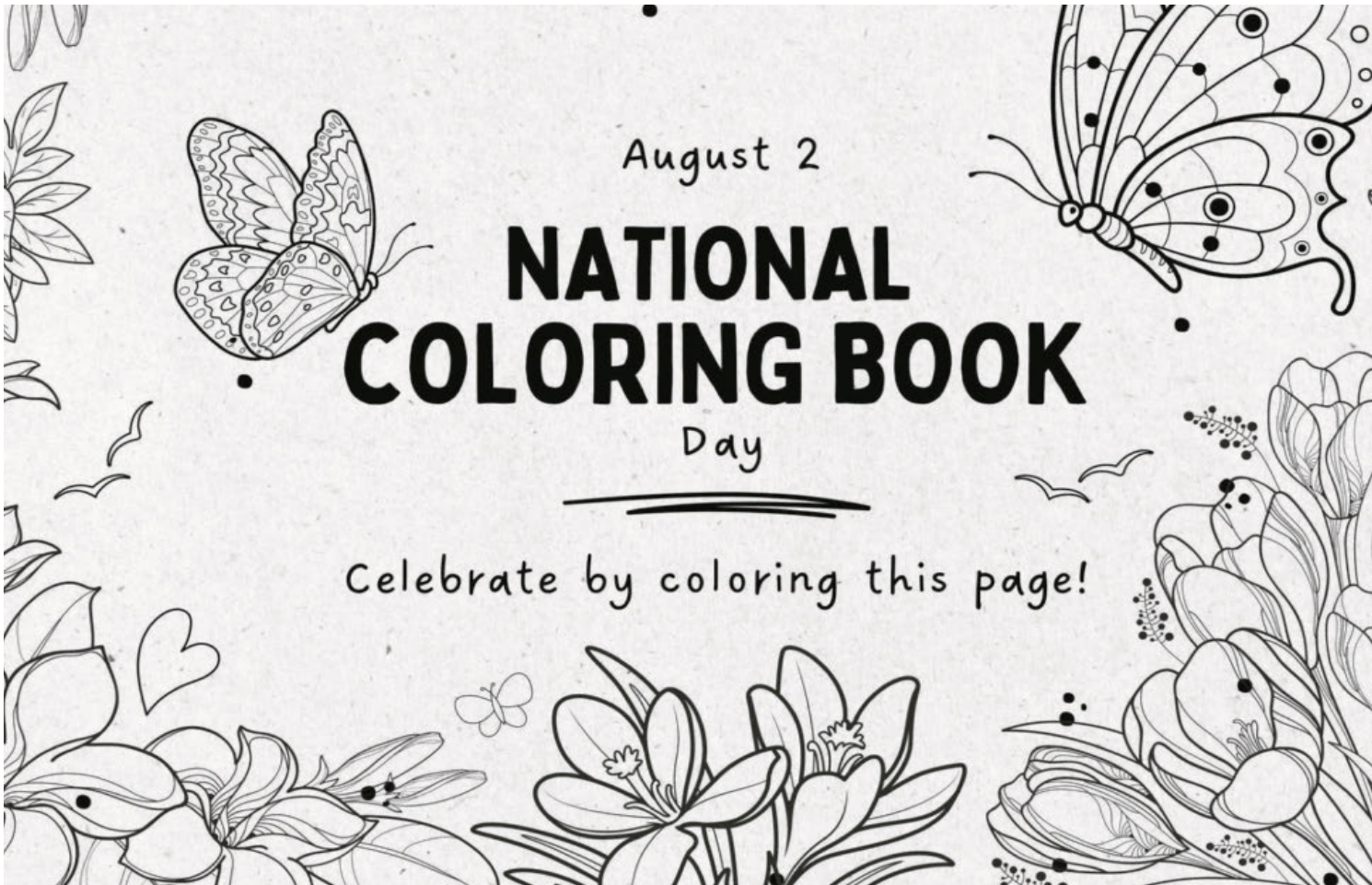


August 2

NATIONAL COLORING BOOK

Day

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Meals on Wheels, Victoria, TX

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Community Spotlight



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

● ADULT EVENT

★ JUVENILE EVENT



● Painted Totes

Friday 2nd
10-11am

This week we'll be painting canvas tote bags!

● Bad Art Night

Monday 5th
6-7pm

It's fun art not fine art! Enjoy a night out at the library while you create your own masterpiece or disaster. You'll be provided with all the craft items needed to design your art piece.

● VPL Talks-Indianola with Jeff Wright

Thursday 8th
6-7pm

VPL Talks is a monthly speaker series highlighting locals in the Crossroads. Join us for a fascinating talk about the sunken city of Texas-Indianola! Executive Director of Victoria Preservation, Inc. will be leading the discussion over this engaging topic of local history.

★ Inbetweeners: Design your own Maze

Thursday 22nd
4:30-5:30pm

Ever wondered about the process of designing a successful maze? Come and join us today to engineer your very own!

DID YOU KNOW? A cloud weighs around a million tons.

● Genealogy Talk: Martha Jones and The Census Enumerator

Monday 12th
5:30-6:30pm

Don't miss local researcher and educator, Dr. Martha Everman Jones, as she leads a genealogy talk here at the Victoria Public Library. Her presentation will cover "The Census Enumerator" and how they worked to collect data for census records. This program is free and open to the public.

★ Crafter noon: Pencil Buddies

Thursday 15th
4:30-5:30pm

Join us today to create adorable pencil pals using pipe cleaners and a sprinkle of imagination!

★ Learning Lab: Bird Feeders

Thursday 29th
4:30-5:30pm

Create a Popsicle bird feeder to attract neighborhood birds for a delightful treat.

● Chess Club

Saturday 17th
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.

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PUZZLE BREAK

National Parks

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How do you give back?



From team-building volunteering to community donation drives, giving back comes in many forms, and we appreciate them all!

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.



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.



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THANK YOU TO OUR COMMUNITY PARTNERS:



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

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