

March 2025 Newsletter



THIS MONTH



MEALS on WHEELS
SOUTH TEXAS

Cuero Pet Food
Mar. 5th

Food Bank
Mar. 20th

PAW Express
Mar. 18th

Victoria Pet Food
Mar. 26th

Library Delivery
Mar. 19th

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 - 12:30 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 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



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.



CROWN HOSPICE

Providing Comfort, Bringing Compassion and Sharing Hope

1406 East Red River • Victoria, TX 77901

361-575-5900

www.crownhospice.com

"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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The Tea House Company

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Near two regional hospitals, Retama Manor is a warm, homelike nursing facility and rehabilitation center.

Medicare • Medicaid • Managed Care Plans

Private Pay and Respite



361-575-3212 (Victoria) 361-552-2300 (Port Lavaca)

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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Meals on Wheels, Victoria, TX

A 4C 05-1764

MARCH ACTIVITIES & MORE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Growing & Nourishing with Texas A&M Agrilife</p>	<p>4</p> <p>BINGO</p> <p>First Christian Church</p>	<p>5</p> <p>Step Up - Scale Down with Texas AgriLife</p> <p>Cuero Pet Food</p>	<p>6</p> <p>BINGO</p> <p>New Century Hospice</p>	<p>7</p> <p>Community Health Information with Be Well Victoria</p>
<p>10</p> <p>Growing & Nourishing with Texas A&M Agrilife</p>	<p>11</p>	<p>12</p> <p>Step Up - Scale Down with Texas AgriLife</p>	<p>13</p> <p>BINGO</p> <p>Crown Hospice</p>	<p>14</p> <p>Crafts with Hospice South Texas</p>
<p>17</p> <p>Growing & Nourishing with Texas A&M Agrilife</p> <p>HAPPY St. Patrick's DAY</p>	<p>18</p> <p>BINGO</p> <p>Harbor Hospice</p> <p>PAW Express</p>	<p>19</p> <p>Crafts with Victoria Public Library</p> <p>Library Delivery</p>	<p>20</p> <p>Food Bank Distribution</p>	<p>21</p> <p>Crocheting with Victoria Public Library</p>
<p>24</p> <p>Growing & Nourishing with Texas A&M Agrilife</p>	<p>25</p> <p>BINGO</p> <p>Twin Pines North</p>	<p>26</p> <p>Step Up-Scale Down with Texas AgriLife</p> <p>Victoria Pet Food</p>	<p>27</p> <p>BINGO</p> <p>Twin Pines North</p>	<p>28</p> <p>Crafts with Twin Pines Mockingbird</p>
<p>31</p> <p>Crafts with Victoria Public Library</p>	<p>Did You Know? On March 22, 1972, President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national public-private nutrition program for individuals 60 years and older. Since then, local Meals on Wheels programs have delivered nutritious meals and more to seniors at risk of hunger and isolation in virtually every community across the country.</p>			

ARE YOU 60 YEARS OF AGE OR OLDER AND ACTIVE?

ARE YOU LOOKING FOR A WAY TO MAKE NEW FRIENDS AND SOCIALIZE?

OUR CONNECTION CAFE IS THE PLACE FOR YOU!

603 E. MURRAY ST, VICTORIA, TX 77901 • 361-576-2189



MEALS on WHEELS
SOUTH TEXAS



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

- Spaghetti & Meatballs
- Pork Patty & Gravy
- Breaded Pollock
- Chicken Tenders & Zesty Orange Rice
- Creamy Country Fried Steak

BOX 2

- Fried Egg Patties
- Salisbury Steak
- Chicken & Dumplings
- Red Beans & Rice w/Sausage
- Chicken & New Orleans Style Rice

BOX 3

- Honey Mustard Chicken Tenders
- Breaded Pollock w/ Parm Rosa Sauce
- Huevos Rancheros
- NY Beef Strip Patty & Gravy
- Turkey atloaf w/Zesty Orange Rice

BOX 4

- Cheese Lasagna w Meat Sauce
- Rosemary Chicken
- Ginger Pork
- Beef Patty
- Pollock Nuggets

BOX 5

- Breakfast Burrito w/Salsa
- Homestyle Meatloaf
- Chicken & Apricot Rice
- Pollock w/Coconut Rice
- Southwest Casserole

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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Advertise in our Newsletter!

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Word Search

Breakfast



PANCAKES	R	E	C	I	U	J	M	E	F	O	O	T	T	E	L	S	C	B
BACON	E	E	G	T	C	A	U	G	R	A	D	S	E	N	E	T	L	F
SYRUP	T	C	R	R	O	Z	F	D	E	U	A	E	B	O	G	U	G	T
PORRIDGE	T	R	A	U	F	T	F	I	N	S	C	K	U	C	A	F	S	Y
MIMOSA	I	E	N	G	F	N	I	R	C	T	O	A	T	A	B	A	C	L
BLINTZ	R	P	O	O	E	I	N	R	H	U	V	C	T	B	O	L	A	E
TOAST	F	E	L	Y	E	L	S	O	I	N	A	N	E	T	S	E	P	L
FRENCH	E	S	A	A	A	B	R	P	O	O	S	A	R	A	M	A	T	O
BENEDICT	T	C	I	D	E	N	E	B	G	D	T	P	U	T	S	S	M	R
FRITTER	D	I	H	A	S	H	B	R	O	W	N	S	A	T	N	I	U	E
EGGS	E	P	U	R	Y	S	I	T	O	R	A	O	R	Y	M	L	D	S
SAUSAGE	I	E	T	T	M	S	T	D	B	G	W	I	H	O	V	A	P	S
BUTTER	R	C	A	B	S	R	I	E	E	O	E	A	S	S	A	A	M	A
OATMEAL	F	R	I	T	T	A	T	A	A	S	R	A	F	G	I	D	R	C
JUICE	J	A	I	R	R	E	I	H	T	O	O	M	S	F	G	N	H	G
BISCUITS	E	R	B	I	S	C	U	I	T	S	E	B	A	N	L	E	A	W
HASH	G	H	S	A	H	D	E	L	B	M	A	R	C	S	N	E	G	D
AVOCADO	N	F	R	U	I	T	C	E	R	E	A	L	N	U	S	T	S	K
FRITTATA																		
GRANOLA																		
SCREAMBLED																		
HASHBROWNS																		
COFFEE																		
PASTRIES																		
CEREAL																		
GRAVY																		
SMOOTHIE																		
BAGEL																		
CASSEROLE																		
GRITS																		

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.

Community Spotlight



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

● ADULT EVENT
★ JUVENILE EVENT



Fun Friday
Friday 7th, 14th, 21st, 28th
10-11am

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. Come meet new people while enjoying a fun and engaging activity.

★ Midday Getaway: DIY Stickers
Wednesday 19th
1:30-2:30pm

Have you ever dabbled in the magical art of sticker-making? Come along and unleash your creativity as we whip up some fantastic stickers and awesome gifts for your fam and pals!

● More Programs
Monday 3rd 6:00-7:00pm -
Collage Nite
Tuesday 4th, 11th, 18th
5:30-6:30pm -
Agrilife: Gardening
Thursday 6th 1:00-2:00pm -
Yarn Craft Club
Thursday 6th 6-7pm -
VPL Talks with Sarah Foerster
Thursday 6th & 13th
5:30-6:30pm -
Agrilife: Step up program
Saturday 15th 12:00-2:30pm -
Chess Club
Saturday 15th 1:00-3:00pm -
Coast Writers
Wednesday 19th 6:00-7:00pm -
No Pressure Book Club
Thursday 20th 4:30-5:30pm -
Yarn Craft Club
Monday 31st 6:00-7:00pm -
True Crime Book Club

● VPL Jams with Chelsey Markum
Friday 14th
7:00-8:00pm

VPL Jams is a monthly music series that highlights the local Crossroads music scene.

★ More Programs
Monday 17th 2-3pm -
Lego Lab
Monday 17th 4-5pm -
Tiny Art Show
Tuesday 18th 3:30-4:30pm -
Learning Lab: Scratch Art
Thursday 20th 3:30-4:30pm -
Inbetweens: 3D Hand
Thursday 20th 7-8:30pm -
Mini Golf
Friday 21st 1:30-2:30pm -
Crafternoon: Initial Yarn Art
Friday 21st 4-5pm -
Teen Tech: Magazine Wall Art
Tuesday 25th 10:30-11am -
VFD Story time
Wednesday 26th 2-2:30pm -
Bilingual Story time
Thursday 27th 10:30-11am -
VPD Story time

● Young Adult Book Club
Monday 17th
6:00-7:00pm

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.

DID YOU KNOW?

The color associated with St. Patrick's Day was blue, until 1798, the year of the Irish Rebellion, that the color green became officially associated with the day.





361.579.1305 ★★★★★

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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!

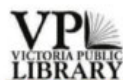
FILL A PLATE

Just \$40 delivers a senior a week of healthy lunches.



give.mowstx.org

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:



@MOWSouthTexas

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