

April 2025 Newsletter



THIS MONTH



MEALS on WHEELS
SOUTH TEXAS

Cuero Pet Food
April 2nd

Food Bank
April 17th

PAW Express
April 8th

Victoria Pet Food
April 23rd

Library Delivery
April 16th

Holiday Closure
April 18th

[▶ 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 ON 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.

● VOLUNTEER ● DONATE

www.mowstx.org




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

SUPPORT OUR ADVERTISERS!




The Tea House Company

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



FREE AD DESIGN
with purchase of this space
CALL 800-950-9952



APRIL ACTIVITIES & MORE

Monday	Tuesday	Wednesday	Thursday	Friday
	1  First Christian Church	2 Step Up - Scale Down with Texas AgriLife 	3  New Century Hospice	4 Crafts with Hospice of South Texas
7 Growing & Nourishing with Texas A&M Agrilife	8 	9 Step Up - Scale Down with Texas AgriLife	10  Crown Hospice	11 Farmer's Market & SNAP Talk with Food Bank of the Golden Crescent
14 Growing & Nourishing with Texas A&M Agrilife	15 Easter in the Park  Harbor Hospice *CAFE CLOSED 	16 Crafts with Victoria Public Library 	17  The Vine School 	18  Good Friday 
21 Crafts with Mid-Coast Family Services	22  Twin Pines North	23 Step Up-Scale Down with Texas AgriLife 	24 	25 Canvas Painting with Victoria Public Library
28 Crafts with Victoria Public Library	29	30 Step Up-Scale Down with Texas AgriLife	VOLUNTEER APPRECIATION WEEK  A colossal high-five to our fantastic volunteers! Their dedication to lending a helping hand is absolutely legendary. April 27-May 3	



MEALS on WHEELS[®] SOUTH TEXAS

EASTER IN THE PARK

APRIL 15 2025	9 AM - Noon	BINGO, Lunch Egg Hunt & Music
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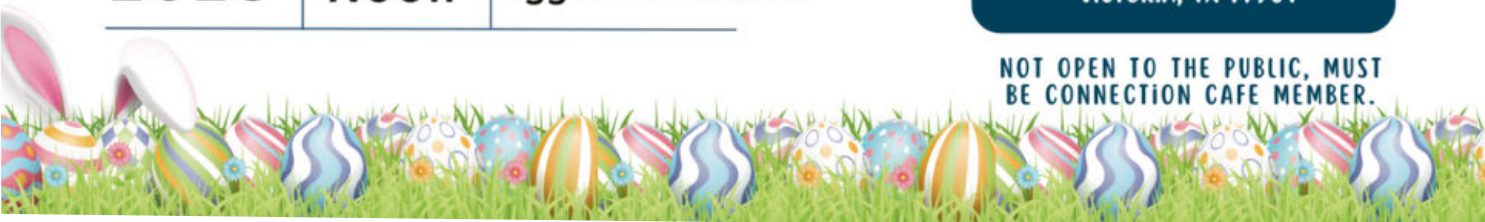


CREATE YOUR OWN EASTER HAT TO ENTER IN OUR COMPETITION.

**RSVP AT
CONNECTION CAFE VICTORIA
OR
CALL 361-576-2189**

**RIVERSIDE CHILDREN PARK PAVILLION
523 MC CRIGHT DR
VICTORIA, TX 77901**

**NOT OPEN TO THE PUBLIC, MUST
BE CONNECTION CAFE MEMBER.**



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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CONTACT ME
Erica Johnson

ejohnson@4LPi.com

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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



VP
VICTORIA PUBLIC LIBRARY
IMAGINE. DISCOVER. CONNECT.

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

● Adult Events
★ Juvenile Event



● **Fun Friday**
4th, 11th, 25th
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, from coloring to chair yoga to arts and crafts. Come meet new people while enjoying a fun and engaging activity.

● **VPL Talks:**
Beth Hudson
Thursday 3rd
6-7pm

Educator, Naturalist and Photographer Beth Hudson will be giving an engaging talk about The Big Thicket: The women and wonders that helped establish our first national preserve in east Texas.

★ **Sensory Come & Go**
Wednesday 2nd
10-4pm

An inclusive space for our neurodivergent friends at the library. Children will explore with their five senses in a calm and sensory friendly environment.

★ **More Events:**
Tuesday 8th 4-5pm:
Craft: **Creeping Caterpillars**
Thursday 10th 5-6pm:
Teen Tech: **Leprechaun Trap**
Monday 14th 4-5pm:
Inbetweeners: **Toadstools**
Thursday 17th 10-11:30am
@Deleon Plaza
Family Story Time
Tuesday 22nd 4-5pm:
Recycled Creations
Wednesday 23rd 2-2:30pm:
Bilingual Story time
Thursday 24th 2+-3pm:
Paper Plate Butterfly

● **More Events:**
Tuesday 1st, 8th, 15th
5:30-6:30pm:
AgriLife: **Garden Course**
Thursday 3rd 1-2pm:
Yarn Craft Club
Monday 7th 6-7pm:
Bad Art Night
Thursday 10th & 17th
5:30-6:30pm:
AgriLife: Step up program
Friday 11th 7-8pm:
VPL Jams:
Rea, Bailey & Gearson
Saturday 12th 12-2pm
Chess Club
Saturday 12th 1-3pm
Coast Writers
Thursday 17th 4:30-5:30pm:
Yarn Craft Club
Monday 21st 6-7pm:
Young Adult Book Club
Tuesday 22nd 6-7pm:
Author Talk:
Michael Westphall
Wednesday 30th 5-7pm:
Craft Swap



Citizens MEDICAL CENTER
Home Health

361.579.1305 ★★★★★

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SOUTH TEXAS

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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 216-258-6202.

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