

# January 2025 Newsletter



MEALS **on** WHEELS  
SOUTH TEXAS

# 2025

## CLOSED - Jan. 1st **THIS MONTH**

Full Calendar, Page 4

**Paw Express**  
*Jan. 14th*

**Library Delivery**  
*Jan. 15th*

**Food Bank**  
*Jan. 16th*

**Cuero Pet Food**  
*Jan. 8th*

**Victoria Pet Food**  
*Jan. 22nd*

# 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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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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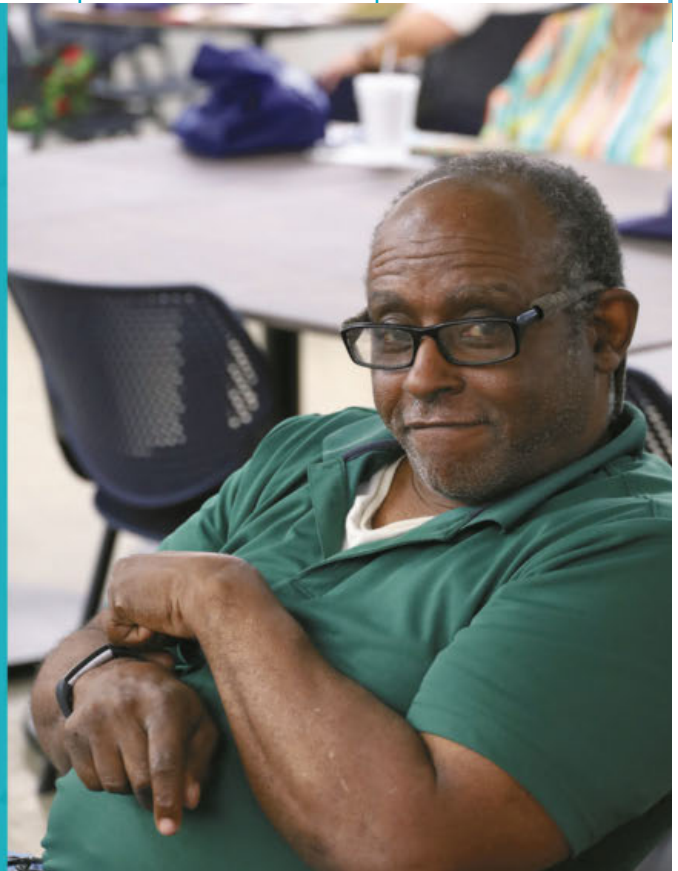
**CALL 800-950-9952**

# January Activities & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>CLOSED</b>	<b>2</b> <b>BINGO</b> New Century Hospice	<b>3</b>
<b>6</b> Walk & Talk Fruit and Vegetables With Emilee	<b>7</b> <b>BINGO</b> First Christian Church	<b>8</b> Maintain Your Gain with Texas AgriLife  Cuero Pet Food	<b>9</b> <b>BINGO</b> Crown Hospice	<b>10</b> Nail Day with Twin Pines Jaime
<b>13</b> Walk & Talk Fruit and Vegetables With Emilee	<b>14</b>  PAW Express	<b>15</b> Crafts - VPL  Library Delivery	<b>16</b> <b>BINGO</b> Twin Pines North  Food Bank Distribution	<b>17</b> Hand Crocheting with VPL
<b>20</b>	<b>21</b> <b>BINGO</b> Harbor Hospice	<b>22</b>  Victoria Pet Food	<b>23</b>	<b>24</b>
<b>27</b> Crafts - VPL	<b>28</b> <b>BINGO</b> Twin Pines North	<b>29</b>	<b>30</b> <b>BINGO</b> Mid Coast	<b>31</b> Poker Bingo with Twin Pines Jaime

**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

- Spaghetti & Meatballs
- Whole Kernel Corn
- Broccoli Florets
- Whole Wheat Bread
- Chocolate Crème Cookies

## BOX 2

- Pork Patty & Gravy
- Spinach
- Sweet Potatoes
- Cornbread Muffin
- Raisins

## BOX 3

- Breaded Pollock
- Green Pea Blend
- Carrots
- Whole Wheat Bread
- Mixed Fruit Cup
- Strawberry Crisp Bar

## BOX 4

- Chicken Tenders & Zesty Orange Rice
- Bean Blend
- Three Seasons Vegetable Blend
- Whole Wheat Bread
- Snickerdoodle

## BOX 5

- Creamy Country Fried Steak
- Red Skin Potatoes
- Mixed Vegetables
- Whole Wheat Bread
- Dragon Punch Juice

**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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**Erica Johnson**

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# VOLUNTEERS NEEDED



## HELP YOUR COMMUNITY

[JOIN US NOW](#)

[WWW.MOWSTX.COM](http://WWW.MOWSTX.COM)

## 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](mailto: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](http://victoriapubliclibrary.org)  
Scroll down to "Library Events" to see **more** activities!

- ADULT EVENT
- ★ JUVENILE EVENT



### ● Fun Friday 10-11am

Fri. 3rd Activity: Resolution Boards  
Fri. 10th Activity: Snowflake Lanterns  
Fri. 17th Activity: Chair Yoga  
Fri. 24th Activity: Tea Pot Perler Beads  
Fri. 31st Activity: Hot Cocoa in a Jar

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.

**DID YOU KNOW?** There were active volcanoes on the moon when dinosaurs were alive

### ● New Year, New Me

Wednesday 8th  
6-7pm

The New Year is the perfect time for a fresh start with our New Year, New Me Self-care workshop, where you can learn how to incorporate various self-care activities into your daily life.

### ● VPL Talks with Clint Williams

Thursday 9th  
6-7pm

VPL Talks is a monthly speaker series highlighting locals in the Crossroads area. Local author, Clint Williams, will be at the library to talk about his newly published book – Until Valhalla.

### ● VPL Jams with TNT

Friday 10th  
7-8pm

VPL JAMS is a monthly music series that highlights the local Crossroads music scene. TNT are "Four retired men that enjoy playing classic Country & Western and Rock N' Roll oldies."

### ★ Snowstorm in a Jar

Tuesday 14th  
4:30-5:30pm

Have you ever wondered how a snow globe is created? Join us for a fun crafting session where you can make your very own! Discover the science that makes it all possible!

### ● Device Advice: Digital Library Apps

Wednesday 22nd  
5-7pm

Come in with your tablet, e-reader, or mobile device and learn how to download and navigate the Library's digital reading resources.

### ★ Catapult Craft

Tuesday 28th  
4:30-5:30pm

Are you passionate about creating new tools? Join us in constructing your very own catapult!

### ● Puzzlepalooza

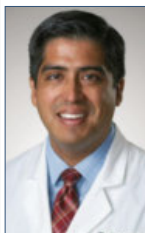
Wednesday 29th  
5-7pm

Calling all puzzlers! Build a team of up to 4 people and get ready to speed puzzle! You and your team will compete to see how quickly you can complete a 500 piece puzzle. Prizes will be awarded to the top finishing teams. We'll also be holding a puzzle swap for anyone that would like to exchange gently used complete puzzles.



361.579.1305 ★★★★★

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## THANK YOU TO OUR COMMUNITY PARTNERS:



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