

**December 2024
Newsletter**



MEALS ON WHEELS
SOUTH TEXAS

MERRY

A decorative illustration of holly leaves, red berries, and white berries on a dark background, framing the text.

CHRISTMAS

CLOSED - Dec. 12-13 & Dec. 24-27

THIS MONTH

Full Calendar, Page 4

Paw Express
No Paw Express

Library Delivery
Dec. 18th

Food Bank
Dec. 19th

Cuero Pet Food
Dec. 4th

Victoria Pet Food
Dec. 18th



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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December Activities & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cards with Northside Baptist Church	3 BINGO First Christian Church	4 Maintain No Gain with Texas AgriLife Cuero Pet Food	5 BINGO New Century Hospice	6 Movie Day
9 Respiratory Discussion with Pam Rehab	10 BINGO Riverside Oaks	11 Maintain No Gain with Texas AgriLife	12 CLOSED	13 CLOSED
16	17 BINGO Harbor Hospice	18 Crafts - VPL Victoria Pet Food Library Delivery	19 BINGO Port Lavaca Rehabilitation Food Bank Distribution	20 Connection Cafe Christmas Party
23 BINGO Twin Pines North	24 CLOSED	25 CLOSED	26 CLOSED	27 CLOSED
30 Crafts - VPL	31 Connection Cafe New Years Party			

**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 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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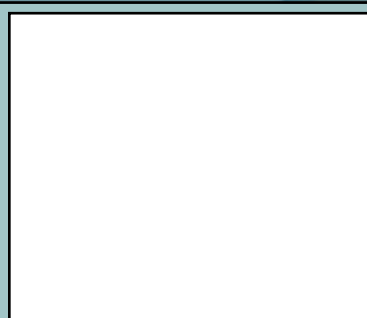
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OPPORTUNITIES

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



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

● ADULT EVENT
★ JUVENILE EVENT



- **Bad Art Night**
Monday 2nd 6:00-7:00pm
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.
- **Fun Friday**
Friday 6th, 13th, and 20th, 27th 10:00-11:00am
Join us for a fun creative or physical activity every Friday morning. 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 activity.
- **VPL Talks with David Pozz**
Thursday 12th 6:00-7:00pm
Every month the Victoria Public Library hosts a speaker to come give a talk. This month's speaker is David Pozzi.
- **VPL Jams with Petty Cash**
Friday 13th 7:00-8:00pm
VPL JAMS is a monthly music series that highlights the local Crossroads music scene. Join us for a fun night of music and entertainment with Petty Cash!

- **Yarn Craft Club**
Thursday 19th 4:30-5:30pm
Come join us for fun stitching projects, or work on your project with others who enjoy making crafts with yarn! This event is open to ages 10 and up.
- **Chess Club**
Saturday 21st 12:00-2:00pm
Join us in the Library's Bronte Room for casual games of chess for all levels of players.
- ★ **Lego Lab: Winter**
Monday 2nd 4:00-5:00
Our favorite program for all of you Lego fans! Join us for an evening of Lego building. We will have both small Legos and big blocks available so all ages are able to participate.
- ★ **Crafternoon: Olaf Craft**
Thursday 5th 4:30-5:30
Let's keep Olaf chill in this Texas heatwave! Craft your own Olaf using creative supplies.
- ★ **Learning Lab: Snow Globe**
Tuesday 10th 4:30-5:30
Swing by and craft your own magical snow globe to surprise someone special this Christmas.

- ★ **Inbetweeners: Winter Wind chimes**
Thursday 12th 4:30-5:30
This holiday season we're whipping up some frosty winter wind chimes to jazz up your front porch!
- ★ **Annual Gingerbread Workshop**
Saturday 14th 10:30-12:30
A family tradition in Victoria! Join us for our 34th year of gingerbread house memory making. December 9th at 10:30 AM we will be in the Community Center Annex with gingerbread house kits ready to go! While Supplies Lasts!
- ★ **Midday Getaway: Holiday Photoshoot**
Wednesday 18th 2:30-3:30
Come on over for a winter wonderland photoshoot in our overflow parking lot, complete with snowy scenery and a majestic horse
- ★ **Teen Tech: Christmas Ornament Origami**
Friday 20th 5:00-6:00
Creating origami decorations is a blast, whether you're treating yourself or surprising a friend. Let your creativity soar!

DID YOU KNOW? "Jingle Bells" was originally a Thanksgiving song




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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.



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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