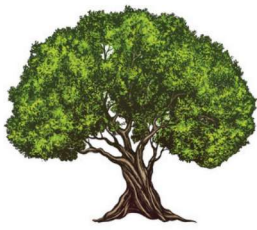


NEWSLETTER



The
Genesis
Community
Center
813-616-2601



813-782-7859



“Just for Fun” Days

Have fun with these strange celebrations!

Aug. 1–7: International Clown Week

Aug. 3: National Watermelon Day

Aug. 8: National Sneak Some Zucchini Onto Your Neighbor’s Porch Day

Aug. 10: National S’mores Day

Aug 12: Vinyl Record Day

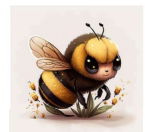
Aug. 13: International Left-Handers Day

Aug. 20: International Geocaching Day

Aug. 20: World Honeybee Day

Aug. 25: Kiss-and-Make-Up Day

Aug. 31: National Trail Mix Day





Meals on Wheels Birthday Corner

Happy Birthday to our wonderful Staff, Volunteers & Board Members

Volunteers: Jack A. 08/24; Jeffrey B. 08/22; Leon C. 08/21; Cathy M. 08/03; Cindy J. 08/16;
Ken S. 08/27; Mary S. 08/28; Gina S. 08/28; James T. 08/18

Board Members: Rodney R. 08/19

Employees: Mike F. 08/18

Happy Birthday & Warm Wishes to our Clients. We hope you have a wonderful day.

Route 1: Hugh B. 08/19 **Route 2:** Karetha R. 08/16; Joel W. 08/22

Route 3: Sharon R. 08/01 **Route 5:** Dee S. 08/11; Gloria L. 08/27 **Route 6:** Terry B. 08/20

Route 7: Dorothy M. 08/14 **Route 8:** Kathleen S. 08/15 **Route 9:** Rosemary C. 08/10

Route 10: Alice B. 08/27; Anna M. 08/28; Pat D. 08/30

IMPORTANT INFO:

We want to remind you that our meal preparations begin the day before. Please contact the office 24 hours of any meal changes.

Please remember if you will not be home at time of delivery please leave a cooler with ice pack out, our drivers will not leave your meal if cooler is not out and clean.

Follow Us on Social Media!

Keep in Touch....



@Meals on Wheels of Pasco



@feeding you with love food pantry

www.mealsonwheelspasco.org



aadmin@mealsonwheelspasco.org



813-782-7859.



38112 15th Ave. Zephyrhills, FL 33542

***“Together, small steps
create big change.”***

Regarding changes to meal service, please contact the office instead of sending messages with volunteer's.

Thank you for your understanding.

813-782-7859

PLEASE NOTE THAT THE MENU IS SUBJECT TO CHANGE

SILVER LINING SOCIAL

***Bright Moments-Lasting
Connections***

JOIN US FOR FUN, FRIENDS & FOOD

The Genesis Community Center
38112 15th Ave, Zephyrhills, Florida 33542

Save the Date: Third Friday of Every Month

August 21st 1:00pm -3:00pm

This Month's Activity:

“BINGO”

 **It's Bingo Day! Grab a card, find a lucky seat, and get ready to shout "BINGO!" Whether you win or just come for the laughs, it's all about having a good time together. Good luck, everyone!**

RSVP BY AUGUST 19TH - HASETTA: 813-616-6967

******BRING A FRIEND******



SPONSORED BY SENIORS IN
SERVICE AND THE GENESIS
COMMUNITY CENTER



East Pasco Quilters

This group of ladies meets each Thursday of the month
at the Genesis Community Center, 38112 15th Ave, Zephyrhills
From 11:00am – 3:00pm.



ZEPHYR BEES SEWING CLUB : Taking the summer off.
Both groups welcome new members. Don't be shy, Come Sew Along!!!
Please contact MaryAnn, 813-713-0809, for more information.

Easy Pineapple Dessert

Ingredients:

- 1 can crushed pineapple
- 1 pkg dry pudding mix
- 1 cup whipped topping

- Method: Mix pineapple and pudding; stir in whipped topping; chill 1 hr before serving.

- Time: 15 min + chilling



Save the date and your seat...
Give us a call to sign up.



Wellness Within Reach

Join our imaging and lab experts as they share tips for preventative screenings and wellness to keep you feeling whole.

Wednesday, August 19
12 pm to 1 pm

The Genesis Community Center
38112 15th Avenue
Zephyrhills, FL 33542

Register by phone or online:

 877-534-3108

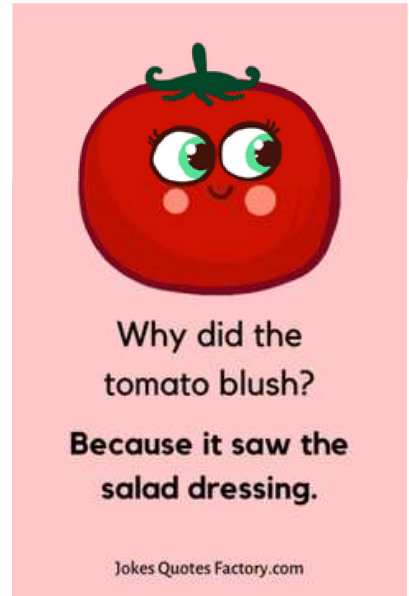
 AHZephyrhills.com/Events

Registration is required.

Lunch sponsored by:



Meals on Wheels Laugh Corner



PAW & PICTURES



Heather, our own, Client Services Administrator, posing with her 8-year-old Catahoula Great Dane, Piper. Piper loves to give her kisses and go for rides.



Volunteer Spotlight: Linda Hatley

Today we're shining a light on one of our behind the scenes heroes, **Linda Hatley** — a **steady, friendly force in our kitchen and pantry team.**

Linda first stepped into the kitchen because she loved the *variety* of tasks. . . and it turns out she was a natural from day one. She knew right away, *"This is something I'm capable of and wanting to do,"* and she's been proving that ever since.

During a typical morning shift, **you'll find Linda moving between the kitchen and pantry — sorting, chopping, packaging, organizing, and even hopping in as a rider when needed.** Her three word description of the team says it all: **organized, helpful, friendly.** That's exactly the energy she brings.

One thing she wishes people knew? **Just how much care goes into every meal before it ever reaches a senior's doorstep.** From the chopping to the packaging to the final touches, Linda always keeps our clients in mind: *"Make it look nice for them."*

Her favorite item we serve is **beef stew** -

— because nothing beats a warm bowl of comfort food, especially for our seniors.

And when the kitchen gets busy (**which is often!**), Linda is always amazed at how the team pulls together: *"It all comes together in the end."* That's the magic of Meals on Wheels — teamwork, heart, and a whole lot of love. -

Her message to anyone thinking about volunteering?

"Go for it!! There's always something you can do."

And when she heads home after a shift, she carries one simple feeling with her: **Glad that I can help others.**

Thank you, Linda, for bringing kindness, capability, and calm to our kitchen every week. We're grateful for you.





A New Friend Is Just a Phone Call Away

TelePals bring people together with simple phone calls.



Through friendly conversation, support, and connection you can tell someone: "You have a friend who cares."

TelePals commit to calling each other on a weekly basis, engage in friendly conversation, provide encouragement, and social connection.

Connecting with others can...



Strengthen Immune Systems



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Scan the QR Code or Contact Us Today!

Phone: (813) 819-0725

Email: TelePals@seniorsinservice.org




SENIORS in SERVICE
GEARED UP TO SERVE

<https://seniorsinservice.org/telepals/>



Encouraging Better Health Through Social Connection




Heath Buddies is your connection to Healthy Aging through encouraging phone calls and health coaching from a "buddy."

With weekly friendly phone calls, we're helping improve health in 12 weeks by:

-  Connecting to Resources
-  Lowering Stress
-  Improving Health Knowledge
-  Boosting Your Quality of Life

Scan the QR Code or Contact Us Today!

Phone: (813) 492-8931

Email: healthbuddies@seniorsinservice.org




SENIORS in SERVICE
GEARED UP TO SERVE

<https://seniorsinservice.org/health-buddies/>

Are you feeling lonely or would you like some healthy living advice? Seniors and Service and Meals on Wheels are here to help. Don't hesitate to contact either service or call Sabrina, Heather or Beth at 813-782-7859 to get signed up with a phone companion!



Follow us on FaceBook @ Feeding You With Love Food Pantry

The food pantry is open on the 1st & 3rd Tuesdays of the month from 12:00pm –1:00pm.

The 2nd & 4th Tuesday of the month from 5:30pm-6:30pm

You must pre-register on the Meals on Wheels of Pasco website. If you have any questions, please contact the office at 813-782-7859.



Meals on Wheels of Pasco needs drivers
or riders to deliver meals to our
Zephyrhills Community!

If you are interested, please give us a call at
813-782-7859



38112 15th Ave, Zephyrhills, FL 33542

Meals on Wheels / The Genesis Community Center

BOARD OF DIRECTORS:

Beth Aker, Executive Director

John Raab, Board President

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