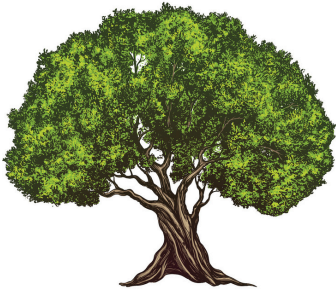


# NEWSLETTER



The  
*Genesis*  
Community  
Center

813-616-2601



813-782-7859



The 250th anniversary of America, known as the Semiquincentennial, marks 250 years since the signing of the Declaration of Independence on July 4, 1776. This historic milestone is being celebrated nationwide with a year of civic events, historical reflections, and community gatherings.



# Meals on Wheels Birthday Corner

**Happy Birthday to our wonderful Staff, Volunteers & Board Members**

**Volunteers:** John C. 07/29; Ann F. 07/26; Marc G. 07/21; Robert G. 07/15; Richard H. 07/09; Kimberly L. 07/29; Victor M. 07/31; Thelma r. 07/08; christi R. 07/21; Steve S. 07/11; Roger T. 07/07, Jack V. 07/11

**Board Members:** Marcie B. 07/15

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

**Route 2:** Michael H. 07/02; Ann K. 07/26; Charles T. 07/27; Scott W. 07/29; **Route 3:** Sondra G. 07/10; Doris M. 07/11; Allie L. 07/20; Nancy H. 07/28

**Route 4:** LeRoy K. 07/19; **Route 5:** Jim J. 07/22; **Route 7:** Roy C. 07/01; **Route 9:** Sandra H. 07/10; Kristin S. 07/26; **Route 11:** Greg D. 07/07; Carole H. 07/15

## **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.**

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

Thank you for your understanding.

813-782-7859

## **Follow Us on Social Media!**

### **Keep in Touch....**



@Meals on Wheels of Pasco  
@feeding you with love food pantry



[www.mealsonwheelspasco.org](http://www.mealsonwheelspasco.org)



[aadmin@mealsonwheelspasco.org](mailto:aadmin@mealsonwheelspasco.org)



813-782-7859.



38112 15<sup>th</sup> Ave. Zephyrhills, FL 33542

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

**PLEASE NOTE THAT THE MENU IS SUBJECT TO CHANGE**

# NEIGHBORS

*Supporting Neighbors*

**TUESDAY • JULY 14<sup>th</sup> • 4 - 7 p.m.**

You can also help with Pre-Ordered Gift Cards of \$10 & \$25  
by calling the Meals on Wheels office 813.782.7859 x0



**Join us in supporting**

## MEALS ON WHEELS of PASCO

**15% of sales will be donated, including purchase of  
Gift Cards**

**Dine-In, Drive-Thru & Carry out**

This is a simple fundraiser where you purchase dinner  
or gift cards;

Then Culver's makes a 15% donation to Meals on Wheels of Pasco



**Gift Cards:**

- Valid @ ALL Culver's
- Cards NEVER Expire
- Culver's makes 15% donation



Valid only at Culver's of Zephyrhills

6386 Gall Blvd  
Zephyrhills, FL 33542  
(813) 815-9152

CULVERS.COM

©2025 Culver Franchising System, LLC  
Limited time offer. At participating Culver's restaurants. 0658-07-25

Save the date and invite a friend.

# SILVER LINING SOCIAL

*\*Bright Moments-Lasting  
Connections\**

**JOIN US FOR FUN, FRIENDS & FOOD**

The Genesis Community Center  
38112 15<sup>th</sup> Ave, Zephyrhills, Florida 33542

**Save the Date: Third Friday of Every Month**

**July 17<sup>th</sup> 1:00pm -3:00pm**

**This Month's Activity:**

**“Karaoke”**

**Karaoke — you don't have to be able to sing to join the fun!**

**Grab the mic, bring your friends, and enjoy a day of laughter, music, and great memories. Whether you're a superstar or just singing for fun, everyone is welcome.**




**RSVP BY JULY 15TH - HASETTA: 813-616-6967**



SPONSORED BY **SENIORS IN SERVICE** AND THE **GENESIS COMMUNITY CENTER**





**Advent Lunch &  
Learn. Reserve  
your seat today.**

## **Safe Start to Summer**

Join our emergency care experts as they share tips to stay safe in the hot weather this summer. We will also offer a Hands-Only CPR demonstration to keep you and your family prepared in case of emergency.

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**Thursday, July 16, 2026**

**12 pm to 1 pm**

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

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**Register by phone or online:**

 877-534 -3108

 [AHZephyrhills.com/Events](https://AHZephyrhills.com/Events)

Registration is required.

  
**Advent Health**

Show those grandkids how it's done; turn screen time into fun time at The Genesis Community Center:  
38112 15<sup>th</sup> Ave, Zephyrhills, 33542

≡ *Stay Connected.* ≡

# SENIOR TECH LEARNING

## *Social Media*

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Discover easy ways to connect with family and friends, share photos, and stay up to date with what matters most!

LEARN HOW TO USE:



Facebook



More!

✓ Connect with friends & family

✓ Share photos & updates

✓ Stay informed & have fun!

BRING YOUR CELLPHONE!



JULY  
22



12:30 P.M.  
TO  
1:30 P.M.



*Let's learn together and stay connected!*

## ***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 July Dinner for Two: Sheet Pan Sausage & Veggies

Serves: 2

Prep Time: 5 minutes

Cook Time: 25 minutes

Ingredients

½ package smoked sausage (about 7 ounces), sliced

1 zucchini, sliced

½ bell pepper, chopped

1 cup cherry tomatoes

1 tablespoon olive oil

Salt and pepper to taste

Instructions

Preheat oven to 425°F.

Place the sausage, zucchini, bell pepper, and tomatoes on a small baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Toss everything together and spread into a single layer.

Bake for 20–25 minutes, stirring once halfway through, until the vegetables are tender and the sausage is lightly browned.

Serve hot and enjoy!

Tip: Add a sprinkle of grated Parmesan cheese before serving for extra flavor. 🥒🍅🍌

# Meals on Wheels Laugh Corner

An apple a day  
keeps the doctor  
away—if you throw  
it hard enough!



RD

I wanted to play a  
game of hide-and-  
go-seek.

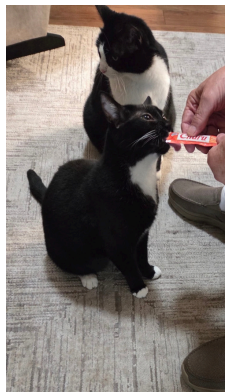
But good players are  
so hard to find.



## PAW & PICTURES



Our wonderful volunteer driver,  
Jack, spending time with his  
adorable kitties, Mikey and Lucy.  
Lucy is patiently waiting for her  
turn to get a treat!" 🐾💕



## 🌟💙 Volunteer Spotlight: Dr. Pankaj Dave 💙🌟

At Meals on Wheels, our volunteers do more than deliver meals — **they deliver compassion, companionship, and hope.** 🚗🍴 Today, we are proud to spotlight **Dr. Pankaj Dave, one of our dedicated volunteer drivers!**

A retired pediatrician 🧑🏻, Dr. Dave began volunteering because helping others brings him happiness and fulfillment.

**“Helping people gives me satisfaction and happiness.”** ❤️

Dr. Dave volunteers once a week, delivering meals throughout local subdivisions and mobile home communities while also sharing warm smiles and meaningful conversation with the seniors he visits. 😊

What resonates most with him about the Meals on Wheels mission is the importance of connection and companionship for seniors who may experience loneliness. Even just a few extra minutes can brighten someone’s entire day. 🌞

**“Even if I spend a few minutes, the smile on their face is priceless.”** ❤️

One client who especially inspired him is a 97-year-old individual who remains optimistic, joyful, and always smiling.

Through his volunteer experience, Dr. Dave says he has learned an important lesson:

**“You can live alone with dignity.”** 🕊️

When he’s not volunteering, Dr. Dave enjoys golfing 🏌️, reading 📖, and staying active 💪. His outlook on life reflects the kindness and gratitude he shares with everyone around him.

**“My life is an open book. I live in the moment and believe in an attitude of gratitude.”**

**Thank you, Dr. Dave, for your generosity, compassion, and commitment to serving our community. We are grateful to have you as part of the Meals on Wheels family!** ❤️





## 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	 Increase Brain Health
 Reduce Blood Pressure	 Decrease Feelings of Depression

Scan the QR Code or Contact Us Today!  
 Phone: (813) 819-0725  
 Email: [TelePals@seniorsinservice.org](mailto: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](mailto: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 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays of the month from 12:00pm –1:00pm.

The 2<sup>nd</sup> & 4<sup>th</sup> 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 15<sup>th</sup> Ave, Zephyrhills, FL 33542

## **Meals on Wheels / The Genesis Community Center**

### **BOARD OF DIRECTORS:**

Beth Aker, Executive Director  
John Raab, Board President  
Marcie Baker, Vice President  
Daniel Crunk, Treasurer

### **BOARD MEMBERS:**

Kara Hardin  
Andrea Vogel  
Barbara Erdmann  
Rod Rehrig