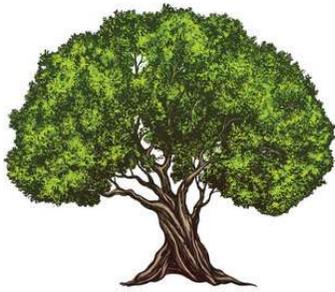
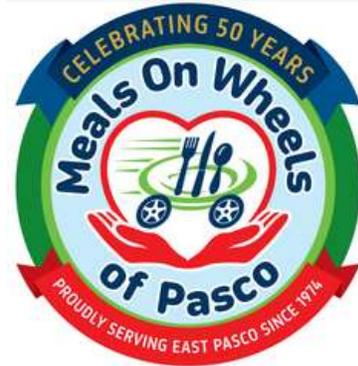


NEWSLETTER



The
Genesis
Community
Center

813-616-2601



813-782-7859

Beth Aker: Executive Director



Saint Patrick's Day Interesting Facts:



The Real Saint Patrick

Contrary to popular belief, Saint Patrick was not Irish; he was born in Roman Britain. At age 16, he was kidnapped by Irish raiders and enslaved as a shepherd for six years before escaping home. He later returned to Ireland as a missionary, credited with bringing Christianity to the island.

Key Traditions & Symbols

The Shamrock: Legend says Patrick used the three-leafed shamrock to explain the Holy Trinity (Father, Son, and Holy Spirit) to the pagan Irish.

Wearing Green: While Patrick was originally associated with the color blue, green became the national color in the 18th century as a symbol of Irish nationalism.

Parades: Interestingly, the first St. Patrick's Day parades took place in America (specifically Florida in 1601 and New York in 1762), not Ireland.

Traditional Food: In the U.S., the staple meal is corned beef and cabbage, an Irish-American innovation. In Ireland, the more traditional dish is bacon and cabbage.

The "Pinch": Folklore suggests wearing green makes you invisible to leprechauns, who like to pinch anyone they can see.



Meals on Wheels Birthday Corner

Happy Birthday to our wonderful Staff, Volunteers & Board Members

Volunteers: Don C. 03/06; Bonnie C. 03/16; Michael F. 03/25; Johnnie G. 03/16; Judith G. 03/17;
Ronald H. 03/10; Kasey K. 03/13; Donna M. 03/01; Hazel W. 03/16.

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

Route 1: Diana M. 03/25. Route 3: Thomas S. 03/12 Route 4: William S. 03/27; Route 5: Edward H.
03/24; Richard E. 03/29; Route 6: Suzanne B. 03/26; Route 7: Charles N. 03/17; Route 8: Robert W.
03/11; Anne F. 03/16 Route 11: Roxy B. 03/28

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



aadmin@mealsonwheelspasco.org



813-782-7859.



38112 15th Ave. Zephyrhills, FL 33542

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

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

Advent Health Lunch & Learn...Call to reserve your seat!



NUTRITION UNWRAPPED: How Food Fuels a Healthier You

Join us for a panel discussion with our digestive health experts in honor of National Nutrition Month. You'll learn how your diet can support your health and well-being — and you'll receive fresh produce to help you on your way.

Wednesday, March 18
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](https://www.AHZephyrhills.com/Events)

Registration is required.

***We invite you to join us in fellowship.
Registration can also be made by
calling the office at 813-616-2601***

*Coming Soon
Person of Jesus*

see Jesus' cornerstone small group study introduces a Jesus so personal, so rich in love, that participants are captivated heart-first. Paul Miller's winsome insights—conveyed through an energetic, interactive format—lead participants to discover Jesus' beauty for themselves. In watching Jesus, participants find their eyes opened to a rich encounter with God's love and their hearts empowered to love others.

Bible Study
The Genesis Center
38112 15th Ave
Zephyrhills, Florida
Beginning Wednesday March 4th, 2026 6pm
register here:



Paint & Sip will be our first social on March 20th from 1:00-3:00pm. Join the fun...Looking forward to seeing you there. Our Social will be the 3rd Friday of every month. Mark your calendar & Invite your friends!!!

SILVER LINING SOCIAL!

JOIN US FOR FUN, FRIENDS & FOOD

The Genesis Community Center
38120 15th Ave, Zephyrhills, Florida 33542

 1pm ~ 3pm

 3rd Friday of each month
1ST GET TOGETER: March 20, 2026



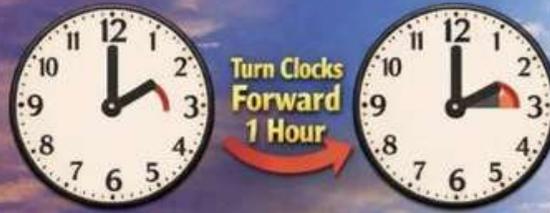
activities include: dance lessons ~ paint & sip ~ exercises ~ strength & stretch ~ karaoke/sing a long recollection road



SPONSORED BY SENIORS IN SERVICE AND THE GENESIS COMMUNITY CENTER



Mar 8, 2026 - Daylight Saving Time Starts



2:00 AM
Standard Time

3:00 AM
Daylight Time

Set Clocks Ahead: Sunday, March 8, 2026

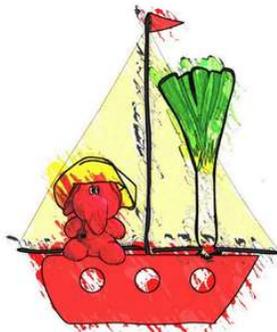
2:00 AM → 3:00 AM

Sunrise & Sunset 1 Hour Later!

More Light in the Evening, Less Light in the Morning

Meals on Wheels Laugh Corner

What's the worst
vegetable to
have on a boat?



A leek.



What happens
when a strawberry
gets run over
crossing the street?

Traffic jam.



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



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**
- *Marcie Baker, Vice President**
- *Daniel Crunk, Treasurer**
- *Donna Moyer, Secretary**

BOARD MEMBERS:

- *Kara Hardin *Andrea Vogel**
- *Barbara Erdma *Rod Rehrig**