

NEWSLETTER



The
Genesis
Community
Center
813-616-2601



813-782-7859



Mission Statement

To provide nutritious meals and quality services for the homebound and elderly of our community, while promoting independent living with safety and dignity.

Hello, October! 🍁 It's time for crisp mornings, colorful leaves, cozy meals, and maybe a little extra time enjoying the sunshine! October has a way of reminding us that the best things in life are often the simplest—a warm meal, a friendly smile, a good conversation, and someone who cares enough to stop by. We're so thankful for our wonderful volunteers and everyone in our Meals on Wheels family who helps bring a little kindness, connection, and happiness to our community. So grab your favorite sweater, enjoy the beautiful fall colors, and let's make October a month to smile about! ❤️



Meals on Wheels Birthday Corner

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

Route 1: Juanita L. 10/21 **Route 3:** Thomas S. 10/15 **Route 4:** Theresa L. 10/31 **Route 5:** Pedro I. 10/10
Route 6: Ralph K. 10/12; Louise P. 10/31
Route 7: Larry O' 10/25; Shirley P. 10/5
Route 8: Victoria M. 10/14; Kathryn B. 10/15 **Route 9:** Bonnie L. 10/19

Happy Birthday to our wonderful Staff, Volunteers & Board Members

Volunteers: Ed J. 10/30; Keith Laney 10/19; Susan M. 10/14; Willie R. 10/15; Tom S. 10/4; John B. 10/3; Paul B. 10/28; Sandra D. 10/1; Theresa P. 10/1; Patty V. 10/10; Sandra W.
Employees: Cherie O. 10/14 **Board Member:** Kara H. 10/13

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

Come join the fun



SILVER LINING SOCIAL

55 yr. & Older

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

October 16th 1:00pm -3:00pm

This Month's Activity:

"Ice-cream Social and Sing-A-Long"

🍦 🎵 Scoop, Sing & Celebrate! 🎵 🍦

Come join us this October for an Ice Cream Social & Sing-Along!
Enjoy a sweet treat, sing your favorite songs, and share some laughs
with friends. ❤️

Because October is the perfect time, in Florida, for ice cream, music,
and good company! 🍦 🎵

RSVP BY OCTOBER 13 - HASETTA: 813-616-6967

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



Genesis
Community
Center

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



SENIORS in SERVICE
GEARED UP TO SERVE

Z Bee's Sewing Club: Are back in town and ready to welcome new sewers.

They meet on the 2nd and 3rd Monday of each month

From: 11:00am to 3:00pm.

Don't be shy, come Sew along!!!

Contact Cindy, 315-254-9983, for more information



East Pasco Quilters

This group of ladies meets each Thursday of the month at

The Genesis Community Center from 11:00am-3:00pm

Please Contact MaryAnn, 813-713-0809, for more
information.



Yearning for a cozy, comforting bowl? Butternut squash soup is your answer. It's simple, creamy, and packed with flavor.

Ingredients

- Butternut squash – 1 medium
- Olive oil – 2 tbsp
- Onion – 1, chopped
- Garlic – 2 cloves, minced
- Vegetable broth – 4 cups
- Salt – 1 tsp
- Black pepper – ½ tsp

Instructions

1. Preheat oven to 400°F.
 2. Cut butternut squash in half lengthwise. Scoop out seeds.
 3. Brush squash with 1 tbsp olive oil. Place cut side down on baking sheet.
 4. Roast for 45 minutes or until flesh is tender.
 5. Heat remaining olive oil in a pot over medium heat. Add onion and garlic. Sauté until soft, about 5 minutes.
 6. Scoop roasted squash into the pot. Add vegetable broth, salt, and pepper.
 7. Bring to a boil. Reduce heat. Simmer for 10 minutes.
 8. Use an immersion blender to puree soup until smooth. Tip: For extra creaminess, add a splash of coconut milk.
 9. Season with more salt and pepper if needed. Tip: A pinch of nutmeg enhances the squash's sweetness.
 10. Serve hot. Tip: Garnish with roasted pumpkin seeds for crunch.
- Makes a velvety soup with a sweet, nutty depth. Perfect with crusty bread or as a starter for dinner parties.



Bone and Joint Basics

In honor of Bone & Joint Health Awareness Month, join our orthopedic expert for a health talk on keeping your bones and joints strong, healthy and moving well. Learn tips for mobility, injury prevention and everyday habits that support the active lifestyle you love.

Wednesday, October 14, 2026

12 pm to 1 pm

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

Register by phone or online:

 87 7-534 -3108

 AHZephyrhills.com/Events

Registration is required.


Advent Health

Meals on Wheels Laugh Corner

What do you call a bee that
can't make up its mind?



A May Bee



Why did the scarecrow
win a Nobel Prize?

He was outstanding
in his field

woman's day



PAW & PICTURES

🐾 Pet Spotlight: Meet June & Gorgi! ❤️

This month, we're introducing you to June and
her adorable companion, Gorgi!

Gorgi is about 10 years old and absolutely loves
people. In fact, when a delivery driver arrives,
Gorgi is usually the first one to the door—
sometimes before June can even get there! 😊

Gorgi loves attention and enjoys being the center
of attention, although he has just one doggy
friend in the neighborhood.

June adopted Gorgi about four years ago, but it's
safe to say that this relationship goes both ways.

June rescued Gorgi, and Gorgi rescued June
right back. ❤️

Sometimes, the best friendships have four paws,
a wagging tail, and a whole lot of love. 🐶💕



Royalty Among Us: Bernie Rush

We are proud to shine a spotlight on driver **Bernie Rush**, whose commitment to service has been a lifelong calling.

Bernie has volunteered with Meals on Wheels for **nine months here in Pasco County**, after previously volunteering with Meals on Wheels for **six years in Polk County**.

For Bernie, volunteering simply comes naturally. When asked what first inspired him to get involved, he shared that volunteering is *“the natural thing to do”* and that he loves helping people.

Bernie typically delivers once a week, stepping in whenever needed. His delivery days usually take about 1½ hours, but the time he spends with our clients means much more than simply dropping off a meal. **His favorite part of Meals on Wheels is meeting people and making a positive impact on their lives, and he says the most rewarding part is simple: seeing the smiles on people’s faces.**

There isn’t just one client visit that stands out to Bernie because, as he puts it, **nearly every interaction is special to him**. One important lesson he has learned from the seniors he serves is something we can all remember: **Don’t be afraid to ask for help**.

When he isn’t volunteering, you may find him **playing the bagpipes or riding his motorcycle** —but no yard work, if he can help it!

And here’s a fascinating fact about Bernie: **he plays the bagpipes and, in 2016, Queen Elizabeth II appointed him to the Order of Merit**.

Bernie, thank you for the years you’ve dedicated to serving others and for bringing kindness, conversation, and a friendly face to the neighbors on your route.

We’re fortunate to have you as part of our Meals on Wheels family!



Dillard's

The Style of Your Life.[®]
in collaboration with



The Genesis Community Center
collaborated with Dillard's

Join us for a special

Save the Day Bra Fitting & Pajama Event

Help us make the holidays brighter
for children in need!

Join Us!

**Friday, November 13th, 2026
12:00 PM - 4:00 PM**

38112 15th Ave
Zephyrhills, FL 33542

*Together
We Make a
Difference!*



Dillard's will donate
\$2 for every
sleepwear sold
to support Toys for Tots.

Warm sleepwear brings comfort
and joy — and helps children
in need this holiday season.



Dillard's will also be
doing *Bra Fitting*
to help women feel
their best.



Make an appointment
813-616-2601
to get fitted by a certified fitter.



The
**Genesis
Community
Center**

HOPE • SUPPORT • OPPORTUNITY





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...



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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




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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-2:00pm.

And

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: 656-232-9355



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:

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