

NEWSLETTER



The
Genesis
Community
Center
813-616-2601



813-782-7859



September is a very important month...celebrating birthday's of Beth and Sabrina & not forgetting Mike in August.



Fun Holidays & Observances

- National Happy Cat Month (all September)
- World Coconut Day – September 2
- National Cheese Pizza Day – September 5
- International Literacy Day – September 8
- National Hug Your Hound Day – September 11
- Kids Take Over the Kitchen Day – September 13
- International Talk Like a Pirate Day – September 19
- World Gratitude Day – September 21
- Ask a Stupid Question Day – September 28





Meals on Wheels Birthday Corner

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

Route 1: Eleanor D. 09/04; Annie F. 09/19. **Route 2:** Kathy D. 09/12; Kristie H. 09/18 **Route 4:** Josephine P. 09/09; Carl W. 09/13 **Route 6:** Harold B. 09/01; Bruce K. 09/04; Troy F. 09/17; Marion H. 09/30
Route 7: Joyce H. 09/04; Greg G. 09/08
Route 8: Donna D. 09/04 **Route 9:** Duane L. 09/04; Janice W. 09/05
Route 10: James C. 09/04; **Route 11:** Barbara P. 09/29

Happy Birthday to our wonderful Staff, Volunteers & Board Members

Volunteers: Cristie B. 09/19; Chris C. 09/13; Karen H. 09/11; Delores H. 09/22; Jean L 09/16; Steven M. 09/06; Daniel P. 09/29; Terry S. 09/11; Jeff T. 09/26; Bharat T. 09/10; Donna T. 09/23
Employees: Beth A. 09/01; Sabrina P. 09/02

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
September 18th 1:00pm - 3:00pm**

**This Month's Activity:
"Trivia"**

Think you've still got the answers? Come join us for a fun-filled round of trivia, laughter, and friendly competition! Bring your best guesses, your sharpest memory, and your sense of humor.

Come for the trivia, stay for the fun—and leave with bragging rights! 🏆😊

RSVP BY SEPTEMBER 16TH - 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

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.

A simple, cozy meal that uses apples but still feels like a hearty dinner.

Ingredients:

2–3 boneless chicken breasts or thighs, cut into pieces

2 apples, sliced

1 small onion, sliced

1 tablespoon butter or olive oil

1 teaspoon garlic powder

1/2 teaspoon cinnamon

Salt and pepper

1/2 cup chicken broth

1 tablespoon honey or brown sugar

Directions:

Heat butter or oil in a large skillet.

Season chicken with garlic powder, salt, and pepper. Cook until browned and cooked through.

Add the onion and apples. Cook for about 5 minutes until they start to soften.

Add chicken broth, honey, and a small pinch of cinnamon.

Let everything simmer for 5–7 minutes, until the sauce thickens a little.

Serve over rice or mashed potatoes.

🍎 September tip: Add a handful of dried cranberries or chopped pecans for a little extra fall flavor!



Smart Steps for a Stronger Heart

Join us for a health talk with our heart health experts to learn how to manage your cholesterol and keep atrial fibrillation from holding you back.

Thursday, September 17
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.

Meals on Wheels Laugh Corner

What did the duck
say when she
bought lipstick?

“Put it on my bill.”



RD

WHY DID THE CARROT
BLUSH?



BECAUSE HE SAW THE
SALAD DRESSING!



PAW & PICTURES



Our Favorite Meal Delivery Crew 🐾❤️
Susan and Bob are two of our regular volunteers who bring meals, smiles, and a little extra joy to our Meals on Wheels deliveries every week. And they never travel alone!

They're joined by Nugget the Cocker Spaniel and Taffy the Poodle, who are always ready to brighten someone's day. 🐾🐾

Of course, Nugget has one very important job before they hit the road... CALLING SHOTGUN! 🤪🚗
Thank you, Susan and Bob, for all you do—and Nugget and Taffy, thanks for bringing the extra wagging tails and happiness along for the ride! ❤️🍽️🐾



Volunteer Spotlight: Meet Ann Young

Some volunteers find us exactly where they're meant to be.

Ann originally applied to become a Meals on Wheels driver, but when there weren't any openings, she joined our kitchen and pantry team instead. Looking back, she's glad it worked out that way.

Every volunteer shift starts around 7:30 AM, and for the next few hours, Ann jumps in wherever she's needed. She enjoys working every station because it gives her the opportunity to work alongside different volunteers and staff who have become like family.

Although she admits her first day was a little overwhelming ("**I had no idea what I was doing!**"), our incredible team welcomed her with open arms, helped her learn, and made her feel right at home.

When asked to describe our kitchen in just three words,

Ann chose:

Enthusiastic

Dedicated

Inspired

One thing she wishes everyone could see is what happens behind the scenes.

"People see the finished meal, but they don't always see how incredibly clean, organized, and efficient the kitchen and pantry team work together every single day."

Even though she doesn't always meet the people receiving our meals, they're never far from her thoughts.

"I think about the people I know who are clients and how much this service means to them. I have many friends who benefit from Meals on Wheels."

As for her favorite part of the menu...

The desserts!

"They're fabulous! The food is high quality and always beautifully presented."

For anyone wondering if they have enough experience to volunteer,

Ann has one simple message:

"Please do volunteer! They took me in with no experience and made me feel useful and appreciated."

And after every shift?

"I leave with a good feeling inside, knowing I helped make a difference in someone's life."

Thank you, Ann, for your kindness, your dedication, and the heart you bring to our kitchen each week.

Volunteers like you truly make it possible for us to continue doing what we do!





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TelePals bring people together with simple phone calls.



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

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Phone: (813) 819-0725

Email: TelePals@seniorsinservice.org




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<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
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<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

BOARD MEMBERS:

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Andrea Vogel

Barbara Erdmann

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