

Meals on Wheels

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Riverview and Gibsonton last year — and just recently into Apollo Beach.

“Our newest expansion into Apollo Beach is addressing a need we discovered when we surveyed residents of Apollo Beach, Ruskin and Wimauma,” said Meals on Wheels of Tampa CEO Mandy Cloninger. “In addition to need, Apollo Beach also had a strong pool of potential volunteers — an essential part of our program.

“We’re ready to nourish our homebound and senior neighbors who’ve spent their lives building this community and to enrich their lives through daily contact with our volunteers.”

Cloninger said the organization hopes to grow its volunteer base so it’s eventually able to include Ruskin and Wimauma.

Meals on Wheels Tampa prepares hot, nutritious and affordable meals for seniors 62 and older — or adults of any age with a physical disability that makes it difficult for them to leave home or prepare meals.

All meals provide about one-third of the daily nutritional needs of older adults. They’re cooked fresh each morning in the organization’s commercial kitchen in Tampa. Each includes a protein, one or two servings of starch, one to two servings of vegetables or fruit, and a side. Heart healthy, diabetic friendly and renal friendly menus are available, though meals cannot be altered for allergies or special diets.

They’re packaged under strict food safety guidelines and delivered for distribution in the South Shore area by volunteers, who pick them up and deliver them to each client’s door in recyclable containers for reheating in a microwave or 350 degree oven.

Clients are asked to remain on the program

for at least two weeks. No one is ever turned away for inability to pay. The cost is based on need and determined on a sliding scale. About 20% of clients pay nothing, 60% pay \$2.50 to \$3, and the remaining 20% pay \$5.50.

Deliveries are made Monday through Friday between 10 a.m. and 2 p.m. Clients must be home to receive their meal unless arrangements have been made for a neighbor to accept it. Frozen weekend meals are delivered on Fridays. Trained and background checked volunteers use their own vehicles and fuel to make these visits. For many clients, they are the only daily point of contact.

“We let people know they’re not forgotten,” Cloninger said.

Several free Meals on Wheels programs are available to recipients, including a birthday cake and card on the client’s birthday, Produce On Wheels (POW!) on most third Saturdays, hurricane preparedness

packs in June, Thanksgiving Day visit and holiday gift bags in December.

Celebrating its 50th anniversary in 2025, Meals on Wheels of Tampa is at 5320 North Blvd., Tampa. Office hours are 8 a.m. to 4 p.m. weekdays.

With its recent expansion into Apollo Beach, the organization is looking for volunteers who want a sense of purpose and enjoy building relationships. Volunteers can make deliveries once a week, once monthly or once quarterly, depending on availability. The average pick-up and delivery route takes 60 to 90 minutes and serves between six and 12 clients.

To begin service, ask questions or volunteer, call 813-238-8410 or complete the meal service or volunteer application online at <https://mowtampa.org/>.



Mandy Cloninger, CEO of Meals on Wheels of Tampa since December 2025, is passionate about making sure people don't go hungry.

Front Porch Pickers move to United Methodist Church

After more than 20 years of bringing free, live acoustic music to the community, the beloved Front Porch Pickers are making a move to a new location—while keeping the same welcoming spirit and sound that audiences know and love.

On May 20, the Front Porch Pickers will host its final free concert at the Rollins Theater, closing out an era of weekly performances that have become a staple of the Sun City Center arts scene.

Beginning the following week, on May 26, the group will continue their tradition of free weekly gatherings at a new venue: Creason Hall at the United Methodist Church, located on West Del Webb Boulevard. Performances will take place every Tuesday at 2:00 p.m.

The Front Porch Pickers’ two-hour program features a lively mix of musical styles, including bluegrass, classic rock and country—all performed by talented musicians who call Sun City Center home.

“This isn’t an ending—it’s a new chapter,” organizers shared. “We’re excited to continue making music together and welcoming anyone who enjoys listening to or playing acoustic music.”

Community members are encouraged to attend, bring a friend or even join in. Whether you’re a longtime fan or new to the group, the Front Porch Pickers offers a relaxed, toe-tapping experience that celebrates music and community connection.

All concerts remain free and open to the public.

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MAY CALENDAR OF EVENTS

TUESDAY, MAY 12 • 2:30 – 3:30 PM • (EVERY 2nd TUESDAY) • ESSENTIAL TREMORS (ET) SUPPORT GROUP Gezil Andrews is the local coordinator for the group. Many residents have benefitted – you can too! This meeting is centered on presentations by current SCC ET Support Group Members. These discussions will focus on diagnosis, new treatments now being offered, results in different medications, day-to-day living with ET and fielding of questions through attendees with personal experience. Open to all the community, not just our local group members! Questions: Call Gezil Andrews at 309-660-1091.

EVERY WEDNESDAY • 9:30 - 10:30 AM • THERAPEUTIC TAI CHI FOR SENIORS • OPEN TO THE PUBLIC! Increase your ligament strength, muscle strength, flexibility and coordination with this new healthy exercise.

EVERY THURSDAY • 10:00 PM OPTIMAL WELLNESS HEALTH CLASS! In the Theater Room, Dinah Allison “ The Functional Health Sensei “ teaches Functional Nutrition and Functional Health. “ You are what you eat “ has never been so true! I have already changed many people’s health (and lives) for the better. The proof is in their lab work! My classes are free, and I do not sell anything. I am just truly passionate about sharing my knowledge with anyone who wants to live long and be healthy in this journey called life.

WEDNESDAY, MAY 13 • 3:30 – 4:30 PM • DEMENTIA EDUCATION SUPPORT GROUP Sun Towers is proud to host a Dementia Support Group in partnership with LifePath Hospice. This welcoming group offers education, emotional support, and practical resources for individuals affected by dementia. Open to Sun Towers residents, families, caregivers, and members of the community, the group provides a safe space to share experiences, learn coping strategies, and connect with others on a similar journey. All are welcome.

MONDAY, MAY 18 • (3RD MONDAY OF EVERY MONTH) • 1:30 – 3:30 PM PARKINSON’S SUPPORT GROUP Chapel, Sun Towers Retirement Community, 101 Trinity Lakes Dr., SCC. Jill Mask is a fitness professional with over 10 years of experience in contributing to Parkinson’s Support groups and will have helpful hints for members! If you have Parkinson’s, or are caring for someone with this disease, be sure to attend this support group! We start each meeting with exercises and then have a discussion. This month we have a PT speaking, Questions? Contact Lisa Rivera 813-535-6067 or lriviera@seniorsinservice.org

* For Some Events.
Call For Details.

813-634-3347

Assisted Living Facility
License #4991

DATE
June 1st – 5th

TIME
8am – 11am

COST
\$195

AGES
U7 – U15

LOCATION
Summerfield Sports Complex

Register Now!

SUMMER CAMP