



Central Florida Spokes



April 2025



**KEEP
CALM
AND
RENEW YOUR
MEMBERSHIP**

FUN FACTS ABOUT FLAMINGOS

Flamingos have a lifespan of 20 to 30 years in the wild. With veterinary care, a regular diet, and fewer predatory threats, flamingos can live up to 50 years in captivity.

A baby flamingo can be called a chick, but more specifically, a baby flamingo is called a flaminglet.

The term to describe a gathering of flamingos is "flamboyance." They are also called a stand, colony, or regiment.



Adult flamingos are four to five feet tall, but only weigh between four and eight pounds.

When a flamingo chick hatches, both parents take turns feeding it.

Adult flamingos are four to five feet tall, but only weigh between four and eight pounds.

Gather your flock and plan to attend...

FLAMINGO BINGO

Wednesday, April 9

11 am* – 1:30 pm

Heathrow Country Club

**Meeting starts early at 11:15 am, free round of bingo before lunch*

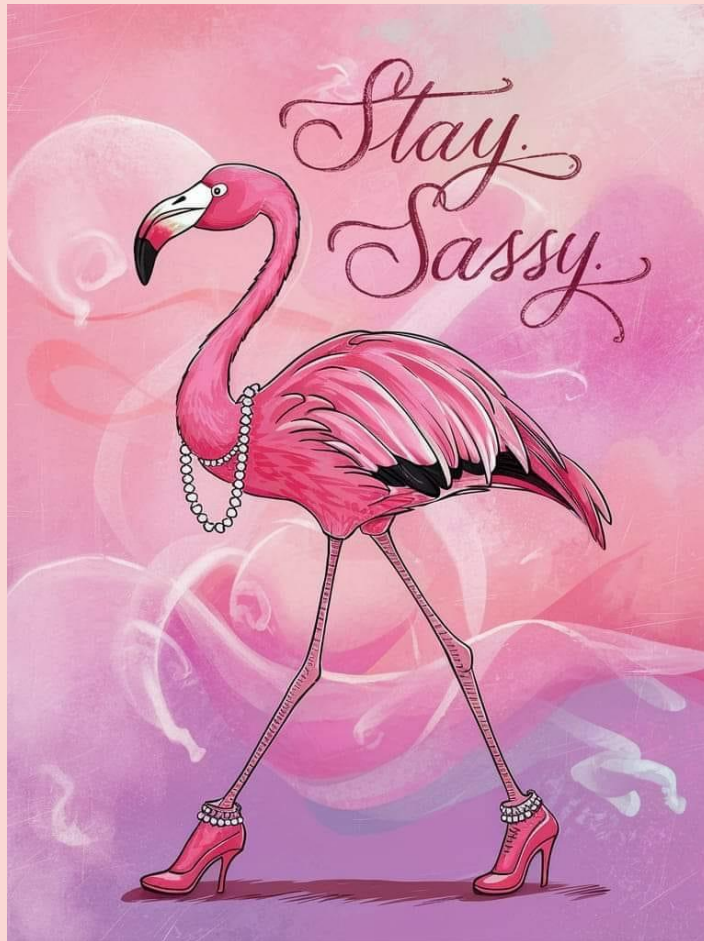
Spokes ladies are so excited to share this wonderful day of fun, food, and purpose with you. Come early to get your bingo sheets, choose a place to play, and purchase some raffle tickets. ALL RAFFLE TICKETS are (1) for \$5 and (3) for \$10. So come on out and join us to celebrate our community effort!

Our Celebrity Guest is Jason Guy from Channel 2 News. He co-anchors News at Sunrise and also News at Noon. You won't want to miss his cheerful presence! As an added bonus, we have hundreds of dollars in cash and gift certificates to pick from, as well as over 10 raffle baskets including an Italian Dinner (with wine) and beauty packages. Of course, when you buy a game sheet for \$25 including 6 pages (at least 2 game prizes apiece) or a half sheet for \$20, you have the opportunity for great gifts. This is not to mention a truly creative gift from Book Club to be raffled off containing \$100, 50-50 raffle, and many other opportunities. Remember, ALL of the proceeds go to our charities.

Bingo cards will be for sale at \$20 a half sheet and \$25 for a full sheet. All proceeds go to charity.

Remember...you get one free game with the purchase of your lunch. Come early to get ready to play. The free game will start at 11:15 before lunch so make your plans now.

See you there!



April 9 Luncheon Program:

Heathrow CC
11 a.m. - 1:30 p.m.

Menu

Salad

Tossed Caesar Salad with Shaved Parmesan
& Creamy Caesar Dressing
Croutons on the side
House Rolls & Butter

Entrees & Sides

Baked Salmon with Roasted Garlic & Spinach Chimichurri
(GF)

Chicken Breast Picatta with Creamy Lemon Caper Sauce (GF)

Baked Zucchini Parmesan

Penne Pasta A la Vodka

Dessert

Chocolate Explosion Ganache Cake
& Strawberry Mousse Shooters

RSVP for the April luncheon by **hitting the white button below**; \$32 payment (cash or check) at the door. The deadline for reservations and cancellations is **Friday, April 4 @noon**. Any walk-ins or reservations received after that date are \$35.

(Please do not reply to this email.)

Luncheon RSVP HERE



B's Buzz

Brenda Dost
President



Ladies,

What warms your heart about Spokes? The smiles of welcome and fabulous women genuinely open to making friends and connecting with others at luncheons and game groups? The opportunity to make a difference in our community, through financial support to non-profits and through direct and hands-on support throughout the year?

Our last meeting offered two beautiful examples of how Spokes offers you the opportunity to help others in our community. At the end of the newsletter, you'll find a picture of members lugging bags of **400+ pillows for heart surgery patients at Advent Hospital**. These are cut out, sewn, and stuffed by Spokes members and paid for with donations and from our dues. *I spoke with a nurse in the cardiac care unit, and was told that they were being distributed the next day! While the hospital often provides generic heart pillows to patients, the supply chain had broken down and current patients were not receiving them. Spokes to the rescue!*

We also connected with a new charity at our last luncheon -- **One Purse**. Founder Heather Case shared how One Purse helps women break free from cycles of



violence and brokenness, by offering survivors jobs/job skills and scholarships for college tuition or vocational training. When women can achieve financial independence, it strengthens the foundation of freedom for them and

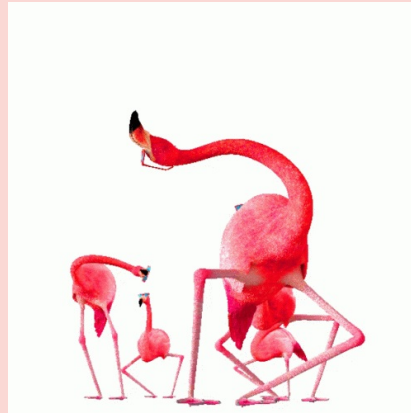
the generations that follow. *One Purse reached out after our meeting to thank members for donating so many wonderful bags for refurbishment by their Dream Studio shop.* If you were unable to attend, you can still help through the **One Beautiful Bag Project.**

Membership renewals for the 2025-26 membership year begin on April 1. I count myself so lucky to have been invited to a Spokes meeting four years ago and having the opportunity to share fun and rewarding activities with so many delightful women! Bee an early renewal with me.

Warmly,
Brenda

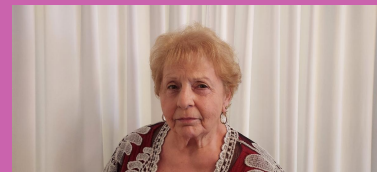
P.S. We are always looking for new charities to get to know and partner with. Talk to any Board member -- list at end of this newsletter.

**Did you know a group of flamingos is called
a
Flamboyance??**



FunTimers! Coordinator

Mary Ann Halko



The FunTimers!

4th Thursdays of each month @ 11:30
at Lighthouse Seafood Market & Cafe
1101 N Country Club Rd.
Lake Mary

Please contact Mary Ann the day before at 253-678-7532 to
RSVP or if you have questions.



Membership
Coordinator

Tina Rasi

Welcome New Members:

Lisa Carroll
Nancy Kaiser McKeegan

Want to share CF Spokes with a friend?

- Invite them to a luncheon or activity group (a guest can attend up to 2 Spokes meetings prior to joining)
- Share the link to our website:

<https://centralfloridaspokes.com/>

[Click here to download & print Membership Form](#)

The *updated* Membership Directory is in every newsletter!

Click the green purple button below to access it. You can print it out if you choose OR download it as a PDF to your cell phone for easy use! Please open it now and check for accuracy in your email, phone, birthday.

[Click HERE for membership directory](#)



Activities & Mah Jongg Coordinator

Wendy Dorn



Casual Cooking Coordinator, Newsletter Editor, Membership Directory

Annie Sanders

Spring has Sprung

Hostess: Pam Skaggs

Co-Hostess: Bonnie Buesching

14 lovely ladies are able to join the fun at this wonderful lunch!

Parking is an issue so if anyone can car pool, that is helpful.
Pam's hubby will be out front acting as valet.

Friday, April 4 @ 11:30 a.m.

610 Westlake Cir, Longwood
Gate code is #8448

call or text Pam **by April 1**

or click below to email her
(Do not reply to this email!)

[Click here to RSVP to Pam for Casual Cooking](#)



Dining In Coordinator,
Treasurer

Marcela Mojica

(Three times/year)
Watch Newsletter for that
event!



Community
Involvement
Coordinator

Kim Rohter

Bunco 1 Coordinator

Linda Richcreek



3rd Thursday @ 12:30 p.m.

Meet at Members' Homes

Drinks, Snacks, and Dessert Provided

Bring \$5 for the game

Email Linda at: linrob1574@yahoo.com

or call her at 708-207-8941

Click [HERE](#) to RSVP to Linda



Bunco 2 Coordinator

Kim Rohter





Bunco 2 will be playing the
3rd Wednesday of each month at

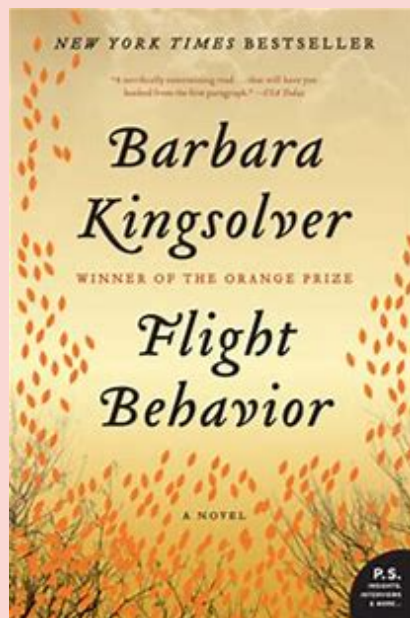
Bahama Bay Club
3441 West 1st Street
Corner of 46 and Aero Ln.
Sanford 32771

321-363-3633
klear123@hotmail.com



Book Club Coordinator

Linda Cornell



A truly stunning and unforgettable work from the extraordinary New York Times bestselling author of *The Lacuna* (winner of the Orange

Prize), *The Poisonwood Bible* (nominated for the Pulitzer Prize), and *Animal, Vegetable, Miracle...Flight Behavior* is a brilliant and suspenseful novel set in present-day Appalachia; a breathtaking parable of catastrophe and denial that explores how the complexities we inevitably encounter in life lead us to believe in our particular chosen truths. Kingsolver's riveting story concerns a young wife and mother on a failing farm in rural Tennessee who experiences something she cannot explain, and how her discovery energizes various competing factions—religious leaders, climate scientists, environmentalists, politicians—trapping her in the center of the conflict and ultimately opening up her world. *Flight Behavior* represents contemporary American fiction at its finest.

Join us for a discussion of *Flight Behavior* on Wednesday, April 23, at 10 a.m. at Bonnie Buesching's daughter Jessica Grigg's house.

209 Thistlewood Circle
Longwood, FL 32779

RSVP to Bonnie at grayduck2705@gmail.com or 614-266-7281

RSVP for Book Club



Playful Poker Coordinators

**Kay Payne
&
Janice Czaikowski**

Meeting time 11 a.m. the 2nd Friday of the month

Poker seems to have a reputation of smoke-filled rooms, men with visors and serious money involved. Not for us! We get together to have fun, share laughs and stories, and play some really interesting

poker games where so many things are wild except for us.

Come join us & share our good times.

Click [HERE](#) to RSVP to Janice

Hand, Knee & Foot Coordinator

Kim Rohter

Second Tuesday of the Month...

Even if you don't know how to play and are interested in learning, you are welcome to join us at 11:00 to observe and have lunch. I can then put you on our sub list once you think you are comfortable playing. Remember, we all were new at the game at one time!

Contact Kim at klear123@hotmail.com, 727-458-3163.

Duffy's Sport Bar
951 Market Promenade Ave.
Lake Mary 32746



Hand, Knee, and Foot 2 Coordinator

Linda Schnauffer



Hand, Knee, and Foot 2

Fourth Thursday of the month at 11:00 a.m.

We are looking for those of you who are interested in joining as a Sub. If you are interested, but not familiar with the game, you can stop in to observe and have lunch. Once you are comfortable with the game, we can add you to the sub list.

Contact Linda Schnaufer at 407-948-2758 or
lschnaufer4@gmail.com

Duffy's Sports Grill
951 Market Promenade Ave.
Lake Mary, 32746



Mexican Train Coordinators

Tina Rasi & Pam Skaggs



Meet on the 3rd Monday of the Month

Location: Q Boutique Realty Building
122 West Crystal Lake Ave.
Lake Mary 32746

Time: Doors open at 12...play starts at 12:30
ALL levels from never played to experienced welcomed!
To join, contact pamelaskaggs@gmail.com



National MahJongg League
(with annual card)

Join us at
Duffy's Sport Bar
951 Market Promenade Ave.
Lake Mary 32746

(year round) on the 1st & 3rd Fridays MONTHLY from 11 a.m. to 2
(or longer). We purchase lunch as the room is free!

WE'LL TEACH BEGINNERS! Come join us for a fun time and learn
a new skill!

Contact Wendy Dorn at 407-463-2111 or click on the Email link below.

[Click HERE to RSVP for Mah Jongg](#)



Shanghai Tuesday
Coordinator

Rosemarie Soper



Every Tuesday, year-round play

10:30

Bob Evans on 436, Casselberry
call Deby Seymour at 407-970-9661
or

[Click HERE to RSVP to Rosemary](#)



Find Your
Fabulosity

Put a bright smile on a victim of domestic violence by donating your new lipsticks. Women who come into a shelter often have nothing other than the clothes on her back, making her feel emotionally and physically insignificant. By looking at herself in the mirror, she will begin to see the beauty in her outer self which will help to transform her inner self-confidence.

Find Your Fabulosity appreciates your donations, which you can bring to any luncheon.

Sandy Bove, 407-463-9437

[Click HERE to arrange lipstick drop off with Sandy](#)



Corresponding Secretary

Kimberly Halko

A big part of our social club is letting our members know how much we care!

Do you know of a member coping with an illness, recovering from surgery, grieving a death, or needs encouragement?

Let Kimberly know...

206-228-4663

kimberly_d_h@yahoo.com

[Click here to send info to Kimberly](#)

April Birthdays

1 ~ Bea Pond
 1 ~ Maria Rua
 3 ~ Vicki Woodward
 4 ~ Wendy Dorn
 5 ~ Sharon Schneck
 8 ~ Jeanette Martin
 16 ~ Adrienne DeRienzo
 17 ~ Linda A. Smith
 28 ~ Connie Swick
 28 ~ Deborah Whiston



Please click on the April calendar below to print:

Spokes Calendar April 2025

Mon	Tues	Wed	Thurs	Fri	Sat
	1 Shanghai@10:30	2 Board Meeting @10	3	4 Casual Cooking @11:30 MahJongg@11	5
7	8 Shanghai@10:30 Hand, Knee & Foot@11	9 Spokes Luncheon @11	10	11 Poker@11	12
14	15 Shanghai@10:30	16 Bunco2@12:30	17 Bunco 1 @ 12:30	18 MahJongg@11	19
21 Mexican Train@12:30	22 Shanghai @10:30	23 Book Club @ 10	24 FunTimers Lunch @11:30	25	26 Evening Bunco @7
28	29 Shanghai @10:30	30			







**RENEW
MEMBERSHIP**



Central Florida Spokes



President & Web Master:

Brenda Dost

1st Vice President:

Sue Leidner

2nd Vice President:

Sandy Bove

Recording Secretary:

Bonnie Buesching

Treasurer:

Marcela Mojica

Activities:

Wendy Dorn

Community Involvement:

Kim Rohter

Historian:

Pam Skaggs

Luncheon Reservations:

Sonia Beltran

Membership:

Tina Rasi

Newsletter & Directory:

Annie Sanders

Parliamentarian:

Judy Zellers

Social Media & Publicity:

Janice Daniels

Correspondence Secretary:

Kimberly Halko



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