



Central Florida Spokes



February 2024



*Make Your Reservations Today to Attend Spokes
Luncheon*

February 14th
Heathrow Country Club @ 11 a.m.

Menu

Heathrow Cranberry Salad (deconstructed)
Mixed Garden Greens, Dried Cranberries, Candied Pecans
Crumbled Bleu & Sherry Vinaigrette Dressing
House Rolls and Butter

Baked Chicken Florentine with spinach & mushroom cream sauce -

GF

Grilled Mahi-Mahi with citrus beurre blanc topped Pineapple Pico-

GF

Steamed Vegetable Medley - GF

Yellow Rice - GF

Strawberry Shortcake with Whipped Cream

Luncheon RSVP HERE

*RSVP by hitting the button above for February Luncheon--\$30
at the door...exact cash or check.*

PROGRAM FOR MEETING ON VALENTINE'S DAY...*don't miss it!*

Mary Young and I attended a concert last May of a person purported to sound just like John Denver. My disbelieving self went, and after the first few notes of his first song, I was a lifelong believer. If I closed my eyes, I would have thought John Denver had come back and was on the stage and was singing to us. The amazing singer was the Reverend Shawn Garvey, Senior Minister at First Congregational Church in Winter Park. As soon as I got home, I looked up the phone number for First Congregational and left a message. Shawn Garvey called me the next day, and to make a long story short, he agreed to come on Valentine's Day 2024 and do a John Denver concert for us.

Just a bit about Shawn. He holds a Master of Divinity Degree from Andover Newton Theological School, has served in pulpit ministry for over 20 years, and has been Senior Minister to First Congregational Church of Winter Park since 2013. Selected as one of Winter Park Magazine's "Most Influential People" in 2016, he also served as Interim Dean of Religious Life at Rollins College, on the Executive Committee and the Board of Directors for the Winter Park Chamber of Commerce, the Board of Directors of the Mayflower

Retirement Community, the Professional Advisory Group for CPE at AdventHealth Orlando, helped create and facilitate “Side-By-Side,” an annual celebration of the people of Winter Park, and is an original member of the “No-Name Civility Posse” – a collective of Winter Park leaders from across a wide spectrum of vocations and experience seeking more civil and compassionate dialogue in civic matters. An accomplished singer and guitar player, Shawn has opened and performed with the likes of Livingston Taylor, Marshall Crenshaw, Mary Fahl (October Project), the late Rick Elias (Rich Mullins and A Ragamuffin Band), and performed annual John Denver tribute shows with his dear friend, the late Steve Weisberg, Denver’s former lead guitar player, who appeared on 7 of Denver’s 9 platinum albums.

Ladies - you are going to be thrilled, so don your cowgirl hats & boots and join us on Wednesday, February 14th for a concert you won’t forget!

Linda Cornell

B's Buzz

Brenda Dost President



Spokes members are people who make you smile brighter, laugh louder, and just feel better! Whether we are working to stuff 500 heart pillows and sew them closed, planning our programs, discussing books, playing games, or enjoying a meal together, we play hard, work hard, and have lots of fun together.

This month we have exciting events and activities planned. We've been looking forward to the February lunch meeting all year --

featuring a performance by John Denver tribute artist, Shawn Garvey and a parade of 500 heart pillows, ready for delivery to Advent Hospital. Our March lunch program will showcase Chico's travel wear - with great clothes and ideas to pack smart and travel light. Planning for April's Flamingo Bingo, under Sue Leidner's direction, pushes into high gear.

Who makes all this happen? Dedicated board members and members who step up to help. Sue Leidner, our immediate Past-President, will be chairing our 2024-25 Nominating Committee. If you have an interest in getting more involved with Spokes, we welcome your questions and interest in serving. It takes many people to have an active, vibrant club and there are roles of many sizes to fill.



Get Bzzy with Spokes -- Worker & Leader Bees Needed!

Psst....It's a Great Way to Meet More People!

It takes a lot of bees to make a hive successful--and Spokes needs enthusiastic and energetic worker bees and leader bees. Whether you are great at gift wrapping, organizing, setting up, or cleanup, we can use your talents. Send Brenda Dost an [email](#) with **RE: Help Out/Meet More People!** and we will get you plugged in.

Sue Leidner, our immediate Past-President, will be chairing our 2024-25 Nominating Committee. If you have an interest in getting involved

with on the Spokes Board or an event co-chair, send an email, **RE: Spokes board/leader/Make New Friends!** to [Sue Leidner](#). We welcome your questions and interest in serving. It takes many people to have an active, vibrant club and there are roles of every size to fill.



Membership
Coordinator

Tina Rasi

Do you enjoy your Spokes membership?
Share Spokes with a Friend--or Two!

Invite a friend to one of our upcoming great 2nd Wednesday luncheons at Heathrow or bring a friend to sit in on a game, book club discussion, or other activity. Non-members may attend an activity no more than twice, after which they are asked to join.

From January to May, dues are reduced to \$12.50. Dues will renew at \$25/annually the end of May each year. This is a real value for access to our many opportunities to connect and to give back. Our website (centralfloridaspokes.com) can help you share what

Spokes is all about.

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

Click **HERE** to update info for directory...Annie Sanders,
Newsletter Editor & Membership Directory

Click **HERE** for latest Membership
Directory



Activities Coordinator

Bonnie Buesching

A **New Mexican Train** group is being organized. If you are interested in joining, please text me at 614-266-7281 or email me at grayduck2705@gmail.com.



Central Florida Spokes Activity Groups 2023-2024



Name	Leader	Email	Phone	Time and Place
Book Club	Linda Cornell	lindacornell8@gmail.com	407-628-3055	4 th Weds, 10:00 am, @ member homes
Bunco 1	Linda Richcreek	linrob1574@yahoo.com	708-201-8941	3 rd Thurs, 12:30 pm, @ member homes
Bunco 2	Kim Rohter	klear123@hotmail.com	727-458-3163	3 rd Weds, 12:30 pm, @ 500 Golf Tee Ln, #101, Longwood
Evening Bunco	Sharon Schneck	sharon.schneck@gmail.com	704-323-1274	4 th Sat, 7:00 pm, every other month @ member homes
Casual Cooking	Marcia Miller	madorndancer16@cfl.rr.com	407-340-0776	1 st Fri, 11:30 am, @ member homes
Dining In	Tiffany Casey	sticasey1@yahoo.com	407-782-7176	4 times/year
Excursions	Holly Herrington	hoh4jc@gmail.com	407-720-0788	3-4 times/year; group visits to Central FL places of interest
Hand, Foot, Knee	Chris Stouffer	cstouffer@cfl.rr.com	407-333-1276	2 nd Tues, 11 am, @ Duffy's Sports Bar, 951 Market Pr, Lake Mary
Hand, Foot, Knee 2	Linda Schnauffer	lschnauffer4@gmail.com	407-948-2758	4 th Thurs, 11 am, @ Duffy's Sports Bar, 951 Market Pr, Lake Mary
Ladies Poker	Kay Payne Janice Czaikowski	paynekay50@yahoo.com janice162@aol.com	321-363-1561 407-739-6862	2 nd Fri, 11:00 am, @ member homes
Mah Jongg	Wendy Dorn	growler2@live.com	407-463-2111	1 st & 3 rd Fri, 11-3, @ Duffy's Sports Bar, 951 Market Pr, Lk Mary
Scrabble	Marilyn Martin	dmgolf@cfl.rr.com	407-718-5215	4 th Tues, 12:30-3:30, @ 500 Golf Tee Ln, #101, Longwood
Shanghai Tues	Rosemarie Soper	roesoper1@gmail.com	407-775-1914	every Tues, 10:30, Bob Evans, 385 SR 436, Casselberry

Have another activity idea? Contact Bonnie Buesching at grayduck2705@gmail.com or 614-266-7281

Revised 1/11/2024

Click [HERE](#) to download and print the Activity Groups Info



Dining In Coordinator

Tiffany Casey

**Get yourself ready for a wonderful Dining In
Experience on February 17th**

**Home of Mary Young
@6:30**

2789 Lake Baldwin Lane #C501

Orlando

Call 407-739-7185 or email below to let Mary know what dish you'll bring to coordinate with her entree.

16 Lucky Ladies will enjoy their evening meal & fun



[Click here to RSVP for Dining In](#)



Heart Pillow Stuffing Party

**A Central Florida Spokes Community Outreach Project
January 25 @ 10:00 to whenever
2525 Chinook Trail, Maitland**

For many years Central Florida Spokes has made heart shaped pillows and donated them to area hospitals that perform heart surgery. This year will be no different and a huge pillow stuffing party is planned for January 25th at Linda Cornell's house. We will have hundreds of pillows ready to be stuffed with fiber fil and then stitched closed by the helpful hands at the party. If you've never attended at pillow stuffing party you can't imagine what fun you are missing. It's a whole day of visiting and talking and meeting and greeting and eating and getting to know more Spokes members while doing something really important

at the same time. Put January 25th on your calendar and plan to come and help us stuff and sew and continue this wonderful service. Bring a lunch dish to share—Linda will have drinks—and a box of Poly Fil (can be bought at Joann's or Michael's or on Amazon). Email Linda if you can come. Since we are doing 500 pillows this year, we need a lot of hands! Hope to see you there.

Why Heart Pillows Are Important

It is critically important to cough and take deep breaths during the recovery from heart surgery to reduce the risk of pneumonia. Breathing deeply and coughing can be difficult after chest surgery because of incisional pain. Heart pillows offer sternum support and help to give patients some comfort after surgery.

Heart Pillow Chairwoman, Linda Cornell
Lindacornell8@gmail.com



The Flamingos are Getting Ready to Flock!!!!

By Sue Leidner

At our April Luncheon, we will have the return of Flamingo Bingo, the huge fundraiser for our charities & fun day playing Flamingo Bingo with friends & visitors. You get an opportunity for a great lunch & an opportunity to win awesome prizes, all while helping your community.

What could be better???

What can you do to help get ready???

- Ask for gift certificates from your hair salon, nail salon, food store, or other businesses you frequent.
- Look to friends & family for new items that could possibly be regifted to a new owner.
- Put together a gift basket for a specific occasion, such as a birth or a wedding.
- Donate a cash offering.
- Donate a craft that you do such as painting, weaving, or origami.
- Start looking for small things in the stores as you shop. It's about the time of year Flamingos surface!
- Find something to wear so you can have a photo opportunity with your group!
- You will hear more about this later, so stay tuned & keep searching for the FLAMINGOS!



Casual Cooking Coordinator

Marcia Miller



Hostess: Carol Baker

Co-Hostess: Frances Nanus & Barbara Coenson

Location: 6205 Bordeaux Circle
Sanford

Date/Time: Friday, February 2nd at 11:30 a.m.

16 lucky ladies are able to have a fabulous time!

RSVP to Carol for Casual Cooking

Bunco 1 Coordinator

Linda Richcreek



3rd Thursday @ 12:30 p.m.
Meet at Members' Homes
Drinks and Dessert provided
Bring \$5 for the game
Call Linda at 708-207-8941

[Click HERE to RSVP to Linda](#)

Bunco 2 Coordinator

Kim Rohter



Wednesday, February 21

500 Golf Tee Ln, #101, Longwood

12:30-3

If you are interested, please contact

Kim Rohrer - Coordinator

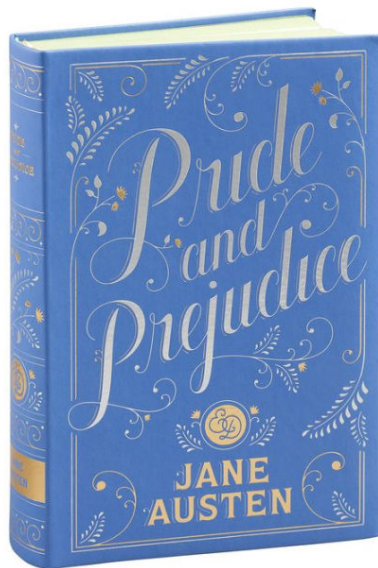
727-458-3163 (call if you have questions)

klear123@hotmail.com.



Book Club Coordinator

Linda Cornell



Click [HERE](#) to join book discussion

*Austen's most popular novel, the unforgettable story of
Elizabeth Bennet & Mr. Darcy*

When Elizabeth Bennet meets Fitzwilliam Darcy for the first time at a ball, she writes him off as an arrogant and obnoxious man. He not

only acts like an insufferable snob, but she also overhears him rejecting the very idea of asking her for a dance! As life pits them against each other again and again, Darcy begins to fall for Elizabeth's wit and intelligence, and Elizabeth begins to question her feelings about Darcy. But when Darcy saves her youngest sister Lydia from a scandal, Elizabeth starts to wonder if her pride has prejudiced her opinion of Darcy. Through this tale about two warring hearts, Jane Austen weaves a witty satire about life in eighteenth century England. In a publishing career that spanned less than a decade, Jane Austen revolutionized the literary romance, using it as a stage from which to address issues of gender politics and class-consciousness rarely expressed in her day. And though it was published more than two centuries ago, *Pride and Prejudice* continues to enthrall readers to this very day.

Join us for a discussion of *Pride and Prejudice* on Wednesday, February 28 at 10 a.m. at the home of:

Linda Cornell
2525 Chinook Trail
Maitland

RSVP to Linda at lindacornell8@gmail.com by clicking the link below:

RSVP for Book Club Pride & Prejudice

Scrabble Coordinator

Marilyn Martin





4th Tuesday of the Month ~ 12:30-3:30
Have lunch prior to...but bring a snack & beverage of choice
540 Golf Tee Dr. #102 (conference)

RSVP to
Marilyn Martin ~ 407-718-5215, dm4golf@cfl.rr.com
if you have questions



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



Chris Stouffer

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 Chris at 407-810-8616 or cstouffer@cfl.rr.com.

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 Schnauffer at 407-948-2758 or lschnauffer4@gmail.com

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



Community Involvement
&
Mah Jongg Coordinator

Wendy Dorn



National MahJongg League
(with annual card)

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

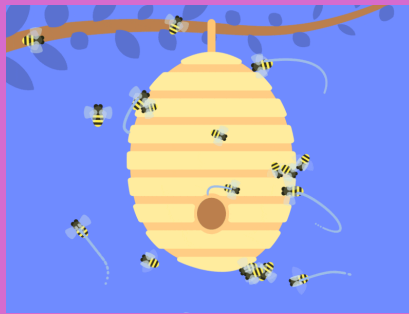
Lake Mary 32746

(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



Correspondence Secretary

Audrey Karwandy

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?



Email Audrey: [HERE](#)



February Birthdays

- 1 ~ Alicia Clark
- 4 ~ Carolyn Robinson
- 8 ~ Patsy Latimer
- 13 ~ Anna Byrnes
- 15 ~ Sonia Beltran
- 19 ~ Della Van Cise
- 21 ~ Linda Hilgers
- 25 ~ Natasha McCormick





Spokes Calendar February 2024

Mon	Tues	Wed	Thurs	Fri	Sat
			1	2 Casual Cooking @ 11:30 MahJongg@11	3
5	6 Shanghai@10:30	7 Board Meeting@10	8	9 Poker@11	10
12	13 Shanghai@10:30 Hand, Knee & Foot@11	14 Spokes Luncheon 11	15 Bunco 1@12:30	16 MahJongg@11	17 Dining In 6:30
19	20 Shanghai 10:30	21 Bunco2@12:30	22 Hand, Knee, Foot 2 @11	23	24 Evening Bunco 7
26	27 Shanghai@10:30 Scrabble@11:30	28 Book Club@10	29		

CFS Website: [HERE](#)



Central Florida Spokes



President & Web Master:

Brenda Dost

1st Vice President:

Sue Leidner

2nd Vice President:

Sandy Bove

Recording Secretary:

Cyd Law

Treasurer:

Historian:

Pam Skaggs

Luncheon Reservations:

Sonia Beltran

Membership:

Tina Rasi

Newsletter & Directory:

Annie Sanders

Parliamentarian:

Judy Zellers

Marcela Mojica

Activities:

Bonnie Buesching

Community Involvement:

Wendy Dorn

Publicity:

Barbara Hilton

Correspondence Secretary:

Audrey Karwandy

Social Media:

Janice Daniels

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