



Central Florida Spokes



January 2024



Bee Inspired

We are thrilled this month to have guest speaker and woman's advocate Sheryl Kurland. Sheryl will speak to us about Renewing Our Dreams and challenge us to a new year full of possibilities. Her presentation will be equal parts riveting, inspiring, empowering, and tearful.... sprinkled with humor! Dare to Dream BIG in the new year. This presentation will be tailored just for us as we begin a new year. Prepare to be inspired! You won't want to miss this.

Sheryl is the founder and President of Find Your

Fabulosity, an organization that supports victims of domestic violence. Our Spokes organization has been collecting lipsticks for years to add to the fabulosity of the women seeking transformation into a happier life. The gift bag these women receive, including a new lipstick, has the power to uplift and transform the image of the person they see in the mirror. At the luncheon we will accept new lipsticks, lip gloss, and flavored chap sticks in a lipstick “shower” sponsored by our own Sandy Bove. These donations will be sent to Fabulosity to support women one at a time!

Make Your Reservations Today to Attend

January 10th
Heathrow Country Club @ 11 a.m.

Menu

**Mixed Greens & Romaine, 4 Assorted Toppings
Balsamic & Ranch Dressings
House Rolls & Butter
Slow Roasted Yankee Pot Roast with Baby Carrots &
Vidalia Onions
Baked Apple Cider Chicken
with Brandy Cream Sauce - GLUTEN FREE
Seasoned Green Beans
Traditional Mashed Potatoes**

DESSERT

Pecan Pie with Fresh Whipped Cream

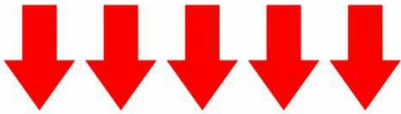
Luncheon RSVP HERE

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



LOST & FOUND

READ PLEASE



Important Announcement...

A very important piece of jewelry was misplaced at the last Jewelry Exchange. Our dear, Jo Finley, tried on a piece of jewelry offered for exchange and left her own gold ring containing a large blue topaz stone on a table. This special ring was given to her by her husband on their 40th anniversary. Please help her recover this special anniversary gift by looking through all your belongings from that day. Both Jo & her hubby will love you forever. Thanks!

B's Buzz

**Brenda Dost
President**



Welcome, 2024!

Many of us have things we want to do in the next year, such as travel, enjoy time with our family/ grandchildren, learn a new skill or language... But how do we get from "wants" to "scheduled/on our calendar?"

To paraphrase a quote by Anatole France,

"To accomplish our goals, we must not only act, but also dream; not only plan, but also BEE-lieve."

Take a little time before the new year to think about these questions -- dream a little. Are there places/things that you want to explore – from local to national parks, journeys to other parts of the world, learning or practicing meditation, playing a musical instrument, joining a new game group? What is it that you would like to add to (or delete from) your life? If the pandemic derailed some of the activities which bring you joy, bring them back!

There is so much to get excited about at upcoming Spokes luncheons -- making your dreams a reality with Sheryl Kurland in January, a February concert by John Denver tribute artist, Shawn Garvey, a travel fashion show by Chicos in March, and Flamingo Bingo in April. New activity groups are being formed (Mexican train!), heart pillow stuffing/sewing is on January 25 (see article for details)... check out the calendar each month in the newsletter.





Membership Coordinator

Tina Rasi

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

Welcome to our newest members:

Robin Meyer, Lake Mary
Penny Durham, Apopka
June Bryan, Longwood
Marilyn Lanzana, Orlando
Reidi Lott, Longwood
Joanne Phillips, Apopka

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

Hand, Knee, and Foot 2 will be starting in January. See below for details.

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

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

Revised 12/15/2023

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



Heart Pillow Stuffing Party

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

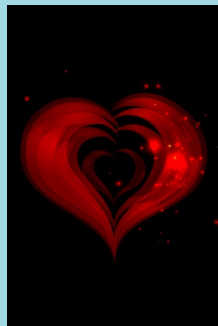
For many years Central Florida Spokes has made heart shaped pillows and donated them to area hospitals that perform heart surgery. This year will be no different and a huge pillow stuffing party is planned for January 25th at Linda Cornell's house. We will have hundreds of pillows ready to be stuffed 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



Casual Cooking Coordinator

Marcia Miller



Hostess: Linda Cornell
Co-Hostess: Annie Sanders

Location: 2525 Chinook Trail
Maitland

Date/Time: Friday, January 5th at 11:30 a.m.

RSVP: To Linda by email (because she doesn't answer her phone!!)
by clicking on the link below

RSVP to Linda 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, January 17

500 Golf Tee Ln, #101, Longwood

12:30-3

If you are interested, please contact

Kim Rohter - Coordinator

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

klear123@hotmail.com.

Future Bunco2 Dates FYI:

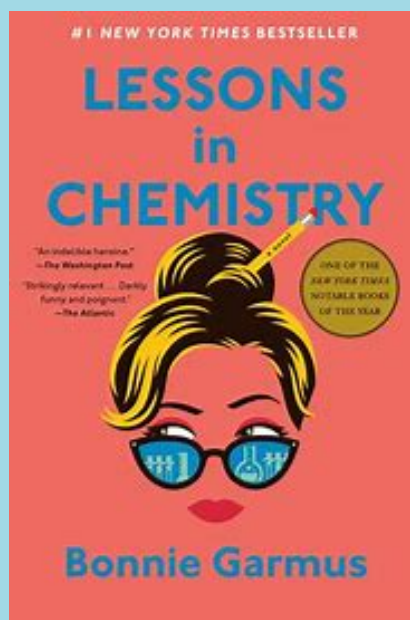
Feb 21



Book Club Coordinator

Linda Cornell

[Click HERE](#) to join book discussion



This novel is irresistible, satisfying, and full of fun (The New York Times Book Review) and witty, sometimes hilarious...the Catch-22 of early feminism (Stephen King, via Twitter).

Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing as an *average* woman. But it's the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. Except for one: Calvin Evans, the lonely, brilliant, Nobel-prize nominated grudge holder who falls in love with—of all things—her mind. True chemistry results. But like science, life is unpredictable. Which is why a few years later, Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show, *Supper at Six*. Elizabeth's unusual

approach to cooking (combine one tablespoon acetic acid with a pinch of sodium chloride) proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook. She's daring them to change the status quo. Laugh-out-loud funny, shrewdly observant, and studded with a dazzling cast of supporting characters, ***Lessons in Chemistry*** is as original and vibrant as its protagonist.

Join us for a discussion of *Lessons in Chemistry* on Wednesday, January 24 at 10:00 a.m. at the home of:

Barbara Coenson
5029 Maple Glen Place
Sanford 32771

RSVP to Barbara at 407-620-9238

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 Schnaufer

Hand, Knee, and Foot 2

We are happy to report a second Hand, Knee, and Foot group will begin on Thursday, January 25, 2024. We will meet on the fourth Thursday of each month at 11:00 a.m. at the Duffy's Sports Grill in Lake Mary.

We are currently 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 have lunch and observe. 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



Community Involvement
&
Mah Jongg Coordinator

Wendy Dorn



National MahJongg League
(with annual card)

Join us at

Duffy's Sport Bar

951 Market Promenade Ave.

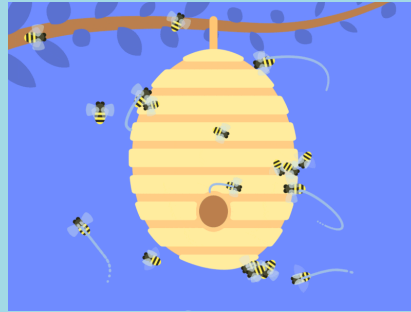
Lake Mary 32746

(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](#)



January Birthdays

1 ~ Barbara Moore
1 ~ Cindy Price
3 ~ Jo Finley
3 ~ Mary Volpe
8 ~ Pat Knopka
9 ~ Sue Leidner
11 ~ Lana Fischer
11 ~ Suzanne Trimble
12 ~ Jeannette Steeves
21 ~ Holly Herrington
25 ~ Rosemary Orosch
27 ~ Penny Durham
27 ~ Frances Nanus
29 ~ Racine Castalado-Faris
31 ~ Diane Eichhorn











Spokes Calendar January 2024

Mon	Tues	Wed	Thurs	Fri	Sat
1	2 Shanghai@10:30	3 Board Meeting@10	4	5 Casual Cooking @ 11:30 MahJongg@11	6
8	9 Shanghai@10:30 Hand, Knee & Foot@11	10 Spokes Luncheon 11	11	12 Poker@11	13
15	16 Shanghai@10:30	17 Bunco2@12:30	18 Bunco 1@12:30	19 MahJongg@11	20
22	23 Shanghai 10:30 Scrabble@12:30	24 Book Club@10	25	26	27
29	30 Shanghai@10:30	31			

CFS Website: [HERE](#)



Central Florida Spokes



President & Web Master:
Brenda Dost

1st Vice President:

Historian:
Pam Skaggs

Luncheon Reservations:

Sue Leidner

Sonia Beltran

2nd Vice President:

Sandy Bove

Membership:

Tina Rasi

Recording Secretary:

Cyd Law

Newsletter & Directory:

Annie Sanders

Treasurer:

Marcela Mojica

Parliamentarian:

Judy Zellers

Activities:

Bonnie Buesching

Publicity:

Barbara Hilton

Community Involvement:

Wendy Dorn

Correspondence Secretary:

Audrey Karwandy

Social Media:

Janice Daniels

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