



Central Florida Spokes



January 2025

January

TextStudio

January 8th Luncheon

**The 411 on Sanford:
History, Secrets, & Delights!**

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

Menu

Tossed Caesar Salad
with shaved parmesan and Club-made croutons
House rolls & butter

Chicken Breast Marsala GF
Baked Ziti with Italian Sausage & Three Cheeses
Seasoned Green Beans

Traditional Mashed Potatoes

Cocoa-Dusted Tiramisu

RSVP for the January luncheon by **hitting the white button below**; \$32 at the door; reservations made by **Friday, January 3 @noon** are \$32/pp, and walk-ins or any received after that date are \$35. (Jan. 3 is deadline for reservations & cancellations.)

(Please do not reply to this email.)

Luncheon RSVP HERE

January 8, 2025 Luncheon Meeting: Are you like me, a Florida transplant who knows little or nothing about the state we now call home. Join me for our January luncheon when Alicia Clarke, one of our own members, will regale us with stories about Sanford/Seminole county and its early history. Alicia has a background in history and museum studies, plus she was curator of the Sanford Museum for over 30 years. Come one come all and listen to the facts and the stories that are a part of this fascinating history of Sanford and Seminole County.

February 12, 2025 Luncheon Meeting: We will again be serenaded by Shawn Garvey with songs of Gordon Lightfoot, Harry Chapen, and Jim Croce. Get out your old song books so you can sing along. It will again be a delightful afternoon of music that makes your heart sing.

Cyd Law, Programs Coordinator

Don't Forget:

Heart Pillow Stuffing Party

A Central Florida Spokes Community Outreach Project

Thursday, January 16... 10:00 to whenever

2525 Chinook Trail, Maitland 32751

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 16th 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 16th 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. The Spoke's Board is covering the cost of Poly Fil, but donations of boxes of Poly Fil are still welcome (can be bought at Joann's or Michael's or on Amazon). [Email Linda](#) if you can come. We need lots 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



Brenda Dost President



Ladies, it's hard to believe that we are about to ring in a new year! We have so much to be excited about! From our monthly luncheons, to game groups and social dining activities, Spokes members have so opportunities to meet other lovely women, have fun, and make new friends! This musical round from childhood rings more true each year:

*"Make new friends, but keep the old,
one is silver and the other gold."*

I am excited to announce that Annie Sanders has agreed to step into the unfilled, Vice President role. I'm excited to partner with her in leading this vibrant and wonderful Club of ours -- to have her enthusiasm, creativity, and knowledge of Spokes.

This is your club. If you have an idea for an activity group or would like to get more involved, please speak to Annie, me, or any Board member.

Lastly, thanks to Mary Ann Halko who launches the FunTimers -- a monthly, lunch group.



Bake Sale Thank You

We were a great team at the Bake Sale on Game Day and that means anyone who had anything to do with it.

We had 33 ladies who signed up to bring something in, and that's what they did. Besides sweet things, we also had 12 of Diane Winterhoff's chicken pot pies and 10 of Linda Cornell's quiches which all went fast and together brought in \$390!

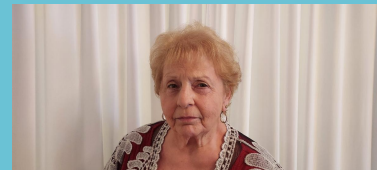
I baked, but I also bought a lot, and everything I tasted was wonderful, especially that Pirate Booty with the white chocolate! We had many buyers, so many that we made a whopping \$1,028 this year! We had a wonderful team behind the bake sale table too. Debbie Whiston is amazing. She is the best co-chairman I could ever have. Diane Winterhoff and Ginny Iliffe handled the money, which is a big load off the sellers. We even had two new helpers this year, Janice Daniels and June Petruccelli, whom we all had the pleasure of getting to know. They jumped right in, as if they had always been there, and they were a big help.

Once again, our charities will see a big check this May. It takes a village to run a Bake Sale and bakers and buyers to make it a success. We had it all! Thank you everyone for all your support.

Pat Knopka & the Bake Sale Team

FunTimers! Coordinator

Mary Ann Halko



New Activity Group

The FunTimers!

Mary Ann Halko has graciously offered to organize a group for ladies who enjoy dining out. After our first lunch, locations will be set by members each month. This is a great way to get to know other lovely Spokes members. The first lunch will be held on:

Monday, January 27 at 11:30
at TooJay's
3577 Lake Emma Road, Ste 101
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 Member...
Nancy Gentile

We now have 152 members of Central Florida Spokes!

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](#)

[Click HERE for membership directory](#)



**Activities &
Mah Jongg Coordinator**

Wendy Dorn



**Casual Cooking
Coordinator, Newsletter
Editor, Membership
Directory**

Annie Sanders

Hostess: Marcela Mojica

Co-Hostess: Wendy Dorn

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

Date/Time: Friday, January 3 at 11:30 a.m.

call or text Marcela **by January 1**

or click below to email her

(Do not reply to this email!)

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

Dining In Coordinator,



Treasurer

Marcela Mojica

February 15, 2025 --
Our next dining-in!



Community Involvement Coordinator

Kim Rohter

Many SPOKES members are active in their community's activities and organizations. It would be nice to learn more about them.

Nominations end on December 31, so please act now if you want to submit a group for consideration.

Kim Rohter

Community Involvement Coordinator

[Click here to access form](#)

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

Call Linda at 708-207-8941

[Click HERE](#) to RSVP to Linda

Bunco 2 Coordinator

Kim Rohter



3rd Wednesday of the Month

Bunco 2 has been expanded to
16 players.

NEW LOCATION
As of January 2025,

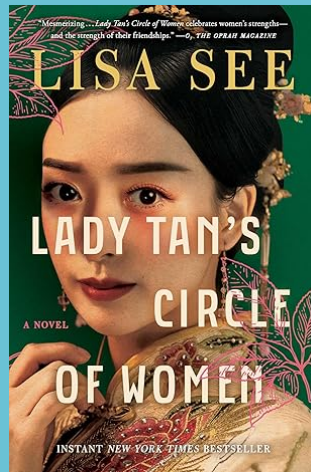
Mary Ann Halko has arranged for us to play monthly at
Oakmont Village
1021 Royal Gardens Cr.
Lake Mary

If you are interested in playing, please contact
Kim Rohter - Coordinator
727-458-3163
Klear123@hotmail.com



Book Club Coordinator

Linda Cornell



According to Confucius, “an educated woman is a worthless woman,” but Tan Yunxian—born into an elite family, yet haunted by death, separations, and loneliness—is being raised by her grandparents to be of use. Her grandmother is one of only a handful of female doctors in China, and she teaches Yunxian the pillars of Chinese medicine, the Four Examinations—looking, listening, touching, and asking—something a man can never do with a female patient. From a young age, Yunxian learns about women’s illnesses, many of which relate to childbearing, alongside a young midwife-in-training, Meiling. The two girls find fast friendship and a mutual purpose—despite the prohibition that a doctor should never touch blood while a midwife comes in frequent contact with it—and they vow to be

forever friends, sharing in each other's joys and struggles. No mud, no lotus, they tell themselves: from adversity, beauty can bloom. But when Yunxian is sent into an arranged marriage, her mother-in-law forbids her from seeing Meiling and from helping the women and girls in the household. Yunxian is to act like a proper wife—embroider bound-foot slippers, recite poetry, give birth to sons, and stay forever within the walls of the family compound, the Garden of Fragrant Delights. How might a woman like Yunxian break free of these traditions and lead a life of such importance that many of her remedies are still used five centuries later? How might the power of friendship support or complicate these efforts?

A captivating story of women helping each other, **Lady Tan's Circle of Women** is a triumphant reimagining of the life of one person who was remarkable in the Ming dynasty and would be considered remarkable today.

Join us for a discussion of **Lady Tan's Circle of Women** on Wednesday, January 22 at 10:00 a.m. at the beach condo of:

Jessica Petravich
545 Garfield Blvd. Apt 703
Cocoa Beach

RSVP to Jessica at 708-710-7252 or jesspetra@gmail.com

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 Schnaufer

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

PLEASE NOTE: Hand, Knee, and Foot 2 will resume
January 23, 2025

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 by 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)

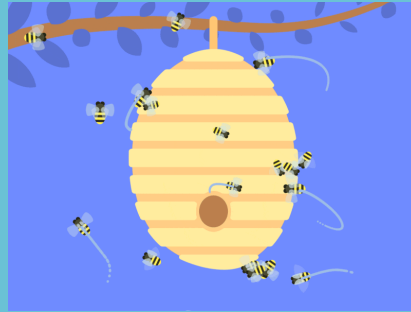
Join us at
Duffy's Sport Bar
951 Market Promenade Ave.
Lake Mary 32746

(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](#)



January Birthdays

- 1 ~ Maria Knoll
- 1 ~ Barbara Moore
- 1 ~ Cindy Price
- 3 ~ Jo Finley
- 3 ~ Mary Volpe
- 8 ~ Pat Knopka
- 9 ~ Sue Leidner
- 11 ~ Lana Fischer
- 11 ~ Suzanne Trimble
- 21 ~ Holly Herrington
- 25 ~ Rosemary Orosch
- 27 ~ Penny Durham
- 27 ~ Frances Nanus
- 29 ~ Racine Castaldo-Faris

Please click on the January calendar below to print:

Spokes Calendar January 2025

Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3 Casual Cooking @ 11:30 MahJongg@11	4
6	7 Shanghai@10:30	8 Spokes @11	9 FunTimers Lunch @11:30	10 Poker@11	11
13	14 Shanghai@10:30 Hand, Knee & Foot@11	15 Bunco2@12:30	16 Heart Pillow Stuffing @10 Bunco 1 @ 12:30	17 MahJongg@11	18
20 Mexican Train@12:30	21 Shanghai @10:30	22 Book Club @ 10	23	24	25 Evening Bunco @7
27	28 Shanghai @10:30	29	30	31	









Our Casual Cooking group enjoyed a stunning and delicious holiday lunch hosted by the lovely and talented Linda Cornell. Her assistant elves were Mary Young and Glenda Bogan. As usual, this activity is open to all. Please consider joining as it's a great way to meet your Spokes sisters in a more intimate setting. Happy Holidays!





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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