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**January 2023**



## **January 11<sup>th</sup> Luncheon**

Heathrow Country Club @ 11 a.m.

### **Menu**

Mixed Greens & Romaine, 4 Assorted Toppings  
Balsamic & Ranch Dressings  
Grilled Salmon with Dill Champagne Sauce - GLUTEN FREE  
Baked Apple Cider Chicken with Brandy Cream Sauce - GLUTEN  
FREE  
Fresh Green Beans  
Tri-Colored Herb Roasted Potatoes

Key Lime Pie with Raspberry Sauce & Whipped Cream



# New Year – New You:

# Accessorize

Our favorite “dresser”, Clara Schneider from Em’z on Fifth in Mount Dora, will be here to show us how to transform the ordinary into the spectacular. She’ll use jewelry, hats, scarves, etc. to show us how to move something from the back of our closet to the front of our closet. You don’t want to miss this on **January 11, 2023** – our first luncheon of the new year.



## President's Message

**Sue Leidner**



Our theme this month is ***New Year, New You! I LOVE IT!*** As I was pondering how I could become *new* at my age, I thought about some of the “New Year’s Resolutions” I have attempted over the past years. Some are hilarious! Others are downright preposterous. None have been too successful. How about this one? A few years ago, I resolved to never gossip again. I spent many hours and days researching the difference between gossip and sharing important information, like the illness of a loved one. Surprise! There is much research on this topic, and I spent at least three months analyzing my conversations to determine if they were information only or gossip. I was so exhausted analyzing my words that I really needed a vacation. My friends were curious about my caution...Needless to say, this was not successful,

except for the fact that gossip is sometimes meant to harm and sharing information about a friend or loved one isn't. Lesson learned. Then there was the time I was going to eat healthier. I spend hours and hours learning about macronutrients and micronutrients in those Prevention magazines. You know, heal your gut and lose 40 pounds. I made recipes that included all of the best practices. Unfortunately, my husband and I gained weight during this time and none of the food was tasty, not to mention no fun. Scratch that plan! So here I sit with a new idea. We can be "new" on the outside such as fashion, makeup, and weight loss or gain for example. We can also be "new" on the inside, changing a perspective, opinion, idea, or learning a new skill. Both are important. One is more visible than the other, but not diminished in any way. My "outside" change is going to be learning how to wear makeup since I really never have learned the proper way (you may even see me in lipstick?), and my "inside" change is to stop feeling sorry for myself and the fact that I have low vision and start researching about auditory learning such as podcasts and books on tape! I am challenging all of you dynamic women to look for one "outside" change and one "inside" change so we are new in 2023. What could it hurt? No one will know but you!

Blessings and love in the new year, Sue

[Click here to RSVP for January Luncheon \\$29 at the door...exact cash or check](#)



[Click HERE to update info for directory...Annie Sanders, Newsletter Editor & Membership Directory](#)



**Membership Coordinator**



**Judy Zellers**

Renew your membership now! Renewal form is on the link below.

Click [HERE](#) to access Membership Renewal Form

Attention Members:

Please click on the link below and check your information: pic, address, phone, birthday, email. You may print from this link.



Click [HERE](#) for latest Membership Directory



**Activities Coordinator**  
**&**  
**Web Master**

**Brenda Dost**

We are excited to have added 2 new activity groups during this membership year. Thanks to Marilyn Martin, Scrabble Coordinator, and Kim Rohter, Bunco 2 Coordinator. If you are looking for fun and friendship, our game groups are the way to go. Most are happy to teach you how to play.



Thanks to Annie Sanders for leading our next Excursions trip on February 14<sup>th</sup> featuring SunRail and lunch.



**Email Linda here for Pillow Stuffing**

## **Pillow Stuffing Party**

Thursday, January 19, 2023, 10:00-?  
2525 Chinook Trail, Maitland, FL 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 we are planning a huge pillow stuffing party for January 19<sup>th</sup> 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 a pillow stuffing party, you can't imagine what fun you are missing. It's a whole day of visiting & talking & meeting & eating & getting to know more Spokes members while doing something really important at the same time. Put January 19<sup>th</sup> on your calendar and plan to come & help us stuff & sew & continue this wonderful service. Bring a box of Poly Fil (can be bought at Joann's or Michael's) and a lunch dish to share. Linda will have drinks. Hope to see you there. RSVP to Linda at [lindacornell8@gmail.com](mailto:lindacornell8@gmail.com).

### **Heart Pillows**

#### **Why Are They 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 Chair  
Linda Cornell

407-628-3055



**Casual Cooking**  
**Coordinator**

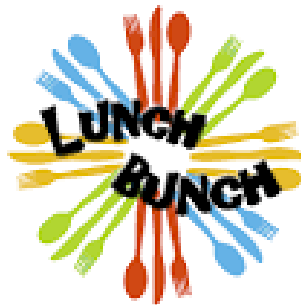
**Marcia Miller**



January 6<sup>th</sup> 11:30  
Mary Young's home  
2789 Lake Baldwin Lane, #C 501  
Orlando 32814

12 lovely ladies are invited

Co-hostesses: Linda Cornell & Annie Sanders



Click [HERE](#) to RSVP for Casual Cooking to Mary Young



**SAVE THE DATE**



**Hospitality Coffee February 10**



**SAVE THE DATE**



**Save the date & get ready for a great time.**

**Flamingo bingo will be back in April. Please begin  
to ask all your service providers for a donation.  
Everything will help.**

**Flamingos are coming! Thanks!**



## BUNCO 2

Kim Rohter, Coordinator



A new SPOKES game group is forming.

Third Wednesday of the month

First game Wednesday, January 18, 2023

If you are interested, please contact

Kim Rohter - Coordinator

727-458-3163

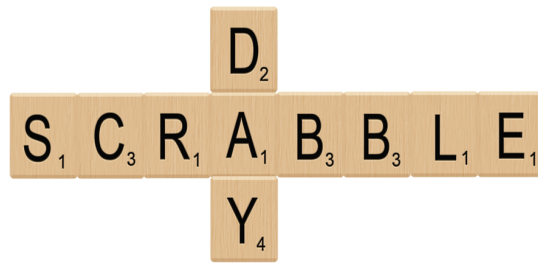
[klear123@hotmail.com](mailto:klear123@hotmail.com).



## Scrabble

Marilyn Martin, Coordinator





Tickle Your Brain & Make New Friends!

Tuesday, January 24<sup>th</sup> at 1:00

385 Golfbrook Circle  
Longwood  
“Leasing Center Building”

RSVP to  
Marilyn Martin ~ 407-718-5215

Hope to see ya there!



**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](mailto:cstouffer@cfl.rr.com).

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



**Community  
Involvement  
&  
Mah Jongg  
Coordinator**

**Wendy Dorn**



**National Mah Jongg League  
(with annual card)**

Join us in the private dining room at the Sanford IHOP at I-4 (year round) on the 1<sup>st</sup> & 3<sup>rd</sup> 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 Mahjongg



## **Shanghai Tuesday Coordinator**

**Rosemarie Soper**

Every Tuesday, year-round play  
10:45-3:30

### **GOLDEN CORAL**

897 W Town Pkwy  
Altamonte Springs, FL  
407-775-1914  
[roesoper1@cfl.rr.com](mailto:roesoper1@cfl.rr.com)



## **Book Club Coordinator**

**Linda Cornell**

*A forgotten history. A secret network of women. A legacy of poison and revenge. Welcome to **The Lost Apothecary**...*

Hidden in the depths of 18<sup>th</sup>-century London, a secret apothecary shop caters to an unusual kind of clientele. Women across the city whisper of a mysterious figure named Nella who sells well-disguised poisons to use against the oppressive men in their lives. But the apothecary's fate is jeopardized when her newest patron, a precocious 12-year-old, makes a fatal mistake, sparking a string of consequences that echo through the centuries.

Meanwhile in present-day London, aspiring historian Caroline Parcellwell spends her 10<sup>th</sup> wedding anniversary alone, running from her own demons. When she stumbles upon a clue to the unsolved apothecary murders that haunted London 200 years ago, her life

collides with the apothecary's in a stunning twist of fate—and not everyone will survive.

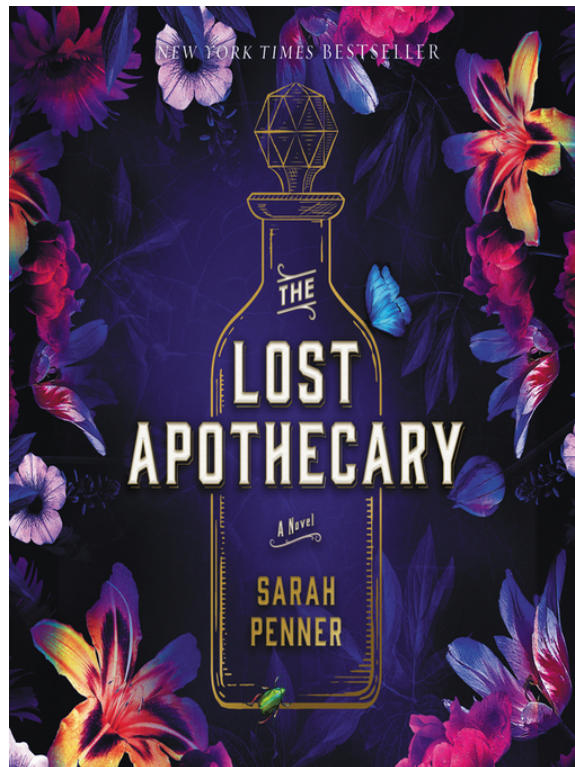
With crackling suspense, unforgettable characters and searing insight, *The Lost Apothecary* is a subversive and intoxicating debut novel of secrets, vengeance and the remarkable ways women can save each other despite the barrier of time.

Join us for a discussion of *The Lost Apothecary* by Sarah Penner on Wednesday, January 25<sup>th</sup> at 10 a.m. at the home of:

Pat Feverston  
5712 Michelle Lane  
Sanford, FL 32771

RSVP to Pat at 321-926-3360 or [grfpat@gmail.com](mailto:grfpat@gmail.com)

[Click HERE](#) to RSVP to join Book Club Discussion





Find Your  
*Fabulosity*

**P**ut 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 Bove



## 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](#)



## Happy Birthdays in January

- 1 ~ Barbara Moore
- 3 ~ Jo Finley
- 8 ~ Pat Knopka
- 9 ~ Sue Leidner
- 11 ~ Suzanne Trimble
- 21 ~ Holly Herrington
- 27 ~ Frances Nanus
- 29 ~ Racine Castaldo-Faris
- 31 ~ Diane Eichhorn







WELCOME  
JANUARY

Three decorative snowflake graphics below the text.









*And last but not least...  
Our brave and handsome Tea Servers!*



CFS Website: [HERE](#)



# Central Florida Spokes



**President:**

Sue Leidner

**Luncheon Reservations:**

Sonia Beltran

**Vice President/Hospitality:**

Brenda Oakley

**Membership:**

Judy Zellers

**Recording Secretary:**

Cyd Law

**Newsletter & Directory:**

Annie Sanders

**Treasurer:**

Marcela Mojica

**Parliamentarian:**

Bobbie Boggs

**Activities:**

Brenda Dost

**Outreach Secretary:**

Audrey Karwandy

**Community Involvement:**

Wendy Dorn

**Social Media:**

Anna Byrnes

**Historian (photos) &**

**Publicity:**

Sandy Bove

**Web Master:**

Brenda Dost

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