



Central Florida Spokes



Luncheon

November 10
Heathrow Country Club @ 11 a.m.



Young at Heart!

Well, the holidays are fast approaching. We had a joyful taste of the season with our wonderful Octoberfest luncheon. What a treat. And now get ready for one of our favorites... **The Young at Heart Singers**. They really know

how to win hearts with their lively renditions...definitely a crowd pleaser. So be sure to join in and sign up for the November luncheon, Wednesday, November 10.

Menu for November Luncheon

Mixed Greens & Romaine, Assorted Toppings
Balsamic & Ranch Dressings
Rolls & Butter

Pecan Crusted Salmon with Honey Dijon Glaze (gluten free)

Sliced Turkey Breast (gluten free)

Traditional Stuffing (no nuts or raisins)

Homemade Gravy

Sweet Potato Mash

Fresh Fall Medley

Amaretto Cheesecake with Sauce & Whipped Cream



**MONTHLY LUNCHEONS ARE 2nd
WEDNESDAY OF EACH MONTH**

Reservation Procedures

Reservations are accepted until **6 p.m. on the Friday before** the Luncheon. Reservations may be made as follows. Please make your special dietary requests at this time as well.

1. Email: spokesreservations@gmail.com. Your reservation will be confirmed with a reply **OR**
2. Call **Sonia Beltran** at **407-474-7460** to make your

reservation.

3. Meet at 11 a.m.

A reservation may be cancelled by the Sunday before the luncheon by 6 p.m. with no obligation. Because Spokes must provide a guarantee to our venue, the member will be billed if a cancellation or "no show" occurs *after this time!*

Please bring your check to the luncheon in the amount of \$26, payable to Central Florida Spokes, Inc.



Interim
President's Message



Linda Cornell

It's that time of year when I start thinking about all the fun things that are going to happen in the next few months. Christmas shopping on Black Friday, chestnut stuffing in the turkey for Thanksgiving, hauling out the Christmas decorations and putting up the tree, making Christmas cookies, making sure I still fit into all the long pants and sweaters from last year! There are a few other days I particularly don't want to forget. Book Lovers Day is on November 6th. My favorite book from last year was *A Gentleman in Moscow* by Amor Towles. Perhaps you could share your favorite book from last year with a friend. November 11th is Veteran's Day, a day to honor our military veterans – dead or alive – but mostly it is about thanking the living veterans for their tributes and service. November 13th is World Kindness Day. Mother Teresa famously said, "Kind words can be short and easy to speak but their echoes are truly endless." Raindrops on roses and whiskers on kittens were Julie Andrews' favorite things, but mine is cake, and November 26th is National Cake Day. In honor of that, I'm including the recipe for Peter Paul Mound Cake that Annie Sanders made last week for Casual Cooking. I'm still dreaming about it.

Next to cake, my favorite thing is our monthly luncheon at Heathrow and in November we will again welcome Jodi Tassos and the Young at Heart Chorale on November 10th. They are a dynamic group of seniors ages 55 and over who love to sing. Their repertoire covers many styles and genres but specializes in favorite standards and show tunes. I guarantee you'll be tapping your toe once they start singing. Make your reservation now!

Mark your calendars right now for our December luncheon themed *A Cup of Christmas Tea*. Nine of your fellow Spokes members have offered to decorate the tables we will sit at while enjoying our lunch. The tables will be judged by a panel of former Spokes presidents and a first, second, and third place will be awarded. There won't be any prize – just bragging rights for the winners. If you missed Black Friday you'll be able to get in some Christmas shopping at two boutiques in the lobby by Firefly & Lilies and Walk on Water. Bring your plastic, ladies! We still have more tables to decorate. If you'd like to help by decorating a table, call Linda at 407-628-3055.

And finally November 8th is National Tongue Twister Day. "I thought I thought of thinking of thanking you" and for listening to all my musings thank you to all of you. From home to home and heart to heart, my warmest wishes for your Thanksgiving holiday.

Linda

[Click here to RSVP for November Luncheon \\$26 at the door](#)



In an effort to respect the needs of all of our members, the

Board has made the decision to designate a few tables at all future luncheons to be reserved for those who prefer to sit with other Covid vaccinated people. These members are **immunocompromised**, and it would be a significant risk to their health to sit with unvaccinated people.

While the Board appreciates everyone's right to make her own health decisions, it is our hope that we all will be respectful of each other's health requirements.



PETER PAUL MOUND CAKE

1st Layer

Devil's Food Cake mix (extra moist), baked according to directions, in glass sheet pan.

2nd Layer

1 stick butter

1 cup milk

1 cup sugar

Bring to a boil, cook slowly 10 minutes.

Add 20 large or 2 cups mini-marshmallows and melt.

Add 14 oz. bag sweetened coconut and 1 tsp. vanilla

Mix well and pour over cake.

3rd Layer (topping)

1 stick butter

12 oz. chocolate chips (I use semi-sweet)

Add 1 box powdered sugar and enough milk to spread on cake while warm.

Enjoy!





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



SAVE THE
DATE

12/8/21



A Cup of Christmas Tea



Dining In Coordinators

Pat Knopka & Miriam Stonestreet



Save the date for our Christmas Extravaganza on December 18, 2021. It will be at the beautiful Christmas-decorated home of one of our newest Spokes members, Tiffany Casey and her husband Sean, at 6:30 p.m. Tiffany is the daughter of Spokes member, Annie Sanders.

Co-hostess is Annie Sanders and the limit will be a total of 25 guests...couples and/or singles are invited to this event. Annie will take reservations after December 1. Call 407-583-9262 or email the link below to get your name down & what you are going to bring.

December Dining In is traditionally appetizers & desserts only. This is a BYOB event. Tiffany will serve non-alcoholic beverages.

Weather permitting, we will enjoy both the outside patio & the inside of her home.

Get this date on your calendar & prepare to celebrate Christmas with friends old & new. You are sure to have a good time! And...get as dressy & sassy as you like! :) The theme is:

Leave a Little Sparkle Wherever You Go!

Pat

DINING IN

December 18, 2021, 6:30 p.m.

Tiffany Casey's Holiday Home
1735 Billie Lynn Pt.
Sanford 32773
Gate Code #1961

Theme:

Leave a Little Sparkle Wherever You Go

RSVP to Annie Sanders
407-583-9262
or

Click [HERE](#) to RSVP to Leave a Sparkle at Dining In



Membership Coordinator

Judy Zellers

Welcome New Members!

NEW SPOKES MEMBERS



Tiffany Casey



Brenda Dost



Susan Pearson



Jessica Petravich



Carolyn Williams



Sharon Prescott



Linda Dozier

Not pictured:
Lennon Moore
Maria Knoll

WELCOME
new members
.....



Activities Coordinator

Bobbie Boggs



*Gratitude is acknowledging the goodness in our lives as
life exists today,
not as we wish it to be.*

Anonymous

I know that you are all doing your best to stay healthy and happy when getting together. Enjoy yourselves and stay safe. I'm looking forward to seeing you all at the luncheon.

Bobbie



Community Involvement Coordinator

Brenda Oakley



Thank you for your Charity nominations for our 2022 year. We will announce the charities at the December luncheon.



Hand, Knee & Foot Coordinator



Chris Stouffer

Second Tuesday of the Month...
November 9th

Duffy's Sport Bar

951 Market Promenade Ave.
Lake Mary, FL 32746



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 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!

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

link below.



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



Out to Lunch Bunch
and Casual Cooking Coordinator

Marcia Miller



Out To Lunch Bunch
(OTLB)

Wednesday, November 24th
12 noon

Cafe Murano

309 Cranes Roost Blvd
Altamonte Springs

Call Marcia to RSVP ~ 407-340-0776



November Casual Cooking

November 5, 11:30 a.m.

Co-Hostesses: Linda Cornell & Brenda
Oakley

Home of Brenda Dost
1884 Wingfield
Longwood, FL 32779

RSVP to Brenda at 708-217-7982 by phone or text

Brenda can accommodate 18 lucky ladies

[Click HERE to RSVP to Brenda](#)



Secret Santa Coordinator

Betty Smith



Cherish Seniors This Holiday Season
“Cards for a Cause”

Your gift of \$20 Publix or Walmart gift cards will bring the spirit of the holidays to senior citizens in our community.

Our Goal is 2,000 Gift Cards!

In a perfect world, every senior would be loved and cared for but in reality, the holidays can be a lonely time for seniors. By providing gift cards, they'll be able to select their gift of choice and let them know they are not forgotten.

Forms of Giving:

- ♦ Purchase **Walmart** or **Publix** gift cards in **\$20** increments.
- ♦ Please **make checks out to Seniors First** (notate “Spokes” in the **comment section** of your check and the cards will be purchased for you!)

Ways of Giving:

- ♦ Mail your check or gift cards to: Central FL Spokes | P.O. Box 915493 | Longwood, FL | 32791
- ♦ Bring to any meetings you attend. **FINAL drop off date: The December luncheon on 12/8.**

Requested Due Date: December 3rd.

(If possible, we welcome receiving donations mailed to Cent. FL Spokes before this deadline to allow for preparation of delivery to clients.)

Please leave cards as purchased.

Seniors First “elves” will prepare the cards in holiday wrappings for a surprise of what’s inside.

Thank you Central FL Spokes. We Appreciate All That You Do!

All efforts will be made to ensure our clients receive their gifts for the holidays, however, Seniors First will use donations received after December 3rd at their discretion and solely for the benefit of our clients.



For more information, please email mlove@seniorsfirstinc.org or call 407-615-8962.

Seniors First, Inc. is a 501c3 non profit organization.

(Your donation may be tax deductible. Please check with your tax preparer or visit www.irs.gov for more information.)



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



Book Club Coordinator

Dale Blass

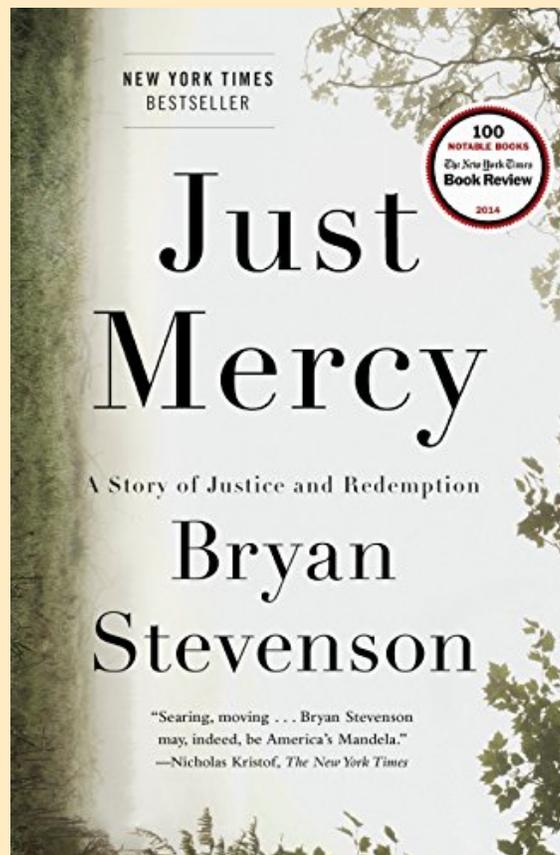


This month we are reading “*Just Mercy: A Story of Justice and Mercy*”, by Bryan Stevenson. “*Just Mercy*” is part memoir and part exhortation for much-needed reform to the American criminal “justice” system. The book is a heartrending and inspirational call to arms written by the activist lawyer who founded the Equal Justice Initiative, an Alabama-based organization responsible for freeing or reducing the sentences of scores of wrongfully convicted individuals. Stevenson weaves together personal stories from his years as a lawyer with strong statements against racial and legal injustice, drawing a clear line from Antebellum slavery, and its legacy, to today’s still-prejudiced criminal justice system. Taken as a whole, “*Just Mercy*” asks readers to consider the notion that the opposite of poverty is not wealth – it is justice.

The meeting date has changed from our normal 4th Wednesday of the month to Monday, November 15th because of the Thanksgiving holiday, but we still meet at 10:00 a.m. and it will be held at my home:

**1808 Olivia Circle
Apopka, FL 32703
407-880-8777
407-252-1247**

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



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 Bove](#)



PHOTO CORNER

Casual Cooking was a BLAST!







Oktoberfest...Oom Pa Pa! Wunderbar!

A fabulous lunch of Chicken Schnitzel, Red Cabbage, Salmon, and all the trimmings

Plus...wonderful musical & dancing entertainment by the German-American Club in Casselberry, of which our own Irene Horner is a member





Correspondence Secretary

Bonnie Lachowicz

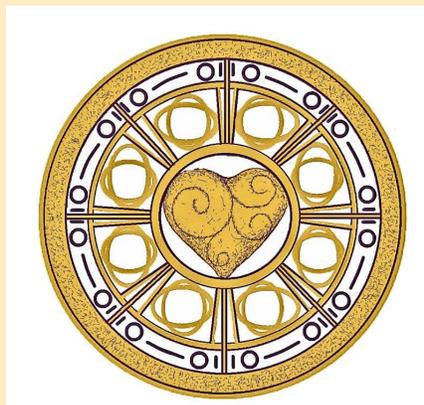


A big part of our social club is letting our members know how much we care!

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



[Email Bonnie: HERE](#)



[CFS Website: HERE](#)





Happy Birthday to You in November

2 Diane Winterhoff

3 Gail Boudreaux

4 Pam Skaggs

8 Joan Fonseca

10 Deby Seymour

19 Arlene McCord

19 Judy Zellers

22 Sally Varney

26 Rose DiSalvo

29 Irene Horner





Interim President:

Linda Cornell

1st Vice President/Programs:

Mary Flynn

2nd Vice President/Hospitality:

Sue Leidner

Recording Secretary:

Cyd Law

Treasurer:

Joanne Simmons/
Marcela Mojica

Activities:

Bobbie Boggs

Community Involvement:

Brenda Oakley

Historian (photos) & Publicity:

Sandy Bove

Luncheon Reservations:

Sonia Beltran
Marcela Mojica

Membership:

Judy Zellers

Newsletter & Directory:

Annie Sanders

Parliamentarian:

Betty Smith

Outreach Secretary:

Bonnie Lachowicz

Social Media:

Anna Byrnes

Web Master:

Brenda Dost