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November 2022



**November Program:**

**Central Florida Spokes'**



This month's program is focused on GRATITUDE. We will showcase individuals within Spokes who also are part of some other community outreach groups. We will have an informal roll call to spotlight some of these programs and our members who are involved. Outside of Spokes, many of our members are a part of food collection and distribution, soup kitchens, feeding the homeless, elder care, hospice, safe houses, Ukrainian relief, clothing distribution, human trafficking relief, and more. Our speaker for this month is Katherine Brown from Seniors First. If you were here for the May luncheon, you might have heard her dynamic speech about the mission of Meals on Wheels and the seniors' programs available. She emphasized the plight of Central Florida seniors. There was not a dry eye, believe me. Kathrine also showed how our involvement with the seniors through the gift card program helped to support their cause. Please join us for this heartwarming program to usher in the season of giving!

If you are involved with a community group outside of Spokes and would like to share, [click here](#).

## **November 9<sup>th</sup> Luncheon**

Heathrow Country Club @ 11 a.m.

### **Menu**

Gourmet Salad Bar

Balsamic & Ranch Dressings

Rolls & Butter

Pecan Crusted Salmon with Honey Dijon Glaze - GLUTEN  
FREE

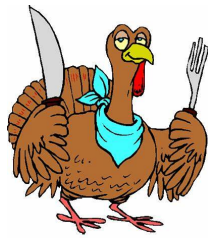
Sliced Turkey Breast with Traditional Stuffing - no nuts or raisins

Homemade Gravy

Clubmade Yukon Gold Mashed Potatoes

Fresh Fall Medley

Amaretto Cheesecake with Sauce & Whipped Cream



## President's Message

**Sue Leidner**



This month's focus is on GRATITUDE: The feeling of being thankful and appreciative. It is about focusing on what is good in our lives and being thankful for the things we have. It means we have to pause a moment to notice and appreciate the things we take for granted. Although gratitude is a feeling and a positive outlook, it is also an action. Gratitude can't be a temporary state of mind. It is a

conscious effort to move outside of our circumstances and look for opportunities to be happy and satisfied: content with what we have. Just as nature has seasons of the year, so do our lives have seasons. In each season, we are challenged to look at our situations and our expectations...at what was but now is. A sure way to be unhappy and ungrateful is to start making comparisons of what was in the past and what is now. We can look at each circumstance as the glass half empty or half full. It is up to each of us personally to seek the positive side. If you need a friend to help lift your spirits, there is always a dynamic Spokes woman or activity to bring that light. Because of our connections to each other and the community, we are not alone. Each day we have the opportunity to put gratitude into practice. We can do so by:

- *Thanking someone new*
- *Writing a card or letter*
- *Becoming an active listener*
- *Offering help*
- *Connecting to others and the community*
- *Paying it forward*

If we do, the benefits of this attitude of gratitude are great. Research shows increased optimism, better health, better sleep, reduced anxiety, increased happiness and satisfaction, less burn out, less materialism, and reduced fatigue. All of this without one additional medication!!? Unbelievable. I want to express my gratitude to our wonderful Spokes Board and my appreciation for my relationships with all of you. It gives me great hope for the future and love in my heart always.

With Thanksgiving,  
Sue Leidner

[Click here to RSVP for November 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**

Membership Directory

Membership is \$25 annually. If not paid by October 31<sup>st</sup>, those names will be removed from the directory and contacts list.

*Do it now, (before you forget)...* Update your application form & pay dues to Judy Zellers.



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

**Brenda Dost**

**Save the date!**

**Put on your calendar right now...**

December 14<sup>th</sup>! *A Cup of Christmas Tea* is coming and Spokes is looking for ladies who will volunteer to decorate one table for the luncheon that day. Get your creative on and contact Linda Cornell at [lindacornell8@gmail.com](mailto:lindacornell8@gmail.com) and let her know you'll do a table.



**Join Us for a Spokes Holiday  
Excursion:  
The Stetson Mansion's Christmas  
Spectacular**

Wednesday, November 30 at 11:30 a.m.

1031 Camphor Ln, DeLand, FL 32720

**Lunch at Cooks Buffet, Cafe, & Bakery  
at 1:00 p.m.**

704 N Woodland Blvd, DeLand, FL 32720

The Stetson Mansion is a top, nationally rated Trip Advisor destination and is amazing at Christmas! Cook's Buffet, Cafe, and Bakery is a DeLand tradition, owned by the people who ran the popular Holiday House Buffets in Orlando.

Diane Winterhoff is organizing a group visit for the 11:30 a.m. self-guided tour--available on a first-come, first served basis upon receipt of the \$34 check, payable to Diane Winterhoff. We already have 10+ people going!

**MAKE TOUR RESERVATION(S) ASAP  
by sending your check for \$34 to:**

Diane Winterhoff, 391 Glen Abbey Lane, DeBary, FL 32713



**WANTED: Bunco Players!**  
Organizational Meeting & Afternoon Tea  
Wednesday, November 16, 1 p.m.

We are forming a new Spokes afternoon Bunco group in response to member interest. We are tentatively considering the 3<sup>rd</sup> Wednesday of the month as our meeting date, mid-day, but will work out details together on Wednesday, November 16 at 1 p.m. at the home of Brenda Dost, 1884 Wingfield Drive, Longwood.

We'll play a few rounds to get the feel of the game for newbies and enjoy afternoon tea together.

Skills Needed for Bunco:

1. Must know how to toss dice.
2. Must know how to add to twenty-one.
3. Must be able to recognize three of a kind.
4. Must be willing to have a great time.
5. Must enjoy a good laugh.

RSVP by Monday, November 14, to Brenda Dost by phone or text, 708-217-7982, or email, [brendacdost@gmail.com](mailto:brendacdost@gmail.com). Looking for a couple of people to bring small desserts.





## **Scrabble Anyone?**

New Spokes Scrabble Group Forming,  
Tickle Your Brain and Make New Friends!

When? 4<sup>th</sup> Tuesdays, beginning November 21, 11 a.m. – 2 p.m.

Where? 385 Golf Brook Circle, Longwood (Golf Brook Leasing Office, Sable Point)

Bring? Your scrabble board (if you have one), lunch, and a beverage

Questions? Marilyn Martin, 407-718-5215 or [dm4golf@cfl.rr.com](mailto:dm4golf@cfl.rr.com)

RSVP by Monday, November 20 please. We'll start up again after Christmas on January 23.



## **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**

Charity Nominating Time!

The deadline for Spokes Charity Nominations is October 31, 2022. Below is a form you can complete and either return to me or email to [growler2@live.com](mailto:growler2@live.com). Please remember, the charity must be a registered Florida 501(3)C non-profit and receive NO government funds. This is our opportunity to help our local charities.

Thank you for your nominations where recommendations will be announced at the December luncheon.


Click [HERE](#) to open Charities Nomination Form



**Gift Cards That Care**

Please see the following flyer about our **Seniors First** gift card collection. You may bring your gift cards of \$20 from Walmart or Publix to our November activities as well as the December luncheon.

You may also write a check to Seniors First and designate Spokes on the info line. That way we can keep track of what we contribute.



**Central Florida Spokes**

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 1,200 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, you'll enable them 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: HGD" 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 12/14.**

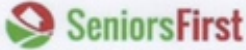
**Requested Due Date: December 2nd.**

*(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 2nd at their discretion and solely for the benefit of our clients.*



For more information, please email [kbrown@seniorsfirstinc.org](mailto:kbrown@seniorsfirstinc.org) or call 407-615-8979.  
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](http://www.irs.gov) for more information.)



## 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.

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



**Casual Cooking**  
**Coordinator**

**Marcia Miller**



November 4<sup>th</sup> 11:30

Carol Baker  
6205 Bordeaux Circle  
Sanford 32771

Total 18

Cohosts: Frances Nanus & Leigh Berghane

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





## **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

[rosoper1@cfl.rr.com](mailto:rosoper1@cfl.rr.com)



## **Book Club Coordinator**

**Linda Cornell**

### **BOOK CLUB FOR NOVEMBER 2022**

Our November book club selection is *The Authenticity Project* by Clare Pooley. It's the story of a solitary green notebook that brings together six strangers and leads to unexpected friendship and even love!

Julian Jessop, an eccentric, lonely artist and septuagenarian believes that most people aren't really honest with each other. But what if they were? And so he writes—in a plain, green journal—the truth about his own life and leaves it in his local café. It's run by the incredibly tidy and efficient Monica, who furtively adds her own entry and leaves the book in the wine bar across the street. Before long, the others who find the green notebook add the truths about their own deepest selves—and soon find each other *In Real Life* at Monica's Café.

*The Authenticity Project's* cast of characters—including Hazard, the charming addict who makes a vow to get sober; Alice, the fabulous mommy Instagrammer whose real life is a lot less perfect than it looks

online; and their other new friends—is by turns quirky and funny, heartbreakingly sad and painfully true-to-life. It's a story about being brave and putting your real self forward—and finding out that it's not as scary as it seems. In fact, it looks a lot like happiness.

Come join us on November 15<sup>th</sup> at 10:00am at the home of:

PAM SKAGGS  
610 Westlake Circle  
Longwood, FL 32750

RSVP to Pam at 407-332-8448 or 407-739-9336 or  
pamelaskaggs@gmail.com.

**A warm, charming tale about the rewards of revealing oneself,  
warts and all.”**

*—People*

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](#)



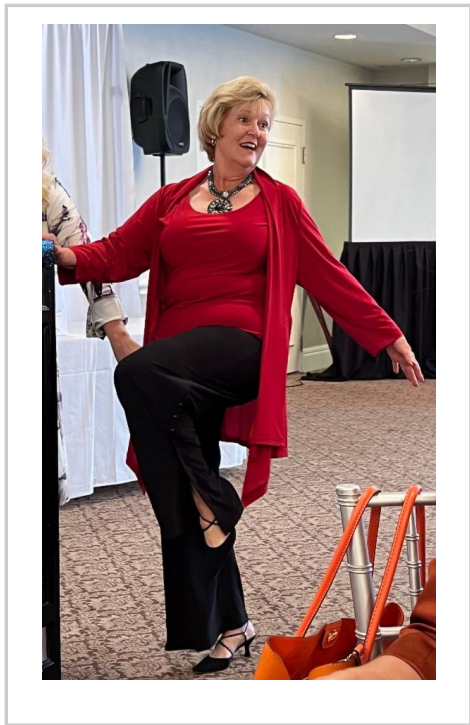


## Happy Birthdays in November

- 2 ~ Diane Winterhoff
- 3 ~ Gail Boudreaux
- 4 ~ Pam Skaggs
- 8 ~ Joan Fonseca
- 10 ~ Deby Seymour
- 19 ~ Arlene McCord
- 19 ~ Judy Zellers
- 22 ~ Sally Varney
- 25 ~ Catherine Smith
- 26 ~ Rose DiSalvo
- 26 ~ Joyce Starkweather
- 29 ~ Irene Horner



**Fashion Show with gorgeous clothing  
by Rich Hippie**









More familiar Spokes ladies from the October Luncheon, and many new faces...







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

Central Florida Spokes | PO Box 915493, Longwood, FL 32791-5493

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