



February 2023



February  
Newsletter

**February 8<sup>th</sup> Luncheon**

Heathrow Country Club @ 11 a.m.

**MENU**

Mixed Greens & Romaine, 4 Assorted Toppings

Balsamic & Ranch Dressings

Rolls & Butter

Grilled Salmon with Dill Champagne Sauce - GLUTEN

FREE

Lemon Chicken Florentine

Fresh Vegetable Medley

Dauphinoise Potatoes

Strawberry Shortcake with Whipped Cream

# FLOWER POWER

Central Florida Spokes is thrilled to welcome Margaret Kirkpatrick as our speaker for February. Margaret has had a love of nature, and specifically flowers, her entire life. She has been a Garden Club member for 55 years, has exhibited and presented programs at Epcot Flower and Garden Festival, exhibits in the Orlando Art Museum "Art In Bloom", and has won many top awards at NGC Flower Shows. She will talk to us about flower arranging and during her talk will create three beautiful flower arrangements. We are selling raffle tickets for a chance to take one home. They will be \$5.00 apiece or 3 for \$12.00 and will be drawn at the end of her show. Since February is all about hearts and flowers there will be a surprise for each member at the luncheon. Come share February with us at Heathrow Country Club on February 8<sup>th</sup>.



## President's Message

**Sue Leidner**



Hearts and Flowers! The color red. Hugs & Kisses, Beautiful Words. Poetry. Heartfelt Expressions. Endearments. We think of February as the month of Love & Loving Relationships. There are so many ways

to express your love it seems simple. However, are we sure our expressions of love are received in the same way they were meant? Last year I was involved in reading the book, 5 Love Languages, written by Gary Chapman, through my church. Silly, I thought as I started reading, because everyone knows how to express love to a partner, child or friend. As usual, when I read the book and discussed it, my eyes were opened to a new perspective. What if all my efforts fell short of expressing just how much I cared for a person or group? Once again, my eyes were opened to new facts: not everyone felt the same way I did. One size does NOT fit all. Imagine! In this book I learned that some people prefer acts of service, others gift giving. Then there are those who appreciate quality time and physical touch. In addition, many look for words of affirmation. Looking back at this past year, I can see that there are many I have met who are looking for a friendship that involves quality time and active listening. Sincere listening with eye contact and staying still. A few have needed words of affirmation. Encouragement to go on. Some just needed a pat on the back or a smile and a hug to know I cared. As we grow older and after the Pandemic, there has been less physical contact, less hugs. Many people need this life-affirming act. This season of love, please look around you and decide what you can share with the people in your life to let them know how special they are and how much they are loved. The older I get the more I find that it is not gifts that show my love but quality time spent with loved ones. "Time is like a river; you cannot touch the water twice because the flow that passed will never pass again." Show your love every day.

Grace and Hope to all of you, Sue Leidner

**Click here to RSVP for February Luncheon \$29 at the door...exact cash or check**





**Accessory Swap:  
Necklaces ~ Bracelets ~  
Rings ~ Brooches ~ Pins ~ Scarves**

At the February 8 luncheon, *no later than 11:20 am*:

1. Bring up to 3 gently-used accessories to the *Share the Love* table in the dining room.
2. Participants get a numbered card with the number of items donated written on the card.
3. Browse over the tables during lunch and prior to the end of the meeting.
4. Please allow an extra 20 minutes or so after the program for selection of jewelry.
5. After the program, all numbered cards are dropped into a large basket, and shopping order will be selected in a random drawing.

Any unclaimed items will be donated to Fabulosity if not claimed immediately after the luncheon.



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



## **Membership Coordinator**

**Judy Zellers**

### Spokes Board Positions 2023-2024

Nominations are now open for Spokes Board positions for the new year. If you are interested in running for a position or would like more information about what it involves, please contact any board member at our monthly activities or email Sue Leidner, President, at [syleidner13@gmail.com](mailto:syleidner13@gmail.com). Nominations committee is being formed and will oversee the election procedures. Thanks for your interest!

Click [HERE](#) for latest Membership Directory



## **Activities Coordinator**

**&**

**Web Master**

**Brenda Dost**



Help us deliver *heart pillows*  
to Advent Health downtown Orlando...

On February 14, 2023, go to your nearest station to catch the SunRail (wear a red top) in order to arrive at Advent Health Orlando stop at 12:13 p.m. We will deliver the pillows then walk a few blocks to White Wolf Cafe for a fabulous lunch.

Immediately below is the SOUTHBOUND ROUTE from DeBary.

*Board the train number 319.*

# SOUTHBOUND MID DAY

*Tickets are  
Nonrefundable*

## DEPARTURE TIMES

Train Number	P317	P319
<u>DeBary</u>	10:00 AM	11:30 AM
<u>Sanford</u>	10:06 AM	11:36 AM
<u>Lake Mary</u>	10:13 AM	11:43 AM
<u>Longwood</u>	10:19 AM	11:49 AM
<u>Altamonte Springs</u>	10:23 AM	11:53 AM
<u>Maitland</u>	10:29 AM	11:59 AM
<u>Winter Park / Amtrak</u>	10:36 AM	12:06 PM
<u>AdventHealth</u>	10:43 AM	12:13 PM

You may join us even if you haven't worked on the heart pillows. This will be your personal contribution to deliver them to the hospital.

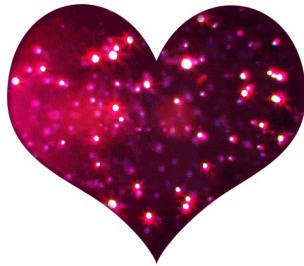
If you aren't able to carry a bag onto the SunRail, there will be at least one car to transport a few bags of pillows.

***We need at least 13 wonderful ladies to do the honors!***



And what a perfect day to deliver HEART PILLOWS...on  
HEART DAY!

Click here to let Annie Sanders know she can depend on you to  
help deliver!



HAPPY VALENTINE'S DAY



## Dining In Coordinator

**Tiffany Casey**



February 18, 2023  
6 p.m.

Home of Marcela Mojica  
107 Via Rosa Court  
DeBary 32713

22 Lucky guests are invited!



When you RSVP, please let Marcela know what side dish you will bring to share at our Chicken Champignon Fiesta.

*Remember, if you choose, couples are invited to this event.*

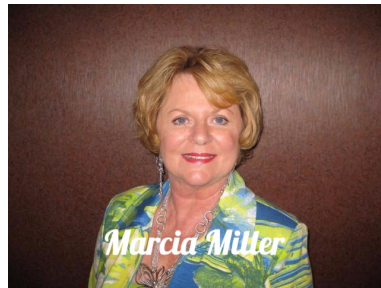


Click [HERE](#) to RSVP for Dining In



**Casual Cooking**  
**Coordinator**

**Marcia Miller**



**Casual Cooking**

at

Sue Leidner's home

Meadowlea on the River

146 Cypress Dr.

DeBary 32712

Co-Hostesses: Pat Feverston & Wendy Dorn

Open to 15 ladies for a day of ***Rollin' on the River!***



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





## *Coffee and Conversation*

**PLEASE JOIN US FOR A HOSPITALITY COFFEE  
TO HONOR OUR NEW MEMBERS**

**FRIDAY, FEBRUARY 10, 2023 AT 10:00AM**

**AT THE HOME OF  
BRENDA DOST  
1884 WINGFIELD DRIVE  
LONGWOOD, FL 32779**

**RSVP BRENDA OAKLEY AT  
GREATBEE8@GMAIL.COM**

Spokes Members: Please bring a brunch dish to share.

Click [HERE](#) to RSVP to Hospitality Coffee



**April 12, 2023**



### **SHORT HISTORY OF BINGO**

When the game reached North America in 1929, it became known as "beano". It was first played at a carnival near Atlanta, Georgia. New York toy salesman Edwin S. Lowe renamed it "bingo" after he overheard someone accidentally yell "bingo" instead of "beano." Bingo is a popular game played for recreational therapy and socialization.

Geesh! All of that! Recreational therapy, socialization, and fun coming up in April. besides working for our special charity donations. Aren't we lucky to have our very own Flamingo Bingo!! Please help us with this charity event by gathering as many nice prizes as you can manage to donate. It does not need to be flamingo oriented. We only have a

few months to prepare so please ask all of your providers for donations. Contact Audrey Karwandy, 407-364-5745 or [Audreykarwandy@gmail.com](mailto:Audreykarwandy@gmail.com).

Counting on your help,  
Bobbie Flamingo Boggs  
321-277-6046



## BUNCO 2

**Kim Rohter, Coordinator**



Third Wednesday of the Month  
Lake Mary Senior Center  
911 Wallace Ct.  
Lake Mary  
12-4

Wednesday, February 15, 2023

If you are interested, please contact

Kim Rohter - Coordinator

727-458-3163

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



# Scrabble

Marilyn Martin, Coordinator



4<sup>th</sup> Tuesday of the Month ~ 11-2  
Bring your own lunch/snack/drink/anything you want

Lake Mary Senior Center  
911 Wallace Ct.  
Lake Mary

RSVP to  
Marilyn Martin ~ 407-718-5215



**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

Olive Garden

300 SR 436

Altamonte Springs

[reesoper1@cfl.rr.com](mailto:reesoper1@cfl.rr.com)



## **Book Club Coordinator**

**Linda Cornell**

A remarkable novel about J. P. Morgan's personal librarian, Belle da Costa Greene, the Black American woman who was forced to hide her true identity and pass as white in order to leave a lasting legacy that enriched our nation, from New York Times bestselling authors Marie Benedict and Victoria Christopher Murray.

In her twenties, Belle da Costa Greene is hired by J. P. Morgan to curate a collection of rare manuscripts, books, and artwork for his newly built Pierpont Morgan Library. Belle becomes a fixture in New York City society and one of the most powerful people in the art and book world, known for her impeccable taste and shrewd negotiating

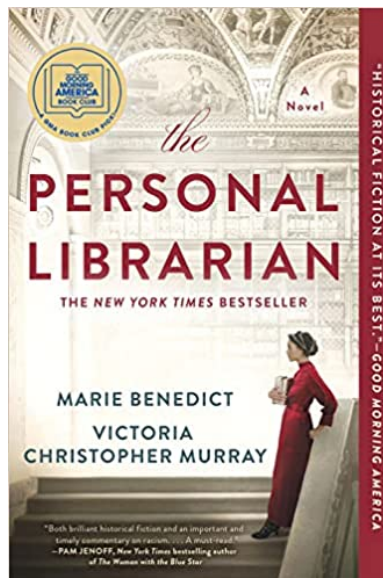
for critical works as she helps create a world-class collection. But Belle has a secret, one she must protect at all costs. She was born not Belle da Costa Greene but Belle Marion Greener. She is the daughter of Richard Greener, the first Black graduate of Harvard and a well-known advocate for equality. Belle's complexion isn't dark because of her alleged Portuguese heritage that lets her pass as white—her complexion is dark because she is African American. *The Personal Librarian* tells the story of an extraordinary woman, famous for her intellect, style, and wit, and shares the lengths she must go to—for the protection of her family and her legacy—to preserve her carefully crafted white identity in the racist world in which she lives.

Join us for a discussion of *The Personal Librarian* on Wednesday, February 22, 2023 at the home of:

Tiffany Casey  
1735 Billie Lynn Pt.  
Sanford, FL 32773

RSVP by text to Tiffany at 407-782-7176 (preferable)  
or email her at: [sticasey1@yahoo.com](mailto:sticasey1@yahoo.com)

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



# LOST & FOUND

There was a white cotton blouse and a sleigh with some greenery on it at the December luncheon. It is being held at Heathrow under the name Spokes lost and found.



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 February

- 4 ~ Carolyn Robinson
- 8 ~ Patsy Latimer
- 13 ~ Anna Byrnes
- 15 ~ Sonia Beltran
- 21 ~ Linda Hilgers
- 25 ~ Natasha McCormack



Spokes Calendar February 2023



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 Board Meeting 10	2	3 Mah Jongg 11	4
					Casual Cooking at 11:30	
5	6	7 Shanghai 10:45	8 Luncheon 11	9	10 Hospitality Coffee at Brenda Dost's 10	11
12	13	14 SunRail to deliver Heart Pillows Shanghai 10:45 Hand, Knee & Foot 11	15 Bunko2 noon	16	17 Mah Jongg 11	18 Dining In Marcela's 6
19	20	21 Shanghai 10:45	22 Book Club 10	23	24	25
26	27	28 Shanghai 10:45 Scrabble 11				









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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