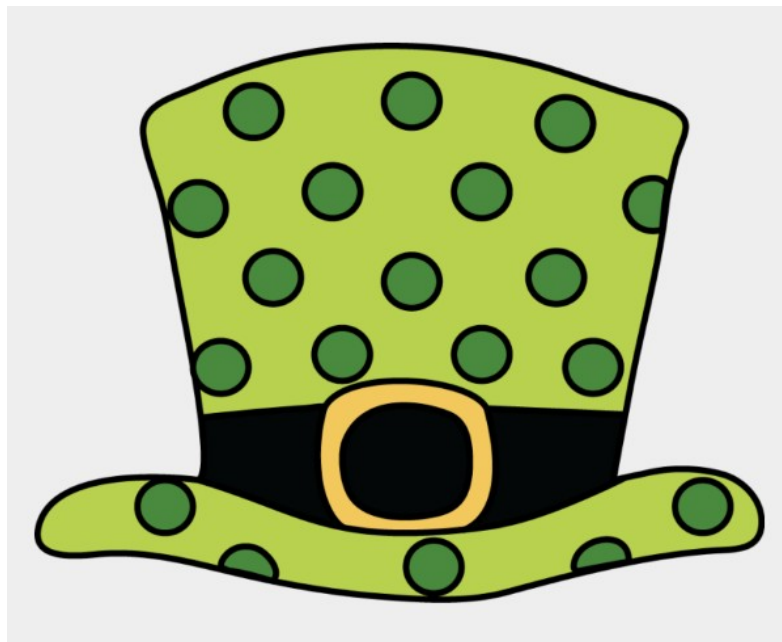




March 2023



March 8th Luncheon

Heathrow Country Club @ 11 a.m.

Spokes Members: Due to the increase in food prices, Heathrow will be charging us \$30 in March, April, and May instead of \$29 for our meal. While this is unfortunate, we needed to stay at the Heathrow location because of the programs we have scheduled for the next 3 months. In addition, I would like to remind you that this money goes directly to Heathrow. *Our organization does not make any money on the luncheons at all*, which is why our two fundraisers, Game Day and

Flamingo Bingo, are so important for us to support. Thank you for your loyal membership! Sue Leidner



President's Message

Sue Leidner



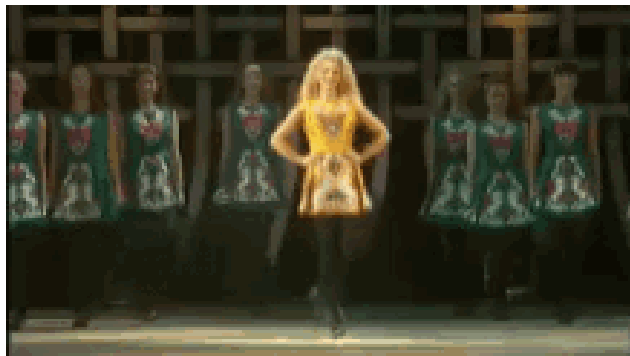
“In like a lion, out like a lamb’ ...so the ancient saying goes. When teaching elementary school, this meant making kites and flying them, drawing lions, lambs, writing poems, and studying wind energy. It was all fun because children are so excited about nature and living things. Pure joy! This made me think about where that saying came from and why it is still around when not much else is! Trying to understand the old folklore, the old timers were seeking patterns in the weather without all of our new scientific technology. The weather in March is always a guessing game since it is the end of Winter and the beginning of Spring. Ancients had many sayings about the month of March including predictions about late frosts and budding flowers. The most interesting to me was in the Farmer’s Almanac. In this tried-and-true publication, the articles seem to focus on the fact that in March nature is looking to seek a balance. Maybe seeking to correct itself like rains to alleviate drought or warmth in what was a brutal winter. Astrologists got into the discussion saying that we were leaving the astrological sign Leo the Lion and moving into Aries the lamb. No matter how this all got started, it certainly is true that March weather is changeable. It is also true that nature seeks a balance. Perhaps we can all learn a

lesson from this and apply it to our lives. If you have been relatively calm this past year; stir it up with a new hobby, friendship, or pursuit in learning. If your year has been turbulent, seek reflection, quiet time, and peaceful activities. In other words, seek balance in all you do. As for me, I am going to be more aware of time commitments so that my life is more balanced with mental, spiritual, and physical activities. In other words, seek the joy. In Spokes, we need to be mindful of our two goals of increasing relationships and serving our community and balance our efforts between the two. Be mindful.

Wishing you a pot o' gold

And all the joy your heart can hold!

Sue Leidner



At our March 8th luncheon we'll celebrate "the wearing of the green" and be treated to a real St Patrick's Day celebration. Declan Magennis and five Irish step dancers will perform for us. Declan is a seven-time world champion step dancer. Irish dance or Irish dancing is a traditional Gaelic or Celtic dance form that originated in Ireland. It can be performed as a solo or in groups. It is performed traditionally with intricate footwork and is most known for the dancers performing with a stiff upper body. Unlike other dance forms, Irish dancers do not move their arms or hands so that footwork is accented. They will interact with the audience choosing two or three people to try their hand (OK – feet) at step-dancing. Sounds like great fun – you don't want to miss this!

Click here to RSVP for March Luncheon \$30 at the door...exact cash or check



READ PLEASE



Heathrow is going to start charging us in April \$30 per person. My last date to submit the total number of reservations is going to be the last Friday before Luncheon, so people can't cancel by that date as before. *It has to be Wednesday (a week before luncheon) the last day for reservation and Thursday same week to cancel it.*

Please if you don't receive a confirmation from me, the reservation hasn't been done properly. *Don't assume that because you sent it, that I have it.* Heathrow is going to charge a \$5 fee if you are not on the list of reservations and show up to the luncheon without a confirmation email from me. Thanks for understanding.

Please click on the link above that says:

Click [HERE](#) to RSVP for Luncheon.

Do not reply to this newsletter which goes to Annie Sanders, Newsletter Editor. She does not take reservations for luncheons.

Sonia Beltran, Reservations



If you have a Facebook account, please consider doing a search for Central Florida Spokes. Look at the events, pictures, live stories, etc., and feel free to "like" whatever you do like in order to boost our Facebook image and interaction.



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



Membership Coordinator

Judy Zellers

Click [HERE](#) for latest Membership Directory





Activities Coordinator
&
Web Master

Brenda Dost



Hospitality
Brenda Oakley

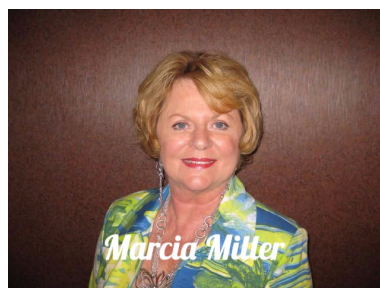
We had a lovely time getting to know our new members at our Hospitality Coffee. Thank you to Brenda Dost, for hosting this annual event. And thank you to all the members who came, both old and new! We had delicious food and a great time getting to know each other better.

Brenda Oakley, Hospitality



Casual Cooking
Coordinator

Marcia Miller



Casual Cooking

Friday, March 3rd at 11:30 a.m.
Glenda Bogen's home
2456 Via Sienna
Winter Park

Co-hostess: Linda Cornell

Limit 14

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



April 12, 2023



The Fabulous Flock of Flamingos are flying in for our April Flamingo Bingo, to be held at Heathrow Country Club on April 12.

This event is being held not only for your enjoyment, but for the benefit of our charities. The charities suggested this year by our membership are I-Dignity, JOSH (Just Our Soldier's Helpers), and Journey's End. All of the money we make from Game Day and

Flamingo Bingo go to these charities, so please support this and have a great time doing it!

The luncheon price is \$30, which includes a complimentary bingo sheet for the first game. The door prizes will be fabulous! We will play one game, break for lunch, and then play six more games. The package of bingo sheets for six games will be \$20. You can also buy 6 half sheets for \$15. Our book club again donated a fabulous prize that will have \$100 cash included! Raffle tickets are \$5.00 each or 3 for \$10.00.

Have I mentioned that we will have a handsome Bingo caller named Jim Payne, from WESH news? He will have special flamingo envelopes in his pocket that bingo winners can choose from. All games will have more than one winner. There are lots of fabulous prizes!

I hope you have been looking forward to another flamingo bingo. Please ask all of your friends to join you for this fabulous and worthwhile event. If you have any questions, please call me.

Truly flamingo crazy,
Bobbie



BUNCO 2

Kim Rohter, Coordinator



Third Wednesday of the Month

Lake Mary Senior Center

911 Wallace Ct.

Lake Mary

12-4

Wednesday, March 15, 2023

Bring your own lunch, snack, drink

If you are interested, please contact

Kim Rohter - Coordinator

727-458-3163

klear123@hotmail.com.



Scrabble

Marilyn Martin, Coordinator



4th Tuesday of the Month ~ 11:30-2:30

Bring your own lunch, snack, drink

March 28, 2023

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.

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 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 Mahjongg](#)



Central Florida Spokes Chosen Charities

Through the generosity of our wonderful members, we are able to help various charities throughout the years. This year the Community Involvement Committee and your Board has selected these three deserving organizations.

IDignity Orlando

Since May 2008, IDignity Orlando has offered identification services where U.S. citizens and legal residents can get a Florida birth certificate, as well as a Florida ID (or license renewal). They also offer their clients help with getting a Social Security card or verification information. This mission is accomplished through governmental partnership and the support of hundreds of dedicated volunteers. The documents IDignity obtains for its clients give them the freedom to apply for work or school, gain access to shelters, seek help from

social service programs, open a bank account or cash a check, secure permanent housing, or overcome many other obstacles to being self-sufficient.

J O S H

The mission of Just Our Soldiers' Helpers (JOSH), is to increase the morale of deployed U.S. service members from all branches of the military. They are provided care packages containing name brand items that are not readily available during deployment. Our troops are provided care packages consisting of high-quality snacks, food, and hygiene products. JOSH's tagline is:

"Bringing Smiles to Our Deployed Heroes One Care Package at a Time"

JOURNEY'S END ANIMAL SANCTUARY

Journey's End Animal Sanctuary provides lifetime care and shelter for dogs, cats, horses, pigs, sheep, and birds that have been abused, neglected or have special needs. Rather than emphasizing adoption, Journey's End provides a homelike setting where animals can enjoy the remainder of their lives in a comfortable, loving atmosphere.

In addition to food, shelter, and medical treatment, the animals receive nurturing attention in a secure, homelike setting scaled appropriately to promote maximum human contact. The animals do not live in cages and are free to move about, interacting with one another, volunteers, staff members, and visitors.

Through your continued support and generosity, our Club is able to assist these worthy causes.



Shanghai Tuesday Coordinator

Rosemarie Soper

Every Tuesday, year-round play
11-3:30

Olive Garden
300 SR 436
Altamonte Springs

roesoper1@cfl.rr.com



Book Club Coordinator

Linda Cornell

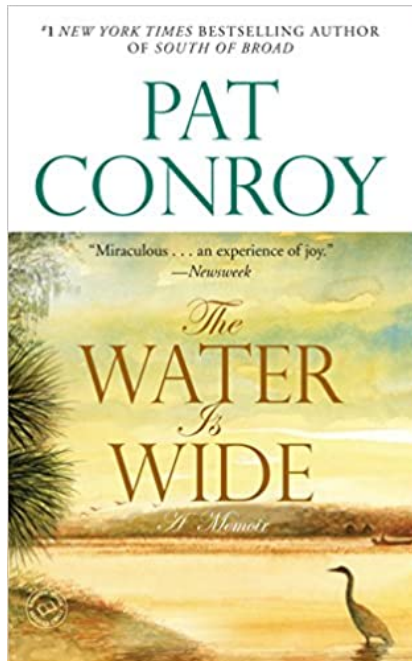
A “miraculous” human drama, based on a true story, from the renowned author of *The Prince of Tides* and *The Great Santini* Pat Conroy. The island is nearly deserted, haunting, beautiful. Across a slip of ocean lies South Carolina. But for the handful of families on Yamacraw Island, America is a world away. For years the people here lived proudly from the sea, but now its waters are not safe. Waste from industry threatens their very existence unless, somehow, they can learn a new way. But they will learn nothing without someone to teach them, and their school has no teacher—until one man gives a year of his life to the island and its people. “A powerfully moving book . . . You will laugh, you will weep, you will be proud and you will rail . . . and you will learn to love the man.”—*Charleston News and Courier*

Join us for a discussion of *The Water Is Wide* by Pat Conroy on Wednesday, March 22, 2023 at 10 a.m. at the home of:

Sue Leidner
146 Cypress Drive
DeBary 32712

RSVP to Sue at 386-320-0838 or 407-712-3784 or
syleidner13@gmail.com.

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





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 March

Kay Payne ~ 3
Linda Selby ~ 7
Janey Dougherty ~ 8
Angela Holtz ~ 20
Lyn Carlton ~ 21
Miriam Stonestreet ~ 22





Casual Cooking, Pillow Stuffing & Sewing, February Luncheon, Pillow Delivery, Dining In...Fun, Fun, FUN!!









CFS Website: [HERE](#)



Central Florida Spokes



President:
Sue Leidner

Luncheon Reservations:
Sonia Beltran

Vice President/Hospitality:

Membership:

Brenda Oakley

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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