



December 2021



December 8th High Tea

Heathrow Country Club @ 11 a.m.

Menu for December Luncheon

Scones with Clotted Cream, Mini Jellies & Jams
Mini Muffins

Finger Sandwiches:

Salmon & Cream Cheese
Cucumber & Cream Cheese
Chicken Salad
Egg Salad
Hot Mini Assorted Quiches

Assorted Macarons
Mini Fruit Tartlets



MONTHLY LUNCHEONS 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. (or exact cash)



Interim President's Message

Linda Cornell



How did it get so late so soon? It's night before it's afternoon.

December is here before it's June.

My goodness how the time has flown. How did it get so late so soon?

Dr. Seuss

“It’s the most wonderful time of the year.” The smell of freshly-baked gingerbread cookies in the kitchen. Listening to all my favorite Christmas music like *Feliz Navidad & Rockin’ Around the Christmas Tree*. Wishing for a chilly night so I can light a fire and make hot chocolate. Pulling out my tacky Christmas sweaters. Pulling out all the boxes of Christmas decorations. Untangling the tree lights and stopping the cat from playing with them and then grabbing my camera because the cat is so funny. Making my list and checking it twice to make sure I’ve got something for Aunt Alice and cousin Betty. Wrapping all the presents and wondering if I’ll ever learn to tie a really pretty bow. Scheduling my nights to watch *It’s A Wonderful Life & Miracle on 34th Street* for the 1,058th time. Going to Starbucks to try their holiday drinks like Chestnut Praline Latte or Peppermint Mocha. Laughter and the feeling of home are filling my heart, and the magic of the last month of the year has me dreaming about everything that is coming up in the coming weeks.

A Cup of Christmas Tea is the theme for our Christmas luncheon at beautiful Heathrow Country Club on December 8th. It’s going to be a real tea with lots of little goodies to eat. Even though they’re little goodies, I guarantee you’ll be full when you leave! Your eyes are in for a treat when you arrive and see the beautiful tables that have been decorated by our members. The teams are keeping mum about the theme of their tables, so it’s going to be a surprise to everyone that day. We have a judging panel of three past presidents, Dorothy Peticrew, Diane Winterhoff, and Chris Stouffer, to judge the tables and pick the winners. **Walk on Water** and **Firefly & Lilies** will have boutiques set up in the lobby for you to find the perfect gift for that special

someone. Mary Flynn will provide our entertainment, and that’s something else we’re keeping mum about! Make your reservations early for this very special luncheon that you won’t want to miss.

Casual Cooking this month is at the home of Frances Nanus on December 3rd. You’ll have a delicious lunch, and the icing on the cake is a tour of her home. You’ll love it!

Be sure to check out the section below on **Dining In** on December 18th at the home of Tiffany Casey who really should be a professional decorator. You won’t believe the Christmas Wonderland that awaits you.

In addition, **Spokes Book Club** is reading *The Noel Letters* by Richard Paul Evans. They are meeting at Linda Cornell’s on December 13th. Come for the discussion and stay for some treats. See all the details below.

So you see, there’s lots to do in the next 30 days. It’s the holiday season. Let the overeating begin.

To a joyful present and a well-remembered past. Best wishes & warmest thoughts for this Holiday Season and throughout the coming year.

Linda

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



READ PLEASE



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.



Game Day Bake Sale Chair

Pat Knopka



Once again, everyone worked hard to make the Bake Sale a huge success. In case you haven't heard, we made \$581.00! Every penny of this goes to charity. I want to thank 29 wonderful ladies who signed up to bring something in. Some even brought in more than one thing as we certainly had a whole lot more than 29 things to sell. I also want to thank Linda Cornell who brought in 10 delicious quiches bringing in \$100.00. By the end of the day, after nearly everything sold, we had about 10 things left that were not claimed and they went to the Lake Mary firemen who were delighted.

Last, but not least, I want to thank the terrific sales team of Debbie Whiston, Pat McCarroll and Ginny Iliffe who worked so hard selling baked goods and quiches or taking money and then counting money at the end of the day. They worked non-stop, and it would be impossible to do this without them. By the end of the day, we were all happy, exhausted, and thrilled to pieces when we found out how much money we made.

Thanks to everyone who contributed to the success of the Bake Sale. It was your generosity that made it a success.

Pat Knopka
Chairman



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



Dining In Coordinators

Pat Knopka & Miriam Stonestreet



Our Christmas Extravaganza is on for December 18, 2021. It will be at the beautiful Christmasy-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



Ukrainian Dinner Auction



At our luncheon on January 12th we will auction a Ukrainian Dinner prepared by you, under the direction of our very own Anna Byrnes, using the fresh ingredients from her garden, in her home.

The team that won this dinner two years ago raved about it forever! Gather your team of eight and prepare to bid. Anna is donating all proceeds to our chosen charities this year. Once we have a winner, Anna will provide a date that will suit all members of your team.



Membership Coordinator
Judy Zellers

Membership Directory

WELCOME
new members
.....

Bonnie Bohrmann

Bonnie Buesching

We all can't wait to see you and get to know you better!



Hospitality Coffee

Save the date for the new member coffee that will be held on January 21, 2022 from 10-12, at the home of Marcia Miller:

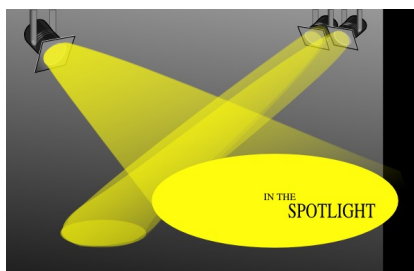


601 Teresa Court, Maitland 32751

The reception will feature some awesome brunch foods made especially for you!

Take the time to get to know your other Spokes Dynamic Members and find out about some of the activities they are involved in. Any activity leaders are welcome to join with board members to welcome our newest members and discuss some of our outstanding activities. There is something for everyone.

Look for more details in the January newsletter! Happy Holidays!



This month's spotlight is on new member **Brenda Dost**. Since joining, Brenda has already been very involved hosting Casual Cooking, cutting Heart Pillows, Book Club, and volunteering to sit on the board as our Webmaster. Thank you, Brenda!

Brenda was actually born here in Orlando and attended Boone High School. Many of her extended family stayed here while she and her family moved to Chicago and Northern Virginia. She and her golfer husband Michael moved back here 4 years ago. Brenda has 2 children. Her daughter is married and lives in Cambridge, MA along with her husband and 2-year-old son. She is currently finishing her doctorate there. Brenda also has a son, Chase, who lives in this area. Brenda is looking forward to a big family reunion over Thanksgiving in Pennsylvania. She is actively involved at Park Lake Presbyterian Church and is especially interested in their FAVO art center/village across the street.

Brenda has a beloved dog named Katie and recently had to send her elderly cat over the rainbow bridge. Besides her furry friends, she has a wide variety of interests and hobbies. Brenda absolutely LOVES art, museums, and music. In fact, she has her Master's Degree in Music History and has played the euphonium over the years in brass quartets and Oompah Bands. Brenda loves a good book, travel, sewing, Italian food, butternut squash, and peanut butter! After retiring 2 years ago just before COVID, she was looking for more community involvement and fun activities. She joined Spokes through her friend Anna Byrnes, and she thinks it is incredibly fun and welcoming with lots of interesting activities.

As a parting question, I asked Brenda what was the best advice she ever received. She stated that "Life is Short: Spend time with people you love. Do what makes your heart sing! "



Activities Coordinator

Bobbie Boggs

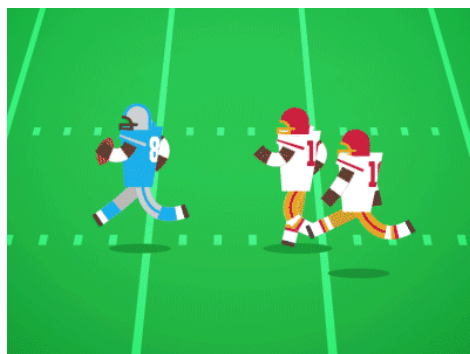


...Somewhere Else

Anyone want to start up a football watching game??? I know nothing about it but I love a good game.

I hope your groups have negotiated the holidays and will be ready to see in the New Year soon. Enjoy the Season.

Bobbie



**Hand, Knee & Foot
Coordinator
&
Special Excursions**

Chris Stouffer

Second Tuesday of the Month...
December 14th

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



Special Excursions!

We will be reviving our once-a-month day trips/lunches to discover interesting places in Central FL such as The Casements in Ormond Beach, which was the winter home of John D. Rockefeller; LunaSea Alpaca Farm in Clermont; and the largest single-site collection of Frank Lloyd Wright architecture at FL Southern College, to name just a few. (These suggestions are open for anyone to organize.) I'm sure many of you know other hidden gems you would like to share with us, so I am asking for volunteers to step up and take one month to arrange a visit/tour and lunch at a local restaurant. Our regular excursion day will be the first Thursday of the month and we will have our first outing on Thursday, January 6th to the Presidents Hall of Fame in Clermont. We will enjoy a fascinating museum, opened in 1971, with many miniature replicas including the White House, Mount Rushmore, Taft Oval Office, and many other exhibits. See their website for additional exhibits: thepresidentshalloffame.com. The group rate is \$11.71/person for ten or more otherwise \$15.00/person.

I would suggest you get your groups together (meeting place yet to be determined) so we can caravan to Clermont at 10:00 since the museum is open from 10:00-4:00. We will then have lunch at **The Crooked Spoon Gastropub**, which has a varied menu and should appeal to everyone.

We can pay at the museum, but I would appreciate everyone letting me know who will be attending by the December 8th luncheon so I have an idea of how many are going to enjoy this hidden gem.

Thanks!

Chris Stouffer
407-333-1276
cstouffer@cfl.rr.com



**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, December 22nd
12 noon

Tibby's New Orleans Kitchen

494 Hwy 436
Altamonte Springs

Call Marcia to RSVP ~ 407-340-0776



December Casual Cooking

December 3rd, 11:30 a.m.

Co-Hostesses:
Carol Baker & Leigh Bergram

Home of Frances Nanus
5035 Maple Glen Place
Sanford 32771



RSVP to Frances by phone, text, or email

Frances can accommodate 22 lucky ladies

**You'll absolutely LOVE her Christmas-y
(is that a word? It should be!) Home!**

Click [HERE](#) to RSVP to Frances



Secret Santa Coordinator

Betty Smith



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 mlowe@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

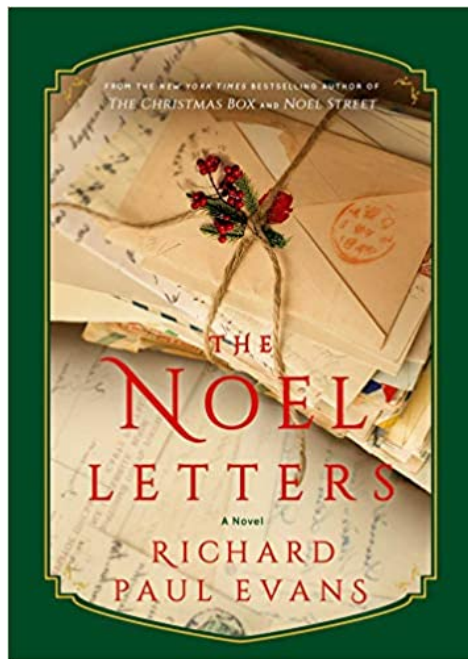


This month's novel is *The Noel Letters* by Richard Paul Evans. After nearly two decades, Noel Post, an editor for a major New York publishing house, returns to her childhood home in Salt Lake City to see her estranged, dying father. What she believed would be a brief visit turns into something more as she inherits the bookstore her father fought to keep alive. Reeling from loneliness, a recent divorce, and unanticipated upheavals in her world, Noel begins receiving letters from an anonymous source, each one containing thoughts and lessons about her life and her future. She begins to reacquaint herself with the bookstore and the people she left behind, and in doing so, starts to unravel the reality of her painful childhood and the truth about her family. As the holidays draw near, she receives a Christmastime revelation that changes not only how she sees the past but also how she views her future.

Richard Paul Evans is a #1 bestselling author with each of his more than 35 novels a *New York Times* bestseller. There are more than 35 million copies of his books in print worldwide, translated into more than 24 languages.

We will meet at 10:00 a.m. on December 13th at the home of Linda Cornell:

2525 Chinook Trail
Maitland, FL 32751
(H) 405-628-3055



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





Save the Date

January 20, 2022 Heart Pillow Stuffing Party



HARVEST COBB SALAD WITH BUTTERNUT SQUASH

(pictured below)

- 4 cups butternut squash cut into 1-inch cubes (frozen works well)
- 1 T. olive oil
- Kosher salt and black pepper
- 4 slices bacon
- 4 cups chopped baby kale
- 6 cups mixed spring greens
- 2 cups cooked shredded turkey or chicken – 8 ounces

1 Honeycrisp or Jonathan apple, cored and diced
2/3 cup pecan halves, toasted and chopped
1/3 cup dried cranberries
1/2 cup peeled Manchego or Parmesan (2 ounces)

MAPLE VINAIGRETTE

1/4 cup olive oil
1/4 cup white balsamic vinegar
2 T. minced shallot
1 T. pure maple syrup
2 t. Dijon mustard

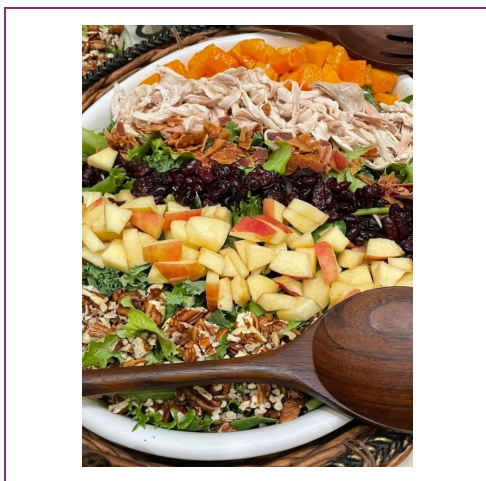
Heat oven to 400°. Place squash on a sheet pan and drizzle with olive oil, 1/2 salt and 1/4 pepper: toss to coat. Arrange the squash in a single layer and roast until squash is tender, 25-30 minutes, tossing halfway through. Meanwhile, cook bacon in a large non-stick skillet over medium heat until crispy. Transfer bacon to a paper towel-lined plate and discard drippings: chop bacon. Add kale to a large serving bowl or platter and briefly massage and squeeze kale to soften. Add greens and toss to combine. Arrange roasted squash, chopped bacon, shredded turkey or chicken, apple, pecans, cranberries, and Manchego over top. Whisk together oil, vinegar, shallot, maple syrup and Dijon in a small liquid measuring cup. Season with salt and pepper to taste. Drizzle vinaigrette over salad and toss to combine: season salad with salt and pepper to taste.



PHOTOS

Casual Cooking at Brenda Dost's home was so excellent!





Harvest Cobb Salad with Butternut Squash

(Recipe found above in this newsletter)



Game Day was a huge success!





November Luncheon was enjoyed by all!







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 December

- 4 Ann Moy
- 5 Jessica Petravich
- 6 Mary Young
- 7 Brenda Dost
- 8 Marilyn Lanzana
- 9 Louise Gould
- 11 Sandy Bove
- 13 Audrey Karwandy
- 14 Laura Moehlenkamp
- 17 Sandra Borg
- 18 Mary Mantzaris
- 20 Maria Flood
- 30 Margene Wampole



Central Florida
Spokes



Interim President:

Linda Cornell

1st Vice President/Programs:

Mary Flynn

Historian (photos) & Publicity:

Sandy Bove

Luncheon Reservations:

Sonia Beltran

2nd Vice President/Hospitality:

Sue Leidner

Recording Secretary:

Cyd Law

Treasurer:

Joanne Simmons/
Marcela Mojica

Activities:

Bobbie Boggs

Community Involvement:

Brenda Oakley

Marcela Mojica

Membership:

Judy Zellers

Newsletter & Directory:

Annie Sanders

Parliamentarian:

Betty Smith

Outreach Secretary:

Bonnie Lachowicz

Social Media:

Anna Byrnes

Web Master:

Brenda Dost

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

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