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## [Whole Food Plant Based Club Monthly Digest](#) [November 2024](#)

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*This group was created to support your interest in a **WHOLE FOOD PLANT-BASED (WFPB)** way of eating, regardless of where you are on your journey to wellness. This way of eating includes fruits, vegetables, whole grains, legumes, nuts, seeds and strives to eliminate oils.*

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*This site and services are for support and informational purposes only and should not be construed as medical advice.*

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### [Whole Food Plant Based Club Gatherings](#)

**When:** Second Thursday of Each Month

**Where:** Riverbend Recreation Center 1833 Corbin Trail The Villages, Florida 32162

**Time:** Noon-1:30

**Who:** Members of The Villages and those with a Guest Pass.

Bring your own table setting and a compliant WFPB dish to share with the recipe and whether or not it is gluten free.

**Description of Compliance:** <https://nutritionstudies.org/what-is-a-whole-food-plant-based-diet/>

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**On a WFPB Lifestyle?**

**Click Here ...**

**[What to Eat and What Not to Eat](#)**

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**Save the Dates for 2024 Gatherings at Riverbend:**

January 11	April 11	July 11	October 10
February 08	May 09	August 08	November 14
March No Gathering	June 13	September 12	December 12

**DON'T FORGET TO VISIT OUR WEBSITE!**

**OUR RESOURCES, TOOLS, GUIDES, SOCIAL MEDIA LINKS, MINI COOKBOOKS, AND PAST NEWSLETTERS CAN BE FOUND ON OUR WEBSITE.**

**[www.wholefoodplantbasedclub.com](http://www.wholefoodplantbasedclub.com)**

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**THEORY AND COOKING CLASSES**

***SIGN UP FOR DEBBIE WADDELL'S THEORY AND/OR COOKING CLASSES  
–YOU WON'T REGRET IT–  
HER SIGN UP SHEET WILL BE AT OUR MONTHLY GATHERINGS.***

Continuous thanks to **Debbie Waddell** for her commitment to educating our members through theory and cooking classes.


**DEBBIE CAN BE CONTACTED AT: [acupunctdeb52@gmail](mailto:acupunctdeb52@gmail)**

**Did You Know?**

***Dairy is defined as something that is not vegan because it comes from animals, such as cows, goats, and sheep. Dairy products include milk, cheese, butter, and cream, as well as foods made using these ingredients.***

### Did You Also Know?

No Oil–Not Even Olive Oil!  
Click Link Below to Hear Why...

 [No Oil -- Not Even Olive Oil! - Caldwell Esselstyn MD](#)

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### 50/50

We are now offering a 50/50 drawing at gatherings. Participation contributes to supporting club supplies and initiatives. Tickets are offered at the door and winners are announced after lunch. Half the collected donations will go back to the club and the other half of donated funds will be split between 2 or 3 winners depending on the amount of the pot. Join in on the fun each month and "Best of luck to all participants! May the odds be in your favor!"

(Must be present to collect)

*Continuous thanks to Cathy Ochs for helping with fundraising for our club.*

DO YOU HAVE AN IDEA FOR A FUNDRAISER? Contact Cathy at: [cathyochs@att.net](mailto:cathyochs@att.net)

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#### November:

In November, we had our 2nd Friendsgiving potluck. There was no speaker this month. Instead, we shared no-oil Thanksgiving-type dishes, plant-based journey stories and had a question/answer session.

### COMING ATTRACTIONS...

#### December:

Dr. Laura Varich will talk about Lowering Inflammation.

**Anyone with a Villages ID or Guest Pass is able to attend.**

#### January:

Please join us, Thursday, January 9, at 12:00pm at Riverbend Rec. Center when Jill Keb of the Plant Life Journey Retreat will share her health journey from obsessed food addict and binge eater to where she is today: certified food educator, Food for Life Instructor, yoga teacher, and so much more.

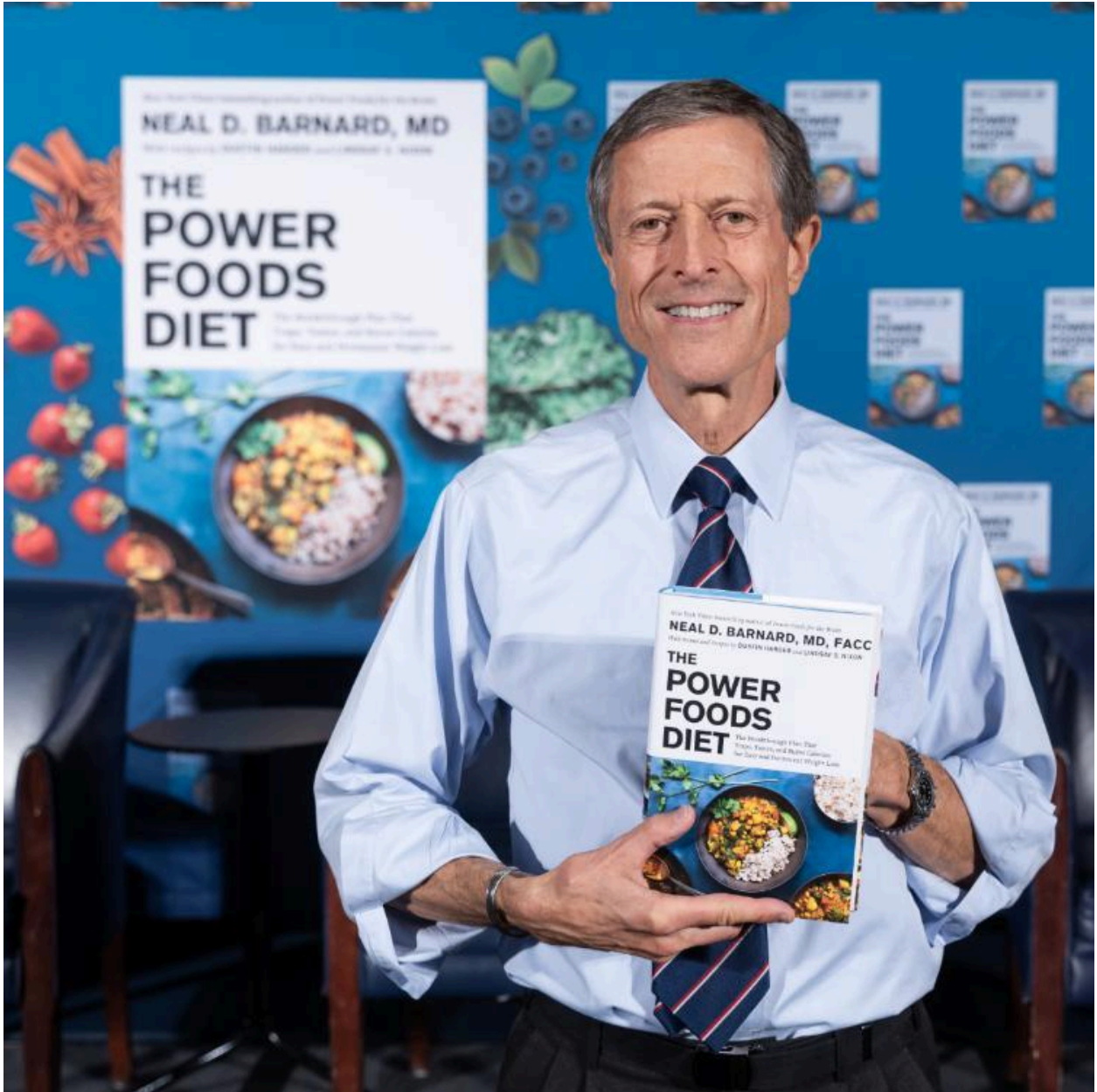
All of our presentations—are videotaped by Chris Nader and she posts them on our Facebook page (Whole Food Plant Based Club).

*Continuous thanks to Chris Nader for securing speakers and presenters for our club.*

DO YOU HAVE A TOPIC YOU WOULD LIKE TO BE CONSIDERED?

CONTACT CHRIS NADER: [chrisn734@gmail.com](mailto:chrisn734@gmail.com)

**Save the Date:**



**Dr. Neal Barnard will be speaking at Epic Theater in Lake Sumter Landing on Thursday, March 6th. More details coming soon...**

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**A Great Big Thank You**

**A Great Big Thank You for Dr. Klaper who spoke in The Villages on Saturday, October 26, 2024 at the Old Mill Playhouse Theater.**



**Continuous thanks to Paul Himes for securing world-renowned speakers for our club.**

**DO YOU HAVE A SPEAKER YOU WOULD LIKE TO BE CONSIDERED?**

**CONTACT PAUL HIMES: [tpaulhimes@gmail.com](mailto:tpaulhimes@gmail.com)**



## **NEED A SPEAKER FOR YOUR CLUB OR ORGANIZATION?**

If you need a speaker for one of your clubs or organizations, **Diane Bray** has a very interesting and informative talk about her vast knowledge regarding how closely diet and health are interconnected. She has a wonderful story about how changing her way of eating changed her Life. Diane's inspirations will create a spark for members of your organization while they listen, learn, and explore ideas on how they can incorporate her suggestions into their own journey towards a better living experience. She provides a wealth of information and references and we are very appreciative for the time she spends educating others.

**Continuous thanks to Diane Bray for investing her time, energy, and passion into promoting the values of our WFPB club.**

Diane can be contacted at: [dianekbray@gmail.com](mailto:dianekbray@gmail.com)

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## **WFPB DOCUMENTARY DISCUSSION GROUP**

Member Jacki Rose has volunteered to host a WFPB Documentary Discussion Group!

All are welcome no matter where you are on your WFPB journey!

**It meets the 2nd Tuesday of each month on Zoom from 7:00-8:00 pm.**

Participants will watch the "said" documentary of the month prior to the evening.

**Get educated, stay motivated & connect with others interested in WFPB!**

**Continuous thanks to Jacki Rose for her commitment to creating meaningful and educational experiences for our members.**

Contact: Jacki Rose [www.WFPBFun.com](http://www.WFPBFun.com)

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### **Volunteerism in the Works**

Thanks to those of you who have volunteered to help with the club. If you are interested in volunteering alongside these individuals or you have an initiative you would like to propose – please see Debbie Waddell or email [thevillages.wfpb@gmail.com](mailto:thevillages.wfpb@gmail.com)

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### **Holistic Holiday at Sea:**

<https://holisticholidayatsea.com>

Member Diane Bray has very organized information on the above cruise. You can reach Diane at: [dianekbray@gmail.com](mailto:dianekbray@gmail.com) if you are interested in finding out more.

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### **21 - Day Vegan Kickstart**

Ready to kickstart your health? The Physicians Committee for Responsible Medicine has the tools you need to get started in the relaunched [21-Day Vegan Kickstart](#) online program and mobile app. The free program is available in both English and Spanish and features hundreds of healthy recipes, meal plans, grocery lists, expert nutrition advice, cooking demonstrations, and more.

The program is based on decades of scientific research demonstrating that a vegan diet can help you reach a healthy weight and lower your risk for heart disease, type 2 diabetes, and other chronic diseases. The Kickstart program features more than 100 low-fat, plant-based recipes that will help you reap these health benefits.

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### **Island Fin Poke in Brownwood Does it Again!**

**From 4:00 PM to 9:00 PM on Thursdays, Fridays, and Saturdays, Poke Bowl is offering a Candlelight Dinner. Call Jodie for more details 352-492-4414**



# Island Fin Poke<sup>®</sup>

**HAWAIIAN MENU**  
**"FLAVORS OF PARADISE"**  
3 COURSES INCLUDED - \$20.00

## **-STARTER-**

SALAD, OR SHRIMP COCKTAIL

## **-RICE OR SALAD BOWL-**

### **SURF AND TURF**

CHICKEN & SHRIMP  
EDAMAME  
CORN  
PINEAPPLE  
CUCUMBER  
SEAWEED  
SURIMI

### **SALMON**

SALMON SUSHI  
EDAMAME  
CORN  
MANGO  
PICKLED VEGGIES  
SEAWEED

### **KOREAN BBQ**

#### **CHICKEN**

KBBQ CHICKEN  
(CORN AND  
SWEET ONIONS)

SPICY PICKLED VEGGIES

KIMCHE

SESAME SEEDS

### **SPICY AHI TUNA**

AHI SUSHI  
CORN  
EDAMAME  
OG VEGGIES  
SALSA  
SPICY VEGGIES  
SEAWEED

### **VEGETARIAN**

TOFU  
EDAMAME  
CORN  
SWEET ONIONS  
PINEAPPLE  
CUCUMBER  
GREEN ONIONS

## **-HAWAIIAN DESSERT-**

DOLE SOFT SERVE FLAVOR OF THE DAY

**100% GLUTEN FREE MENU**



## **Eat Plants Love**

Click here [EPL PLANT BASED GUIDE](#)

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## **Plant Pure Plunge Booklet**

Click Here: [PlantPure\\_Plunge\\_Booklet](#)

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## **Plant Based Jumpstart**

THE ESSELSTYN FOUNDATION'S has Written a PLANT-BASED JUMPSTART GUIDE

[Click Here for the Guide](#)

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## **Pinellas Library Meetup**

*CANCELED DECEMBER 2024 on.*

*We are discontinuing our Whole Food Plant Based Gathering at Pinellas Library on Saturdays. We will meet in October and November, but we will no longer meet December on. Continuous thanks to **Deb Waddell** for her commitment and enthusiasm in taking on the role of leading that Whole Food Plant-Based (WFPB) question and answer sessions. Unfortunately, we didn't achieve the level of attendance we had hoped for to make the event as impactful as we intended.*

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## **Public Health Plant Powerful**

**Mt. Dora, Florida**

Meets the 2nd Saturday of the month, 3pm, at WT Bland Library in Mt. Dora, Florida.

Contact:

352-250-7942

Susan: [Susanpetit1@hotmail.com](mailto:Susanpetit1@hotmail.com)

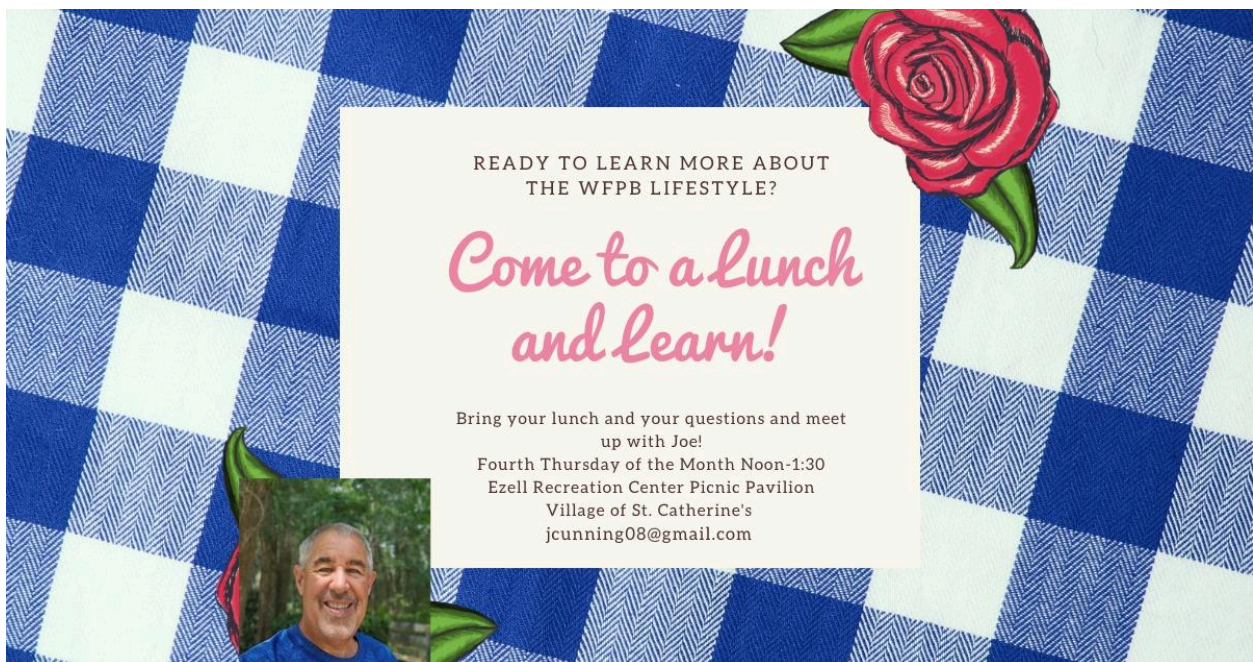
Sharon: [Soulitude421@aol.com](mailto:Soulitude421@aol.com)

[MeetUp.com](#) or Facebook

<https://www.facebook.com/SusanHartsfieldNP/>

<https://fb.me/e/3yyXYuu8M>

<https://meetu.ps/e/HFwSd/1J9vW/i>



Member, **Joe Cunningham**, contributed...

Our monthly meetings at the Ezell picnic area continue to be successful and fruitful. New and seasoned WFPB club members share problems and possible solutions to continue on our path. We invariably follow Dr. Greger's writings and are discussing strategies on how to implement on a daily basis.

Looking forward to having more members join us.

**Continuous thanks to Joe Cunningham for stepping up and making a positive impact on our wfpb community.**

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Yours in Health,

***CHARLENE WAGNER***



**The Villages WFPB Group  
The Villages, Florida 32162**