

# LIFT OFF



*Advice from a Snowman*  
*Be a jolly, happy soul,*  
*spend time outdoors*  
*Avoid meltdowns*  
*Be well-rounded*



**Winter 2025 - 2026**

Greetings and salutations to all,

We close out 2025 and look forward to an amazing New Year together with friends, both old and new, that call L.I.F.T. family. We are a strong "family" community built from compassion, caring and love for one another. Thanks to each of you for being "the best part"!

I am proud that over 150 participants joined us to fill 3 buses and participate in the Winter Wonderland Tour at Ocala World Equestrian Center with beautiful lights, shows, Grinch and Santa. (Wonder which list we made, not the naughty one I'm sure!) Thank you Darla Fowler and bus hosts for your insights and leadership.

We have worked together to plan an upcoming "lunch" at Stumpknockers on the River, a trip to explore Sholom Park in Ocala and to experience the Labyrinth at the Wings Center followed by lunch at El Mezcal Mexican Restaurant in Homosassa. Watch for the Singing Boat Tour with Captain Jon Semmes in March And Suncoast Broadway "Rock of Ages" in May Remember, you are the best part of L.I.F.T.!

Love and light always,  
Darla, LIFT President 2025-2026

## **L.I.F.T. Motto**

*I shall pass this world but once,  
 Any good, therefore, that I can do,  
 or kindness that I can show to any fellow person  
 Let me do it now.  
 Let me not defer nor neglect it,  
 For I shall not pass this way again*



## **2025-2026 Officers**

Darla Carlson, President  
 Kathy Gutch, President Elect  
 Ralph Viegemann, Secretary  
 Marta Davis, Treasurer



## Living Information for Today

LIFT is a social support network not a grief support group

LIFT is for widows and widowers

LIFT members pay for personal expenses such as the cost of meals, event tickets, bus rides, accommodations, etc.

LIFT program speakers do not sell anything to members; they only inform

Friends of Citrus and the Nature Coast is a charitable organization that provides support and social programs to anyone experiencing loneliness. Grief support Camps are offered to children/teens. Generous volunteers contribute 20,000 hours annually to assist as Group Facilitators, Camp Assistants, Office Support, Board of Directors, Advisory Board, Fundraising and Thrift Shoppe.

10,000 newsletters are published quarterly, mailed electronic/USPS, and may be viewed at [www.friendsofcitrus.org](http://www.friendsofcitrus.org). Copies are available at the Thrift Shoppe, Wings Center or main office **8471 W Periwinkle Ln, Homosassa.**

"No Cost" programs are supported by merchandise donations, sponsor donations, fundraising, grants and memorials. Newsletter sponsorship is \$250 per quarter. Call **352-249-1470** or email [administrator@friendsofcitrus.org](mailto:administrator@friendsofcitrus.org) for more information.





**The Compassionate Friends**  
Supporting Family After a Child Dies

Supporting families  
after a child dies

Nature Coast Chapter  
2nd & 4th Wednesdays 6-7:30 pm  
Wings Center  
Contact Suzi Derkatsch  
260-579-5504



1st & 3rd Monday  
each month  
3:30 pm to 5:30  
pm

Bring a friend, a game to share and  
join the fun! Card games, puzzles,  
cornhole, Board games, & crafts  
Wings Center - Darla

**Café Break!**



Casual Socialization  
Wednesday 11:30 am to 1 pm  
Thursday 9:30 am to 11:30  
Wings Center - Alice



**Chair Yoga**

Wednesday 10:30 -11:30 am  
Wings Center - Hans



Chair Yoga for Strength  
with Norah

Friday 10:30 to 11:30am  
Wings Center  
\$7 per Class



## The Grief Toolbox Essential Tools for Grief

Tuesdays 1:30 - 3pm  
First Christian Church  
of Inverness  
2018 Colonade St

Wednesday 9:30 -11 am  
YMCA of the Suncoast  
4127 W Norvell Bryant Hwy  
Lecanto

Wednesday 2 - 3:30 pm  
Wings Center  
8471 W Periwinkle Ln  
Homosassa Spgs



"Yoga for Beginners  
with Hans

Thursday 4:30 to  
5:30pm  
Wings Center - Hans



with Lucy

Monday 9 to 10 am  
Wings Center  
\$5 per Class



Body Sculpting with Norah

Friday 9 to 10 am  
Wings Center  
\$7 per Class



For children/teens (ages 6 thru high school) who are grieving a loss of any kind  
Grief support Camps provide an honest, safe environment where kids and teens  
can talk openly about feelings of loss

Camper Applications at Homosassa office or Thrift Shoppe  
Download application at [friendsofcitrus.org](http://friendsofcitrus.org) and go to Forms & Publications  
352-249-1470

Camps held at Wings Center, 8471 W Periwinkle Ln, Homosassa



**Saturday, February 28**  
9am to Noon (includes lunch)

**May 30 - Family Camp**  
"Preparing for Summer"



**Therapy Dogs**  
Winnie & Dutch





## Herry's Thrift Shoppe



8471 W Periwinkle Ln  
Homosassa Springs FL 34446  
Open daily 9 - 5 pm  
Closed Sunday & Monday

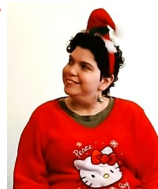


Free Vendor Space  
Every Saturday

Call for a pick-up of  
large usable items  
352-249-1470



A holiday tip from "Manager Jack" and  
"Reba, the Safety Coordinator"  
Start the new year off on the right foot  
Clear clutter, trash, and unused goods  
from your living space and donate  
usable items to your favorite charity



The "Gang"



Freddie Fixit



"Senior" Wednesday  
25% Discount

Thank you for your support  
Citrus Estate Sales  
727-484-4715

**\$3 bag of clothes every day - 25% discount to Veterans - 2nd Saturday 50% discounts**



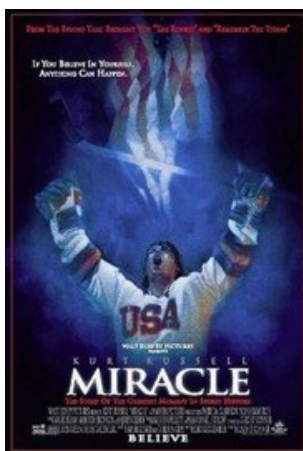
Wings Center - Homosassa  
Thursdays at 2 pm (unless noted)  
Call 352.249.1470  
for reservations



Jan 29  
"Green and Gold"



Feb 19  
"Miracle"



Mar 26  
"Amish Grace"



- Movies can elevate spirits and provide an escape from stress.
- Nostalgia from rewatching favorites kindles warmth and feelings of social support.
- Watch parties strengthen bonds, link generations, and create traditions.

## L.I.F.T. Lunch Meetings - to add or change a reservation call 352-249-1470

**Wed. Jan 21 - Noon**  
 Skyview Restaurant  
 at Terra Vista  
 2100 N Terra Vista Blvd  
 Hernando  
*First 30 to reserve*  
*Order from select menu*



**Fri. Feb 13 - 11:30 am**  
**Valentine's Outing**  
 Olive Garden  
 2151 Gulf to Lake Hwy  
 Inverness



**Wed. Mar 25 - Noon**  
 Skyview Restaurant  
 at Terra Vista  
 2100 N Terra Vista Blvd  
 Hernando  
*First 30 to reserve*  
*Order from select menu*



## L.I.F.T. Outings - to add or change a reservation call 352 - 249 - 1470

**Tues. Dec 23**  
**LIFT Christmas**  
 outing  
**Outback Steakhouse**  
 2225 Hwy 44 Inverness  
 join us at 3:30 pm for early  
 dinner/late lunch celebration  
 feel the spirit - dress Christmasey!



**Fri Jan 9th - 11:30 am**  
**Peck's Old Port Cove**  
 139 N Ozello Trail



**Tues Jan 27 - 11:30 am Lunch**  
 1082 W Main St  
 Inverness



**Wed Feb 25 - 11:30 am Lunch**  
 3148 W Norvell Bryant Hwy  
 Lecanto



**Fri Feb 6th 11:30 am**  
 Fujiyama Japanese Steakhouse  
 12070 Cortez Blvd, Brooksville

Optional shopping  
 following lunch

**FACT: Drunkest City?**  
 According to a 2023 analysis by Autoinsurance.org  
 Homosassa Springs bears the title of the state's  
 "drunkest" city

**Fri Jan 16th—11 am**  
 Labyrinth Experience at Wings Center  
 8471 W Periwinkle Ln, Homosassa  
 The labyrinth is an ancient symbol of wholeness



Labyrinth represents  
 a journey or path to  
 our own center and  
 back again out into  
 the world



Followed by lunch at 12:30 pm  
**El Mezcal Mexican Restaurant**  
 4522 S Suncoast Blvd, Homosassa

*Singing River*  
 Tours

**Fri Mar 13th - Singing River Tours**  
 with Captain Jon Semmes  
 Dunnellon Boat Ramp, 12189 S Williams St  
 1 1/2 hour tour \$25 per person paid in advance  
 (cash or check payable to "Friends of Citrus")  
 Two tours are offered:

**10 am (board at 9:45am) or 2 pm (board at 1:45am)**  
 Meal with a group is encouraged at the **Front Porch**  
**Restaurant and Pie Shop** (your cost) before or after the tour  
 Call 352-249-1470 for ticket/time availability  
 Tickets are transferrable/not refundable

**Thurs March 19th - 2 pm**



Stumpknockers Restaurant on the River  
 13821 SW SR 200, Dunnellon  
 Followed by trip to  
 Sholom Park/Ocala



Carpool is available at  
 1pm from the Wings Center in  
 Homosassa



# GAME day

1st and 3rd Monday 3:30 pm  
Jan 5th & 19th  
Feb 2nd & 16  
Mar 2nd  
Mar 16th St Patrick's Day  
Potluck followed by Games!

OOHHH  
PICK ME!  
PICK ME!



Welcome Aboard new Volunteers!  
Zachary Orlezkiy  
Karen Mills

Why did the volunteer bring a ladder  
to the charity event?  
*Because they heard they were  
supposed to "rise" to the occasion!*



## NATIONAL HEALTHCARE DECISIONS DAY ★ your decisions matter ★



8471 W Periwinkle Ln  
Homosassa Spgs  
To register call  
352-249-1470

Five Wishes: Living Will Workshop  
Presented by Jonathan Beard  
Program Manager  
Thursday April 16th - 1:30 pm  
Receive a copy of the  
"Five Wishes"  
Living Will



Aging with Dignity's "Five Wishes"  
the most popular advance care planning resource  
in the U.S.  
User-friendly, legally valid in all 50 states  
available in 32 languages plus Braille

Dear Friends of Citrus,

Thank you for the wonderful gift  
of school supplies for our  
students at  
**Homosassa Elementary.**  
Your generosity makes a real  
difference in the daily lives of  
children and teachers by giving  
them the tools they need to learn  
and succeed. We are so  
thankful for your support and the  
kindness you continue to show  
our school.

With gratitude,  
Marcia Brown, School Counselor

Thank you Old Homosassa  
Halloween Golf Cart Poker Run



Thanks to  
Carol's Floor Store in  
Homosassa and their  
"installation crew" for the  
beautiful job installing new  
flooring in our  
Administrative building



In loving  
Memory

Alice Green

Thanks to  
Chief Keith Bryska,  
Crystal River HS  
ROTC Color Guard,  
Weeki Wachee Winds  
Community Concert Band,  
and Congressman Bilirakis  
for joining us to celebrate the  
100th birthday of  
Our Volunteer  
Lewis Unterman  
US Navy WWII Veteran



Join us as we celebrate our  
very talented volunteers and the 250th  
birthday of our wonderful Country!  
Thursday, April 23rd from 9 am to 1pm  
Watch for more details





## Suncoast Broadway Dinner Theatre Events

16128 Hwy 19, Hudson

Special priced "Group tickets" include full dinner buffet, Broadway show, non-alcoholic drink, chef's choice dessert and all taxes/gratuity, paid in advance by cash or check to: Friends of Citrus and the Nature Coast.

Call 352-249-1470 for availability

*Tickets are transferrable not refundable*



### Thurs. May 14 - "Rock of Ages It's Broadway's biggest party!"

Doors open at Noon followed by dinner buffet then Broadway Show 1:30 pm  
Carpool from Wings Center, Homosassa, to leave by 11 am  
Group tickets \$69 purchased before April 1st - \$71 after April 1st  
Get ready to rock through an electrifying journey back to the epic era of 80's rock!

**ROCK OF AGES** is a high-octane, nostalgia-packed musical that guarantees a thrilling and hilarious ride filled with iconic 80's radio hits, larger-than-life characters and non-stop energy. Set on L.A.'s iconic Sunset Strip, this electrifying musical follows the story of a small-town girl, a big-city dreamer, and their fight to save the legendary rock club they love.

Feel the pulse-pounding beats and sing along to the anthems of bands like Journey, Bon Jovi, REO Speedwagon, Styx, Whitesnake and more!

Join us for an unforgettable night of headbanging fun, fiery performances and an immersive trip down memory lane - the ultimate blast from the past!



### IR-RU Riders 15th Annual Poker Run

Please join us **January 31, 2026**

Registration 9:30 am at IR-RU Social Club  
922 S US 41 Inverness

Entry fee \$15 includes poker hand, prize ticket and meal

Kick Stands up: 10:45 am

Last vehicle in at 4:30 pm

Food will be served at 4:30 pm

**Best Poker Hand Wins!**

**All vehicles welcome!**

STOPS...

1. American Legion Allen Rawls Post 77  
4375 S Little Al Pt, Inverness
2. Crystal River Eagles  
5340 Grover Cleveland Blvd, Homosassa
3. American Legion Post 166  
4520 S Suncoast Blvd, Homosassa
4. AMVETS William Crow Post 447  
405 Hwy 40, Inglis
5. IR-RU Family Social Club  
922 S US 41, Inverness

For more info, contact John Roby, Ride Chairman 352.341.5856/352.536.7480 or IR-RU at 352.637.5118



NAMI offers appointments with a peer support person at Friends of

Citrus and the Nature Coast, 8471 W Periwinkle Ln, Homosassa. Schedule an appointment at **[namicitrus.org/contact](http://namicitrus.org/contact)**. Call the Warm line 844-687-6264 Monday - Friday 9 am to 4 pm for assistance

NAMI can help you with forms...If you need help applying for SSDI (social security disability insurance) SNAP (formerly food stamps) or Medicaid coverage, NAMI can help! Make an appointment for a Thursday morning with our peer support staff volunteer, Melissa. Call her at 813-602-1660 or email [mdeszcz@namicitrus.org](mailto:mdeszcz@namicitrus.org)

Appointments will be held at

Friends of Citrus and the Nature Coast,  
8471 W Periwinkle Ln, Homosassa Spgs

Do you have an American Flag that is ripped, tattered or damaged? Please dispose of it properly. American Flag disposal boxes are located in the Thrift Shoppe and Wings Center. The Daughters of the American Revolution will provide proper disposal.











8471 W Periwinkle Lane  
Homosassa Springs FL 34446

NONPROFIT ORGANIZATION

U.S. Postage  
**PAID**  
Lecanto FL  
Permit #61

Deliver to Addressee or Current Resident

*Thank you*  
TO OUR SPONSORS



**Harry & Audrey King**



**Gary W. Kuhl Photography**  
Historic Sites and Wildlife



**Suzanne & Rudy Pinner**



**352-249-1470**  
**www.friendsofcitrus.org**  
**Facebook**  
**YouTube**



**Team "A&R"**



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