

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 Viegelmann, 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. 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 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!



Wednesday



Chair Yoga

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

Casual Socialization

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



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 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



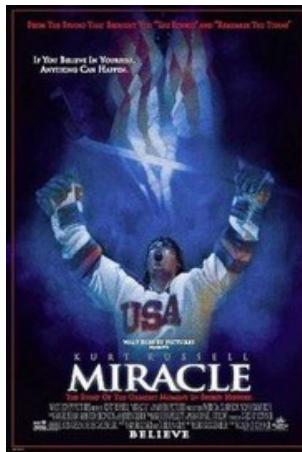
Jan 29
"Green and Gold"



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



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



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!

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!



8471 W Periwinkle Ln
Homosassa Spgs

To register call
352-249-1470

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



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

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



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





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 transferable 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. 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 mdesycz@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

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www.friendsofcitrus.org
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Gary W. Kuhl Photography
Historic Sites and Wildlife



Team "A&R"



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