

LIFT OFF

When the days get longer, the stars shine brighter, your hair gets lighter, the water gets warmer, the music gets louder and life gets better.



**LAZY DAYS
OF
SUMMER
2025**

Lift Members and Friends as we transition to a new L.I.F.T year....

It is my pleasure to transfer my duties over to Darla Carlson, your new L.I.F.T. President for 2025-2026. You are in good hands with Darla. You will still see me at the many upcoming events. Thank you all for your support to this wonderful program. God Bless.

Take care. Be safe.

Peggy Gause, Lift President 2024-2025

I would like to thank Peggy for a wonderful year. It has been my honor to serve with her. Looking forward to the coming year 2025-2026, I am excited to become President of this amazing LIFT organization. We will grow together in relationships, friendships and many exciting adventures, many of which you can check out in this newsletter.

Thank you, to our incoming officers: Kathy, President-elect, Marta, Treasurer and Ralph, Secretary for joining me and all of you for the coming year.

Much love,

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*



"24-25" LIFT Officers

Peggy Gause, President
Darla Carlson, President Elect
Ralph Viegelmann, Secretary
Kathy Gutch, 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 grief-support programs and wellness services 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, may be viewed at **www.friendsofcitrus.org**, or 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, partner/sponsor donations, fundraising, grants and memorials. Newsletter sponsorship is \$250 per quarter.

Call **352-249-1470** or email **administrator@friendsofcitrus.org** for more information.

Thank you for your support!





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

Grief and Wellness Programs

www.friendsofcitrus.org
352-249-1470



8471 W Periwinkle Ln
Homosassa Spgs

Ongoing Grief Support Group



Thursdays 11:30-1pm
Wings Center
8471 W Periwinkle Ln
Homosassa Spgs



Grief Study Group
(a faith-based program)
Mondays 1:30 - 3 pm
Wings Center
8471 W Periwinkle Ln
Homosassa Spgs



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



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

Café Break!



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



Chair Yoga

Wednesday 10:30 - 11:30 am
Wings Center



"Yoga for Beginners
with Hans
Thursday 4:30 to
5:30pm
Wings Center



with Lucy

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



Chair Yoga for Strength
with Norah
Friday 10:30 to 11:30am
Wings Center
\$7 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.

Saturday, Sept 27- 9am to Noon (includes lunch)
"Falling Forward"



Camper Application at Homosassa office or Thrift Shoppe

Download at friendsofcitrus.org and go to Forms & Publications Questions? 352-249-1470

Saturday, Dec. 6 - 9 am "Preparing for the Holidays"
Family Mini-Camp at Homosassa Civic Club
Followed by lunch and lots of holiday festivities



Therapy Dogs Dutch and Winnie



WHERE DOES A BEE SIT?



ON ITS BEE-HIND



Thrift & Gift Shoppe



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

**HERRY'S
MARKET DAY**
Free Vendor Space
Every Saturday

Donate your gently used items
Call for a pick-up of large items
352-249-1470



Declutter
Reduce waste
Help others!



Senior Day
25% Discount
Every
Wednesday



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



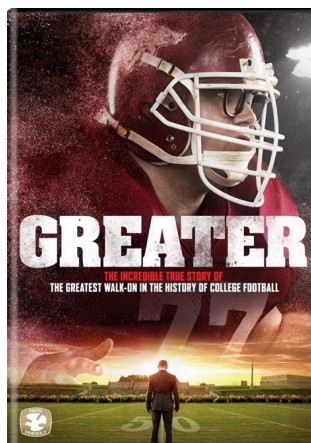
Wings Center - Homosassa
Thursdays at 2 pm (unless noted)
Call 352.249.1470
for reservations

Cinematherapy—or using movies as an adjunct to psychotherapy—has been around for many years. It is used as a treatment for mental health struggles, as a means of encouraging reflection or boosting empathy

**July 31
Nonnas**



**Aug. 28
Greater**



**Sept. 25
Grease**



Popcorn has a sensory appeal and tantalizes multiple senses. Just the sound of kernels popping can trigger excitement and anticipation. Visually, the transformation of small, hard kernels into fluffy white puffs is magical. The smell of freshly popped corn is a powerful stimulus. The warm buttery aroma can create a sense of comfort and warmth. For many, the scent of popcorn is intertwined with positive experiences and happy memories. The connection between popcorn and cinema is strong and dates back to the early 20th century.



In loving Memory

Phyllis Strunk - twelve year
LIFT Member and volunteer

Elizabeth "Beth" Rosensweig
Volunteered everywhere and
encouraged and welcomed
others
We will miss you both!

CELEBRATING OUR VOLUNTEERS



2024 Service Awards

5 years

Ellen Armitage
Jane Hagberg
Kathie Henderson
Rose Meadors
Carole Whipple

15 years

Patricia Hebblethwaite

20 years

Patricia Van Vliet

25 years

Ruth McGuckin

10 years

Sarah Berg
Robert Brooks
Mary Miner
Mary Jo Norris



Special Awards
Perfect Tool for the Job
Jack Millian
Holiday Ready Award
Reba Yates
HULK Award
Trevor Scott
K9 "KKK" Award
Karen Gregory
aCATemy Award osCAT
William Connolly

New Volunteers!

Julie Anderson
Linda Burnett
Payton
Anderson
Alan Stramaglia



Volunteering offers numerous benefits, including improved mental and physical health, the opportunity to make new friends, and the development of valuable skills. It provides a sense of purpose and fulfillment by connecting you to your community and helping those in need.

Nature Coast Volunteer Center and AmeriCorps Seniors Retired & Senior Volunteer Program dual enrolled with Friends of Citrus and the Nature Coast, Inc Recognition Celebration - 2024 Hours of Service Awards



Cyrylla and Fred Leu
Robert Dean Ramsey
Vicki Tupper



2025 12th Congressional District Heroes Among US Award

Kimberly Godding Brooks, Camp Good Hope/Teen Encounter volunteer since 2008. She serves on the FCNC Advisory Board, participates in fundraising and continues to advocate for services and grief support programs. She has recruited her husband Robert, mom Lynn, and daughter Coral, who recently became the "youngest" member of our volunteer team.
Volunteering is a "family affair"



The Power of A Healing Hug by writer Lynne Farrell Abrams, who has published

"Shadows in the Sand-My 'Long Goodbye' to my husband, Peter"

I attended a FCNC grief support group for well over a year, thought I was "cured" and "done grieving", only to sink further into the depths of my loss and loneliness. I decided to get off my "pity pot" and make the effort, once again, to attend a luncheon. I was greeted at the door with a hugs and concerns. There is a science behind the value of human connection, even with animals. Hugs have been proven to produce a chemical release of oxytocin known as the "cuddle hormone" which promotes feelings of calm and well being. Hugs have stayed with me, stress lessened, warmth extended, all through hugs and genuine caring. I am still alone but make time to revisit an event or support group...there is plenty of hugging left to do!

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

Tues. July 22 - 11:30 am
Olive Garden
2151 Gulf to Lake Hwy
Inverness



Wed. Aug 13 - Noon
Skyview Restaurant
at Terra Vista
2100 N Terra Vista Blvd
Hernando
First 30 to reserve
Order from select menu



Tues. Sept 16 - 11:30am
Olive Garden
2151 Gulf to Lake Hwy
Inverness



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

Fri. July 11 - 11:30 am
Red Lobster

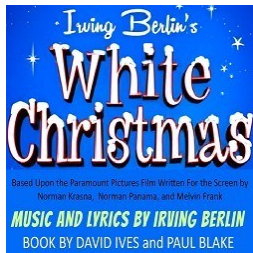
3393 SW College Rd, Ocala



10 am Carpool
from Wings Center, Homosassa
Lunch followed by optional shopping
at Barnes & Noble & Shopping Mall

Sun. July 13 - 2 pm Matinee

"Christmas in July" with the musical presentation
White Christmas



Group tickets \$21, paid in
advance cash or check to:
Friends of Citrus and
the Nature Coast.
Call 352-249-1470 for availability.
Tickets are transferrable
not refundable

2644 N Annapolis Ave
Hernando



Let's Go Bowling!

Fri. July 25 - 1-3 pm

Approximately \$18 per person (based on
number present/collected day of)

Optional bumpers/ramps to accommodate all
skill levels. "On your own" for lunch grill/bar
available at Bowlero

Bowlero Bowling Alley
7715 W Gulf to Lake Hwy,
Crystal River



2nd Annual L.I.F.T. Summer Picnic
Wings Center August 18 - 3:30 pm



Sign up and bring your sides or
desserts to go with hamburgers,
breads and condiments
"Graciously donated"

Game Day Fun to follow!

With lots of games and activities



Fri. Aug. 8 1:30 - 3:30pm

ArtSea Alcove Ceramic Studio
3993 N Lecanto Hwy
Beverly Hills



Paint your own pottery!
Come make a selection (prices start at \$18 and up)

Fri. Aug. 8 - 3:30pm

Glory Days Grill
3148 W Norvell Bryant Hwy
Lecanto



Wed. Sept. 3 - 11:30 am

Papa Willie's Grill
4105 N Lecanto Hwy
Beverly Hills



Fri. Sept. 12 - 10:30 am

Brunch - cash only
Olive Tree Restaurant
963 N Suncoast Blvd
Crystal River



Tues. Sept. 30 - 11:30 am

Sauced Hogs BBQ Bar & Grill
2408 N Fatima Ave
Hernando





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. Oct. 16 - "Grease" - Doors open at Noon, followed by dinner buffet and then Broadway Show at 1:30 pm
Group tickets \$69

The world's best-loved musical is back! The original rock'n'roll musical, GREASE is packed with explosive energy and a vibrant 1950's pop culture, featuring all the unforgettable songs from the hit movie.



Thurs. Dec. 11 - "Sunkicks Holiday Spectacular"

Doors open at Noon, followed by dinner buffet then Broadway Show 1:30 pm
Group tickets \$69

THE SUNKICKS kick-start Suncoast Broadway's holiday season with their incredible precision kick-line choreography dancin'-n-prancin' to a slew of holiday classics and today's Christmas hits.

Old Homosassa Halloween Golf Cart Poker Run



October 25 - registration 10 am
Old Homosassa Civic Club

Pedals down at 11 am

1. Florida Cracker Monkey Bar
2. The Shed at Macrae's
3. Two Pops Sandwich Shop
4. JR's Smashburgers
5. Old Mill Tavern
6. Nauti Time Seafood & Wings
7. Nature Coast Bar and Grill

Seven chances, best 5 cards wins!

**Silent Auction items, raffles, 50/50,
special food items at each stop**

Join "Uncle Jackster" and his
"Addams Family" for a fun day. Don't
forget to dress and get "ghoulish"



NAMI Citrus

National Alliance on Mental Illness

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 mdeszcz@namicitrus.org

Appointments will be held at

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



**Autumn
Equinox**

Sept 22

IR-RU Riders 15th Annual Poker Run

John Roby, Ride Chairman

14 years of dedication to FCNC
and a cumulative donation of
\$93,253

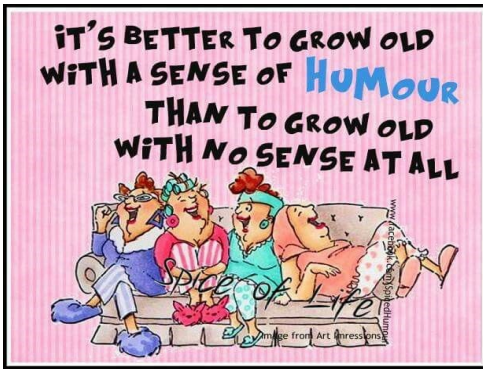
John's goal is \$100,000
in 15 years!

Please join us January 31, 2026
and help John reach his goal!



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.





Four!



Lots of Lugo's



Friends at Mariana's



Taste of Italy



Scream for ice cream



Square Meal





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 Sponsors!

Partner - donate \$100
Sponsor - donate \$250

Donate merchandise or shop
at the
Thrift & Gift Shoppe

Host a Fundraiser
Memorialize someone
Join the Volunteer Team

Include "Friends" in your
Estate or Legacy Plan

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



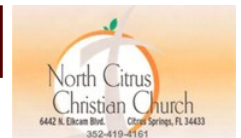
Harry & Audrey King



Suzanne & Rudy Pinner



Gary W. Kuhl Photography
Historic Sites and Wildlife



BOB TSACRIOS
PLUMBING, INC.



Team "A&R"

VITAS
Healthcare

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