

LIFT OFF



2026

Greetings and Salutations, friends,

Wow, it has been an amazing year for me as President, representing L.I.F.T.

We have enjoyed a singing boat tour down the Rainbow and Withlacoochee Rivers and the Suncoast Broadway Dinner Theatre in Hudson. With each adventure, we found laughter, friendship and togetherness I personally thank each of you for "showing up". Life is full of choices, and being L.I.F.T President will forever be one of the greatest choices I made.

Deepest thanks to Jonathan Beard for the opportunity, and thanks to our officers, Kathy, Ralph and Marta. Kathy, our President-Elect, will take over as our President. Welcome Kathy!

All of you are the reason that we are here. We celebrate each of you and the roads we travel, together and individually. Many more exciting adventures await us in the coming year. Always remember that you are the very best part of L.I.F.T. Together we are able to conquer the mountains each of us may face alone.

Love and Light Always, Darla

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

An alarming number of people go an entire week without talking to anyone!
Friends Grief Services provides services and programs to anyone experiencing loneliness.

Grief support Camps are offered to children/teens.

Generous volunteers contribute time and talent 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 and Wings Center

8471 W Periwinkle Ln, Homosassa.

"No Cost" programs are supported by merchandise donations, sponsors, fundraising, grants and memorials. 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 Support Programs
www.friendsofcitrus.org
352-249-1470
Jonathan Beard, Program Manager



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
Aug 17 after picnic
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



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



Chair Yoga

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



"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



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
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

Sept 12 Camp Good Hope
"This Land is Your Land"

Dec 5 Camp Good Hope
"Santa by the Sea"



Camp Therapy Dogs
Winnie & Dutch
with Volunteer
Kathie Henderson



Citrus Community Support Foundation Inc
equine enthusiasts who provide education and "fascinating facts" about horses



The Gentiva Foundation

Friends Thrift Shoppe



8471 W Periwinkle Ln
 Homosassa Springs FL 34446
 Open 9-5 Closed Sun & Mon



Free Vendor Space every Saturday
 Call for pick-up of large usable items
352-249-1470

"Herry the heron" is our logo
 Herry carries a message that says
 "we cannot always
 do everything ourselves.
 There are times when we gotta
 "get a little help from our friends"



Is it 50% off today?

**Thank you for your support
 Citrus Estate Sales**



I'm a senior citizen ...
 Now give me my \$9!★
 discount!

**25%
 Wednesday**

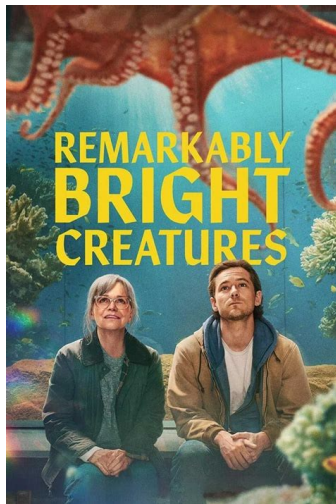
\$3 bag of clothes every day - 25% discount to Veterans - 2nd Saturday 50% discount



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



Jul 30



Aug 27



Sep 24



Have we checked all food
 to see if exploding them
 makes them into
 something
 better or did we
 just stop with corn 🤔

Popcorn kernels can pop 3 feet in the air!
 Popped popcorn comes in 2 shapes:
 Snowflake or Mushroom
 Snowflake is bigger
 Rice, milo, millet and sorghum also pop



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

Wed. July 22 - 11:30 am
 Skyview Restaurant
 at Terra Vista
 2100 N Terra Vista Blvd
 Hernando
*First 30 to sign up will order
 from select menu*



Tues. Aug 18 - 11:15 am
 Olive Garden
 2151 Gulf to Lake Hwy
 Inverness



Wed. Sept 16 - 11:30am
 Skyview Restaurant
 at Terra Vista
 2100 N Terra Vista Blvd
 Hernando
*First 30 to sign up will order
 from select menu*



Fri. July 3 - 11:15 am
Olive Garden

4025 N Lecanto Hwy Inverness
 Celebrate America's
 250th Birthday
 Please dress patriotic
 red white & blue



for this
 special occasion



Thurs. July 9th - 1:30 pm
Mr Wang's
Chinese Restaurant

3906
 S Suncoast
 Blvd



Homosassa



Fri. Aug 7- 1-3pm
ArtSea Alcove Ceramic Studio
 3993 N Lecanto Hwy
 Beverly Hills

Porcelain pieces to be painted and
 baked. Choose your piece for a price
Lunch follows at 3:30 pm
Glory Days

3148 W Norvell Bryant Hwy, Lecanto
 Join us for either activity or both

Sunday, July 19th 2pm

"Mary Poppins" Summer Musical at the Art League Center
 2644 N Annapolis Ave, Hernando



Special priced \$21 group rate paid in advance for first 14 to pay
 \$22 after first block of tickets are sold, if available
 pay cash or check to:

Friends Grief Services
 Call 352-249-1470 for availability

Grab an umbrella and bring a friend!
Tickets are transferrable not refundable



August 24 - 3:30 pm

LIFT Indoor
End of Summer
Picnic at the Wings Center
 Donated Hamburgers
 and Hot Dogs for the grill
 Beverages will be provided
 by Friends



Please sign up
 for
 pot luck items
 to go along with
 our feast.

Plan to stay for
GAME DAY
 following the Picnic

Tues Aug 11 - 10:30 am
Aj's Café of Homosassa
 3297 S Suncoast Blvd



Tues Sept 30 - 11:30 pm
Sauced Hogs BBQ Bar & Grill
 2408 N Fatima Ave
 Hernando



Tues Sept 1 - 3:30 pm
Outback Restaurant

2225 Hwy 44
 Inverness





1st and 3rd Monday
3:30 pm

July 6th and 20th
Aug 3rd and 24th—following picnic
Sept 7th and 21st

*Enjoy friends,
crafts, games and
social time!*



Welcome Aboard new Volunteer!

Rochelle Sabol



Why did the scarecrow win the volunteer of the year award?
He was outstanding in his field!

October 3

Arts and Crafts Fair
Watch for more information



*In loving
Memory*

*Evelyn Knight
Roy Greenwalt*
Active L.I.F.T
Members and
Volunteers

Why did the sea monster eat five ships
that were carrying potatoes?



No one can eat just one potato ship!

*The average length of a hug is 3 seconds
but when a hug lasts 20 seconds,
here is a therapeutic effect
on the body and mind.
The reason is "oxytocin"
t*



Chair Yoga with Millie



Primary Election
August 18
Wings Center

Homosassa Helpers

Members are business owners from retail, service and food establishments plus non-profit organizations, all working together to create awareness of the Homosassa community and its unique charm.

Meetings are the 4th Tuesday of each month 11am
at Friends Grief Services, 8471 W Periwinkle Ln Homosassa

For more information contact: Sue Pagano at suepagano@verizon.net

Our Community Needs

Homosassa Helpers
Creating Smiles, Fun & Traditions



Join in . Plan projects.
Create a community legacy.



Be An Event Volunteer,
Donor or Sponsor



2026 Community
Christmas Tree Lighting- Dec.4
Homosassa Spgs Wildlife State Park



Make checks payable to:
Citrus County Chamber of Commerce/
HAC-HH
Receipts will be sent.

We appreciate your support in making
Homosassa a great place to live.



Thurs. Dec. 3 A Christmas Carol: The Musical
Suncoast Broadway Dinner Theatre
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 Grief Services

Call 352-249-1470 for availability

Tickets are transferrable not refundable

Doors open at Noon followed by dinner buffet then Broadway Show at 1:30 pm
Carpool from Wings Center, Homosassa, to leave by 11 am

Group tickets **\$69** purchased **before** October 1st - **\$72** after October 1st

The Christmas Classic you know—unlike any you've ever seen, which features a glorious score by Alan Menken, the Oscar-Tony award winning composer.

This spectacular Broadway adaptation became a beloved Madison Square Garden holiday tradition for 10+ years and was later reimagined for the major motion picture starring Kelsey Grammer.

Full of sweeping melodies, theatrical wonder, and dazzling stage moments, this is the definitive Christmas Carol - bigger, more magical, more emotional.

A joyous celebration of Christmas spirit and renewal that proves **it's never too late to change - or to believe!**



Center for Loss & Life Transition®

2027

February 25 6:30 to 8:30 pm

February 26 9am to Noon

College of Central Florida

Center for Loss & Life Transition

Dr Alan Wolfelt will visit Citrus County

Mark your calendar and watch for more

 **NAMI Citrus**
National Alliance on Mental Illness

NAMI offers appointments with our peer support staff volunteer, Melissa at Friends Grief Services 8471 W Periwinkle Ln Homosassa

Call her at 813-602-1660 or email deszcz@namicitrus.org for an appointment NAMI can help you with forms, if you need help applying for SSDI (social security disability insurance) SNAP (formerly food stamps) or Medicaid coverage.

Visit our new recovery center at 4067 N Lecanto Hwy, Beverly Plaza. Closed on Friday 352-681-4531

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.



Where do lizards go after their tail falls off?



The "retail store..."



Pudgee's



Movie Matinee



Under the Sea



Historic Floral City



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



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



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