

# LIFT OFF

*Spring has sprung  
The grass has riz  
I wonder where  
The flowers is.....*



Spring - 2026

Greetings and salutations to all,



We are ready for spring and summer fun!

The Singing River Boat Tour was not only a beautiful ride along both rivers, but educational. Scenery included the crystal-clear Rainbow River, wildlife, birds, turtles and alligators lounging in the sun. I invite you to attend the [Five Wishes Workshop](#), scheduled for April 16th. Aging with Dignity's "Five Wishes Program", is the most popular advance care planning resource in the US. Jonathan Beard, Program Manager does an excellent job making it easy to understand. Let's remember and celebrate "Moms" at our Mother's Day Tea. "Rock of Ages" matinee musical production will be May 14 at Suncoast Broadway Dinner Theatre. Enjoy music from the 80's that still rocks our soul. June is our annual LIFT Anniversary luncheon. Look inside for monthly luncheons, special outings, and movie matinees with scrumptious popcorn. Drop in for Game Day and enjoy crafts, bingo, games and social time with coffee. Everyone is welcome, share a smile and a story. We celebrate each of you and the roads we travel individually and together. **You** are the reason we are here and we are the best part of L.I.F.T. Thanks for your support!



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

Loneliness can affect your health, wellbeing and the way you feel about yourself  
**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](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, sponsors, fundraising, grants and memorials.

Call **352-249-1470** or email [administrator@friendsofcitrus.org](mailto: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](http://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  
Bring a friend, a game to share and join the fun!  
Card games, puzzles, cornhole, Board games, & crafts  
Wings Center - Darla



**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 - Alice



**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](http://friendsofcitrus.org) and go to Forms & Publications  
352-249-1470

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



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

9am to Noon (includes lunch)



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



Therapy Dogs  
Winnie & Dutch



# 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  
 The heron is symbolic of calm, grace, solitude, patience, versatility, tranquility, intelligence, and determination.  
 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"



**"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% discount**

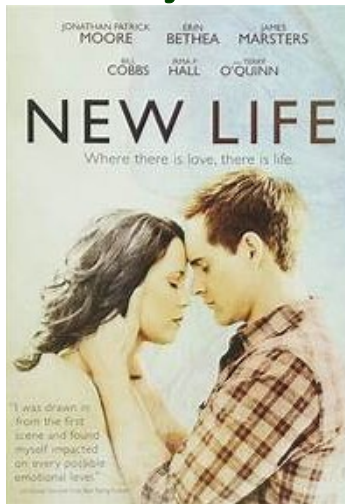


**Apr 30**



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

**May 28**



**Jun 25**



**Popcorn is not just a snack...**  
 It is symbolic of spiritual growth and transformation from a small kernel to fluffy popcorn.  
 Popping corn serves as an example of how life's challenges can lead to spiritual awakening and joy.



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

**Tues. Apr 14 - 11:15 am**  
 Olive Garden  
 2151 Gulf to Lake Hwy  
 Inverness



**Wed. May 20 - Noon**  
 Skyview Restaurant  
 at Terra Vista  
 2100 N Terra Vista Blvd  
 Hernando  
*First 30 to reserve*  
*Order from select menu*



**Tues. Jun 23 - 11:30am**  
**26th Anniversary Luncheon**

Wings Center  
 8471 W Periwinkle Ln  
 Homosassa Springs  
 Catered Luncheon

*\$25 suggested donation*  
 Reservations 352-249-1470

Sponsored by

Macrini-Wilder Funeral Home



**Wed. April 29 - 11:30 am**  
 Bangkok Thai  
 4025 N Lecanto Hwy  
 Beverly Hills



**Friday May 8th - 2pm**  
 Mother's Day Tea



8471 W Periwinkle Ln  
 Homosassa Spgs



**Tues. June 2 - 10:30 am**  
 Brunch at...

Joess Family Restaurant  
 1754 US 41, Inverness



**Fri. May 1 - 1 pm**



Yard Landscaping  
 Workshop  
 Marguerite Reed of  
 Master Gardener's



**Wed. June 17-11:30 am**  
 World Fusion  
 1988 N Future Terr  
 Lecanto



**Fri. May 22 - 10 am**  
 Floral City Heritage Museum Visit  
 8394 E Orange Ave



Followed by a tour of  
 the **Duval-Metz House**  
 7801 Old Floral City Rd  
**11:30 am Lunch**  
 at **Pudgee's Eatery and Market**  
 8435 E Rosko Ct Floral City

*Be on  
 the  
 lookout  
 for.....*



**Thurs. June 11 - 2 pm**  
 Mertaillor's Mermaid  
 Aquarium Encounter



4100 W Gulf to Lake Hwy Lecanto  
 \$14 group rate (paid in advance)  
 by cash or check to  
 "Friends Grief Services" (number limited)  
**2pm Entrance**  
**3 pm Mermaid Show**  
**3:45 pm Texas Roadhouse** - early bird  
 2130 N Lecanto Hwy, Lecanto

**Fri. June 19 - 1 pm**  
 "All About Birds"

Presented by  
 Alice Herden with  
 Citrus Parks and Recreation Department



**August**  
 LIFT Indoor Summer Picnic



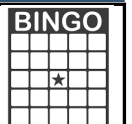
**October 3**  
 Arts and Crafts Fair



**December**  
**Christmas Show**  
 Suncoast Broadway  
 Dinner theatre



The Bingo  
 "Card Adventure"  
 ???



**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

# GAME day

1st and 3rd Monday  
3:30 pm

Apr 6th and 20th      *Enjoy crafts,*  
May 4th and 18th      *games and social*  
Jun 1st and 15th



Chair Yoga with Millie



## Welcome Aboard new Volunteers!

Karan Sommer  
Virginia Waterman  
Janice Crawford



Why did the volunteer take up gardening?  
*Because they wanted to "plant seeds" of kindness wherever they went!*

# HAPPY Flag DAY

🇺🇸 JUNE 14TH 🇺🇸



*In loving Memory*



Phyllis Lynch

**Thursday, April 23rd from 9 am to 1pm**  
Join us as we celebrate our very talented volunteers with a patriotic theme  
*Presentation of colors - CRHS ROTC*  
*Music by - the Weeki Wachee Winds*  
*Lunch provided by Oysters Restaurant & Catering*  
*Special Awards and Recognition*



## Old Homosassa Halloween Golf Cart Poker Run

October 31, 2026



Thank you  
IRRU Riders and John Roby  
15th Annual Poker Run



Thank you.....



*The average length of a hug is 3 seconds but when a hug lasts 20 seconds, there is a therapeutic effect on the body and mind. The reason is "oxytocin" the "love hormone, helps us feel safe and calm*



Primary Election  
August 18



## Happy Easter



Watch for the "Graffiti Picnic"  
As we bring life and love to the cargo containers



Every morning I walk my cow through the local vineyard.



Yes, I herd it through the grapevine



### 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!



February 25 & 26, 2027  
Center for Loss & Life Transition

Dr Alan Wolfelt  
Citrus County

Mark your calendar and watch for more details



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

### Homosassa Helpers

Members are business owners from retail, service and food establishments plus non-profit organizations 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 Contact: Sue Pagano at [suepagano@verizon.net](mailto:suepagano@verizon.net)

Memorial Day May 25



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.





Bring on the heat



Down by the river



Christmas Outback



Panera Pals



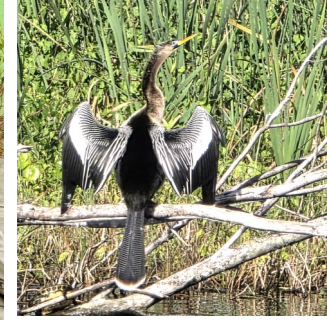
Pecks with Friends



the Glory Days



Hangin with Herry



Valentine Gathering



8471 W Periwinkle Lane  
Homosassa Springs FL 34446

NONPROFIT ORGANIZATION

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Lecanto FL  
Permit #61

Deliver to Addressee or Current Resident

*Thank you*  
TO OUR SPONSORS



Gary W. Kuhl Photography  
Historic Sites and Wildlife

Team "A&R"



Suzanne & Rudy Pinner



Harry & Audrey King



352-249-1470  
[www.friendsofcitrus.org](http://www.friendsofcitrus.org)  
Facebook  
YouTube



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