



for the widowed
and their future

Volume 22, Issue 1

Make new friends but keep the old, one is silver and the other gold.



This time honored advice has become our adopted "LIFE SLOGAN"
Make good use of this advice each and every day.

1116 West Main Street
Leesburg, FL 34748 (352) 787-0403

January, February, March 2019



HAPPY NEW YEAR

We're almost coming to the end of another decade. Let's make this last year in the 2010's a memorable one. I'm not big on New Year's Resolutions but I borrowed somethings from Gaiam, which makes clothing and accessories for yoga and other

activities. You don't need to be into yoga for these tips to make a difference.

1. BE REALISTIC

The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to NEVER eat your favorite food again is setting you up to fail. Instead, strive for a goal that is attainable, such as avoiding it more often than you do now.

2. PLAN AHEAD

Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mindset that particular day. Instead, it should be planned well before December 31st arrives.

3. OUTLINE YOUR PLAN

Decide how you will deal with the temptation to skip that exercise class or have that piece of cake. This could include calling on a friend for help, practicing positive thinking and self-talk, or reminding yourself how your "bad" will affect your goal.

4. MAKE A "PROS" AND "CONS" LIST

It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

5. TALK ABOUT IT

Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to

change yourself for the better or improve your health. The best-case scenario is to find a buddy who shares your New Year's resolution and motivate each other.

6. REWARD YOURSELF

This doesn't mean that you can eat an entire box of chocolates if your resolution is to eat a better diet. Instead, celebrate your success by treating yourself to something you enjoy that doesn't contradict your resolution. If you have been sticking to your promise to eat better, for example, reward yourself with new fitness clothing or by going to a movie with a friend.

7. TRACK YOUR PROGRESS

Keep track of each small success. Short-term goals are easier to keep, and each small accomplishment will help keep you motivated. Instead of focusing on losing 30 pounds, focus on losing the first five. Keep a food journal to help you stay on track, and reward yourself for each five pounds lost.

8. DON'T BEAT YOURSELF UP

Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take one day at a time.

9. STICK TO IT

Experts say it takes about 21 days for a new activity to become a habit and six months for it to become part of your personality. It won't happen overnight, so be persistent and patient!

10. KEEP TRYING

If you have totally run out of steam when it comes to keeping your resolution by mid-February, don't despair. Start over again! Recommit yourself for 24 hours. You can do anything for 24 hours. The 24-hour increments will soon build on each other and, before you know it, you will be back on track.

Do you have New Year's goals? Share them with a friend or two.

Looking forward to a great New Year,

BUS TRIPS

HOMOSASSA SPRINGS

Tuesday, January 8, 2019 — \$65.00

Activity Level: Moderate

Join us for a fabulous day exploring Homosassa Springs State Park where you can see West Indian manatees every day of the year from the park's underwater observatory in the main spring. The park showcases native Florida wildlife, including manatees, black bears, bobcats, white-tailed deer, American alligators, American crocodiles, and river otters. Manatee programs are offered three times daily at the Wildlife Encounter programs, snakes and other native animals are also featured. Included in your admission, weather permitting, is a boat tour that transports visitors along Pepper Creek from the visitor center to the West entrance to the Wildlife Park. Rangers give an introduction to the park and the Florida Park service. Pontoon boats are accessible with a ramp for wheelchairs & walkers, there's an elevator to the boat dock level. We are having lunch at the Wildside Café, lunch choices are as follows: Hamburger, Cheeseburger, Turkey & Cheese sub; Ham & Cheese sub on whole wheat or white bread. All sandwiches come with lettuce, tomato, pickle, chips and a small fountain soda. Please make your selection at time of reservation.

1st pick-up: Lowes in Mt. Dora (park close to 441 away from building) at 8:00 a.m.

2nd: Leesburg (Corner of Main and Lee behind law office) at 8:45 a.m.

BLUE MAN GROUP

Tuesday, February 12, 2019 — Life's a Trip

Tours—\$113.00 Activity Level: Moderate

When you attend a Blue Man Group show, you don't see a show, you have an experience. This unique theatrical production complete with Grammy-nominated live music, outrageous performances, and colorful paint is unlike anything you've seen before. Dubbed "visually stunning", "wildly inventive", and "hysterically funny". Blue Man Group will take you on a multi-sensory journey to explore music, art, and your connections to the world around you, virtually or otherwise. We will then enjoy lunch at Bubba Gump Shrimp Co. Lunch choices are as follows: Fried Shrimp with fries; All-American Cheeseburger with fries; Fish and Chips with fries; or Chicken or Shrimp Caesar Salad. Your lunch will also include chef's choice of dessert and soda, coffee or tea. Please make your lunch selection at the time of your reservation.

1st pick-up: Leesburg (corner of Main and Lee, behind law office) at 8:00 a.m.

2nd: Lowes in Mount Dora at 8:45 a.m. Park close to 441 away from Bldg. We'll return around 3 & 3:30 p.m.

SAFARI WILDERNESS

Tuesday, March 5, 2019 — Life's a Trip Tours—\$99.00

Activity Level: Moderate

Travel to Lake Alfred and visit The Barn, a unique shopping experience. The Barn is made up of several different areas; The Barn Antiques, the Stable Family of Shops featuring "The Stable – Home Decor", "The Seasons Gift Shop", and "The Back Yard Garden Shop" Each area will take some time to explore as every available space is filled with something interesting or exciting to look at. During regular trips abroad, the people at the Barn hand-pick the best pieces for their showrooms from their wide network of well-established contacts and it really shows as you'll often find numerous pieces of merchandise you'll never see elsewhere here. For lunch today, enjoy your personal picnic basket at the Back Porch Restaurant. You'll get to choose a soup, salad, sandwich and dessert from the daily options, plus non-alcoholic drink. Please note, selections will be made at the restaurant.

This is your chance to go on a safari ride, without having to go all the way to Africa. Join us as we travel to Lakeland to visit the Safari Wilderness Ranch in the Green Swamp. This ranch has over 500 animals roaming freely through acres of grassy plains girded by an 850-square mile watershed. Experience magnificent herds of African, Asian and American animals on 260 acres of pristine Florida wetlands.

1st pick-up: Lowes in Mt. Dora (park close to 441 away from building) at 8:30 a.m.

2nd: Leesburg (Corner of Main and Lee behind law office) at 9:00 a.m. Return around 5 and 6 p.m.

BLUEBERRY PICKIN'

Friday, April 19, 2019 — Life's a Trip Tours—\$79.00

Activity Level: Moderate

Joins for a fun-filled day at this wonderful blueberry farm in Williston, FL.

Upon arrival we will go on a 45 minute open tractor tour of the farm which will include the peach orchard and sunflower fields as well as the packing house. Enjoy a fabulous blueberry milkshake as we tour the farm. You can pick your own blueberries or grab a 2 pound container of pre-picked blueberries to take home with you. Please bring a hat and wear sunscreen. Lunch will consist of different sandwich choices including BBQ Pork, Turkey Club with bacon, homemade blueberry chicken salad and several farm fresh salads and a small blueberry cobbler and drink. Please make your selection at time of reservation.

1st pick-up: Lowes in Mt. Dora (park close to 441 away from building) at 8:30 a.m.

2nd: Leesburg (Corner of Main and Lee behind law office) at 9:00 a.m. Return around 5:30 and 6 p.m.

To make day trip reservations, please contact Rick Reed at 352-787-0403 or Barbara Mills at Life's a Trip Tours at 407-855-9732. Payment is due at the time of reservation. Please make checks payable to Life's a Trip Tours. Mail checks to: Life's a Trip Tours, PO Box 590066, Orlando, FL 32859-0066 Deadline for cancellation with a refund is 30 days prior to the trip.

LUNCHEONS

*** Luncheons are \$10-\$12 ***

Entertainment subject to change

Please RSVP by calling 787-0403 or for more information.

JANUARY

January 10 – Thursday – 11:30 a.m.

SALVATION ARMY – 2606 S. Street Leesburg - \$10

After a delicious buffet-style meal prepared by Miss Debbie's Catering we will be entertained by Carol Clendinen, an RN with a masters in counseling, who will help LIFE jumpstart January with an encouraging New Year's message.

January 16 – Wednesday – 11:30 a.m.

LAKE TECH - 2001 Kurt Street, Eustis- \$12

(About a mile north of US Highway 441 on Kurt Street)

Our lunch is prepared by Lake Tech's excellent Culinary Arts Program and is always a highlight of the afternoon. We will be entertained by Carol Clendinen, an RN with a masters in counseling, who will help LIFE jumpstart January with an encouraging New Year's message.

FEBRUARY

February 14 – Thursday – 11:30 a.m.

SALVATION ARMY – 2606 S. Street Leesburg - \$10

After a delicious buffet-style meal prepared by Miss Debbie's Catering we will be entertained local guitarist/vocalist Kathy Card will sing popular tunes and also take requests.

February 20 – Wednesday – 11:30 a.m.

LAKE TECH - 2001 Kurt Street, Eustis- \$12

(About a mile north of US Highway 441 on Kurt Street)

Our excellent lunch is prepared by Lake Tech's excellent Culinary Arts Program. Afterward we will be entertained local guitarist/vocalist Kathy Card, who will sing popular tunes and also take requests.

MARCH

March 14 – Thursday – 11:30 a.m.

SALVATION ARMY – 2606 S. Street Leesburg - \$10

After a delicious buffet-style lunch, we will be entertained by some of Lake County's finest dulcimer musicians as they play a variety of songs with its roots in Americana music.

March 20 – Wednesday – 11:30 a.m.

Osprey Lodge - 1761 Nightingale Lane in Tavares - \$10

(In back of medical plaza across US Highway 441 from Waterman Hospital)

We'll have a fine lunch prepared by the chefs of Osprey Lodge and then be entertained by some of Lake County's finest dulcimer musicians as they play a variety of songs with its roots in Americana music.

U-DRIVES

Saturday – January 26th – 2 p.m. - \$16.00

A FEW GOOD MEN Melon Patch Theatre, Leesburg

The Broadway hit that was later adapted into the iconic feature film, about the trial of two Marines for their complicity in the death of a fellow Marine at Guantanamo Bay in 1986. [PG-13] for strong language, some violence, and adult thematic elements

Lunch will be 11:45 a.m. @ Taki's at 1205 North 14th Street Leesburg.

Saturday – February 23rd – 2 p.m. - \$15.00

SOUVENIR Bay Street Theatre, Eustis

Based on the 2016 hit comedy starring Meryl Streep, this play is a reinterpretation of the life story of Florence Foster Jenkins, a wealthy socialite and real life historical figure, who became famous for trying to be an opera star... and failing badly.

Lunch 11:45 a.m. @ Tillies Tavern & Grill, 31 E. Magnolia Ave, Eustis

(Take State Road 19 north to Downtown Eustis and the first left after the light at Orange (Magnolia), it's on the corner of Magnolia & Eustis).

Sunday – March 31st – 2 p.m. - \$16.00

FOOTLOOSE Melon Patch Theatre, Leesburg

One of the most explosive movie musicals in recent memory bursts onto the live stage with exhilarating results. When Ren and his mother move from Chicago to a small farming town, Ren is prepared for the inevitable adjustment period at his new high school. What he isn't prepared for are the rigorous local edicts, including a ban on dancing instituted by the local preacher, determined to exercise the control over the town's youth that he cannot command in his own home.

Lunch will be 11:45 a.m. @ Taki's at 1205 North 14th Street Leesburg.

Make checks for U-Drive trips out to LIFE.

Payment is due with reservation.

Please contact Rick @ 352-787-0403 or email him at ricoh007@aol.com. Mail U-Drive checks to LIFE, 1116 W. Main Street, Leesburg, FL 34748.



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Leesburg, FL 34748

rreed@beyersfhc.com

You are never too old to set another goal or to
dream a new dream.

C.S. Lewis

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Lighter Side

My New Year's resolution is to stop hanging out with people
who ask me about my New Year's resolutions.

In 2019, may your neighbors respect you, troubles neglect
you, angels protect you, and heaven accept you.

Every year I make a resolution to change myself..... this
year making a resolution to be myself.

New Year's is just a holiday created by calendar companies
who don't want you reusing last year's calendar.

There have been many times in 2018, when I have annoyed
you, disturbed you, irritated you, and bugged you....today I
just wanna tell you I plan to continue in 2019.

Let us remember ...

the businesses that support LIFE:

Claudia's Pearl Florist in Mount Dora, 735-0012
Miss Daisy Flower & Gifts in Leesburg 787-6806
Beyers Funeral Homes in Lake and Sumter Counties

SPIRITUAL GEM

Even youths grow tired and weary, and young men
stumble and fall; but those who hope in the LORD will
renew their strength. They will soar on wings like eagles;
they will run and not grow weary, they will walk and not
be faint. – Isaiah 40:31-32

LIFE Mission Statement

*"The goal of the LIFE Program is to create an environment
of comfort and support for those who have experienced the
loss of a spouse. By helping members redirect their grief
to more positive avenues, the program instills a sense of
self-confidence and purpose to those who may otherwise
be feeling lost and alone. LIFE provides opportunities for
enhancing the quality of life by encouraging members to
learn, share, and reach out to one another."*

GRACIOUSLY FUNDED BY BEYERS FUNERAL HOME AND CREMATORY

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