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Here's your weekly update from New Vision: weekly support services, new in the gift shop, upcoming in-person events, and announcements. Please reply to this email or call our office at 352-607-7607 with any questions.

Weekly Support Services Schedule

Below is this week's schedule of support services, open to anyone with a visual impairment. By phone unless otherwise indicated: 352-247-7838 (our Dialpad Meetings number). Reply to this email or call our office (352-607-7607) to be added to our call list. Our phone system with call you to join the meeting(s) and you press 1 to join.

Waivers are required to join our exercise classes - [complete the forms online](#).

Monday

- **Exercise: Intro to Cardio & Strength Intervals at 8 a.m.**
Introductory level with slow-paced instructions for multi-joint exercises, to prepare for Wednesday and Friday morning classes, which use these basics at a faster pace. Led by certified personal trainer Lisa.
- **Brain Boosters at 10:30 a.m.**
Weekly game group featuring mind-stimulating games like USA Today Crossword, Trivia, riddles, and more.
- **Weekly Mindfulness at 4:15 p.m.**
Take a 30-minute break to focus on connecting your breath to your body through visualization and body awareness practice. Led by Lisa.

Tuesday

- **Chair Exercise: Stretch & Recovery at 8:30 a.m.**
Beginner-level, slow-paced stretching and range of motion class. Great for participants of the Cardio-Strength classes to stretch out any soreness from the strength training. Led by certified personal trainer Lisa
- **Weekly Support Group, 1-2:30 p.m.**
Topic: ageism, a guided discussion with Lisa and Scott
- **Balance & Strength fitness class at 4:15 p.m.**
Intermediate-level, slow-paced strength training class to strengthen the muscles used to maintain balance. Led by certified personal trainer Lisa.

Wednesday

- **Exercise: Cardio & Strength Intervals at 8 a.m.**
Intermediate level using the multi-joint exercises learned in Monday's Intro class. Led by certified personal trainer Lisa.
- **Circle of Sharing at 11:15 a.m.**
*Structured, emotional support group with weekly topics. Led by peers Cyndi and Scott. This week's topic: **Don't Sweat the Small Stuff***

Thursday

- **Chair Exercise: Stretch & Recovery at 8:30 a.m.**
Beginner-level, slow-paced stretching and range of motion class. Great for participants of the Cardio-Strength classes to stretch out any soreness from the strength training. Led by certified personal trainer Lisa.
- **Bingo at 10 a.m.**
Weekly bingo hour with prizes. Bingo cards and markings are provided by New Vision. Prizes mailed out monthly. Led by guest bingo caller Lisa.
- **Mobility Matters & More at 1 p.m.**
Weekly discussion group about topics relating to orientation and mobility (and much more!), led by Certified Orientation & Mobility Specialist Bebe.
- **Balance & Strength fitness class at 4:15 p.m.**
Intermediate-level, slow-paced strength training class to strengthen the muscles used to maintain balance. Led by certified personal trainer Lisa.

Friday

- **Exercise: Cardio & Strength Intervals at 8 a.m.**
Intermediate level using the multi-joint exercises learned in Monday's Intro class. Led by certified personal trainer Lisa.
- **Tech Talk at 2 p.m. - ON HOLD UNTIL DAN RETURNS FROM PATERNITY LEAVE**
Facilitated by AT instructor Dan Debs. Different AT-related topics including tips, tricks, new apps/tech, and learning opportunities. Meets weekly.

Now Available in New Vision's Gift Shop

2025 Calendars

On Sale Now
www.NewVisionFL.org/GiftShop

20 YEARS

Our 2025 calendars are now in stock! These large print calendars are designed in-house at New Vision and printed in central Florida. They feature low-vision-friendly fonts and large spaces to write. There's also an Amstler grid on the back to track changes in your vision if recommended by your doctor. \$10

[Buy Now](#)

Gift Baskets

As of this email, we have the following gift baskets available:

- **Kitchen Safety \$40:** includes an extra-long oven mitt, a pair of cut-proof gloves, a set of white and black grip liner, a set of white and black placemats, and a liquid level indicator.
- **Writing with Low Vision \$40:** includes a 2025 large print calendar, 3 types of low vision notebooks/pads, a large print "While You Were Out" note pad, a check ledger, a yellow overlay, an extra bold non-bleed marker, writing guides (letter, envelope, check, signature)
- **VIP Rec & Leisure \$50:** includes a tactile chess set, a pack of Braille UNO cards, a Mitsy Kit adaptive sewing kit for a unicorn-themed throw pillow, a jumbo print reusable bingo card, all in a large wicker picnic-type basket.

Shipping is expensive for both you and us so purchasing at our office is preferred.

We're happy to assemble a custom gift basket to meet your needs! Contact Chantal at cbuck@newvisionfl.org to inquire.

[Buy Now](#)

Homemade Wreaths

Made by New Vision's Cyndi North

\$35

[Buy Now](#)

In-Person Activities

Monthly In-Person "Daily Dozen" Group

New Vision's "Daily Dozen" group continues in 2025! Our in-person nutrition group focuses on Dr. Michael Gregor's "Daily Dozen" from his best-selling book, *How Not to Die*. Each month, attendees learn how to incorporate the Daily Dozen into their lifestyle. Lunch will be provided, centered on the month's Daily Dozen theme. PLUS attendees will be go home with groceries and recipes to recreate the meal at home. This meeting is open to anyone with a visual impairment and up to one guest. There is no charge to attend, but a \$5 donation is appreciated to help with the cost of the meal. RSVPs requested to ensure we have enough food; likewise, if you RSVP and can't make it, please let us know so we don't buy too much food.

- **Date:** the 2nd Thursday monthly (2/13, 3/13, 4/10, 5/8, 6/12, 7/10, 8/14, 9/11, 10/9, 11/13, 12/11)
- **Time:** 11:30-1:30
- **Where:** Christ United Methodist Church, 1313 Griffin Rd., Leesburg
- **RSVP:** at least 2 days prior by calling/emailing Lisa (lfisher@newvisionfl.org). Please make sure to tell Lisa about any allergies in advance!

February's topic is berries!

Seeking recipes from past events? By popular request, check out our new [Recipes page!](#)

Monthly In-Person Support Group

Step back in time with us for an unforgettable outing! We start at **Brick & Barrel Public House** in downtown Leesburg, where modern comfort meets classic flavor. Enjoy a delicious lunch in this cozy, rustic Leesburg favorite! Afterward, dive into history at Leesburg Public Library, just a couple blocks away, where we'll visit an incredible **President Abraham Lincoln reenactor** who brings the 16th president to life with stunning accuracy. Known for his striking resemblance and compelling storytelling, "Lincoln" will lead us on a journey through one of the most pivotal moments in American history. He'll discuss emancipation, slavery, and the enduring fight for equality in a way that's sure to inspire and captivate.

It's a blend of great food, great company, and a powerful reminder of how far we've come—and the work that still lies ahead. 🍷

Who's ready to step into history with us? 🗣️ We only have 20 spots available!

- **Date:** Thursday, February 20
- **Time:** 11:30 a.m. to 2 p.m.
- **Where:** start: Brick & Barrel, 209 W. Main St., Leesburg; end: Leesburg Library, 100 E Main St.
- **RSVP:** by February 17 to Lisa
- **Cost:** your food at Brick & Barrel ([menu from their website](#) - prices are in the \$15-\$30 range, depending on what you get)

Announcements



“Your vote is your voice, and it is essential for individuals with disabilities to be heard in the decisions that impact our lives.”

Attributed to former US Representative Tony Coelho, the primary sponsor of the Americans with Disabilities Act



Florida's 6th Congressional District special election, 2025

A special election to fill the seat representing Florida's 6th Congressional District in the U.S. House will be held in 2025. Primaries are scheduled for January 28, 2025. The general election will be held April 1, 2025. The filing deadline was December 7, 2024.

The special election will fill the anticipated vacancy left by Michael Waltz (R), who was selected by Donald Trump (R) to serve as national security advisor in his second presidential term. Waltz is expected to resign on January 20, 2025. Source: [BallotPedia](#)

Are you in District 6?

Double check by looking on your Voter ID, looking up the info on the Supervisor of Elections website ([Lake](#)/[Maroon](#)), or you can enter your address to [look it up online](#) (GovTrack).

[Learn more about district 6, deadlines, and voting options >>](#)

Tickets on sale now for Dining in the Dark 2025, New Vision's annual fundraiser and largest community education event. [Learn more >](#)

2025 Vision Awareness Day EXPO

Sponsored by The Villages Visually Impaired Persons Support Group & VA North Florida/South Georgia Visual Impairment Services Team

FREE!! OPEN TO THE PUBLIC!!

Saturday, February 22, 2025
9:45 am to 2 pm

Donna Evans
352-391-4586

Eisenhower Rec Center
3560 Buena Vista Blvd
The Villages

FREE!! & OPEN TO THE PUBLIC!!

2025 Vision Awareness Day Expo

Join us for the 29th Annual Event sponsored by The Villages Visually Impaired Persons (VIP) Support Group & The VA North Florida/South Georgia Veterans Health System Visual Impairment Services Team (VIST)

- **Date:** Saturday, February 22, 2025
- **Time:** Doors open at 9:45 am — 2:00 pm
- **Location:** The Eisenhower Recreation Center, 3560 Buena Vista Boulevard, The Villages, Florida 32162

Schedule

At 10 am: Dr. Senal Tuli, Professor and Chair, Department of Ophthalmology, College of Medicine, University of Florida, will speak on the advances in vision care.

At 10:45 The Exhibit Hall will open with companies, ophthalmology practices, and agencies that provide services & the latest technology & aids for the visually impaired & blind.

For more information

Donna Evans, VIP Group Event Director 352-391-4586
Ryan Peterson, Supervisor Blind Rehabilitation Services VA (VIST) 352-271-6003

