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Weekly Support Services Schedule

the gift shop, upcoming in-person events, and announcements. Please reply to

you press 1 to join.

this email or call our office at 352-607-7607 with any questions.

Waivers are required to join our exercise classes - complete the forms online. Monday • Exercise: Intro to Cardio & Strength Intervals at 8 a.m.

basics at a faster pace. Led by certified personal trainer Lisa. Brain Boosters at 10:30 a.m.

- 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.
- 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.

Intermediate-level, slow-paced strength training class to strengthen the

muscles used to maintain balance. Led by certified personal trainer Lisa.

Topic: ageism, a guided discussion with Lisa and Scott

- Wednesday
 - Exercise: Cardio & Strength Intervals at 8 a.m. Intermediate level using the multi-joint exercises learned in Monday's
 - 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.

- 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.

Beginner-level, slow-paced stretching and range of motion class. Great

for participants of the Cardio-Strength classes to stretch out any soreness

- 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

• Tech Talk at 2 p.m. - ON HOLD UNTIL DAN RETURNS FROM

Intro class. Led by certified personal trainer Lisa.

Facilitated by AT instructor Dan Debs. Different AT-related topics including

tips, tricks, new apps/tech, and learning opportunities. Meets weekly.

2025 Calendars

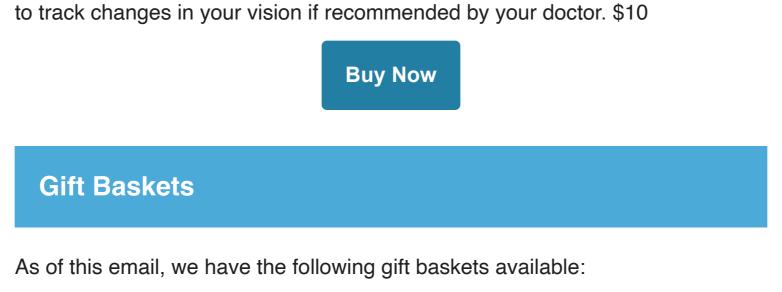
PATERNITY LEAVE

Now Available in New Vision's Gift Shop

2025 Large Print CALENIDARS

January 2025 ววววววววววววววววววววววววววววววววววว





• 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

• Writing with Low Vision \$40: includes a 2025 large print calendar, 3

Our 2025 calendars are now in stock! These large print calendars are designed

friendly fonts and large spaces to write. There's also an Amsler grid on the back

in-house at New Vision and printed in central Florida. They feature low-vision-

note pad, a check ledger, a yellow overlay, an extra bold non-bleed marker, writing guides (letter, envelope, check, signature).

types of low vision notebooks/pads, a large print "While You Were Out"

• 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

placemats, and a liquid level indicator.

- 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 Chantel at cbuck@newvisionfl.org to inquire. **Buy Now**
- **Homemade Wreaths** Made by New Vision's Cyndi North

Buy Now

let us know so we don't buy too much food.

9/11, 10/9, 11/13, 12/11)

allergies in advance!

sure to inspire and captivate.

we've come—and the work that still lies ahead. 💢

February's topic is berries!

• Time: 11:30-1:30



• Date: the 2nd Thursday monthly (2/13, 3/13, 4/10, 5/8, 6/12, 7/10, 8/14,

• Where: Christ United Methodist Church, 1313 Griffin Rd., Leesburg

(Ifisher@newvisionfl.org). Please make sure to tell Lisa about any

Seeking recipes from past events? By popular request, check out our new

• RSVP: at least 2 days prior by calling/emailing Lisa

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

It's a blend of great food, great company, and a powerful reminder of how far

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

discuss emancipation, slavery, and the enduring fight for equality in a way that's

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)

election, 2025

online (GovTrack).

2024.

Announcements

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

Florida's 6th Congressional District special

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,

Your vote is your voice, and it is

essential for individuals with

disabilities to be heard in the

decisions that impact our lives."

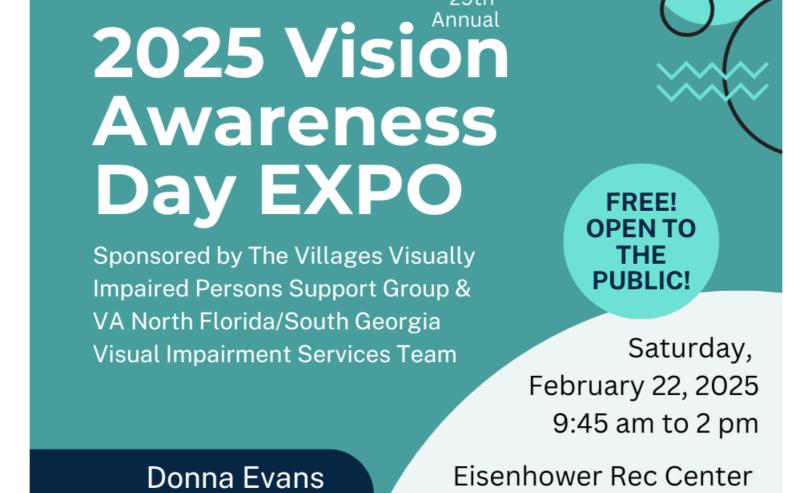
The special election will fill the anticipated vacancy left by Michael Waltz (R), who was selected by Donald Trump (R) to serve as national security advisor in his second presidential term. Waltz is expected to resign on January 20, 2025. Source: **BallotPedia** Are you in District 6? Double check by looking on your Voter ID, looking up the info on the Supervisor of

Elections website (Lake)(Marion), or you can enter your address to look it up

<u>Learn more about district 6, deadlines, and voting options >> </u>

and largest community education event. Learn more >

the Dar Tickets on sale now for Dining in the Dark 2025, New Vision's annual fundraiser



FREE!! & OPEN TO THE PUBLIC!! 2025 Vision Awareness Day Expo Join us for the 29th Annual Event sponsored by The Villages Visually Impaired

352-391-4586

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

Persons (VIP) Support Group & The VA North Florida/South Georgia Veterans Health

3560 Buena Vista Blvd

The Villages

Boulevard, The Villages, Florida 32162

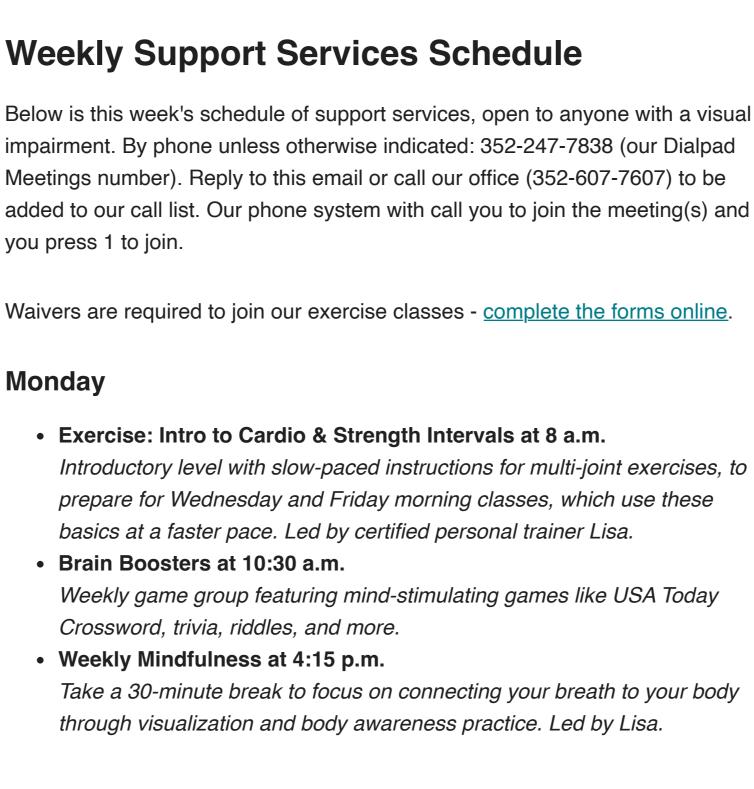
Schedule At 10 am. Dr. Sonal Tuli, Professor and Chair, Department of Ophthalmology, College of Medicine, University of Florida, will speak on the advances in vision care. At 10:45 The Exhibit Hall will open with companies, ophthalmology practices, and agencies, that provide services & the latest technology & aids for the visually

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



Independence

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Tuesday

 Balance & Strength fitness class at 4:15 p.m. Intro class. Led by certified personal trainer Lisa.

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impaired & blind.

For more information