**2020 Calendar and Program Schedule**

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| Tuesday  January 7 | Ruritan Dinner |
| Wednesday  January 8 | Preserving the Beautiful Night Sky  Scott Busby, Belmont Observatory and Rappahannock Astronomy Club |
| Wednesday February 5 | Preventing Lake Pollution – A Team Effort |
| Wednesday  March 4 | The 10 Warning Signs of Alzheimer’s and a few Tips on Caregiver Stress Management  Lori Myers Regional Director,  Fredericksburg Office, Alzheimer’s Association |
| Wednesday  April 1 | Chair Yoga (wear comfortable clothing that allows you to move)  Donna Bauer, E-RYT 500 Yoga |
| Saturday  April 18 | Ham & Oyster Dinner |
| Wednesday  May 6 | Elegant 80’s Tea and Brunch |
| Tuesday  May 19 | Field Trip – Richmond Riverfront Canal Cruise – Followed by Lunch  Cost — TBD  Note: all boats are handicap accessible |
| Tuesday  June 2 | Ruritan Dinner |
| Wednesday  June 3 | Fall Risk Management (Learn about proven fall prevention strategies.)  Dr. Melissa Bloomer, PT, DPT, Louisa  Physical Therapy |
| Wednesday  July 1 | Spotsylvania Sherriff’s Office, K-9 Unit Demonstration  LT Matt Pritchett, K9 Program Coordinator |
| Wednesday  August 5 | Serenity Farm Equine Sanctuary Mission, Programs, and Volunteers  Rhondavena LaPorte, Executive Director |
| Saturday  August 17 | Belmont Horse Show |
| Wednesday  September 2 | Natural Health & Wellness “Mini Symposium”   * Interactive Tai Chi Demonstration with Buddy Jett, Floating Cloud Tai Chi * Young Living Essential Oils – Presentation by Charleen Haman |
| Tuesday  October 6 | Ruritan Dinner |
| Wednesday  October 7 | Health Care Fraud & Elderly Abuse  Community Outreach Coordinator, Office of the Attorney General |
| Wednesday  October 14 | Field Trip – Historical Downtown Louisa Walking Tour; followed by lunch at Obrigato  Tour Sponsored by Louisa Historical Society, Karleen Kovalchic, Director |
| Wednesday  November 4 | Silent Auction and Raffle  2021 Budget Planning Session |
| Wednesday December 2 | Hodge Podge Christmas Luncheon  Luncheon begins at 11am  No Business Meeting on this date |
| Saturday  December 12 | Christmas Basket Assembly |