**2020 Calendar and Program Schedule**

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| Tuesday January 7 | Ruritan Dinner |
| WednesdayJanuary 8 | Preserving the Beautiful Night SkyScott Busby, Belmont Observatory and Rappahannock Astronomy Club |
| Wednesday February 5 | Preventing Lake Pollution – A Team Effort |
| WednesdayMarch 4 | The 10 Warning Signs of Alzheimer’s and a few Tips on Caregiver Stress ManagementLori 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 |
| SaturdayApril 18 | Ham & Oyster Dinner |
| WednesdayMay 6 | Elegant 80’s Tea and Brunch |
| TuesdayMay 19 | Field Trip – Richmond Riverfront Canal Cruise – Followed by LunchCost — TBDNote: 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, LouisaPhysical Therapy |
| WednesdayJuly 1 | Spotsylvania Sherriff’s Office, K-9 Unit DemonstrationLT Matt Pritchett, K9 Program Coordinator |
| WednesdayAugust 5 | Serenity Farm Equine Sanctuary Mission, Programs, and VolunteersRhondavena LaPorte, Executive Director |
| SaturdayAugust 17 | Belmont Horse Show |
| WednesdaySeptember 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
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| Tuesday October 6 | Ruritan Dinner |
| Wednesday October 7 | Health Care Fraud & Elderly AbuseCommunity Outreach Coordinator, Office of the Attorney General |
| WednesdayOctober 14  | Field Trip – Historical Downtown Louisa Walking Tour; followed by lunch at ObrigatoTour Sponsored by Louisa Historical Society, Karleen Kovalchic, Director |
| WednesdayNovember 4 | Silent Auction and Raffle2021 Budget Planning Session |
| Wednesday December 2 | Hodge Podge Christmas LuncheonLuncheon begins at 11am No Business Meeting on this date |
| SaturdayDecember 12 | Christmas Basket Assembly |