**2019**

**NFB OF VIRGINIA CONVENTION PRESENTS**

**SENIORS IN CHARGE**

**LIVING THE LIVES WE WANT**

Division President, Nancy Yeager

Seminar Agenda

Portsmouth Ballrooms 7 and 8

**12:15: Lunch and conversation**

**12:45 Business Meeting:**

Welcome: Nancy Yeager - President, NFBV Senior Division.

Introduction of attendees.

Division Minutes and Treasurer’s Report: Sandy Halverson - Secretary/Treasurer, NFBV Senior Division; First Vice President, NFBV; Potomac Chapter, NFBV.

**1:15** **Indiana Seniors**

Jean Brown—Author, Entrepreneur, very busy lady and wife of Ron Brown, our National Representative.

**1:45 Break**

**2:00 Let’s Get Fit and have Fun: Join us as we Get Moving While sitting in Our Chairs: Mary Durbin, Virginia Beach Chapter**

**2:40 How We Shop and What We Eat:**

Shopping with Shipp: John Halverson, President, Potomac Chapter

Get It From Peapod: Nancy Yeager

Strolling Down the Aisles and Filling Her Cart: Sandy Halverson

What We Eat: Sandy Halverson

**3:20 Getting It Done: Reading and Navigating With a smart phone: Dick Byrne, Fredericksburg Chapter.**

**4:00 Wrap Up**