

**2023 Program Calendar**  
**National Active and Retired Federal Employees**  
**Arlington Chapter 1201**

4/13/23

Also available at [www.narfe.org/site/chapter1201](http://www.narfe.org/site/chapter1201).

<b>Date</b>	<b>Topic</b>	<b>Presenter</b>	<b>Organization</b>
<b>January 9</b>	Health and Aging Brain Study	University of North Texas Medical School  (name will be provided)	University of North Texas Medical School
<b>February 20</b>	2022 Income Tax Planning	Mr. Bernie Owen, Owner Mr. Ben Weiger Mr. Mike Kortum	Strategic Planning Facilitations  H&R Block AARP Income Tax Preparation
<b>March 20</b>	Massage Therapy for Seniors	Ms. Keva Mack BS, LMT, CHHP, MLD-C, RYT	Keva Mack Massage and Wellness Licensed Massage Therapist   Board Certified Holistic Health Practitioner
<b>April 17</b>	City of Arlington	The Honorable Mayor Jim Ross	City of Arlington, Texas
<b>May 16</b>	A Healthy Harvest: Safe Handling of Fresh Fruits and Vegetables	Ms. Sanci Hall Better Living forTexans Extension Agent	Tarrant County Extension Agent Fort Worth, TX
<b>June 12</b>	Annual	Picnic	Luncheon
<b>July 17</b>	Improved Memory and Less Clutter via your iPhone, Android or Ipad	Mr. Ed Sanders	Technology Consultant @ Burrough.Com
<b>August 21</b>	Congressional Update	TBD	TBD
<b>September 18</b>			
<b>October 16</b>			
<b>November 20</b>	2023 Federal Health Benefits	Mr. Bruce Harrison Ms. Kristine Scott	Blue Cross/Blue Shield GEHA
<b>December 18</b>	Holiday Lunch, Annual Meeting		

	2024 Installation of Officers		
--	----------------------------------	--	--