

LEADER LESSONS 2010

COUNTY	JAN	FEB	MAR	APRIL	MAY	JUNE
ADAIR	Book Review	Obesity in a Bottle	Assistive Technology	District Lesson: Families Festival of Desserts or The 3 R's	Economical Vacations in Oklahoma	PICNIC
CHEROKEE	Book Review	Obesity in a Bottle	Assistive Technology	District Lesson: Families Festival of Desserts or The 3 R's	Economical Vacations in Oklahoma	PICNIC
CRAIG	County Reports	COACH	Recognizing Oklahoma Birds	Cooking for 1 or 2	Heart Attacks- Symptoms & Healthy Cooking Ideas	Community & School Ideas
CREEK	Saving at the Grocery Store: NameBrandvGeneric	Staying Safe for All Seasons	Freeze Ahead Meals	OHCE Fair Exhibits: What a Judge Looks For	A Community of Families: Festival of Desserts	Flower Arrangements
DELAWARE	Reports	COACH	Recognizing Oklahoma Birds	Cooking for 1 or 2	Heart Attacks- Symptoms & Healthy Cooking Ideas	Community & School Ideas
LINCOLN	Famous Oklahoma Women	Perfecting Your Pruning	Preparing for a Natural Disaster	Anatomy and Care of Feet	District Lesson: Families Festival of Desserts or The 3 R's	Home Freezing
MAYES	Reports	COACH	Recognizing Oklahoma Birds	Cooking for 1 or 2	Heart Attacks- Symptoms & Healthy Cooking Ideas	Community & School Ideas
MCINTOSH	TBD	Creating Happiness & Blessing Others	NE District Meeting	Container and Small Space Gardening	TBD	TBD
MUSKOGEE	National Soup Month	National Cherry Month	National Nutrition Month	Made in Oklahoma Month	National Beef Month	Dairy Month
NOWATA	Managing Arthritis	Conservations You Should Have with Your Adult Children	Freezer Meals	COACH	A Community of Families: Festival of Desserts	What are Face Book, Twitter & You Tube?
OKFUSKEE	Famous Oklahoma Women	Perfecting Your Pruning	Preparing for a Natural Disaster	Anatomy and Care of Feet	District Lesson: Families Festival of Desserts or The 3 R's	Home Freezing
OKMULGEE	Famous Oklahoma Women	Perfecting Your Pruning	Preparing for a Natural Disaster	Anatomy and Care of Feet	District Lesson: Families Festival of Desserts or The 3 R's	Home Freezing
OSAGE	Saving at the Grocery Store: NameBrandvGeneric	Staying Safe for All Seasons	Freeze Ahead Meals	Symbols of America & What They Mean	A Community of Families: Festival of Desserts	Flower Arrangements
OTTAWA	Reports	COACH	Recognizing Oklahoma Birds	Cooking for 1 or 2	Heart Attacks- Symptoms & Healthy Cooking Ideas	Community & School Ideas

PAWNEE	Saving at the Grocery Store: NameBrandvGeneric	Staying Safe for All Seasons	Freeze Ahead Meals	Symbols of America & What They Mean	A Community of Families: Festival of Desserts	Flower Arrangements
PAYNE	Saving at the Grocery Store: NameBrandvGeneric	Staying Safe for All Seasons	Freeze Ahead Meals	OHCE Fair Exhibits	A Community of Families: Festival of Desserts or The 3R's	Flower Arrangements
ROGERS	Managing Arthritis	Conservations You Should Have with Your Adult Children	Freezer Meals	COACH	A Community of Families: Festival of Desserts	What are Face Book, Twitter & You Tube?
SEQUOYAH	Obesity in a Bottle	Assistive Technology	A Community of Families: Festival of Desserts	Economical Vacations in Oklahoma	Aromatherapy	Cultural Enrichment Trip
TULSA	Managing Arthritis	Conservations You Should Have with Your Adult Children	Freezer Meals	COACH	A Community of Families: Festival of Desserts	What are Face Book, Twitter & You Tube?
WAGONER	Club Organization	Healthy Tips for Living Longer	Digital Photography	Photos to Fabric & Beyond	The 3 R's: Recycle, Reuse & Reinvent	Fair Judging
WASHINGTON	Managing Arthritis	Conservations You Should Have with Your Adult Children	Freezer Meals	COACH	A Community of Families: Festival of Desserts	What are Face Book, Twitter & You Tube?

COUNTY	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
ADAIR	Aromatherapy	State Lessons: Go Green or Balanced Diet	Anatomy & Care of the Feet/Relaxation Techniques	Stepfamilies	New Trends in Bake-Ware	E-Mail, Cell Phones, Text Messaging
CHEROKEE	Aromatherapy	State Lessons: Go Green or Balanced Diet	Anatomy & Care of the Feet/Relaxation Techniques	Stepfamilies	New Trends in Bake-Ware	E-Mail, Cell Phones, Text Messaging
CRAIG	The Orphan Train	Picnic/County Fair	Freezer Meals	A Community of Families: Festival of Desserts	Is Your Diet Balanced?	Happy Holidays
CREEK	Club Choice	Fun With Tortillas	Go Green	OHCE Awards	Table Setting & Etiquette & Napkin Folding	Holiday Party
DELAWARE	The Orphan Train	Do Your Own Thing/ Picnic	Freezer Meals	A Community of Families: Festival of Desserts	Is Your Diet Balanced?	Christmas
LINCOLN	Your Home for a Lifetime	I've Nothing to Wear!	Digital Photography	State Lessons: Go Green or Balanced Diet	A Tisket A Tasket Make A Gift Basket	Holiday Happenings
MAYES	The Orphan Train	Picnic/County Fair	Freezer Meals	A Community of Families: Festival of Desserts	Is Your Diet Balanced?	Happy Holidays
MCINTOSH	TBD	TBD	TBD	Fall Council	TBD	Holiday Gathering
MUSKOGEE	Blueberry Month	Peach Month	National Honey Month	National Popcorn Month	Peanut Butter Lovers Month	Safe Toys and Gifts Month
NOWATA	Cooking with Sugar Substitutes	How to Select Assisted Living Facilities	Is Your Diet Balanced?	Drug-Nutrient Interactions	Dates on Food Products	Group's choice
OKFUSKEE	Your Home for a Lifetime	I've Nothing to Wear!	Digital Photography	State Lessons: Go Green or Balanced Diet	A Tisket A Tasket Make A Gift Basket	Happy Holidays
OKMULGEE	Your Home for a Lifetime	I've Nothing to Wear!	Digital Photography	State Lessons: Go Green or Balanced Diet	A Tisket A Tasket Make A Gift Basket	Holiday Happenings
OSAGE	Group Choice	Fun With Tortillas	Go Green	OHCE Awards	Table Setting & Etiquette & Napkin Folding	Holiday Party
OTTAWA	The Orphan Train	Picnic/County Fair	Freezer Meals	A Community of Families: Festival of Desserts	Is Your Diet Balanced?	Happy Holidays
PAWNEE	Group Choice	Fun With Tortillas	Go Green	OHCE Awards	Table Setting & Etiquette & Napkin Folding	Holiday Party

PAYNE	Group Choice	Fun With Tortillas	Go Green or Balanced Diet	OHCE Awards	Table Setting & Etiquette & Napkin Folding	Holiday Party
ROGERS	Cooking with Sugar Substitutes	How to Select Assisted Living Facilities	Is Your Diet Balanced?	Drug-Nutrient Interactions	Dates on Food Products	Group's choice
SEQUOYAH	Is Your Diet Balanced?	Anatomy & Care of the Feet	Stepfamilies	New Trends in Bake Ware	E-Mail, Cell Phones, Text Messaging	Book Review
TULSA	Cooking with Sugar Substitutes	How to Select Assisted Living Facilities	Is Your Diet Balanced?	Drug-Nutrient Interactions	Dates on Food Products	Holiday Luncheon
WAGONER	Family Times	Underground Railroad Quilts	A Community of Families: Festival of Desserts	Go Green	Is Your Diet Balanced?	Family Times
WASHINGTON	Cooking with Sugar Substitutes	How to Select Assisted Living Facilities	Is Your Diet Balanced?	Drug-Nutrient Interactions	Dates on Food Products	Seasons Greetings