

2013 NE District HCE Leader Lessons

| | January | February | March | April | May | June | July | August | September | October | November | December |
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| Adair | Meals for One or Two | Raising Young Readers | Enjoy Fruits and Vegetables All Month Long | Simple Home Repairs | OHCE WEEK | Standards of Quality –&– County Fair Project Judging | STATE OHCE MEETING | Modifying Recipes – Desserts, Soups, Salads, Breakfast | Family Heritage Cookbooks | Jest for the Health of It | Wrap It! | |
| Cherokee | Meals for One or Two | Raising Young Readers | Enjoy Fruits and Vegetables All Month Long | Simple Home Repairs | OHCE WEEK | Standards of Quality –&– County Fair Project Judging | STATE OHCE MEETING | Modifying Recipes – Desserts, Soups, Salads, Breakfast | Family Heritage Cookbooks | Jest for the Health of It | Wrap It! | |
| Craig | County Reports | Living With Arthur | Finger Food & Appetizers | Easy-To-Make Pillows | Flea Market Strategies! | Tripping Close to Home | Do It Yourself (DIY) Centerpieces | SUMMERTIME PICNIC/ COUNTY FAIR | Enjoying Fruits & Vegetables All Month Long | Outdoor Living Spaces | Stretching Your Food-Shopping Dollar | HAPPY HOLIDAYS! |
| Creek | Not Your Grandma’s Laundry | Raising Young Readers | Vacationing in Oklahoma | Fun Low Cost Games for Parties & Showers | Food Preservation | Stretching Your Food Shopping Dollars | CLUB CHOICE | How to Develop & Prepare an Educational Exhibit | Home Safety Devices | Enjoy Fruits & Vegetables All Month Long | Feeding and Attracting Birds | HOLIDAY PARTY |
| Delaware | Reports and Awards | Living With Arthur | Finger Food & Appetizers | Easy-To-Make Pillows | Flea Market Strategies! | Tripping Close to Home | Do It Yourself (DIY) Centerpieces | SUMMERTIME PICNIC/ COUNTY FAIR | Enjoying Fruits & Vegetables All Month Long | Outdoor Living Spaces | Stretching Your Food-Shopping Dollar | HAPPY HOLIDAYS! |
| Lincoln | Symbols of America and What They Mean | Chocolate: How Sweet It Is! | Home Remedies: Helpful or Harmful? | Container Gardening | Enjoy Fruits & Vegetables All Month Long | Natural Cleaners | Card Making for Special Occasions | Organizing Your Life: Recipes, Patterns, Records, and More | Oklahoma’s Melting Pot of Food and Culture | Family Fundamentals: Increasing Family Skills Across All Generations –or– Prepare to Care for Elderly Parents | Grandma Knows Best: A Lesson in Intergenerational Family Connections | HOLIDAY HAPPENINGS |

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| Mayes | Reports and Awards | Living With Arthur | Finger Food & Appetizers | Easy-To-Make Pillows | Flea Market Strategies! | Tripping Close to Home | Do It Yourself (DIY) Centerpieces | SUMMERTIME PICNIC/ COUNTY FAIR | Enjoying Fruits & Vegetables All Month Long | Outdoor Living Spaces | Stretching Your Food-Shopping Dollar | HAPPY HOLIDAYS! |
| McIntosh | | | | | | | | | | | | |
| Muskogee | Slow Cooker Favorites | Vitamin/Drug Interaction | Couponing 101 | Jest for the Health of It | How to Prepare (to Care) for Elderly Parents During Unexpected Illness or Crisis | Enjoying Fruits & Vegetables All Month Long | STATE OHCE MEETING | BIRTHDAY CELEBRATIONS | Suddenly Single | Quick & Easy Cold Weather Foods | 10 Foods to Help You Live Longer | GROUP CHOICE HOLIDAY GATHERING |
| Nowata | | | | | | | | | | | | |
| Okfuskee | | | | | | | | | | | | |
| Okmulgee | Symbols of America and What They Mean | Chocolate: How Sweet It Is! | Home Remedies: Helpful or Harmful? | Container Gardening | Stretching Your Shopping \$'s -or- Enjoy Fruits & Vegetables All Month Long | Natural Cleaners | Card Making for Special Occasions | Organizing Your Life: Recipes, Patterns, Records, and More | Oklahoma's Melting Pot of Food and Culture | STATE LEADER LESSON | Grandma Knows Best: A Lesson in Intergenerational Family Connections | CHRISTMAS PARTY |
| Osage | Not Your Grandma's Laundry | Raising Young Readers | Vacationing in Oklahoma | Fun Low Cost Games for Parties & Showers | Food Preservation | Stretching Your Food Shopping Dollars | GROUP CHOICE | How to Develop & Prepare an Educational Exhibit | Home Safety Devices | Enjoy Fruits & Vegetables All Month Long | Feeding and Attracting Birds | GROUP CHRISTMAS PARTY |
| Ottawa | Reports and Awards | Living With Arthur | Finger Food & Appetizers | Easy-To-Make Pillows | Flea Market Strategies! | Tripping Close to Home | Do It Yourself (DIY) Centerpieces | SUMMERTIME PICNIC/ COUNTY FAIR | Enjoying Fruits & Vegetables All Month Long | Outdoor Living Spaces | Stretching Your Food-Shopping Dollar | HAPPY HOLIDAYS! |
| Pawnee | Not Your Grandma's Laundry | Raising Young Readers | Vacationing in Oklahoma | Fun Low Cost Games for Parties & Showers | Food Preservation | Stretching Your Food Shopping Dollars | ON YOUR OWN | How to Develop & Prepare an Educational Exhibit | Home Safety Devices | Enjoy Fruits & Vegetables All Month Long | Feeding and Attracting Birds | HOLIDAY |

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| Payne | Not Your Grandma's Laundry | Raising Young Readers | Vacationing in Oklahoma | Fun Low Cost Games for Parties & Showers | Food Preservation | Stretching Your Food Shopping Dollars | GROUP CHOICE | How to Develop & Prepare an Educational Exhibit | Home Safety Devices | Enjoy Fruits & Vegetables All Month Long | Feeding and Attracting Birds | GROUP CHRISTMAS PARTY |
| Rogers | Recording Your Life History | Bullying – It Can Happen At Any Age | Save a Life – The Value of a Storm Shelter | Laughter is the Best Medicine | Trusts Versus Wills | Enjoy Fruits & Vegetables All Month Long | What Is So Important About Vitamin D? | Personal Safety From Home Invasion | Enhancing Your Wardrobe For Body Type | Dealing with Arthritis & Fibromyalgia Pain | Up-Cycling – Repurposing What You Have | |
| Sequoyah | Meals for One or Two | Raising Young Readers | Enjoy Fruits and Vegetables All Month Long –&– Family Fundamentals: Increasing Family Skills Across Generations | Simple Home Repairs | OHCE WEEK | Standards of Quality –&– County Fair Project Judging | STATE OHCE MEETING | Modifying Recipes – Desserts, Soups, Salads, Breakfast | Family Heritage Cookbooks | Jest for the Health of It | Wrap It! | CHRISTMAS DINNER |
| Tulsa | Recording Your Life History | Bullying – It Can Happen At Any Age | Save a Life – The Value of a Storm Shelter | Laughter is the Best Medicine | Trusts Versus Wills | Enjoy Fruits & Vegetables All Month Long | What Is So Important About Vitamin D? | Personal Safety From Home Invasion | Enhancing Your Wardrobe For Body Type | Dealing with Arthritis & Fibromyalgia Pain | Up-Cycling – Repurposing What You Have | HOLIDAY LUNCHEON |
| Wagoner | Vitamin/Drug Interaction | Slow Cooker Favorites/Ideas | Couponing 101 | Jest For the Health of It | Enjoy Fruits & Vegetables All Month Long | Stretching Your Shopping Dollars | FAMILY TIMES | Home Made Cleaners | Family Fundamentals: Increasing Family Skills Across the Generations | Quick-n-Easy Cold Weather Foods | 10 Foods to Help You Live Longer | FAMILY TIMES |
| Washington | Recording Your Life History | Bullying – It Can Happen At Any Age | Save a Life – The Value of a Storm Shelter | Laughter is the Best Medicine | Trusts Versus Wills | Enjoy Fruits & Vegetables All Month Long | What Is So Important About Vitamin D? | Personal Safety From Home Invasion | Enhancing Your Wardrobe For Body Type | Dealing with Arthritis & Fibromyalgia Pain | Up-Cycling – Repurposing What You Have | HAPPY HOLIDAYS |