

S. W. District Leader Lessons – 2010

	January	February	March	April	May	June	July	August	September	October	November	December
Beckham	Club Organization	Nutrition Literacy	COACH	Housing Updates & Trends	Vintage Aprons	Do your Own Thing	Grandma Knows Best	Fair Prep	3-R's	4-County Meeting	Family Festival of Desserts	Holiday Council
Caddo	Plan, Reorganize	COACH	Say Cheese and Smile	Canning & Freezing	Sauces & Gravies	Cooking with Herbs	Spend Smart Eat Smart	Balancing your Diet	Recognizing Stress and Depression	Women's Health Issues	Festival of Desserts	Holiday Time
Canadian	Alzheimer's	Ready Oklahoma	Gardening 101	Food Preservation	Celebrate the Family	Updating your Technology – Facebook, Twitter, Blogging, Etc.	Metabolism as We Age	Getting Ready for the Fair	Fun to Fondue	Low Impact Lifestyle	Nutrient-Drug Interactions	Lesson of Choice
Cleveland	Intergenerational Differences	Ready Oklahoma	Gardening101	Food Preservation	Celebrate the Family	Updating your Technology – Facebook, Twitter, Blogging, Etc.	Metabolism as We Age	Color me Beautiful	Group Choice	Low Impact Lifestyle	Mix Magic	Group Choice
Comanche	Group Planning Meeting	Disaster Preparedness	Smart Bags	Say Cheese and Smile	3-R's	Fair Judging & Rules	Learning to Live on Less	Cooking with Herbs & Spices	4-Her's and Who They Are	Buffet of Simple Foods	Basic, Simple Sewing	Open
Cotton	Plan, Reorganize with OHCE	Shopping and Cooking with Assistive Devices	Topsy Turvy Tomato Planting	Say Cheese and Smile	Cell Phone Savvy	Healthy Cooking with Spices and Herbs	Spend Smart	Free Fair	Family Festival of Desserts	3-R's	Turkey Talk	Holiday Happenings
Custer	Club Organization	Nutrition Literacy	COACH	Housing Updates and Trends	Vintage Aprons	Do Your Own Thing	Grandma Know Best	Work on Fair Exhibits & Educational Display	3-R's	4-County Meeting	Family Festival of Desserts	Holiday Parties
Garvin	Alzheimer's	Ready Oklahoma	Gardening 101	Food Preservation Update	Family Festival	Facebook, Twitter, I Technology	Metabolism as We Age	County Fair	Fun to Fondue	Low Impact Lifestyle	Nutrient-Drug Interactions and Food	Club Choice
Grady	Quick & Easy Cold Weather Foods	Shopping & Cooking with Assistive Devices	Understanding Grief	Say Cheese and Smile	Eggstravaganza	Healthy Cooking with Spices and Herbs	Learning to Live on Less	WD-40, Duct Tape, Vinegar & Bailing Wire	Giving In-Home Care to those with Alzheimer's	Adult Immunizations	Chair Exercises	Open
Greer	Shape Up	"May I Help You" – Shopping, Cooking, Eating	2010 Census Info	Dental Techniques for the Elderly	Housing Update	Judging Standards	Methamphetamine Update	Managing Money in Challenging Times	County Fair	Meals in Minutes	Family Festival of Desserts	Holiday Tea
Harmon	Planning Month	May I Help You?	Managing Money in Challenging Times	3-R's	Housing Update	Judging Standards	County Ice Cream Social	Is Your Diet Balanced	County Fair	Meals in Minutes	Family Festival of Desserts	Open Social/Community Svc. Event
Jackson	Officer Trng.,Project Planning, Annual Reports	May I Help You	Managing Money in Challenging Times	3-R's	Housing Update	Judging Standards	Group Social	Is Your Diet Balanced	Go Green	Meals in Minutes	Family Festival of Desserts	Social
Jefferson			SW District Meeting & Make a Quilt in a Day	The Business of Beauty	Herb Cooking	Learning to Live on Less	Bread Baking 101	Say Cheese	Investing Wisely	Octoberfest Event	Genealogy	Holiday Celebration
McClain	Alzheimer's	Ready Oklahoma	Gardening 101	Food Preservation Update	Celebration of Families	Facebook, Twitter, I Technology	Metabolism, Thyroid & Pro-Biotics	Fair	Fun to Fondue	Low Impact Lifestyle	Vitamin & Drug Interaction	Open
Oklahoma	Group Organization	Ready Oklahoma	Gardening 101	Food Preservation	Celebrate the Family	Facebook, Twitter, I Technology	Metabolism as We Age	Color Me Beautiful	Fun to Fondue	Low Impact Lifestyles	Nutrient-Drug Interactions &	Holiday Luncheon

											Food	
Roger Mills	Club Organization	Nutrition Literacy	Coach ABLE Tech	Housing Updates & Trends	Vintage Aprons	Do Your Own Thing	Grandma Knows Best	Fair	3-R's	Especially for You 4-County Meeting	Family Festival of Desserts	Holiday Meeting
Stephens	Open	Assisted Devices in the Home	Topsy-Turvy Tomato Planting	Say Cheese and Smile	Cell Phone Savvy	Herbs & Spices	Spend Smart, Eat Smart	Fair	A History of Quilts	Sleep Apnea	Eggstravaganza	Holiday Celebrations
Washita	Club Organization	Nutrition Literacy	COACH	Housing Updates & Trends	Vintage Aprons	Do Your Own Thing	Grandma Knows Best	Fair	3-R's	4-County Meeting	Family Festival of Dessert	Holiday Parties