

## S. W. District Leader Lessons – 2003

	January	February	March	April	May	June	July	August	September	October	November	December
<b>Beckham</b>	Club Organization & Leadership Training	Getting it Together! Personal Records	The Experience of Aging	Fight Health Care Waste, Fraud & Abuse	Membership Council Meeting	HCE Tours Oklahoma	Hot Topics in Food Safety	State HCE Lesson	A-Fair to Remember	Creative Crafts Seminar	Character Counts	Holiday Council Meeting
<b>Caddo</b>	Culture: Afghanistan Women	Who's Got the Floor?	Stretching Your Food Dollars	Ice Cream	Critical Conversations about Long-term Care	Lesson of Choice	Media Impact on Our Families	Carbohydrate Counting	Acculturation of People from Different Cultures	Pain Management	Holiday Cooking	No lesson
<b>Canadian</b>	Organizing your Household	Who's Got the Floor?	Carbohydrate Counting	Coping with Change/Who Moved Your Cheese	Oklahoma Made Products	Lesson of Choice	Food and Drug Interactions	Stretching Your Food Dollar	Cakes, Coke, and Cooking	Security In Later Life-Money Management	When to Hire a Lawyer	Lesson of Choice
<b>Cleveland</b>	Personality Types	Quick Inexpensive One-dish meals	Complete a Home Inventory	Oklahoma's Best Kept Travel Secrets	Flavorful Eating in Later Years	Fabric Art	Older Adults Can Improve Their Memories	Shop Smart and Save	Group Choice	State Lesson	Pamper Yourself	Group Choice
<b>Comanche</b>	Group Planning Meeting	Family First Aid	Stretching the Food Dollar	Everything You Always Wanted to Know About Houseplants	Aging Graciously	Who Has the Floor	Open Meeting	Carbohydrate Counting	Antiques and Collectibles	Ergonomics	Security in Later Life: Concerns about Long-term Care	Open Meeting
<b>Cotton</b>	HCE reports & Organizational Meeting	Annuals & Perennials for Oklahoma Gardening	Aloe Vera in Skin & Body Care	Antiques & Garage Sales	Dehydrating Foods	Cooking with Herbs	Family Time	Understanding a Child's Self-Esteem	County Fair	Be the Best You Can Be At Any Age	Planning for Life Alone	Holiday Program & Party
<b>Custer</b>	Program Planning	Healthy Living A to Z	Experiencing Aging	Cultural Enrichment	Pennies Make Dollars	Do Your Own Thing	Doing Dairy/Ice Cream	Get Ready for the Fair	Women in History	Mystery Month	Crock Pot Cooking	No Lesson-Club Parties
<b>Garvin</b>	Character Education	Quick & Inexpensive One-Dish Meals	De-stressing the Care-giver	Oklahoma's Best Kept Travel Secrets	Health of Your Heart	Disaster Preparedness	Older Adults Can Improve Their Memories	Shop Smart & Save! Your Retirement Clock is Ticking	Live, Love, and Money-Financial Planning for Single hood	Women & Money/Communicating about Financial Affairs	Pamper Yourself	Group Choice
<b>Grady</b>	Rise and Shine to Breakfast	Heirloom Crafts	Stretching your Food Dollar	The Art of Floral Design	Who's Got the Floor?	Standards of Quality for Fair Exhibits	Antique Road Show	Carbohydrate Counting	Discover Oklahoma	Critical Conversations about Long-term Care	Made In Oklahoma Products	Happy Holidays
<b>Greer</b>	Helping Our Plants Survive a Disaster	Stress Techniques- You Deserve a Break	Dining with Diabetes	"According to the Vet"	Frauds and Scams	Oklahoma Marriage Update	Pillow Talk	Recycling for the Holidays	Retirement Planning	Accessorize your Wardrobe	A look inside OSR	Holiday Tea
<b>Harmon</b>	Officer Training, Project Planning, Annual Reports	You Deserve a Break	Diabetes Update	Economic Development—Bed & Breakfast	Frauds & Scams	Oklahoma Marriage Update	Ice Cream Social	Impact of Media Violence	Retirement Planning	People of Different Cultures	Thanksgiving Dinner	Social

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<b>Jackson</b>	Project & Yearbook Planning	You Deserve A Break	Diabetes Update	Bed and Breakfast Business	Frauds and Scams	Oklahoma Marriage Update	Do Your Own Thing	Impact of Media Violence	Retirement Planning	People of Different Cultures	Report Completion	Social
<b>Kiowa</b>	OPEN Recruitment & Reports	You Deserve a Break-Simplify your Life	Diabetes Update	Positive Parenting	Frauds & Scams	Oklahoma Marriage and Relationship Update	Impact of TV Violence	Cultural Diversity	Retirement Planning	Character Counts!	Food Safety	Safety Issues
<b>McClain</b>	The Experience of Aging	Quick, Inexpensive One-dish Meals	Money Traps That Keep You Broke	Oklahoma's Best Kept Secrets	Smile Program-Low Impact Physical Activity	Managing Challenging People & Situations	Hot Food Preservation – Jelly, Jam & Preserves	Shop Smart & Save (Tri-county lesson)	Life, Love, & Money-Planning Single hood Retirement	Women & Finances-Communications about Financial Affairs	New Food Trends	Holiday
<b>Oklahoma</b>	Group Organization	The Truth about Diets	Herb Gardening	New Clothing Trends	Rheumatism and Arthritis	Oklahoma's Best Kept Travel Secrets	The Incredible Egg	Frauds, Scams, & Slams... Prizes, Sweepstakes & Gift Fraud	Acculturation	All About Quilts	Delightful Desserts	A Time for Giving
<b>R. Mills</b>	Plan Your Group Activities	Women's Health Issues	Experience of Aging	Cultural Enrichment	Pennies Make Dollars	Links with the Past: Tomorrow's Treasurers (State)	Doing Dairy/Ice Cream	Get ready for the Fair	Women In History	Mystery Month	A Different Kind of Talk-Another Way to Act (state)	Celebrating a Family Tradition
<b>Stephens</b>	Selected Lessons	Annuals & Perennials for Oklahoma Gardening	Aloe Vera in Skin & Body Care	Antiques & Garage Sales	Dehydrating Foods	Cook with Herbs	Identity Theft	Understanding a Child's Self-Esteem	County Fair	Be the Best You Can Be at Any Age	Planning for Life Alone	Holiday Program
<b>Tillman</b>	Projects and Reporting	You Deserve a Break	Diabetes	Bed & Breakfast	Frauds & Scams	Oklahoma Marriage Update	OPEN	Impact of Violence on Families	Retirement Planning	Culture Diversity	Have You Got the Time	Holiday Happenings
<b>Washita</b>	Organization for New Year	Healthy Living A to Z	Experiences of Aging	Cultural Enrichment	Pennies Make Dollars	No Ldr. Lesson – Do your own thing	Doing Dairy/Ice Cream	Work on Fair Exhibits	Women In History	Mystery Month	Crock Pot Cookery	Holiday Party