

Leader Lessons – 2004

| | January | February | March | April | May | June | July | August | September | October | November | December |
|-----------------|---|---|---|--------------------------------|--|--------------------------------|--|--|---|--|---|---|
| Alfalfa | Slow Paced Exercises 2005 – Be the Best You Can Be at Any Age | Dealing with Bullies | Emergency Preparedness: Storms, Shelters & Pantries | Hawaiian Foods | Insect Bites & Diseases | Open | Picture This: Sharpen Your Photography Skills | Grant Writing (State Lesson) | Food Allergies | The Joy of Antiques | Clothing for the Mature Person | Open |
| Beaver | Slow Cooking | Identity Theft | Low Fat, Low Cost Meals | Trash to Treasurers | OK's Best Kept Travel Secrets | Finances & the Suddenly Single | Open | Satisfying Salads | Fabric Art | A Survivor's Guide | Made in Oklahoma | Open |
| Blaine | Identify Theft: Don't Let It Happen To You | 101 Things to do with a Cake Mix | A cleaner House in Less Time | What to do with soda pop? | District Lesson | Free Month | New Sewing Techniques & Notions | Aging Graciously | State Lesson | Quick & Easy Decorating Ideas | Creative Bread Baking | Free Month |
| Cimarron | | | | | | | | | | | | |
| Dewey | Wonder Woman Doesn't Live Here Anymore | Oklahoma Made Products | Soups From Around The World | Sensible Snacking | Super Salads | Family Activity | Soda & Vinegar | Insects & Disease | Suddenly Single | Cultural Foods | Building Developmental Assets in Families | Free |
| Ellis | Basic Potatoes | Living Air Cleaners, Plants that Purify | Talking to a Fence Post | Butterfly Garden | Pamper Yourself | Open | Financially Speaking – Suddenly Single | Easy Foil Recipes for little mess meals | A Survivor's Guide – When There's A Death in the Family | Kitchen Gadgets & Accessories | Seasonal Household Maintenance | Open |
| Garfield | Home Decorating & Accessorizing for Comfort | Crock Pot Cooking | Emergency Preparedness | New Foods Products | Stress & Massage | Safe & Natural Pesticides | Financially Speaking: Suddenly Single | Re-Do the Wardrobe | 101 Things to do with a Cake Mix | Survivor's Guide: When there's a death in the family | No Lesson | Enhancing Brain Function With Nutrition |
| Grant | Dealing with Bullies | Emergency Preparedness: Storms, Shelters & Pantries | Hawaiian Foods | Finances & the Suddenly Single | Picture This: Sharpen Your Photography Skills | Open | A Survivor's Guide When There Is A Death In The Family | Food Allergies | The Joy of Antiques | Clothes for the Mature Person | Open | Be the Best You Can Be at Any Age |
| Harper | Preparing Low Fat-Low Cost Meals – New Findings in Nutrition & Exercise | Quilting – Beginning Lesson | A Cleaner House in Less Time | Photography | Pamper Yourself – Make Up Secrets for Later Life | What to do with Soda Pop | New Sew Projects – Fleece & different kids of Fabric | County Fair Planning | Constructive Arguing – “Speaker-Listener Techniques” | 101 Things to do with a Cake Mix | Butterfly Garden – Horticulture | Open |
| Kay | Crock Pot Cookery | 101 Things to do with a Cake Mix | Massage Therapy | Container Gardener | Survivor's Guide: When There's a Death in the Family | Quilting | Your Rights in the Hospital | Enhancing Brain Function through Nutrition | Financially Speaking: Suddenly Single | County Fair Results | Cooking for Diabetics | Free Month |

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| Kingfisher | Identity Theft: Don't Let it Happen to You | 101 Things to do with a Cake Mix | A Cleaner House in Less Time | What To Do with Soda Pop | District Lesson | Free | New Sewing Techniques & Notions | Aging Graciously | State Lesson | Quick & Easy Decorating Ideas | Creative Bread Baking | Free |
| Logan | Identity Theft: Don't Let It Happen To You | 101 Things To Do With A Cake Mix | A Cleaner House In Less Time | What To Do With Soda Pop | Finances & The Suddenly Single | Free | New Sewing Techniques & Notions | Aging Graciously | A Survivors Guide | Quick & Easy Decorating Ideas | Creative Bread Baking | Free |
| Major | Slow Paced Exercises | Dealing with Bullies | Emergency Preparedness: Sotrms, Shelters & Pantries | Hawaiian Foods | Finances & The Suddenly Single | Open | Picture This: Photography Skills | A Survivors Guide | Food Allergies | The Joy of Antiques | Clothing for the Mature Person | Free |
| Noble | Stress & Your Life | Meals in 10 Minutes | Free | Simple Window Treatments | Make-Up Secrets for Later Years | Aromatherapy-Aromas that Work | Cooking for One or Two | Finances & Suddenly Single | Aging Graciously | Trash to Treasurer | Identity Theft | Free |
| Texas | Care of Antiques | Safe-N-Natural Insecticides | Sheet It | Relaxation Gifts | Quick Cooking | Flower Arranging | Creative Bread Baking | Finances & Suddenly Single | What To Do With Soda Pop | Mixes In A Jar | Genealogy Research | Open |
| Woods | Slow-Paced Exercises (January – 2004 – Be The Best You Can Be at Any Age) | Dealing with Bullies | Emergency Preparedness-Storms, Shelters and Pantries | Hawaiian Foods | Insect Bites and Diseases | Open | Picture This: Sharpen Your Photography Skills | Grant Writing | Food Allergies | The Joy of Antiques | Clothing for the Mature | Open |
| Woodward | Chocolate – Everybody's Friend | Gifts In A Jar | Sewing Basics w/ fleece fun ideas & Chenille by the Yard | Finances & Suddenly Single | Where did you get that Purse? | Jellies, Jams & Preserves 101 | Slow Paced Exercises | Fair Planning | A Survivor's Guide (when there is a death in the family) | Quailing & What to do with Fat Quarters | Tip for Healthy Eyes | Open |

*District Lesson Topic – Finances & the Suddenly Single

*State Lesson Topic – A Survivor's Guide (when there is a death in the family)

*Both will be presented by Dr. Joyce Jones, State FCS Personal Finance Specialist.