

2005 SE District OHCE Leader Lessons

FY 2005	January	February	March	April	May	June	July	August	September	October	November	December
Atoka												
Bryan	Officer Training	Can't Weight to Walk	Please Pass the Salt	Shopping with Diabetes	Fun Loving Families	Flag Quilting – Patriotic	Open	Keys to Weight Loss	I Scream... for Ice Cream	Fabulous Photos	Holiday Program	Your Ideal Silhouette
Carter	Officer Training	Please Pass the Salt	District Meeting	Reunions-Fun Loving Families	Quilt a Flag	Garden Tea Party	Keys to Weight Loss	I Scream...	FAB Shots	Your Ideal Silhouette	Holiday Program	Christmas Luncheon
Choctaw	Emergency Preparedness	Gardening 101	Cooking for 1 or 2	Back to Basics	District Lesson	Healthy Living A-Z	State Lesson	Let's Get Walking	Food Safety – Groups	Holiday Cooking Sch	Identity Theft	Free Month
Coal	Walk Across Oklahoma	Emergency Preparedness	Drug/Vitamin Interaction	Gardening: When to Plant	International – Hawaii	Updating Sewing Skills	Vacations Close to Home	State Lesson	State Lesson	Cooking for One or Two	Home, Hearth and Health	Holiday Programs
Haskell	Reports	Living Will	Miracles with a Mix	District Lesson	District Lesson	That's a Wrap	Free Month	State Lesson	International Egypt	State Lesson	Cook UP the Holidays	Free Month
Hughes	Reports	Can't Weight to Walk	101 Things... Cake Mix	Big Things, Little Spaces	Sin'sational Cooking Sch	On the Table in 10 Minutes	Sensible Snacking	Computers 101..PP	Rag Quilting	Celebrate Autumn	Sweets for Diabetes	Christmas Celebration
Johnston	Can't Weight to Walk	Please Pass the Salt	Shopping with Diabetes	Reunions for ... Families	Quilt a Flag Patriotic	Tea Party	Keys to Weight Loss	I Scream... Ice Cream	Fab Photos	Your Ideal Silhouette	Holiday	
Latimer	Reports	Living Wills	Miracles with a Mix	District Lesson	District Lesson	That's a Wrap!	Free Month	State Lesson	International Egypt	State Lesson	Cook UP the Holidays	Free Month
LeFlore	Reports	Living Wills	Miracles with a Mix	District Lesson	District Lesson	That's a Wrap!	Free Month	State Lesson	International Egypt	State Lesson	Cook UP the Holidays	Free Month
Love	Can't Weight to Walk	Please Pass the Salt	Shopping with Diabetes	Reunions for... Families	Quilt a Flag Patriotic	Tea Party	Keys to Weight Loss	I Scream... Ice Cream	Fab Photos	Your Ideal Silhouette	Holliday	
Marshall	Can't Weight to Walk	Please Pass the Salt	Shopping with Diabetes	Reunions for... Families	Quilt a Flag Patriotic	Tea Party	Keys to Weight Loss	I Scream... Ice Cream	Fab Photos	Your Ideal Silhouette	Holiday	
McCurtain	Cooking for One or Two	Made in OK	Gardening	Sewing-County Fair	Vacations Close to Home	Creating Safe Walking Zones	State Leader Lesson	Fair Super. Workshops	Using Humor Effectively	Holiday Extra-vangnza	Clubs for Kids	Christmas Party
Murray	Reports	Can't Weight to Walk	101 Things... Cake Mix	Big Things, Little Spaces	Sinsational Cooking Sch	On the Table in 10 Minutes	Sensible Snacking	State Lesson	Rag Quilting	Celebrate Autumn	Sweets for Diabetes	Holiday Program
Pittsburg	Body Images & Exercise for Seniors	Living Wills	Miracles with a Mix	District Lesson	District Lesson	That's a Wrap!	Life Stories... Family Tree	State Lesson	International Egypt	State Lesson	Cook UP the Holidays	Cranberries by the Bowlful
Pontotoc	Reports	Can't Weight to Walk	101 Things... Cake Mix	Big Things, Little Spaces	Sin'sational Cooking Sch	On the Table in 10 Minutes	Sensible Snacking	State Lesson	Rag Quilting	Celebrate Autumn	Sweets for Diabetes	Holiday Program
Pottawatomie	Reports	Can't Weight to Walk	101 Things.... Cake Mixes	Big Things, Little Spaces	Summer Cooking School	On the Table in 10 Minutes	Smart Snacks	State Lesson	Rag Quilting	Make-n-Take Fun Fall Fair	Sweets for Diabetes	Holiday Program
Pushmataha	Walk Across Oklahoma	Emergency Preparedness	Drug/vitamin Interaction	Gardening: When to Plant	International – Hawaii	Updating Sewing Skills	Vacations Close to Home	State Lesson	State Lesson	Cooking for One or Two	Home, Hearth & Health	Holiday Programs
Seminole	Reports	Can't Weight to Walk	101 Things... Cake Mix	Big Things – Little Spaces	Sin'sational Cooking Sch	On the Table in 10 Minutes	Sensible Snacking	State Lesson	Rag Quilting	Make-n-take Fun Fall Fair	Sweets for Diabetes	Holiday Program