

2009-10 HOMEMAKER LEARNING SESSIONS

SEPTEMBER LESSON – “RECYCLE CLOTHING”

August 27, 2009 – 10:00 am – Calloway County Extension Office

OCTOBER LESSON – “TRAVELING THE KENTUCKY QUILT TRAIL”

September 30, 2009 - 10:00 am – Calloway County Extension Office

NOVEMBER LESSON – “A MATTER OF BALANCE: HOME SAFETY FOR SENIORS”

October 29, 2009 – 10:00 am – Calloway County Extension Office

JANUARY LESSON – “CLUTTER MANAGEMENT”

November 19, 2009-10:00 pm-Calloway County Extension Office

FEBRUARY LESSON – “LOWERING RISK FOR HEART DISEASE”

(Lesson to be mailed)

MARCH LESSON – “WHOLE FOODS FOR WHOLE PEOPLE”

February 25, 2010 – 10: 00 am – Calloway County Extension Office

APRIL LESSON – “HOME CLEANING PRODUCTS—SAFE, HEALTHY & GREEN”

March 30, 2010 – 1:30 pm – Calloway County Extension Office

MAY LESSON – “SO EASY TO PRESERVE”

April 30, 2010 – 10:00 am – Calloway County Extension Office

JUNE LESSON – “UNDERSTANDING THE FOOD LABEL”

(Lesson to be mailed)