

2008 Program Schedule for Metro Counties

Family and Community Education Study Group Lessons

FCE leader trainings are taught at the Clackamas or Washington Extension Offices 9:30 to 11:30 a.m. unless otherwise noted. The study group lesson leaders usually teach the lesson during the month following the leader's training program.

Program Title	Training Dates 2007	Locations	Leader	Month for Club Lesson
Memory Challenge	January 15 January 22	Washington Clackamas	Dorothy Clark/June Cary	February
Food Safety for Seniors	February 19 February 26	Washington Clackamas	OSU Faculty	February
Understanding Our Judicial System	March 18 am March 18 pm	Washington Clackamas	Lendamae Pool Pati Malanaphy	March
Potato Power	Handout lesson in May if ready. Each county president is responsible for own county.			September
Spiders: Friend or Foe	September 16 September 23	Washington Clackamas	OSU Faculty	October
Eggs, they really are incredible!	October 21 am October 28 am	Washington Clackamas	OSU Faculty	November
Do We Get Enough Sleep	November 18 November 25	Washington Clackamas	OSU Faculty	January

The County Extension Offices provide meeting spaces. If there is a change in location you will be notified by the Extension office. You are welcome at any of the lessons, but are encouraged to call in advance if you are not planning to attend in your home county. Leaders/teachers need to have program material available for each group at the training site.

In case of inclement weather, call the Extension office or listen to a local radio station for possible cancellation notices.

<p>OSU Extension Office Clackamas County 200 Warner Milne Road Oregon City, OR 97045-4096</p> <p>503-655-8631 Mon—Thur. 8-11:30 and 12:30-3:30</p>	<p>OSU Extension Office Washington County 18640 NW Walker Road #1400 185th and Walker CAPITAL Center Entrance D-1 Beaverton, OR 97006-8627</p> <p>503-725-2300 Mon.—Fri. 8-4</p>
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2008 FCE Lesson Schedule Washington and Clackamas Counties

~ All lessons are held on Tuesday from 9:30–11:30 am (unless otherwise noted) ~

Memory Challenge

FCE Trainer: Dorothy Clark/June Cary

January 15 (Washington) January 22 (Clackamas)

Are you having trouble remembering things? Forgetting names: This lesson will have information to help you. We don't have to lose our money just because we get older.

Food Safety for Seniors

OSU Faculty

February 19 (Washington)

February 26 (Clackamas)

Food borne illness outbreaks are often in the news. Although anyone can get food borne illness, older adults are more at risk because our immune system weakens as we age. "Food Safety for Senior's" will focus on what is being done to protect the safety of our food supply and ways that older adults can reduce potential safety risks.

**Understanding Our Judicial System:*

Lendamae Poole/Pati Malanaphy

March 18 (Washington)

March 18 (Clackamas)*

Our Judicial system is a vital part of our democratic government. Find out how it works for (or against) you.

***Training begins at 2:00pm**

Potato Power

May handout for September Lesson

Potatoes are a vital part of our American diet. How we use them and their nutritious value.

Spiders: Friend or Foe

OSU Faculty

September 16 (Washington)

September 23 (Clackamas)

Spiders are beneficial because of their role as predators of insects and most cannot harm people. Learn the physical characteristics of spider's, understand a spider's lifecycle, differentiate poisonous from non-poisonous types, and appreciate the benefits of spiders in our environment.

Eggs, they really are incredible!

OSU Faculty

October 21 (Washington)

October 28 (Clackamas)*

Eggs are simple but yet complex. They are one of nature's marvels. Eggs have been part of human consumption for a very long time. They are a nutritious and affordable food. This lesson includes the latest research on nutritional value, quality, food safety, storage, function, and different types of chicken eggs-free range, organic, brown, etc.

Do We Get Enough Sleep

OSU Faculty

November 18 (Washington)

November 25 (Clackamas)*

Sleep problems are a serious threat to one's health, safety, and quality of life. Sleep disturbance is a common and complex problem, particularly in older adults. Sleep disorders can range from merely annoying to potentially life-threatening.

**Time and/or day change for Clackamas County*
