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John Gothia

Commissioner Precinct 1

Johnny Trahan

Commissioner Precinct 2

Theresa Beauchamp

Commissioner Precinct 3

Kirk Roccaforte

Commissioner Precinct 4

Robert Viator



Scan and go directly to
our AgriLife website
orange.agrilife.org

Texas A&M AgriLife
Extension Orange County



*Martin Luther King, Jr. Day
Monday, January 20, 2020*

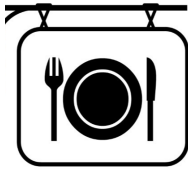
AgriLife Office will be closed

Family & Community Health

Check out the beginning class schedule for 2020.

Classes will be held at the AgriLife Office. Call to register, 409-882-7010

Texas Department of State Health Services accredited food handlers program



FOOD HANDLER'S Training Class

\$20 per person paid day of class
Make check or money order payable to FPM Account 230202
No cash accepted

February 4th
May 26th
August 4th (3 pm)
November 16th
2 pm to 4 pm

To PRE-REGISTER Call 409-882-7010

Class will be held at AgriLife Extension Office 11475 FM 1442 Orange



This class is recommended for all food service employees to help promote the service of safe food.

Home and Body Essentials DIY Class

Saturday

February 8th

10 am to 2 pm

\$25 per person

Make check payable to H.O.P.E. Payment must be received by January 31st.

Class is limited to 25 participants.

Call 882-7010 to Register now.

If you wait until the deadline date, the class may be filled.

Come ENJOY a fun day of hands-on homemade Body & Home products.



Certified Food Managers Two Day Course with Test

February 10th-11th; Registration Deadline: January 28th

May 4th-5th; Registration Deadline: April 21st

August 10th-11th; Registration Deadline: July 28th

November 9th-10th; Registration Deadline: October 27th

Classes are held 9 am to 5 pm each day

Must pre register by obtaining the registration form from

<http://foodsafety.tamu.edu>

Must submit payment of \$125 per person payable to FPM Account 230202 along with registration form to FPM prior to deadline dates.

FREE 5 Class Series Do Well, Be Well with Diabetes



5 pm to 7 pm

March 3rd, 10th, 17th, 24th, & 31st

Join us in learning how to prevent type 2 diabetes, eat healthy and much more to control your diabetes.



Cooking Class for Adults

with Rocky

Instructor: Rocky Bridges

Saturday, March 28th @ 10 AM

\$25 per Person

Payment due by March 20th

Make checks payable to H.O.P.E.

Come have fun cooking a healthy meal

You will be preparing a 3 course meal!

Door prizes

Mystery Box Ingredients

Make your reservation today!

CLASS LIMITED

Jam & Jelly Making Class



Thursday February 27, 2020

2:00 pm

\$20

Texas A&M AgriLife Extension Office 11475 FM 1442, Orange

Limited space available

Must call 409-882-7010 to reserve your spot.

Family & Community Health



Healthy Habits to Help Prevent Flu

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent flu. The tips and resources below will help you learn about steps you can take to protect yourself and others from flu and help stop the spread of germs.

1. Avoid close contact. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
3. Cover your mouth and nose. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.
4. Clean your hands. Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
5. Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
6. Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



Preventing Flu at Work and School

At School

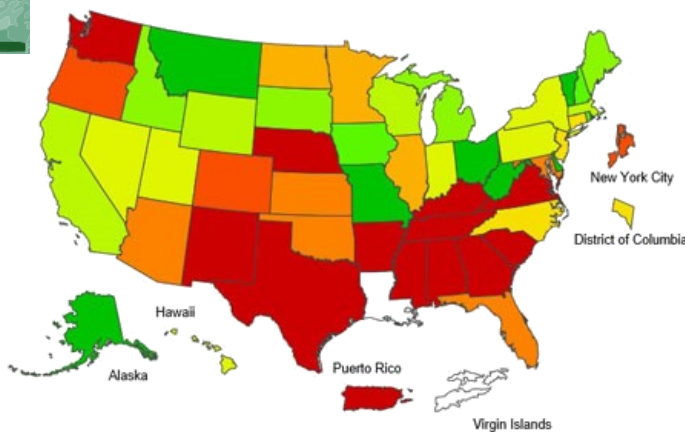
- Find out about plans your child’s school, child care program, or college has if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Make sure your child’s school, child care program, or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes on-site.
- Ask how sick students and staff are separated from others and who will care for them until they can go home.

At Work

- Find out about your employer’s plans if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones, to help remove germs.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- Train others on how to do your job



ILI Activity Level



A Weekly Influenza surveillance Report Prepared by the Influenza Division

Influenza-Like Illness (ILI) Activity Level Indicator Determined by Data Reported to ILINet

2019-2020 Influenza Season Week 50 ending Dec. 14, 2019

Family & Community Health, Agriculture/NR, 4-H & Youth Development

Texas A&M AgriLife Extension
Orange County
2019 Volunteer Appreciation Dinner



Female Volunteer of the Year
Tammy Swindell



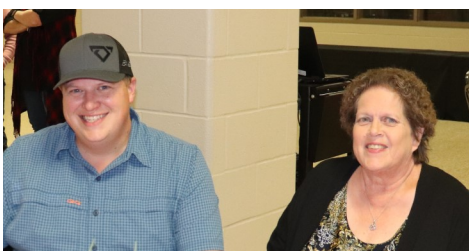
Male Volunteer of the Year
James Scales



Appreciation of Service and Support
Tommy Byers



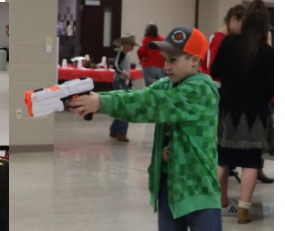
Entertainer
Shon Brankman



4-H/Youth Development

Orange County 4-H Christmas Party

2019



Agriculture/Natural Resources

Save the dates:

March 14 - Plant Sale

April 2 - Master Gardener class starts

More information to come



Orange County Master Gardener's

2019 Christmas Party



Monthly Meeting is held on the 2nd Thursdays of each month. Starting at 6 pm with a meal social till 6:30 followed by their business meeting and monthly presentation. The public is welcome to visit any of the meeting. The meeting is held at the Orange County Convention and Expo Center, 11475 FM 1442 Orange. If you have further questions about the Orange County Master Gardens contact the Texas A&M AgriLife Extension Office at 409-882-7010.

4-H/Youth Development

GREAT JOB!

Orange County 4-H Livestock Judging Team



Texas Rice Festival Winner

Livestock Judging Team

Project Manager/Coach Melissa, Dylan, Trever, Rachel, Addison, Rory, John, Caleb, Piper, Rebecca, Project Coach Ales, John Wayne, Gwyneth, Sara, Cody, Madison and Kami



Junior Team 5th Place

Project Coach Alex, Rebecca, Project Manager/Coach Melissa, Piper and Dylan



Junior Team 2nd Place

Project Coach Alex, Trever, Rory, Addison and Dylan



Senior Team 5th Place

Project Manager/Coach Melissa, Caleb, Dylan, Cody and Project Coach Alex

Agriculture/Natural Resources

Call or stop by the AgriLife Extension Office
 Tuesdays & Thursdays 10am-2pm
 Or call and talk with our
 Orange County
 Master Gardener on the MG Hotline,
 409-745-9708,
 You can also call the office Monday-Friday 882-7010 and
 leave a message for the Master Gardener .



Track Your Activity

Write down the amount of times you are physically active on your calendar. Add up your totals and see how you do at the end of each month. 

BE ACTIVE WITH FAMILY

Build physical activity into fun family time. Go to the park, walk, and ride your bicycle. Play with your children for 20 minutes a day. You can be active and bond with your children while watching them learn and grow.

Family & Community Health

Shrimp and Black Bean Soup

As delicious as it is colorful, this one-pot meal features our favorite seafood and a medley of vegetables in a savory and spicy broth – southwestern style.

- 1 pound small to medium shrimp, 2 cans (14.5 each) chicken broth
- about 31/35 count 1 green bell pepper, cubed
- 1 medium chopped onion 1 yellow bell pepper, cubed
- 1 tablespoon canola oil 1/3 cup prepared picante sauce
- 1 can (16 ounces) black beans, 1 teaspoon cumin
- drained and rinsed 1/2 teaspoon dried basil
- 1 can (1 pound 12 ounces) whole
- tomatoes, cut up, with juice



In a large Dutch oven or stew pot, sauté onion in oil until tender. Add remaining ingredients except shrimp and cook over medium heat for 10 minutes. Add shrimp and simmer for 5 minutes. Serve with grated cheese and hot Mexican



What's Cooking!

Mini Chocolate Tarts

TEXAS A&M
AGRI LIFE
EXTENSION

Ingredients:

- 1.4 ounces sugar-free, fat-free chocolate pudding mix
- 1 cup skim milk
- 4 ounces light whipped topping, thawed
- 24 puff pastry cups



Directions:

- Preheat the oven to 400 degrees F. Bake the puff pastry cups according to package directions.
- In a large bowl, whisk together the pudding mix and skim milk. Put in the refrigerator for 5 minutes.
- Fold the whipped topping into the pudding mixture.
- Spoon or pipe 1 teaspoon of the chocolate pudding mixture into each baked puff pastry cup.

Recipe Tip:

This recipe will have 2/3 cup pudding mixture remaining which can be used for 2 chocolate mousse parfaits (1/3 cup servings). Top with a little whipped topping and a few chocolate chips for another delicious dessert.

Healthy Holiday Tip:

Make sure your portions are reasonable and

Nutrition Facts per Serving: Serving Size : 1 tart, Calories 60, Carbohydrate 7g, Protein 1g, Fat 3.0g, Saturated Fat 1.6g,

4-H/Youth Development

ORANGE COUNTY 4-H CLUBS

Dusty Trails 4-H & Clover Kids Club

1st Tuesday
6pm @ 4-H Office
Tommy Byers 409-216-9865

Adult Leaders Association & County Council

2nd Monday @ 6 pm
4-H Office

Mighty Pirates 4-H

2nd Tuesday @ 7 pm,
Vidor Junior High Cafeteria
Tammy Glawson 409-474-2811
Sandy Byers 409-201-8523

Boots & Bridles 4-H Horse Club

3rd Monday
6 pm @ T2 Arena
Debbie Vance—409-365-9027
Lori Bailleau

All Hearts 4-H Homeschool Club

3rd Monday
1 pm @ 4-H Office
Tammy Swindell 409-239-6026

Clay Busters Shooting Sport

Meetings—3rd Tuesday
6 pm 4-H Office
Tuesdays Shooting practice 6 pm
Orange County Gun Club
Robert Caffey 409-767-6222
robert.caffey@kodiakgas.com

Food & Nutrition

3rd Tuesday
6 pm @ 4-H Office

Robotics

4th Monday
6 pm @ 4-H Office

Fashion & Interior Design

4th Tuesday
6 pm @ 4-H Office

Livestock Judging

Every Thursdays
6:30 pm @ 4-H Office
(Do not have to own an animal to participate)

My 4H project

volunteer

something for everyone

- *become* a leader, mentor or chaperone
- provide opportunities for *growth*
- *include* family, friends & neighbors
- facilitate hands on *learning*
- *flexible* time commitment
- create fun *summer learning*



Discover
Yourself
in
4-H

If you have any questions, please contact the 4-H office 409-882-7010.

If you need any type of accommodation to participate in this program or have questions about the physical access provided, please Orange AgriLife Office 409-882-7010, at least 2 weeks prior to the program or event you are interested in.

4-H/Youth Development

January 2020 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 HAPPY NEW YEAR!  Office Closed	2 Livestock Judging 6:30 pm	3	4
5 Houston Open Show	6 OCLSA 7 pm	7 Dusty Trails 6pm	8	9 Livestock Judging 6:30 pm	10	11 Cary Hester Memorial Show
12	13 Adult Leaders & County Council 6 pm	14	15	16 Livestock Judging 6:30 pm	17	18
19	20 All Heart 1 pm Boots & Bridle 6pm  Office Closed	21 Clay Busters 6 pm Foot & Nutrition 6 pm	22	23 Livestock Judging 6:30 pm	24 YMBL Roaster Pick up 4pm-6pm	25
26	27 Robotics 6pm	28 Fashion & Interior Design 6 pm	29	30 Livestock Judging 6:30 pm	31	

February 2020 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Office Deadline-YMBL Open/Jr Beef/Rabbit/ Open Braham ALA/Council 6 pm OCLSA 7 pm	4 Dusty Trails 6 pm	5	6 Livestock Judging 6:30 pm	7	8
9	10	11 Mighty Pirates 7 pm	12	13 Livestock Judging 6:30 pm	14 Broiler pick-up @ YMBL	15
16	17 All Heart 1 pm Boots & Bridle 6pm  Office closed	18 Clay Busters 6pm Food & Nutrition 6 pm	19	20 Livestock Judging 6:30 pm	21	22
23	24 Robotics 6 pm	25 Fashion & Interior Design 6 pm	26	27 Livestock Judging 6:30 pm	28	29

Family & Community Health



What's Cooking!

Pork Tenderloin with Cranberry Salsa

Ingredients:

Pork Tenderloin

- 1 pound pork tenderloin (discard all visible fat)
- 1/4 teaspoon paprika
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon garlic powder

Cranberry Salsa

- 1 cup chopped, fresh pineapple
- 1 cup canned pineapple chunks, packed in juice, drained
- 1/2 cup dried sweetened cranberries
- 1/4 cup finely chopped red onion
- 1 medium poblano pepper, seeds and ribs discarded, finely chopped
- 1 teaspoon grated, peeled gingerroot
- 1/2 teaspoon ground cinnamon



Sprinkle over the pork. Using your fingertips, gently press the mixture so it adheres to the pork. Bake for 20 to 25 minutes, or until the pork registers 150 degrees F on an instant-read thermometer. Transfer to a cutting board. Let stand for about 5 minutes before slicing. The pork will continue to cook during the standing time, reaching about 160 degrees F. It should be a little pink in the center. Serve with the salsa on the side.

Nutrition Facts per Serving:

Serving Size: 3 ounces pork, 1/2 cup salsa
 Calories 206, Total Fat 2.5g, Saturated Fat 1g, Mono-unsaturated Fat 1g, Cholesterol 74mg, Sodium 207mg, Carbohydrate 21g, Dietary Fiber 2g, Sugars 17g, Protein 24g, Total Sugars 14g, Protein 24g, Calcium 31mg, Iron 0mg, Potassium 254mg

Source: American Heart Association

Salsa Directions-Mix all above ingredients together in a medium sized bowl.

Pork Tenderloin Directions: Preheat the oven to 425 degrees F. Place the pork on a baking sheet, tucking the narrow end under so the pork is an even thickness. In a small bowl, stir together the remaining ingredients,

Healthy Holiday Tip:
 Eat slowly, and really enjoy the foods that you may only have once a year. Source: <http://www.diabetes.org/>

FAD DIETS

SUPPLEMENT BASED

CAUTION

Supplement labels are not regulated.

Typically lack scientific evidence - based on personal testimonials.

Expensive.

FAD DIETS

LOW CARB

CAUTION

Carbohydrates are a major source of fuel for the body, so dropping them can cause a big difference in energy levels.

The sudden weight loss from low carbohydrate diets is generally water loss.

Lack of grains and fruit in the diet can potentially cause lack of fiber as well as some vital vitamins and minerals.

Agriculture/Natural Resources

Dr. Bill: What's Worked for Me this Winter

Welcome to the winter guide to gardening in Texas! In this quarterly series, I will discuss success that I have experienced each season in my garden and want to share with you.

Late fall and winter are the ideal time to plant bulbs for late winter and early spring. In reality, bulbs can be planted most any time but root growth begins naturally as summer ends and fall rains cool and soften the summer-baked soils. Although it may seem elementary, first-time gardeners need facts, like which end is up when planting a bulb? The answer is pretty simple. The pointed end goes up and the rounded one goes down. Roots will emerge from the rounded end while leaves and flowers come from the top. The rounded and larger bottom is known as the bulb plate. If this bulb plate is cut off, the bulb will die, but if even a part of the plate remains it will usually heal itself and prosper. If ever unsure which end is up, plant a bulb sideways!

Depth of planting is another easily solved issue. Generally let the pointed top of the bulb be buried about twice its height. In heavy soils plant a little shallower than in sandy ones. Spacing may be a compromise between your budget and your desire for a quick effect. Smaller bulbs as close as 2 or 3 inches apart. Large bulbs like crinums and amaryllis may be set as much as 2' or more apart. Fertilizer is best used sparingly, but organic material such as composted pine bark, alfalfa meal or compost from your own garden when worked into the top 8-10 inches of the soil is usually helpful.

Heirloom bulbs have become an integral part of our sense of place in the South. Every season has opportunities for making these easy-to-grow perennials welcome guests for you, your family, and friends. Some will grow almost anywhere, while others respond better to specific sun, shade, and soil types. Availability for bulbs that naturalize in Texas and the South has improved. Specialty sales events like the Garden Club of Houston's Bulb Mart, Master Gardener events in Tyler, Montgomery and Brazos Counties along with Chris Wiesinger's Southern Bulb Company have increased awareness of these well adapted perennials.

Narcissus are certainly among the most important spring flowering bulbs for Texas. The problem with most commercially available narcissus (daffodils) is that they are for colder climates. There is a reason that the smaller flowering narcissus we find in old cemeteries, around old homes and abandoned homesites prevail. I would like to list some that thrive for us in Texas. By choosing these you are beginning the bloom season early (December, January) and extending it until April. For vigor N. 'Grand Primo' is unrivaled across the South. Three or four stems per bulb emerge over a one month period. Pleasantly fragrant ivory-white blossoms having slightly darker cups grow like they are on steroids!



Narcissus intermedius (Texas Stars) have slightly taller foliage with fragrant blooms nestled in the foliage. A third recommendation is N. x odorus, the 'Campernelle', which along with Texas Stars and 'Grand Primo' is among the most useful bulbs ever introduced to the South. Its bright yellow trumpets are intermediate in size between those of jonquils. Although of more recent origins, N. 'Golden Dawn' has been shown to prosper and increase over most of the South. Its vigor is close to that of 'Grand Primo' and the clusters of yellow and orange flowers make a real show in the garden.

Snowflakes (*Leucojum aestivum*) begin appearing along with the midseason narcissus and are equally useful. They usually start blooming in February and continue for at least six weeks. Their foliage is another great addition to the garden. Snowflakes thrive under large pecan and oak trees. The species form is at least two hundred years old but has been joined by the cultivated 'Gravetye Giant' named in honor of the home of famous English horticulturist William Robinson (1838-1935). The lily-of-the-valley-like-flowers have a dot of green on each petal and are almost twice the flower size of the species. Both thrive in our Texas and Southern gardens. Although they thrive in sun or shade snowflakes will naturalize under large pecan and other deciduous trees that allow sun and natural rainfall to penetrate their canopy in winter and become dormant



Continued on next page

Agriculture/Natural Resources

in summer when the trees are active.

Iris albicansis known as “Cemetery White Iris” and distinguishes itself in southern gardens in early spring. Many Texas and Southern gardeners can grow bearded and Louisiana irises but *Iris albicansis* is the toughest iris of all. Our ancestors often planted them at gravesites because they knew they would likely be a survivor! Transplanting can be successful at any time but by dividing and setting them out in mid-summer there is time for the plants to establish themselves prior to their early to mid-spring flowering season.



Hardy Amaryllis, *Hippeastrum x Johnsonii* (red & white) is the all-time favorite amaryllis for the South. It is sometimes known as the St. Joseph’s lily or “Johnson’s amaryllis”. Its originator crossed two species of amaryllis around 1790 in England. No other amaryllis is as vigorous and its combination of red flowers, white stripes and delightful fragrance make it a southern favorite. Dividing the clumps will encourage more plants, but they don’t seem to mind being crowded. Commercial availability is a challenge because the bulbs are smaller than typical hybrid amaryllis bulbs and are sometimes perceived as inferior bulbs. Generous “gardeners in the know” have shared them with one another for more than two centuries. Cultivated amaryllis also often thrive and naturalize for us in Texas and serve as useful and attractive perennials.

Blackberry Lily, *Belamcanda chinensis*: Useful plants can sometimes be overlooked for generations, then “rediscovered”, if they have sufficient merit. I believe that is the case with the Blackberry Lilly. It was a favorite of Presidents George Washington and Thomas Jefferson and grown at both of their gardens. They are Asian perennials easily grown in Texas gardens from seed or divisions. It is a robust iris-like plant that bears red-spotted orange flowers on tall stalks followed by unusual seed heads that closely resemble blackberries. The plants are attractive all year and are easily divided or transplanted. Thomas Jefferson grew them at Monticello and called them “Chinese ixia”. He first grew them from seed he obtained from nurseryman Bernard McMahon in 1807.



Blackberry lilies were also grown by Thomas Affleck, a famous Natchez MS nurseryman who moved to a 2000 acre nursery site at Gay Hill, TX (Washington County) Texas, in the 1850s. I visited his original nursery site in Natchez and was invited to collect blackberry lily divisions from that site about 25 years ago. Jason & Shelly Powell own Petals from the Past Nursery near Birmingham, AL and are both Horticulturists who graduated from Texas A & M University. They mail order roses, perennials, fruiting plants and also offer blackberry lilies as well as many other interesting plants. Their retail nursery site is a great place to visit and they offer “pick your own” fruits of various kinds in season.

About the Author



Dr. Bill Welch is presently a Landscape Horticulturist for Texas AgriLife Extension Service. He is a native of Houston, Texas, has an undergraduate degree in Landscape Architecture and a doctorate in Horticulture and Extension Education from LSU. He is an honorary member of the Garden Club of America and recognized with their Distinguished Service Award. Bill is also a lifetime member of Texas Garden Clubs, Inc. and The Southern Garden History Society. He works closely with the Master Gardener program and has conducted the Landscape Design Study Courses for many years. He is a lifetime member of the Texas Association of Nurserymen and a founding board member of the Texas Certified Nursery program. The American Horticulture Society has awarded Dr. Welch their B.Y. Morrison Communication Award. Dr. Welch has written several books about gardening in Texas and the South, including *Perennial Garden Color*, *Antique Roses for the South*, *The Bountiful Flower Garden* (with Neil Odenwald), *Heirloom Gardening in the South* (with Greg Grant), *The Bulb Hunter* (with Chris Wiesinger), and *The Rose Rustlers* (with Greg Grant). For many years, Dr. Welch wrote a monthly garden column for *Southern Living Magazine* and *Neil Sperry’s Gardens*. Dr. Welch helped found The Antique Rose Emporium near Brenham, TX.

Family & Community Health



What's Cooking!

Baked Sweet Potatoes and Apples A great side dish for breakfast, lunch or dinner.

Ingredients:

- Cooking Spray
- 1/4 cup sugar
- 1/2 teaspoon ground cinnamon
- 3 medium sweet potatoes peeled, cut crosswise into 1/4 inch slices
- 2 medium sweet apples (Rome Beauty or Gala) peeled & each sliced into 10 wedges
- 3 tablespoons light, soft margarine



Directions:

Preheat the oven to 350 degrees F. Lightly spray a 1 1/2 quart glass casserole dish with cooking spray. In a small bowl, stir together the sugar and cinnamon. In the casserole dish, layer in order half each of the sweet potatoes, apples and cinnamon/sugar mixture. Dot with half the margarine. Repeat. Bake, covered, for 1 hour to 1 hour 15minutes, or until the sweet potatoes and apples are soft.

Nutrition Facts per Serving:

Serving Size: 1/2 cup, Calories 101, Total Fat 2g, Saturated Fat 0g, Sodium 61mg, Carbohydrate 21g, Dietary Fiber 3g, Sugars 14g, Protein 1g, Dietary Exchanges: 1/2 fruit, 1 starch.
Source: American Heart Association

Healthy Holiday Tip:

One reason we have problems managing diabetes and weight during the holidays is our lack of physical activity. Sure, the holidays are busy, but plan time into each day for exercise and don't break your routine. Make the holidays an active time!
Source: <http://www.diabetes.org/>

FAD DIETS

LIQUID BASED

CAUTION

- Cal** Typically low in calories and nutrients.
- Potential to cause digestive issues.
- B12** Can be low in vitamin B12, minerals, and protein.

TEXAS A&M AGRILIFE EXTENSION

FAD DIETS

CLEANSE/DETOX

CAUTION

- Often created by individuals with little to no nutrition background.
- Can be risky and suppress natural digestion in the body.
- Cal** Extremely low in calories.

TEXAS A&M AGRILIFE EXTENSION



January 20th, Monday

Martin Luther King Jr. Day Holiday - Office
Closed

February 8th, Saturday

Home and Body Essentials DIY Class

February 4th, Tuesday

Food Handler's Training Class

February 10th & 11th, Monday & Tuesday

Certified Food Managers Course & Test

February 27th, Thursday

Jam & Jelly Making Class

March 3rd, 10th, 17th Tuesday

Free Do Well Be Well with Diabetes Classes

March 28th, Saturday

Cooking Class for Adults with Rocky