

Winter Happenings



Watch the newspaper for additional programs. Any additions/corrections will be posted to the web site – <http://hancock.osu.edu>

January 2012

- 11 Basic Budgeting**
9 am – 12 pm, The Family Center, 1800 N. Blanchard St., Findlay
\$10 per person; Register by January 10 to 419-422-3851 or gerlach.23@osu.edu
Class will include information on determining needs & wants, record keeping, developing and managing a budget, & cost saving tips.
Instructor: Melanie Gerlach, Program Coordinator for Hancock Saves and Money Count\$
- 17 Martin Luther King Jr. Day Office Closed**
- 19 Cooking for 1-2 People – FNP Program at Senior Center**
12:30 – 1:30 pm, Hancock County Agency on Aging Senior Center, 339 E. Melrose Ave.
Join Hancock County's Family Nutrition Program Assistant Karen McDougall as she tackles the challenge of cooking for 1-2 people.
- 20 Kroger Food Safety Demonstration**
Watch the Courier for details.
- 24 Basic Budgeting**
6 – 9 pm, OSU Extension Hancock Co., Suite B - 7868 CR 140, Findlay
\$10 per person; Register by January 10 to 419-422-3851 or gerlach.23@osu.edu
Class will include information on determining needs & wants, record keeping, developing and managing a budget, & cost saving tips.
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February

1, 8, 15, and 22 Dining with Diabetes (A 4-part cooking school program)

1 – 3 pm, in the Rehabilitation Room of Blanchard Valley Hospital (2nd Floor of Ruse Center). Fee: \$30 Topics: Nutrition, Food Preparation, Exercise, Dining Out, Foot Care

Class size is limited to first 25 applicants. Registration requested by January 30

2, 9, 16 Parenting Class

6 - 9 p.m. OSU Extension Office. Topics include: Parenting Styles, Child Development, Discipline, Family Communication, Encouraging Children, Building Family Strengths, Nutrition, Stress, & Building Assets in Children. Instructor: Barbara Brahm, Extension Educator – Family and Consumer Sciences
Registration Fee - \$7 per session; Individual (all 3 sessions) \$18; Couple (all 3 sessions) \$30. Call 419-422-3851 to enroll.

6 Basic Budgeting

1 - 4 pm, The Family Center, 1800 N. Blanchard St., Findlay
\$10 per person; Register by February 5 to 419-422-3851 or gerlach.23@osu.edu

Class will include information on determining needs & wants, record keeping, developing and managing a budget, & cost saving tips.

Instructor: Melanie Gerlach, Program Coordinator for Hancock Saves and Money Count\$

16 Preparing Freezer Meals – FNP Program at Senior Center

12:30 – 1:30 pm, Hancock County Agency on Aging Senior Center, 339 E. Melrose Ave.

Learn how to save time (& money) by making homemade freezer meals!

17 Kroger Food Safety Program

Watch the Courier for details.



18 Basic Budgeting

6 – 9 pm, OSU Extension Hancock Co., Suite B - 7868 CR 140, Findlay
\$10 per person; Register by January 10 to 419-422-3851 or gerlach.23@osu.edu

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19 - 26 Hancock Saves Week – “Save Automatically!”

**Watch for program updates in The Courier, on radio,
& at <http://hancocksaves.org>**