



Slow Cooker Cookery

Did you know that you can make a dessert in a slow cooker? Slow cookers aren't just for chuck roasts and stews anymore! Slow cooker meals are perfect for busy families as well as smaller households of only one or two people. UW-Extension's "Slow Cooker Cookery" program will teach you how your cooker works, what types of food do best in it, and how it can reduce the time you spend in your kitchen.



Eating Low Fat

This program introduces participants to low fat food choices and easy substitutions for cooking low fat meals for your family, without sacrificing flavor. There will be opportunities to ask questions and interact with others who are trying to eat less fat.



Strong Women™

Tufts University's Strong Women™ is a 12 week strength training program developed especially for middle-aged and older adults. Some of the many benefits of the program include improved bone density and reduced risk of osteoporosis and related fractures. The cost for this program is \$10.00.



Food Secrets for Living a Long, Healthy Life

Many foods available to us contain "secret" ingredients that can play a strong role in helping people live longer, healthier lives. In this program, you will hear about diet and activity related research conducted on some of the world's longest-lived, healthiest people, the elders of Okinawa, Japan.



Cooking for One or Two

This program offers ideas and strategies for cooking for one or two people. Shopping tips and meal planning are two strategies that will be shared to help you create a variety of tasty, nutritious meals.



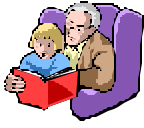
Healthy Holiday Cooking

With so many tempting appetizers, main courses and desserts, how can we enjoy the holidays and not worry about putting on extra unwanted weight? This program will give you simple and tasty ideas for not just surviving, but gliding through the holidays.



Pressure Canning 101

This program teaches everything you need to know to start using a pressure canner. Even if you are a "seasoned" canner, come learn about new food safety information so you are sure your home canned food is the safest and tastiest it can be. Dial gauge pressure canner lids are tested after the program.



Grandparents as Financial Mentors

Grandparents and other adult relatives are in great positions to teach young family members about positive money management skills. Most children learn about managing money from their parents, but if parents don't have good money habits or don't teach their children how to manage money, kids won't necessarily learn important money lessons.



Who Gets Grandma's Yellow Pie Plate?

During this program, we will talk about things to consider when deciding how to pass non-titled, personal property on to family members or friends.



Basic Household Budgeting 101 and Free Individual Financial Counseling

Most people struggle with financial challenges at some time during their lives. Divorce, job loss, or a family illness are all common events that can be devastating to one's financial stability. During this program, participants will learn how to create their own personal spending plan and investigate easy ideas for tracking one's expenses.



How to Raise A Millionaire

Are you a parent or grandparent who wants to make sure your child will be financially secure as he/she ages? This program offers you tools to help you guide your child/grandchild to become a financially independent adult. Material for this program is based on research from the popular book "The Millionaire Next Door: Surprising Secrets of America's Wealthy" by Drs. Thomas J. Stanley and William D. Danko.



Money Management Secrets of Millionaires

What behaviors do self-made millionaires engage in that allow them to build and maintain wealth? At this presentation, participants will learn simple practices millionaires engage in that if adapted can help any family or young person. This program is adapted from the book "The Millionaire Next Door: Surprising Secrets of America's Wealthy" by Drs. Thomas J. Stanley and William D. Danko.



Lost your checking account because of bounced checks? Want a second chance? Are you a "first-timer" and want to learn about checking accounts? Here's your chance.

Upon completion of this course, and payment of previous overdue bank accounts, participants will be able to open a checking or savings account at the following partner banks: M&I Bank (Adams, Westfield, Wautoma), National Exchange Bank (Westfield, Montello), 1st National Bank (Westfield, Montello), Bancroft State Bank (Hancock, Plainfield, Bancroft, Kellner, Saratoga). The cost for this program is \$10.00.



Prepare to Care

This program that helps adults prepare a plan for providing care for a spouse or parent who is aging or in ill health.

