

## **2022 – 2023 Homemaker Lessons**

Sept. 2022 – Saving Savvy w/Grocery Lists & Coupon Apps

Oct. 2022 – Elements & Principles of Art/Autumn Home Decor

Nov. 2022 – Creative Containers/Managing Stress Eating

Dec. 2022 – To be announced

Jan. 2023 – To be announced

Feb. 2023 – Brazil Culture and Cuisine

Mar. 2023 – Savor the Flavor Cooking with Oils and Vinegars

April 2023 – Making the Most of Meals While Traveling

May 2023 – Healthy Outdoor Cooking