

Armstrong County

Impacts for January 2023

submitted by Billie Peden

TEXAS A&M AGRI LIFE EXTENSION

Clothing and Textiles Meeting



Armstrong County Stock Show Concession Stand

January 12, 2023
SENIOR CITIZEN CLUB Tell your friends!
Presentation:
Be Well Live Well
Be Able: Read the Label
10:30- noon
Armstrong County Activities Center
901 Hurley, Claude, TX
Everyone is welcome to this
FREE event!
Armstrong County 4-H - Texas A&M AgriLife
Extension Service

Senior Citizens Wellness and Care

Be Well, Live Well Educator's Guide

Series Goal

To help older adults aspire to the ideal of successful aging. Successful aging has been defined as: reduced risk for disease, high cognitive and physical capacity, and active engagement with life.

- Senior Citizen Club -
Amarillo Area on Aging presentation 7 Attended

MEETINGS / TRAINING / CORRESPONDENCE

- Meeting with new agent in Randall County



Food Distribution

- Served 37 families and 93 people