



## **2025 NEWSLETTER**



Family and Consumer Sciences

**Jessamine County** 333 Fairground Way Nicholasville, KY 40356 (859) 885-4811 jessamine.ca@uky.edu

## **Calendar of Events**

<ul> <li>November 3<sup>rd</sup> at 5pm</li> </ul>	Homemaker Council Mtg
<ul> <li>November 7<sup>th</sup> at 10amLe</li> </ul>	ader Lesson in Jessamine County
<ul> <li>November 10<sup>th</sup> at 10am</li> </ul>	Laugh and Learn
<ul> <li>November 11<sup>th</sup> at 12pm</li> </ul>	Lunch N Learn
<ul> <li>November 20<sup>th</sup> at 6pm</li> </ul>	Thanksgiving Royal Icing Cookie
Decorating Class	
<ul> <li>November 27<sup>th</sup> and 28<sup>th</sup></li> </ul>	Office CLOSED
<ul> <li>December 2<sup>nd</sup> at 10am OR 6pm</li> </ul>	
<ul> <li>December 8<sup>th</sup> at 10am</li> </ul>	Laugh and Learn
1.1	

- December 9<sup>th</sup> at 12pm.....Lunch N Learn • December 10<sup>th</sup> ALL DAY....Homemaker's Christmas Bucket Goodies Drop Off Day
- December 11<sup>th</sup> at 9am....Homemakers Christmas Buckets for Farmers Bank Assemble Day
- December 24th-Jan 2nd......Office Closed

### **Jessamine County Extension Homemaker Clubs**

**Hearts N' Hands** 

First Tuesday of the month, 11 a.m. at the Extension Office

### Happy

Second Tuesday of the month, 6 p.m. in a member's home

### **Garden Club**

Third Monday of the month, 1 p.m. at the Extension Office

#### 4-HMothers

Third Wednesday of the month, 9:30 a.m. in a member's home

### **Edgewood Evening**

Fourth Monday of the month, 6:00 p.m. at the Extension Office

### **Piece Quilters**

Every Tuesday, 9:30 a.m., Ag Center RoomA

Happy November!

Our food drive is on a roll, thanks to YOU! In September we donated 140 pounds of food and in October we donated \_\_\_ pounds to the food drive! Our goal for the end of the Homemaker Year is 900 pounds! I have full belief that we will succeed our goal! Thank you to all of you who donated item! At the bottom of this page is our flyer with the items that we will be collecting each month! November is Box Stuffing!

Homemaker Leader Lessons are up and running again! This year, we will be taking field trips to each Fort Harrod area county as the FCS agent in that county will be teaching us in person with a hands on activity. I will be driving the county van to each lesson and location and times we will be leaving are on the next page in the green box. That agent will also be making a video like last year that you can watch if you are not able to make it to the in person. Hand outs will be available at the office for the clubs as well.

Farmers Bank is ready for our help once again! On December 10<sup>th</sup> you can bring in your goodies and on December 11th at 9am we will start assembling our Holiday buckets! I will, with the help from a few others, be delivering the buckets to the bank after we have assembled! Please start to help if you are able!

Reminder the Extension Office will be closed on November 27<sup>th</sup> and 28<sup>th</sup>.

Sincerely, Sara Haag





Jessamine County Extension Agent for Family and Consumer Sciences

### Follow us Online!

\*\*We post all classes on our Facebook page and website! Following us online is an easy way to stay "in the know" with Jessamine County FCS Extension.

Jessamine County Family and Consumer Sciences on ... Face book: https:/ /www.facebook.com/ JessamIneCountyFCS/



Check out our county website for information for all program areas! https://jessamine.ca.uky.edu/



October: Canned Fruit ONLY **November: Box Stuffing December: Canned Vegetables ONLY** January: Box of Pasta February: Canned Chicken/ Canned Tuna March: Peanut Butter April: Box of Cereal May: Box of Crackers June: Box of Brownie/Cake Mix July: Canned Fruit OR Vegetable

**August: Peanut Butter** 

Cooperative **Extension Service** 

 $Educational\ programs\ of\ Kentucky\ Cooperative\ Extension\ serve\ all\ people\ regardless\ of\ economic\ or\ social\ status\ and\ will\ not\ discriminate\ on\ the\ basis\ of\ race,\ color,\ ethnic\ origin,\ national\ origin,\ creed,\ religion,\ political\ belief,\ sex,$ 

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT





Community and Economic Development

### HOMEMAKER CLUB LESSON LEADER INFORMATION:

All sessions are open to the public and any homemaker who wishes to attend. \*All sessions are subject to change due to Covid-19 guidance. Fill in the name and address of Homemaker who will attend each training.

Fill in Hostess and Meeting Place of Club Meeting

MONTH OF MEETING	LESSON TITLE & TEACHER	TRAINING DATE & TIME	LESSON LEADER AND ADDRESS	HOSTESS/MEETING PLACE:
SEPTEMBER	Navigating Trauma After a Natural Disaster	Aug 28 <sup>th</sup> at 10 am	Area Boyle County	Meet at 9 am at JC Extension office for Van Must rsvp
OCTOBER	Selecting Sheets	Sept 23 <sup>rd</sup> at 10 am	Tara Duty Mercer Co FCS Agent	Meet at 9 am at JC Extension office for Van Must rsvp
NOVEMBER	Using your Air Fryer	Oct 1st at 11 am	Alethea Bruzek Boyle Co FCS Agent	Meet at 10 am at JC Extension office for Van Must rsvp
JANUARY	Yogatta Try This!	Nov. 7 <sup>th</sup> at 10 am	Sara Haag Jessamine Co. FCS Agent	Jessamine Co Extension Office
FEBRUARY	Stretching you dollar: What to do when ends don't meet.	Jan 8 <sup>th</sup> at 11 am	Carla Carter Franklin Co FCS Agent	Meet at 10 am at JC Extension office for Van Must rsvp
MARCH	Mental Health Matters	Feb. 5 <sup>th</sup> a 11 am	Hannah Thornsberry Woodford Co FCS Agent	Meet at 10 am at JC Extension office for Van Must rsvp
APRIL	Gardening Safely	March 26 <sup>th</sup> at 1 pm	Kayla Lunsford Garrard Co FCS Agent	Meet at 12 pm at JC Extension office for Van Must rsvp
MAY	How to get out of a mealtime rut.	April 15 <sup>th</sup> at 10 am	Jody Paver Lincoln Co FCS Agent	Meet at 9 am at JC Extension office for Van Must rsvp

Thank you to everyone who attended our Area Annual Meeting in Garrard County! We had a blast visiting with Homemakers in our area and showing off our beautiful aprons!





Homemaker Leader Lesson

# Yogatta Try this!

NOVEMBER
7TH
@ 10AM

Jessamine County Extension Office

333 Fairground Way, Nicholasville KY 40356

This lesson introduces yoga- what it is, why you might be interested in trying it, and some poses. You will get the chance to practice some yoga as well!

### Cooperative Extension Service

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating, Lexington, KY 40506











Join our 2025 Laugh and Learn Playdate Program that targets Kindergarten readiness objectives! Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities. FREE for all children ages 3 to 5 and all children must be accompanied by an adult the entire time. Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play.

Only 2 more months left of 2025! Join is at Laugh and Call (859)885-4811 to register your child/children.

# **BOOK: HOW BIG** MUSI COULD YOUR AR



### The 2025 Dates:

July 28 January 27 February 24 August 25 September 22 March 24 April 28 October 27 May 19 November 10 June 23 December 8

10am- 11am

Each lesson will be at the Jessamine County Extension Office in the Ag Center. Please call the extension office at (859)885-4811 monthly to register your child/children!

Cooperative **Extension Service** Agriculture and Natural Resource Family and Consumer Sciences 4-H Youth Development







# - Lunch N Learn

Join us at the Jessamine County Ag Center for Lunch N Learn!

We will be making the November recipe from the Nutrition Education Program Yearly Recipe Calendar, Parmesan Carrot Chips

> November 11, 2025 12pm - 1pm

Please call the Jessamine County Extension Office at 859-885-4811 by Nov 6th to register.



### Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

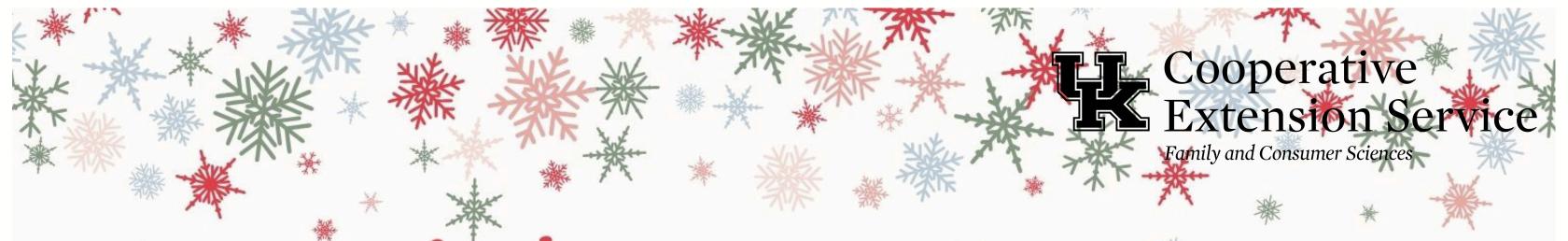
Lexington, KY 40506

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.







# Holiday Doormats Decorating Class!

JOIN US AS SARA HAAG GUIDES YOU IN DESIGNING AND CREATING YOUR OWN HOLIDAY DOORMAT!

CLASS COST \$10. PLEASE PAY VIA CHECK OR CASH.

## December 2nd 10am and 6pm

EACH CLASS AS A 10 PERSON LIMIT.

PLEASE CALL (859)885-4811 TO REGISTER FOR WHICHEVER CLASS TIME WORKS BEST FOR YOU!

LOCATION WILL BE JESSAMINE COUNTY EXTENSION OFFICE IN THE AG CENTER.



physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability

University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating

may be available with prior notice. Program information may be made available in languages other than English.

Disabilities

accommodated

with prior notification.

Agriculture and Natural Resources

Community and Economic Development

Lexington, KY 40506

Family and Consumer Sciences

4-H Youth Development





Jessamine County Extension Office 95 Park Drive Nicholasville KY 40356