

FAMILY & CONSUMER SCIENCES

COOPERATIVE EXTENSION



March 2023 Newsletter

VOL. 23-03

Cooperative Extension Service

Wayne County
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IN THIS ISSUE

Nutrition Notes, Gaye Hutchison, EFNEP Assistant.....	Page 2-3
Extension Homemaker Clubs & Blood Drive.....	Page 4
Leader Training, Passport Program, & Photo Contest Winners.....	Page 5
Extension Homemaker Information.....	Page 6
Creative Characters Homemaker Club.....	Page 7
Calligraphy, Craft Club, In-Stitches, & Sit & Sew.....	Page 8
Yard Sale Extravaganza.....	Page 9
LC Area Extension Homemaker Annual Meeting.....	Page 10
Cultural Arts Competition & Bunny Painting Class.....	Page 11
Therapeutic Venues - Seth Hart, Community Art Assistant.....	Page 12
Joy McGinnis, FCS Program Assistant - Nutrition Month.....	Page 13-14
Community Service Projects, Creative Days, KEHA State Mtg.....	Page 15
Grow Your Garden Event & Upcoming Events.....	Page 16
Flyers: 2023 Dates for Upcoming Events	

Bingocize

It's Sew Fine Sewing Seminar



"may you have all the happiness and luck that life can hold - and at the end of your rainbow may you find a pot of gold." - Irish Blessing



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

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



Nutrition Notes.....

(Alta) Gaye Hutchison,
EFNEP Assistant

(Expanded Food and Nutrition Education Program)

March 2023

Nutrition

Education

Program Calendar

Recipe

Vegetarian Taco Soup



Nutrition facts

per serving:

220 calories;
3.5g total fat;
0g saturated fat;
0g trans fat; 0mg
cholesterol; 340mg
sodium; 40g total
carbohydrate; 5g
dietary fiber; 6g total
sugars; 0g added
sugars; 10g protein;
0% Daily Value of
vitamin D; 6% Daily
Value of calcium;
10% Daily Value of
iron; 15% Daily Value
of potassium.

Source:

Andrea Wilde,
Staff Support,
Northern KY; and
Martha Yount,
Nutrition Education
Specialist, University
of Kentucky
Cooperative
Extension

Makes 14 cups

Serving size: 1 cup

Cost per recipe: \$9.11

Cost per serving: \$0.65

- 2 tablespoons olive oil
- 1 large onion, diced
- 1 can (46 ounces) no-salt-added tomato juice
- 2 cans (15 ounces) pinto beans, drained and rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (15 ounces) no-salt-added corn, drained
- 1 can (15 ounces) no-salt-added diced tomatoes
- 3/4 cup dry brown rice
- 1 packet reduced-sodium taco seasoning mix
- 2 tablespoons garlic powder
- 1/2 tablespoon cumin
- 4 cups water

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat olive oil in a large pot on the stovetop over medium heat.
3. Add diced onion and stir well.
4. Cook and stir for 4 to 5 minutes or until the onion starts to turn clear.
5. Add remaining ingredients and bring to a boil.
6. Reduce heat to low. Cover and simmer for 40 minutes, or until rice is tender.
7. Just as you would a taco, top each bowl of soup with ingredients like cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.
8. Refrigerate leftovers within 2 hours.

Students at three school sites received

Dental Education in February, Dental Health Month.

The EFNEP Assistant, Gaye Hutchison had dental lessons with over 300 students this past month!

She read them an interesting book about brushing teeth, *Clarabella's Teeth*. She demonstrated proper brushing and flossing techniques and talked about how many times a day to brush your teeth, visiting your dentist, primary (baby) teeth and the growth process that is happening when you begin to get your permanent teeth.



She then discussed healthy snack habits and the students got to try fresh mangoes, just like the animals in the book. At the end, each child received a new toothbrush.

*She urges parents/guardians to **Keep Healthy Snacks Handy! Keep raw vegetables, fruit, juice, milk, cheese, yogurt, bread, peanut butter and hard cooked eggs easily available for the children to access.***

Excerpts from University of Kentucky's HSW-PLS.703 Newsletter from LEAP (Literacy Eating and Activity for Preschool) Curriculum



Your child's class read *Clarabella's Teeth* by An Vrombaut. In the story, all the animals are having fun, but Clarabella is busy brushing her teeth, and it takes a long time because she has so many! Clarabella's friends surprise her with a crocodile-size toothbrush. Tomorrow, she will have enough time to brush her teeth and have fun, too!



QUESTION FOR FAMILY TIME

Q: How many times a day should you brush your teeth?

A: At least twice.



Extension Homemaker Club Meetings

- Sunnybrook** - March 2nd @ 6:30 p.m. - Downstairs Meeting Room
- Crafter's Anonymous** - March 8th @ 1:30 p.m. - Downstairs Meeting Room
- Odds 'N Ends** - March 9th @ 12 noon - Downstairs Meeting Room
- Country Charmers** - March 13th @ 6:00 p.m. - Downstairs Meeting Room
- Pots & Pans** - March 13th @ 6:00 p.m. - Upstairs Meeting Room
- Charity** - March 14th @ 5:00 p.m. - New Charity Baptist Church
- Happy Chippers** - March 16th @ 12:30 p.m. - Downstairs Meeting Room
- Creative Characters** - March 21st @ 12:30 p.m. - Downstairs Meeting Room
- Mudslingers** - March 27th - Assigned Individual Appointments - Clay Studio
- Mudslingers** - March 28th @ 12 noon - Downstairs Meeting Room

Reminder: PLEASE turn in your monthly reports!



**Roll Call &
Thought of the Day
for KEHA Monthly
Club Meetings
March 2023**



Thought for the Day: "A woman is like a tea bag; you never know how strong it is until it's in hot water." - Eleanor Roosevelt

Roll Call: March is Women's History Month. Name a woman from history you admire.

Blood Drive!

Tuesday, March 14, 2023
Aspire Center

Odds 'N Ends 12:45 a.m.-3:15 p.m.
Pots & Pans 3:15 p.m.-5:30 p.m.



Donate Blood - Save a Life!

**Thank you,
Wayne County Community!**
Thank you for the **24**
volunteer donors who
gave blood on
January 10th
and helped save a life!

Our Adventures Await!!

Leader Training Schedule

Wayne County Extension Office

Everyone is welcome. Invite a friend or neighbor. You do not have to be an Extension Homemaker to attend. Please register to attend so we can be prepared for you.

Upcoming Lessons:

March 28th @ 5:30 p.m. - Making the Most of Meals While Traveling

April 25th @ 5:30 p.m. - Healthy Outdoor Cooking



Passport Program

Wayne County Extension Homemakers

Your "Adventures Await"

Passports are ready for pick up.

Ask us for more information.

Remember your Passports can earn you points for rewards and prizes at the County Annual Meeting.



Photo Contest Winners

Congratulations to the winners of our recent photo contest. The theme was "Wayne County Winter Scenes." Thanks to everyone who entered and voted.



1st Place Winner - Brittany Decker



2nd Place Winner - Rodney Humble



3rd Place Winner -
Gleta Dalton

Share Your News with Other Homemakers

Our Homemaker Clubs do so much in our community. If your club has sponsored a 4-H camp scholarship, taken food to shut-ins, done community trash pickup, helped a needy family or any community service project, please share that information with us. We will share with other homemakers in the Homemaker Newsletter. We can also share if a club member has won a community, area, or state award, graduated from trade school or college, had a silver or golden anniversary, new baby or grandbaby, etc. Information will need to be turned in to the office by the 10th of each month so we will have time to get it in the next newsletter.

Extension Homemakers - Volunteer Hours

Homemakers - Thank you so much for all you do in our community. Your time is needed and appreciated! Please keep up with your Volunteer Hours through June 30, 2023, and turn them in to your club chairperson or to our office before July 15, 2023.



Let Your Light Shine!

Each month we will "feature" a Homemaker Club. Your club will be asked to send us information about your club. Where have you been? Any special projects? Community service? A club outing? etc. We like pictures too!

Your club will be spotlighted in the FCS Newsletter, Facebook, the Z93 Daily, and the Wayne Weekly. The month that your club has been assigned, you will be asked to do an article about your club, with a picture, or you can have a picture and a small write-up each week of your featured month. It is your choice.

This will be **FUN**, and we need to let others know how much fun it is to be a Wayne County Extension Homemaker.

February 2023 - Charity

March 2023 - Creative Characters

April 2023 - Country Charmers



May 2023 - Happy Chippers

June 2023 - Pots & Pans

July 2023 - Crafters Anonymous

****Remember:** You are welcome and encouraged to share your club happenings **anytime** and not just in your featured month. Please share your homemaker experience with others.

Creative Characters Homemaker Club

On the third Tuesday of each month, the Creative Characters Homemaker Club members join together for a fun and informative lesson on art. They create paintings using watercolors and sketches using pencils. One of the latest lessons was in pointillism.

Seth Hart, Community Arts Program Assistant, presents a video every month with step-by-step instructions that the class follows. Everyone at every skill level is welcome to join and everyone encourages each other in their progress.

Creative Characters take an art related field trip once a year. In the summer of 2022, they traveled to Berea, Kentucky and watched artists work on their crafts and admired art work in the shops. We set up a booth at the Wayne County Fall Festival in the Monticello Wayne County Memorial Park. The members demonstrate what they learned while promoting their club to anyone who is interested. As with the other clubs, the Creative Characters Club take turns at the Aspire Center blood drive providing sweet treats for donors. In November, they have a table at Christmas Village and donate items for the Children's Village.



Calligraphy Workshop

Tuesday, March 7, 2023 @ 4:30 p.m.

Wayne County Extension Office
Downstairs Meeting Room

Cost: \$15 Per Person (Prepayment Required)

Skill Level: Beginner/Introduction

Please register by February 17, 2023.



Crafter's Anonymous Extension Homemaker Club

Wednesday, March 8, 2023 @ 1:30 p.m.

Downstairs Meeting Room

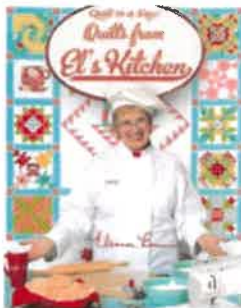
Crafting Corner Project - Easter Bunny

All supplies provided (there will be no cost for the supplies).

Make a Easter Bunny with Clothespin Carrot to use as a shelf decoration or centerpiece.

Registration Deadline: March 6th

To receive a craft kit, PLEASE call and let us know if you will be attending.



In-Stitches Class

Wednesday, March 15th @ 10 a.m.

Downstairs Meeting Room at the Extension Office.

We will be working on the Melon Patch & Cheese Box!

We will also be available for those who may still need assistance or have questions from last month's block.

Sit & Sew Class

Friday, March 17, 2023 - 10 a.m.-6 p.m.



Bring your unfinished projects or something new, your sewing machine, and supplies and enjoy the fun, food, and fellowship of our Sit & Sew class. Wear comfy clothes (layers for when you get hot or cold). We will have coffee, tea, hot chocolate, water, and sodas. If you have had the safe food handling class, please feel free to bring a dish/snack to share. If you haven't, please feel free to bring something pre-packaged/prepared. You are also welcome to bring your own lunch/snacks. Please call to register so we can be prepared for you.

Yard Sale Extravaganza

Hosted by Wayne County Extension Homemakers

Event Date: Saturday, April 1, 2023

Time: Open at 7:00 a.m. - Close at 3:00 p.m.

Event Set-up: Thursday, March 30th @ 2 p.m. & Friday, March 31st @ 1 p.m.-7 p.m.

Location: Wayne County Extension Office, 255 Rolling Hills Blvd., Monticello

- ALL yard sale items need to be labeled and tagged (priced) BEFORE THEY are donated to the yard sale.
 - Items MUST be CLEAN!
 - Items can be dropped off on Friday, March 31st. We do not have storage space to take items before Friday.
 - Cash only.
 - Yard sale items - food/bake sale items - special children's activities.
 - Please stop by the Extension Office and pick up flyers to post around the community.
 - Yard Sale Item Stations:
 - Clothing
 - Adult - Men & Women
 - Children - Boys & Girls
 - Baby Items
 - Household
 - Yard/Garden
 - Toys
 - Vintage/Antiques
 - Glassware
 - Purses, Shoes, & Accessories
 - Jewelry
 - Media & Electronics
 - Seasonal
 - Pet Supplies
 - Food & Baked Goods
 - Children's Activities
 - Check-Out Station
 - Food - Karen Abner is the Chairperson
 - Children's Activities - Tammy Lennex is the Chairperson
 - Any Leftover Items - Joyce Bolin is Chairperson
 - Check Out Station - Polly Sartin is Chairperson & Ruby McFarland
- We are asking everyone who is working the yard sale to wear their Wayne County Homemaker t-shirt and/or apron if you have them.
 - Items in **RED** - PLEASE, we can't do this without you, and we **REALLY** need for you to sign up, so we know who is going to help. Sign up at the front desk at the Extension Office.
 - **Setup**
 - **Cleanup**



Lake Cumberland Area Extension Homemaker Annual Meeting

April 27, 2023 @ 6:00 p.m. EST - Aspire Center

Theme: Baskets of Blessings

Time: Registration begins 5:30 p.m. EST. Program begins @ 6:00 p.m. EST

Location: Aspire Center, 90 Airport Rd., Monticello, KY 42633

Registration Deadline: April 18, 2023

Paid registration will need to be received by 4:00 p.m. EST.

Registration Fee: \$15 per Person - Checks payable to Wayne County Extension Office

Meal: Savory Stuffed Pork Tenderloin & Sumptuous Stuffed Turkey Breast

Mashed Potatoes & Gravy

Home Garden Buttered Corn

Country Seasoned Green Beans

Sweet Baby Carrots

Spring Garden Salad

Rolls

Delectable Desserts

Drinks



Entertainment: Chautauqua Speaker from KY Humanities Council

Grandpa Jones: Country Music & Comic - Portrayed by: David Hurt

Additional Information for Wayne County Homemakers:

All counties are to bring:

- \$25 door prize tagged with County name. *Committee has this covered.*
- There will be a name tag contest utilizing meeting theme "Baskets of Blessings." Prize will be awarded to winning county. Committee is working on this and your name tag will be ready for you at the registration table the night of the meeting.
- There will be a contest amongst the counties for the MOST non-perishable food items brought to the meeting. There will be a prize for the winning county. PLEASE bring your food items to the Aspire Center during set-up day on Wednesday, April 26th. PLEASE make SURE there are NO out-of-date food items! *Food items will be donated to the local House of Blessings (soup kitchen).*
- Please call or stop by the Extension Office and sign up to help with the LCS Extension Homemaker Annual Meeting. Wayne County Extension Homemakers are hosting this event. We want it to be amazing! We need you to help make it an evening to remember!!
- **We NEED to know by April 18th who is helping when & with what!**
 - Set-up
 - Clean-up
 - Food Service (IF you have had safe food handling class.)
 - Sign up at the front desk at the Extension Office for helping.



Wayne County Extension Homemakers Cultural Arts Contest

March 1-3, 2023

Wayne County Extension Office
Upstairs Meeting Room

Wednesday, March 1, 2023 - Entry Day - 9:00 a.m.-1:00 p.m.
Thursday, March 2, 2023 - Viewing Day - 8:00 a.m.-4:30 p.m.
Friday, March 3, 2023 - Pick-up Day - 8:00 a.m.-12 noon
Please let us know if you can volunteer to help.



LOTS of talent in Wayne County!!! Please bring your items to Cultural Arts.
More information can be found on the KEHA website: <https://keha.ca.uky.edu>
Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years. All homemakers that paid dues by the December 2022 deadline are eligible to enter.

Area Cultural Arts Contest March 16, 2023 - Taylor County

ALL Wayne County Blue Ribbon Winners will be eligible for the Area Cultural Arts Contest. Please bring your items to the Wayne County Extension Office by March 14th.



Bottoms Up Bunny Painting Class with Suzanne Pogue

Saturday, March 18, 2023

1:00 p.m.-3:00 p.m. EST

Wayne County Extension Office
Downstairs Meeting Room

Deadline to Register - March 9, 2023

All supplies provided.

Fee \$30.00 (Prepaid)

This is a painting class. Paint is permanent. Please dress in clothing you don't mind getting paint on or wear a painting smock/apron.



Seth Hart,
Program Assistant
for Community Arts

Wood Carving Safety, Sharpening, & Stropping



For Instructions, visit our YouTube Channel

Channel: Wayne County Cooperative Extension Service

Playlist: Fine Arts



TUTORIALS

For new members, please watch the following:

Wood Carving: Safety - Presented by Carson Payne

Wood Carving: Sharpening & Stropping - Presented by Carson Payne

Today's Project:

Wood Carving: Hearts - Presented by Carson Payne



Joy McGinnis,
FCS Program Assistant

March is National Nutrition Month!

"Start Today for a Healthy Tomorrow"

Breakfast Makes a Difference.

Breakfast means to break the fast. Most of us have not eaten for eight to 12 hours when we get up in the morning. During the night, our blood sugar level has dropped, so we need to restore it by eating breakfast. Blood sugar is what gives us energy. The food we eat helps our blood sugar level go up so that we have energy for work and play. Foods that contain some protein help our blood sugar level stay high longer than foods without protein because proteins are digested more slowly. Protein is a nutrient in foods such as meat, milk, and grains. It helps our bodies build muscles and blood and helps to repair body parts. A nutrient is a substance in foods which helps our body stay healthy. It may help us grow and have energy. Proteins, fats, carbohydrates, vitamins, and minerals are all nutrients. Some people eat foods with little protein and lots of starch and sugar which are carbohydrates. Carbohydrates are nutrients which give us energy. We need some each day, especially starches. An example of breakfast which has a lot of carbohydrates but little protein is a donut and orange juice. A breakfast like this only fills you up for a little while; you soon begin to feel hungry. By adding a food such as milk with protein and some fat, you can keep your energy up longer. Carbohydrates are in the bread, cereal, rice, and pasta group; the milk, yogurt, and cheese group; and the fruit and vegetable group. Sugars are also carbohydrates, but we need very little sugar in our diet. Many people need to decrease sugar in their diets if they are overweight. In this project, you will learn how to plan and prepare nutritious breakfasts, so you will feel alert and have lots of energy.

Do you eat breakfast? A good breakfast can help you make the most of your day. It is important for everyone but especially important for children.

Children who eat breakfast: Perform better at school. Have fewer accidents. Stay healthier than children who do not eat breakfast.

Adults who eat breakfast: Have more energy, concentrate better, avoid feeling tired, irritable, and hungry, control their weight better, have lower risk of developing heart disease.

The key to a healthy breakfast is to plan. People who skip breakfast often overeat at other meals or end up snacking on high-calorie foods. Keep calories low by planning and watching portion sizes.



Joy McGinnis,
FCS Program Assistant

March is National Nutrition Month!

"Start Today for a Healthy Tomorrow"

Breakfast Makes a Difference (Continued)

Some low-calorie tips:

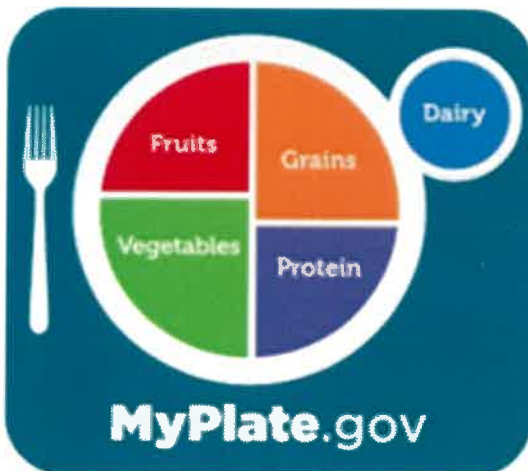
- Use low-fat or fat-free dairy products.
- Use the extras, such as margarine, butter, jelly, and syrup, in very small amounts.
- Choose fresh fruit or unsweetened fruit juices.
- Select canned fruits packed in juice or light syrup.
- Choose a slice of bread, toast, half an English muffin, or half a bagel rather than a biscuit or muffin, which are higher in fat and calories.
- Avoid doughnuts, sweet rolls, and coffee cakes that are high in calories and fat.
- Select whole-grain foods from the grains group at least half the time.
- Try something new! Spread banana or apple slices with peanut butter.
- Top a bowl of cereal with a scoop of vanilla yogurt.
- Warm up leftover pizza, chicken soup, or stew.
- Melt cheese on a piece of toast and top with a slice of tomato.

****Make physical activity a regular part of your day!***



Tips:

- Balance calories.
- Enjoy your food, but eat less.
- Make half your plate fruits and vegetables.
- Make half your grains whole grains.
- Cut back on foods high in solid fats, added sugars, and salt.
- Switch to fat-free or low-fat (1%) milk.
- Eat more fruit and vegetables.
- Avoid oversized portions.
- Compare sodium in foods.
- Drink water instead of sugary drinks.



Stop by the Extension Office to pick up nutrition information and recipes.

Project Helping Hands



March is **Nutrition** month! Reach out to a neighbor, friend, shut-in, local family, someone hungry, etc. Take them a sandwich or meal. Perhaps a freezer meal they could heat up for later or a bag of groceries. Do something this month that will feed the belly and the soul!

The "**Book Towers**" that will be placed here at the Extension Office and other designated community places in town are almost finished! This will help support our local community with free literacy opportunities. We will be asking everyone to gather and donate new or very gently used books and magazines. **Book Towers** will have a shelf for the following categories: Under 5, grade school age, teens, adults, and a magazine shelf. Please begin to collect these items so when we have the Book Towers ready for the public, we can fill them. Please **DO NOT** bring items to the Extension Office until we let you know the Book Towers are ready! Let us know if you have any questions.

Thank you to everyone who recently brought in comfort caps!

*** Participation in these community service projects can count as volunteer service hours and earn you some double points in your passport log!*



We are looking for anyone willing to share their talents! If you need a "Get Creative Teacher's Form," please let us know. Thanks so very much for helping us to broaden the creative experiences and opportunities to our community.



2023 KEHA State Meeting May 9-11, 2023

Crowne Plaza - Louisville, KY
Theme: Let's Take a Hike with KEHA - For more information, visit the KEHA website:
keha.ca.uky.edu/content/state-meeting-information
See enclosed flyer for registration details and pricing.

GROW YOUR GARDEN, GROW YOUR MIND

April 5, 2023
10:00 am-2:00 pm EST
Registration begins 9:30 am EST

Wayne County Extension Office
255 Rolling Hills Blvd, Monticello



- Lessons & Take Home Ideas for**
- Raised Bed Gardens
 - Succulents
 - Rock Gardens
 - Keeping Yourself In Berries All Year
 - Recipe Demonstration & Sampling
 - Flower Pressing
 - Stake Out Your Garden

\$10 Registration Fee

includes lunch & take home educational materials

Register with your local County Extension Office
& pay registration fee by March 31st

YOUR DONATION
GIVE \$10 WITH EACH AG TAG

YOUR COMMUNITY
HALF OF THE FUNDS FOR 4-H AND FFA COME BACK TO YOUR LOCAL CLUBS AND CHAPTERS IN YOUR COUNTY.

OUR LEADERS
SUPPORT STATEWIDE PROGRAMS IMPACTING 274,000 STUDENTS ENROLLED IN 4-H, FFA AND KY PROUD MEMBERS.

BY MAKING A \$10 DONATION WITH YOUR AG TAG, YOU ARE CHOOSING TO INVEST DIRECTLY INTO THE FUTURE OF KENTUCKY AGRICULTURE. DONATIONS ARE DIVIDED EQUALLY BETWEEN FFA, 4-H AND KENTUCKY PROUD WITH HALF GOING DIRECTLY BACK TO YOUR COUNTY. THANK YOU FOR YOUR SUPPORT.



2023 Dates to book in your calendar - See enclosed information.
Bingocize - Beginning March 9th @ 11 a.m. - See enclosed flyer for details.
It's Sew Fine Sewing Seminar - April 13-14th - See enclosed flyer for details.

Debbie Shepherd
Debbie Shepherd, CEA FCS
Wayne County Extension Agent
for Family & Consumer Sciences
debbie.shepherd@uky.edu
DS/vm



We Grow Families.
www.ca.uky.edu



**Wayne County Cooperative
Extension Family and
Consumer Sciences**



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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

2023 DATES to Book in Your Calendar!

Date	Time	Event	Meeting Room Location
March 1st	9 a.m.-1 p.m.	Wayne County Extension Homemaker Cultural Arts Contest – Entry Day	Upstairs
March 2 nd	8 a.m.-4:30 p.m.	Cultural Arts – Viewing	Upstairs
March 3 rd	8 a.m.-12 noon	Cultural Arts – Pickup	Upstairs
March 6 th	5:00 p.m.	Yard Sale Extravaganza Committee Meeting	Downstairs
March 7 th	4:30 p.m.-6:30 p.m.	Calligraphy Class	Downstairs
March 9 th	11:00 a.m.	Bingocize	Upstairs
March 9 th	5:00 p.m.	Christmas Village Planning Committee – County Officers & Chairperson from each Club	Small Upstairs
March 14 th	11:00 a.m.	Bingocize	Upstairs
March 15 th	10:00 a.m.	In-Stitches Quilt Class	Downstairs
March 16 th	11:00 a.m.	Bingocize	Upstairs
March 16 th		LCA Extension Homemakers Cultural Arts Contest	Taylor County
March 17 th	10:00 a.m.-6 p.m.	Sit & Sew Class	Downstairs
March 18 th	1:00 p.m.	Bottoms Up Bunny Painting Class	Downstairs
March 21 st	11:00 a.m.	Bingocize	Upstairs
March 21 st	5:00 p.m.	Extension Community Arts Annex Committee Meeting	Small Upstairs
March 23 rd	11:00 a.m.	Bingocize	Upstairs
March 28 th	11:00 a.m.	Bingocize	Upstairs

2023 DATES to Book in Your Calendar!

Date	Time	Event	Meeting Room Location
March 28 th	5:30 p.m.	Leader Training – Savor the Flavor	Downstairs
March 29 th	9:30 a.m. CST 10:30 a.m. EST	LCA Extension Homemaker Council Meeting	Adair County
March 30 th	11:00 a.m.	Bingocize	Upstairs
March 31 st		LCA Extension Master Clothing Volunteers Spring Event	Bowling Green
March 31 st		Set up Yard Sale Extravaganza	Extension Office
April 1 st	7:00 a.m.-3:00 p.m.	Yard Sale Extravaganza	Extension Office
April 6 th	11:00 a.m.	Bingocize	Upstairs
April 6 th	5:30 p.m.	CEC & District Board Meeting	Downstairs
April 11 th	11:00 a.m.	Bingocize	Upstairs
April 13 th	10:00 a.m.	Creative Writing Class	Downstairs
April 13 th	11:00 a.m.	Bingocize	Upstairs
April 17 th	6:00 p.m.	Beach Signs Painting Class	Downstairs
April 18 th	11:00 a.m.	Bingocize	Upstairs
April 19 th	10:00 a.m.	In-Stitches Quilt Calss	Downstairs
April 25 th	5:30 p.m.	Healthy Outdoor Cooking	Outside (Weather Permitting) and/or Downstairs
April 26 th		Set up & Prep LCA Extension Homemaker Area Annual Meeting	Aspire Center
April 27 th	All Day	Set-up & Prep LCA Extension Homemaker Area Annual Meeting	Aspire Center
April 27 th	5:30 p.m.	LCA Extension Homemaker Area Annual Meeting	Aspire Center



Bingocize is a multi-week program. All times 11am

Session I is March 9th, 14th, 16th, 21st, 23rd, 28th

Session II is March 30th, April 6th, 11th, 13th, 18th, 20th

LOOKING FOR A FUN WAY TO BE MORE ACTIVE?

Bingo + Gentle Exercises = BINGOCIZE®

Bingocize® is a health promotion program that combines the game of bingo with fall prevention exercises (seated or standing). Come play bingo and meet new people while learning about techniques to reduce falls and increase cognition. **Bingocize® is exercise for your body, mind, and spirit.**

JOIN THE FUN!!

**Come Join the
FUN!**

Begins

March 9th

11 am

**Upstairs Meeting
Room Wayne Co.
Extension Office**

**Registration
Required so we can
be prepared for you!
606-348-8453**

Free prizes

Open to everyone!

Free smiles 😊

When you call tell us
which session you are
going to participate in,
I or II.





It's Sew Fine Sewing Seminar

April 13-14, 2023

Join us for classes on:
-clothing accessories
-garment construction
-quilting
-home decoration

Full-day and half-day classes.

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Register &
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99 Corporate Drive, Danville, KY



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For questions, contact:

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