

DECEMBER 24 ' 25 '
January

 **Martin-Gatton**
College of Agriculture,
Food and Environment
University of Kentucky.

Cooperative Extension Service
Garrard County
1302 Stanford Road
Lancaster, KY 40444
(859) 792-3026
Fax: (859) 792-3026
extension.ca.uky.edu/garrard

Garrard County Family and Consumer Sciences Newsletter

Hello Everyone,

Can you believe we're already finishing up 2024? Things just never seem to slow down. As I reflect back on the past year, I'm so thankful for the wonderful programming and great times we've had here at the Garrard County Extension Office and throughout the county. We have a few more fun events to wrap things up before we close the office for break between December 25th and January 1st. Keep an eye out for those. I hope you are able to spend the upcoming holiday season with those you love and have a truly joyful time of rest. We will kick things back off here when we reopen on January 2nd.

As always, I'm wishing you all the best. Please feel free to reach out if you need help.



County Extension Agent for
Family and Consumer Sciences
kayla.lunsford@uky.edu



CHECK US OUT ON
SOCIAL MEDIA!



[HTTPS://WWW.FACEBOOK.COM/GARRARDCOUNTYFCS](https://www.facebook.com/garrardcountyfcs)

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



Disabilities
accommodated
with prior notification.

Upcoming Events



LUNCH AND LEARN FREE MONTHLY COOKING CLASS



DECEMBER 3RD
12PM OR 6PM

GARRARD COUNTY EXTENSION OFFICE
1302 STANFORD ROAD

CALL THE OFFICE AT
859-792-3026, COMMENT ON
FACEBOOK OR EMAIL
KAYLA.LUNSFORD@UKY.EDU
TO REGISTER.

We're taking our taste buds on a trip! Come along as we sample this month's recipe from the 2024 Food and Nutrition Calendar and explore the culture and cuisine of a new country!

COUNTRY OF THE MONTH: UNITED KINGDOM
RECIPE: SLOW COOKER NAVY BEAN SOUP



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LUNCH AND LEARN FREE MONTHLY COOKING CLASS



JANUARY 7TH
12PM OR 6PM

Garrard County Extension Office
1302 Stanford Road

Call the office at
859-792-3026, comment on
Facebook or email
kayla.lunsford@uky.edu to
register.

The 2025 Food and Nutrition Calendar is here, and we are kicking off Lunch and Learn once again. Come along as we explore new recipes and new places in the world!

COUNTRY OF THE MONTH: CANADA
RECIPE: SPLIT PEA SOUP



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THURSDAY MORNING "SEW"CIAL CLUB

THURSDAYS 9AM-12PM
GARRARD COUNTY EXTENSION OFFICE

OPEN TO ALL- COME HANG OUT, WORK ON UNFINISHED PROJECTS, AND MAKE FRIENDS ALONG THE WAY!

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Garrard's Gardeners

Open to the public
Please call to register: 859-792-3026
Held at the Garrard Co. Extension Office



Next meeting: Jan. 23 at
4pm
Topic: Wildlife and Birds
Presented by Eric Comley

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Lexington, KY 40506



GREENERY
SWAGS AND
BOWS
WORKSHOP

Presented by Garrard's Gardeners
Cost: \$15

Thursday **5** December

4pm at the Garrard County Extension Office
1302 Stanford Rd. Lancaster, KY 40444
Class Limit: 25

Please RSVP by Dec. 2nd
Call 859-792-3026 or Email kayla.lunsford@uky.edu

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Acrylic Painting Workshop

Holiday Edition

December 18th at 1pm

Cost: \$5



Participants will follow along to create an original artwork based on seasonal themes. The step-by-step instruction makes painting fun for all skill levels and easy for beginners!

Please RSVP by Dec. 11th by calling 859-792-3026, by messaging on Facebook, or by emailing kayla.lunsford@uky.edu
Held at the Garrard County Extension Office: 1302 Stanford Rd. Lancaster
Instructor: Dante Stewart

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YOGA CLASS!

INSTRUCTOR: KRISTINA BEAMAN
COST: \$5 PER CLASS
TIMES:
TUESDAYS AT 7PM (BEGINNER AND ADVANCED)
THURSDAYS AT 9AM (CHAIR YOGA)

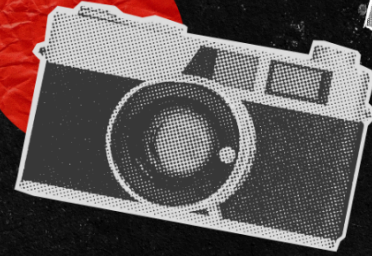


FOR MORE INFO, PLEASE CALL THE OFFICE OR CHECK OUT THE "YOGA W/ KRISTINA" FACEBOOK GROUP!

FRIENDLY FIBERS GROUP MEETS
EVERY 4TH MONDAY AT 1:30 AT THE
OFFICE. JOIN ANYTIME IF YOU LIKE
KNITTING, CROCHET, OR OTHER TYPES
OF NEEDLEWORK!



PHOTOGRAPHY CLUB INTEREST MEETING



For more info, call
859-792-3026 or email
eric.comley@uky.edu or
kayla.lunsford@uky.edu.
This class is for adults
only.

GARRARD COUNTY EXTENSION OFFICE THURSDAY, JANUARY 16TH AT 6PM

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Materials
accommodated
with prior
notification.

HOLIDAY CHARCUTERIE CLASS

**December
19th at 6pm**

Class will have a limit
of 15 people.

Please call 859-792-3026 or
email
kayla.lunsford@uky.edu
to register.

Free Class
Held at the Garrard
County Extension
Office-1302
Stanford Rd.
Lancaster, KY 40444

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Homemade for the Holidays

December 12th at 6pm

Join us for a night of money saving tips, creative ideas for the holidays, and other fun activities to help make this season special no matter your budget! Dinner will be served, and we will be collecting blankets again to benefit children in foster care. For every blanket you bring, you will be entered to win a door prize! Activities will be provided for school aged children as well, so feel free to bring the whole family!

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LAUGH & LEARN

MONTHLY PLAYDATE

December 17th
10-11am

Garrard County
Extension Office
1302 Stanford Rd.

December Topic:
Gingerbread

This is a Kindergarten readiness program for ages 2-5. Each session will include story time, snacks, crafts, and activities that will engage your little one and provide developmentally supportive play to help prepare them for school! Parents or guardians must be present at all Laugh and Learn playdates!

To RSVP: Please call 859-792-3026 or email Kayla.lunsford@uky.edu



Cooperative Extension Service
Faculty and Staff Offices
Family and Consumer Sciences
Childhood and Family Development
Lantern, KY 40308

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
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Lantern, KY 40308



LAUGH & LEARN

MONTHLY PLAYDATE

January 21st
10-11am

Garrard County
Extension Office
1302 Stanford Rd.

January Topic:
Snow/Winter

This is a Kindergarten readiness program for ages 2-5. Each session will include story time, snacks, crafts, and activities that will engage your little one and provide developmentally supportive play to help prepare them for school! Parents or guardians must be present at all Laugh and Learn playdates!

To RSVP: Please call 859-792-3026 or email Kayla.lunsford@uky.edu



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Homemaker Happenings

 **Martin-Gatton**
College of Agriculture,
Food and Environment
University of Kentucky.

JANUARY LEADER LEADER LESSON

Watch Party on:

Having Emergency Health Information

Led by Woodford County FCS Agent, Hannah Thornsberry



January 23rd at 10am

Garrard County Extension Office

Call or Email to Register:

859-792-3026 or kayla.lunsford@uky.edu

Everyone is welcome!

An Emergency Health Information (EHI) Card can be a helpful tool to have. If you are ever in an emergency where you need immediate medical treatment, but are not able to communicate with first responders, an EHI Card can tell medical providers important information about how to help you. This lesson focuses on who can benefit from carrying an EHI card, information that should, and should not be included on an EHI Card, and where to put copies of an EHI Card.

UPCOMING DATES

**NOT YO MAMA'S HOMEMAKER CLUB: DEC. 7TH, 2PM
(CALL FOR MORE DETAILS)**

**COUNTRYSIDE CLUB: DEC. 14TH AND JAN. 16TH
(CALL FOR MORE DETAILS)**

**GO-GETTER'S CLUB: DEC. 9TH, 6PM AT PIGGIN' OUT RESTAURANT AND JAN. 13TH, 6PM AT
GARRARD EXT.**

**HOMEMAKER COUNCIL MEETINGS: DEC. 16TH, 6PM AND JAN. 27TH, 6PM AT THE EXTENSION
OFFICE**

HEALTH INFO CARD LEADER LESSON: JAN. 23RD AT 10AM

COUNTY CULTURAL ARTS CONTEST: MARCH 17TH



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

**GARRARD COUNTY
HOMEMAKERS
2025**

*Cultural Arts
Contest*

Show off your
creative talent by
entering the 2025
Cultural Arts
Contest! Open to
all Garrard
County
Homemakers!

Entry Time: March 17th, 9am-12pm

Pick Up Time: March 21st, 8am-4:30pm

Blue Ribbon Winners will advance to the Fort
Harrod Area Contest in April and compete against
7 other counties.

To view the list of categories and rules, visit:
<https://tinyurl.com/ycy3jjw6> or scan the QR code.
You may also stop by the office for a hard copy.



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**A REMINDER TO KEEP
FILLING OUT THOSE
VOLUNTEER HOURS!**

Volunteer Service Unit (VSU) Log (copy as needed)

Name: _____ Address: _____

County: _____ Phone: _____ Email: _____

Date	Activity/Job Performed	Hours (report in appropriate category)			
		Extension	KEHA	Community	Personal
TOTALS					

Categories: Extension = Volunteer service for projects or programs directed by an Extension Agent. KEHA = Volunteer hours for projects initiated and led by KEHA members. Community = Service to other entities/organizations in the community (not Extension or KEHA projects). Personal = Unpaid service to family, friends, and neighbors. See KEHA Handbook pages 89-90 for complete category descriptions. Report all hours earned within the past KEHA year (July 1 – June 30). Logs are due to the county Leadership Chairman or designated contact by July 1.

December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Lunch and Learn 12pm and 6pm	4	5 Bows and Swags 4pm	6	7 Not Yo Mama's Club
8	9 Go-Getters Club	10	11	12 Homemade for the Holidays 6pm	13	14 Countryside Club
15	16 Homemaker Council 6pm	17 Laugh and Learn 10am	18 Acrylic Painting 1pm	19 Holiday Charcuterie Class 6pm	20	21
22	23	24	25 Office Closed	26 Office Closed	27 Office Closed	28
29	30 Office Closed	31 Office Closed				

January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Office Closed for New Years Day	2	3	4
5	6	7 Lunch and Learn 12pm and 6pm	8	9	10	11
12	13 Go-Getters Club	14	15	16 Photography Club Meeting 6pm Countryside Club	17	18
19	20 Office Closed for MLK Day	21. Laugh and Learn 10am	22	23 Leader Lesson 10am Garrard's Gardeners 4pm	24	25
26	27 Homemaker Council 6pm	28	29	30	31	