



UK 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

"Some old-fashioned things like fresh air and sunshine are hard to beat."
-Laura Ingalls Wilder

Hey Everyone, and Happy April!

I hope you're all doing well and finding of plenty of joy in this season. Thank you to everyone who got involved in our Annual County Cultural Arts Contest last month! The quality of entries we received this year was inspiring, and I'm excited and hopeful that it will only continue to grow in years to come! If you're a creative person and would like to know more, please don't hesitate to ask questions on how you can get involved in the future. Just around the corner will be county fair-in which you can also enter exhibits similarly to Cultural Arts! Stay tuned for that information. We also have some fun new classes and activities which will be popping up over the next few months. You won't want to miss out on what is happening in FCS around the Garrard County Extension Office!

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



CHECK US OUT ON
SOCIAL MEDIA!



[HTTPS://WWW.FACEBOOK.COM/GARRARDCOUNTY FCS](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

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Disabilities
accommodated
with prior notification.

Upcoming Events

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LUNCH AND LEARN FREE MONTHLY COOKING CLASS



NEW 4-PART SERIES!

APRIL 1, MAY 13, JUNE 3, JULY 1

April 1st
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.



**RECIPE OF THE MONTH:
LEMON BROCCOLI PASTA**

**TOPIC: FOOD AS HEALTH ON A
BUDGET**

This practical session, designed by nutrition experts, will show you how to plan meals, shop smarter, and prepare nutritious, budget-friendly meals. We will also prepare the April Calendar Recipe!

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Garrard's Gardeners

Open to the public
Call for more info: 859-792-3026
Held at the Garrard Co. Extension
Office



Next meeting: April 17th
at 4pm

Topic: Dahlias

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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!

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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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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!





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College of Agriculture,
Food and Environment



LAUGH & LEARN

MONTHLY PLAYDATE

April 15th
10am-11am

Garrard County
Extension Office
1302 Stanford Rd.

April Topic:
Rain/Spring

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!

Please call to RSVP: 859-792-3026

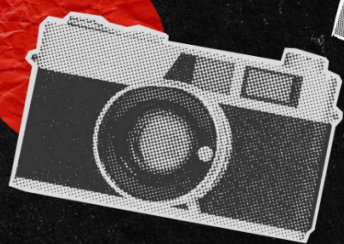


Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Extension and Natural Resources
441 South Development
Lexington, KY 40506



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GARRARD COUNTY
PHOTOGRAPHY CLUB



GARRARD COUNTY EXTENSION OFFICE
APRIL 21ST AT 6PM



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

BRING YOUR CAMERA AND COME WITH US ON A FIELD TRIP TO SOUTH FISHING CREEK ROAD IN LINCOLN COUNTY TO DO SOME FLORAL PHOTOGRAPHY! WE WILL DEPART FROM THE OFFICE AT 6 AND BE THERE FOR ABOUT AN HOUR!

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JEWELRY UP-CYCLING PROJECT



**GARRARD COUNTY
EXTENSION OFFICE
APRIL 28 & 29
(2-PART CLASS)
6:00-9:00 PM
COST: \$17**



This jewelry up-cycling class will be an opportunity to put together jewelry pieces into one decorative framed piece.

To get ready for class you need:

- Wooden frame without glass (size matters; minimum of 12" x 14")
- Jewelry: variety of sizes and shapes, with sparkle or not, variety of color or plan with a certain color palette: brooches, earrings, cuff links, stick pins, bracelets, strands of beads and chains. This project lends itself to use vintage jewelry, un-worn jewelry and broken pieces.

PLEASE REGISTER BY APRIL 21ST VIA EVENTBRITE.COM. JUST SCAN THE QR CODE AND FOLLOW INSTRUCTIONS FOR CHECKOUT! CALL THE GARRARD COUNTY EXTENSION OFFICE AT 859-792-3026 IF YOU NEED ASSISTANCE WITH REGISTRATION.



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Lexington, KY 40506



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It's time to submit a class for the 2025 It's Sew Fine: Sewing Expo

This is an opportunity to teach a class on garment construction, home décor, quilting or accessory classes. The Expo will be at the Boyle County Extension Office on **September 4th and 5th 2025**. Your class can be full day, half day or if needed 1 ½ days in length. **The deadline for submission is May 1st**. Please email tara.duty@uky.edu with any questions. To submit an application please follow this link:

<https://form.platoforms.com/fr32zdhw7e> or use the QR code below.

Submitting an application does not guarantee class selection.

Committee will make final class selections and notify instructors by June 1st.



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Ephraim McDowell Health is offering free, take-home colon cancer screening kits for anyone over the age of 45 who has not had a screening in the last 12 months. You can pick up your kit at the Extension Office. Kits are limited and must be returned to Ephraim McDowell by April 11th.



GARRARD COUNTY EARTH DAY FESTIVAL

**APRIL 12, 2025
10am-4pm**

GARRARD COUNTY FAIRGROUNDS

- EDUCATIONAL AND ANIMAL EXHIBITS
- ARTS/CRAFT VENDORS
- FOOD TRUCKS
- INFLATABLES
- FREE HEALTH SCREENING
- TRACTOR SHOW
- GARDEN PLANTS FOR SELL
- BABY CHICKS FOR SELL
- VARIOUS TREES FOR SELL

CELEBRATE



EARTH DAY

Come out to see all the great booths, along with the Extension Office! We will be giving out free tomato plants, recipes, and information; and 4-H will be set up with some cool entomology exhibits for kids and adults alike!

FREE

Women's Health Forum



Take charge of your health

Join us for an upcoming Women's Health Forum featuring expert speakers from a variety of fields, including: OB/GYN, Psychiatry, Cardiology, Fitness, and Bariatrics.

JOIN US!

April 26, 2025

9am - 12pm: Lunch to follow

First Baptist Church
200 W Walnut St, Danville, KY 40422

Contact us today to reserve your seat!

859-583-9010
859-583-7699



Giveaway!

SPEAKERS



Dr. Anne Turcra, MD
Obstetrics & Gynecology,
Women's Care of the
Commonwealth



Jessica Byrd, DSW, LCSW-S
Psychiatry,
Ephraim McDowell
Behavioral Health

Community Service
Ephraim McDowell
Health.

*In Partnership with First Baptist Church.

Cardiology

Rachel Holton, RN - Clinical Manager,
Ephraim McDowell Regional Medical
Center Cardiac Cath lab

Fitness

Aam Mosley, Group Exercise Leader,
McDowell Wellness Center

Nutrition

Aurum Mastroianni, Clinical Dietitian,
Ephraim McDowell Barriatric Center

Stroke

Paisley Beale, RN, JPH/FEH Stroke
Program Coordinator

April 1st
National
Child Abuse
Prevention
Month



Please Join Us for Our
Child Abuse
Prevention
And Awareness
Fair!!!!

When: April 29, 2025, from 3:00 PM to 5:00 PM
Where: Lancaster Public Square

This is a free event! EVERYONE is Welcome!!!

Sponsored by The Family Resource Center and The Department of Community Based Services

Participating Community Partners:

The Family Resource Center
Youth Services Center
Garrard County DCBS
GC Health Department/H.A.N.D.S program,
Hunt Insurance

The UK Extension Office
Lancaster Police Department
Lancaster City Fire Department
State Farm
Community Collaboration for Children



- ➔ Educational Information
- ➔ Connect with providers
- ➔ Drawings for prizes
- ➔ Free food
- ➔ Free goodies

WALK YOUR WAY CHALLENGE

 Cooperative
Extension Service

New Weekly Walking Club!



Come and Join Us!

Have you decided it is time to get off the couch, but are not sure how to start?
Start Slow, Start Smart, Start with Us!

This 12-week challenge is based on the National Heart, Lung, and Blood Institute's walking plan and allows you to start and at a pace that is comfortable for YOU.

This program includes:

- A schedule and log to keep you on track, and
- Weekly newsletters with tips and information to keep you moving.

Come and Join Us!

Kick-Off Day and Health Screenings: Friday, April 11th starting at 10am

Garrard County Extension Office-1302 Stanford Rd. Lancaster, KY 40444

Must RSVP to join! Call 859-792-3026 or email kayla.lunsford@uky.edu

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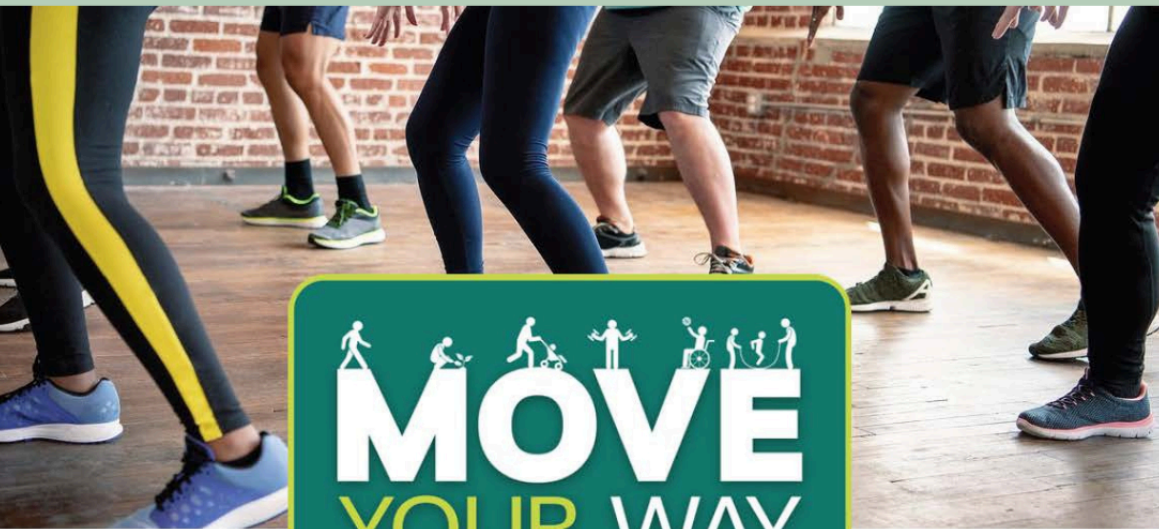
Disabilities
accommodated
with prior notification.

*Everyone is welcome!
This will be a go-at-your-own-pace exercise program. You can participate at home/on your own as a mailbox member OR you can participate in the weekly walks and check-ins which will take place here at the Extension Office each Friday at 10am. Participants who complete their 12-week walking log will have the chance to win prizes!*

We are also partnering with Ephraim McDowell Health to provide health screenings to participants who are interested. This is not a requirement to be in the walking club but is a wonderful resource for anyone looking to take charge of their health! The screenings will take place on kick-off day, April 11th, starting at 10am and will include blood pressure checks; a full lipid panel and glucose reading; height, weight and BMI; as well as an anxiety and depression screening!



Homemaker Happenings



with **BINGO** *eize*

Exercise for Everybody

Learn about non-impact exercises to help improve balance, posture, muscular strength, and ability to perform daily living activities.

Date: April 24, 2025

Time: 10am

Location: Franklin Co. Extension Office

101 Lakeview Court, Frankfort KY

Please call (502) 695-9035 to register.

Registration deadline is April 17th.

UPCOMING DATES

**AREA HOMEMAKER COUNCIL MEETING:
APRIL 3RD AT 5:30PM (FRANKLIN
COUNTY)**

**NOT YO MAMA'S HOMEMAKER CLUB:
APRIL 25TH, (CALL FOR MORE INFO)**

**COUNTRYSIDE CLUB: APRIL 17TH
(CALL FOR MORE INFO)**

**GO-GETTER'S CLUB: APRIL 21ST, 6PM,
EXTENSION OFFICE**

**HOMEMAKER COUNCIL MEETING: APRIL
22ND AT 6PM**

**AREA CULTURAL ARTS CONTEST:
APRIL 16TH**

**MOVE YOUR WAY LEADER LESSON
(LAST ONE OF THE YEAR): APRIL
24TH AT 10AM (FRANKLIN COUNTY)**

**KEHA STATE MEETING: MAY 6-8
(LEXINGTON, KY)**



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LEXINGTON, KY 40546



*Rides Available-Call to reserve a seat!
You don't have to be a homemaker to attend!*

**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.

April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Lunch and Learn</i> 12pm and 6pm	2	3 <i>Area Homemaker Council Meeting</i> 5:30pm	4	5
6	7	8	9	10 <i>Homemaker Decorating Party</i> 1pm	11 <i>Walking Club Kick-Off</i> 10am	12 <i>Earth Day</i> 10am-2pm
13	14	15 <i>Laugh and Learn</i> 10am	16 <i>Area Cultural Arts Begins</i> at 9am (volunteers arrive at 8am)	17 <i>Countryside Club</i> Garden Club 4pm	18 <i>Walking Club</i> 10am	19
20	21 <i>Photography Club</i> 6pm <i>Go-Getters Club</i> 6pm	22 <i>Friendly Fibers</i> 1:30pm, <i>Homemaker Council</i> 6pm	23	24 <i>Move Your Way Leader Lesson</i> 10am	25 <i>Walking Club</i> 10am, <i>Not Your Mama's Club</i> 6pm	26
27	28 <i>Jewelry Upcycling</i> 6pm	29 <i>Jewelry Upcycling</i> 6pm	30			