



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

### Hi Everyone!

I hope these late summer days are treating you well. I am currently on maternity leave, but I hope you will still join us for ongoing programs at the Garrard County Extension Office! There is also a great area wide program on Disaster Preparedness which will be held at the Boyle County Extension Office this month on August 28th! See below for more details. It is the first Homemaker Leader Lesson of the year, but it is free and open for anyone to attend! You do not have to be a homemaker to register.

As always, please reach out to our office if you have any questions! See you soon!



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



CHECK US OUT ON **SOCIAL MEDIA!** 



HTTPS://WWW. FACEBOOK.COM/ **GARRARDCOUNTY FCS** 

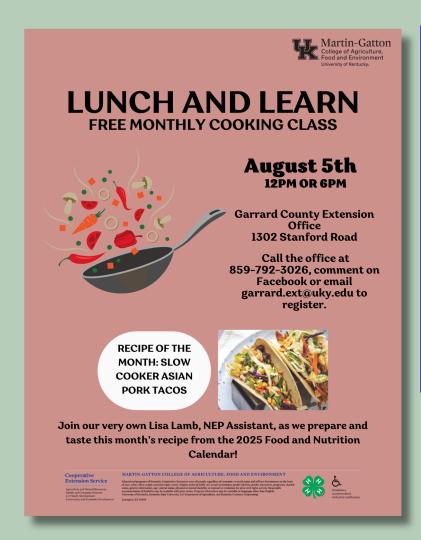
Cooperative **Extension Service** 

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





## Upcoming Events





### **YOGA CLASS!**



INSTRUCTOR: KRISTINA BEAMAN COST: \$5 PER CLASS TIMES:

TUESDAYS AT 7PM (PEGINNER 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 MEET THE 4<sup>TH</sup>
MONDAY AT 1:30PM!
JOIN ANYTIME IF YOU
LIKE KNITTING.
CROCHET. OR OTHER
TYPES OF NEEDLEWORK!









## Ting Class

**GARRARD COUNTY EXTENSION OFFICE** SEPTEMBER 11TH 1-3 PM



**COST: \$10** 

Join instructor Regina Rice for a beginner friendly painting class!

Call the office at 859-792-3026 or

email garrard.exteuky.edu to sign up.

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

MEET THE 1ST MONDAY JOIN ANYTIME IF YOU OF EVERY MONTH AT KNITTING GROUP LIKE KNITTING! 6PM! NEW!





AND REGISTRATION PACKET, STOP BY FOR A HARD COPY OF THE CLASS LIST THE GARRARD COUNTY EXTENSION







MULTICOUNTY **FORT HARROD** 

LEADER LESSON

-Garment Construction

-Quilting -Bags

-Home decor

-Accessories



Held at Boyle County Extension Office

99 Corporate Drive, Danville, KY



**Extension Service** Cooperative

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

859-734-4378 or tara.duty@uky.edu **Mercer County Extension Office** For Questions, Contact:



A NATURAL DISASTER TRAUMA AFTER NAVIGATING

@ 10am

Augus 28

how to navigate through trauma after natura individuals and families. Join us as we learn events recently that has affected many Kentucky has gone through a number of

Register by calling (859) 236-4484

99 Corporate Dr, Danville, KY 40422 **Boyle County Extension Office** 



Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



## Homemaker Happenings





HOSTED BY THE GARRARD COUNTY HOMEMAKERS

## SAVE THE DATE

Fort Harrod Area Homemakers Annual Meeting

OCTOBER 10<sup>TH</sup> AT 10AM
AT LANCASTER BAPTIST CHURCH



THE TIES
THAT BIND:
THE HISTORY OF
APRONS AND
HOMEMAKING IN
APPALACHIA

REGISTRATION DETAILS COMING SOON.

Cooperative Extension Service MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification

Upcoming dates to remember

Not Your Mama's Homemaker Club: August 1<sup>st</sup> at 6pm, Extension Office

Go-Getter's Club: August 18th at 6pm, Extension Office

Homemaker Council Meeting: August 26<sup>th</sup> at 6pm

Area Annual Meeting: October 10<sup>th</sup> at 10am

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

Phone:	Email:			
	Но	urs (report in ap	propriate categor	γ)
Activity/Job Performed	Extension	KEHA	Community	Personal
TOTALS				
	Activity/Job Performed  TOTALS	Extension	Extension	Extension KEHA  Extension KEHA  TOTALS

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

Appendix 18 June 2023

# August 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
ω	4 Knitting Group	5 Lunch & Learn	6	7 Tote Bao Class	8	9
	Knitting Group 6pm	Lunch & Learn 12pm and 6pm		Tote Bag Class 5:30pm		
10	11	12	13	14	15	16
17	<b>18</b> Go-Getters Club 6pm	19	20	<b>21</b> Garden Club 4pm	22	23
24	25 Friendly Fibers 1:30pm	<b>26</b> Homemaker Council 6pm	27	28	29	30
31						