



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 and Happy May!

I hope this newsletter finds you well. The days are getting warmer and longer, and we have plenty of exciting things happening around the Extension Office. One big order of business coming up in just over a month is our County Annual Homemaker Meeting. This will be a fun night for all Garrard County Homemakers, as well as anyone who may be wondering what "Homemakers" is all about. It's also time to start thinking about the County Fair! That will be taking place July 8th-12th. Stay tuned for more information regarding The FCS Open Class Exhibit Showcase! Any Garrard County resident may enter.

Lastly, we are all very excited that our office is fully staffed again. Our new Agriculture and Natural Resource Agent, Casey Byrd, started this month. Be sure to stop in and say hi to Casey when you get the chance!

As always, please reach out if I can ever be of any help!

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

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



NEW 4-PART SERIES!

APRIL 1, MAY 13, JUNE 3, JULY 1

RECIPE OF THE MONTH:
BANANA PANCAKES

TOPIC: FOOD AS HEALTH FOR
HEART HEALTH



What you'll learn:

- Foods that support a healthy heart.
- Meal planning tips to reduce saturated fat, sodium, and cholesterol.
- Practical strategies for grocery shopping to improve your heart health.

Cooperative
Extension Service
Agriculture and Natural Resources
Health and Consumer Services
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, cultural beliefs, sex, sexual orientation, gender identity, genetic information, pregnancy, marital status, gender identification, age, marital status, physical or mental disability or related condition, or political affiliation. Kentucky Cooperative Extension programs are available to all people regardless of race, ethnicity, or national origin. Programs are available to all people regardless of race, ethnicity, or national origin. Programs are available to all people regardless of race, ethnicity, or national origin.



Garrard's Gardeners



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



Next meeting: May
15th at 4pm

Herb and Plant
Swap & Recipe
Tasting



Cooperative
Extension Service
Agriculture and Natural Resources
Health and Consumer Services
4-H Youth Development
Community and Economic Development

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!

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!

Cooperative
Extension Service
Agriculture and Natural Resources
Health and Consumer Services
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, cultural beliefs, sex, sexual orientation, gender identity, genetic information, pregnancy, marital status, gender identification, age, marital status, physical or mental disability or related condition, or political affiliation. Kentucky Cooperative Extension programs are available to all people regardless of race, ethnicity, or national origin. Programs are available to all people regardless of race, ethnicity, or national origin.

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!





LAUGH & LEARN



MONTHLY PLAYDATE

May 20th
10am-11am

Garrard County
Extension Office
1302 Stanford Rd.

May Topic: Sports

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

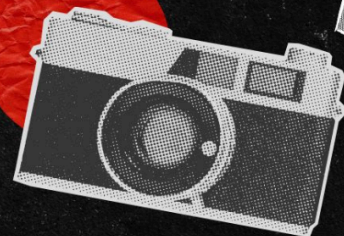
Informational programs of Kentucky Cooperative Extension Service are of people regardless of economic or social status and will not discriminate on the basis of race, color, sex, age, marital status, religion, national origin, ancestry, place of birth, genetic information, age, marital status, sexual orientation, gender identity, gender expression, pregnancy, parental status, genetic information, age, marital status, physical or mental disability or handicap or condition. For more information, please contact the Cooperative Extension Service at 1-800-477-6899.

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Informational programs of Kentucky Cooperative Extension Service are of people regardless of economic or social status and will not discriminate on the basis of race, color, sex, age, marital status, religion, national origin, ancestry, place of birth, genetic information, age, marital status, sexual orientation, gender identity, gender expression, pregnancy, parental status, genetic information, age, marital status, physical or mental disability or handicap or condition. For more information, please contact the Cooperative Extension Service at 1-800-477-6899.



GARRARD COUNTY PHOTOGRAPHY CLUB



GARRARD COUNTY EXTENSION OFFICE MAY DATE TBD

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



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 15TH**. Please email tara.duty@uky.edu with any questions. To submit an application please follow this link:

<https://form.platoforms.com/fr32zdhwr7e> 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.



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 notice

COOPERATIVE EXTENSION

 University of
Kentucky
College of Agriculture,
Food and Environment



3-PART SERIES

SERGER CLASS

Instructor: Mary Hixson

Located at the Garrard County Extension Office- Call 859-792-3026 to register by May 8th
Spaces are limited.

*May 15, 22, & 29
9am-12pm*

*Participants should bring their
serger, foot control, instruction
book for machine, any tools or
supplies that came with
machine, 4 different colors of
light colored cone thread, and 4
spools of one light colored cone
thread.*



\$5

PER WEEKLY
CLASS

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 sexual orientation for prior civil rights activities. Reasonable accommodation of disability may be available with prior notice. Program information may be 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.

Painting Class

Mother's Day Special



Cost: \$5

This guided painting session will allow participants to create their own unique masterpiece. Give this sweet painting to a special mother in your life or invite her to paint along with you!

May 12th at 1pm | Garrard County Extension Office

Call the office at 859-792-3026 or email kayla.lunsford@uky.edu to sign up.

**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 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.

WALK YOUR WAY CHALLENGE

 Cooperative
Extension Service



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

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, and disability. Programs 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.



Disabilities
accommodated
with prior notification.



**There is still
time to join!**

**Call the
office to sign
up or email
kayla.lunsford@uky.edu.**

GARRARD COUNTY FAIR

JULY 8TH-12TH

FCS OPEN CLASS EXHIBIT SHOWCASE

STAY TUNED AS RULES AND CATEGORIES WILL
BE AVAILABLE SOON ALONG WITH DETAILS ON
HOW AND WHEN TO ENTER ITEMS.

ENTER FOR A CHANCE TO WIN RIBBONS
AND PRIZE MONEY! CATEGORIES INCLUDE
PHOTOGRAPHY, NEEDLECRAFTS,
CANNING, FLOWERS. ART AND MORE!

*Enter!
to Win!*



Homemaker Happenings

CALL FOR NOMINATIONS! GARRARD COUNTY HOMEMAKER COUNCIL OFFICER ELECTIONS

**DEAR GARRARD HOMEMAKERS,
WE ARE EXCITED TO ANNOUNCE THAT NOMINATIONS
ARE NOW OPEN FOR OFFICER POSITIONS FOR THE
UPCOMING 25'-26' HOMEMAKER YEAR! THIS IS A
FANTASTIC OPPORTUNITY TO STEP INTO A
LEADERSHIP ROLE AND HELP GUIDE THE DIRECTION
OF OUR ORGANIZATION.**

**OPEN POSITIONS:
[PRESIDENT]
[TREASURER]**

**ANY PAID HOMEMAKER MAY RUN. TO NOMINATE
YOURSELF OR SOMEONE ELSE, PLEASE EMAIL
KAYLA.LUNSFORD@UKY.EDU BY JUNE 2ND.**

**VOTING AND OFFICER INSTALLATION WILL TAKE PLACE
ON JUNE 6TH AT COUNTY ANNUAL MEETING!**

UPCOMING DATES

**COUNTY ANNUAL MEETING
DECORATING PARTY: MAY
1ST AT 1PM**

**NOT YO MAMA'S
HOMEMAKER CLUB: MAY 2ND
5:30PM, EXTENSION OFFICE**

**COUNTRYSIDE CLUB: MAY
15TH AT 12PM
(CALL FOR MORE INFO)**

**GO-GETTER'S CLUB: MAY
12TH AT 6PM, EXTENSION
OFFICE**

**COUNCIL BYLAW MEETING:
MAY 19TH AT 4PM**

**HOMEMAKER COUNCIL
MEETING: MAY 19TH AT 6PM**

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

**COUNTY ANNUAL MEETING:
JUNE 6TH AT 6PM**

**HOMEMAKER VOLUNTEER
HOURS ARE DUE TO THE
EXTENSION OFFICE BY
JUNE 2ND SO THAT THEY
MAY BE RECOGNIZED AT
COUNTY ANNUAL
MEETING!**

**DON'T!
FORGET!**



Please join us for the 97th

ANNUAL GARRARD COUNTY HOMEMAKER MEETING



JUNE 6, 2025 | 6PM

Held at the Garrard County Extension Office

Cost: \$10

This fun-filled night will be a celebration for all Garrard County Homemakers and anyone interested in joining! Spouses are also welcome to attend. The event will include dinner, a keynote speaker, door prizes, awards, and installation of new county officers.

Please RSVP by calling 859-792-3026 by Thursday, May 23rd. Checks should be made out to the Garrard County Homemaker Association. Please turn in 2024-2025 volunteer hours by June 2nd.



May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Tissue Holder Class 9am, County Annual Meet- ing Prep Day 1pm	2 Walking Club 10am Not Your Mama's Club 6pm	3
4	5	6	7	8	9	10
		KEHA State Conference	KEHA State Conference	KEHA State Conference	Walking Club 10am	
11	12 Mother's Day Painting Class 1pm Go-Getters Club 6pm	13 Lunch & Learn 12pm and 6pm	14	15 Serger Class 9am Countryside Club 12pm Garden Club 4pm	16 Walking Club 10am	17
18	19 Homemaker Council Meeting 6pm, Bylaw Meeting 4pm	20 Laugh and Learn 10am	21	22 Serger Class 9am	23 Walking Club 10am Annual Meeting Registration Due	24
25	26 Memorial Day	27	28	29 Serger Class 9am	30 Walking Club 10am	31