

2025 NEWSLETTER

Calendar of Events

April 3	5:30pm	Area Homemaker Council Meeting at Franklin Co. Extension Office
April 8	12pm – 1pm	Lunch N Learn
April 16	All Day	Area Cultural Arts in Garrard County
April 17	5pm –6 pm	Cooking Corner at the Library
April 18	10am	Fall Prevention Presentation (Rescheduled Day)
April 21–22		Homemaker Brown Indiana Trip
April 22	5:30pm–8pm	Holiday Greeting Card Class
April 24	10am	Move Your Way– Multicounty Program at Franklin Co. Extension Office
April 28	10am – 11am	Laugh N Learn
May 6–8		KEHA State Meeting at the Hyatt in Lexington
May 9–10	9TH: 5PM–730PM 10TH: 10AM – 1230PM	Tea/ Etiquette Class
May 19	10am–11am	Laugh N Learn
May 20	1pm– 2pm	Lunch N Learn
May 22	10am	Scam Prevention Guest Speaker
May 29	7pm– 830pm	Alpha-gal Syndrome 'Watch Party'

Jessamine County Extension Homemaker Clubs

- Hearts N' Hands**
First Tuesday of the month, 11 a.m. at the Extension Office
- Happy**
Second Tuesday of the month, 6 p.m. in a member's home
- Garden Club**
Third Monday of the month, 1 p.m. at the Extension Office
- 4-HMothers**
Third Wednesday of the month, 9:30 a.m. in a member's home
- Edgewood Evening**
Fourth Monday of the month, 6:00 p.m. at the Extension Office
- Piece Quilters**
Every Tuesday, 9:30 a.m., Ag Center RoomA

Follow us Online!

****We post all classes on our Facebook page and website! Following us online is an easy way to stay "in the know" with Jessamine County FCS Extension.**

Jessamine County Family and Consumer Sciences on ... Face book: <https://www.facebook.com/JessamineCountyFCS/>



Check out our county website for information for all program areas!
<https://jessamine.ca.uky.edu/>



Dear Homemakers,



Happy April! It is officially SPRING!! April showers bring May flowers!

We have some fun things happening this month and the next couple months and I hope to see you there! Please look at all the flyers and register by the appropriate deadlines! We are excited for these upcoming programs!

I have been teaching a Cooking Class at the Jessamine County Public Library quarterly, and our next class is April 17th from 5pm-6pm and I would love to see some of you there! This class will be on air fryers!

I want to take a moment to thank the ones that helped out with County Cultural Arts this year! We had a bigger turnout this year and have 18 entries going to the Area Cultural Arts Contest which will be on April 16th! Great work ladies!

We are excited for our Multi-county April Leader Lesson, Move Your Way with Bingosize, which will be in Franklin County on April 24th at 10am. See flyer for more details!

Lastly, Don't forget about KEHA state meeting! Here is the public website with all information!
KEHA – Public website – <http://www.keha.org/>

Sincerely, Sara Haag



Jessamine County Extension Agent for Family and Consumer Sciences

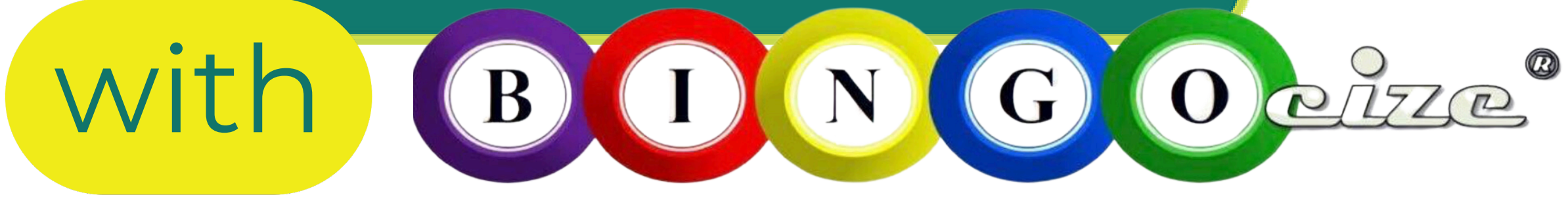
It's time to submit a class for the 2025 It's Sew Fine: Sewing Expo

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/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.





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.

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



Lunch N Learn

Join us at the Jessamine County Ag Center for
Lunch N Learn!

We will be making the April recipe from the Nutrition
Education Program Yearly Recipe Calendar,
Lemon Broccoli Pasta

April 8, 2025
12pm - 1pm

Please call the Jessamine County Extension
Office at 859-885-4811 by April 3rd to register.



**Cooperative
Extension Service**
Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating
Lexington, KY 40506



Lunch N Learn

Join us at the Jessamine County Ag Center for
Lunch N Learn!

We will be making the May recipe from the Nutrition
Education Program Yearly Recipe Calendar,
Banana Pancakes

May 20, 2025
12pm - 1pm

Please call the Jessamine County Extension
Office at 859-885-4811 by May 15th to register.



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating
Lexington, KY 40506



Lunch N Learn

Join us at the Jessamine County Ag Center once a month for
Lunch N Learn as we prepare recipes from the Nutrition
Education Program Yearly Recipe Calendar!

2025 Dates:
It will always be from 12pm - 1pm

- | | |
|--------------------|--------------------|
| January 15 | July 15 |
| February 18 | August 12 |
| March 11 | September 9 |
| April 8 | October 14 |
| May 20 | November 11 |
| June 24 | December 9 |

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Lexington, KY 40506



**LUNCH &
LEARN**



Laugh and Learn




Join our 2025 Laugh and Learn Playdate Program that targets Kindergarten readiness objectives! Each month offers learning activities that are relevant to children's developments and will coincide to help celebrate holidays or seasonal festivities. FREE for all children ages 3 to 5 and all children must be accompanied by an adult the entire time. Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play.

The 2025 Dates:

January 27	July 28
February 24	August 25
March 24	September 22
April 28	October 27
May 19	November 10
June 23	December 22

10am - 11am

Each lesson will be at the Jessamine County Extension Office in the Ag Center. Please call the extension office at (859)885-4811 monthly to register your child/children!



Join us for a

Tea Party!

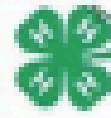


Hosted by Woodford, Fayette, and Jessamine County Extension Offices!

This will be a 2-day event! Friday evening, you will be learning table etiquette and prepping your very own homemade pastries. Saturday, you will arrive and get to put your etiquette skills to test as we have a lovely tea party and get to enjoy your homemade pastries that you made Friday evening!

Dress in your best tea party attire on Saturday!
 Please call the Jessamine Co. Office at (859)885-4811 to register! Limited Space.

Friday, May 9th	Jessamine County
5pm-7:30pm	Extension Office
and	95 Park Drive
Saturday, May 10th	Nicholasville, KY
10am-12:30pm	40356

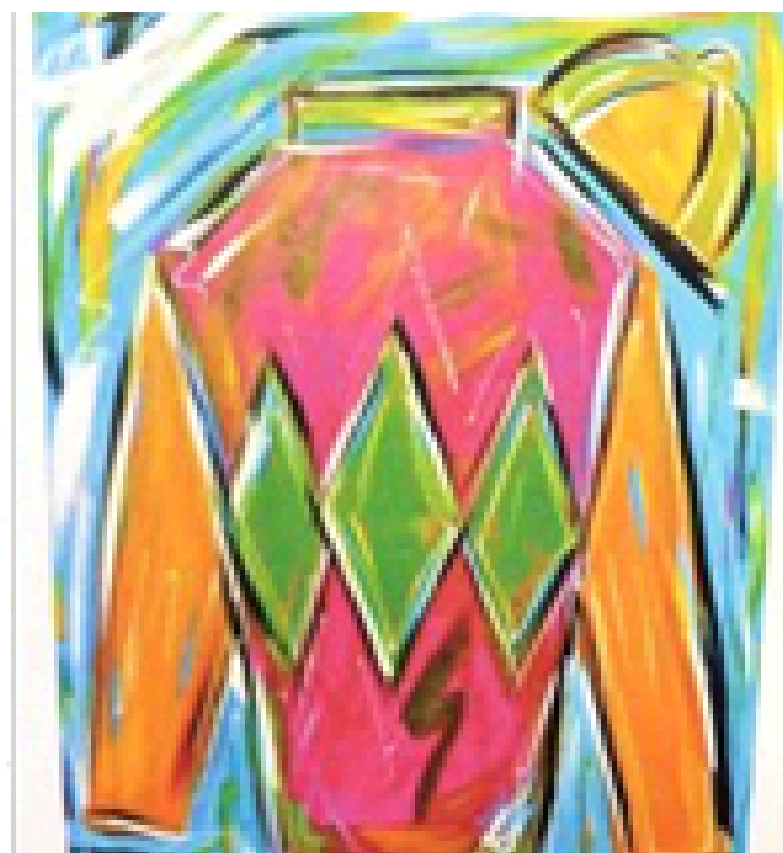


Homemaker Derby Craft Party

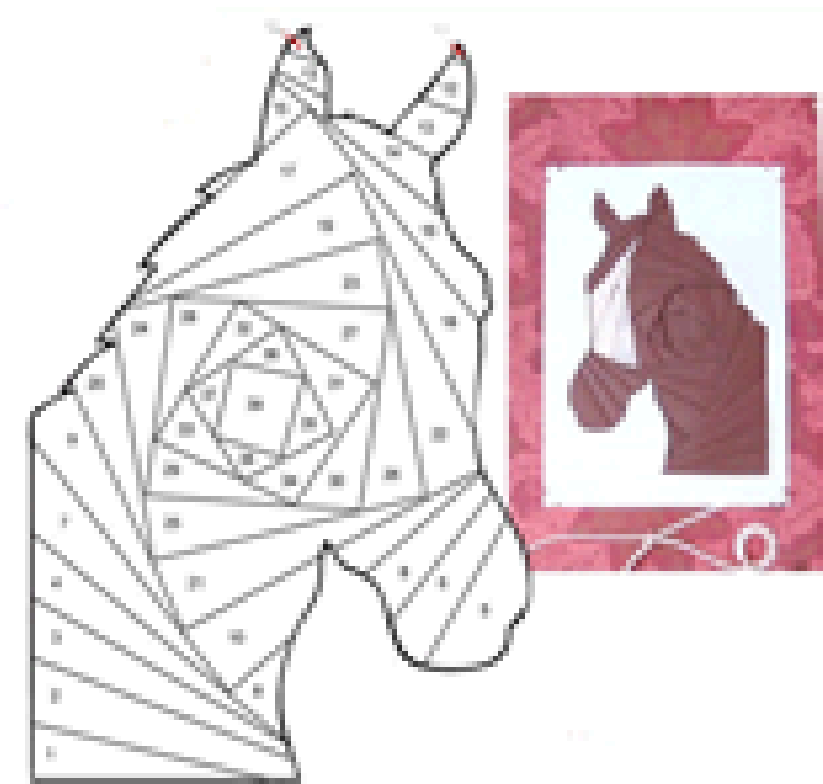
Wear your Derby Hat and Join us for some Derby fun on May 3rd in the AG Learning Center from 10 am to 1 pm. Refreshments will be served. Cost is \$10.00. Please return the bottom portion along with payment to the Jessamine Co. Extension Office.



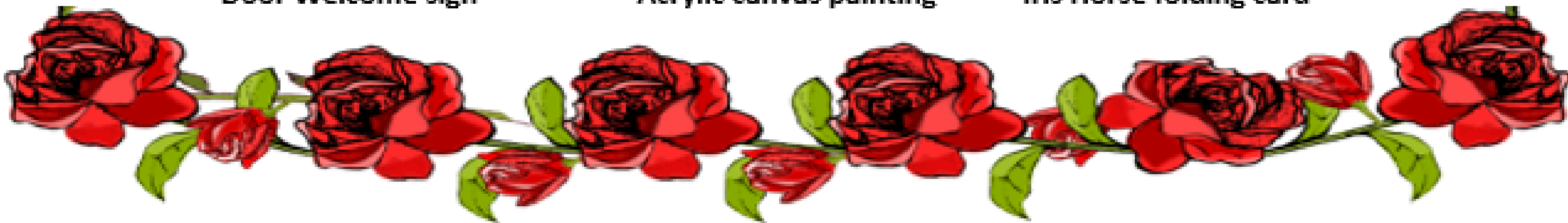
Door Welcome sign



Acrylic canvas painting



Iris Horse folding card

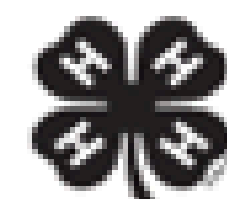


Name phone

Club

e-mail

\$10.00 per person. _____ Please make payment out to the Jessamine Co. Extension Office





Jessamine County Extension Office
95 Park Drive
Nicholasville KY 40356