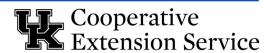
# Harlan County **Extension Homemakers** Newsletter May/June 2025



Harlan County 519 South Main Street Harlan, KY 40831-1911 (606) 573-4464 Fax: (606) 573-4468 harlan.ca.uky.edu

Greetings Homemakers,

Happy Spring, Homemakers! As we welcome this season of growth and renewal, I am hopeful that you have the chance to participate in our exciting upcoming program events. I can't wait to see you there and share in the joy of learning, creating, and connecting together.

Upcoming programs include Cooking Through the Calendar, Laugh, Learn, and Craft, and a Roll Making Workshop. See the upcoming events section for more information and registration details.

Good luck to all of the homemakers advancing to the state cultural arts competition May 6-8th in Lexington. The talent that will be on display from Harlan County is amazing!

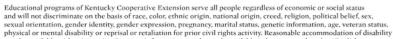
Wishing you all a season filled with warmth, sunshine, and inspiration! I hope to see you soon!

Sincerely,

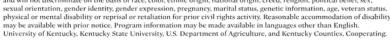
Chasity Heck

Harlan County FCS Agent





MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT







# **Harlan County Homemaker Clubs**

Creative Cutters—2nd Tuesday of each month at 10:00 am

Material Girls—4th Tuesday of each month at 12:30 pm

Nifty Needles—4th Tuesday of each month at 10:00 am

Scrapmakers—1st & 3rd Tuesday of each month at 4:00 pm



# **Upcoming Programs and Events**

#### **Lose to Win Session Number 8**

#### Friday, May 9, 2025 @ 10:00 AM

Presented by Chasity Heck, FCS Agent. Participants will have the opportunity to learn about the importance of proper nutrition as it relates to weight management and improvement of overall health. **Registration required, no cost.** 

## **Roll Making Workshop**

## Friday, May 9, 2025 @ 11:00 AM

Presented by Hannah Garland. Participants will have the opportunity to learn how to make old fashioned school cafeteria style yeast rolls. Limit 25 participants. Registration required, no cost.

## **Cooking Through the Calendar**

## Wednesday, May 14, 2025 @ 11:00 AM

Presented by Chasity Heck, FCS Agent. Participants will have the opportunity to create a banana pancake recipe and will have the chance to sample the recipe during the program. **Registration required, no cost.** 

Date reminder for those who registered for the Wilderness Trail Area Needlework Seminar, it will be held May 15, 2025 10 AM-3 PM @ Clay County Cooperative Extension Service EXCEL Building, 86 Muddy Gap Rd, Manchester, Ky. 40962.

#### **Lose to Win Session Number 9**

#### Monday, May 19, 2025 @ 10:00 AM

Presented by Chasity Heck, FCS Agent. Participants will have the opportunity to learn about the importance of proper nutrition as it relates to weight management and improvement of overall health. **Registration required, no cost.** 

## **Upcoming Programs and Events**

## Laugh, Learn, and Craft—Let's Taco –Bout Stroke Prevention

## Tuesday, May 20, 2025 @ 10:00 AM

Presented by Chasity Heck, FCS Agent. Participants will learn the warning signs of a stroke and learn about the key factors in stroke prevention. Participants will also have the chance to sample a healthy taco recipe and relax as they create a summer centerpiece. **Registration required, cost \$5.00** 

#### Lose to Win Session Number 10

## Friday, May 30, 2025 @ 10:00 AM

Presented by Chasity Heck, FCS Agent. Participants will have the opportunity to learn about the importance of proper nutrition as it relates to weight management and improvement of overall health. **Registration required, no cost.** 

## **Harlan County Homemaker Council Meeting**

#### Tuesday, June 3, 2025 @ 10:00 AM

Harlan County Homemakers will meet for council meeting at the UK Cooperative Extension Office.

## **Cooking Through the Calendar**

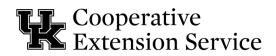
#### Wednesday, June 11, 2025 @ 11:00 AM

Presented by Chasity Heck, FCS Agent. Participants will have the opportunity to create a rice and bean salad recipe and will have the chance to sample the recipe during the program. **Registration required, no cost.** 

## Laugh, Learn, and Craft— Maintaining a Health Brain

#### Wednesday, June 25, 2025 @ 10:00 AM

Presented by Chasity Heck, FCS Agent. Participants will learn strategies that they can use daily to help exercise their brain and reduce the risk of dementia. Participants will also have the chance to create a beautiful wreath. **Registration required, cost \$5.00.** 



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