

 December '25
January '26

 **Martin-Gatton**
College of Agriculture,
Food and Environment
University of Kentucky.

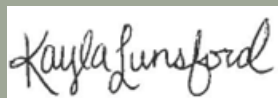
Cooperative Extension Service
Garrard County
1302 Stanford Road
Lancaster, KY 40444
(859) 792-3026
Fax: (859) 792-3026
extension.ca.uky.edu/garrard

Garrard County Family and Consumer Sciences Newsletter

Hello Everyone!

I hope your holiday season is filled with joy and rest! As we finish out another year, I am so grateful for this position and the connections I continue to make in our community. This past year has been busy, but so rewarding. I can't wait to see what 2026 has in store for us! I would like to extend a huge THANK YOU to everyone who has donated to the Giving Cart Food Drive. Because of the generosity of many, over 1,600 pounds of food has been donated within the last month to the Garrard County Food Pantry, and more is still coming in! If you'd like to donate, we will be gathering items up through December 19th. Any non-perishable items are appreciated, but the Food Pantry has specified that they are currently in need of baking staples such as oil, flour, and cornmeal. You can drop by the office anytime to donate, and you may also bring in items to our yearly Homemade for the Holidays program. Everyone who donates will be entered to win a door prize. We are also taking up blanket donations to go to the Kentucky Foster Care System, which we will gather until December 5th.

Hope to see you soon at some of our fun events coming up!



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)

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Agriculture and Natural Resources
Family and Consumer Sciences
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



Disabilities
accommodated
with prior notification.

Upcoming Events



SPONSORED BY THE GARRARD COUNTY EXTENSION OFFICE

FOOD DRIVE

THE GIVING CART

All food will go to the
Garrard County Food Pantry.

Food items can be dropped off at the
following locations where you see one
of these little black carts:

- The GC Extension Office
- The GC Public Library
- Los Agaves Grill
- First Southern National Bank
- Farmers National Bank of Lancaster
- State Farm (Katie Farthing's Office)
- Kentucky Farm Bureau
- The GC Health Department



WHAT
WE NEED

UNEXPIRED & NON PERISHABLE
FOOD ONLY, ESPECIALLY ITEMS
FOR HOLIDAY MEALS LIKE BOXED
STUFFING, GRAVY MIX, CANNED
VEGETABLES, ETC.

FOR MORE
INFORMATION:

859-792-3026
garrard.ext@uky.edu



LUNCH AND LEARN FREE MONTHLY COOKING CLASS



DECEMBER 2ND-12PM
JANUARY 3RD-12PM



Garrard County Extension Office
1302 Stanford Road

Call the office at 859-792-3026,
comment on Facebook, or email
garrard.ext@uky.edu
to register.

DECEMBER RECIPE:
LASAGNA SOUP

JANUARY RECIPE:
TBA



Join us each month as we try fun and healthy recipes and
discuss other cooking and nutrition tips!

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LAUGH & LEARN

MONTHLY PLAYDATE

December 3rd
10am

Garrard County
Public Library

December Topic:
Community Helpers

This is a Kindergarten readiness program for
ages 2-5. Each themed 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!



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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!

FRIENDLY FIBERS GROUP MEET THE 4TH
MONDAY AT 1:30PM! JOIN ANYTIME
IF YOU LIKE KNITTING, CROCHET, OR
OTHER TYPES OF NEEDLEWORK!





**SWAGS, BOWS
& HOLIDAY
ARRANGEMENTS**

Presented by Garrard's Gardeners | Cost: \$20

Thursday

4PM

December 4th

Held at the Garrard County Extension Office-1302 Stanford Rd.

Class Limit: 25 | Participants will get to choose between making a decorative swag or a holiday centerpiece that fits around a candle. Please indicate which you'd like to make when you sign up so that supplies can be ready for you!

Please RSVP by Dec. 1st | Call 859-792-3026 or email garrard.ext@uky.edu

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JOIN US FOR A HOLIDAY SAVINGS & CELEBRATION NIGHT!

Come enjoy an evening full of money-saving tips, creative holiday ideas, and fun family activities designed to help make this season special—no matter your budget! Dinner will be served, and there will be a craft for adults and a craft for school-aged children. Bring the whole family!

DECEMBER 11TH AT 6PM

Free Event!

Call the Extension

Office at 859-792-3026

or email

garrard.ext@uky.edu to

RSVP!

This year, we will be taking non-perishable food donations that will go to the Garrard County Food Bank. Admission to this program is free, but we ask that everyone bring at least one food item. Holiday meal items are especially appreciated, such as canned gravy, boxed stuffing mix, and canned fruits and vegetables.

GARRARD COUNTY EXTENSION OFFICE[illegible]

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Fun, Free and Healthy!

We will be playing bingo and doing physical activity! You will have chances to win prizes at each session!

Starting January 5th! Mondays and Fridays at 11am at the Garrard County Extension Office! (20 sessions total)

Call 859-792-3026 or
email

garrard.ext@uky.edu to register.

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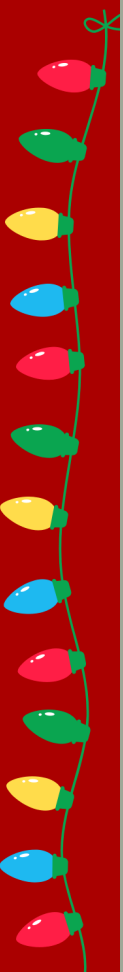
Advanced programs of Horticulture/Competition Examinations serve all major disciplines of horticulture in several areas and are not restricted to the study of a single horticultural specialty. Horticulture students are encouraged to study and select from a wide range of horticultural specialties. Horticulture students are encouraged to study and select from a wide range of horticultural specialties. Horticulture students are encouraged to study and select from a wide range of horticultural specialties.

University, KY 40306

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with print area





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HOLIDAY CRAFTERNOON

COST: \$15.00



**MONDAY,
DECEMBER 8
12-30-4PM**

GARRARD COUNTY EXTENSION OFFICE

Come spend a fun afternoon creating a couple of traditional ornaments using clothespins and crochet thread. We will then we will do some money folding. Creating fun ways to gift money is always a happy surprise to the receiver! All supplies will be furnished including 5 crisp dollar bills! Healthy holiday snacks will also be provided.



To register, scan this QR code with your smartphone, or call the Garrard County Extension Office at 859-792-3026.

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4-H Youth Development
Community and Economic Development

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BEGINNING CROSS-STITCH

GARRARD COUNTY EXTENSION OFFICE

COST: \$5.00



**TUESDAY,
DECEMBER 16
1PM-3PM
OR
6PM-8PM**

All supplies furnished. Cross-stitch is a beginning type of embroidery following a chart. This class is an opportunity to learn cross-stitch basics and how to properly start, finish, and stitch a holiday design. Have some holiday fun and learn a needlework skill just in time for winter days!



To register, scan this QR code with your smartphone, or call the Garrard County Extension Office at 859-792-3026.

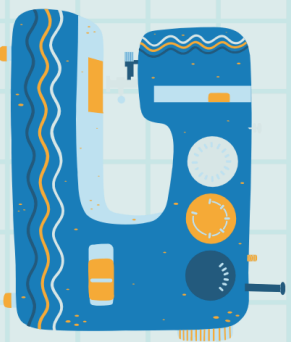
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GET TO KNOW YOUR SEWING MACHINE



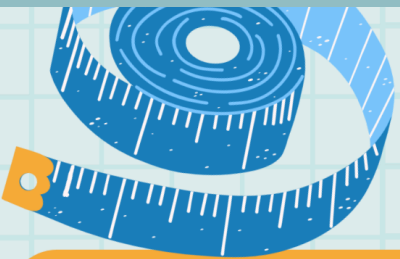
FREE CLASS!

Choose between 2 different time options:

JANUARY 27TH, 1PM-3PM
JANUARY 27TH, 6PM-8PM

Instructor: Mary Hixson

In this class, participants will learn how to operate, maintain, and create with their sewing machine. No matter how standard or advanced your machine is, if you are not familiar with how to use and how to take care of your machine, it makes it hard to create without frustration. Bring your machine, foot control and instruction book. Bring any supplies, bobbins or other tools that came with your machine.



Call 859-792-3026 or email garrard.ext@uky.edu to RSVP by Jan. 23rd.

LOCATED AT THE GARRARD COUNTY EXTENSION OFFICE
1302 STANFORD RD. LANCASTER, KY 40444

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4-H Youth Development
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Accommodations: Access, certain state, private or personal usability or repaired or replacement for certain civil rights activities. Reasonable accommodations of disability can be available with prior notice. Program information may be available in language other than English.
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Disabilities
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SAVE THE DATES
MORE INFO TO COME

Heart-shaped Basket

Monday, February 9, 6:00 pm

it has a heart shape, but this is a beginning basket. Have fun with using it for many occasions!

All supplies are furnished. Limited space.

T-Shirt Quilt

Thursday-Friday, February 26-27

Mark your calendar now to come learn how to construct a T-shirt Quilt. You can make a throw size or bigger depending on your t-shirt stash. Be planning now. If you have wanted to do this, this class might be the push you need to get started. T-shirt quilts make great gifts, but they do take time!

You need to know how to sew for this class.

Blanket Drive

We are taking blanket donations which will go to the Kentucky Foster Care System, specifically children in our region which includes Garrard, Lincoln, Mercer, Boyle, Madison, Clark, Fayette, Estill, and Powell Counties. This is a huge need for kids facing uncertain living conditions. Oftentimes, when children are removed from their homes, time is very limited, and very little personal belongings can come with them. The comfort of a small blanket can go a long way in these moments.

Blankets must be new, and you can drop them off anytime Mon-Fri. 8am-4:30pm at the Garrard County Extension Office until December 5th.

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CPR & AED Info Night

Hosted by the Go-Getters Homemakers Club
Everyone is welcome!

Come learn the basics at this fun, educational evening. Participants will not receive certification at this event.

Garrard County Extension Office
Monday, Jan. 12th
6pm

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Homemaker Happenings

Chairperson Positions Need Filling!

Garrard Co. Homemakers Association currently has 5 open chairperson positions. Any paid Garrard County Homemaker may apply to fill a position! If you're interested in learning more about one or some of them, please call 859-792-3026 and ask to speak with Kayla, or feel free to drop by Homemaker Council meeting on January 26th at 6.

- Food, Nutrition & Health
- Environment, Housing & Energy
- 4-H Youth Development
- Leadership Development
- International



REMEMBER: VOLUNTEER HOUR FORM CAN BE FOUND AT THE END OF THIS NEWSLETTER. KEEP TRACK OF THOSE HOURS TO RECEIVE CREDIT AT THE END OF THE YEAR!

Homemaker Leader Lesson Changes for 2025-2026

In order to make Homemaker Leader Lessons more engaging, we will be doing things a little old school and taking the lessons on the road! Each month, a different county in the Fort Harrod Area will host, and rides will be available for anyone who would like to go! These are free events open to the public. Just call the Garrard County Extension Office to RSVP if you'd like a ride. We recognize that schedules are busy, so if you cannot attend, pre-recorded videos will still be available to watch on the Fort Harrod YouTube page.

Upcoming Dates to Remember

January Leader Lesson- Stretching Your Dollars: What to Do When Ends Don't Meet: January 8th at 11am Franklin County Extension (Please call if you'd like a ride.)

County Homemaker Council: January 26th at 6pm, Extension Office

Go-Getters Club CPR and AED Machine Information: January 12th at 6pm

Countryside Club: January 15th (Call for more info)

Time to pay Homemaker Dues: \$10/year

Mail or drop by both the payment and form below to the office. Checks should be made out to Garrard County Homemakers Association. Due December 1st!

Date: _____

Enrollment Form for

_____ County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (*Optional*): _____

Race (*Optional – circle one*): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (*Optional - circle one*): Hispanic Non-Hispanic

Gender (*Optional - circle one*): Female Male

Date joined: _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

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

Name: _____

Address: _____

County: _____

Phone: _____

Email: _____

[illegible]

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.

Appendix 18

December 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Lunch & Learn 12pm Santa's Workshop 3:30pm	3	4 Garden Club Swags, Bows & Holiday Arrangements Class 4pm	5 Not Yo Mama's Club 6pm	6
7	8 Holiday Crafternoon 12:30pm	9	10	11 Homemade for the Holidays 6pm	12	13
14	15 Go-Getters Club 6pm	16 Cross Stitch 1pm and 6pm	17	18	19	20
21	22 Friendly Fibers 1:30pm	23	24 Office Closed	25	26	27
28	29	30	31			

January 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 OFFICE CLOSED	2 OFFICE CLOSED	3
4	5 Bingocize 11am	6 Lunch & Learn 12pm	7	8 Leader Lesson in Franklin Co. 11am	9 Bingocize 11am	10
11	12 Bingocize 11am, Go-Getters Club CPR and AED Night 6pm	13	14	15	16 Bingocize 11am	17
18	19 Office Closed	20	21	22	23 Bingocize 11am	24
25	26 Bingocize 11am, Friendly Fibers 1:30pm Homemaker Council 6pm	27 Get to Know Your Sewing Machine 1pm and 6pm	28	29	30 Bingocize 11am	31