



UK 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

Happy November!

The last few weeks have been quite eventful having just finished up our Homemaker Area Annual Meeting. Garrard County served as host this year, and our council truly did a wonderful job planning it! There were so many great volunteers who helped bring it all together and make the day special. I'm thankful for everyone involved and for all the homemakers who attended the meeting. Remember, if you're not a homemaker member, but would like to be, please reach out! You can stop by the office anytime and fill out an enrollment form found at the end of this newsletter and pay your \$10 yearly fee. You can also mail it into the office. Homemaker or not, check out all the great things we have coming up, and join us to learn something new at the Garrard County Extension Office!

Have a great holiday season!!

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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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

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LUNCH AND LEARN FREE MONTHLY COOKING CLASS



November 4th
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.

**RECIPE OF THE
MONTH:
PARMESAN
CARROT CHIPS**



**Bet ya can't eat just one! Join us as we try this fun yet
healthy recipe and discuss other cooking and nutrition
tips!**

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WINTERIZING YOUR GARDEN WORKSHOP



November 3rd, 2025 at 4 pm
at the Garrard County Extension Office

We have limited space for this class so please RSVP to
reserve your spot by calling our office at 859-792-3026.

Discover techniques to protect your plants and ensure
healthy growth come springtime.

**Please dress appropriate for outdoors as we will have
some hands on time outside! Dinner provided.**

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Garrard's Gardeners



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



November 20th at 4pm

We will be hosting a
speaker from Wild Birds
Unlimited who will discuss
winter bird care.
Participants will also have
the chance to win door
prizes.



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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!**





COOK WILD Garrard County



**GARRARD COUNTY EXTENSION OFFICE
NOVEMBER 6TH AT 6PM**

COME JOIN US FOR A FUN EDUCATIONAL NIGHT WHERE WE WILL BE
SAMPLING DELICIOUS WILD GAME RECIPES.

DINNER WILL BE PROVIDED

PLEASE CALL 859-792-3026 OR EMAIL
GARRARD.EXT@UKY.EDU TO REGISTER.

LIMIT OF 50 PARTICIPANTS



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MAKE YOUR OWN Mini Cornucopia



The Go-Getters
Homemaker Club would
like to invite you to come
make this fun, fall treat!
Please RSVP with the
Extension Office: Call 859-
792-3026 or email
garrard.ext@uky.edu.

November 17th at 6pm | Cost: \$5
Garrard County Extension Office



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Jewelry Up-Cycling Holiday Project

Garrard County
Extension Office
November 10 & 11
(2-Part Class)
6:00pm-8:00pm
Cost: \$14



This jewelry up-cycling class will be an opportunity to put together jewelry pieces into one decorative framed piece.

To get ready for class you need:

- Wooden frame without glass (size matters; minimum of 12" x 14")
- Jewelry: variety of sizes and shapes, with sparkle or not, variety of color or plan with a certain color palette: brooches, earrings, cuff links, stick pins, bracelets, strands of beads and chains. This project lends itself to use vintage jewelry, un-worn jewelry and broken pieces.

Please register and pay by November 3rd. Cash and check payments may be mailed or brought to the Garrard County Extension Office at 1302 Stanford Road, Lancaster, KY 40444. Checks should be made out to The FCS Extension Program. Please call the office at 859-792-3026 or email garrard.ext@uky.edu to register or if you have any questions.



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**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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HOMEMADE FOR THE HOLIDAYS

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.

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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 November 24th 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

“Yo-Ga to Try This”
Leader Lesson:
November 7th at 10am
in
Jessamine Co.
(Rides Available-Call
GC Office)

Not Your Mama's
Homemaker Club:
November 7th at 6pm,
Extension Office

Area Council
Meeting: November
14th at 10am Anderson
Co. Extension

Go-Getter's Club
Cornucopia Class:
November 17th at
6pm, Extension
Office

Countryside Club:
November 20th, Call
for more info

County Homemaker
Council: November
24th at 6pm,
Extension Office

**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

November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Winterizing Gardens Class 4pm	4 Lunch & Learn 12pm	5	6 Cook Wild 6pm	7 Leader Lesson in Jessamine County 10am, Not Yo Mama's Club 6pm	8
9	10 Holiday Jewelry Upcycling 6pm	11 Holiday Jewelry Upcycling 6pm	12	13	14 Area Homemaker Council 9:30am Registration/10am Meeting-Anderson Co.	15
16	17 Go-Getters Club Cornucopia Class 6pm	18	19	20 Countryside Club, Garden Club 4pm	21	22
23	24 Friendly Fibers 1:30pm, Homemaker Council 6pm	25	26	27 Office Closed	28 Office Closed	29
30						