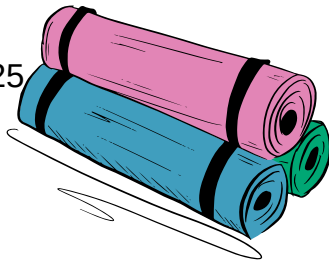


Yoga Try This

There also are many health benefits of doing yoga beyond physical activity. This lesson introduces yoga – what it is, why you might be interested in trying it, and some poses.

Lesson training
on November 24, 2025
at 10:00am.
Call 859-257-5582
to register.



Homemaker Dues

If you have not already done so, now's the time to renew your membership by **November 30th**! You can do this by:

- Filling out the form on the membership brochure (available at the Extension office or download from the Homemaker website: <https://fayette.ca.uky.edu/content/homemakers> and sending a check to the Office.
- Completing the form online at the Homemaker Website, and pay online with a credit card.
- Come to the Office in person.
- Coordinate with your club treasurer as they collect dues.

You can also use this opportunity to make a donation to our many upcoming projects, including Military Missions, Joy of Giving, and the Homemaker Scholarship.

Book Club

Join us for a new Book Club. Meeting the third Monday of each month 12-1pm. Our next meeting will be November 17, 2025 at the Fayette County Extension Office. This month's selection is "Women" by Kristin Hannah. Contact Pam Pfister (pam.pfister@gmail.com) with any questions.

Tree of Giving

This year Fayette Family and Consumer Sciences is collecting winter items for the Nest's Annual Reindeer Express. The collection of infant/children's mittens or gloves for age five or under will be accepted from November 12th until December 10th, 2025.

A Donation Tree will be in the back lobby of the Extension Office for anyone who wishes to contribute during the dates above.

Planning Holiday Meals on a Thrifty Budget

November 5, 2025 ~ 6:00pm

Planning a holiday meal on a budget starts weeks and sometimes months in advance. There are several strategies that can help you spend less while having a delicious meal your family will enjoy. By planning ahead, you will feel less stressed about the extra cost of the holiday meal when the time comes to celebrate. Register on-line: <https://fayette.ca.uky.edu/classregistration> OR call the extension office at 859-257-5582.



KEHA Cultural Arts Creative Writing Contest



*Unleash your
imagination—
enter the KEHA
Creative Writing
Contest and let
your words shine!*



Categories:
Poetry
Memoir
Short Story

*Entries judged with
help from the
University of Kentucky
School of Journalism.*

*How do I
enter the
contest?*

**1. Review
contest
guidelines
online:**



keha.ca.uky.edu/content/cultural-arts-and-heritage

**2. Write your poem,
memoir, or short story.
Must be original and
written by you.**

**3. Attach to the contest
Cover Sheet (KEHA
Handbook Page 39).**

**4. Send to Cindy Moore
by **March 1** (email listed
below, or mail to the
address listed on the
website).
cjrl@bellsouth.net**

Questions:

**Contact Pam Pfister
pam.pfister@gmail.com**

Bluegrass Area Cultural Arts Results

Congratulations to the following ribbon winners
at the Bluegrass Area Cultural Arts Contest.

1st Place (Now eligible to go to the State
Homemaker Meeting in May)

Grace Brock - Paper Crafting, Quilling

Linda Richardson - Basketry, Non-Ribbed
Traditional

Kellie Wade - Art, Repurposed & Upcycled,
Clothing

2nd Place

Toni Rodgers - Knitting, Accessories

Shirley Caldwell - Crochet, Accessories

3rd Place

Raegan Brock - Painting, Watercolor

Linda Richardson - Basketry, Wooden Base;
Basketry, Novelty



PLANNING AHEAD:

**BUILDING A TOOL KIT TO HELP
PREPARE YOU FOR CHANGES THAT ARISE IN LIFE**

About this series:

Join Maranda Brooks and special guests in 2025 throughout this 6-month series as they help prepare you for changes that arise in life. As you learn you will build a toolkit that will keep all your resources accessible and in one place! Light refreshments will be provided.

Cost:

\$10.00 for the series

Location:

Fayette County Extension Office 1140 Harry Sykes Way
Lexington, KY 40504

Registration:

Register on-line: <https://fayette.ca.uky.edu/classregistration>

OR call the extension office at 859-257-5582

Series Schedule:



Estate Planning

Thursday, November 6th, 5:30-7:30p



Choices in End-of-Life Care

Thursday, December 4th, 5:30-7:30p



Final Wishes

Thursday, January 8th, 5:30-7:30p



ESTATE PLANNING IN KENTUCKY: HEIRS PROPERTY AND FARM SUCCESSION

What happens to your property when there are no legal documents in place?

Learn about:

- What Heirs Property is and potential risks of not having a succession plan
- Key concepts, roles, and documents needed during life and for the end of life
- How to organize and store those documents for easy access and safekeeping

**Thursday, December 4th
1:00-3:00pm**

**Call (859) 257-5582 to
REGISTER!**

**Fayette County Extension Office
1140 Harry Sykes Way
Lexington, KY 40504**

**Thursday, December 11th
11:00am-1:00pm**

**Call (502) 695-9035 to
REGISTER!**

**Franklin County Extension Office
101 Lakeview Court
Frankfort, KY 40601**

An Equal Opportunity Institution

FCS Class Registration Form

Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ Zip: _____

<u>Classes</u>	<u>I will attend</u>	<u>Cost</u>
Getting to Know Your Sewing Machine ~ November 16, 2025 ~ 5:00-8:00pm		\$30
Christmas Gift Baskets Class ~ November 18, 2025 ~ 10:00am-4:00pm		\$45
Take and Make Sewing: Wallet ~ November 23, 2025 ~ 5:00-8:00pm		\$30
Last Minute Christmas Cards & Gifts ~ December 11, 2025 ~ 6:00-8:00pm		\$15
Valentine Table Mat or Runner ~ January 22, 2026 ~ 1:00-3:30pm		\$25
Valentine Table Mat or Runner ~ January 22, 2026 ~ 6:00-8:30pm		\$25
Mondo or Midi Bag ~ February 12, 2026 ~ 1:00-5:00pm		\$40
Mondo or Midi Bag ~ February 12, 2026 ~ 5:30-9:00pm		\$40
Total Fee Due:		\$

Please make check payable to: Community FCS

Mail to: Fayette County, Extension Office, 1140 Harry Sykes Way, Lexington, KY 40504



Social Security Planning Seminar: What Baby Boomers Need to Know About Their Retirement Income

Cooperative
Extension Service

Problem:

People are hurting their retirement by making costly decisions about Social Security. People often come to the issue of claiming Social Security with little knowledge about how it works.

DISCUSSION TOPICS

1. Social Security is inflation-protected income.
2. Your monthly benefit will be reduced if you claim early.
3. Couples should always maximize the higher earners benefit to protect the surviving spouse.
4. If you are widowed you may be eligible for survivor benefits.

When: November 25th 5:30-6:30

Where: 1140 Harry Sykes Way, Lexington

Register on-line: <https://fayette.ca.uky.edu/classregistration>
or call the office at 859-257-5582!

Presented by:
JQ Financial Solutions
Wyatt Finnell
502-432-2480
wfinnell@moneyconcepts.com



DISCLOSURE:

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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

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Cooperative
Extension Service



Food as Health Series

This practical session, designed by nutrition experts, will show you how to plan meals, shop smarter, and prepare nutritious, budget-friendly meals. In this series you will:

- Learn how to plan affordable, balanced meals.
- Get tips for making the most of seasonal and sale items.
- Discover smart strategies to reduce food waste and stretch your dollars further.
- View food demonstrations of healthy, budget friendly recipes.

Series Schedule

All sessions meet 4:30-6:30pm

Sunday November 16th:
Food as Health for
Diabetes



Fayette County Extension Office
1140 Harry Sykes Way
Lexington, KY 40504
To register go to:
<https://fayette.ca.uky.edu/classregistration>
or call 859-257-5582



In the Face of DISASTER

ARE YOU PREPARED?

November 18 - Navigating Trauma After a Natural Disaster

December 2 - Extreme Weather and Identity Theft in the Holidays

FREE!!

Time: 6-8pm

Location: Fayette County Extension

1140 Harry Sykes Way, Lexington, KY 40504

Register online:

<https://fayette.ca.uky.edu/classregistration>

Kentuckians have experienced firsthand how natural disasters can occur at any time and often with little warning. Disasters take many forms, and we can feel their impacts across most areas of family life. The In the Face of Disaster series will cover the topics below in a 5-part, monthly series in order to educate community members on the importance of disaster preparedness while exploring topics from family and home considerations to how to navigate trauma post-disaster. Attendees will gain knowledge of how to develop their own disaster preparedness plans so that they are ready in the face of a disaster.

Brussels Sprouts Gratin

2 pounds (4 cups) Brussels sprouts
6 slices turkey bacon
2 medium onions, diced
3 tablespoons butter
3 tablespoons flour
½ cup low sodium chicken broth
1 ½ cups skim milk
1 cup shredded Parmesan cheese (packed)
1 teaspoon salt
1 teaspoon black pepper

Preheat oven to 400 degrees F. **Wash** Brussels sprouts and **remove** the outer leaves. Using a paring knife, **score** the core end of each sprout. In a large saucepan over medium-high heat, **boil** sprouts 3-5 minutes or until just tender. In a skillet over medium heat, **cook** turkey bacon until crisp. **Remove** from pan. **Add** the onions to the pan and **cook** until tender, about 5 minutes. **Remove** from pan. **Melt** butter in skillet. **Add** flour and stir until smooth. Using a whisk, slowly **add** chicken broth and milk. **Stir** until thick and smooth. **Add** cheese and **stir**

until smooth. **Add** bacon and onions. **Season** with salt and pepper. **Coat** a 9-by-13 inch pan with non-stick spray. **Place** Brussels sprouts in pan and pour the gratin sauce over the top. **Bake** 25 minutes or until the top is lightly brown.

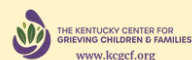
Yield: 8, ½ cup servings

Nutritional Analysis: 170 calories, 6 g fat, 2.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 660 mg sodium, 20 g carbohydrate, 5 g fiber, 7 g sugars, 11 g protein.



Recipe of the Month

For more Plate It Up Recipes, visit:
<https://fcs.mgcafe.uky.edu/plate-it-up>



Cooperative
Extension Service

FULL HEARTS, EMPTY CHAIR Memory Meal

A special potluck and recipe share for families with children who have lost a loved one. During the holidays, empty chairs at the table can be a tender reminder of those we miss. Join us in celebrating their memory through the foods that connect us. Bring a dish (serves 6-10) that reminds you of your special person, and share the recipe for our keepsake memory cookbook. Main meat will be provided. Let's honor loved ones together—with full hearts and meaningful meals.

Need a space to prepare your dish? email maranda.brooks@uky.edu

SUNDAY, NOVEMBER 23, 2025 - 5:30-7:30PM

Fayette County Extension Office
 1140 Harry Sykes Way, Lexington, KY 40504

TO REGISTER SCAN QR BELOW OR GO TO:
[HTTPS://FAYETTE.CA.UKY.EDU/CLASSREGISTRATION](https://fayette.ca.uky.edu/classregistration) OR CALL 859-257-5582



Food Waste Reduction Workshop

for **WASTE
REDUCTION
WEEK!**

Thursday, Nov. 13
11 a.m. - 1 p.m.
 Fayette County Extension Office
 1140 Harry Sykes Way

Around 1/3 of the food produced in the United States is wasted. If effectively managed, unused food can feed the over forty-four million Americans who experience food insecurity, divert waste from the landfill, and streamline food production.

Learn about food waste and how to minimize it!

LexingtonKY.gov/WasteReduction

Call 859-257-5582 to register.



Christmas Gift Baskets

November 18, 2025 ~ 10:00am-4:00pm

Two small gift baskets woven on 4" square wood bases, one done with red twining and one with green. Holly berries included.

Skill level: advanced beginner.
 Cost: \$45.
 Instructor: Mary McAllister



BASKET CLASSES SIZE ARE LIMITED TO 12, REGISTER EARLY! Please note: Supplies are specially cut for each basket two days prior to class. If you need to cancel your class, please call us 72 hours prior to receive a full refund. There will be no refund after that time. NO EXCEPTIONS! SUPPLIES YOU MUST BRING FOR BASKET CLASSES: Water container (bucket/bowl), small towel, scissors (garden type preferable), small flat head screwdriver, 2 dozen snap type clothespins, tape measure, pencil, pocket knife (good sized), sandpaper, weights (unopened soup cans work) and a small spray bottle. PACK A LUNCH/SNACKS, or bring something to share. You will be working thru lunch.

Register online: <https://fayette.mgcafe.uky.edu/classregistration>, call 859-257-5582 or use registration form in newsletter.

Cooperative
Extension Service



LEXINGTON
Live Green

Last Minute Christmas Cards & Gifts



As the holidays drawn nearer, we all find ourselves scrambling for last-minute gifts for teachers, hair stylists and others. In this class, you will make three paper crafting projects perfect for gift giving and stocking stuffing.

DECEMBER 11, 2025 ~ 6-8PM
FAYETTE CO. EXTENSION
1140 HARRY SYKES WAY
LEXINGTON KY 40504

Please bring your supply kit including 12X12 paper trimmer, bone folder, permanent adhesive tape runner, liquid glue, scissors, and a pencil. I will have extra supplies if you need to borrow. Class fee is \$15. Class limited to 15.

Register online: <https://fayette.ca.uky.edu/classregistration>
or call 859-257-5582

Valentine Table Mat or Runner



January 22, 2026

1:00-3:30pm or 6:00-8:30pm

Cost \$25 includes pattern

Easy table mat or runner can be made with 5" Charms or yardage.

Good class for beginners.

Fabric requirements available with paid registration.

Register online:

<https://fayette.ca.uky.edu/classregistration>,
call 859-257-5582 or use registration form in newsletter.



JOIN US FOR A MINDFULNESS TRAILS HIKE. TAKE SOME TIME OUT OF YOUR DAY TO SLOW DOWN, RELAX AND RECHARGE IN BEAUTIFUL HISLE PARK!

Benefits:

- reduce stress, anxiety, depression
- increase productivity + energy levels
- improve overall health, creativity, self-awareness

HOSTED BY COOPERATIVE EXTENSION
AT HISLE PARK

3551 BRIAR HILL ROAD, LEXINGTON, KY 40516

NOVEMBER 14TH, 2025 - 1-3PM

Mondo or Midi Bag



February 12, 2026

1:00-5:00pm or 5:30-9:00pm

Cost \$40- includes interfacing and pattern
Bag made with 5" charms or 2 1/2" squares
(picture is made with these)

Intermediate level.

Fabric requirements available with registration, must choose bigger bag - Mondo (bag size 10" square bottom with 15" sides) or smaller bag Midi (bag size bottom - 8 " square & with 12" high size)

Samples on display at Extension Office

Register online: <https://fayette.ca.uky.edu/classregistration>,
call 859-257-5582 or use registration form in newsletter.

JOIN US FOR... **2025** *Calendar Cooking* COOKING THROUGH THE CALENDAR

Join us at the Fayette County Extension office 6:00-7:30pm for our monthly cooking demonstration and sampling. Try tasty Nutrition Education Program Calendar recipes and discover strategies to eat healthier and cook at home!

FREE! Registration required.
Register online: fayette.ca.uky.edu/classregistration
or call 859-257-5582

November 10: Parmesan Carrot Chips
December 16: Lasagna Soup

Note: Dates changes from original schedule.



Laugh & Learn Playdate



Join our 2025 Laugh and Learn Playdate Program that targets school readiness objectives! Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities. Each session is at the Fayette County Extension Office from 10-11:30am.



FREE for all children ages birth to 5 and all children must be accompanied by an adult. Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play. For more information, contact our office at 859-2575582 or email Caroline McMahan at caroline.mcmahan@uky.edu



2025 Program Schedule: 11/19 ~ 12/17

Take & Make Sewing

Beginner take and make sewing class for adults aged 18+. Learn a new sewing technique while enjoying the company of other sewists. All materials provided, please bring your own machine and sewing notions if you have them.

November 23 | 5-8 PM | Wallet
Cost: \$30 per person

Instructor: Rachel Robertson | Fayette County Extension Office

Did You Know

We have a monthly newsletter for all the program areas at the Fayette County Extension Office. Use the QR code to sign up for one or all of them! Programs include Community Arts (*new!*), Family Consumer Science, Agriculture & Natural Resources, and 4-H Youth Development



GETTING TO KNOW YOUR SEWING MACHINE

Have a sewing machine but not sure how to use it?
Need a refresher?

Learn how to change stitch length, move your needle, wind a bobbin, thread your machine, change stitches, switch machine feet, and more, plus complete a small project. Sign up for one of three sessions.

Fayette County Extension Office

November 16th | 5-8 pm

Cost: \$30 per person

Code RED: A Universal Safety Plan

December 9, 2025 at 6:00pm



Taking care of our mental health is more important than ever. Sometimes, it can seem overwhelming to know where to start. Code RED is an evidence-based universal safety plan that is a useful tool for everyone, as we all have difficult days. In this program, you will develop a mental health safety plan for those bad days, with an emphasis on coping strategies and social support on a hard day or during a difficult time. Code RED is a roadmap of effective strategies you and your loved ones can use to cope with emotions when struggling or having a mental health crisis. This class is FREE. Please register, as space is limited.

Go to: <https://fayette.mgcafe.uky.edu/classregistration>
or Call 859-257-5582 to register!



2025 Joy of Giving

In its 31st Year, Joy of Giving is a community outreach program that targets seniors in local nursing care centers. We need help from all our Homemaker Clubs and/or any individual to make this day special for the nursing home residents. The number of needed gifts include 600 residents (150 men and 450 women) for the nursing homes we serve. Gifts will be distributed to local nursing homes by designated volunteers only.

If you would prefer to make a monetary donation mail a check to the Extension Office or donate online:

<https://fayette.ca.uky.edu/homemakers> by November 30th.

Gifts are provided for residents to select and share with loved ones and friends as well as for personal use. This historic program is unique in its goal to provide community volunteer service to seniors with minimum family support, especially during the holiday season. The following list of items have been approved for donation. The need is great and associate members as well as the public are encouraged to bring donations to the Fayette County Extension Office **on December 3rd or 4th**. All donations will be distributed by a Fayette Extension Homemaker Club at a participating nursing care center. Thank you in advance for your contribution.

Shopping list provided by Activity Directors of nursing homes: Large print word searches, Toiletries- body wash and lotions for both men and women, Gloves/ scarves and toboggan sets for both men and women, Costume Jewelry, Potato chip clips, Stationary to write notes/ letters, Toys for Kids- to shop for gift for grandkids/ great grandkids, Baby dolls and baby doll clothing, Pens, Readers- any strength, Cd's of gospel music, Sweatshirts and sweaters- for men and women size large, XL and 2X, Bird seed, Books/ magazine/ Bible- Large print, any readers digest or westerns Socks - for men and women light in color so that staff can mark them.

Military Missions Collection

The Fayette County Extension Homemakers are collecting items for Military Missions care packages to deployed military personnel. Please drop off any donation to the Fayette County Extension Office, 1140 Harry Sykes Way, by November 15, 2025.

DONATION LIST FOR CARE PACKAGES:

CANDY: INDIVIDUALLY WRAPPED, NO CHOCOLATE
Hard candy, mints, gum, Starburst, Fireballs, Twizzlers, fruit snacks, gummies, Skittles, M&Ms, Tootsie Rolls, Lifesavers

SNACKS: SINGLE-SERVING SIZE

Slim Jim, beef jerky, cookies, crackers, trail or Chex mix, sunflower seeds, snack bar (any kind), Rice Krispie Treats, nuts

PROTEIN ITEMS: CANS/POUCHES

Tuna, Chef Boyardee, chicken breast, Vienna sausage, turkey breast, Beanee Weenee

DRINK MIXES: SINGLE SERVING PACKS

Coffee, tea, hot cocoa mix, Crystal Light

PERSONAL CARE ITEMS: Baby Wipes (no tubs), lip balm, nasal spray, eye drops, lens wipes, dental floss, toothbrush, pocket tissues, feminine hygiene items. Travel size: shampoo, lotion, foot powder, toothpaste, hand sanitizer, sunscreen

MISCELLANEOUS: Puzzle books, playing cards, pocket bibles, Ziploc bags (snack, sandwich, quart sizes), socks (crew or calf length, black or white)

CARDS: *Buy a box of cards, sign them, and write a short personal note of thanks to our troops *Write personal letters to be included in our packages *Make handmade cards (non-holiday)

MONETARY DONATIONS: Donate for postage either by mailing a check to the Extension Office or online:
<https://fayette.ca.uky.edu/homemakers>

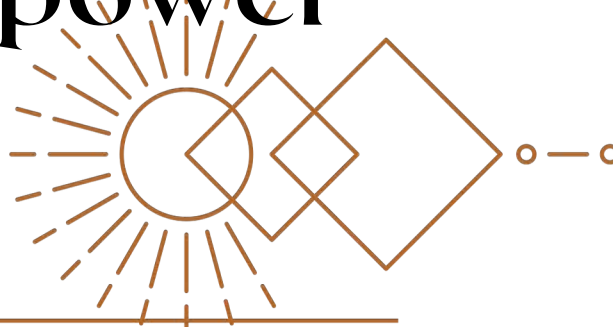
Thank you in advance for your contribution.





Sponsored by The Lextropolis Magazine

Insure and Empower Symposium

NOVEMBER 16, 2025


Guest Speakers



LARONDA CLAY
Life Insurance
Licensed Broker | CEO
of Empower Life Ins.



BLAKE ANDERSON
Founder & CEO,
Licensed insurance Broker
Triple Crown Management



**DEBORA LOGAN
LAWSON**
Host & CEO
The Lextropolis Magazine

Get Your Insurance Questions Answered: A Community Symposium

The Lextropolis Magazine is excited to offer a helpful symposium for the Lexington community focused on making sense of insurance. We know that deciphering health insurance, life insurance, and Medicare can be confusing, particularly during the busy Medicare Open Enrollment period. This is your chance to get accurate, reliable information directly from the source. Our speakers are two qualified, licensed insurance brokers and CEOs who are experts in their respective fields. They'll share their insights and provide the clarity you need. Light refreshments served.

- **Date: November 16, 2025**
- **Time: 2:30 PM - 4:00 PM**
- **Location: 1140 Harry Sykes Way - Fayette County Extension Office, Lexington, KY 40504**
- **To Register: go to <https://fayette.mgcafe.uky.edu/classregistration> or call 859-257-5582**

Stop guessing and start understanding. Join us to learn more and get personalized answers to your questions! Everyone is welcome!

MORE INFORMATION
INFO@THELEXTROPOLIS.COM


Family and Consumer Sciences Newsletter

Maranda Brooks

Maranda Brooks

Caroline McMahan

Caroline McMahan

County Extension Agents for Family and Consumer Sciences

Fayette County Cooperative Extension Service

1140 Harry Sykes Way, Lexington, KY 40504

(859) 257-5582



<https://www.facebook.com/FayetteCoHM>

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U.S. DEPARTMENT OF AGRICULTURE, AND KENTUCKY COUNTIES, COOPERATING

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Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,
the UK Office of Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or
US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.