

Stretching Your Dollars

"Making ends meet" is getting harder in today's economy. This lesson will cover how to make your dollars and resources go farther. The lesson will provide tips for managing your money in financially tough times and offer strategies for saving on groceries and other essentials.

Lesson training
on October 14, 2025
at 10:00am.
Call 859-257-5582
to register.



Lesson Ideas

What lesson ideas do you have for next year? Be brainstorming on lessons ideas for next Homemaker year in your upcoming meetings. Submission Form for ideas will be in newsletter early 2026.

Book Club

Join us for a new Book Club. Meeting the third Monday of each month 12-1pm. Our next meeting will be October 20, 2025 at the Fayette County Extension Office. This month's selection is "The Book Woman's Daughter" by Kim Michele Richardson. 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.



Meal Prepping Saves Time and Frustration

Deciding what to have for dinner each night can be a daily conundrum for many of us. As a result, we may find ourselves in line at a fast food restaurant more than we care to admit. But it does not have to be this way. By preparing at least portions of our meals in advance, we can have home-cooked, healthy meals on a regular basis.

Research shows people who regularly do advanced meal preparation tend to consume more fruits and vegetables and eat a more balanced diet overall. Meal prepping is extremely popular, as it allows us to live our hectic lives while still providing our families with nutritious food. It saves time because steps in the cooking process are already completed to varying degrees. The process may include simply preparing ingredients or complete dishes that are stored and reheated for a quick meal. Meal prepping also takes some of the stress and frustration out of deciding what to eat each night.

If you have never tried meal prepping before, start small and don't invest a lot of money. At first, aim to prepare two to three meals per week in advance. Find nutritious recipes that your family would enjoy and make a grocery list of the needed ingredients. Allow your family to chime in on the meals or ask them if there is a new food or recipe they would like to try.

It is easier to set aside one day for grocery shopping and meal prepping, as it cuts down on the number of times you need to handle the food and gives you a set time to work meal prepping into your busy schedule. Include your family in the food preparation. Not only will it help spread out the cooking responsibilities, but it will also teach your family basic cooking skills and healthy eating habits.

Remember food safety when preparing food. When using a cutting board, slice vegetables before cutting meat. Store produce and meat separately to avoid contamination. While most people associate meal prepping with dinnertime, you can also prepare quick breakfasts or use leftovers for lunches. While dinner is cooking, make the most of your time in the kitchen. Chop veggies for a salad the next day or slice some fruit for a quick grab-and-go snack. After the food is prepared, store it in an airtight container and place it in either the refrigerator or freezer, depending on how soon you plan to eat it. Consume refrigerated meals within five days. Freezing will allow you to store meals for a longer time.

As you become a meal-prepping pro, you can watch for sales to stock up on food staples and increase the number of meals you prepare at home.

Source: Heather Norman-Burgdolf, associate extension professor



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:



Advance Medical and Legal Directives

Thursday, October 2nd, 5:30-7:30p



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



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



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4-H Youth Development
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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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 October 12th:

Food as Health
for High Blood Pressure



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

October 28 - Aging and At-risk Populations

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>

ARE YOU PREPARED?

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.

Twice-Baked Acorn Squash

- 2 medium acorn squash (1 - 1 1/2 pounds)
- Nonstick cooking spray
- 2 cups fresh spinach, chopped
- 4 strips turkey bacon, cooked and crumbled
- 1/2 cup grated parmesan cheese
- 1 thinly sliced green onion
- 1 tablespoon olive oil
- 2 teaspoons garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon nutmeg

Wash hands with warm water and soap, scrubbing for at least 20 seconds. Preheat oven to 350 degrees F. Cut squash in half; discard seeds. Place squash flesh side down on a baking sheet coated with nonstick cooking spray. Bake for 50 to 55 minutes or until tender. Carefully scoop out squash, leaving a 1/4-inch-thick shell. In a large bowl, combine the squash pulp with the remaining ingredients. Spoon into shells. Bake at 350 degrees F for 25 to 30 minutes or until heated through and top is golden brown. Store leftovers in the refrigerator within two hours.

Yield: 4 servings.
Serving size: 1/2 of an acorn squash.

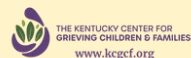
Nutrition Analysis: 210 calories, 9g total fat, 3g saturated fat, 25mg cholesterol, 710mg sodium, 27g total carbohydrate, 4g fiber, 1g total sugars, 0g added sugars, 9g protein, 0% DV vitamin D, 15% DV calcium, 15% DV iron, 20% DV potassium.



Recipe of the Month

For more Plate It Up Recipes, visit:

<https://fcs.mgcafe.uky.edu/plate-it-up>



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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



College of
Health Sciences



Cooperative
Extension Service

Hearing Health in Athletes A Community Outreach Brunch



Hearing challenges are a common occurrence in athletes but it is not often discussed. Join us for a **FREE** brunch at the University of Kentucky as Jo Ann Pugh — nurse, adjunct professor, author, Harvard University Football Players Health Study advisor and research co-investigator, and proud NFL mom — brings this overlooked issue into focus. A **FREE HEARING SCREENING** will offered as part of the program.

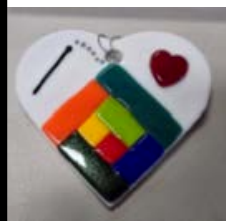
Saturday, October 18, 2025
10:00am–12:00pm

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

To Register go to:
<https://fayette.ca.uky.edu/classregistration>
Or call 859-275-1962



Glass Class



Come out and make a glass ornament, suncatcher, or Christmas tree. A variety of colors and products will be available for use in your design and all supplies are included.

YOU WILL LEARN HOW TO:

- Score and break glass
 - Layer and combine colors of glass
 - Clean and prepare glass for kiln
- *long pants and closed-toed shoes required

PRICING:

ORNAMENT/SUNCATCHER
\$20.00 each or 2 for \$30.00

CHRISTMAS TREE:
Roughly 9" with included stand
\$25.00 or 3 for \$55.00

THURSDAY
11/20/2025

1:00-4:00PM or 5:30-8:30PM

FAYETTE CO. EXTENSION OFFICE
1140 HARRY SYKES WAY, LEXINGTON, KY 40504

Register by 11/05/2025 by calling : 859-257-5582



TRIPLE CROWN MANAGEMENT

 Cooperative
Extension Service

2026 MEDICARE ANNUAL ENROLLMENT OVERVIEW

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

Wednesday, October 15, 2025
5:30 PM - 7:00 PM

REFRESHMENTS PROVIDED

FOR MORE INFORMATION CALL:

Blake Anderson
859-489-7165

TO RSVP CALL:

Extension Office
859-257-5582

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BEGINNER AND ADVANCED UPHOLSTERY CLASSES



NOVEMBER 2, 2025

COST: \$10.00 PER SESSION
BOTH SESSIONS MAY BE ATTENDED

FAYETTE CO. EXTENSION OFFICE
1140 HARRY SYKES WAY
LEXINGTON, KY 40504

TO REGISTER GO TO:

<https://fayette.ca.uky.edu/classregistration>
OR CALL 859-257-5582

BEGINNER 1:00 - 2:30P

WE WILL WALK THROUGH HOW TO UPHOLSTER BAR STOOL SEATS AND DISCUSS FABRIC CONSIDERATIONS AND TOOLS NEEDED.

ADVANCED 3:00 - 5:00P

WE WILL COMPLETE THE SAME PROJECT AS THE BEGINNER SESSION BUT SHOW HOW TO INCORPORATE A NAIL HEAD TRIM INTO YOUR DESIGN.

BOTH SESSIONS WILL INCLUDE TIME TO SHOP A SELECTION OF UPHOLSTERY FABRIC!

MINDFULNESS TRAILS AT HISLE PARK

 Cooperative
Extension Service



LEXINGTON
Parks & Recreation

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

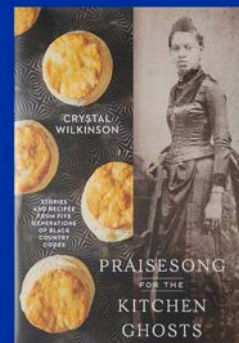
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**BIG BLUE
BOOK CLUB**

**SAVE
THE DATE**

October 27
November 3
November 10
November 17

@1:30 pm ET/12:30 pm CT
via Zoom



Registration opens **September 2, 2025**. Visit the website, ukfcs.net/BigBlueBookClub, to register.

Register online <https://ukfcs.net/BBBCregister11>

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

October 8: Cheesy Pumpkin Pasta Bake
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: 10/29 ~ 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.

October 19th | 5 - 8 pm | English Paper Piecing

November 23 | 5-8 PM | Wallet

Cost: \$30 per person

Instructor: Rachel Robertson | Fayette County Extension Office



Hem and Mend Sewing Class



Provided by the Fayette County FCS
Conducted by Loretta Gomez-Haley, MVCC

Sunday, November 2 and 16, 2025
5:30-8:30pm ~ Fayette Co. Extension

Would you like to learn to do your own clothing fixes such as:

- Hemming various clothing items
- Mending a tear
- Replacing a zipper

This is the class for you!

This class is being offered free of charge.

A supply list will be sent by instructor upon registration.

Must know how to use a sewing machine.

TO REGISTER GO TO: <https://fayette.ca.uky.edu/classregistration>
OR CALL 859-257-5582

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

October 26th | 5-8 pm

November 16th | 5-8 pm

Cost: \$30 per person



Card Making

In this class, we'll be going back to basics and reviewing the skills needed to make a great card. We'll talk about inks, stamps, tools, and techniques as we make a few cards. The information will be helpful to the novice as well as a refresher for the seasoned maker.

OCTOBER 30, 2025 ~ 6-8PM
FAYETTE CO. EXTENSION
1140 HARRY SYKES WAY
LEXINGTON KY 40504

Please bring a permanent tape runner or double-sided tape, liquid glue, scissors, and a pencil. Class fee is \$10. Class limited to 15.

FCS Class Registration Form

Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ Zip: _____

<u>Classes</u>	<u>I will attend</u>	<u>Cost</u>
Take and Make Sewing: English Paper Piecing ~ October 19, 2025		\$30
Getting to Know Your Sewing Machine ~ October 26, 2025		\$30
Card Making ~ October 30, 2025		\$10
Hem and Mend Class ~ November 2, 2025		\$0
Beginner Upholstery Class ~ November 2, 2025		\$10
Advanced Upholstery Class ~ November 2, 2025		\$10
Getting to Know Your Sewing Machine ~ November 16, 2025		\$30
For Glass Class indicate time you would like to attend: 1-4 or 5:30-8:30		
Glass Class ~ November 20, 2025 - Ornament/Suncatcher—1 Shape		\$20
Shape options: heart, angel, bell, snowman, snow globe, gingerbread person, stocking, derby jacket, pointed ornament, tree, star, snowflake, wreath—ENTER CHOICE under I will attend		
Glass Class ~ November 20, 2025 - Ornament/Suncatcher—2 Shapes		\$30
Shape options: heart, angel, bell, snowman, snow globe, gingerbread person, stocking, derby jacket, pointed ornament, tree, star, snowflake, wreath—ENTER CHOICES under I will attend		
Glass Class ~ November 20, 2025 - Christmas Tree—1 Tree		\$25
Glass Class ~ November 20, 2025 - Christmas Tree—3 Trees		\$55
Take and Make Sewing: Wallet ~ November 23, 2025		\$30
Total Fee Due:		\$

Please make check payable to: Community FCS

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

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



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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.