

FAMILY & CONSUMER SCIENCES

Creating Healthy & Sustainable Families



Cooperative Extension Service

**SEPTEMBER
2025**

Fayette County Extension
1140 Harry Sykes Way
Lexington, KY 40504
Phone (859) 257-5582
Email: fayette.ext@uky.edu
<http://fayette.ca.uky.edu/>

Flat Top Grilling Class

This Flat Top Grilling Class is a hands-on cooking experience that teaches participants how to properly heat, clean, and maintain your flat top grill while cooking a variety of dishes, from smash burgers to stir-fry. Perfect for anyone looking to enhance their outdoor cooking skills!

Lesson training on September 24, 2025 at 6:00pm.
Call 859-257-5582 to register.

AARP Smart Driver Safety Course

Tuesday, September 30, 2025, 9:00am-1:30pm.

Cost: \$20 for members – must bring AARP membership card. \$25 for non-members. Accept check, money order, or cashiers check payable to AARP. NO cash or credit cards will be accepted.

Since going through lunch hour, participants can bring a sack lunch, a snack, and/or a drink.

This is what they have on the AARP website for the course:

Claim your safe driver discount! When you take the AARP Smart Driver course, you could be eligible for a multi-year discount on your auto insurance.* Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

*Upon completion, you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

Cultural Arts Results

Congratulations to the following blue ribbon winners at the Homemaker Kick-Off Cultural Arts Contest. You are now eligible for the Area Cultural Arts Contest in October. Watch your mail for more information about bringing in your exhibits.

Shirley Caldwell - Sewing, Specialty Home Décor; Crochet, Accessories, Miscellaneous

Kellie Wade - Art, Repurposed & Upcycled, Clothing

Linda Richardson - Basketry, Wooden Base; Basketry, Novelty; Basketry, Non-Ribbed Traditional

Karen Akel - Crochet, Garment

Charlotte Lubawy - Crochet, Home Décor & Afghans

Toni Rodgers - Jewelry, Original Design, Knitting, Accessories

Renate Votaw - Knitting, Garment

Raegan Brock - Painting, Watercolor

Mary Beth Dunn - Quilts, Machine Applique (machine quilted); Quilts Novelty

Grace Brock - Paper Crafting, Quilling

Cooperative Extension Service

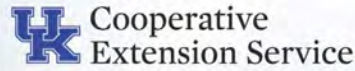
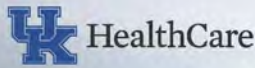
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.



JOIN US AT THE BE HEALTHY BASH

FESTIVAL DATE
September 20, 2025
11 a.m. - 3 p.m.

Location

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

Free parking will be available on site.

To be entered into a **prize drawing**,
pre-register by visiting
ukhealthcare.com/behealthy

Registration will also be available the
day of the event.

Key partners

- UK Barnstable Brown Diabetes Center
- UK HealthCare's Healthy Kentucky Initiative
- Fayette County Extension Office
- Lexington Farmers Market



CREATING A HEALTHIER KENTUCKY

At UK HealthCare, we're leading the way to help all Kentuckians live their healthiest lives.

Eat, play and kick off fall with our **free** family-friendly health and wellness festival. Attendance is open to the public. The Be Healthy Bash will go on rain or shine!

FOOD, FUN & PRIZES

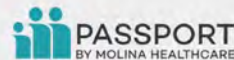
Activities

- Health screenings
- Wellness resources and activities
- Safety education
- Cooking demonstrations
- Taste testing
- Inflatables
- Smoothie bike
- Free lunch for the first 500 attendees
- Meet & greet with UK's Wally Cat
- Petting zoo
- Free farm stand voucher
- Vaccinations
- Firetruck & Copsicle Van
- Face painting
- Music & more

Key Sponsors



Aetna Better Health[®]
of Kentucky



Anthem.



newvista



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Dillard's

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Master Your Look Workshop

Gentlemen's Guide to Dress for Success



Our workshop is designed to educate parents & sons on business etiquette, appropriate dressing for different occasions, and fashion tips.

Text *MasterYourLook*
to RSVP YOUR SPOT
859-227-4667

Sunday, Sept 7



1pm-3pm

Small Bites Provided

1140 Harry Sykes Way

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Family and Consumer Sciences
4-H Youth Development
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TRIPLE CROWN MANAGEMENT

 **Cooperative
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APPROACHING 65: UNDERSTANDING MEDICARE

Fayette County Extension Office

1140 Harry Sykes Way

Lexington, KY 40504

SEPTEMBER 8TH

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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Family and Consumer Sciences
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University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



DINING WITH DIABETES

MOVING TOWARD MEDITERRANEAN

LEARN THE BASICS ABOUT DIABETES.

MAKE HEALTHIER VERSIONS OF FAMILIAR FOODS.

LEARN NEW COOKING TECHNIQUES.

SAMPLE HEALTHY RECIPES.

Thursdays in
September (4th, 11th, 18th, & 25th)
10:30 am - 12:30 pm

Tates Creek Branch Library
Large Meeting Room



Lexington Public Library



reserve your spot

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LEXINGTON, KY 40546



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PLANNING AHEAD:

BUILDING A TOOLKIT 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:



Handling Financial Changes

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



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

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Social Security Planning Seminar:

What Baby Boomers Need to Know About Their Retirement Income

UK 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 TOPIC'S

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 maybe 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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ARE YOU PREPARED?



In the Face of DISASTER



September 30 - Financial Management

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**

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.



Martin-Gatton
College of Agriculture,
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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 September 7th:

Food as Health for Heart Disease

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

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SNACK CLUB

Supporting Nourished, Active Children in Kentucky



When:

10am -11am

October 9th

November 6th

December 11th

January 15th

February 5th

March 12th

April 9th

May 7th

Where:

Fayette County
Extension Office
1140 Harry Sykes Way
Lexington KY 40504

**An Age Old
Dilemma:
What to Feed
Children**

In a rut with what to feed children?

*Let's explore resources for
planning and preparing delicious,
nutritious meals and snacks for
children of all ages! Kids will gain
hands-on experience in the
kitchen, while adults learn tips from
each lesson topic.*

- Spaces are limited to 10 children
- an adult must accompany each child
- Children must be ages 5-8

For additional information, contact:

Caroline McMahan
caroline.mcmahan@uky.edu
or
Robin Grace
robin.grace@uky.edu

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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 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.

Save the date!

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



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THE KENTUCKY CENTER FOR
GRIEVING CHILDREN & FAMILIES

www.kcgcf.org



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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



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The Mind Body Connection Series

6:00-7:30pm ~ Fayette County Extension Office



September 10 – Beginner level balance and standing stretches

*Note: Date change from original schedule



This series introduces safe, simple meditation techniques, deep breathing methods, and basic standing and seated stretching exercises.

This program will introduce you to physical activities and flexibility exercises and you will learn how to release stress and tension when needed. Each session will build on the previous session, and practice of techniques learned is encouraged between sessions.



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



For More Plate It Up Recipes, Visit:

<https://fcs-es.ca.uky.edu/content/plate-it-kentucky-proud>



Summer Veggie & Wild Rice Bake

1 (6 ounce box) wild rice with herbs and seasoning	1 green pepper, chopped	½ cup coarsely chopped fresh basil
1 tablespoon olive oil	1 medium onion, chopped	2 teaspoons salt
1 medium eggplant, peeled and diced	6 cloves garlic, minced	1 teaspoon pepper
2 yellow squash, cut lengthwise, sliced crosswise	3-5 tomatoes, coarsely chopped	1 cup low fat shredded Italian cheese blend

Heat oven to 350 degrees F. **Prepare** wild rice in saucepan according to package directions. **Remove** from heat; **drain** excess water; **stir** in packet seasonings. **Heat** oil to medium high in large skillet. **Add** eggplant, squash, pepper and onion; **stir** and cook 5 minutes or until tender crisp. **Stir** in garlic and cook 1 minute. **Add** tomatoes, basil, salt and pepper; **stir** occasionally and **cook** 2 minutes until heated through. **Stir** in wild rice and spoon into a 9-by-13 inch baking dish

that has been coated with cooking spray. **Top** with cheese and **cover** with aluminum foil. **Bake** 35 minutes or until bubbly. **Uncover** and **bake** an additional 5 minutes.

Yield: 16
Serving Size: ½ cup

Nutritional Analysis:
90 calories, 2.5 g fat, 1 g saturated fat, 5 mg cholesterol, 469 mg sodium, 13 g carbohydrate, 2 g fiber, 3 g sugars, 4 g protein.

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

Fayette County Cooperative Extension Office

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

September 2: Grits, Greens and Egg Bowl

October 8: Cheesy Pumpkin Pasta Bake

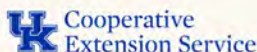
November 10: Parmesan Carrot Chips

December 16: Lasagna Soup

Note: Dates changes from original schedule.



This work is supported by the
Expanded Food and Nutrition
Education Program from the USDA
National Institute of Food and Agriculture



This institution is an equal opportunity
provider. This material was partially
funded by USDA's Supplemental
Nutrition Assistance Program - SNAP



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:

9/24	11/19
10/29	12/17

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Glass Class

 Cooperative
Extension Service



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

THURSDAY 11/20/2025

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

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

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



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

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Basket and Sewing Classes

Poseidon Basket ~ September 16, 2025 ~ 10:00am-4:00pm

Looking for something to do on a hot summer day out of the sun and humidity? Come join us and make this lovely twill design using Gina's space-dyed reed - the best! It is woven on a 7"rd. wood base and stands about 8" tall. Weaving is mostly twill with a wave pattern at the top. Color will be Mediterranean - a blend of blues and sea green. **Skill level: advanced beginner.** Cost: \$48. 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!

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
September 28th | 5-8 pm
October 26th | 5-8 pm
November 16th | 5-8 pm
Cost: \$30 per person

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

Register on-line: <https://fayette.ca.ukv.edu/classregistration>
or complete the registration form on the next page and mail with payment to the Extension Office.

FCS Class Registration Form

Name: _____ Phone: _____
 Address: _____ City: _____ Zip: _____
 E-Mail: _____

<u>Classes</u>	<u>I will attend</u>	<u>Cost</u>
Poseidon Basket ~ September 16, 2025		\$48
Getting to Know Your Sewing Machine ~ September 28, 2025		\$30
Take and Make Sewing: English Paper Piecing ~ October 19, 2025		\$30
Getting to Know Your Sewing Machine ~ October 26, 2025		\$30
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
 and mail to:
 Fayette County
 Extension Office
 1140 Harry Sykes Way
 Lexington, KY 40504



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

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Fayette County Extension Family and Consumer Sciences Newsletter

Maranda Brooks *Caroline McMahan*

Maranda Brooks Caroline McMahan
County Extension Agents for Family and Consumer Sciences



Fayette County Extension Service
1140 Harry Sykes Way
Lexington, KY 40504
(859) 257-5582

Office Hours: 8:00am - 4:30pm - Monday-Friday

UNIVERSITY OF KENTUCKY, KENTUCKY STATE
UNIVERSITY, U.S. DEPARTMENT OF AGRICULTURE,
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