

**FAMILY & CONSUMER SCIENCES**

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**Cooperative  
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September, 2017

**Life Story: How Your History Can Help - September 5<sup>th</sup>**

Do you have memories that you want to share with family and friends but you don't know how? Do you want to preserve your stories or the stories of someone you love? Are you interested in keeping your memory active? The Life Story Program teaches you how to document and track personal life stories and health histories. This is the homemaker lesson for September so all homemakers and general public are invited to attend. Kayla Watts, Breathitt County FCS agent will be here on September 5<sup>th</sup> at 10 a.m. to share this lesson. Please try to have 4 or 5 club members attend (or bring your entire club).



**County Annual Homemakers Meeting – September 7<sup>th</sup> – Mapping Our Future**



The 77<sup>th</sup> County Annual Homemakers Meeting will take place on **Thursday September 7<sup>th</sup>** at the Perry County Extension Office at 11 a.m. This will be a potluck meal, so homemakers are encouraged to bring a large dish of your favorite recipe. We will invite the foresters who will be working with Jan Gibson and her 4-H Forestry Field Day to have a quick lunch. They will fill up their plates and go to another room to eat their lunch before returning to the park to continue their field day. The foresters will be at the Extension Office around 11:30 a.m. to eat. Let's make sure that we have enough food for everyone! Quicksand

Area Homemaker President Henrietta Sheffel is scheduled to attend our meeting as our speaker. The theme for the meeting is Mapping Our Future. Bring a dish of food and plan to attend to celebrate 77 years of Extension Homemakers in Perry County!

**CouchPotato Challenge Wrap-up – September 8<sup>th</sup>**



Participants will end the Couch Potato Challenge on September 2<sup>nd</sup>. A wrap-up meeting will be held on Friday September 8<sup>th</sup> at 10 a.m. at the Perry County Extension Office to do a final weigh-in and take exit measurements. Then the pot of money will be split between the three winners.

**Decorative Mug – September 14<sup>th</sup>** Come learn how to transform a plain mug into a work of art! Participants will be cleaning their mugs with alcohol and will be using special markers to design their mugs. Supplies are limited so if you want to attend, you must register by September 5<sup>th</sup>.



## Art of the Mountains– September 14<sup>th</sup>



Art of the Mountains will meet on Thursday September 14<sup>th</sup> at 6 p.m. at the Perry County Extension Office. Members are encouraged to bring a dish for the potluck meal. More postcards will be available for members to take to other festivals to promote Art of the Mountains. Members can also sign-up to sell at Christmas at the Cabin. If your dues are not currently up-to-date, check with treasurer, Cheryl Leabo to pay your 2017 dues or to check your status.

## Homemaker Workday – September 18<sup>th</sup>



Homemaker members will be meeting on Monday September 18<sup>th</sup> at 9 a.m. at the Perry County Extension Office to sew. If you would like to participate, just show up at 9 a.m. The cancer center is still in need of turbans so if you would like to stitch up several and bring them with you, that would be appreciated. Immediately following the workday, Keys to Embracing Aging will take place.

## Keys to Embracing Aging – September 18<sup>th</sup>

Tuning into the Times is the topic for this month's Keys to Embracing Aging. Participants will be challenged to stay updated with the world. This session will start at 11 a.m. Monday September 18<sup>th</sup> immediately following the Homemaker Workday.



## Dinner on a Dollar – One Pot Meals – September 19<sup>th</sup>

Learn how to stretch food dollars as you learn to prepare a one pot meal of Tex-Mex Beef. Cooking is always more fun when there is less clean-up. This hands-on workshop will be held on Tuesday September 19<sup>th</sup> starting at 10 a.m. ***Please call 436-2044 by September 12<sup>th</sup> if you plan to attend.*** This class will accept up to 16 participants so call early to reserve your spot. Participants will read a recipe and follow directions to create this tasty dish.

## Quilt Guild – September 21<sup>st</sup>

The Quilt Guild will be having their regular monthly meeting on Thursday September 21<sup>st</sup> from 1 – 3 p.m. at the Perry County Extension Office.



## Alzheimer's Awareness Breakfast – September 29<sup>th</sup>

**A v** Plan now to attend the Alzheimer's Awareness Breakfast on Friday Sept 29<sup>th</sup> at 9 a.m. at the Perry County Extension Office. This is sponsored by Cooperative Extension, with speakers from the Alzheimer's Association, UK Aging specialist, and a dietitian. There is no charge but ***you must register by September 22<sup>nd</sup> !***

## **Date change for October Homemaker Lesson – Grandparents and Children Together**

The date for the October homemaker lesson has changed from its original date of Tuesday October 3<sup>rd</sup> to **Tuesday October 17<sup>th</sup>**. The reason for the change is because this lesson will be taught by the new Leslie County Family and Consumer Sciences Agent, Brittany Bowling. Brittany will be in new agent training during our regular scheduled date. Brittany will be teaching the lesson on Grandparents and



Children Together. Plan now to come out and attend on October 17<sup>th</sup>. Bring your entire homemakers club to this program. This program is open to anyone interested in this topic – not just Extension Homemakers.

### **Important September Dates:**

Sept 2 – End Couch Potato Challenge

Sept 5 – Life Story

Sept 7 – County Annual Homemaker Meeting at 11 a.m.

Sept 8 – Wrap up for Couch Potato Challenge

Sept 14 – Decorative Mug

Sept 14 - Art of the Mountains

Sept 18 – Homemaker Workday

Sept 18 – Keys to Embracing Aging

Sept 19 – Dinner on a Dollar

Sept 21- Quilt Guild

Sept 29 – Alzheimer’s Breakfast at 9 a.m.

October 17 – Homemaker Lesson on Grandparents and Children Together

October 24 – Quicksand Area Homemakers Meeting – Wolfe County hosting event