

April 2025

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

Cooperative Extension Service
Woodford County
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<https://woodford.ca.uky.edu/>

Woodford County Family and Consumer Sciences Newsletter

Hello Everyone,

I don't know about you, but I am ready for the warm weather! This time of year always gets me excited for newness and growth. As the flowers and trees begin to bloom, think about the ways in which you can grow personally. We would love to see you *branch out* of your comfort zone this season and join us at an Extension program. Kids can try Laugh and Learn, Teen Cuisine and Dr. Yum, while adults can have fun at Bingocize and Wits Workout! Another fun outlet to get involved in is Homemakers. Woodford County Homemakers are all about community service and helping better the county. If that sounds like something you would be interested in, don't hesitate to contact me. Lastly, I have attached a schedule of all canning classes for the summer. If you are interested in attending, please contact the office to sign up. Spots are limited. I look forward to seeing you soon!

All My Best,

Hannah Thornsberry
County Extension Agent for
Family and Consumer Sciences
hannah.thornsberry@uky.edu



CHECK US OUT ON
SOCIAL MEDIA!



[HTTPS://
WWW.FACEBOOK.COM/
WOODFORDCOUNTYCS](https://www.facebook.com/woodfordcountycs)

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Laugh and Learn

A free playdate that engages your child(ren) in playful activities that are designed to prepare them for kindergarten. At the program, your child(ren) will listen to a story, sing songs, make crafts, play games and enjoy a healthy snack.



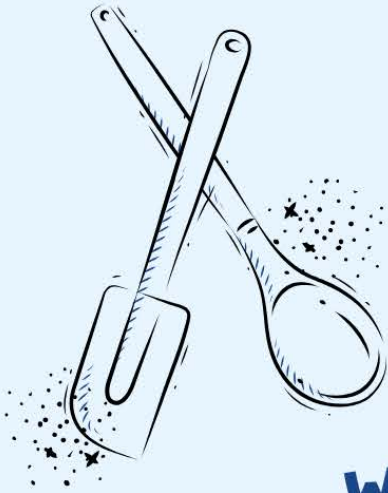
**April 8th 10:30am-
11:30am**

Theme: Rain/Spring
Woodford County Library
Midway Branch



To register for the April Laugh and Learn play date,
call 859-873-4601 or email
hannah.thornsberry@uky.edu





Teen Cuisine

Cooking for yourself

when your adults aren't home

Join us once a month this spring and summer to learn how to make a meal all on your own! All experience levels are welcome. *A vegetarian option will be available at each program.

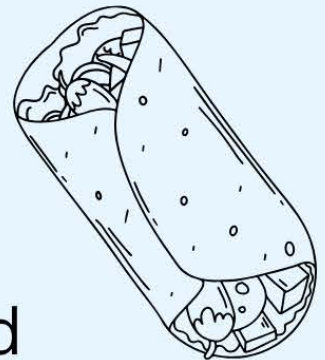
April 2nd 4:30pm–5:30pm @

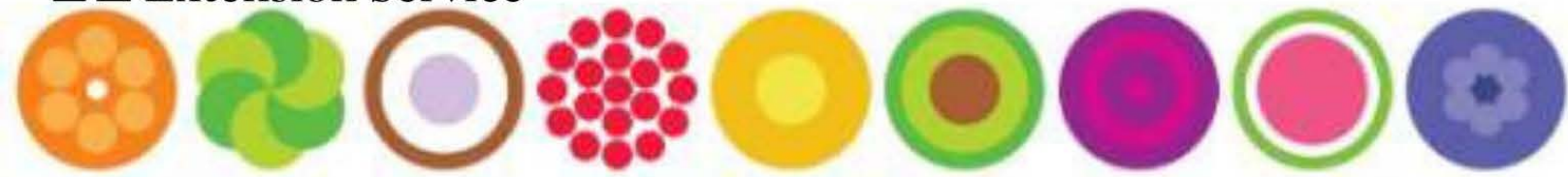
Woodford County Library Main Branch

This month's focus: breakfast!

Breakfast Burritos

To register, please call the Woodford County Library.





Dr. Yum

Preschool Food Adventure!



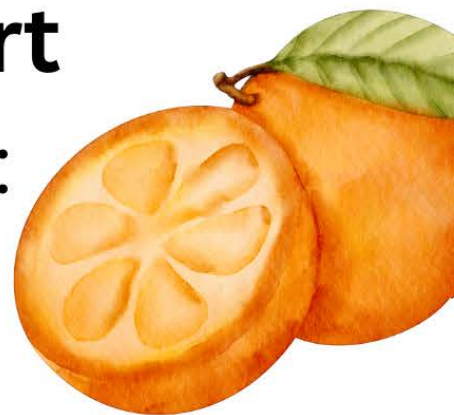
Introducing little ones to new foods
while helping communities and families
overcome barriers to eating well.

April 29 @ 10am

Migrant Head Start

This month's focus:

ORANGES



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What is Bingocize?

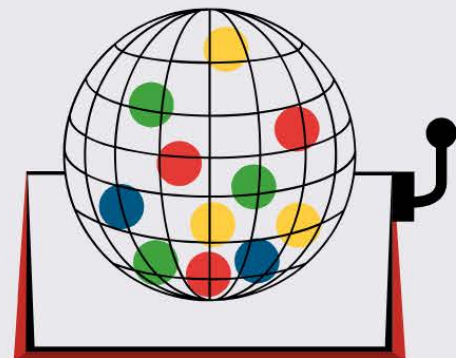
A vibrant fusion of fitness, health education, and Bingo that is a game-changer for older adults and people with disabilities.

**Join us for the most fun you've
ever had while exercising!**

**Woodford County Senior
Center at 10am**



**April 21
April 25
April 28**



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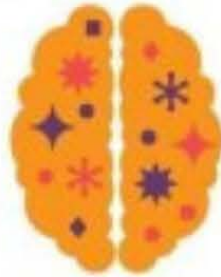
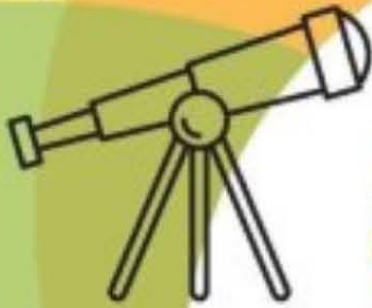
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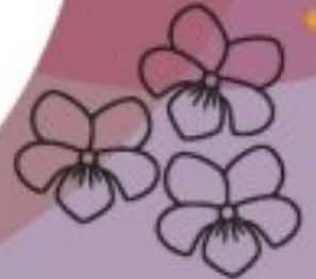
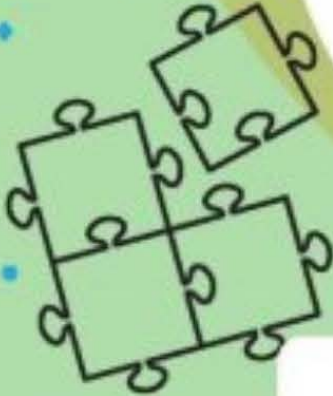
Martin-Gatton
College of Agriculture,
Food and Environment



WITS WORKOUT



An engaging, interactive,
and educational
brain health program



April 8 and 22
1pm
Midway Branch Library

Developed by:



COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES

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Homemaker Happenings

There is a lot happening with Woodford County Homemakers this month! This would be a great time to invite a friend to see what our community service-oriented association is all about.

MARCH LEADER LESSON

This month's leader lesson is different than normal. We will be going **in-person** to **Franklin County** to get our exercise on! Please see the flyer below for information on registration.

Important Dates:

Fort Harrod Area Homemakers Council Meeting

April 3, 5:30pm @ Franklin County Extension Office

Woodford County Homemaker Yard Sale

April 5, 8am-2pm @ Woodford County Extension Office

KEHA State Meeting Registration Deadline for Early Bird Rate

Due by April 7

Last year's Cultural Arts winners' entries turned in

April 15 @ Woodford County Extension Office

Area Cultural Arts

April 16 @ Garrard County Extension Office

KEHA State Meeting Registration Deadline

April 21

Leader Lesson

April 24 (See flyer below)



Cooperative
Extension Service



Exercise for Everybody

Learn about non-impact exercises to help improve balance, posture, muscular strength, and ability to perform daily living activities.

Date: April 24, 2025

Time: 10am

Location: Franklin Co. Extension Office

101 Lakeview Court, Frankfort KY

Please call (502) 695-9035 to register.

Registration deadline is April 17th.

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LEXINGTON, KY 40546



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Preserving Summertime



Whether it is your first time, or you are a pro, come learn the fun and benefits of **food preservation!**

Kinds of Canners: May 12, 2pm-3pm

Fruit Leathers: May 16, 1:30pm-4pm

Carrots Canning Class: May 27, 1:30pm-4pm

Peaches Canning Class: June 5, 1:30pm-4pm

Jelly and Jam-Packed Weekend: June 13, 2pm-4pm and June 14, 10am-12pm

Pickles Canning Class: June 17, 1:30pm-4pm

Tomato Canning Class: June 24, 1:30pm-4pm

Salsa Canning Class: June 27, 1:30-4pm

Green Bean Canning Class: July 3, 1:30pm-4pm

Green Bean Canning Class: July 8, 5pm-7:30pm



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Two-month glance!

Apr 2, Teen Cuisine 4:30pm @ WC Library

Apr 3, Homemaker Area Council Meeting 5:30pm @ Franklin CES

Apr 5, Homemaker Yard Sale 8am-2pm

Apr 7, Early Bird Registration due for KEHA State Meeting

Apr 8, Laugh and Learn 10:30am @ Midway Branch Library

Apr 8, Wits Workout 1pm @ Midway Branch Library

Apr 10, Leadership Woodford County: Law and Justice Day

Apr 15, Last year's Cultural Arts winners' entries due at WCES

Apr 16, Homemaker Area Cultural Arts (Garrard County)

Apr 17, Career Day with WCPS FRCs 8am-3pm @ KCTCS

Apr 21, Bingocize 10am @ WC Senior Center

Apr 21, Registration due for KEHA State Meeting

Apr 22, Wits Workout 1pm @ Midway Branch Library

Apr 23, FCCLA STAR Events @ The Galt House Hotel

Apr 24, Homemaker Area Leader Lesson: Move Your Way!

10am @ Franklin CES

Apr 25, Bingocize 10am @ WC Senior Center

Apr 25, Pickleball 101 with Voices of Hope 1:45pm-4pm

Apr 28-29, Jewelry Upcycling class hosted by Garrard County @ 6pm

Apr 28, Bingocize 10am @ WC Senior Center

Apr 29, Dr. Yum! 10am @ Migrant Head Start

Two-month glance!

May 1, Leadership Woodford County Graduation

May 2, Bingocize 10am @ WC Senior Center

May 5, Bingocize 10am @ WC Senior Center

May 6-8, KEHA State Meeting

May 9-10, High Tea and Etiquette Class

May 12, Bingocize 10am @ WC Senior Center

May 13, Laugh and Learn 10:30am @ Midway Branch Library

May 16, Bingocize 10am @ WC Senior Center

May 16, Fruit Leathers Dehydrating Class 1:30pm-4pm @ WCES

May 19, Bingocize 10am @ WC Senior Center

May 20, FCS Advisory Council Meeting 12pm @ WCES

May 21, Cultural Arts Entries due at WCES

May 21, Bingocize 10am @ WC Senior Center

May 22, Woodford County Homemakers Annual Meeting
5:30pm

May 26, OFFICE CLOSED FOR MEMORIAL DAY

May 27, Carrots Canning Class

May 27-31, Woodford County Fair

May 29, Dr. Yum! 10am @ Migrant Head Start

May 30, Bingocize 10am @ WC Senior Center