

Newsletter



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

Cooperative Extension Service
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Family and Consumer Science

November

Calendar at a Glance

THE LAST DAY TO TURN IN DUES WILL BE TUESDAY NOVEMBER 15th

PLEASE NOTE the cost of dues will be \$10 this year. You may pay by check or cash.

Payments can be made either in-person or via mail.

Sarah E. Drysdale
County Extension Agent
Family and Consumer
Science

Nov. 4 & 5
Mini's Quilt Show
in LaCenter

Nov. 8
Chair Yoga @ Ballard Senior
Citizens Center

Nov. 10 @ 6 pm
Craft Class

Nov 10
Diabetes Awareness
Event

Nov. 22
Chair Yoga @ Ballard Senior
Citizens Center

Nov. 22
Annual 4-H Banquet

Nov. 24 & 25
Thanksgiving Holiday, Office will
be closed

Nov. 29
Craft Class @ Ballard Senior
Citizens Center

Dec. 2 & 3
Holiday Bazaar

Dec. 4
Holiday Tour of Homes

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

KEHA NEWS

2023 State Meeting – The next KEHA State Meeting will take place May 9-11, 2023, at the Crowne Plaza in Louisville. The theme is “Let’s Take a Hike with KEHA.” Wilderness Trail Area will serve as the host area. The lodging room blocks are now open for reservations at a group rate of \$124/night. Details and contact information can be found on the State Meeting webpage.

Lifelong Learning Series

The Art of Mindful Eating and Managing Stress
Eating
Denise Wooley

It is easy to finish a meal and not remember what or how much was eaten. Taking care to focus on our senses as we eat can lead to a more satisfying experience. This lesson covers differences in mindless and mindful eating and tips for being more present when you eat. It will also cover reasons stress makes it harder to make healthy choices, whether comfort foods are comforting, and strategies to manage stress eating.

This is a reminder: If you are going to the lesson please call the Hub County prior to the lesson. This will ensure your lesson materials will be ready. If you do not go to the Hub County please call the office for lesson materials.

Hickman: 11-28 @ 10
Graves: 12-01 @ 10
Marshall: 11-29 @ 10
McCracken: 11-30 @ 10

November

DIABETES AWARENESS MONTH EVENTS

Thursday, November 10th

**10:00am-12:00 noon - Great River Pharmacy,
409 Court Street & Hwy 51;**

**1:00 pm - 3:00 pm - Sutton's Drugs,
234 Broadway, LaCenter**

- Diabetes Risk Tests
- Health Information
- Healthy Recipes!



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**Purchase District
Health Department**
Promoting Health, Preventing Disease, Protecting You.

Craft Class

Date & Time: Nov. 10 @ 6:00 pm

Location: Ballard County Extension Office

This month will be a “A Taste of Homemakers” for November craft.

What to expect: presenter will make a recipe and then present it in a gift package idea. Recipes will be put in a recipe booklet along with the gift making idea

All are welcome to join no RSVP is require this month



Holiday Bazaar



December 2nd 8:00 a.m. – 4:30 p.m.
December 3rd 8:00 a.m. – 2:00 p.m.

Ballard County Extension Office Meeting Room
110 Broadway • La Center, Kentucky

Come Do Your Christmas Shopping Early!

Christmas Decorations
Crocheted Items
Tree Ornaments

Scarves
Baked Goods
Candles



and Much, Much More!!

Sponsored by:
**Ballard County
Extension Homemakers**

Ballard County Homemakers Present

Holiday Tour of Homes

*December 4th
2:00 pm - 4:00 pm*

Wes & Chelsea Newton

Dylan & Whitney Nichlos

Linda Rogers & David Choate

Ticket cost: \$10

*Tickets can be purchased
at the Homemaker
Holiday Bazaar*