Newsletter

Family and Consumer Science 110 Broadway PO Box 237



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

Cooperative Extension Service Ballard County Extension Office 110 Broadway PO Box 237 LaCenter, KY 42056-0237

Phone: 270-665-9118 Fax: 270-665-5241

Email: sarah.drysdale@.uky.edu Web: http://ces.ca.uky.edu/ballard

November

Calendar at a Glance

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

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

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. Duyodale

Sarah E. Drysdale County Extension Agent Family and Consumer Science

Cooperative Extension Service

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development 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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.





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!









Craft Class

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

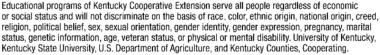
Location: Ballard County Extension Office

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













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



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Ballard County Homemakers Present

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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