

Newsletter

FAMILY & CONSUMER SCIENCES

Boyle County Homemakers

KEHA

Kentucky Extension
Homemakers Association

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

July 2025

Just a Note from your Agent



Hey Everyone! I hope this newsletter finds you well. What a great annual meeting you had! Thanks to Becki Justice and the planning committee for making the annual meeting a success. It's nice to see new members stepping up to take leadership roles in the organization.

Floral Hall is coming up at the end of the month. Thanks to those of you who have already signed up to help with this annual event. If you are interested in helping, please call the office at 236-4484 to put your name down on the list. Details about Floral Hall are listed below and can be found in the catalog. If you need a catalog please come to the office to pick up your hard copy.

Don't forget about AUGUST. Lots of wonderful things to look forward to in August. We have the officer and chairperson training, area disaster preparedness leader lesson, and the 2025 kick off picnic all in August! I encourage you to attend these events to socialize, learn about KEHA roles and responsibilities, and disaster prep. The bylaws for the county have officially been updated. There will be hard copies available for all members. I encourage you to get a copy and familiarize yourself with them. Special thanks to the committee who reviewed, edited and updated the county bylaws.

Last but not least, feel free to join me at the Farmer's Market on the 2nd Saturday of each month from 9am-12pm. Come and promote Extension Homemakers. New members are always a good thing. Let's keep gaining new members! As always if you have any questions, need clarification or anything please don't hesitate to ask.

Alethea Bruzek

Boyle County Extension Agent
for Family and Consumer Sciences



Save the date

Cooperative
Extension Service

**FORT HARROD AREA
2025 HERITAGE CRAFT CAMP
OCTOBER 24TH AND 25TH**

Boyle County Extension Office
99 Corporate Dr, Danville, KY 40422

Save the Date

Landcaster Road Homemakers

**Centennial Reception
TUESDAY | 9 | SEPT**

3:00-6:00 P.M.
BOYLE COUNTY EXTENSION

More Information Coming Soon

Upcoming Programs & Events

- Food As Health- July 1st, 8th, 15th, and 22nd at 6pm at the Boyle County Extension Office
- Executive Board Meeting- July 21st at 12pm at the BCEO
- Council Meeting- July 21st at 1pm at the BCEO. Come prepared to plan the events and activities of 2025-2026 year.
- Floral Hall 2025
 - Check In- July 28th from 10am-3pm at the BCEO
 - Viewing Hours
 - July 29th from 4:30pm-6:30pm
 - July 30th from 8am-6:30pm
 - July 31st from 8am-6:30pm
 - Check Out- August 1st from 10am-3pm
- Grill Skills- August 2nd at 10am at the BCEO
- Officer and Chairperson Training- August 14th at 1pm at the BCEO. All club and county officers and chairpersons are encouraged to attend. Also open to anyone interested in learning more about how KEHA works.
- Save the Date- Area Disaster Preparedness Leader Lesson- August 28th at the Boyle County Extension Office
- Boyle County Extension Homemakers Kick Off Picnic- August 29th at 10am at the BCEO
- Save the Date- Lancaster Road 100 year celebration September 9th from 3pm-6pm at the BCEO

Club News

76ers-The 76'ers met on Wed June 11th. We have 9 from our group that will be attending the Annual Meeting. Our group will be bringing 2 Summer baskets to be auctioned. The County picnic will be Fri Aug 29th. We decided to take the lead on it. Floral Hall will be July 28- Aug 1st. Entries can be brought 10am-3 pm on July 28th to the BCEO. Judging will be on July 29th. Entries can be picked up Aug 1st from 10-3. Volunteers are needed. Please call the office to volunteer. July 21st will be the County planning meeting. Aug 14 is officer training. Joyce will continue as President of 76 ers Toby- VP & Teresa- treasurer. We decided to keep our meeting time for next year the same. The Second Wednesday of the month at 1:30 at the BCEO. Our next meeting will be a picnic on July 9th at 12:30. We'll meet at Michael Smith Park. The address is 142 E. JE Woods Dr. Teresa will be getting Lee's chicken. Please RSVP to Teresa & bring \$5 & your own drink. See you there! 😊

Wilderness Trail

Summer is here. The roses are blooming. The yards are green from all the wonderful rain ha ha! I hope you are enjoying the summer with your family and friends. When I think of summer I think of picnics, boat rides, vacations, potato salads and watermelons! Always stop and take time to enjoy the little things. I would like to thank all those involved with the planning of the annual meeting this year. It was a great success! Thank you to every committee member for being diligent with your job. It was a pleasure to work with you all. And for all the members who came and took part, I hope you will remember one good thing and share it with someone that didn't get to attend. Floral Hall is coming up at the end of the month, remember to take time to work on your projects and get your entries in. If you have a few extra hours and would like to volunteer, just call the office and they will sign you up.

Do one thing every day that scares you. -Eleanor Roosevelt

Educational Chairperson Reports and Announcements

Heritage Craft Camp- October 24th and 25th at the BCEO. There will be a silent auction so now is the time to clean out your craft rooms and set aside some silent auction items for Heritage Craft Camp.

Environment, Housing and Energy-Here are four ways you can save electric energy:

1. Spread out the use of equipment and appliances-avoid washing dishes and clothes and cooking at the same time.
2. Add insulation to improve the comfort of your home.
3. You can consider upgrading to energy efficient appliances or using energy saving features on your existing appliances.
4. Switch you incandescent lighting to LED's which use at least 75% less electricity and last up to 25 times longer. to beat the energy peak this summer. – *Geraldine Dietrich*

KEHA News and Notes

Welcome New KEHA Officers – Welcome to the three newly elected KEHA state officers and chairs whose terms begin July 1, 2025. Also starting a new term on July 1, 2025, the current President-Elect will change positions. The incoming state board members are:

- President: Henrietta Sheffel, Breathitt County
- Secretary: Barbara Seiter, Boone County
- 4-H Youth Development Chair: Peggy Tracy, Bourbon County
- Management and Safety Chair: Diana Morgan, Grant County

Cultural Arts and Heritage Updates – The Cultural Arts and Heritage Chairperson webpage at <https://keha.ca.uky.edu/content/cultural-arts-and-heritage> has been updated with the following information:

- 2025 Creative Writing Winners, poetry, memoirs, short story (and archive of several past years)
- 2025 Cultural Arts Winners, ribbons, and all entries sorted by area, county, last name, and category
- 2025-26 Book List and Book Club information

Manual Updates Coming Soon – The State Board appointed a Manual Review Committee, and the Voting Delegates approved bylaws changes. The new manual will be available after July 1. Please refer to the new copy after this date and adjust any online bookmarks to the new version once it is available.

Reports Are Due for Individuals and Clubs – Visit the [Reports](#) webpage for a detailed process timeline and links to fillable forms. Please be aware of the following deadlines and submit reports on time. Be sure to use forms dated 2024-2025 to cover the period from July 1, 2024, to June 30, 2025.

July 1 – CLUB-level reports are due. Program of work reports for the eight educational chairmanships are due to each county educational chairperson or designated officer. Volunteer Service Unit (VSU) logs are due to the county.

August 15 – COUNTY-level reports are due. The county tallies the club-level reports received in July and submits the totals online by Aug. 15, printing a copy to share with each area educational chairperson. Online forms will be coming soon. County VSU reports are due via paper forms.

See <https://keha.ca.uky.edu/content/impacts> for details and to access the county reporting links beginning in July.

September 15 – AREA-level reports are due. Area VSU Reports are due to the KEHA State Leadership Development Chairman.

One way to make preparing reports more fun is to host a “reporting party.” Clubs and/or county organizations can choose to set a date to meet and gather all reports at one time. Stations can be set up for each point person to gather information for each type of report due. Snacks and a party theme may make the event enjoyable.

Reserving Rooms for Meeting Reminder

Please remember to let Barry or one of our office staff know ASAP if you will not be needing a room that you previously reserved. Our meeting room space is sometimes at capacity and if there are no shows for the rooms, it is then difficult to accommodate the community's needs.

There have been multiple instances in the past few months where room 108 was reserved for various club functions and no one has shown. Don't forget to cancel your room reservation if you don't need it. Thank you in advance for your willingness to help us make all of our meeting room space readily available as needed.

WE NEED SELVAGES....Attention all sewing individuals, we are in need of selvages for upcoming Fall/Winter classes. One inch would be great but any size will be utilized and appreciated. If you are interested in these classes, save some for you, otherwise all selvage donations are appreciated. Thanks! -Cynara



Photo Gallery-2025 Annual Meeting

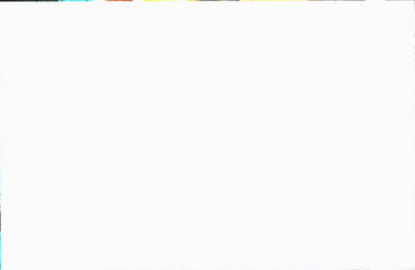


Photo Gallery-Craft/Sewing Classes

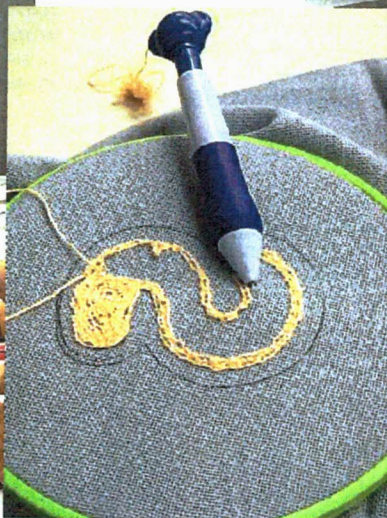
Criss-Cross Apron



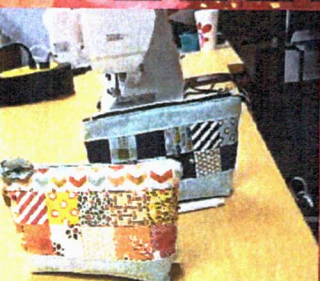
Mending 101



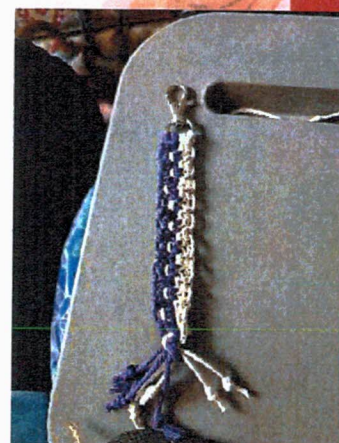
Punch Needle Embroidery



Patchwork Zipper Pouch

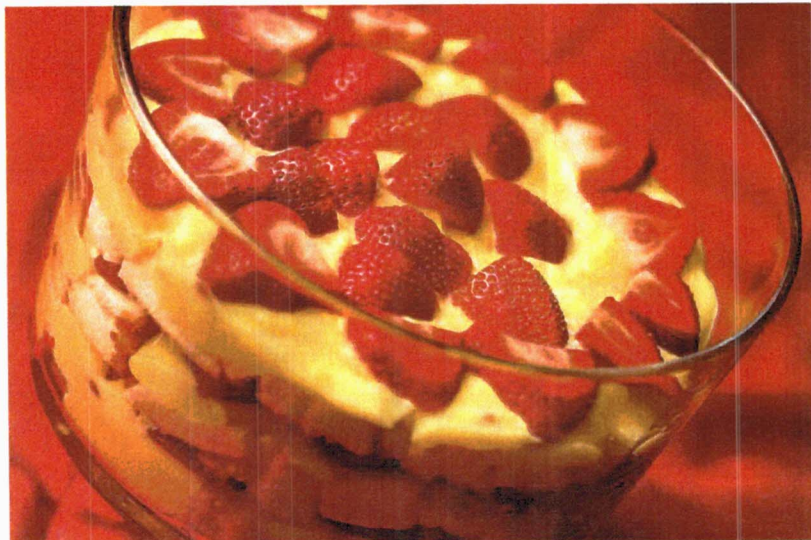


Macrame



Recipe Corner

STRAWBERRY TRIFLE



GROCERY LIST

- Angel food cake
- Sugar free, fat free instant vanilla pudding (1.5 ounce)
- Skim milk
- Low-fat yogurt
- Fresh strawberries

MAKE IT A MEAL

- Kentucky Derby omelet
- Asparagus
- Field greens salad
- Banana bread
- **Strawberry Trifle**
- Iced tea with mint

TIP

Keep healthy snacks handy. Keep a bowl of whole, clean fruit on the table, kitchen counter or in the refrigerator.

- 1 ready-made angel food cake
- 1 (1.5-ounce) box sugar- and fat-free instant vanilla pudding and pie filling
- 3 cups skim milk
- 1 (8-ounce) container low-fat yogurt
- 2 cups fresh strawberries

1. Mix instant pudding with milk (according to directions on box). Let stand 5 minutes, until set. Add yogurt. Stir until smooth.
2. Cut angel food cake into bite size pieces. Place one-third of cake into trifle bowl or any large clear glass bowl. Layer with one-third of pudding mixture, followed by one-third of strawberries. Repeat with remaining ingredients.
3. Cover and let stand in refrigerator 6 hours or overnight.

Makes 12 servings
Serving size: 1 cup

Source: Debra Cotterill, Director, Nutrition Education Program University of Kentucky Cooperative Extension Service

Nutrition facts per serving:

170 calories; 0 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 230 mg sodium; 38 g carbohydrate; 1 g fiber; 6 g sugar; 5 g protein; 4% Daily Value of vitamin A; 25% Daily Value of vitamin C; 8% Daily Value of calcium

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Office of the Ombudsman at 1-800-372-2973 or 1-800-627-4702 (TTY). The U.S. Department of Agriculture (USDA) prohibits discrimination in all of its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, political beliefs, genetic information, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write: USDA, Office of Adjudication, 1400 Independence Ave., SW, Washington, DC 20250-9410 or call (866) 632-9992 (Toll-free Customer Service), (800) 877-8339 (Local or Federal relay), (866) 377-8642 (Relay voice users). USDA is an equal opportunity provider and employer. Copyright © 2014 University of Kentucky and its licensors. All rights reserved.

This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



Broccoli Salad with Creamy Feta Dressing

½ cup reduced -fat feta cheese, crumbled

½ cup non-fat plain yogurt

1 tablespoon lemon juice

2 cloves garlic, minced

½ teaspoon black pepper

3 cups broccoli, chopped

1 can (7 ounces) chick peas, drained and rinsed

½ cup red bell pepper, chopped

½ cup red onion, chopped

Mix feta, yogurt, lemon juice, garlic and pepper in a medium bowl.

Add broccoli, chickpeas, red pepper and onion.

Toss to coat.

Serve at room temperature or chilled.

Yield: 5, 1 cup servings.

Nutritional Analysis: 100 calories, 3 g fat, 7 g protein, 13 g carbohydrate, 5 mg cholesterol, 260 mg sodium.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.





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

**Boyle County Cooperative Extension
Family & Consumer Sciences
Presents**

**RECIPE CLUB! A monthly newsletter featuring seasonal recipes,
articles on health, and healthy kitchen inspiration!**



**Scan to Sign up for
our Recipe Club
Monthly Newsletter!**



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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Disabilities
accommodated
with prior notification

Upcoming Classes

Serger 101: Get to Know Your Serger

Daytime: Tuesday, August 5, 1:00-3:00 pm

Evening: Tuesday, August 5, 6:00-8:00 pm

Become more familiar with what your Serger can do, how it works and how to maintain your Serger in good working order. Bring your Serger, foot control, instruction book and any supplies that came with your Serger to class. Bring 4 neutral color cone threads, thread snips and fabric shears. Limited space. Cost: \$7.00.

Serger 102: Rolled Edge & Flat Edge

Daytime: Tuesday, August 19, 1:00-3:00 pm

Evening: Tuesday, August 19, 6:00-8:00 pm

Sergers are great for sewing seams and finishing seams but they can do so much more to add to finishing projects. This class will focus on rolled hems and flat-edge serging. Limited space. Cost: \$7.00.

Sew a Vintage Inspired Apron

Come sew a retro look for your holiday apron-1940's style in the 21st Century. Today's many cute fabric prints make vintage style shine. Supply list will be sent after sign up. Limited space. Cost: \$7.00. Saturday, September 27, 9:30-4:00 pm

Upcycle Boho-inspired Denim Skirt

Come learn how to change a pair of jeans into a fun boho-inspired skirt. a detailed list of supplies will be sent after sign up. You must have sewing experience to participate. Limited space. Cost: \$7.00 Monday, October 6, 6:00-8:00 pm

Sew a Salvage Tote

Gather your selvages! After cutting off and saving your cotton selvages, this is an opportunity to create a unique tote. Size approximately 22" X 16" X 8". Bring all your selvages, 1 yard of a sturdy fabric such as canvas, duck cloth or denim; sewing machine and sewing supplies with neutral thread. Pick out a coordinating cotton fabric for lining and pockets; ¾ yard .Other supplies will be furnished. Cost is \$12.00. Friday, October 17, 9:30-3:00 pm

Let's Upcycle a Jacket

Using trim, lace, fabric pieces, vintage linens and your imagination, come turn a jacket into a unique Boho-influenced garment. A detailed list of supplies will be sent after sign up. You must have sewing experience to participate. Limited space. Cost: \$7.00.

Monday, October 20, 6:00-8:00 pm

Folded Star Ornament

Using pieces of fabric, pins and a styrofoam ball, participants will create a unique ornament. This technique transfers to other similar projects for home decor. All supplies will be furnished.

Cost \$12.00. Daytime: Thursday, November 13, 1:00-3:00 pm Evening: Thursday, November 13, 6:00-8:00 pm

Reed Snowflake

An interesting way to use reed and create a snowflake-like hanging ornament that is 13 inches diameter. Bring your hot glue gun if possible, but all supplies will be furnished. Cost \$7.00

Daytime: Thursday, November 20, 1:00-3:00 pm

Evening: Thursday, November 20, 6:00-8:00 pm

Macrame Snowflake

Come learn how to use crochet thread to create a snowflake ornament. Little easier than crocheting a snowflake, using macrame knots make a unique Winter ornament. All supplies furnished. Cost \$7.00

Daytime: Tuesday, December 2, 1:00-3:00 pm

Evening: Tuesday, December 2, 6:00-8:00 pm



**FAMILY &
CONSUMER
SCIENCES**



Creating Healthy & Sustainable Families

UK Cooperative
Extension Service
Family and Consumer Sciences



**FORT HARROD
MULTICOUNTY
LEADER LESSON**

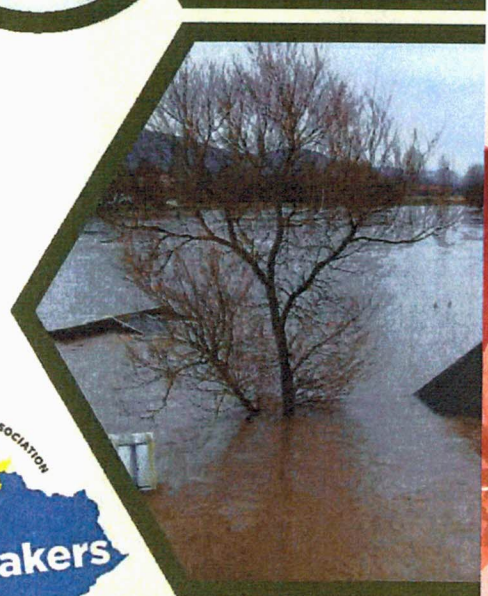
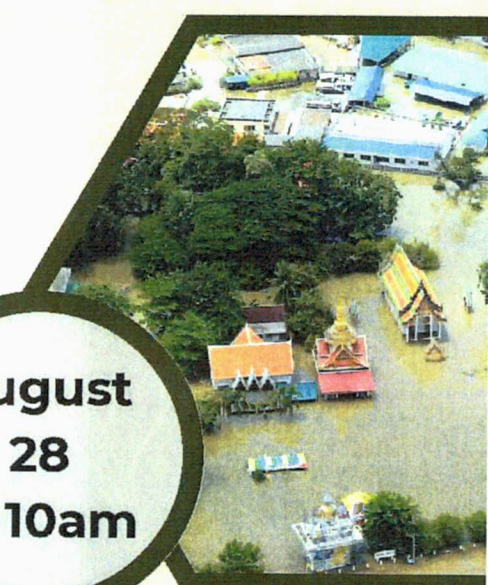
NAVIGATING TRAUMA AFTER A NATURAL DISASTER

**August
28
@ 10am**

Kentucky has gone through a number of events recently that has affected many individuals and families. Join us as we learn how to navigate through trauma after natural disaster.

 Register by calling (859) 236-4484

 **Boyle County Extension Office**
99 Corporate Dr, Danville, KY
40422



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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



FOOD AS HEALTH

WHAT WE CHOOSE TO EAT AFFECTS OUR HEALTH DIRECTLY. DID YOU KNOW THAT 7 OUT OF THE TOP 10 CAUSES OF DEATH IN THE UNITED STATES ARE DIET RELATED? WE CAN REDUCE OUR RISK FOR THESE DISEASES AS WELL AS MANAGE THEM BY EATING A BALANCED DIET. JOIN US ON TUESDAYS IN JULY TO DISCUSS WAYS TO IMPROVE YOUR DIET, SAMPLE HEALTHY RECIPES, AND GAIN KNOWLEDGE ON HEART DISEASE, DIABETES, AND HIGH BLOOD PRESSURE. CALL 236-4484 TO REGISTER FOR THIS FREE PROGRAM. IF THERE IS NOT A 5 PERSON MINIMUM REGISTERED THE CLASS IS SUBJECT TO CANCEL.

FOR ANY ADULT INTERESTED IN A HEALTHY LIFESTYLE!

Boyle County Extension Office

99 Corporate Drive
Danville, KY 40422
(859)236-4484

July 1st
July 8th
July 15th
July 22

6 pm

Cost: FREE!

Doorprizes & Giveaways!
Samples & Snacks!

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Disabilities accommodated with prior notification

KITCHEN

BOA/SCARF

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



\$5.00

Join us on **Saturday, July 26th from 10:00 a.m. – 12:00 noon** and learn how to make this FANTASTIC kitchen accessory—a perfect gift for anyone! **Cost of class is only \$5.00**—Kits are available with all materials to make this project, for an additional \$10 and will be given to you on day of class if you purchase this option. Please make the correct selection when registering via Evenbrite. **Ages 18+ only** *Note: You must be able to operate your own sewing machine

Supply List (if not purchasing kit)

- Cotton fabric -1/3 yard for non directional fabric. If using a directional print, you'll need 1/2 yd of fabric
- Kitchen towel measuring approximately 16 x 22
- Sewing machine and basic sewing notions (everyone brings)

Instructor: Regina Graham

Location: Boyle County Extension, 99 Corporate Dr., Danville
Questions? Call (859) 236-4484

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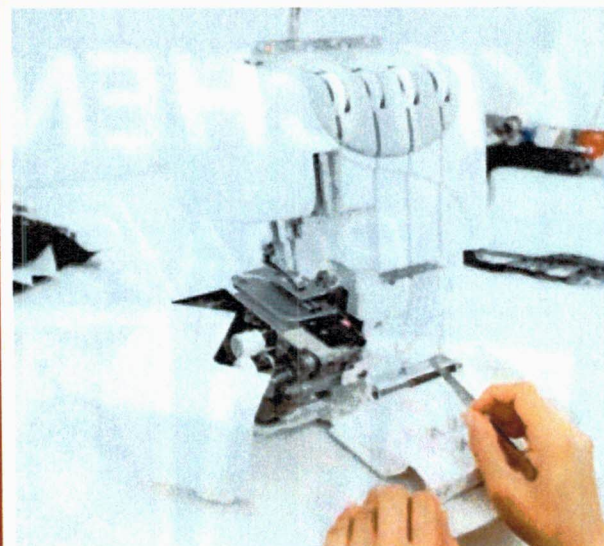
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Register →



SERGER 101: GET TO KNOW YOUR SERGER



Instructor: Mary Hixson

Become more familiar with what your Serger can do, how it works and how to maintain your Serger in good working order. ***Bring your Serger, foot control, instruction book and any supplies that came with your Serger to class. Bring 4 neutral color cone threads, thread snips and fabric shears.*** Must sign up via Eventbrite QR code below. Limited space.

Cost: \$7.00.

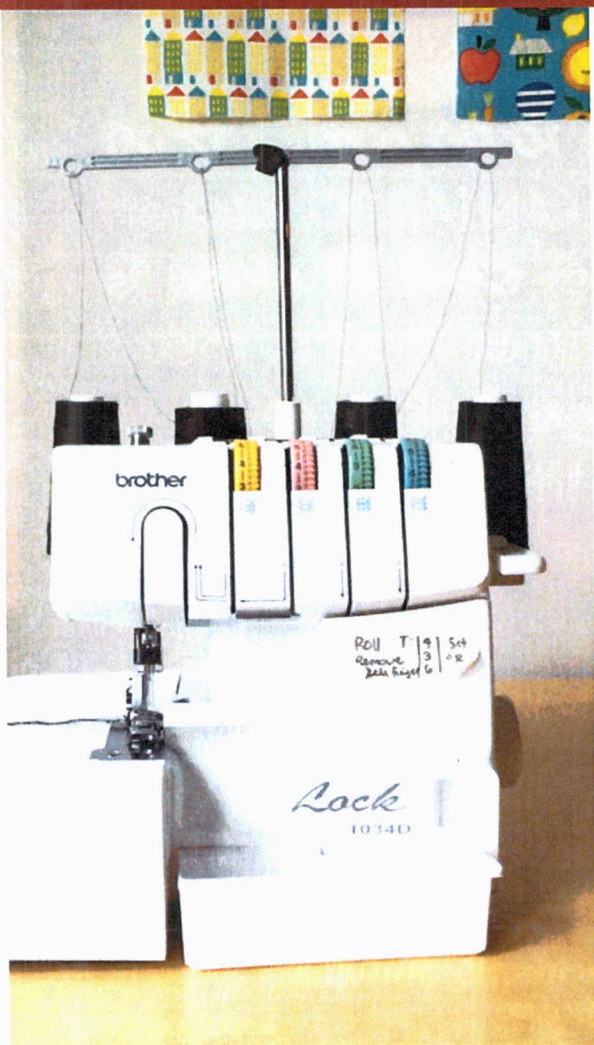
Ages 18+ only

**Location: Boyle County Extension
99 Corporate Drive, Danville**

Date: August 5th

Times: 1:00-3:00 p.m. OR 6:00-8:00 p.m.

Questions? Call: (859) 236-4484



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4-H Youth Development
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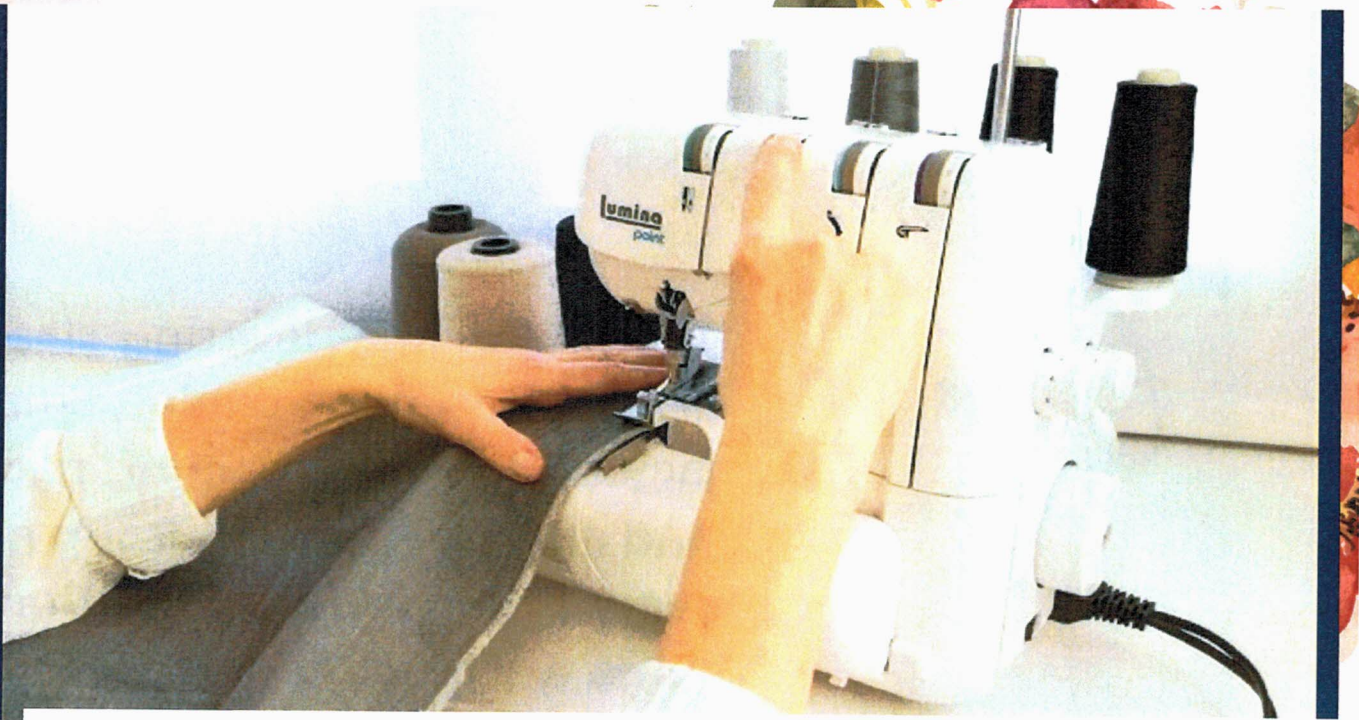
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Scan to
Register



ROLLED/FLAT EDGE



SERGER 102:

ROLLED EDGE & FLAT EDGE

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

AUGUST 19TH
1:00-3:00p & 6:00-8:00p

Sergers are great for sewing seams and finishing seams but they can do so much more to add to finishing projects. This class will focus on rolled hems and flat-edge serging.

Limited space. **Cost: \$7.00.**

Instructor: Mary Hixson

LOCATION/TIME

Boyle County Extension
99 Corporate Drive, Danville

Tuesday, August 19th
1:00p-3:00p & 6:00p-8:00p

QUESTIONS? CALL (859) 236-4484

PRICE ONLY

\$7.00

TWO CLASS TIMES
1:00-3:00 & 6:00-8:00

Cooperative
Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Extension programs are funded by the University of Kentucky and the U.S. Department of Agriculture. Extension is a service to the people of the Commonwealth of Kentucky. For more information, visit www.uky.edu.



U.S. Department of Agriculture
National Institute of Food and Agriculture

FOR REGISTRATION
SCAN QR CODE



SERGER 102

Knitting Group

Starting in May, knitting class will focus on making cables, creating lacy designs and reading patterns and charts. Knitting group meets every 1st and 3rd Monday. Summer hours will be **6:00-8:00 p.m.** Come join in and increase your knitting knowledge. Participants need to bring size 9 needles and 100% worsted weight cotton yarn (4).

Contact the Boyle County Extension office and let us know you are coming so that we can have plenty of patterns and other supplies. **No cost.**

Hope to see you on May 5, 6:00 p.m.

**Boyle County Extension
99 Corporate Dr.
Danville, Kentucky**

**Sign up by calling:
(859) 236-4484**

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JULY

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 -Food as Health-6:00c- BCEO	2	3 -Widerness Trail-10:30a	4 OFFICE CLOSED	5 -Farmer's Market:
6	7 Crochet Club-10-BCEO Sewing Frands-9-BCEO Knitting Group-6p-8p	8 -Food as Health-5:00p- BCEO -Sewing Work Day-9a	9 -76ers-Picnic at 12:30- Michael Smith Park	10	11	12 -Crochet Group-10a -Farmer's Market:
13	14 Crochet Club-10-BCEO Sewing Frands-9-BCEO	15 -Food as Health-6:00c- BCEO -Pieceable Friends-6c -Sewing Work Day-5a	16	17	18 -Mobile Food Partry- 12-2p-3CCEO	19 -Unfinished Object Day- 10a-2p-Call 236-4484 if you plan to attend -Farmer's Market:
20	21 Crochet Club-10-BCEO Sewing Friends-9-BCEO Knitting Group-6p-8p	22 -Food as Health-6:00c- BCEO -Sewing Work Day-5a	23	24	25	26 -Kitchen Boe/Scarf-10a- 12p-BCEO -Farmer's Market:
27	28 -Floral Hall Check n-10a- 3c-BCEO Crochet Club-10-BCEO Sewing Friends-9-BCEO	29	30	31		