

# Calloway County Family & Consumer Sciences **DECEMBER 2024 NEWSLETTER**

*Happy December!*

December is here, bringing festive cheer and a variety of exciting opportunities with Calloway County Family and Consumer Sciences! This month, we're offering something for everyone, from a flavorful Herb Bread class to two energizing WITS workout sessions. Join us for our Cooking Through the Calendar food demonstration and Laugh and Learn to nurture our youngest learners. The Homemakers clubs will gather to celebrate Christmas in their own unique ways, while the Modern Homesteaders learn the art of turkey carving and the Quilt Lovers dive into creativity at their quilt retreat.

The holidays are a time for joy, but let's face it- we all have those crazy holiday memories that turn into stories we laugh about later. Whether it's a disastrous meal prep, a mischievous pet wreaking havoc, or a Santa visit that goes hilariously wrong, the season is full of unpredictable moments. If you find yourself in a holiday movie-like situation, try to embrace it with humor, grace, and patience. After all, it's often these imperfect moments that make the season truly memorable. I hope your holiday season is both joyful and enriching!



*Debbie Huxon*



# Calendar of Events

## Calendar of Events

Dec. 2	Area Homemaker Council	9:30am	Carlisle County
Dec. 3	Cooking Through the Calendar	10:30am	CCPL
Dec. 4-5	Quilt Lovers Retreat	9am-9pm	Meeting Hall
Dec. 6	Quilt Lovers Retreat	9am-4pm	Meeting Hall
Dec. 6	Laugh and Learn	10:00am	CCPL
Dec. 7	Shooting Sports Homemakers	9-11am	Range or Mtg Hall
Dec. 7	Creating Crafts Workshop	1-3pm	Meeting Hall
Dec. 10	Modern Homesteaders	6:30pm	Meeting Hall
Dec. 11	Quilt Lovers Charity Sew	9am-4pm	Meeting Hall
Dec. 11	Town and Country Homemakers	11am	Dortha Bailey
Dec. 13	WITS Workout	10am	Senior Center
Dec. 13	Herb Bread Class	1:00pm	Meeting Hall
Dec. 17	Quilt Lovers Homemaker	5pm social	Meeting Hall
		6pm meeting	Meeting Hall
Dec. 19	Happy Hearts Homemaker	11am	Meeting Hall
Dec. 31	Friendship Homemaker	6:30pm	Judy Stahler
<b>Dec. 25-Jan 1 Office Closed</b>			
Jan. 3	Laugh and Learn	10am	CCPL
Jan. 4	Shooting sports Homemakers	9-11am	Range or Mtg. Hall
Jan. 4	Creating Crafts Homemakers	1-3pm	Meeting Hall
Jan. 7	Cooking Through the Calendar	10:30 am	CCPL



# DECEMBER

# Calloway County Homemakers Corner

## Club News

**Creative Crafts Workshop-** will meet in the Meeting Hall, Saturday, December 7th at 1:00 pm for a class on using clothing hangers to form holiday ornaments. Members are asked to bring 16 hangers and a bag of matching color zip ties. The hangers may be adult or children's sizes.

**Friendship Club-** Come and party with the Friendship Club on New Year's Eve! They will meet at 6:30 pm at Judy Stahler's home for a potluck meal and rousing game of Dirty Santa.

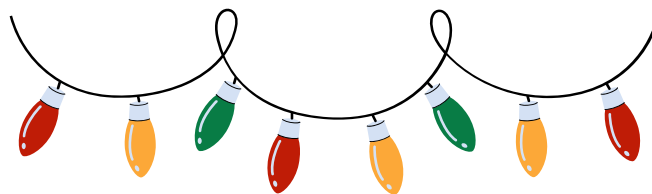
**Happy Hearts-** Happy Hearts will meet on Thursday, December 19, at 11 am in the Meeting Hall. The potluck meal theme is "Christmas Meal". In keeping with the festive spirit, wear a Christmas sweater/shirt, prizes will be awarded, and games will be played. Guests are welcome!

**Modern Homesteaders-** will meet in the Meeting Hall on Tuesday, December 10th at 6:30 pm and the club is planning a pot luck dinner with a turkey as the star. The lesson will be how to carve a turkey, and members will also be making gift jars.

**Quilt Lovers-** will be hosting a retreat December 4-6th at the Meeting Hall. The hours are 9am-9pm on Wednesday and Thursday and 9am-4pm on Friday. The monthly meeting is Tuesday December 17th with social hour at 5pm and meeting starting at 6pm.

**Shooting Sports-** will be Saturday, December 7th from 9-11am on the range weather permitting or in the meeting hall.

**Town and Country-** will meet on Wednesday, December 11 at Dortha Bailey's home, with Sally Crass doing the monthly lesson. Meeting starts at 11 am.



# NUTRITION EDUCATION



The 2025 Nutrition Education Calendars are in! Stop by and pick up your copy.



## Apple Cranberry Waldorf Salad

**1 cup** chopped Granny Smith apple

**1 cup** chopped Red Delicious apple

**1 cup** diced celery

**1 cup** halved seedless green grapes

**1 cup** halved seedless red grapes

**1½ cups** dried cranberries

**½ cup** chopped walnuts

**8 ounces** non-fat vanilla yogurt

**2 tablespoons** honey

**¼ teaspoon** cinnamon

**1. Combine** chopped apples and diced celery and put in a medium sized bowl. Add grapes, cranberries, and walnuts to the mixture. Stir ingredients together.

**2. In a separate bowl,** add the yogurt, honey, and cinnamon. Stir together and pour over the fruit mixture. Cover and chill before serving.

**Yield:** 8, 1 cup servings.

**Nutrition Analysis:** 210 calories, 5 g fat, 0 mg cholesterol, 35 mg sodium, 41 g carbohydrate, 3 g fiber, 34 g sugar, 3 g protein.

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



# Nurturing Families

On Black Friday, Raz and I took our granddaughter to Land Between the Lakes (LBL). We visited the Elk and Bison Prairie, the Planetarium, and the small museum and gift shop. I'm continually amazed by the incredible resources we have so close to home.

As I told Raz, I can't believe we don't visit more often! These resources offer such fun and meaningful educational experiences, perfect for creating lasting memories.

I encourage all of you to plan a trip over the holidays. Bring your family and friends and enjoy the beauty of nature at its finest.



		Graves	Hickman	Marshall	McCracken
Lesson	Move Your Way: Exercise for Everyone				
FEB	Kelly Alsip	1/29	1/31	1/28	1/30
Lesson	Indoor Air Quality				
MAR	Mike Keller	2/26	2/24	2/27	2/28

# Events

*Creative Crafts Workshop*  
***Clothes Hanger Holiday Ornaments***  
 With Theresa Schroeder

Saturday, December 7th  
 1pm-3pm  
 93 Extension Way,  
 Murray, KY

FREE!  
 Participants responsible for materials  
 Call the Extension Office at  
 270-753-1452  
 to register!

Each ornament requires 16 hangers & 1 bag of zip ties

Select the color of hangers & zip ties accordingly, as they will show!

Adult size hangers make bigger ornaments  
 Child size hangers make smaller ornaments



JOIN THE CALLOWAY COUNTY HOMEMAKERS  
 CREATIVE CRAFTS WORKSHOP AS WE EXPLORE A  
 DIFFERENT CRAFT EACH MONTH!  
 THE CLUB MEETS THE FIRST SATURDAY OF EACH MONTH

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

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 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.




Join us for this incredible pull away bread creation, perfect for parties or family gatherings. Bring a large bowl because you will bake this at your home.

**CALLOWAY COUNTY  
 FCS PRESENTS**

**WINTER WARMERS:  
 COZY BREAD  
 CREATIONS**

**\$5 PER CLASS**

**DECEMBER 13TH:  
 HERB BREAD  
 JANUARY 10TH:  
 FOCACCIA BREAD  
 FEBRUARY 14TH:  
 NAAN/FLATBREAD**

**ALL CLASSES WILL BE  
 1:00 PM - 3:00PM**



**CALLOWAY CO.  
 EXTENSION OFFICE**  
 93 EXTENSION WAY  
 MURRAY, KY 42071 270-753-1452  
 CALL TO REGISTER "LIMITED SPOTS"

# Events

Cooperative Extension Service  
Family & Consumer Sciences

## WITS WORKOUT

An engaging, interactive and educational brain health program.



WITS Workout seeks to provide opportunities for adults to engage intellectually and socially! Join WITS workout to engage in all kinds of guided challenging puzzles, and learn what you can do to keep your brain healthy.

Calloway County Cooperative Extension presents a **FREE**

### WITS WORKOUT

at

### Murray-Calloway County Senior Center

September 13, 17      November 8  
October 11, 25      December 13

All classes at 10:00 am

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension, Lexington, KY 40546



If attending the recycled greeting card class, please save your Christmas cards or other greeting cards and bring them to the class.

Cooperative Extension Service  
Family & Consumer Sciences

## CALLOWAY COUNTY FAMILY & CONSUMER SCIENCES PRESENTS

# Creative Card Transformations

WITH MITZI MCGINNIS

MONDAY, JANUARY 27, 2025  
10 AM - 12 PM

PLEASE RSVP TO THE  
CALLOWAY COUNTY EXTENSION  
OFFICE BY JANUARY 21  
270-753-1452

\$10  
ADULTS ONLY

WHITE MEETING HALL  
93 EXTENSION WAY  
MURRAY, KY



Bring any greeting or Christmas cards!

3 items will be made

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension, Lexington, KY 40546



# OFFICE INFORMATION

93 Extension Way  
Murray, KY 42071  
270-753-1452  
8:00am - 4:30pm  
[calloway.ca.uky.edu](http://calloway.ca.uky.edu)

FCS Agent: Debbie Hixon  
[debra.hixon@uky.edu](mailto:debra.hixon@uky.edu)



Calloway  
FCS

## 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 40506



Disabilities  
accommodated  
with prior notification.





## UK Extension: We improve the lives of Kentuckians by:

- **Strengthening** Kentucky's farms, food systems and natural resources through innovative research, education and collaboration to improve profitability and sustainability.
- **Building** the health and well-being of Kentuckians - physically, mentally, and economically - to improve quality of life and ensure bright futures for all.
- **Engaging** communities to build vibrant economies by connecting businesses and people with Extension.



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Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment,  
University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building,  
University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights,  
1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

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*Visit the [CES Program and Staff Development](#) website for additional guidance.*

*Questions may be directed to Stacy Miller at [Stacy.miller@uky.edu](mailto:Stacy.miller@uky.edu) or (859) 257-1727.*