

FCS Newsletter

November/December 2025

Harrison County Family & Consumer Sciences



Cooperative Extension Service
Harrison County
668 New Lair Road
Cynthiana KY 41031
(859) 234-5510
Fax: (859) 234-6197
extension.ca.uky.edu

Interested in becoming a Harrison County Homemaker?

Stop by the Harrison County Extension Office to pay \$10 dues and receive a Shop Cynthiana Discount Card.

SHOP CYNTHIANA

Harrison County Homemakers 2026

Discounts good through
November 1, 2026



Sweet Breads	10% off purchases	Molly's	10% off purchases (excludes sale items)
The Next Chapter	20% off any photo session	Tay's Cloth Peddler	Free Fitness Class
Frames Christian Things	10% off \$10 or more	Main Fitness	10% off entire purchase
Riverside Rays	\$1 off XLG bubble tea only	Printed Vinyl for you	10% off pizza purchase
K Highlander Photography	10% off menu	Kellioness	10% off purchases
Main Cup	10% off purchases	Fibonacci Antiques	10% off retail price (excl. Howard fan & Hus
Cynpy Cynful Nutrition	10% off reg retail price (excludes furniture, con, knives)	Uniques	
Cheese Store			
Graceful Climber			
Finders Keepers			

UK Cooperative Extension Service



Food as Health for Heart Disease, Blood Pressure, & Diabetes

Take the first step toward a healthier heart with this free interactive workshop series presented by Cooperative Extension. Designed by nutrition experts, these lessons will teach you how food choices can impact your heart health and help you take control of your well-being.

What you'll learn:

- Learn about foods that increase and decrease risks of chronic diseases.
- Gain meal planning tips to support reduced heart disease, blood pressure, & diabetes.
- Enjoy a prepared recipe at each session!

Call to sign-up for classes and times that work for you.

Location: Harrison County Extension Office

November 3rd, 11am or 5:30pm: Heart Disease

November 17th, 11am or 5:30pm: Blood Pressure

December 1st, 11am or 5:30pm: Diabetes

Must RSVP the Wednesday prior to each session to attend, 859-234-5510

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.

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD & ENVIRONMENT

Cooperative Extension Service | Agriculture | Food and Nutrition | Health and Human Services | Youth Development



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Shelley Meyer

Shelley W. Meyer

Harrison County Extension
Agent
For Family & Consumer Sciences
shelley.meyer@uky.edu



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.

Homemade for the Holidays

RSVP for one of the following:

November 13 @ 2pm

November 13 @ 6pm

November 14 @ 9am



Cost: \$20

(payable to HC District Board)

Make crafts and snacks!

RSVP by November 7th

Space is limited

Located at Harrison County Extension Office

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Family and Consumer Sciences
4-H Youth Development
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Lexington, KY 40506



Easy Christmas Door Stained Basket



W/ Mary Techau & Cheryl Case

DECEMBER 3 9AM-NOON

OR

DECEMBER 4 6PM-9PM

Harrison County Extension Office

Cost: \$20; make payable to Harrison County District Board

Stop by with payment by November 17th to sign up

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CRAFTY EXPLORATIONS

with Donna Back

NOVEMBER 21 & DECEMBER 19 10AM-NOON

3rd Friday each month

These months craft: Ornaments

rsvp so we have enough materials: 859-234-5510



Adult Knitting

w/ Louann Fryman

Cooperative
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Martin-Gatton College of Agriculture, Food and Environment
University of Kentucky
Harrison County Extension Office
100 South Main Street
Harrison, KY 40302

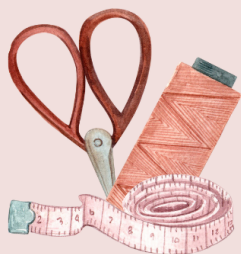


**November 6 & 20
December 4 & 18**

*1st and 3rd Thursdays of the month
Harrison County Extension Office

@ 4:30pm

New members welcome!



Adult Sewing

w/ Mikayla
Hannah

**November 4 & 11
December 2 & 9**

*Different dates because of holidays
10am-noon

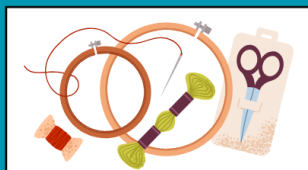
Harrison County Extension Office

New members welcome!



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University of Kentucky
Harrison County Extension Office
100 South Main Street
Harrison, KY 40302



Embroidery

w/ Jane Butcher

November 3, 10, 17, 24

December 1, 8

Harrison County Extension Office @ 9:00am

New members welcome!



December 15th Christmas Party from 11am-1pm

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Martin-Gatton College of Agriculture, Food and Environment
University of Kentucky
Harrison County Extension Office
100 South Main Street
Harrison, KY 40302



Adult Scrapbooking

w/ Jennie Sparks &
Teresa Stinson

lis. D
etiam. Eu
diam in. Mi ipsum
sodales neque sodale
vitae semper quis. In d
lorem sed risus ultricies t
unt nunc pulvinar sapien et.
lorem dolor. Vel fringilla est ullam

December 4

*Date change because of holidays
Harrison County Extension Office

@ 9:00am

New members welcome!

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Martin-Gatton College of Agriculture, Food and Environment
University of Kentucky
Harrison County Extension Office
100 South Main Street
Harrison, KY 40302



FIRST FRIDAYS



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



Junior Homemakers

NOVEMBER 7TH & DECEMBER 5TH

3:30-5PM

HARRISON COUNTY EXTENSION OFFICE

**This group is for youth 6th-12th grade.
Meetings are 1st Fridays most months
after school from 3:30-5pm. Service
projects, educational topics, and fun, will
comprise the meetings.**

****Call 859-234-5510 to sign up and be
added to the text notifications.**



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

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Harrison County Homemakers Present:

TRADITIONAL KENTUCKY CHRISTMAS



December 2, 2025 @ 5pm

Harrison County Extension Office
\$20: checks payable to HC Homemakers
Deadline to register: November 26, 2025

Dinner & crafts brought to you by
Harrison County Homemakers!

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





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

Christmas Decor

Jenny Tapp & Beth Tucker

November 19th 6pm

~or~

November 20th 10am

Harrison County Extension Office

Cost: \$10

(payable to HC District Board)

rsvp by November 7



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

FLAT TOP GRILLING



NOVEMBER 4

5:00PM

*Come dressed for the
weather and hungry!*

Harrison County
Extension Office

rsvp: 859-234-5510

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University of Kentucky
Harrison County Extension Office
Harrison County, Kentucky 40304



Martin-Gatton
College of Agriculture,
Food and Environment

Card Making

JENNY TAPP AND BETH TUCKER

December

3

10am or 6pm

HARRISON COUNTY EXTENSION OFFICE

rsvp by November 21st 859-234-5510



FOLLOWING MY DREAM SHOP

"Christmas Ornament Bar"

Come Paint with us!



SET #1



SET #2

Choose any 6 from 3 different unique design sets and paint your own beautiful Christmas ornaments!



SET #3

November 21st 5-8pm
OR
November 22nd 9-noon

Location: Harrison County Extension Office

Cost: \$40 (payable HC District Board)

Can't choose just 6? No problem!

Add additional designs for \$6

RSVP with payment and design set by Friday, Nov 14th

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UK Martin-Gatton
College of Agriculture,
Food and Environment

HOMEMAKER LEADER LESSON

Yoga-ta Try This

-Learn yoga benefits

-Practice light yoga

-Lunch provided

*call to rsvp 859-234-5510

Monday, November 24th @ noon

Cooperative
Extension Service

Agriculture and Natural Resources
Health and Community Services
U.S. South Cooperative
University and Extension Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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KENTUCKY SAVES
2026
PIGGY BANK
DESIGN CONTEST
MONEY SAVED IS A FUTURE EARNED

WHAT: The 2026 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

WHY: To creatively celebrate Kentucky Saves Week.

WHO: School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

WHEN: The contest begins on: **DATE November 1, 2025**
and ends on: **DATE December 1, 2025**

HOW: Participants submit an original piggy bank and entry form.

RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks shared via social media. Winners also will receive a certificate.



Kentucky Saves Week:

April 6-10, 2026

Kentucky Saves:

KentuckySaves.org

MoneyWi\$e:

<https://fcs.mgcafe.uky.edu/moneywise>

Harrison County
Cooperative Extension Office
668 New Lair Road
Cynthian, KY
41031
(859) 234-5510

KENTUCKY SAVES
2026
PIGGY BANK
DESIGN CONTEST
MONEY SAVED IS A FUTURE EARNED



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MONEYWi\$E
VALUING PEOPLE. VALUING MONEY.

UK Cooperative
Extension Service

Homemaker News

President's Corner:

"As November arrives, we reflect on the abundance of the harvest season and the beauty of the changing leaves. It's also a time to say thank you to our veterans. Thank you for your sacrifices and hard work in service to our country. The month closes with the traditional turkey, dressing, and pumpkin pie. Ladies, don't forget to count your blessings and be prepared to welcome in the Christmas season with our Holiday Food Bash on December 2nd. Hope to see you there."

-Cheryl Johnson
County President

Leader Lessons:

Noon-1pm @ Harrison Co. Extension Office. Lunch provided.
Please call to RSVP for food count; 859-234-5510

Date	Lesson Topic
Nov 24	Yoga Try This
Jan 26	Mastering Mindfulness
Feb 23	Building a Better Bowl
March 30	Mental Health Matters
April 27	The Big Freeze

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

Men's Homemaker

NOVEMBER 4 @ 6:30PM

Harrison County Extension Office
Supper provided
RSVP @ 859-234-5510

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
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Agent Editorials

"Hello FCS Friends!

Thanksgiving and Christmas are here! We hope you have the most relaxing and enjoyable holiday season. Don't forget to celebrate with us by attending some of our festive activities that we have scheduled throughout these couple of months.

The Harrison County Extension Office will be closed November 27-28 for Thanksgiving and December 24-January 2nd for Christmas and New Years."

Shelley W. Meyer

Shelley Meyer
Harrison County Extension Agent
For Family & Consumer Sciences

Homemakers

Food Drive

Please have donations to the office by
4:30 pm on the 3rd
Tuesday of each month

Martin-Gatton
College of Agriculture,
Food and Environment

Monthly Food Items Requested by the Food Pantry
Harrison County Homemakers will have a donation box available at the Extension Office. Please have donations to the office by 4:30pm on the 3rd Tuesday of each month.

Month	Food Item
November	Mac & Cheese
December	Ramen Noodles

NOVEMBER/DECEMBER CALENDAR OF EVENTS

Nov 1, Harvest Hustle 5K 10am @ Flat Run

Nov 1, Harvesting the Holidays (sell desserts)

Nov 3, Embroidery 9am @ Extension Office

Nov 3, Food as Health 11am or 5:30pm @ Ext Office

Nov 4, Executive Homemaker 9:30am @ Ext Office

Nov 4, Sewing 10am @ Extension Office

Nov 4, Flat Top Grilling 5pm @ Extension Office

Nov 4, Men's Homemaker 6:30pm @ Extension Office

Nov 5, Falmouth Road 11am

Nov 6, Indian Creek 10:30am @ Extension Office

Nov 6, Knitting 4:30pm @ Extension Office

Nov 7, Laugh & Learn 10am @ Extension Office

Nov 7, Jr Homemaker 3:30pm @ Extension Office

Nov 10, Embroidery 9am @ Extension Office

Nov 11, Sewing 10am @ Extension Office

Nov 13, Curry Club 10am @ Extension Office

Nov 13, Sunrise Club 10am @ Extension Office

Nov 13, Homemade for the Holidays 2pm or 6pm @ Ext

Nov 14, Homemade for the Holidays 9am @ Ext Office

Nov 17, Embroidery 9am @ Extension Office

Nov 17, Food as Health 11am or 5:30pm @ Ext Office

Nov 18, Barlow Club 6pm @ Extension Office

Nov 18, Jacobs Club 6:30pm @ Extension Office

Nov 19, Ornament Décor 6pm @ Extension Office

Nov 20, Ornament Décor 10am @ Extension Office

Nov 20, Knitting 4:30pm @ Extension Office

Nov 21, Crafty Explorations 10am @ Ext Office

Nov 21, Ornament Bar 5pm @ Extension Office

Nov 22, Ornament Bar 9am @ Extension Office

Nov 24, Embroidery 9am @ Extension Office

Nov 24, Leader Lesson Noon @ Extension Office

Nov 26, Quilt Club 10am @ Extension Office

Dec 1, Embroidery 9am @ Extension Office

Dec 1, Food as Health 11am or 5:30pm @ Extension Office

Dec 2, Sewing 10am @ Extension Office

Dec 2, Holiday Foods 5pm

Dec 3, Basket 9am @ Extension Office

Dec 3, Card Making 10am & 6pm @ Extension Office

Dec 4, Scrapbooking 9am @ Extension Office

Dec 4, Knitting 4:30pm @ Extension Office

Dec 4, Baskets 6pm @ Extension Office

Dec 5, Laugh & Learn 10am @ Extension Office

Dec 5, Junior Homemakers 3:30pm @ Extension Office

Dec 8, Embroidery 9am @ Extension Office

Dec 9, Sewing 10am @ Extension Office

Dec 15, Embroidery Christmas Party 11am @ Ext Office

Dec 19, Crafty Explorations 9am @ Extension Office




MOVIES ARE MEDICINE MATINEE SERIES

Seniors 60+ are FREE (popcorn + drink included)

1st and 3rd Wednesday's

1 OCT - REAR WINDOW

15 OCT - ARSENIC AND OLD LACE

5 NOV - DRIVING MISS DAISY

19 NOV - ON GOLDEN POND

3 DEC - WHITE CHRISTMAS

STARTS AT 1:30 PM

ROHS OPERA HOUSE
133 E. PIKE ST, Cynthiana, Ky 41031
www.rohsoperahouse.com





