

It's time to join Homemakers for the 2025-2026 year!



Fall is the perfect time to connect, learn, and grow with friends old and new. Included in this mailer you will find an enrollment form for the new year in Livingston County Homemakers!

I can't wait to have another wonderful year with all of you. We would love to have new members, so please be sure to invite others to join. Homemaker membership would be a great gift to give a friend, or family members for their birthday or Christmas!

If you have any questions, or need help completing your form, call the office at 270-928-2168, or email me at jkbarr3@uky.edu.

As a member, you'll receive the Family & Home newsletter, have access to county-wide lessons and events, and can join one (or more!) of our special interest clubs:

✦ Pins & Needles Club – Quilting & sewing fun (2nd Tuesday each month)

✦ Block of the Month Club – Learn and share quilt block projects (3rd Tuesday each month)

✦ Pinterest Club – Hands-on crafts and DIY projects (monthly, materials fee applies)

✦ The Chapter Chaser Book Club – Good books, great discussion (last Tuesday each month at the library)

✦ Active/Mailbox Member – Stay connected with all programs and events through newsletters and lessons.

👥 Why Join Homemakers?

Build lasting friendships

Learn new skills and hobbies

Give back through community service

Enjoy leadership and personal growth opportunities.

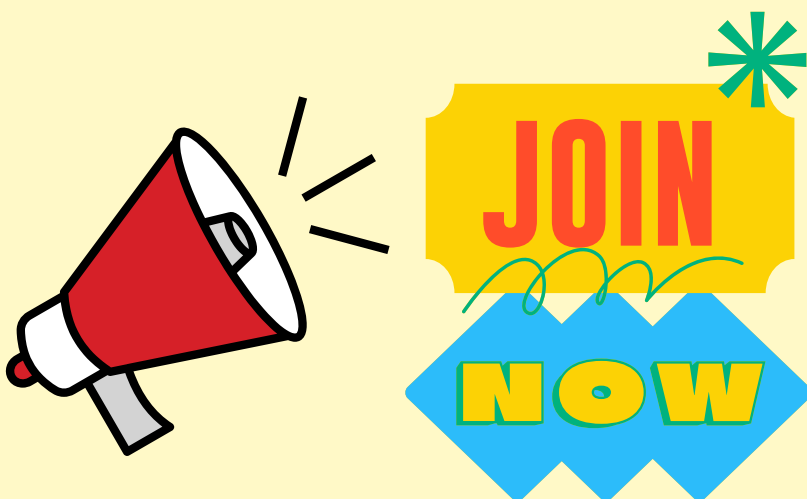
📌 Membership is only \$12 per year – a small investment for a year of learning, laughter, and community!

📧 To enroll, complete the enclosed form and return it with payment to:

Livingston Extension Homemakers

P.O. Box 189

Smithland, KY 42081



Cooperative Extension Service Livingston County

803 U.S. Hwy 60 East.- P.O. Box 189

Smithland KY 42081

Phone: (270) 928-2168

Fax: (270) 928-4808

www.ca.uky.edu

E-mail: jkbarr3@uky.edu

Joni K. Phelps

Livingston County Family & Consumer Science Agent





**Livingston County Extension
Homemakers Enrollment Form
2025-2026**



Name: _____ DOB: _____

Street Address: _____

City: _____ Zip: _____

Email Address: _____

Cell Phone: _____ Home/Work Phone: _____

Gender: ☐ Female ☐ Male

Ethnicity: ☐ Caucasian ☐ Black ☐ Hispanic
☐ Asian ☐ American Indian ☐ Mixed Race/Other

Please select membership type:

\$12.00 fee gains membership to any clubs listed below. Check which club you are interested in.

_____ **Active/Mailbox Member:** Member receiver Family & Home newsletter and can attend all county Leader lessons/Council meetings/Homemaker events.

_____ **Pins & Needles Club:** Special interest sewing/quilting club that meets the second Tuesday of each month. Works on quilting projects and other beginner/simple sewing at meetings. Also receives copies of all project patterns. Member receiver Family & Home newsletter and can attend all county Leader lessons/Council meetings/Homemaker events.

_____ **Block of the Month Club:** Special interest quilt block group that meets on the third Tuesday each month. Receives Family & Home newsletter and attends monthly group sew meetings. Copies of all patterns that the club is working on in person or via mail. Member receiver Family & Home newsletter and can attend all county Leader lessons/Council meetings/Homemaker events.

_____ **Pinterest Club:** Special interest club for crafting that meets monthly. Member receiver Family & Home newsletter and can attend all county Leader lessons/Council meetings/Homemaker events.

There our extra Fees that will be charged due to cover materials for each project

_____ **The Chapter Chaser Book Club:** Special interest book club that meets the last Tuesday of each month at the Livingston County Public Library. Member receiver Family & Home newsletter and can attend all county Leader lessons/Council meetings/Homemaker events.

**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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. Lexington, KY 40506



Disabilities
accommodated
with prior notification.



PUBLICITY RELEASE:

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc. to interview, photograph, and/or videotape me; and/or to supervise any others that may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

**Enrollment form and payment may be remitted to:
Livingston Extension Homemakers
P.O. Box 189 Smithland, KY 42081**

Cooperative Extension Service

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Family and Consumer Sciences
4-H Youth Development
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



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2025-2026 Pennyryle Area Homemaker Leader Lessons

All Watch Parties will be held at the Livingston County Extension Office, 803 U.S. 60 East, Smithland, KY 42081. To Obtain the Zoom link to watch from your home, call the office at 270-928-2168, or email Joni at jkbarr3@uky.edu

October: *Sorghum: Spilling the Syrup on this Sweet Kentucky Proud Product-* Zoom Watch Party, September 30, 2025 @ 10:00 a.m. at the Livingston County Extension Office
- Zoom from home September 30, 2025 @ 5:30 p.m.

Sorghum has long been a staple product in Kentucky, but you may not know just how versatile the sorghum plant really is. Join us to learn more about how sorghum syrup is made, about tips for adding sorghum flour to your baking arsenal and figuring out where in our state you can pick up this versatile Kentucky Proud product.

November: *Selecting Sheets-* Zoom Watch Party, November 4, 2025 @ 10:00 a.m. at the Livingston County Extension Office - Zoom from home November 4, 2025 @ 5:30 p.m.

Cooling? Percale? Bamboo? Sateen? With so many types of sheets available, its easy to get confused. Let's learn what they mean and unravel the mystery of thread count, too! This lesson will include how to fold a fitted sheet.

January: *Yoga-Ta Try This!* - Zoom Watch Party, January 6th, 2026 @ 10:00 a.m. at the Livingston County Extension Office. - Zoom from home January 6, 2026 @ 12:00 p.m.

Yoga is far from a new practice but has become popular today as a mainstream form of exercise. There also are many health benefits of doing yoga beyond physical activity. This lesson introduces yoga- what it is, why you might be interested in trying it, and some poses.

February: *International Cooking: German-* Zoom Watch Party, January 28th, 2026 @ 10:00 a.m.at the Livingston County Extension Office - Zoom from home January 28th, 2026 @ 12:00 p.m..

Discover the joy of international cooking! Join our international cooking class to explore flavors, techniques, and traditions of diverse cuisines. In this class you will learn the history of German food and learn to make authentic dishes. Perfect for all skill levels!

2025-2026 Pennyrile Area Homemaker Leader Lessons

All Watch Parties will be held at the Livingston County Extension Office, 803 U.S. 60 East, Smithland, KY 42081. To Obtain the Zoom link to watch from your home, call the office at 270-928-2168, or email Joni at jkbarr3@uky.edu

March: *Making Friends with Food:Power of Positive Food Talk-* Zoom Watch Party, March 3rd, 2026 @ 10:00 a.m. at the Livingston County Extension Office - Zoom from home March 3rd, 2026 @ 5:30 p.m.

The way we talk about food and eating behaviors can have a lasting imprint, for better or for worse. Small changes might just have a big impact on a child's mental and physical health, and yours too. This lesson discusses the importance of and provides opportunity to practice reframing how we talk about food.

April: *The Big Freeze: Food Preservation-* Zoom Watch Party, April 2nd, 2026 @ 12:00 p.m. at the Livingston County Extension Office - Zoom from home April 2nd, 2026 @ 5:30 p.m.

Freezing is the easiest, most convenient, and least time-consuming method of preserving foods. Is a great way to extend the shelf life of many foods, including leftovers. When done correctly, freezing preserves nutrients and maintains quality. This lesson will help you get the most of your freezer by teaching good freezing techniques for a variety of foods. You will be able to minimize food waste, save money, and save time.

May: *Mental Health Matters-* Zoom Watch Party, May 6th, 2026 @ 10:00 a.m. at the Livingston County Extension Office- Zoom from home May 6th, 2026 @ 12:00 p.m.

Mental health is important for overall health at every life stage-from childhood through older adulthood. It includes emotional, psychological, and social well-being and affects how a person thinks, feels, and behaves. This lesson will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources that are available to help with mental well-being.

June: *Stretching Your Dollar: What to do when the "Ends" don't meet-*
In Person May 26th,2026 @ 5:30 p.m., at the Livingston County Extension Office, Watch Party May 28th, 2026 at 10:00 a.m., at the Livingston County Extension Office
- Zoom from home May 28th , 2026 @ 5:30 p.m.

"Making ends meet" is getting harder in today's economy. This lesson will cover how to make your dollars and resources go farther. The lesson will provide tips for managing your money in financially tough times and offer strategies for saving on groceries, gas, utilities, clothing, and other household essentials. We will explore ways to manage fixed and variable household costs with tips on spending wisely, prioritizing finances, and saving when expenses are tight.

The Chapter Chasers

September 30, 2025

6:00 p.m.

Livingston County Public Library

321 Court Street, Smithland

This month's book is:
Till Summer Do Us Part by Meghan Quinn

Call the Extension Office at
270-928-2168 for more information.

FOR MORE INFORMATION PLEASE CONTACT
JONI PHELPS AT 270-928-2168 OR JKbarr3@UKY.EDU

Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
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LEXINGTON, KY 40546



BOOK CLUB



The Chapter Chasers

October 28, 2025

6:00 p.m.

Livingston County Public Library

321 Court Street, Smithland

This month's book is:
The Southern Book Club's Guide to Slaying Vampires by Grady Hendrix

Call the Extension Office at
270-928-2168 for more information.

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LEXINGTON, KY 40546



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

BOOK CLUB



A fun and creative play date for pre-schoolers

Ages 5 & Under
Accompanied by an adult

 Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky
An Equal Opportunity Organization



Laugh & Learn

Tuesday
September 30, 2025
4:00 p.m.

Activities include:
Story Time, Sensory &
Developmental
Activities, Games & Snacks

Livingston County Public Library
321 Court Street, Smithland

RSVP by Thursday,
September 25th
by calling 270-928-2168 or
emailing jkbarr3@uky.edu.



A fun and creative play date for pre-schoolers

Ages 5 & Under
Accompanied by an adult

 Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky
An Equal Opportunity Organization



Laugh & Learn

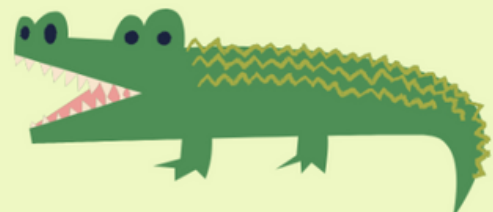
Tuesday
October 28, 2025
4:00 p.m.

Livingston County Public Library
321 Court Street, Smithland

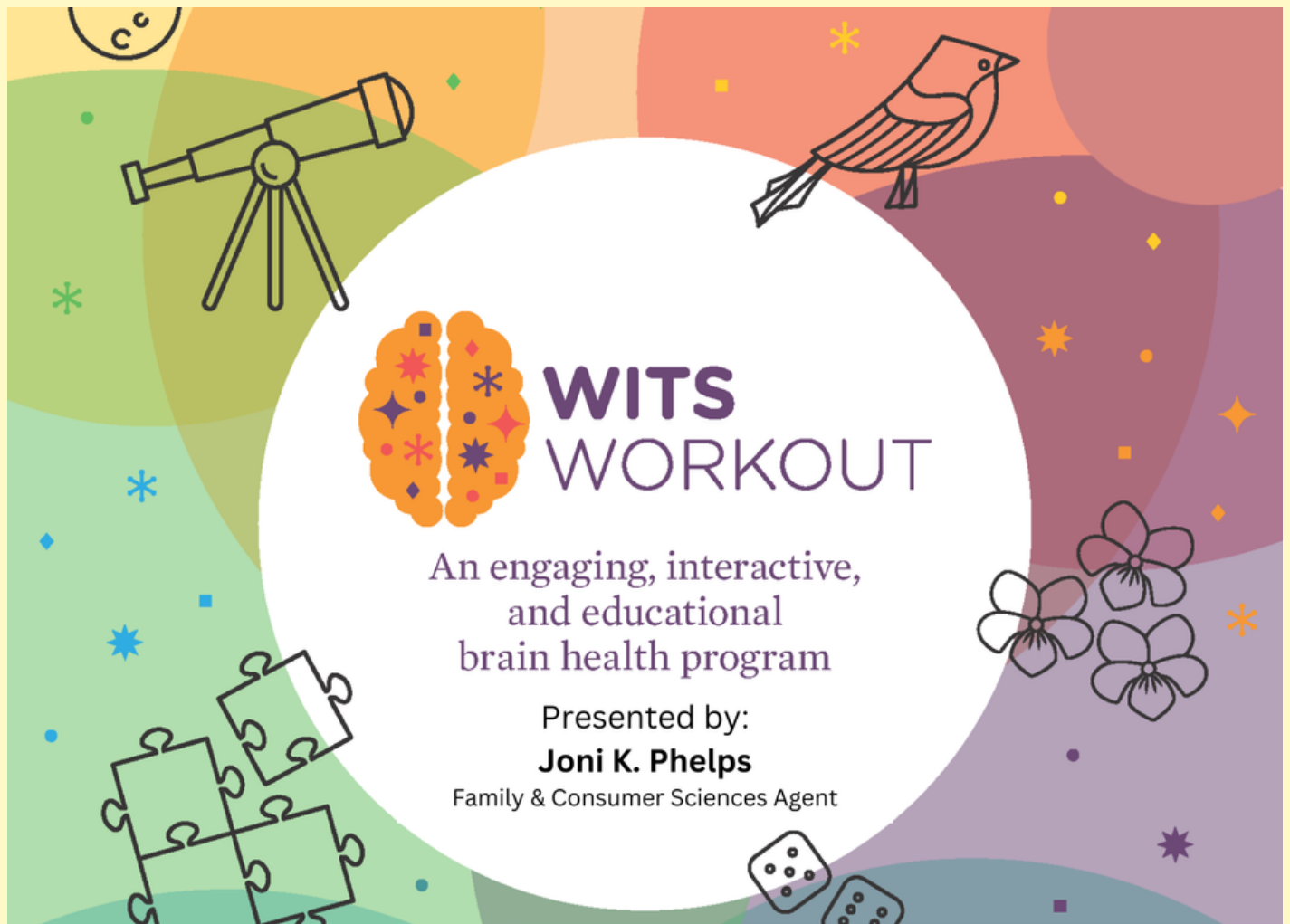
RSVP by Thursday,
October 23rd
by calling 270-928-2168 or
emailing jkbarr3@uky.edu.



Activities include:
Story Time, Sensory &
Developmental
Activities, Games & Snacks



Please note that this is a change of location!



I
ILLINOIS
Extension

COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES



UK Cooperative
Extension Service

Dates:
September 17, 2025
October 15, 2025
November 5, 2025

PLEASE NOTE THIS IS CHANGE IN LOCATION!

Location:
Livingston County Public Library
321 Court Street, Smithland, KY 42081

Let's boost brain power with fun, challenging
puzzles while connecting with others.

Time:
2:00 - 3:00 pm

**Cooperative
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Agriculture and Natural Resources
Family and Consumer Sciences
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Disabilities
accommodated
with prior notification.

An Equal Opportunity Organization

Chair Yoga

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

Relax. Stretch. and Strengthen — All From a Chair!

*Join us for gentle, accessible yoga designed for every
body, regardless of experience or mobility.*



Dates:

September 15th

September 22nd

September 29th

Time: 10:00 a.m.

Note that this is a change of location!

Location:

Smithland First Baptist Activity Center
237 Court St, Smithland, KY 42081

This class is perfect for seniors, beginners, or anyone looking to improve flexibility, balance, and relaxation in a supportive, seated format. Free to attend! Bring a friend and enjoy moving mindfully together.



For more information contact the Livingston County Extension Office
at 270-928-2168 or by email at jkbarri3@uky.edu.



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Chair Yoga

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University of Kentucky

Relax. Stretch. and Strengthen — All From a Chair!

*Join us for gentle, accessible yoga designed for every
body, regardless of experience or mobility.*



Dates:

October 13th

October 27th

Time: 10:00 a.m.

Note that this is a change of location!

Location:

Smithland First Baptist Activity Center
237 Court St, Smithland, KY 42081

This class is perfect for seniors, beginners, or anyone looking to improve flexibility, balance, and relaxation in a supportive, seated format. Free to attend! Bring a friend and enjoy moving mindfully together.



For more information contact the Livingston County Extension Office
at 270-928-2168 or by email at jkbarri3@uky.edu.

PINTEREST CLUB

Thursday, October 2nd 2025

5:30 p.m.

*Please note this is a change of location

Livingston County Public Library
321 Court Street, Smithland, KY 42081



Fall Pumpkin Wreath

COST: \$10.00

(MATERIALS PROVIDED)

SPACE LIMITED! REGISTER BY
SEPTEMBER 30TH BY CALLING
THE OFFICE AT 270-928-2168
OR EMAIL JKBARR3@UKY.EDU

Cooperative Extension Service

Agriculture and Natural Resources
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Lexington, KY 40506



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Christmas Wreath



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

Pinterest Club

November 6, 2025

5:30 p.m.

Livingston County Public Library

321 Court Street, Smithland

COST:
\$15.00

RSVP no later than October
31st by calling the office at
270-928-2168 or by emailing
Joni at jkbarr3@uky.edu



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



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Snap Apple Night

Aloha



Friday

October 24, 2025

5-7 p.m.

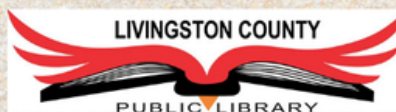
Livingston County Extension Office

803 U.S. 60 East, Smithland

Meet Lilo & Stitch

**Join us for a fun night! Food Provided,
Crafts, Story Time, Door Prize Drawings
and Every Family Takes Home A Book! FREE!**

Register by October 22nd by calling 270-928-2168



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