

ADAIR COUNTY EXTENSION HOMEMAKERS

February 2025



Dylan & Shirley playing Checkers at the Game Day

The February 2025 Adair County Homemakers Newsletter highlights a variety of engaging programs and community initiatives. On February 11th at 2 PM CST, a free Personality Types Class will be held at the Extension Office, led by Christy Stearns. This session will explore different learning styles and strategies to enhance personal growth and communication. This is our leader lesson for February.



This year's KEHA State Meeting Logo

Throughout the month, the Homemakers are spearheading a Blessing Box donation drive, collecting non-perishable food items and small toiletries to replenish local blessing boxes for those in need. Donations can be dropped off at the Extension Office, and volunteers will deliver the supplies in March.

Additionally, the Homemakers are collecting extra-large twin-sized quilts for the Camp for Courageous Kids, a summer camp for children with special needs. Quilt donations, which can be handmade, machine-made, or purchased, are accepted until May 1st at the Extension Office.



Last year's 1st place state Cultural Arts winner

Finally, pecans are available for purchase at \$10 per bag while supplies last. February is a month filled with opportunities for personal development and community support through these meaningful initiatives.

Calendar of Events

- Town and Country Club - Feb. 3rd
- Joyful Hearts Quilt Guild - February 10th
- Sano Stars - Feb. 11th
- Personality Types Class - Feb. 11th
- Green River Club - February 12th
- Bliss & Happy Club - Feb. 13th
- Dylan is out of the office - Feb. 17th - 21st
- Cultural Arts Competition- Feb. 26 - 28th

See you soon!
Dylan Gentry
 Dylan Gentry
 County Extension Agent
 for Family & Consumer Sciences



Adair County Cooperative Extension Service



Adairces



adair.ca.uky.edu



Disabilities accommodated with prior notification.

Blessing Box Donation Collections

THE MONTH OF FEBRUARY

When? Until the end of February

Item drop-off location? Extension Office

Who? Open to everyone



Description: During the month of February, the Adair County Homemakers will lead a community initiative to collect non-perishable food items and small toiletries to help stock and replenish local blessing boxes. This effort aims to support individuals and families in need by ensuring these boxes remain a reliable resource for essential supplies. A detailed list of local blessing box locations will be compiled and shared to guide stocking efforts effectively. In March, volunteers will play a crucial role in delivering the collected items to the blessing boxes, ensuring they are well-stocked and accessible to those who rely on them. Community members are encouraged to contribute to this meaningful project, either by donating items or assisting with distribution efforts. Donations can be dropped off at the extension office during working hours. We ask that no glass items are donated.

Cooperative Extension Service

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

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Disabilities
accommodated
with prior notification.

Understanding Learning Styles

FEBRUARY 11TH

When? Tuesday, February 11th at 2PM CST

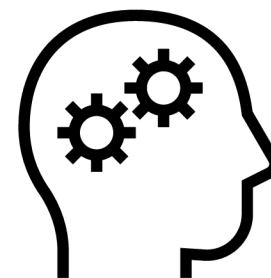
Where? Extension Office

Who? Open to everyone

Cost? FREE

Teacher: Christy Stearns, Clinton County FCS

Description: Discover the unique ways individuals process and retain information in this engaging class on learning styles. Gain insights into different approaches to learning and explore strategies to enhance personal growth and communication. Whether you're looking to improve your own learning techniques or better understand others, this class offers valuable perspectives for various contexts.



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CULTURAL ARTS COMPETITION



LOCATION:

409 Fairground St.
Columbia, KY 42728

MARK YOUR CALENDAR

- Feb. 26th, Entry Day & Judging
- Feb. 27th, Viewing & Pickup Day
- March 11th, Area Competition
- May 6th, State Competition

Entry Categories &
State Guidelines

Adair.ca.uky.edu

PECANS

NOW ON SALE



SCHERMER PECANS



Enjoy pieces of pecans for a new price of just \$10 while supplies last.

FOR MORE INFO, CONTACT US!

(270) 384-2317

**Cooperative
Extension Service**

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**LAKE CUMBERLAND AREA EXTENSION HOMEMAKERS EDUCATIONAL PROGRAM
MINI-GRANT APPLICATION**



Email to: **LCA 2nd VP Jackie Bowen**
jacquelyn.clarkbowen@gmail.com

Application Deadline: **March 1, 2025**

Title of Program or Activity					
County			Club		
Contact Person Name			Phone		
Email Address					
Number or percentage of Homemaker Club members participating					
Have you previously received an area mini-grant?				Yes	No
Why is the program/activity important to the county/club?					
Objectives					
Describe efforts planned to reach above stated objectives					
Expected Completion Date					
List supplies needed and approximate costs					
<i>I certify that this program/activity is approved by the County Extension Homemakers Council.</i>					
<i>(Signature of County Extension Homemakers Council President required)</i>					
County Homemakers President			County		
				Date	

The Lake Cumberland Area Extension Homemakers Mini Grant must be used to enhance an existing program/activity or to implement a new program/activity for the county or Homemakers Association as outlined in the Lake Cumberland Area Mini Grant Guidelines.

Unless otherwise specified, a project report of how the funds are used to complete this request is due one year from the date that the funds are received; failure to comply will result in the monies being returned to the Lake Cumberland Area Extension Homemakers Association.

Adair County
409 Fairground Street
Columbia, KY 42728
Official Business Only

{First Name} {Last Name}
{Address1}
{City} {State}{Zip Code}

Quilt Drive Going on Now

When? Now until May 1st

Where? Extension Office

Who? Open to everyone

What size Quilt? Extra large twin

Description: The Adair County Homemakers are collecting extra large twin size quilts to benefit the Camp for Courageous Kids, a summer camp for kids with special needs. They are in need of the quilts for the campers who will use them in their dormitories during the camping session. Quilts can be handmade, machine made, or purchased. Donations can be dropped off at the extension office during office hours.

Gentle Yoga

When? Most Wednesdays in the evening starting, March 5th

Where? Extension Office

Who? Open to everyone

Cost? FREE

Teacher: Betty Knifley and Cherri Olson

RSVP REQUIRED, Call (270) 384-2317

Description: Join us for a gentle yoga class focused on stretching, flexibility, core strength, and balance. Perfect for those looking to improve wellness as we age! Classes begin Wednesday, March 5, from 2:30-4:00 PM. Wear comfortable, stretchy clothing and bring a large towel and a strap (e.g., an old necktie or fabric belt). Class size is limited to 6-8 participants, so register early by calling the Extension Office. — no prior yoga experience necessary!

