

# FCS NEWS & NOTES

Cooperative Extension Service  
Muhlenberg County  
3690 State Route 1380  
Central City, KY 42330-5512  
(270) 338-3124  
[extension.ca.uky.edu](http://extension.ca.uky.edu)



Don't forget to call us at (270) 338-3124 to sign up for upcoming events!

## Upcoming Events

**March 26:** Savor the Flavor: Seasoning with Spices Lesson at 10 AM (at the Extension Office) and 5 PM (on your own). \*Handouts for this lesson were included with the previous newsletter for mailbox members.

**April 4:** Annual Day Planning Meeting at 10 AM at the Extension Office.

**April 4:** Healthy Choices for Every Body Class at 10 AM at the Extension Office. More details on page 2.

**April 9:** Pickleball Club begins again for 2024! We will meet at 5:30 PM at the Extension Office. Youth and adults welcome.

**April 10:** Cooking through the Calendar at 11:30 AM at the Central City Public Library. April's recipe is Lentil Sloppy Joes.

**April 11:** Block of the Month Quilting Group meeting at 9 AM at the Extension Office.

**April 12:** Homemakers Game Night at 5:30 PM at the Extension Office.

**April 13:** Junior Homemakers Club meeting at 10 AM at the Extension Office. This club is open to youth in grades 7-12.

**April 13:** Empty Bowls, Full Hearts Fundraiser for the 4-H Food for Kids Backpack Program from 5 to 7 PM at Wildflower Barn. Tickets are \$20 per person and can be purchased at the Extension Office or Paint Me Pretty. Chose a hand crafted/painted bowl and enjoy a soup, drink, and dessert meal.

**April 16:** Pickleball Club meeting at 5:30 PM at the Extension Office. Youth and adults welcome.

**April 22:** Sourdough Bread

Class at 5:30 PM at the Extension Office. There is an \$8 fee for this class (cash or check only). Class size is limited. You will go home with a bread starter.

**April 23:** Wok Cooking Class at 10:30 AM at the Extension Office. Class is free. Please call to sign up.

**April 24:** Edible Wildflowers Class at 10 AM at the Extension Office.

**April 25:** Annual Day Planning Meeting at 10 AM at the Extension Office.

**April 29:** Book Club meeting at 10 AM / 5 PM at the Extension Office. April's book TBD.

**April 30:** Let's Play Pickleball Lesson at 10 AM (at the Extension Office) and 5 PM (via Zoom). Try to come in person if you can!

**May 2:** Pickleball Club meeting at 5:30 PM at the

## Upcoming Events Continued

Extension Office. Youth and adults welcome.

**May 6:** Sourdough Bread Class at 10 AM at the Extension Office. There is an \$8 fee for this class (cash or check only). Class size is limited. You will go home with a bread starter.

**May 9:** Block of the Month Quilting Group meeting at 9 AM at the Extension Office.

**May 7-9:** State KEHA Meeting in Bowling Green.

**May 11:** Junior Homemakers Club meeting at 10 AM at the Extension Office.

**May 16:** Homemaker Council meeting at 9:30 AM at the Extension Office.

**May 17:** Decorate for Annual Day.

**May 20:** Annual Day from 10 AM to 2 PM at the Extension Office. More details to come soon!

**May 23:** Transferring

Cherished Possessions Lesson at 10 AM at the Extension Office. Creating a plan for all your possessions helps to relieve additional burdens for your loved ones, such as deciding who gets what, as well as the physical task of sorting through and distributing the contents of your home. Please call to sign up.

**May 27: Memorial Day, Office Closed**

## Healthy Choices for Every Body

Do you want to spend less time in the kitchen and more time with your family? Join us for Healthy Choices for Every Body. A simple food and nutrition series, where you'll learn to cook quick, easy and affordable meals. Enjoy lots of hands-on activities and FREE kitchen tools to take home and make cooking easier in your kitchen. You'll gain information to eat healthier and enjoy more free time with your family or friends. New classes begin at the Extension Office on Thursday, April 4<sup>th</sup> at 10:00. There is no charge to participate, but please call the office at 270-338-3124 to let us know you're coming. Remember you'll earn Big Blue Farmer's Market tokens when attending NEP classes.

Contact Vi Wood at [viola.wood@uky.edu](mailto:viola.wood@uky.edu) to learn more about nutrition resources available in Muhlenberg County.



HELLO  
Spring

**WOK COOKING**

**APRIL 23**

**FREE**

**SIGN UP TODAY!**

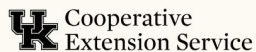
**(270) 338-3124**

**10:30 AM**

**Muhlenberg County Extension Office**

The poster features a central image of a wok filled with colorful vegetables like carrots, broccoli, and green beans, with steam rising from it. The background is a vibrant orange. Text elements include the event title 'WOK COOKING' in large white and orange letters, the date 'APRIL 23' in a yellow starburst, 'FREE' in a yellow starburst, 'SIGN UP TODAY!' in a black banner with a white arrow pointing to the phone number, and the time and location at the bottom.

Muhlenberg County Cooperative Extension Office  
3690 State Route 1380 Central City, KY 42330



# SOURDOUGH BREAD

Go home with your own bread starter!

MONDAY, APRIL 22  
5:30 PM

MONDAY, MAY 6  
10:00 AM

**\$8 fee**  
*(cash or check only)*

*Space is limited.  
Reserve your place by  
calling (270) 338-3124.*



# PICKLEBALL CLUB



YOUTH & ADULTS WELCOME

CLUB DUES  
**\$10**

## 2024 MEETING DATES

APRIL 9	JUNE 11
APRIL 16	JULY 16
MAY 2	JULY 30
JUNE 4	5:30 PM

**MUHLENBERG COUNTY  
EXTENSION OFFICE**

3690 STATE ROUTE 1380 CENTRAL CITY, KY 42330

**(270) 338-3124**

## A Note from your Family & Consumer Sciences Agent

Happy April everyone!

I hope you all are doing well and starting to enjoy this wonderful spring weather! We have a busy April and May coming up. Be sure to check out the calendar of events and classes that will be taking place. As well, be sure to like the Muhlenberg County Cooperative

Extension Facebook page to stay up to date on events or last-minute changes. The Sourdough Class that was postponed has now been rescheduled. Spots are limited so make sure to sign up!

Have a great day!



**Alex Kelly**

Muhlenberg County Extension Agent  
Family & Consumer Sciences Education

## A Note from the Muhlenberg County Homemakers President

We were glad to have five members who had never gone to the Spring Seminar go this year. They all told me how much they enjoyed it. The classes they taught us were about homemade pizza, dough, and sauce; and they showed us tools of the trade. She also spoke about the way different places make their pizza. There was also someone who taught homemade pasta. These classes were very informative and very interesting. We also had a wonderful meal with time for fellowship. The homemade lasagna with fixing was great! I hope

you will also consider going to this event next year.

April is the time I and many of you celebrate our Saviors death and resurrection at Easter. Just as he came back to life, nature also is coming back to life. This year the colors have been so magnificent! Take time to enjoy all the beauty that spring brings! If your family's life hasn't already gotten busy, it is probably about to as we start to have longer days with pretty weather to get out and enjoy.


Many blessings!

*Jammy Dozer*

## Thought for the Day

"Alone we can do so little; together we can do so much."  
-Helen Keller

## Contact Us

 (270) 338-3124

 Facebook Pages:

**Muhlenberg  
County  
Cooperative  
Extension**

**Muhlenberg  
County  
Homemakers**

### 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

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.