

UPCOMING CLASSES AT THE EXTENSION OFFICE

The following classes have been set for October and November. Like all programs at the Extension Office, these classes are open to anyone wishing to participate. You do not have to be a resident of Meade County or even know someone who will be attending! If in the description of the class being held asks that you pre-register, please call our office at 270-422-4958. This gives us an idea on the amount of materials we need to prepare. Most classes are free and you are guaranteed to walk away with something beneficial! The Extension Office is located at 1041 Old Ekron Road in Brandenburg.



Thursday, November 5, 2 p.m. or 6:30 p.m., **Estate Planning for Farmers**, Meade County Extension Office.

Keith Jefferies, an Agriculture attorney from Henry County will be on hand to address considerations for farmers when planning estates and land transference as well as other related topics. Non-farmers are also welcome to attend. Please register for the 2:00 p.m. or the 6:30 p.m. session. Contact the Extension Office at 422-4958 to pre-register.



Thursday, November 19, Noon, **Deck the Halls with Diabetic Foods**, Meade County Extension Office.

Mechelle Coble, RD with Lincoln Trail Health Department and Jennifer Bridge, Meade County Extension Agent for Family and Consumer Sciences will demonstrate ways for diabetics to enjoy the holidays but still maintain proper insulin levels. A variety of recipes and techniques will be covered. Contact the Extension Office at 422-4958 to pre-register.



Monday, November 16, 2:00 p.m., **Save Money! Use Coupons!**, Meade County Extension Office.

The use of coupons have increased in popularity. Audrey Meyers, Green County Extension agent for Family and Consumer Sciences will be on hand to share ways to walk out of the grocery with lots of items without spending lots of cash. She will also share other ways to reduce other expenses through the use of coupons. Contact the Extension Office at 422-4958 to pre-register.



Monday, November 16, 6:30 p.m., **Back to the Kitchen: Holiday Foods**, Meade County Extension Office.

The holidays are just around the corner and many people are looking for new recipes and ways to incorporate healthy foods into their holiday meals. This session will cover ways to eat healthy throughout the holidays. Loretta Skaggs, EFNEP assistant and Jennifer Bridge, Meade FCS agent presenting. Contact the Extension Office at 422-4958 to pre-register.



Thursday, November 19, 6:30 p.m., **Make a Real Holiday Wreath**, Meade County Extension Office.

Andy Mills, Meade County Extension Agent for Agriculture and Natural Resources will demonstrate and work with participants to make a holiday wreath using fresh greenery. Cost is \$8 and participants will need to bring their own greenery and other embellishments. The main greenery for the wreath should be cut in 4"-8" lengths. Cedar or Taxus are easier to work with. Class size is limited to 10, so sign up early!



Monday, November 30, 6:30 p.m.,
Gifts from the Heart for the Holidays, Meade County Extension Office.

The Meade County Extension Homemakers will present their annual event. Attendees will receive a booklet full of inspiration, recipes and directions for a variety of crafts for the holidays. During the evening members will demonstrate ideas from the book and attendees will also have the opportunity to taste a variety of the recipes in the booklet. The event is free so come on out and bring a friend.



Saturday, November 14, 9:00 a.m. - 3:00 p.m., **Meade County Extension Homemakers 46th Annual Holiday Bazaar**, Meade County Farm Bureau Building, Fairgrounds.

Over 40 booths featuring homemade gifts and foods. This is a new location so mark your calendars and make plans to attend! Santa will arrive at 10:00 a.m.!

Lottie Scheible, Master Clothing Volunteer will be teaching the following classes at the Extension Office. You will need to register and pre-pay for the classes. Basic sewing skills are required for all classes. Bring your own machine (if possible), with all feet, in good working order and the manual to your machine.

Tuesday, November 3, 6:00 p.m., Extension Office. Ruffled Trivet. Fee is \$10 and includes fabric kit. Bring your own sewing supplies. Deadline to register with payment is **October 30.**

Tuesday, November 10, 6:00 p.m., Extension Office. Small Lined Zipper Bag. Fee is \$15 and includes fabric kit with zipper. Bring your own sewing supplies. Deadline to register with payment is **November 6.**

Tuesday, November 17, 6:00 p.m., Extension Office. Sweatshirt to Cardigan/Jacket. Fee is \$5. Supply list upon paid registration. Deadline to register with payment is **November 13.**

Sincerely,

**Jennifer Bridge, Meade County Extension Agent
For Family and Consumer Sciences**

If you would like a class offered at a different time than what is listed or have suggestions for future classes, please contact us at 270-422-4958.

We welcome your suggestions!