

Are you...

- New to Shelby County?
- Recently retired?
- An empty nester?
- Interested in learning a new skill, or improving existing ones?
- Looking to improve your health and fitness?
- Wanting to help others in your community?
- Ready to just put a little more fun in your life?
- Interested in making lifelong friendships?

Shelby County Homemakers are what you've been looking for!



For additional information about any of these Homemaker clubs, other activities of special interest to you, or to receive assistance in organizing a club in your church or neighborhood contact the Shelby County Cooperative Extension Office or Sheila Fawbush, Family and Consumer Sciences Agent.

If you are not able to attend regular club meetings, but would still like to receive the monthly lessons, you are welcome to join our Shelby County Homemakers as a MEMBER AT LARGE. You will be mailed all publications to your home address.

Shelby County Cooperative Extension

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Shelbyville, KY 40065

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Fax: 502-633-6713

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.

COOPERATIVE
EXTENSION
SERVICE

UK

UNIVERSITY OF KENTUCKY
College of Agriculture

*There's a place for
YOU in the*

*Shelby County
Extension
Homemaker
Association*

A volunteer organization that works to improve the quality of life for families and communities through leadership development and education in cooperation with the University of Kentucky Cooperative Extension Service.



Kentucky Extension
Homemakers Association

Activities

Body Recall- A program of gentle movement and stretching designed for the average adult, regardless of his or her age or physical limitations.

Sewing Circle- An opportunity for all sewers from beginner to the most accomplished seamstress to work on individual projects in compatible company.

Summer Day Trips- Group excursions at a nominal charge to some of the area's most interesting sites.

Ovarian Cancer Research

Screening Program- Free annual screenings for all interested homemakers.

Antiques Classes- Series presented by a regionally acclaimed expert. Instructor will give one free appraisal per person per session.

Veteran's Appreciation Day- We honor local Veterans with this special program.

Day at the Library- Annual program featuring a local speaker or author.

Kids in the Kitchen- Familiarizes kids five and up with basic food preparation and nutrition.

Knitting Classes- Learn to knit or share this art with someone else.

Specialty Craft Classes- Crochet, Calligraphy, Traditional Rug Hooking, Stool Caning, etc.

Scrappin' Good Times- Whether you are learning to scrapbook, or are a seasoned scrap booker, this is the class for you.

Cooking Classes- Various recipes and cooking methods are revealed in these fun classes.

Nutrition Programs- Everyone should be aware of basic nutritional information, and these are helpful in gaining that knowledge. Classes may also be focused on certain medical conditions.

"Weight- The Reality Series"- Life altering program will teach you how to live a healthy lifestyle and achieve a slimmer, healthier you.

International Luncheon and Program-

A special program takes you around the world with food and experiences from different cultures.

Spring Fashion Show and Luncheon-

Enjoy the hottest new fashions modeled by our very own homemakers.

Specialty Clubs

Cover Lovers- A multi-county quilting group, meets 4th Monday of the month, 10:00A

Knitting & Crochet Club- Open to all levels, meets 1st Tuesday of the month, 6:00P

Milestone Quilters- Meets 1st & 3rd Tuesdays of the month, 10:00A

Neighborhood Clubs

Each club meets monthly to share in a Homemaker Lesson of the month. The lessons are chosen at the beginning of each year and taught by a Homemaker. If you are interested in joining a Homemaker group, please call our office to find out more!

Christiansburg

Meets 1st Thursday of the month, 11:30A

Finchville

Meets 1st Monday of the month, 7:00P

Four Seasons

Meets 3rd Tuesday of the month, 7:00P

Hempridge

Meets 2nd Tuesday of the month, 10:00A

New Homemakers

Meets 3rd Tuesday of the month, 6:30P

Senior Guys and Dolls

Meets about the 15th of the month

Shelbyville

Meets 2nd Wednesday of the month, 10:30A

Simpsonville

Meets 2nd Tuesday of the month, 10:30A

South Shelby

Meets 3rd Tuesday of the month, 10:30A

Southville

Alternates meeting 1st Monday and Tuesday of the month, 7:00P

