

2025-2026 Lincoln Trail Area Homemaker Lesson Schedule

September Lesson

- August 28th | 9-11:30am CT @ Hardin Co. Ext. Office | All agents
- **Area Kickoff: Empowered Leadership**
 - o In this session, we'll dive into the power of civic engagement and discover how to shape a more vibrant, inclusive community. We will also discuss the impact of community involvement on local decision-making and share practical steps for staying engaged. This session is designed to inspire action and provide tools for making a positive difference in your community.
 - o You will also hear for UK Extension Business Office representative and State KEHA treasurer on following financial guidelines and best practices.

October Lesson

- September 26th | 10am CT @ Grayson Co. Ext. Office | Dayna Fentress, Hardin Co. FCS Agent
- **The Big Freeze**
 - o Freezing is the easiest, most convenient, and least time-consuming method of preserving foods. It 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 out 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.

November Lesson

- October 30th | 9:30am CT @ Grayson Co. Ext. Office | Marla Stillwell, LaRue Co. FCS Agent
- **Using Your Air Fryer**
 - o The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and also is popular for reheating leftovers. This lesson will focus on what air fryers are and how they work. We'll discuss the pros and cons, and consumers will feel informed when buying an air fryer.

December Lesson (2 lessons offered in different locations on different dates. Select only one to attend.)

- December 2nd | 9:30-11am CT @ Nelson Co. Ext. Office | Natalie Taul, Grayson Co. FCS Agent
- December 4th | 10-11:30am CT @ Grayson Co. Ext. Office | Natalie Taul, Grayson Co. FCS Agent
- **Ribbons + Regift: Choose from Your Home or Thrift**
 - o In this fun and creative workshop, participants will explore the art of making beautiful ribbons, discovering unique gift-wrapping techniques, and thrifting for one-of-a-kind packaging items. Learn how to transform everyday materials into stunning presentations that add a personal touch to any gift. Whether repurposing items from home or finding treasures at the thrift store, this lesson emphasizes sustainability and creativity. Perfect for anyone looking to save money, reduce waste, and add flair to their holiday gifting. Join us for an inspiring session where wrapping becomes as memorable as the gift itself!

January Lesson

- Mail Out Lesson
- **Selecting Sheets**

- Cooling? Percale? Bamboo? Sateen? Can someone please tell us what that all means? With so many types of sheets available, it's easy to get confused. Let's put these questions to bed and unravel the mystery of thread count, too!

February Lesson

- January 27th | 10:30am CT @ Grayson Co. Ext. Office | Cabrina Buckman, Washington Co. FCS Agent
- **Laughter is a Must in Life**
 - Did you know laughter serves as a powerful tool for building and maintaining healthy, happy relationships? This lesson will test your knowledge on laughter, identify the short and long-term benefits of laughter, explore what keeps you from laughing, and share ways to increase laughter in your relationship.

March Lesson

- February 27th | 10am CT @ Grayson Co. Ext. Office | Rachel Mattingly, Marion Co. FCS Agent
- **Gardening Safely**
 - Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. This lesson focuses on the health benefits of gardening, and appropriate tools for the job at hand.

April Lesson

- March 23rd | 1pm CT @ Grayson Co. Ext. Office | Lynnette Allen, Breckinridge Co. FCS Agent
- **Build a Better Smoothie**
 - Smoothies are a refreshing meal, snack, or treat that come together in a matter of minutes, are flavorful, and can be packed with important nutrients. This lesson takes you through the basic steps for building a smoothie without a recipe and with ingredients you may have on hand in your home.

May Lesson

- April 29th | 1:00pm CT @ Grayson Co. Ext. Office | Danielle Hagler, Nelson Co. FCS Agent
- **Mental Health Matters**
 - 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.