

FCS Newsletter

May/June 2023

Family & Consumer Sciences



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Cooperative Extension Service
Harrison County
668 New Lair Road
Cynthiana KY 41031
(859) 234-5510
Fax: (859) 234-6197
extension.ca.uky.edu



Interested in becoming a Harrison County Homemaker?

Stop by the Harrison County Extension Office to pay your dues and receive a Shop Cynthiana Discount Card. See Downtown Edition on page 9 for featured business of the month: Melinda's Boutique



Abstract Distractions \$5 off purchase of \$10 or more	Melinda's Boutique 10% off purchase of \$50 or more
Emerson Steel Boutique 15% off entire purchase	Days Did It 15% off Entire Purchase
Meat Cup 10% off \$10 or more	A Little Bit Personal 10% off engraved items (excludes sale)
The Sweet Boutique 15% off any purchase	Tay's Cloth Holder 10% off (excludes sale items)
Frames N' Christian Things 25% off Framing (Near 2023 only)	Daily Grind 10% off Purchases
Appalachian Wood Works Free Soap With \$10 Purchase	

The Headlines

HARRISON COUNTY HOMEMAKERS

Niagara Falls & Toronto

October 2-6, 2023

see inside for details!!

University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

In This Issue

Headlines.....	1
Downtown Edition.....	8
Agent Editorials.....	9
Homemaker News.....	10
Calendar.....	11



Shelley W. Meyer

Shelley Meyer
Harrison County Extension Agent
For Family & Consumer Sciences
shelley.meyer@uky.edu



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Electric Pressure Cooker

Call to sign up @
859-234-5510



Learn the basics of
pressure cooking

Tuesday, June 6

10am or 5:30pm
Harrison County Extension Office

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

MEN'S HOMEMAKER

Yoga Day

- Learn yoga benefits
 - Practice some light yoga
 - Lunch provided
- *call to rsvp 859-234-5510

Friday, May 26th @ noon

Bingocize -
the fun way to
exercise



6-week series

Meets Tuesdays (two are Mondays) & Fridays for six weeks

9:30-10:30am @ Harrison County Extension Office

Participants will play bingo, do chair exercises, & learn!

Tuesday, April 18	Friday, April 21	Tuesdays	Monday, May 8	Friday, May 12
Tuesday, April 25	Friday, April 28	&	Tuesday, May 16	Friday, May 19
Tuesday, May 2	Friday, May 5	Fridays	MONDAY, May 22	Friday, May 26

You can still join
Bingocize sessions!

Call to sign up
859-234-5510



HARRISON COUNTY Health FAIR

Thursday, June 1, 2023 · 7:00 am to 11:00 am · Harrison County Middle School
(parking in the back entrance)

Free Tests & Screenings Include:

- Blood Pressure
- Blood Tests for cholesterol, triglycerides (fasting required), blood sugar, and thyroid-stimulating hormone
- BMI Screening for both adults & children
- Body Fat Analysis
- Diabetes Risk Screening
- Height & Weight
- Kidney Disease Screening
- Osteoporosis Screening for women over 40
- Pulse Oximetry
- Stroke Risk Assessment
- Skin Cancer Spot Screening
- Vision Screening

Healthcare professionals will be available to answer health-related questions. You'll find more than 20 exhibits and additional screenings available.

This event is open to everyone. It is NOT exclusive to Harrison County residents.

Lab results will be posted on the HMHmyhealth! patient portal, or you may contact the Harrison Memorial Hospital Health Information Department to request a printed version.

Thank you to the following sponsors:

Harrison Memorial Hospital
Harrison County Extension Office
UK Gill Heart & Vascular Institute Affiliate Network
UK Markey Cancer Center Affiliate Network

Harrison County School System
Wedco District Health Department

Family and Consumer Sciences

Nicholas, Bourbon, Harrison Tri-County Event

Food Preservation Pressure & Water Bath Canning Workshop

Tuesday June 20th 5-8pm

@ Harrison Co. Extension Office

859-234-5510

~OR~

Thursday, June 22nd 5-8pm

@ Bourbon Co. Extension Office

859-987-1895

Call the office for the date you wish to attend to signup.
Space is limited.

Name: _____

Phone #: _____



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

May Walking Challenge

Coffee Crawl

AT THE COMPLETION OF EACH WALK,
PARTICIPANTS ARE ENCOURAGED TO SUPPORT
THE LOCAL RESTURANTS LISTED BELOW

CYNTHIANA URBAN HIKES

Trail Guide: Jackie Burrell

Hike (route listed on the back) Destination Restaurant	Scheduled Date (Wednesday group walks)	Place a checkmark if completed hike with a group or on your own.	Present this form to restaurant employee to receive the walkers special! *specials listed below
Mocha March Frosted Blessings	May 3 @ 9am		Free cookie Employee signature _____
Coffee Grind The Dailey Grind	May 10 @ 9am		Free glaze or chocolate donut Employee signature _____
Java Jog Sweet Boutique	May 17 @ 9am		\$1 off any specialty coffee Employee signature _____
That's a Latte Walking Main Cup	May 24 @ 9am		25% off any drink Employee signature _____
Decaf Dance Cymply Cynful Nutrition	May 31 @ 9am		\$1 off any iced coffee Employee signature _____



Deadline to turn in this form for prize eligibility is:

Friday, June 2nd.

See back for details.

Coffee Crawl; May Urban Hikes

Join the challenge and complete all hikes throughout the month of May for a chance to win lots of prizes! One lucky winner from each hike will receive a gift certificate to a local coffee shop. There are 5 gift certificates to give away, so complete each hike for a chance to win all 5. See the schedule below for times and dates to walk with a group. Please call the Harrison County Extension Office to sign up for scheduled hikes and to receive notifications; 859-234-5510. Prefer to hike alone? No problem! Just take a picture of yourself on the hike as proof to show an Extension employee when you turn in your Coffee Crawl submission. All Coffee Crawl forms must be turned in to the Harrison County Extension Office by 4:30pm Friday, June 2nd. Drawings will take place and winners notified on Monday, June 5th.

Complete all 5 hikes, for a chance to win one of the 2 grand prizes of \$50 Cynthiana Downtown bucks which can be redeemed at many of the local Downtown shops and restaurants.

1) Mocha March

Route: Begin at Presbyterian Church. Proceed east on Pleasant St. to Main St. Go south on Main St. to Bridge St. Continue east on Bridge to Miller St. Continue north on Miller to Oddville Ave. Continue west on Oddville to Walnut St. Continue south on Walnut to Pike St. Finish at Frosted Blessings (~ 1.4 miles)

Starting point: Cynthiana Presbyterian Church parking lot

Restaurant: Frosted Blessings

2) Java Jog

Route: Begin at Presbyterian Church. Proceed east on Pleasant St to St. Clair Alley. Continue north on St. Clair to Wilson Ave. Continue east on Wilson to Vine St. Continue north on Vine St to Oddville Ave. Continue west on Oddville to Church St. Continue south on Church to Bridge St. Continue west on Bridge to Walnut St. Continue north on Walnut to Pike St. Finish at Sweet Boutique (~1.7 miles).

Starting point: Cynthiana Presbyterian Church Parking Lot

Restaurant: Sweet Boutique

3) Coffee Grind

Route: Begin at Presbyterian Church. Proceed east on Pleasant St. to Main St. Continue south on Main St. to Pike St. Continue Pike St. to Miller St. Continue north on Miller St. to Pleasant St. Continue east on Pleasant St. to Elmarch Ave. Continue north on Elmarch to Wilson Ave. Continue west on Wilson Ave to Church St. Continue south on Church to Pleasant St. Continue west on Pleasant St. to Poplar St. Continue south on Poplar. Finish at The Dailey Grind (~1.8 miles)

Starting point: Cynthiana Presbyterian Church parking lot

Restaurant: Dailey Grind

4) That's a Latte Walking

Route: Begin at Cynthiana Presbyterian Church. Walk north on Main Street to Pearl Street (old Cynthiana Cemetery). East on Pearl to Walnut. South on Walnut to Bridge Street. East on Bridge to Church Street (Leonos). North from Church to Reynolds Avenue. East on Reynolds to Oddville Avenue. West on Oddville to Church Street. South on Church to Pleasant Street. West from Pleasant to Main Street. North on Main Street back to parking lot. (~2 miles)

Starting point: Cynthiana Presbyterian Church parking lot

Restaurant: Main Cup

5) Decaf Dance

Route: Begin at Fire Department gravel parking lot. Proceed east on Pike St to the cemetery then return on Pike to Elmarch. Go south on Elmarch to Pleasant St. Finish at Cymply Cynful. (~ 2.3 miles)

Starting point: Fire Department gravel parking lot

Restaurant: Cymply Cynful Nutrition

HARRISON COUNTY HOMEMAKERS PRESENTS

Niagara Falls & Toronto



**** You Must Bring a Valid U.S. Passport or U.S. Passport Card for this Tour**

INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
 - ◆ 4 nights lodging in the Niagara Falls area
 - ◆ 8 meals: 4 breakfasts and 4 dinners
 - ◆ **GUIDED TOURS OF NIAGARA FALLS & TORONTO**
 - ◆ A Journey to The Falls on a "HORNBLOWER NIAGARA CRUISE"
 - ◆ Gaming at FALLSVIEW CASINO
 - ◆ A visit to NIAGARA-ON-THE-LAKE & QUEEN VICTORIA PARK
 - ◆ A visit to CASA LOMA; Canada's most magnificent castle
- and much more

\$575*

5 Days 4 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Mon - Fri)
Oct 2 - 6
2023



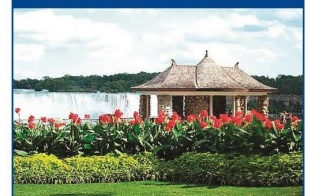
World's most famous Falls



Magnificent Casa Loma Castle in Toronto



Gaming at Fallsview Casino



Visit beautiful Queen Victoria Park

Departure: Cynthiana, KY @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: captivating, awe-inspiring Niagara Falls! This evening, you will have Dinner and check into your Niagara Falls area hotel for a four night stay.

Day 2: Start the day with a Continental Breakfast before you begin a Guided Tour of the Niagara Falls area. Visit an engineering marvel, the Welland Shipping Canal and beautiful Queen Victoria Park – home of one of the world's largest Floral Clocks. You'll have Dinner this evening at a local restaurant.

Day 3: Enjoy a Continental Breakfast before departing for a Guided Tour of the beautiful cosmopolitan city of Toronto, Ontario. You will also visit Toronto's majestic castle estate – Casa Loma! Later, you will dine at a local restaurant.

Day 4: Start the day with a Continental Breakfast before enjoying one of Niagara's most popular and breath-taking attractions, a boat ride on a "Hornblower Niagara Cruise." Sail near the base of the Horseshoe Falls and enjoy a truly awe-inspiring view of the mighty Niagara. Then, you'll take a tour of historical Niagara-on-the-Lake, one of the prettiest towns in Canada and full of 19th century charm. Later, enjoy Dinner and a visit to exciting Fallsview Casino and get in some gaming action before returning to your hotel.

Day 5: Enjoy a Continental Breakfast before departing for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive *Travel Confident*® Protection Plan. See separate advertisement...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$150 for single occupancy. Final Payment Due: 7/26/2023

FOR INFORMATION & RESERVATIONS CONTACT:

Harrison County Homemakers
(859) 234-5510



Fla. Seller of Travel Ref No. ST32973.


 University of Kentucky
 College of Agriculture,
 Food and Environment
 Cooperative Extension Service


Beginners are welcome
Adult Knitting
 WITH LOUANN FRYMAN
from basic to advanced technique

MAY 4TH AND 18TH AT 4:30PM
JUNE 1ST AND 15TH AT 4:30PM
HARRISON COUNTY EXTENSION OFFICE


CALL TO RSVP **859-234-5510**

Adult Scrapbooking
 With *Jennie Sparks* and *Teresa Stinson*

4th Thursday of the Month
@ Harrison County Extension Office
May 25 @ 9am-noon


 University of Kentucky
 College of Agriculture,
 Food and Environment
 Cooperative Extension Service

believe you do your cho ll become m


 University of Kentucky
 College of Agriculture,
 Food and Environment
 Cooperative Extension Service

4TH WEDNESDAY
EACH MONTH
PIECEMAKER
QUILT CLUB
10AM @ HARRISON COUNTY
EXTENSION OFFICE
May 24 and June 28

Crafty Scrappers
with Jenny Tapp
May 19


 University of Kentucky
 College of Agriculture,
 Food and Environment
 Cooperative Extension Service

3rd Fridays of the Month
@ Harrison County Extension Office
6pm

Greetings!

Cynthiana-Harrison County

Longest Day of Play

2023

Wednesday,
June 21

6:30 pm –
8:30 pm

flat Run Veterans Park on Oddville Avenue

- This event is free to the public. Event will begin at 6:30 p.m. and end at 8:30 p.m. In case of rain, the event will be cancelled.
- Recommended ages are 2 to 12 years, yet all ages are welcome. All children must be accompanied by an adult (over 18).
- A gift will be given to the first 100 children ages 2-12 years. (GIFTS WILL NOT BE AVAILABLE BEFORE 6:15 p.m. & will not be given to children under 2 or over 12 and are not guaranteed). Due to the heat, please do not bring your children before this time.
- "Passports" will be given out upon arrival to the event for activity completion. 50% of the activity stations must be completed to be eligible for door prizes.
- Event is sponsored by the Community Health Partnership, LLC, Wellness Committee.
- For more information, call Mollie Smith at Harrison Memorial Hospital at 859.235.3510 or Lesley Roark at 859.235.3554.

Registration form may be dropped off at Harrison Memorial Hospital or mailed to
 Longest Day of Play, 1210 KY Highway 36 E, Cynthiana, KY 41031
 You may also register the day of the event.

Child's Name: _____ Age: _____

Child's Name: _____ Age: _____

Child's Name: _____ Age: _____

Child's Name: _____ Age: _____

Child's Name: _____ Age: _____

Address: _____ City: _____ State: _____ Zip: _____

Release of Responsibility/Photo Release: In consideration of being accepted to participate in the Longest Day of Play, I assume all risks associated with this activity. Having read this release, I, for myself or anyone acting on my behalf, waive and release the City of Cynthiana, Harrison County and all participating sponsors from all claims to liabilities of any kind arising from my participation in this activity. In addition, I understand that photographs may be taken of me and/or the individuals listed above during this event and grant permission for these photographs to be used in promoting this event, either in print or on the internet.

Parent/Guardian Signature: _____

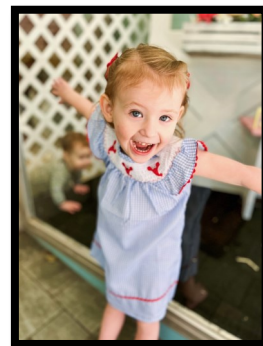
Downtown Edition

Interested in joining Harrison County Homemakers? Membership is \$8 and can be paid year-round. Stop by the Harrison County Extension Office to sign up and walk out with your Shop Cynthiana Discount card.

Featured business of the month: Melinda's Boutique

This Downtown Edition features businesses from the Shop Cynthiana discount card.

“Melinda’s Boutique is a local children's boutique in Cynthiana. We're located on Pike street, directly across from Rohs Opera House. We carry clothing products for children in sizes newborn to 14/16, as well as baby items, accessories, mommy items, and more! If you would have asked me ten years ago what I'd be doing for a living, I highly doubt I would have said that I would own a children's boutique! But life has its own plans, plans that I couldn't be happier about it.



Through school, I was active in 4-H and FFA and I knew I always wanted to own a business although I wasn't sure what that would be. I bounced around ideas like owning an orchard, a wedding/event venue, and a food truck (and sometimes I still think I'd love to own one). After high school I went to college for business. I still wasn't sure what I wanted to do, but after becoming a mom to a sassy little girl, I had created quite the friendship with the original owner of Melinda's Boutique, Melinda Howard. As life went on, Melinda decided she wanted to just teach and offered me the business, which would allow me to be with my daughter every day! So, I bought it two years ago and now I work alongside both of my children. While it can

be chaotic, I wouldn't trade it for the world!”

Kaylea Highlander
Business Owner

FCS Extra

Some of you signed up for the Big Blue Book Club offered from UK in March. That book titled, *Is Butter a Carb?*, discussed numerous nutrition facts, diet fads, and recommendations based on the research. This book is a great resource to have on

NEP HAPPENINGS

WITH STACEY STEPHENS

College of Agriculture,
Food and Environment
Cooperative Extension Service

<p style="text-align: center;"><u>MAY 11 @ 10 AM</u> Hope's Helping Hand Recipe: Apple Chicken Salad</p>	<p style="text-align: center;"><u>MAY 16 @ 5 PM</u> Cynthiana Library Recipe: Rainbow Pasta Salad</p>
<p style="text-align: center;"><u>MAY 13 @ 9:30AM</u> Harrison Extension Office Recipe: Potato Salad</p>	<p style="text-align: center;"><u>MAY 18 @ 11AM</u> Cynthiana Library Recipe: Tasty Taco Salad</p>

Call the Extension Office for new June class offerings! 859-234-5510



hand and reference as you look for evidence-based answers. A big takeaway from the book's content is to enjoy the foods that make you happy in moderation but make sure to eat plenty of vegetables and choose whole grains as much as possible. A simple equation can help you determine if the foods you are eating are whole grain. Look for the fiber and carbohydrate numbers on the nutrition label. Multiple the grams of fiber by 10. If that number is larger than the grams of carbohydrate, then the food is more whole grain. If the multiplied number is less than the grams of carbohydrate, the food is less whole grain.

You're invited to...

Women's Health Issues Seminar

Thursday, May 4, 2023
Harrison County Extension Office

5:00 p.m. Registration

5:30 p.m. "Women's Health As We Age--
Preventive Health Screenings and Health Concerns."
Dr. Jennifer Canan, HMH Obstetrician and Gynecologist
Harrison Memorial Hospital

6:00 p.m. "Coping with Anxiety"
Brittanie Royse, LPCC, HMH Behavioral Health Counselor
Harrison Memorial Hospital

6:20 p.m. "50: Sometimes Fabulous and Often Only Functional.
How to Slow Your Roll and Keep Your Mojo"
Jenny Lynn Varner Hatter, Harrison County Schools

The seminar is FREE and a meal will be provided free of charge to the first 100 registered participants.

Please call Harrison County Extension Office at 859.234.5510 to register for the event.

sponsored by:

Bluegrass Navigators, Cedar Ridge Health Campus, Community Action Council, Harrison County Community Education Center, Harrison Memorial Hospital, Harrison County Extension Office and Wedco District Health.



Agent Editorials

"Hello FSC Friends!

There's a lot coming up with Cooperative Extension, Family & Consumer Sciences, Homemakers, and Harrison County this summer. Be sure to stay active and find ways to volunteer and be involved with your local community.

Don't forget about the Harrison County Fair on July 16-22nd. It is never too early to start working on some of those fair entries.

Let the summer begin!

Shelley Meyer
Harrison County Extension Agent
For Family & Consumer Sciences

Harrison County Community BLOOD DRIVE
Saturday, May 6
9 a.m. - 2 p.m.

Harrison County Fairgrounds
McCaughey Building
2849 US Hwy 27S
Cynthiana, KY 41031

Appointments preferred. Walk-ins welcome. Times strictly subject to change. Please check bloodcenter.org prior to donating. Donors with appointments will be notified of changes.

kybloodcenter.org 800.775.2522 Please bring photo ID

Community Corner

CHAMBER OF COMMERCE



MCTC



LIBRARY



HC EXTENSION



Check out what's happening in our community! Use your smart phone camera to scan the QR codes to be directed to the organization's separate website.

Check out our Facebook page:
Harrison County Family & Consumer Sciences.



*Like us on Facebook to receive notifications on upcoming events, posts, and shares.

Tune in to WYCN for Extension talk with Mayor James on Coffee Break Extra at 9:10am.

- * Stacey Stephens with NEP: 1st Monday of the month
- * Jessica Sayre with Horticulture: 1st Wednesday of the month
- * Shannon Farrell and Holly Laytart: 2nd Wednesday of the month
- * Shelley Meyer with FCS: 4th Thursday of the month



Homemaker News

University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

If you want your reading book count included in the program please call the office with that number: 859-234-5510

Harrison County Homemakers invite you to the
Annual Meeting
TUESDAY, MAY 23
5:30 PM @ EXTENSION OFFICE

This year's theme is take a hike with HC Homemakers
Meal: glazed grilled chicken, tossed salad, seasoned potatoes, assorted desserts

Speaker: Josh Godman:
Culinary & Product Developer
for Shake's Shack

**DEADLINE TO PURCHASE
TICKETS IS FRIDAY, MAY 12
COST: \$15**

Dates to Remember:

- May 5**– Beef Cattle Day at Courthouse; Homemakers please bring desserts to the Extension Office no later than 8:30am on May 5th. Call the office if you are able to set at the booth during a time slot from 10am-2pm.
- May 9-11** – KEHA State Meeting at the Crowne Plaza in Louisville. Please let Shelley know if you are interested in attending.
- May 12**– Jimmy Buffett's Escape to Margaritaville Derby Dinner Playhouse in Clarksville, IN
- May 12**– Volunteer hours and reading log due to office for print in annual meeting program
- May 22**– Annual Homemaker Meeting
- May**– Club officer and chairman list due after May meeting
- June 1**– Health Fair
- July 1**– Homemaker Program of Works due to Office
- July 16-22 and July 29**– County Fair
- July 28**– Bluegrass Area Officer and Chairman training date.
- August 14**– County Homemaker Officer Training @ 6pm
- August 15**– County Educational Chair Training 6pm
- September 23rd**– Honey Festival
- October 2-6**– Niagra Falls **SAVE the DATE**
Cost is \$575 and will be due at the end of July
*please note passports can take 8-11 weeks so don't delay if you need one!!

President's Corner:

"Your President is very busy preparing for the KEHA State meeting being held in Louisville. I hope that Shelley and I will bring some good news back that will be shared at the annual meeting on May 23. If you haven't purchased a ticket, please do so.

Here are a few things that are due in May and June: Club officer and chairman list, Program of work reports and your volunteer hours. If you do not have copies of these forms stop by the office for a copy. If you are a county officer the date for the area officer and chairman training is July 28, 2023. Please mark this date your calendar.

Enjoy this spring weather."

Harlene Welch
President, Harrison Co Extension
Homemakers

Club Meetings:

Homemaker clubs meet monthly. Check the back calendar page to see when your club meets next. If you are new and would like to join a club, contact the Extension Office for more details.

University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

MAIDEN MAKERS

WE ARE A NEW HOMEMAKERS GROUP! OUR GOALS ARE TO LEARN NEW SKILLS, HELP WITH COMMUNITY SERVICE PROJECTS, AND PROVIDE A LITTLE ESCAPE FOR OUR MEMBERS TO BE CREATIVE AND TRY NEW THINGS!

YOUR INVITED TO JOIN US FOR OUR NEXT MEETING!

6:30 PM | 05.22.2023 | HARRISON CO. EXTENSION OFFICE

★ ★ Children welcomed! ★ ★

May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
		9:30am Bingocize	9am Coffee Crawl 11am Falmouth Rd	4 4:30pm Knitting 10:30 Indian Creek 5:15pm Women's Health	9:30am Bingocize 10-2 Beef Cattle Day	
7	8	9	10	11	12	13
	9:30am Bingocize 5:30pm Tea Party	←	9am Coffee Crawl KEHA State Meeting	11 9am Curry 10am Sunrise →	9:30am Bingocize Dinner Theatre	
14	15	16	17	18	19	20
	10am Basket	9:30am Bingocize 6:30pm Jacobs 6:30pm Barlow	9am Coffee Crawl 10am Leesburg	10:30am Renaker 4:30pm Knitting	9:30am Bingocize 6pm Crafty Scrapper	
21	22	23	24	25	26	27
	9:30am Bingocize 6:30pm Maiden Makers		9am Coffee Crawl 10am Piece Maker	9am Scrapbooking	9:30am Bingocize Noon: Men's Homemaker	
28	29	30	31			
			9am Coffee Crawl			



June 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	
			7am Health Fair 4:30pm Knitting			
4	5	6	8	9	10	
		10am & 5:30pm Electric Cooker				
11	12	13	15	16	17	
			4:30pm Knitting			
18	19	20	22	23	24	
		5pm Pressure and Water Bath Canning	5pm Pressure and Water Bath Canning			
25	26	27	29	30		
			6:30 Longest Day of Play			
			28			

Homemakers, be sure to check with your clubs to see when summer outings have been planned.