

Spencer County Family and Consumer Sciences Newsletter

Beth Maxedon, Spencer County FCS Agent

February 2025

UK Cooperative
Extension Service

Cooperative Extension Service
Spencer County
PO Box 368
100 Oak Tree Way
Taylorsville KY 40071-0368
(502) 477-2217
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spencer.ca.uky.edu

Leader Lesson Seminar

Come enjoy some fun with members from across the Louisville Area for this one-day interactive and hands on workshop! Three leader lessons will be presented.

Lunch is included. Registration begins at 9:30a.m.

MARCH 11, 2025
10:00A.M. - 2:00P.M.
HENRY COUNTY EXTENSION OFFICE
2151 CAMPBELLSBURG ROAD
NEW CASTLE, KY 40050

Topics Include:

- How to Get Out of a Mealtime Rut
- Strong Bones for Life: Prevent Osteoporosis
- Healthy Eating Around the World

\$12 PER PERSON
REGISTRATION REQUIRED

CONTACT YOUR LOCAL EXTENSION OFFICE TO REGISTER
PAYMENT MUST BE RECEIVED BY FEBRUARY 28

CONTACT TO REGISTER:

Spencer County Extension Office
502-477-2217
nhahp@uky.edu

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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Disabilities
accommodated
with prior notification.

Upcoming Dates

2/26: Homemaker Council - 1pm

2/28: Last day to pay for Homemaker Leader Lesson lunch, no refunds.

3/11: Homemaker Leader Lesson Day at the Henry County Extension Office.

3/17: Louisville Area Council Meeting

3/26: Last day to turn in Spencer County Cultural Arts items for judging

3/28: Louisville Area Cultural Arts Contest in Henry County

3/29: Wellness Day with Health Screening and vendors at the Spencer County Extension Office - 10am-2pm

May 6-8: KEHA State Meeting in Lexington

6/17: Louisville Area KEHA Meeting in Henry County at the Celebration Barn

Group Updates

Thread and Thimble Monthly Projects

February 24: *Mission Dresses*

10am - 4pm, please bring sewing machines, scissors, seam rippers, thread, elastic, and notions. Clean cotton fabric donations are appreciated. Please contact Gayle with any questions. (gaylebrowning@hotmail.com)

March: Sewing Caddies

April: Project Pouches

May: Little purses

Bunco Group Monthly Potluck Themes

February: Heartwarming Dishes celebrating love and friendship

March: International Women's Day - Heirloom Meals Potluck and recipe share

April: Rainy day recipes

May: Derby

Homemaker Groups

Patch worker Quilt Guild (2/4, 2/18)

When: 1st and 3rd Tuesday of the month

Where: Spencer County Extension Office

Contact: Lani Kratzwald - (502) 797-1774

Time: 10 AM

Loyal Homemakers (2/13)

When: 2nd Thursday of the month

Where: Spencer County Extension Office

Contact: Wendi Bazemore - (502) 912-7372

Time: 10:30 AM

Bluegrass Basket Guild (2/13)

When: 2nd Thursday of the month

Where: Spencer County Extension Office

Contact: Nichole Hutchins- (502) 422-0719

Facebook: <https://www.facebook.com/groups/129924587048584>

Time: 4 PM

Waterford Homemakers (2/19)

When: 3rd Wednesday of the month

Where: Spencer County Extension Office

Contact: Judy Broyles - (502) 821-2108

Time: 10 AM

Gardening Association

Contact Vicki Clark - (859) 576-9104

Thread & Thimble (2/24) - RSVP

When: 4th Monday of the month

Where: Spencer County Extension Office

Contact: Gayle Browning - (502) 354-1151

Time: 10 AM

Bunco Group (2/4)

When: 1st Tuesday of the month

Where: Spencer County Extension Office

Contact: Cindy Neely and Julie Hart

Time: 11 AM

Lunch Bunch (2/14)

When: 2nd Friday of the month

Where: Attend UL Healthy Heart Screening

Contact: Beth Maxedon - (502) 477-2217

Time: 11 AM

Active Living (February 4, 11, 18, 25)

When: Every Tuesday of the month

Where: Spencer County Extension Office

Contact: Beth Maxedon - (502) 477-2217

Time: 10 AM

Cook Wild KY (2/3)- RSVP by 1/29!


When: 1st Thursday of even months, 5PM

Where: Spencer County Extension Office

Contact: Beth Maxedon - (502) 477-2217

Theme: "In the Face of Disaster."

**For Homemaker Club announcements please email info to Ryan by the first of the month at ryan.linton@uky.edu **

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 	27	28	29	30	31	February 1
2	3	4 Patchworker's Quilt Guild - 10am Active Living - 10am Bunco Group - 11am	5	6 Cook Wild - 5pm "In the face of disaster"	7	8
9	10	11 Active Living - 10am	12	13 Loyal Home- makers - 10:30am Bluegrass Basket Guild - 4pm	14 Lunch Bunch - UL Healthy Hearts Screening. See fly- er to buy tickets. Happy Valentine's Day!	15
16	17	18 Patchworker's Quilt Guild - 10am Active Living - 10am	19 Waterford Home- makers - 10am	20	21	22
23	24 Thread and Thimble - 10am	25 Active Living - 10am	26 KEHA Homemaker Council - 1pm	27	28 FCS Council - 11am	March 1

SAVE THE DATE

March 29, 2025

9:30 - 12:30

“March into Wellness” with us at the second annual Wellness Day hosted at the Spencer County Extension Office.

A variety of free services, health information, and community health partners will be available.

2nd Annual Wellness Day

Join us for the second Annual Wellness Day at the Spencer County Extension Office located at 100 Oak Tree Way in Taylorsville, Kentucky.

It will be held from 9:30 - 12:30 and there will be a variety of free health services, health information, and community health partners available to members of the community. More information will be coming in February so stay tuned and we hope to have you join us on March 29th, 2025 for Wellness Day!

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Blueberry Cream Cheese Pound Cake

1 (8 ounce) package fat free cream cheese

½ cup canola oil

1 (18 ounce) package yellow butter cake mix

1 (5 ounce) package instant vanilla pudding mix

2 large egg whites

2 large eggs

2 teaspoons vanilla extract

2 cups fresh blueberries

1. Preheat oven to 325° F.

2. Lightly spray Bundt pan with nonstick cooking spray and dust with flour.

3. Combine cream cheese and oil in a medium bowl; beat with mixer at high speed until smooth and creamy.

4. Add cake mix, pudding mix, egg whites, eggs, and vanilla extract. Beat at medium speed until blended.

5. Fold in berries.

6. Spoon batter into prepared pan.

7. Bake 60 minutes or until wooden toothpick inserted in center comes out clean.

8. Cool cake in pan for 20 minutes. Remove from pan and cool completely.

Yield: 16 slices.

Nutrition Analysis: 260 calories; 10g fat; 1.5g saturated fat; 0g trans fat; 30 mg cholesterol; 390mg sodium; 38g carbohydrate; 1g fiber; 23g sugar; 4g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

