

*December 2025/January 2026*

# — Newsletter —

*Todd County Extension Family & Consumer Sciences*

## UPCOMING ACTIVITIES

**Yoga-ta Try This**

**Wits Workout**

**Junior  
Homemakers**

**Homemakers  
Council**

**Meals for 1 or 2**

**Traveling the  
World without  
Leaving Your  
Kitchen**

**Pretzel Baking &  
Dips**

**One Pot Meals**

**Potato Chip Quilt**

## Making A New Holiday Tradition

When it comes to the holidays, it is often our traditions that we think of first. Spending time with loved ones, making meals together, sharing in meals together, and even exchanging gifts or sentiments of love with one another. Sometimes over the years, traditions may end for any number of reasons, providing the opportunity to create new traditions. Here are some ideas of traditions you may want to start this holiday season:

- Volunteer as a family at a retirement home, share time with the guests, sing a song as a family, or put on a play.
- Write a letter to someone serving our country.
- Serve food at a local shelter or soup kitchen.
- Donate clothes or toys, or create hygiene kits for a holiday drive.
- Host a potluck and invite three families.
- Plan a seasonal treasure hunt .
- Have a circle of thanks in which you each share what you are most thankful for this year, or who and why.
- Put on a talent show.
- Give massages or foot rubs.
- Put together an adult's night out.

There are many ways to make the holidays special, so start a new tradition in your family this year.

Source: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development



**Cooperative  
Extension Service**

Agriculture and Natural Resources  
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4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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



Disabilities  
accommodated  
with prior notification.

# Upcoming Events

**Unless noted, all events will be held in the  
Todd County Extension Office meeting room.**

**All Extension Offices Closed December 24-January 2, reopen January 5.**

**January 6 *Yoga-ta Try This*, 10:00 a.m.**, homemaker leader training watch party . A second session will be offered by Zoom at noon. If you would like to receive the zoom link for the noon class, please contact the Extension Office.

**January 9 *Wits Workout*, 10:00 a.m.** Join me on Fridays, starting January 9, for six new sessions of Wits Workout. Each week we will do brain-boosting activities that help keep minds sharp. It's social, fun, and great for adults of all ages.

**January 15 Junior Homemakers 9:00 a.m.  
& 3:30 p.m. (after school).**

Junior Homemakers is having a hands-on class on Table Manners and Table Setting for youth in 4th grade and up. It is hands-on, practical, and a great confidence builder. Donna Coffman, a homemaker member and a retired teacher, is leading the Junior Homemaker Sessions, along with Betty Coppage and Donna Settle. This class will be practice for the tea party on March 19.

**January 16 *Wits Workout*, 10:00 a.m.**

**January 19 All Extension Offices Closed, reopen January 20.**

**January 23 *Wits Workout*, 10:00 a.m.**

**January 26 Todd County Homemakers Council, 5:00 p.m.**

**January 27 Meals for 1 or 2, 10:30 a.m. & 5:30 p.m.** We will demonstrate recipes, talk about planning and budgeting, and show how to reduce waste while still enjoying great meals. Please register for this event by calling the Extension Office at 270-265-5659.

**Cooperative Extension Service**

## WITS WORKOUT

An engaging, interactive, and fun brain health program.

**FREE**

Games  
Puzzles  
& more

**10:00 AM**

**January 9, 16, 23, & 30  
February 6 & 13**

**Location: Todd County Extension Office  
240 Pond River Road, Elkton, KY**

**To sign up, call the Todd County Extension Office  
270-265-5659**

Cooperative Extension Service  
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Community & Economic Development  
Lexington, KY 40546

# Upcoming Events, Continued

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**Unless noted, all events will be held in the  
Todd County Extension Office meeting room.**

**January 28 Traveling the World without Leaving Your Kitchen, 10:00 a.m.** This leader training will also be a Lunch & Learn. Please call the Extension Office at 270-265-5659, if you plan to attend. This will help us have enough samples for everyone to taste.

**January 30 Wits Workout, 10:00 a.m.**

**February 3 Pretzel Baking Class, 1:00 & 5:00 p.m.** Learn how to make soft pretzels and prepare a few favorite dips. Pre-register for the class by calling the Todd County Extension Office at 270-265-5659. There is a \$5 fee per person to help cover the cost of supplies for the class. The deadline for signing up is January 27.

**February 6 Wits Workout, 10:00 a.m.**

**February 12 Cook Together: One Pot Meals, 10:30 a.m. & 5:00 p.m.** participants will work together to prepare one-pot meals to share together as a meal. The class will also include information on how to make quick, easy, and affordable one pot meals and enjoy family meal time together. Contact the Todd County Extension Office at 270-265-5659 to sign up. Minimum of 6, maximum 12, at each session. Sign up by February 5.

**February 13 Wits Workout, 10:00 a.m.**

**February 23 Potato Chip Quilt Class, 9:00 a.m.** Marilyn Frogue will be teaching a Potato Chip (also known as scrappy) Quilt class on Monday, February 23, starting at 9:00 a.m. until 3:00 or 4:00 p.m. You will bring your own sewing machine (must know how to use it) and supplies. A \$10.00 deposit is required to hold your spot. If you have questions, please contact Marilyn or the Extension Office. Limit 10 participants.

**Pennyrile Area Homemaker Cultural Arts/Spring Seminar, March 27, 2026.** The event will be held at the Christian County Extension Office and Expo Center. More detail to come.

**KEHA Annual Meeting, May 12-16.** The meeting will be at the Hyatt Regency in Lexington. Lodging blocks are open for reservations. The Room rate is \$155 + tax. Call 800-233-1234 and use the code G-KEH1 for the conference rate.

**Lesson Ideas.** If you have a lesson suggestion that fits into one of our programming areas-- Family & Individual Development, Food, Nutrition & Health, Leadership Development, Management & Safety, Cultural Arts & Heritage, Environment, Housing & Energy, or International, please share it with me! Email me at [jill.harris@uky.edu](mailto:jill.harris@uky.edu) or give me a call.





**UK Cooperative Extension Service**

**A Cooking Social**  
**Cook Together, Eat Together**

# "One Pot Meals"

**February 12, 2026**  
**10:30 a.m. & 5:00 p.m.**

Learn how to make quick, easy and affordable one pot meals in this hands-on class.

Contact the Todd County Extension Office at 270-265-5659 to sign up.  
**Limit 12**

Cooperative Extension Service  
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# Pretzel Baking Class



**February 3, 2026**  
**1:00 p.m. & 5:00 p.m.**

**Location:**  
 Todd County Extension Office  
 240 Pond River Road  
 Elkton, KY 42220  
 Phone: 270-265-5659

**Class Fee: \$5/person**

**Deadline for Sign-up and Payment: January 26**

**PARTICIPANTS WILL LEARN HOW TO:**

- make and shape pretzel dough
- dip pretzels in alkaline solution before baking
- create sweet and savory pretzels
- prepare dips for traditional soft pretzels




# Potato Chip Quilt Class

**February 23, 2026**  
**9:00 a.m. – 3:00 p.m.**

**Location:**  
 Todd County Extension Office  
 240 Pond River Road  
 Elkton, KY 42220  
 Call 270-265-5659 to register  
**\$10.00 deposit to reserve a spot**

**Limit 10**

**MUST KNOW HOW TO USE SEWING MACHINE  
 BRING YOUR OWN MACHINE & SUPPLIES**

UK Cooperative Extension Service

**Thank you to everyone for your support of Family and Consumer Sciences programs. I have enjoyed meeting interacting with everyone this past year and look forward to seeing you in 2026. If you have ideas for classes for next year, please let me know.**

**Sincerely,**  
*Jill Harris*

**Jill Harris**  
**Extension Agent for Family & Consumer Sciences**