

**I'd like to become an Extension Homemaker:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Age: \_\_\_\_\_ Race: \_\_\_\_\_ Gender: \_\_\_\_\_

Email: \_\_\_\_\_

Birth Year (Optional): \_\_\_\_\_

I hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: \_\_\_\_\_

**Make check (\$10) payable to Muhlenberg County Homemakers and return to the Muhlenberg County Cooperative Extension Service.**

**Join Us As We Invest in the Future**

If you're interested in a way to positively influence the future of Muhlenberg Countians, including your own and would like to become a Homemaker member, contact Alex Kelly, Muhlenberg County Extension Agent for Family and Consumer Sciences at the Muhlenberg County Cooperative Extension Service at 270-338-3124.

**Upcoming Educational Lessons**

- August 31, 2023**-Understanding Learning Style
  - September 26, 2023**-Recognizing and Coping with Trauma after a Natural Disaster
  - November 1, 2023**-Healthy Eating Around the World
  - January 2024**-Carbon Monoxide
  - January 25, 2024**-Organizing Tips for Increased Productivity
  - March 5, 2024**-Scam Red Flags and Avoiding Fraud
  - March 26, 2024**-Seasoning with Spices
  - April 30, 2024**-Let's Play Pickleball
  - June 2024**-Health Literacy for the Win
- Please contact the Extension Office to sign up for lesson trainings.*

**Upcoming Monthly Mingles**

- Join Homemakers the second Saturday of the month at 10 AM for a Craft Mingle. You'll take home at least one fun, handmade craft at each mingle. Small charge at each Craft Mingle to help cover supplies.*
- July 8, 2023**-Christmas in July Jingle Mingle
  - September 9, 2023**
  - November 11, 2023**
  - January 13, 2024**
  - March 9, 2024**
  - May 11, 2024**
- Join Homemakers the second Friday of the month at 5:30 PM for Game Night. Games will vary. There is no fee for Game Night.*
- August 11, 2023**
  - October 20, 2023**
  - February 9, 2024**
  - April 12, 2024**
  - June 14, 2024**

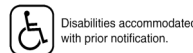
Alex Kelly, Family & Consumer Sciences Extension Agent

Muhlenberg County Cooperative Extension Service  
3690 State Route 1380 Central City, KY 42330-5512  
Phone: 270-338-3124

Website: <http://muhlenberg.ca.uky.edu>  
Facebook: Muhlenberg County Homemakers  
Muhlenberg County Cooperative Extension



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**Muhlenberg County Extension Homemakers Association**

Muhlenberg County Cooperative Extension  
Telephone: 270-338-3124



# KEHA MISSION

Are you looking for a way to get involved in your community? Maybe you want to learn new skills, make some friends, or give back to others. Join Extension Homemakers and broaden your horizons. The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education. Across the state County Extension Agents work closely with KEHA members and clubs to provide educational programming and coordinate community activities.

## Who are Muhlenberg County Extension Homemakers?

Our membership is one involving research based education and activities to improve the quality of life for our families and communities. Any full time or part-time homemaker is welcome to join!

## What are the benefits of becoming an Extension Homemaker?

In Extension Homemakers you can...

- ◆ Get the latest information on what's new for you, your home and your family.
- ◆ Take advantage of educational programs offered by the University of Kentucky.
- ◆ Participate in county and club activities.
- ◆ Learn new skills for personal growth, decision making, and leadership development.

- ◆ Belong to a group that addresses community involvement, environment, families, heritage, global issues, and volunteering.
- ◆ Make new friends.

## Join one of Muhlenberg County's Homemaker Clubs!

**Forever Young Club:** This club meets the third Wednesday of each month at the Muhlenberg County Extension Service. The ladies in this group are active in all programs in Muhlenberg County Homemakers as well as many churches, community clubs, programs and projects. The Forever Young Homemakers have servants hearts, they volunteer in various food and nutrition projects, like *Food Explorers* and the annual *Bean Supper*; and enjoy the various educational opportunities offered through Cooperative Extension.

**Imitation Club:** This club meets on the third Tuesday of each month at the Muhlenberg County Extension Service. The club shares a potluck lunch and fellowship. A lesson is then shared by the hostess to the club. All of the club members are eager to learn new information to make them better homemakers, whether it is cooking, sewing, crafts or other household hints.

**Material Girls Club:** Meets on the third Thursday of each month at the Muhlenberg County Extension Service. This club has participated in various sewing projects, as well as other projects to help our community. This club loves to have fun and is a good option for working Homemakers who are unable to attend day meetings, as their meetings are held in the evening.

**Neighborhood Club:** When the Neighborhood Club began most of the members lived in the area of Depot Street and Paradise homes; therefore, it was only natural to name the club *Neighborhood Homemakers*. The club meets on the third Tuesday of each month at club members homes and enjoys learning about new things.

## Not interested in joining a club but would still like to receive our educational information?

### Become a mailbox member!

The Muhlenberg County Extension Homemakers Association offers an associate membership to individuals who are unable to attend regular club meetings. **Dues for 2023-2024 are \$10.**

Mailbox members enjoy the privileges of regular Extension Homemaker Club membership, including area and state affiliation, PLUS...

- ◆ Notifications of special county and area activities
- ◆ Nine yearly lessons mailed directly to you
- ◆ Opportunities to participate in county wide Extension Homemaker activities
- ◆ A county newsletter each month listing all programs pertaining to Family and Consumer Sciences
- ◆ Eligibility to join any of our special interest classes

Mailbox membership is ideal for those who wish to stay connected but have less time to regularly commit to monthly club meetings.