

Cooperative Extension Service
Grant County
105 Baton Rouge Road
Williamstown, KY 41097
(859) 824-3355
Fax: (859) 824-3391
grant.ca.uky.edu

Homemaker Hilite



April–May 2024

**LOOKING FOR A FUN, NEW
WAY TO BE MORE ACTIVE?**



Bingo + Exercise + Nutrition = Bingocize®

Meeting Dates!

- | | |
|------------------------|----------------------|
| Mar 4 th | Mar 8 th |
| Mar 11 th | Mar 15 th |
| Mar 18 th | Mar 22 nd |
| Mar 25 th | Mar 29 th |
| Apr 1 st | Apr 5 th |
| Apr 8 th | Apr 12 th |
| Apr 15 th | Apr 19 th |
| Apr 22 nd | Apr 26 th |
| April 29 th | May 3 rd |
| May 6 th | May 10 th |



BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

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**COME JOIN THE
FUN!**

WHERE:

Williamstown Senior Center

TIME:

11am

Registration:

Call the Grant County Extension Office (859)824-3355 to register!



**GRANT COUNTY
HOMEMAKERS
TEE SHIRT FUNDRAISER
SALE**



**COOKING THROUGH THE
CALENDAR**

April 17:

Lentil Sloppy Joes

May 22: Taco Pie

Call 859-824-3355 to register.

Classes start at 1 PM at the Senior Center.

Laugh & Learn

Laugh & Learn is a free, one-hour program for your child(ren) ages 3-5 years old. It is held monthly at the Grant County Library. Please call 859-824-3355 to sign up so we have enough activities for everyone.

April 19: Spring

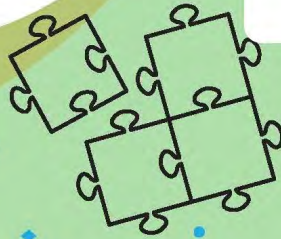
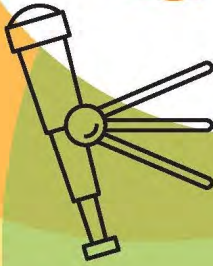
May 17: Plants





WITS WORKOUT

An engaging, interactive,
and educational
brain health program



April 3rd and May 1st @ 1pm

Williamstown Senior Center
400 N Main St, Williamstown, KY 41097

-Or-

April 3rd and May 1st @ 7pm

Grant County Extension Temporary Office
1212 N Main Suite F, Williamstown, KY 41097

Call to register: (859)824-3355

ILLINOIS
Extension
COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES

Cooperative
Extension Service

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

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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.



T-SHIRT ORDER FORM

GRANT COUNTY HOMEMAKERS

859-824-3355

ORDER DATE _____

CUSTOMER INFORMATION

NAME _____

ADDRESS _____

PHONE _____

E-MAIL _____



TEE SHIRTS ARE \$15. EACH
AVAILABLE ONLY IN GREEN AND
ARE UNISEX DESIGN. PLEASE ORDER ONE SIZE UP
FOR LOOSER FIT

Adult	Qty
S	
M	
L	
1X	
2X	
3X	
4X	
5X	

Total Quantity: _____

Amount enclosed: _____

Shirts will be delivered to the Extension Office for you to pick up.

Mail form & payment to 105 Baton Rouge Road, Williamstown, KY 41097 or

Drop off at our temporary location at 1212 N. Main St. Williamstown, in
Midway Plaza

**Order forms must be received
by May 1.**

ADULT HEALTH BULLETIN



APRIL 2024

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Grant County
Extension Office
105 Baton Rouge Road
Williamstown, KY
41097
(859)824-3355

THIS MONTH'S TOPIC

WALK AROUND THE CLOCK



April 5th is National Walking Day. It's an opportunity to try to fit more movement into your daily routines. If you are looking for a way to take a step in that direction (pun intended!), the following tips from the American Heart Association are for you.

Get up and going early

- Before you go to bed at night, lay out your walking clothes and shoes so it's easy to put them on quickly and head out the door.
- Eat a piece of fruit or a container of yogurt for quick energy, either first thing or on the go.

Continued on the next page 



**Cooperative
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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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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal.

➔ Continued from the previous page

- Create an upbeat playlist of your favorite songs to help get you moving. But make sure you can still hear traffic while listening to music.
- If it is still dark, carry a light or wear reflective clothes.
- Stretch after your walk. You can even watch a morning news show or check your email while stretching.

Add in a mid-day movement break at lunch

- Schedule your lunchtime walk in your calendar, like an important meeting or appointment.
- Keep everything you need for walking at work or in your car, so you will never be without them.
- Recruit co-workers or friends to join you. You can keep each other on track and accountable.
- Depending on your walking pace, the weather and how much you sweat, you may be able to wear your work clothes and just put on athletic shoes. Or you may prefer to keep a change of clothes handy with your shoes.
- In cooler weather, you might need a jacket, hat, or gloves. If you're walking briskly, you'll heat up in a few minutes, so don't overdress.
- Do not skip lunch. Bring food with you or pick a route where you can grab a quick healthy meal at the end of your walk.

Wind down from your day with a walk

- Have a light snack about an hour or two before you leave work so you don't feel an energy dip and talk yourself out of walking. You could try fruit, trail mix, or peanut butter and crackers as easy afternoon snacks.
- Pick a route without heavy traffic because air pollutants are worse during rush hour.
- Before heading out or as you begin your walk, do some shoulder rolls and other warm-ups to release any stress you may be carrying.



- Carry a light or wear reflective clothing if it's already dark or getting dark while you are out.

When you choose to move is up to you. The important thing is fitting it in! Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal. Whether you do all 30 minutes at once or spread it out during your day is up to you!

REFERENCE:

<https://www.heart.org/en/healthy-living/fitness/walking/fit-in-walking-morning-noon-or-night>

ADULT
HEALTH BULLETIN

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Adobe Stock



Calendar Corner

Apr. 1	Happy Stitchers @ Temporary Office	10 AM
Apr. 3	WITS Workout (See flyer) @ Temp Office	7 PM
Apr. 9	Dry Ridge Homemakers @ Temp Office	10:30 AM
Apr. 12	Loving Stitchers @ Temporary Office	10 AM
Apr. 15	Chamber Breakfast @ St. Williams	
	Happy Stitchers @ Temporary Office	10 AM
	Hmkr Fair Council @ Temp Office	6 PM
Apr. 16	Homemaker Council @ Temp Office	11 AM
Apr. 17	Cook thru the Calendar @ Senior Center	1 PM
Apr. 19	Laugh & Learn @ Library	11 AM
	Paint Night! @ Senior Center	6 PM
Apr. 24	Crochet Club	1 PM
May 1	WITS Workout @ Temp Office	7 PM
May 3	Loving Stitchers @ Temp Office	10 AM
May 6	Happy Stitchers @ Temp Office	10 AM
May 17	Loving Stitchers @ Temp Office	10 AM
	Laugh & Learn @ Library	11:30 AM
May 20	Chamber Breakfast @ Library	
	Election Lunch Prep @ Temp Office (after chamber)	
	Happy Stitchers @ Temp Office	10 AM
May 21	Homemaker Council @ Temp Office	11 AM
May 22	Cook thru the Calendar @ Senior Center	1 PM
	Crochet Club @ Temp Office	1 PM
May 27	Memorial Day—Office Closed	

Paint Nights

Call 859-824-3355

to sign up.

Class begins at 6 PM
and will be cancelled if
fewer than 5 sign up.

\$25/person

@ Senior Center

April 19

Your Choice!



If you came to the

March Cook through the Calendar,

here's another way to use

veggies and eggs for a tasty meal!



Spinach and Mushroom Quiche

1 tablespoon olive oil	8 large eggs
4 cups chopped spinach	1 cup shredded Colby-Jack cheese
2 cups chopped mushrooms	1 cup skim milk
1/2 medium yellow onion, chopped	4 tablespoons melted butter
1 teaspoon crushed red pepper flakes	2 (9-inch) unbaked pie shells
1/2 teaspoon garlic powder	4 tablespoons grated parmesan cheese

Preheat oven to 400 degrees F. In a medium skillet, **heat** the olive oil. **Add** the spinach, mushrooms, onion, red pepper flakes, and garlic powder. **Cook** over medium heat for 8 minutes. In a mixing bowl, **beat** the eggs until smooth. **Stir** in the Colby-Jack cheese, milk, cooked mixture, and melted butter until evenly blended. **Divide** the mixture between the two uncooked pie crusts. **Sprinkle** parmesan cheese on top. **Bake** in preheated oven for 15 minutes at 400 degrees F. **Reduce** the oven temperature to 350 degrees F and **bake** an additional

30 to 35 minutes. Quiche will be rich golden brown, and a knife inserted in the center will come out clean. **Cool** slightly before serving. **Serve** warm.
Yield: 12 servings; serving size is 1/6th of one quiche. Recipe makes two quiche.
Nutritional Analysis: 280 calories; 19g total fat; 9g saturated fat; 0g trans fat; 150mg cholesterol; 330mg sodium; 19g carbohydrate; 0g dietary fiber; 2g total sugars; 0g added sugars; 9g protein; 6% DV Vitamin D; 10% DV Calcium; 6% DV Iron; 4% DV Potassium.