

Adding Physical Activity to Your Life

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- Ideas to Get Moving:
 - At Home: Walk the dog, clean, garden, mow the lawn, play with kids, or exercise while watching TV.
 - At Work: Walk or bike to work, park farther away, take the stairs, add a lunchtime walk, or join workplace fitness activities.
 - With Family: Go on walks, hikes, or bike rides; play games or sports together; use active video games; try obstacle courses; or have a family dance party.
- Key Message:
 - Choose enjoyable activities, make them part of your routine, and remember—even short, regular sessions of movement improve health.



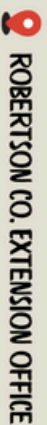


PAINT BY NUMBER WORKSHOP



A beloved pet, your childhood home, or a special occasion. Create a one of a kind design that's will withstand a lifetime. Give as a gift or keep for yourself.

11 NOV. 2025
START AT 5:00PM



REGISTRATION

\$40.00

(Includes 16x20 personalized design on a rolled canvas and all materials)
\$5.00 per painting will be donated to

Robertson Co 4-H

**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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and are provided through the University of Kentucky. Extension programs are provided in English, Spanish, and Chinese. Programs are available in other languages upon request. Programs are available in other languages upon request. Programs are available in other languages upon request.



Disability
accommodations
with prior notification.

ROBERTSON COUNTY

SHRED EVENT

SATURDAY, SEPTEMBER 27TH

9:00 AM - 1:00 PM

ROBERTSON CO. EXTENSION OFFICE

39 E WALNUT ST. MT. OLIVET, KY 41064

MUST BE A ROBERTSON COUNTY RESIDENT

**DOCUMENTS CAN BE BROUGHT TO THE EXTENSION OFFICE ON FRIDAY,
SEPTEMBER 26TH, IF YOU ARE UNABLE TO COME THE MORNING OF THE EVENT**

SPONSORED BY:



Robertson County





Cooperative Extension Service **CRAFTS & CRUMBS**

September 23

Robertson County Extension Office

5:00 p.m.

Call to Register 606-724-5796

Limited to 15 Spots



\$7.00– Community Members
\$5.00– Homemakers

Includes all material and instructions.

Registration by September 18



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Disabilities accommodated with prior notification.

COOKING THROUGH THE CALENDAR

SEPT. 11
11 A.M.

Robertson County
Senior Citizen's
Building

Each attendee will receive a free 12 month recipe calendar and will be able to taste-test each dish.

Participants must be 60 years of age to participate.

GRITS, GREENS,
AND EGG BOWL



SEE YA
Around Town

Mount★
Olivet

ROBERTSON COUNTY 4-H SHINES AT COUNTY AND STATE FAIR COMPETITIONS

The Robertson County Homemakers proudly sponsored this year's 4-H County Projects, helping to support youth in showcasing their talents and hard work. A total of 13 4-H members entered an impressive 88 projects for competition. Entries showcased a wide variety of skills, ranging from photography and dinner place settings to woodworking, financial literacy posters, and much more.

All projects that earned a first-place ribbon at the county level advanced to the Kentucky State Fair, where they were judged at Cloverville on August 11. Robertson County 4-H members represented their community well, bringing home numerous awards, including several prestigious purple ribbons and even a Reserve Grand Champion award.

A special thank you goes out to the Robertson County Homemakers for their continued support, including the purchase of new county ribbons and sponsoring judging at this year's event. Their generosity ensures that 4-H members have the opportunity to learn, grow, and shine through these competitions.



NEWSLETTER

 Cooperative
Extension Service

ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

Robertson County Cooperative Extension
39 E Walnut Street
P.O. Box 283
Mt. Olivet, KY 41064

INSIDE THIS ISSUE

IMPORTANT DATES

Tasty Tuesday @ RCHCF	Sept. 2
4-H Livestock Show & Sale	Sept. 4
4-H Photography Club	Sept. 10
Cooking Through the Calendar	Sept. 11
Cultural Arts Deadline	Sept. 12
Homemaker Meeting	Sept. 15
4-H Cooking Club	Sept. 18
Crafts & Crumbs	Sept. 23
Shred Event	Sept. 27



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Lexington, KY 40506