

HUMPHREYS CO. FAMILY & CONSUMER SCIENCES EXTENSION NEWSLETTER

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Remember the fallen on Memorial Day.

May's newsletter provides information and tips on healthy eating for women, the benefits of reading with and aloud to children, how to financially recover from a natural disaster, and preparing for spring weather.

Recipe of the Month

Simple Fish Tacos

These fish tacos are the perfect combination of simplicity and excitement.

Yield: 6 servings

Ingredients

- 1/2 cup sour cream (non-fat)
- 1/4 cup mayonnaise (fat-free)
- 1/2 cup cilantro (chopped)
- 1/2 package taco seasoning (divided)
- 1 pound fish fillets (white fish or cod, cut into 1 inch pieces)
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- 2 cups cabbage (red and green, shredded)
- 2 cups tomatoes (diced)
- 12 medium tortillas (6-inch, warmed)
- 1 small lime (wedges, for serving)

Steps

1. In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 Tbsp seasoning mix.
2. In a medium bowl, combine cod, vegetable oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook stirring constantly, over medium-high heat for 4-5 minutes or until cod flakes easily when tested with a fork.
3. Fill warm tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.

Meal Type: Lunch, Dinner | Food group: Vegetables, Protein, Grains | Season: Spring, Summer

Real. Life. Solutions.

The latest on this month's issue:

Recipe of the Month

Healthy Eating and Women

Benefits of Reading to Your Child

Financial Recovery Following a Natural Disaster

Prepare for Spring Weather

Skill Up Tennessee

Dates To Remember

Healthy Eating and Women

It's National Women's Health Week on May 14 through the 20th. The food and drink choices you make every day affect your health now and later in life. Choosing healthy foods and drinks more often can help prevent or manage many health problems that affect women. And studies show that when a woman eats healthy, everyone in her household is more likely to eat healthy.

Healthy eating is a way of eating that improves your health and helps prevent disease. It means choosing different types of healthy food from all of the food groups (fruits, vegetables, grains, dairy, and proteins), most of the time, in the correct amounts for you. Healthy eating also means not eating a lot of foods with added sugar, sodium (salt), and saturated and trans fats.

Healthy eating also means getting nutrients primarily from food rather than from vitamins or other supplements. Some women might need vitamins, minerals, or other supplements at certain times in life like before or during pregnancy. But most women, most of the time, should get their essential nutrients from what they eat and drink.

What you eat and drink is influenced by where you live, the types of foods available in your community and in your budget, your culture and background, and your personal preferences. Often, healthy eating is affected by things that are not directly under your control, like how close the grocery store is to your house or job. Focusing on the choices you can control will help you make small changes in your daily life to eat healthier.

What calories do I need?

The amount of calories you need is based on your physical activity level, age, height, weight, and other unique health considerations, such as whether you are pregnant or breastfeeding.

What does Healthy Eating Look Like?

Use MyPlate as a guide to build a healthy diet. Think about filling your plate with foods from the five food groups — fruits, vegetables, grains, proteins, and dairy — at each meal. Snacks can be a good way to fill in fruits and whole grains you might have missed at meals. Most of us don't need complicated calorie counting programs or special recipes for healthy eating.

Some simple tips to improve your eating habits are to eat more vegetables, snack on fruit more often, and cook at home more each week.

- **Fruits and vegetables.** Everyone needs to eat fruits and vegetables every day. Try to fill about half of your plate with fruits or vegetables at meals. Most women do not get enough fruits and vegetables.³ Eat whole fruit (not juice) and try different types of vegetables during the week.
- **Protein.** Eat different types of foods with protein, including seafood, lean meats, poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products. Most women do not eat enough seafood to meet weekly recommendations of 8 to 10 ounces (or about two servings a week).⁴
- **Grains.** Make at least half your grains whole grains, such as brown rice, whole-wheat pasta, or whole-wheat bread. Most women do not eat enough whole grains.⁵
- **Dairy.** Women should get 3 cups of dairy each day, but most women get only half that amount.⁶ If you can't drink milk, try to eat low-fat plain yogurt or low-fat cheese. Dairy products are among the best food sources of the mineral calcium, but some vegetables such as kale and broccoli also have calcium, as do some fortified foods such as fortified soymilk, fortified cereals, and many fruit juices. Most girls ages 9 to 18 and women older than 50 need more calcium for good bone health.
- **Oils.** When cooking try to use oils from plants instead of solid fats like butter, margarine, or coconut oil. See this list of oils and fats to see how healthy each type of cooking oil and solid fat is. Most women eat too much solid fat through packaged foods like chips or salad dressing, and not enough healthy fats like olive oil or the type of fat in seafood.

Healthy eating means not eating a lot of food with added sugars, saturated and trans fat, and sodium (salt). Healthy eating means eating fruits, vegetables, whole grains, healthy types of protein and dairy and not eating or drinking too many calories for your body type.

Does Healthy Eating include a special diet or type of food?

No. There is no one special ingredient or vitamin that will make you healthy and cure illness. One of the keys to healthy eating is your overall pattern of eating.

You don't have to spend a lot of money, follow a very strict diet, or eat only specific types of food to eat healthy. Healthy eating is not about skipping meals or certain nutrients. Healthy eating is not limited to certain types of food, like organic, gluten-free, or enriched food. It is not limited to certain patterns of eating, such as high protein.

You also do not have to stop eating all of your favorite foods. You can eat a variety of foods, including less healthy favorites, as long as you don't eat them all the time and keep the amount small.

Some diets have been shown by researchers to prevent disease and help people reach and maintain a healthy weight. Get started with one of these:

- Healthy U.S.-style eating plan
- Mediterranean-style eating plan
- Vegetarian eating plan
- DASH diet (Dietary Approaches to Stop Hypertension)

Why is healthy eating important for everyone?

Healthy eating helps:

- Your body and brain get the energy you need to think and be physically active
- Your body get the essential vitamins and minerals you need to stay alive and healthy. For example, your body needs iron to help deliver oxygen to all of your muscles and organs. Vitamin C helps your body make new skin cells and collagen. Vitamin A helps you see better at night.
- You reach and maintain a healthy weight
- Lower your risk of diseases, such as heart disease and diabetes

The old saying “you are what you eat” is true. What you eat and drink become the building blocks for all of the cells in your body. Over time, your food and drink choices make a difference in your health.

What unique nutrition needs do women have?

Women have some unique nutritional needs, including needing more of certain vitamins and minerals during pregnancy or after menopause.

- **Calories.** Most times, women need fewer calories. That's because women naturally have less muscle, more body fat, and are usually smaller. On average, adult women need between 1,600 and 2,400 calories a day. Women who are more physically active may need more calories. Find out how many calories you need each day, based on your age, height, weight, and activity level.
- **Vitamins and minerals.** Calcium, iron, and folic acid are particularly important for women.
- **Reproductive health.** Women have different nutritional needs during different stages of life, such as during pregnancy and breastfeeding or after menopause.
- **Health problems.** Women are more likely to have some health problems related to nutrition, such as celiac disease and lactose intolerance, and vitamin and mineral deficiencies, such as iron-deficiency anemia.
- **Metabolism.** Women process some substances differently and burn fewer calories at rest and during exercise than men do.



How do your nutritional needs change throughout life?

Women's nutritional needs change as our bodies change during different stages of our lives.

- During the teen years. 7 Girls ages 9 to 18 need more calcium and vitamin D to build strong bones and help prevent osteoporosis later in life. Girls need 1,300 milligrams (mg) of calcium and 600 international units (IUs) of vitamin D every day. 8,9 Girls ages 14 to 18 also need more iron than boys (15 mg compared to 11 mg). 10
- Young adults. Teen girls and young women usually need more calories than when they were younger, to support their growing and developing bodies. After about age 25, a woman's resting metabolism (the number of calories her body needs to sustain itself at rest) goes down. To maintain a healthy weight after age 25, women need to gradually reduce their calories and increase their physical activity.
- Before and during pregnancy. You need more of certain nutrients than usual to support your health and your baby's development. These nutrients include protein, calcium, iron, and folic acid. Many doctors recommend prenatal vitamins or a folic acid supplement during this time. Many health insurance plans also cover folic acid supplements prescribed by your doctor during pregnancy. You also need to avoid some foods, such as certain kinds of fish.
- During breastfeeding. Continue eating healthy foods while breastfeeding. You may also need to drink more water. Nursing mothers may need about 13 cups of water a day. Try drinking a glass of water every time you nurse and with each meal.
- After menopause. Lower levels of estrogen after menopause raise your risk for chronic diseases such as heart disease, stroke, and diabetes, and osteoporosis, a condition that causes your bones to become weak and break easily. What you eat also affects these chronic diseases. Talk to your doctor about healthy eating plans and whether you need more calcium and vitamin D to protect your bones. Most women also need fewer calories as they age, because of less muscle and less physical activity.

How much fiber should you be eating?

Fiber is an important part of an overall healthy eating plan. Good sources of fiber include fortified cereal, many whole-grain breads, beans, fruits (especially berries), dark green leafy vegetables, all types of squash, and nuts. Look on the Nutrition Facts label for fiber content in processed foods like cereals and breads. Most women do not get enough fiber. 11

- Women ages 19 to 30 need 28 grams of fiber every day.
- Women ages 31 to 50 need 25 grams of fiber every day.
- Women age 51 or older need 22 grams of fiber every day.

Why is fiber good for women's health?

Not getting enough fiber can lead to constipation and can raise your risk for other health problems. Part of healthy eating is choosing fiber-rich foods, including beans, berries, and dark green leafy vegetables, every day. Fiber helps lower your risk for diseases that affect many women, such as heart disease, diabetes, irritable bowel syndrome, and colon cancer. Fiber also helps you feel full, so it can help you reach and maintain a healthy weight.



Why is seafood good for women's health?

In addition to other nutrients, seafood has two important omega-3 fatty acids: eicosapentaenoic acid and docosahexaenoic acid, more commonly called EPA and DHA. These fatty acids may affect: 12, 13

- Risk for heart disease
- Risk for preterm birth (also called premature birth)
- Growth and development in unborn babies and breastfed infants



How can you get enough Omega-3 fatty acids?

Here are some ways to get omega-3 fatty acids:

- Eat seafood. Salmon, tuna, trout, anchovies, and sardines have high amounts of omega-3 fatty acids. One way to get more seafood is to make it your main protein choice a couple of times a week.
- Eat nuts, seeds, and oils with omega-3 fatty acids. Foods high in omega-3 fatty acids include walnuts, flaxseeds, flaxseed oil, soybean oil and canola oil.
- Eat foods with added omega-3 fatty acids. Some foods may have added omega-3 fatty acids (called “fortified” on the label), including some types of eggs, yogurt, juices, milk, or soy beverages.
- Take a fish oil supplement. If it’s difficult to get enough omega-3 fatty acids from food, your doctor or nurse may recommend a supplement (an over-the-counter pill). Vegetarian women who do not eat seafood especially may benefit from vegetarian omega-3 supplements.



Are low-fat or low-carb diets safe for women?

Yes, low-fat and low-carbohydrate (carb) diets can be safe, but you should always talk to your doctor or nurse before limiting the amount of any specific nutrient like fat or carbs. Fats and carbs are essential, which means your body needs them to work correctly and for good health.

- Low-carb diets can help you lose weight,¹⁴ but they can also limit the amount of fiber you get each day. Most women do not get enough fiber. Low-carb diets can also be difficult to continue for the long term.¹⁵ Carbohydrates are a type of essential nutrient, meaning that your body has to have carbs to work correctly.
- Low-fat diets also can help you lose weight.¹⁶ But the amount of weight lost is usually small. You can lose weight and lower your risk for heart disease and stroke if you follow an overall healthy pattern of eating that includes more fruits, vegetables, whole grains and beans that are high in fiber, nuts, low-fat dairy and fish, in addition to staying away from trans fat and saturated fat.

For weight loss, what is more important is eating healthy carbs and unsaturated fats and limiting the amount of calories you take in. It helps to cut out or eat less of foods that don't have essential vitamins, minerals, or nutrients. Make sure you read the Nutrition Facts label carefully.

Benefits of Reading to Your Child

Before they even understand what words and books are about, young children still benefit from listening to you read aloud. And by making books a part of your daily routine, you're setting the stage for future success in school, work and life.

- **Success in School** – Studies show that children who grow up with lots of books in the home tend to go farther in school.
- **A Love of Books** – Reading together builds strong family relationships. By cuddling up together with a good book, you teach your child that reading is fun—even for adults.
- **Teaching Coping Skills** – Books are a great way to teach children how to handle new experiences and stressful situations. Stories can help children understand, talk about and deal with everything from starting a new school to the loss of a pet.

Did you know?

- If a child reads for 20 minutes every day, they are exposed to about 1.8 million words of text every year. That is 137 new words per minute!
- If families read together for 20 minutes a day, 7 days a week, they get more than 121 hours of bonding time every year!
- Many states use third-grade reading scores to predict the number of jail cells they might need in the future (about three out of five prisoners in America are illiterate).
- For every year you read with your child, average lifetime earnings increase by \$50,000. You make a \$250,000 gift to your child from birth to age 5 by reading aloud, just 20 minutes a day!
- Children who have not developed some basic literacy skills by the time they enter school are 3–4 times more likely to drop out in later years.
- Reading to your child in an interactive style can raise a child's IQ by 6 points.
- Visit the [Governor's Books From Birth Foundation](#) to enroll in [Imagination Library](#), the program (for children from birth to age 5) that mails one new book each month to the child's home at no cost to the family. Your child can receive a library of up to 60 books! The Governor's Books From Birth Foundation also has more reading tips and Imagination Library book activities.



Financial Recovery Following a Natural Disaster

Natural disasters can occur any time and often come with little warning. Disasters may take many forms, such as fire, storms, flooding, or ice. While it's best to be financially prepared before adverse weather events, there are steps you can take to protect your property and finances in the aftermath.

Document Your Losses

First, it is important to document your property damage and loss. You will be required to offer written documentation before submitting claims for an insurance policy and to qualify for assistance programs. It is important to include as much detail as possible for each item such as manufacturer, model, serial number, age, new value, current value, and the damages incurred. Taking pictures of damages to submit with written documentation is helpful. If you have experienced significant loss, this can be difficult and time-consuming task. Allow family members, neighbors, and volunteers to assist in the process.

Understand Homeowner's Insurance

A house is typically insured at 80% at its current replacement cost. Replacement cost is the amount of money it would take to rebuild a similar home based on today's construction prices. If your home is insured for less than 80% of the replacement cost, you may receive a prorated or reduce amount on your claims. To determine the reduced or prorated amount you can anticipate receiving from your claim, talk with your insurance agent based on specific terms of your policy. The difference between the replacement cost of repairs and amount your receive from insurance will be an out-of-pocket expense.

Track Your Actions

Following a natural disaster, you will face many decisions that can affect your family's financial well-being. Be sure to document all conversations. Specifically, record Who (Who did you speak with?), When/Where (When and Where did the conversation occur?), and What (What did you talk about?). To help you stay organized, consider getting a notebook, calendar, and large envelope. In the notebook, record details, regarding the disaster, to-do lists, and contact information for organizations and individuals with whom you have been working. Use the calendar to record appointments, deadlines, and actions taken. Finally, use the large envelope to store disaster-related receipts.



Other Considerations

If you will be out of your home for an extended period while repairs are made, take these steps:

- Cancel or pause home-based services such as phone, cable, or utilities that you will not be using.
- Complete a change of address form at the post office to ensure you receive your mail.
- Notify your mortgage company of disaster damage to your property.
- If you have vehicle damage or loss, contact your auto insurance agent.

You may also need to replace important papers that were lost or damaged in storms, such as birth certificates, photo identification, or property titles.

Also, be certain not to sign anything from any insurance company indicating final payment to you.

Disaster-related damages may continue to surface for several weeks or months. If you are concerned about your ability to pay your bills, contact your creditors or lenders to explain your situation. You may be able to arrange a modified payment plan.

Be Wary of Scams

Finally, be cautious of scams for home repairs, advance fee loans, protection from foreclosure, and charity scams or fraud. In general, be alert to people who are soliciting door-to-door or who demand cash payments. Be certain to read all paperwork before you sign contracts. If you are confused by language or wording of the contract, do not sign the paperwork until someone else has read the contract and you understand what you are signing.

For home repairs companies, check references and compare bids. Be certain to have contractor detail everything in writing, including an estimated price, before the work begins. Do not make the final payment to contractors until the work is complete. Protect yourself by being wary of loans that seem too easy to get or that guarantee financing. Often these will have large upfront fees. Do not give out credit card numbers, bank account information, or your Social Security number to people or companies you do not know.

Prepare for Spring Weather

Introduction

Spring weather can be unpredictable. When severe weather hits unexpectedly, the risk of injury and weather-related death increases, so planning makes sense. Prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.

Spring is the time of year when many things change—including the weather. Temperatures can swing back and forth between balmy and frigid. Sunny days may be followed by a week of stormy weather. Sometimes extreme weather changes can occur even within the same day. Mark Twain once said, “In the spring I have counted one hundred and thirty-six kinds of weather inside of four and twenty hours.”

Thunderstorms cause most of the severe spring weather. They can bring [lightning](#), [tornadoes](#), and [flooding](#). Whenever warm, moist air collides with cool, dry air, thunderstorms can occur. For much of the world, this usually happens in spring and summer.

Because spring weather is so unpredictable, you may be unprepared when severe weather hits—particularly if you live in a region that does not often experience thunderstorms, tornadoes, or flooding. When severe weather hits unexpectedly, the risk of injury and death increases, so planning ahead makes sense. Prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.

Advance planning for thunderstorms, lightning, tornadoes, and floods requires specific safety precautions. You can follow many of the same steps for all extreme weather events. Keep an emergency kit on hand. Some items to include are:

- A battery-operated flashlight, a battery-operated NOAA Weather Radio, and extra batteries for both
- An emergency evacuation or shelter plan, including a map of your home and, for every type of severe weather emergency, routes to safety from each room
- A list of important personal information, including:
 - telephone numbers of neighbors, family, and friends
 - insurance and property information
 - telephone numbers of utility companies
 - medical information
- According to the American Red Cross a first aid kit may include:
 - non-latex gloves
 - an assortment of adhesive bandages
 - antibiotic ointment
 - sterile gauze pads in assorted sizes
 - absorbent compress dressings
 - tweezers
 - scissors
 - adhesive cloth tape
 - aspirin packets (81 mg each)
 - a first aid instruction booklet (NOTE: Customize your first aid kit to meet your individual and family needs.)
- A 3- to 5-day supply of bottled water and nonperishable food
- Personal hygiene items
- Blankets or sleeping bags
- An emergency kit

Prepare your family members for the possibility of severe weather. Tell them where to [seek appropriate shelter](#) as soon as they are aware of an approaching storm. Practice your emergency plan for every type of severe weather. Show family members where the emergency supplies are stored, and make sure they know how to turn off the water, gas, and electricity in your home.

Often by the time we are aware of an approaching storm, we have little if any time to prepare for it. But we do know that when spring arrives, thunderstorms, tornadoes, and floods are real possibilities. So why not take the surprise factor out of severe weather and prepare yourself, your family, and your home? If thunderstorms, tornadoes, and floods do occur, you'll be ready for them.



In Humphreys County, TN, the current unemployment rate is 7.4%. Based on the US Census Bureau, the state of Tennessee unemployment rate is 9.9%. About 315,000 Tennesseans are unemployed.

WHAT IS SKILL UP TENNESSEE?

Skill Up Tennessee provides SNAP Employment and Training. We help SNAP participants gain the training and skills needed to get a good job. Our goal is to help you prepare for employment.

If you're ready to move forward on your career path, we're here to help. To be eligible, participants must:

- Receive SNAP benefits
- Not receive TANF (Families First) cash assistance
- Be willing and able to work upon completion

HOW CAN WE HELP?

Things like training, testing, and uniforms cost money, and we can help. We focus on short-term training leading to credentials that are in demand. We will pair you with a Career Navigator who will work with you on your journey to help you meet your goals.

Supportive Services

Depending on need, participants may receive financial supports such as these for approved program activities:

- Gas Cards for Transportation
- Uniforms
- Testing Fees
- Textbooks

AVAILABLE AT NO COST TO PARTICIPANTS:

Take the NEXT step today.

- Help to find the training that's right for you and the support you need
- Access to adult education and vocational training
- Work Readiness Training to help you gain professional skills valuable for employment
- Support to help you get started in your new job

Sign Up Today!

Follow this link to see if you are eligible and preregister:



tiny.utk.edu/SkillUpTN

To learn more about Tennessee Association for Family and Community Education

TAFCE Webpage:
<https://www.tafce.org>

Central Region Webpage:
<https://tafcecrl.wixsite.com/2020crfce>

Eastern Region Webpage:
<https://eastern.tennessee.edu/eastern-region-fce/>

Western Region Webpage:
<https://western.tennessee.edu/family-and-community-education/>

Facebook Groups:

Tennessee Association for Family and Community Education (TAFCE)

TAFCE Masks of Love Volunteers

TAFCE, Central Region

Eastern Region FCE

Western Region Family & Community Education

Typically TAFCE designates an "issue or cause" to educate the members and to support at the local, county, region and/or state level. Most recently, members have become more knowledgeable about human trafficking awareness, the opioid epidemic, and suicide awareness and prevention.

If you are interested in becoming more involved in your community, learn new skills and make new friends.... check out FCE!

Tennessee Association for Family and Community Education is in partnership with the University of Tennessee Extension.



For information regarding local FCE Clubs, please contact:

Tennessee Association for Family and Community Education



What is TAFCE?

The Tennessee Association for Family and Community Education (TAFCE) is an organization of volunteers who work together to build strong families and communities. Local FCE clubs throughout the state of Tennessee are divided into three regions: western, central and eastern. Educational materials are created and utilized to strengthen knowledge and expertise. Resources are provided to develop leadership skills, enabling people to make a difference. Ultimately, FCE strives to make our homes and communities a better place in which to live!



Strengthening Families

TAFCE Mission: To strengthen the home and community by improving the quality of life of individuals and families through continuing education, leadership development, and community service.

To Learn

During hands-on workshops and monthly meetings, educational programs are presented. Topics are varied and relate to current issues, changes in technology, health, safety, nutrition, family economics, and more.

To Lead

Members have the opportunity to lead by serving as officers or on committees. Family and Community Leadership (FCL) training is offered to prepare members to contribute to public policy and decision making.



To Serve

Each year FCE offers projects designed to make a difference in the lives of families in the local or broader communities in which we live. FCE members have the opportunity to share and serve, working closely with other local organizations.

To Have Fun!

Fun, laughter, and friendship abound at every FCE gathering. Meetings, work sessions, camp or retreat, trips, conferences...all are occasions for fellowship and exploration of new places, activities, and new ideas!

State Projects

TAFCE encourages participation in state projects in the areas of education, community action and leadership. A long-time emphasis in education has been the support of literacy, libraries, and the Dolly Parton Imagination Library. There are countless opportunities for community service, often determined by specific, local community need. The leadership area has recently been added to encourage teaching, mentoring, and assisting with 4-H programs and the Family and Community Leadership (FCL) program.

A recent statewide community service project was Masks of Love. In response to covid-19, members from across the state of Tennessee made facemasks in their homes for Emergency Management Departments, hospitals, health and rehab centers, first responders, community workers, school students, family and friends.



TAFCE member, sewing facemasks.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

Holidays and Observances: 5: Cinco de Mayo, 14: Mother's Day, 29: Memorial Day

Homemade
Scented Wax Candles

Dates to Remember

05/01/2023: Marathon in a Month Begins!
 05/01/2023: SSSH Level 1 & 2
 05/02/2023: Friendship FCE Club Meeting
 05/03/2023: SSSH Level 1 & 2
 05/05/2023: Happy Cinco de Mayo & Battle of Puebla!
 05/09/2023: SSSH Level 1 & 2
 05/10/2023: Buffalo FCE Club Meeting
 05/11/2023: SSSH Level 1 & 2
 05/11/2023: Petals & Pearls

05/12/2023: Chair Yoga
 05/13/2023: Babysitting ROCKS Program
 05/15/2023: SSSH Level 1 & 2
 05/16/2023: Chair Yoga
 05/17/2023: SSSH Level 1 & 2
 05/22/2023: SSSH Level 1 & 2
 05/23/2023: Chair Yoga
 05/23/2022: Water Bath Canning
 05/24/2023: SSSH Level 1 & 2
 05/25/2023: Chair Yoga
 05/25/2023: Pressure Canning
 05/30/2023: Chair Yoga