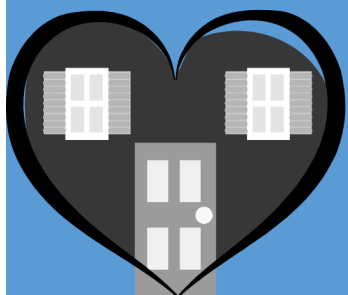


Fall Edition  
Sept.—Nov. 2025



JOHNSON COUNTY EXTENSION HOMEMAKERS NEWSLETTER

# Bits and Pieces



Purdue Extension Johnson County, 484 N. Morton St., Franklin, IN 46131 -(317) 736-3724  
Purdue University, Indiana Counties and U.S. Department of Agriculture Cooperating  
Purdue University is an Equal Opportunity/Equal Access University

## LUNCH & LEARN

Thursday, October 16, 2025

Location: Johnson County Extension Office

484 N Morton St., Franklin, IN 46131

RSVP BY OCTOBER 10, 2025

There is no charge to attend and the lunch is provided by the Johnson County  
Extension Homemakers

Please email reservations to Cathy Cook at [clc.cook@yahoo.com](mailto:clc.cook@yahoo.com).

## Lessons

11 am: Mediterranean Diet & Health Benefits:

Amanda Marciano-Feutz – Hendricks Co. HHS Educator

Lunch 12 (noon) Sponsored by Johnson Co. Extension Homemakers.

1 pm: Declutter & De-Stress:

Mandy Gray - Hancock Co. HHS Educator

**Everyone is invited  
Indianapolis Fall District  
Meeting  
October 2nd**

**Everyone is invited  
JCEHA Achievement Program  
September 24th  
6 pm registration  
6:30pm program**

	Page (s)
Calendar-Sept- Oct-Nov- Dec	3
Holiday Happenings	4
Lunch and Learn	5
President's Dinner Holiday Celebration	7



# Achievement Night is September 24th, 2025

All members are welcome! Bring a friend!  
Location is the Purdue Extension Office.  
Door open at 6 pm program is 6:30 pm.

Speaker Glenn Faris "All About Bees!"



## **IEHA Indianapolis Fall District Meeting**

**Thursday, October 2, 2025**

Doors open at 9:15am; Meeting begins at 10:00am

**Mt. Pisgah Baptist Church**

3718 E Blue Ridge Road, Shelbyville, IN 46176

**Cost: \$20.00**

Choice of two: Apple Cobb Salad, Mini Club or Chicken  
Salad Sandwich, and Loaded Potato Soup  
Mini Brownies and Cookies  
Beverage

Continental Breakfast Items

**Please submit reservation and payment to:**

**Susie Keaton, P.O. Box 297, Morristown, IN 46161**

**Checks payable to: Shelby County Extension Homemakers**

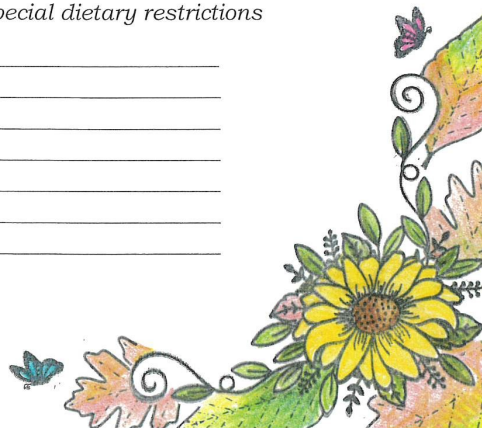
**Reservations due: September 24, 2025**

Please indicate any special dietary restrictions

County \_\_\_\_\_

Names of those attending: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





## Calendar for September/October/November/December 2025

### SEPTEMBER 2025

- 1 Office Closed Holiday— Labor Day and will reopen Sept. 3, 2025
- 15-16 Indianapolis Fall District Retreat—Waycross Conference Center
- 24 Achievement Program, Registration 6 pm & Program 6:30 pm  
All MEMBERS are invited! *Location- Extension Office Ed Rm*



### OCTOBER 2025

- 2 IEHA Indianapolis Fall District Meeting – Shelby County
- 4 Johnson Co Fall Craft Fair, 9:00 am to 3:00 pm, Scott Hall
- 9 Executive Board Meeting 6:00 pm Extension Office Ed Rm
- 9 Johnson Co President's Council Meeting, 6:30 pm Extension Office
- 16 Lunch & Learn 11 am Extension Office



### NOVEMBER 2025

- 11 Veteran's Day – Office Closed
- 12 Holiday Happening, 6:00 pm registration /6:30 pm program  
Rocklane Church, Greenwood
- 15 Bits & Pieces' articles due to Cathy Cook [clc.cook@yahoo.com](mailto:clc.cook@yahoo.com)
- 27-28 Office Closed Holiday— Thanksgiving

### DECEMBER 2025

- 11 **Johnson Co. President's Council Holiday Dinner 6:00 pm**  
**All Jo Co Homemakers are invited!**
- 24-25 Christmas -Officed closed and will reopen Dec. 26, 2025





## Holiday Happenings

Join us this year for “Chilin with my Snowmies”

November 12, 2025, Rocklane Christian Church

Doors open at 6 pm, the program begins at 6:30pm

We will be donating this year to Toys for Tots and to Johnson County Senior Service for the Christmas Gifts for Seniors

Mail your reservations AND \$15.00 PER PERSON to:

Cathy Cook , Treasurer, PO BOX 84, Trafalgar, IN 46181

Make your check to **Johnson Co Extension Homemakers** and include the list of attendees. **RSVP by November 3rd, 2025.**

Name \_\_\_\_\_ Club Name or Guest \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## **2025-2026: Lunch & Learn Schedule:**

**Thursday, October 16, 2025**

**11 am: Mediterranean Diet & Health Benefits:** This lesson explores the history and cultural significance of the Mediterranean diet, highlighting its origins and evolution over time. Participants will learn practical ways to incorporate Mediterranean-inspired foods into their daily meals, focusing on whole grains, lean proteins, healthy fats, and fresh produce. Additionally, the session will cover the scientifically supported health benefits of this eating pattern, including its role in heart health, weight management, and chronic disease prevention.

*Amanda Marciano-Feutz – Hendricks County*

### **1 pm: Declutter & De-Stress:**

Participants will explore the connection between physical clutter and emotional well-being. This lesson offers practical strategies to simplify the home environment and reduce stress through small, manageable steps. Participants will enjoy more peaceful, organized space that supports mental clarity and calm.

*Mandy Gray - Hancock County*

***Registration is limited to the first 40.***

***Email Cathy Cook at [clc.cook@yahoo.com](mailto:clc.cook@yahoo.com)***

***to make your reservation.***



### **Ideas to enjoy more Club Time &**

#### **Show others what's happening in your club.**

- \* Write a newsletter article.
- \* Invite another Club to your club's meetings.
- \* Invite more clubs to join in a "fun night" to make this year fun!
- \* Invite last year 4-H members to a meeting and congratulate them in some way for their accomplishments.





# FALL WORD SEARCH

S G I V I S G W O R C E R A C S  
C O L L A H S C A E I T H R E W  
P U M P K I N O K S D E R O R O  
T R L U N S R A L L E R D C O R  
H D E M L B O N F I R E I H N A  
A C A R L O C A R A E L C E E N  
N O V E T H A N K S G I V I N G  
T R L P H A G O U E R I F Y A E  
S W L M A L C R N L E A V E S T  
E C A A N L P P A P H A L L O C  
V I B H F O O T B P I D E L H O  
R E T A E W S H R A N A R O A R  
A D O Y T E N A N R E S T W R M  
H O O R H E D I R Y A H S E V U  
E R F R E N E Y O U R F N O B P  
E N E N A E H S C R O W O L L E

## WORD BANK

WWW.ALWAYSTHEHOLIDAYS.COM

ACORNS  
APPLES  
BONFIRE  
CIDER

CORN  
FOOTBALL  
GOURD  
HALLOWEEN

HARVEST  
HAYRIDE  
LEAVES  
PUMPKIN  
ORANGE

RED  
SCARECROW  
SWEATER  
THANKSGIVING  
YELLOW





You are cordially invited on December 11, 2025

## **Johnson County President's Dinner and Holiday Celebration**

Location: Purdue Extension Johnson Co. Office

Time: 6 pm

Bring a covered dish, and the County will provide the main dish. If you would like to share a plate of your favorite Christmas treats bring that as well.

Also bring a gift to donate to Senior Services, they will be giving gift to the Seniors in Johnson County that they serve. Please RSVP to [clc.cook@yahoo.com](mailto:clc.cook@yahoo.com) by December 5th.

**Do** you want to share an article about what your club or an individual member is doing.... Remember to turn in your Article by the 15th of the months of August, November, February or May so they will be in the Bit & Pieces Newsletter

## Club Meeting Days, Times, Locations

MON.	TUES.	WED.	THUR.	FRI.
<b>Dog Tags</b> Daytime		<b>Homecrafters</b> evenings in Homes		<b>Nimble Thimbles</b> Daytime Extension Office
	<b>Providence</b> Daytime Hopewell Church			
<b>Gingham</b> Evenings Homes	<b>Trafalgar</b> Evenings Samaria Church	<b>Busy Bees</b> <b>Cards &amp; Crafts</b> Daytime Greenwood Fire Dept	<b>Creative Circle</b> Evenings Extension Office	





Join the Johnson Co. Extension Homemakers

## **2025 FALL *Craft* Fair!**

Saturday , October 4, 2025

**FROM 9 am to 3 pm Scott & Herring Halls–**

**Johnson Co Fairgrounds**

**100 Fairgrounds Street,**

**Franklin, IN 46131**

**We have 2 buildings plus some outside vendors as well**

**Great crafts, yummy treats, artisan products of all types.**

**Come do Fall and early Christmas Shopping!**

**Nimble Thimbles will bein the Kitchen!**



## JOHNSON COUNTY EXTENSION HOMEMAKERS

Purdue University, Johnson County Extension Office

484 N. Morton Street, Franklin, IN 46131

FOR OFFICIAL USE ONLY



### ***A Tip to promote new membership:***

*Share your Bits & Pieces with someone that  
is not an Extension Homemaker!*

Join the Johnson Co. Extension Homemakers

## **2025 FALL Craft Fair!**

Saturday , October 4, 2025 **FROM 9 am to 3 pm** Scott & Herring Halls–

**Johnson Co Fairgrounds 100 Fairgrounds Street, Franklin, IN 46131**

