

MOPS Night In: KidsLink Downrange

Join us at Amy Lilly's house on Friday, January 27th, at 6:30 PM. We will be making cards for KidsLink Downrange, a MOPS supported organization, which distributes cards to children who have deployed parents serving in the military. The children receive a packet of 8 handmade cards to mail to their parent on various holidays. Amy's address is 1529 High St in Paris and her phone number is 937-974-2767. Please bring an appetizer to share. To learn more about KidsLink Downrange visit www.kidslinkonline.org.



down•range ['doun,r̩nɹŋ]

military slang; a term for being deployed overseas, usually in a war zone

Couponing Class

A couponing lesson will be taught Thursday, January 19, 2012 at the Bourbon County Extension Office, 603 Millersburg Road, at 11:00 am. You've heard the arguments: "Coupon clipping and organizing is too complicated and time consuming." Or "If I use coupons I buy things I don't need or want." But face it – coupons are essentially free money. With a little time, effort and self control you can reap substantial savings by using coupons. Gina Noe, Family and Consumer Sciences Agent in Madison County, will share pointers on finding coupons, getting organized, coupon lingo, and coupon etiquette. Bring your unused/not expired coupons for a coupon swap during the lesson and be prepared to share your best coupon tip. For more information contact the Bourbon County Cooperative Extension Service Office at 859-987-1895.



One Million Pillowcases for Children's Hospital
Make a Pillowcase – Make a Difference Nationwide Campaign

The Bourbon County Homemakers and 4-H NEED YOUR HELP!

Saturday, January 21, 9:30-1:30 at the Bourbon County Cooperative Extension Service Office, 603 Millersburg Road, Phone: 859-987-1895

You can help in many ways! Donate fabric! Come help cut out fabric, iron, or sew! Or just be on hand to help in any way needed! Sewing machines are provided. There will be jobs for all skill levels.

MOPS and MOPPETS in the Kitchen

Fruit Smoothie Recipe

Serving Size: 1/2 of recipe

Yield: 2 servings

Ingredients:

- 1 large banana
- 1 cup fresh peaches or strawberries
- 1 small carton (8 ounces) vanilla yogurt
- 1/2 cup fruit juice

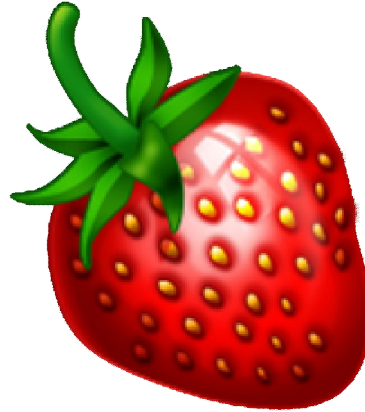
Instructions:

1. Put all ingredients in a blender.
2. Blend on high until smooth.
3. Pour into 2 glasses. Serve right away.

Cost:

Per Recipe: \$ 1.42

Per Serving: \$ 0.71



Reprinted from USDA SNAP-Ed Connection.

Source:

*Adapted from:
Pennsylvania Nutrition Education Network
Website Recipes*

***The Pennsylvania Nutrition Education
Program***

Author:

Pennsylvania Nutrition Education Program

Mark Your Calendars!

January 27

Mom's Night Out

We will be creating cards for military children and families at Amy Lily's house! Join us for a great service project!

February 2

Jenga

Balancing roles of husbands and wives, mothers and fathers.

February 24

Mom's Night Out

We will be creating cards for military children and families at Amy Lily's house!

March 1

Trivia Pursuit

Tips for "going green" and living a more environmentally friendly life. Craft: Prayer Stones

April 12

Perfection

Speaker from Compassions Ministry.

April 21

MOPS and POPS Game Night

Join us for a fun evening of games! Don't forget to bring your hubby! Location TBA.

May 3

Come be pampered on *Numero Uno Pampered Night!*

Fun Indoor Activities with Your Children during the Winter Months

Source: Kerri Ashurst, Senior Extension Specialist, University of Kentucky College of Agriculture

During the cold winter months, it is harder to find activities to do with younger children. It seems all too easy to allow a child to spend more time on the computer or in front of the television. However, these activities can get in the way of time together as a family and can even be connected to childhood obesity. What are some ideas that families can do instead:

- Build a tent together in the house! No items need to be purchased. Just use items you already have in your house. A tent can be built in just about any room. Tents can transform even the smallest spaces in your home into hours of creative play together.
- Bake with your kids! Stirring batter, cracking eggs and measuring liquids are all great ways for kids to have fun while learning new skills. Make a homemade pizza together. Bake some muffins together. Cooking with your children can be fun and affordable. It also teaches your children valuable skills they will need in their future.
- Indoor water play! Most people do not think about water play in the winter, but bath time does not have to be just about bathing. When swimming pools are closed, splashing in a warm tub can provide just as much fun. Fill the tub with warm water and throw in bubble bath and toys and let the fun begin. Play with the bubbles and toys with your kids and help them create their own worlds in the water. Let your imaginations run wild together.
- Go to the library together! Winter is the perfect time to go to the library. You can borrow books, music CDs and even movies to take home for activities as a family. Many libraries offer story times, craft activities and other free events for parents and children together. Libraries offer many free ways to beat boredom during the winter months.
- Get up and get moving together! Play a game of hide and seek. Play tug-o-war or wrestle with the family dog. Do simple yoga stretches together. If all else fails, bundle up and take a walk or play in the snow together. Sometimes a little bit of cold, fresh air can be a great way to deal with boredom.
- Have family game nights! Board games are a great way to bring the family together for lots of fun and laughs. There are many choices and lots of games that are very affordable. Let each person in the family pick out a favorite game that you can all play together.

Reference: Harris, A. (2009). Indoor activities for children: Easy and affordable ideas to keep kids entertained indoors. Available at <http://alessandra-harris.suite101.com/stircrazy-proof-your-home-this-winter-a169498>.

Questions about MOPS? Contact MOPS Coordinator, Lisa Adams, at jladams11@bellsouth.net.

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