

TAFCE, Central Region
Marketable Skills & Learning Session Classes
May 24 - May 26, 2022



UT Southern, Pulaski, TN

Classes at a Glance

TUESDAY MAY 24, 2022 CLASSES/TIMES

DAY TRIPS – In walking distance from Campus

9:00 AM

- 1 STAAR Theatre Historic Antoinette Hall Opera House

REVOLVING DOOR CLASSES (both days) & Night Owl (Tues. only)

9:00 am – 5:30 pm & 7 pm – 9 pm

Class

- 2 Quilting Room

1 HOUR CLASSES

9:00 am – 9:55 am

Class

- 3 Dealing with Difficult Emotions
4 Genealogy
5 Home-Based Business & More
6 Say It with a Card

Instructor

- Savannah Jenkins
Nicholson/Parker
Barbara Dickenson
Henley/Brackett

1 HOUR CLASSES –

10:05 am – 11:00 am

Class

- 7 Dealing with Difficult Emotions
8 Fashion Flare Brooch
9 Flower & Leaf Pounding
10 Genealogy
11 How to Start a Book Club

Instructor

- Savannah Jenkins
S Davis/K Davis
Anna Childress
Nicholson/Parker
Aliyah Young

2 HOUR CLASSES

9 am – 11am

Class

- 12 Iris Folding Card
13 Paper Pieced Log Cabin Pillow
14 Reverse Decoupage

Instructor

- Belinda Riddle
Roni Curry
Wendy Drumm

Classes at a Glance

TUESDAY MAY 24, 2022 CONTINUES

1 HOUR CLASSES

1:30 pm – 2:30 pm

Class	Instructor
15 Day of the Family	Bush/Weber
16 Felt Gingerbread Ornament	Whitney Danhof
17 Libby – On-Line Books	Burns/Stephens
18 Vintage Hanky Card	Peggy Richmond

3 HOUR CLASS

1 pm – 4 pm

Class	Instructor
28 Painting Spring Daffodils	Roni Curry

1 HOUR CLASSES

3 pm – 4 pm

Class	Instructor
19 Chair Volleyball	Barnes/Lytle
20 Coffee Talk	Terri Orr
21 Stop This Epidemic Now-Opioids (FCL)	George/West
22 Swifter Duster Cloth	Carolyn Binkley

4 Hour Class

1:30 pm – 5 pm

Class	Instructor
29 Macrame Chair	Donna Elliott

1 HOUR CLASSES

4:30 pm – 5:30 pm

Class	Instructor
23 Decoupage Box	Charity Uker
24 Fashion Flare Brooch	S. Davis / K. Davis
25 Say It with a Card	Henley/Brackett
26 Star Pentagon Ornament	Carolyn Binkley
27 Upholstery Home-Based Business/Demonstration	Peggy Jones

NIGHT OWL

7 pm – 9 pm

Class	Instructor
30 Don't throw away cards! Recycle	Walker/Bonner
31 Fat Quarter Bag	Roni Curry
32 Quilling Magnet	Charity Uker
33 Santa Gnome Ornament	Tammy Guess
34 Say It with a Card	Henley/Brackett
35 Service Project Cards	Brenda Hannah
36 Swifter Duster Cloth	Carolyn Binkley

Classes at a Glance

WEDNESDAY 25, 2022 CLASSESS/TIMES

DAY TRIPS – In walking distance from Campus

9:00 am & 1:30 pm

35 Trail of Tears, Rock Building
36 Trail of Tears, Rock Building

1 HOUR CLASS

9:00 – 9:55 am

Class

37 Decoupage Box
38 Felt Gingerbread Ornament
39 Home-Based Business & More
40 Mental Health Depression (FCL)
41 Say It with a Card

Instructor

Charity Uker
Whitney Danhof
Barbara Dickenson
Drumm/Fisher
Henley/Brackett

1 HOUR CLASSES

10:05 am – 11:00 am

Class

42 Cooking with Herbs
43 Flower & Leaf Pounding
44 Libby – On-Line Books
45 Santa Gnome Ornament
46 Spring Flower Cupcake Decorating
47 Vintage Hanky Card
48 Working with a 4-H Sewing Class

Instructor

Alicia Allen
Anna Childress
Burns/Stephens
Tammy Guess
Cynthia Lancaster
Peggy Richmond
Starla Hardin

2 HOUR CLASSES

9 pm – 11 am

Class

49 Paper Pieced Log Cabin Pillow

Instructor

Roni Curry



Come join us this year
and have a great time
like these ladies did in
2019



Classes at a Glance

WEDNESDAY MAY 25, 2022 CONTINUED

1 HOUR CLASSES

1 pm – 2 pm

Class

50 Fat Quarter Bag
51 Hanger Snowflake
52 Swifter Duster Cloth

Instructor

Roni Curry
Deborah Foster
Carolyn Binkley

2 HOUR CLASSES

1:30 pm – 4 pm

Class

63 Springtime Gnome

Instructor

Gail Christopher

1 HOUR CLASSES

1:30 pm – 2:30 pm

Class

53 Cooking with Herbs
54 Spring Flower Cupcake Decorating
55 Working with a 4-H Sewing Class

Instructor

Alicia Allen
Cynthia Lancaster
Starla Hardin

2 HOUR CLASSES

3 pm – 5:30 pm

Class

64 Reverse Decoupage

Instructor

Wendy Drumm

1 HOUR CLASSES

3 pm – 4:00 pm

Class

56 Chair Volleyball
57 Extension Explores Food Preservation
58 Hostess Tips

Instructor

Barnes/Lytle
Extension Team
Hilton/Watkins

3 HOUR CLASS

2:30 pm – 5:30 pm

Class

65 Quilted Table Runner
66 Painting Spring Daffodils

Instructor

Linda Prince
Roni Curry

1 HOUR CLASSES

4:30 pm – 5:30 pm

Class

59 Don't Throw Away Cards – Recycle
60 Extension Explores Food Preservation
61 Quilling Clothes Pin Magnet
62 Say It with a Card

Instructor

Walker/Bonner
Extension Team
Charity Uker
Henley/Brackett

Come join us for a Movie



Movie Wednesday 25th
Beginning at 7 pm

Activities & Learning Sessions Class Descriptions

Day Trips

1 STAAR Theatre Historic Antoinette Hall Opera House 9 AM Tuesday Morning

- 35 Participants leaving from UT Southern Campus in walking distance or can drive; not a lot of parking
- STAAR Theatre, founded in 1999 located in the Historic Antoinette Hall Opera House (1868) in Pulaski, TN. STAAR (Southern Tennessee Area Arts Repertory) is a non-profit that fosters artists, inspires youth and engages audience of all ages through quality theatre and educational programming.
- One flight of stairs to walk up.
- Cost: Donation please - \$1 to \$5



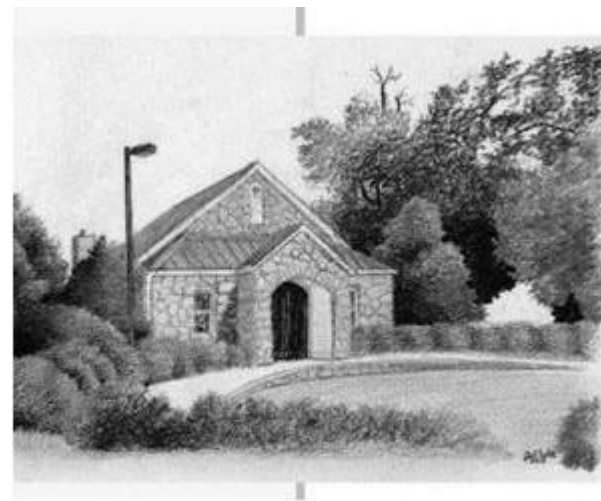
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Trail of Tears

9 AM Wednesday Morning

- 20 Participants leaving from UT Southern Campus in walking distance or can drive; not a lot of parking.
- Participants will tour the Rock building, walking through one of the most educational tunnels in Tennessee.
- Cost: Donation please - \$1 to \$5

36 Second tour 1:30 PM



ALL REVOLVING DOOR CLASS

2 *Quilting Room (9 AM – 5:30 PM)*

- Participants may come and go throughout both days to create without instructor.
- Supplies needed: Sewing machine, fabric and basic notions you may need.
 - Cost: \$0.00

NIGHT OWL CLASSES (7 PM – 9 PM)

- Will be in various rooms & quilting room

INDIVIDUAL CLASSES

3, 7 *Dealing with Difficult Emotions (Tues 9 am-9:55 am & 10:05 am-11 am)*

Savannah Jenkins



- 10 - 15 Participants
- This class will discuss helpful strategies for dealing with difficult emotions. These emotions may be blue or unhappy feelings, anger, distress, and other emotions that usually come and go, but can disrupt daily life and relationships. Participants will learn to self-manage and productively discuss with others what they are feeling.
- Supplies needed: none
- Cost: \$0.00

4, 10 *Genealogy (Tues. 9 am-9:55 am & 10:05 am-11am)*

Barbara Nicolson & Clara Parker

- 20 Participants
- Learn how to start finding your family heritage on-line.
- Needed: Pencil only, names, birthdates, death dates of Parents & Grandparents
- Cost: \$0.00



5, 39 *Home-Based Business & More (Tues. 9am – 9:55 am) & (Wed. 9 am – 9:55 am)*

Barbara Dickenson

- 20 Participants
- This class is an overview of our (Apple Garden Farm) home-based business. I will explain things that have worked for us as well as things that have not. The main focus will be on our egg delivery service and how that has evolved, and our Etsy shop experiences. Hope to offer some ideas to help others that are considering a home-based Business.
- Supplies needed: None
- Cost: \$0.00



6, 25, 34, 41, 62 *Say It with A Card*

Mary Beth Henley & Barbara Brackett

- 8 Participants
- Create 6 beautiful cards with a variety of sentiments.
- Cards & techniques will vary each class.
- Supplies needed: All supplies furnished.
- Cost: \$10.00



8, 24 *Fashion Flare Brooch (Tues. 10:05 am-11 am & 4:30 pm-5:30 pm)*

Shay Davis & Kim Davis

- 12 Participants
- Are you ready to refresh your wardrobe? Learn how a simple brooch can add Fashion Flare to your look.
- Supplies needed: None
- Cost: \$0.00



9, 43 *Flower & Leaf Pounding (Tues. & Wed. 10:05am-11am)*

Anna Childress

- 12 Participants
- Using natural pigments to dye fabric & paper
- Supplies needed: Live leaves &/or Flowers, hammer, cutting board that you can pound on.
- Cost: \$1.00



11 *How to Start a Book Club (Tues. 10:05 am-11 am)*

Alyiah Young

- 12 Participants
- The purpose of this training will be to highlight the necessary actions needed to begin & continue a successful book club! Marketing tips & personal tricks I've used in prior book clubs. We will share thoughts/ideas. The goal is that afterwards, individuals leave feeling encouraged to begin their own FCE book club.
- Supplies needed: None
- Cost: \$0.00



12 *Iris Paper Folding (Tues. 9 am-11 am)*

Belinda Riddle

- 10 Participants
- Experience the art of Iris paper folding as you craft two greeting cards. Colors/patterns may vary from photo
- Supplies needed: None
- Cost: \$2.00



13, 49 *Paper Pieced Log Cabin Pillow (Tues. 9 am-11 am & Wed. 9 am-11 am)*

Roni Curry

- 2-6 Participants.
- This is a “Foundation Paper Piecing” class done entirely by machine-not to be confused with “English Paper Piecing which is done by hand. The pillow is 15” x 15” with a zipper closing on the back & has piping around the edges. Participants will have the choice of one pillow kit, choices are Spring, Summer/Patriotic, Fall or Christmas. **Please indicate which pillow kit you would prefer.**
- Supplies: furnished in cost.
- Cost: \$30.00, will have 4 extra take Home Kits \$10



14, 64 *Reverse Decoupage (Tues. 9 am-11 am) & (Wed 3 pm – 5:30 PM)*

Wendy Drumm

- 10 Participants
- Learn how to make a decorative plate using either paper or fabric; instructions are the same. You can make these plates as gifts for your friends & family.
- Supplies needed: All supplies furnished.
- Cost: \$6.00



15 *Day of the Family (Tues. 1:30 pm-2:30 pm)*

Carla Bush & Mary Alice Weber

- Unlimited Participants
- In this learning session, we will learn about the International Day of the Family, explore how families around the world are changing and investigate some of the current issues facing families. We will also allocate time to think about ways our FCE clubs might recognize the Day of the Family in our local counties.
- Supplies needed: none
- Cost: \$0.00 No



16, 38 *Felt Gingerbread Ornament (Tues. 1:30 pm-2:30 pm & Wed. 9 am-9:55 am)*

Whitney Danhof

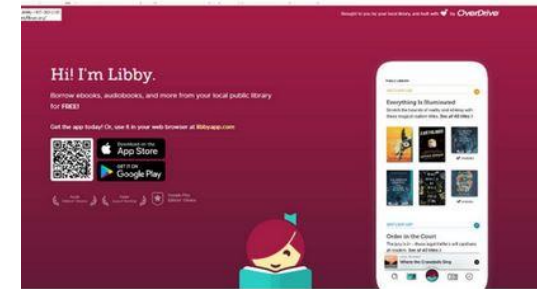
- 15 Participants
- Cute little sewn felt gingerbread person with button eyes, embroidered mouth, personalized beaded banner and smart little bow tie. After decoration, learn to blanket stitch around the pieces and lightly stuff for a handmade ornament for someone special.
- Supplies needed: Fabric scissors
- Cost: \$2.00



17, 44 *Libby – On-line books (Tues. 1:30 pm-2:30 pm & Wed. 10:05am-11 am)*

Teresa Burns & Brianna Stephens

- 30 Participants
- In this Session, participants will learn about Libby, Tennessee's on-line site for borrowing eBooks, audiobooks and more from your local public library for free!
- Supplies: Phone, tablet, iPad and your Library card if you have one.
- Cost: \$0.00



18, 47 *Vintage Hanky Card or Picture to Frame (Tues. 1:30 pm-2:30 pm & Wed. 10:05 am-11 am)*

Peggy Richmond

- 15 Participants
- Learn how to make the Vintage Hanky card which can be used as a greeting card or framed.
- Supplies: Furnished
- Cost: \$8.00



19, 56 *Chair Volleyball (Tues. 3 pm-4 pm & Wed. 3 pm-4 pm)*

Shelby Barnes & Hilda Lytle

- 25 Participants
- Chair Volleyball is a new and exciting educational program that will be offered to FCE members. Chair Volleyball is a physical activity that provides a fun way to be active. Because players are required to remain seated, chair volleyball allows those with physical limitations to participate on a level playing field with those who may be more active. More fun than you can possibly stand, while seated! The game is played with a beach ball and a five-foot-high net. Rules are similar to regular volleyball except “cheeks on the chair”. Come learn how to play, have fun and get excited to start a team in your county!
- Cost: \$0.00



20 *Coffee Talk (Tues. 3 pm-4 pm)*

Terri Orr

- 15 Participants
- Exploring the origins & health benefits to various coffee traditions around the world; includes tastings.
- Supplies needed: None.
- Cost: \$0.00



21 *Stop This Epidemic Now – Opioids FCL (Tues. 3 pm-4 pm)*

Penny West & Robin George

- 20 Participants
- Opioid addiction is a brain disease. Learn about how opioid addiction started in the 1900's. See how we need to change our thought about pain management.
- Supplies needed: none
- Cost: \$2.00



22, 36, 52 Swifter Duster Cloth (Tues. 3 pm-4 pm & Tues. Night Owl & Wed. 1 pm-2 pm)

Carolyn Binkley

- 10 Participants
 - Participants will make a reusable swifter duster refill.
 - Supplies needed: Sewing machine and basic sewing supplies
- Cost: \$2.00, includes flannel & handle. If you want to bring your own flannel, cost is \$1 (need 4 – 7" x 7" cut on bias and 4 - 4" x 7" on the bias, **please have pre-cut.**)



23, 37 Decoupage Cigar Box (Tues. 4:30 pm-5:30 pm & Wed. 9 am-9:55 am)

Charity Uker

- 10 Participants
- We will decoupage a 5 1/2" x 6" cigar box using different scrapbooking papers and other embellishments making the box very personal. These little boxes will hold your treasures and other odds and ends.
- Supplies needed: All supplies provided
- Cost: \$6.00



26 Star Pentagon Ornament (Tues. 4:30 pm – 5:30 pm)

Carolyn Binkley

- 10 Participants
- Participants will make a 5-point star ornament or coaster.
- Supplies needed: Sewing machine and basic sewing supplies
- Cost: \$2.00 everything included



27

Upholstery Home-Based Business/Demonstration (Tues. 4:30 pm-5:30 pm)

Peggy Jones

- 10-20 Participants
- This will be a demonstration. Peggy has had a home-based upholstery business for 25 years. If you have a question related to upholstery, write it down for this learning session. Peggy can answer most upholstery questions and she will confirm that most furniture purchased today is not the quality from the past. She walks the walk when it comes to recycling. Peggy will demonstrate how you recycle a vintage or plastic milk storage crate into an attractive ottoman.
- Supplies needed: none
- Cost: \$0.00



28, 66

Spring Daffodils (Tues. 1 pm-4 pm & Wed. 2:30 pm-5:30 pm)

Roni Curry

- 2-6 Participants
- Paint this beautiful Daffodils picture, size 11" x 14" canvas, using acrylic paints. Subject is a clay flowerpot of daffodils. Will have step-by-step painting for you to follow and have templates for the clay flowerpot and the daffodils.
- Supplies needed: Bring apron or old shirt
- Cost: \$30.00 All supplies included



29

Macramé Chair (Tues. 1:30 pm-5:30 pm)

Donna Elliott 931-637-5191

- 10 Participants
- Learn how to re-weave an old lawn chair.
- Supplies: Chair, macramé cord (2-4 ply roll, 2 – P size or larger crochet hooks, scissors, ice pick if you have one. **Call Donna if you need to know where to get the macramé cord.**
- Cost: \$5.00



30, 59 *Don't Throw Away Cards Recycle (Tues. Night Owl & Wed. 4:30 pm-5:30 pm)*

Myra Walker & Ethel Bonner

- 20 Participants
- Do you enjoy looking through your cards from past occasions? You may have Christmas, Birthday, Get Well, Sympathy and other cards. Are you ready to throw the cards away? No! Cards are too pretty and expensive to just throw in the trash. Bring the cards to FCE Retreat and learn how Giles County FCE recycles.
- Cost: \$0.00



31, 50 *Fat Quarter Bag (Tues. Night Owl & Wed. 1 pm-2 pm)*

Roni Curry

- 16 Participants
- A small, lined bag is made with two fat quarters and has ribbon draw strings.
- The bag is 7" tall.
- Supplies needed: Sewing machine, light to medium thread, pins, scissors
- & ¼" press foot.
- Cost: \$15.00 Take Home Kits \$5



32, 61 *Quilling Clothes Pin Magnet (Tues. Night Owl & Wed. 4:30 pm-5:30 pm)*

Charity Uker

- 10 Participants
- A refrigerator magnet embellished with scrapbook and quilling paper to hold your important papers on your refrigerator.
- Cost: \$2.00 All supplies provided



33, 45 *Santa Gnome Ornament (Tues. Night Owl 7 pm-9 pm & Wed. 10:05 am-11 am)*

Tammy Guess

- 10 Participants
- Make a cute gnome ornament.
- Supplies needed: empty toilet paper roll, scissors.
- Cost: \$3.00 Will have extra take home kits.



35 *Special Service Project: Thank you cards for First Responders (Tues. Night Owl 7 pm-9 pm)*

Brenda Hannah

- First Come First Served
- We will be making cards for the First Responders in Tennessee. Come make some cards for our very important people that have given their time to help others in this time of the Pandemic.
- Supplies needed: none
- Cost: \$0.00



40 *Mental Health: Depression, Suicide & Social Well Being FCL (Wed. 9 am-9:55 am)*

Wendy Drumm & Myra Fisher

- 20 Participants
- This lesson focuses on what is mental health, mental illness, Covid stress and healthy ways to cope with stress and overall health and causes.
- Supplies: none
- Cost: \$2.00

Mental Health
Depression, Suicide, and
Social Well Being



42, 53 ***Cooking with Herbs (Wed. 10:05 am-11 am & 1:30 pm-2:30 pm)***

Alicia Allen

- 20 Participants
- Culinary herbs add flavor and nutrition to our meals. Cooking with them should be interesting, fun and easy. We will explore simple ways to incorporate fresh grown herbs into our daily meals and taste the results of the recipes. Will learn ways to create beverages, salads, entrees & sweet by adding herbs to simple recipes.
- Supplies: None
- Cost: \$0.00



46, 54 ***Spring Flower Cupcake Decorating (Wed. 10:05 am-11 am & 1:30 pm-2:30 pm)***

Cynthia Lancaster

- 16 Participants
- Learn how to decorate cupcakes with a variety of spring flowers. Leave with two beautiful-yummy cupcakes. Must be sixteen or older.
- Supplies needed: none
- Cost: \$10.00



48, 55 ***Working with a 4-H Sewing Group (Wed. 10:05 am-11 am & 1:30 pm-2:30 pm)***

Starla Hardin

- 20 Participants
- This class will discuss resources & ideas for starting or maintaining a youth sewing project in your county. You will be exposed to some of the new, fantastic materials developed by Dr. Sue Byrd. We will discuss ways to organize a group and we will share lesson plans & simple sewing project for youth. No sewing but sewing projects will be demonstrated & directions for several projects will be shared.
- Supplies needed: None
- Cost: \$0.00



51 *Hanger Snowflake (Wed. 1pm-2pm)*

Deborah Foster

- 12-15 Participants
- The hanging snowflake can be used as a door or window decoration or a lawn decoration.
- Supplies needed: 16 child-style plastic hangers, glue gun & glue sticks.
- Cost: \$2.00



57, 60 *Extension Explores Food Preservation (Wed. 3 pm-4 pm & 4:30 pm-5:30 pm)*

Extension Team

- 20 Participants
- Would you like to take your food preservation skills to a new level? Ever wonder what to do with all those canned food items sitting on your shelf? Join the Extension Explores Food Preservation team as we share the newest practices. Create fun Recipes from your preserved items & introduce a new summer food preservation challenge.
- Supplies: None
- Cost: \$0.00



58 *Hostess Tips (Wed. 3 pm-4 pm)*

Evelyn Hilton & Patsy Watkins

- 20 Participants
- The objective of this class is to make the participants aware of ways that hostesses of club meetings can incorporate wellness principles.
- Supplies needed: None



- Cost: \$0.00

63 *Springtime Gnome (Wed. 1:30pm – 4 pm)*

Gail Christopher

- 8 Participants
- Participants will learn how to make a gnome figure.
- Supplies needed: Glue gun & glue sticks
- Cost: \$10.00 Take Home Kits \$7



65 *Quilted Table Runner (Wed. 1 pm – 4 pm)*

Linda Prince

- 10 Participants
- Participants will assemble a quilted table runner (approximately 19" x 40").
- Supplies needed: Sewing machine, thread, pins, scissors, 34 pre-cut 5" squares. 6 of color A (light), 14 of color B (medium), 14 of color C (dark). 2/3 yards of batting (20" x 44") and 2/3 yard of backing (20" x 44")
- Cost: \$0.00

