

Gibson County Family & Consumer Sciences (FCS)

Family & Consumer Sciences (FCS) at UT Extension helps Tennesseans learn essential skills in nutrition, relationships, money, and health.

May is full of celebrations: Mother's Day, Memorial Day, Cinco de Mayo, Armed Forces Day, Teacher Appreciation Week. It's also mental health awareness month. Join us at the Milan Senior Center on May 29 at 9 a.m. for Chair Yoga to help reduce stress in your mind & body! Hope to see you soon around Gibson County! - Deanna

Tai Chi for Arthritis

Movements can be done seated in a chair or standing. (Dress comfortably)

Milan Senior Citizens Center
(1075 E. Van Hook St.)

Bradford Community Center
(106 W. Front St.)



May 6, 13, 20 & 27 at 10 a.m. May 4 & 11 at 10 a.m.

Lemon Velvet Supreme

- 2 cups vanilla yogurt
 - 3 Tbs instant lemon pudding mix
 - 8 squares graham crackers, crushed
 - 1 can (4 oz) mandarin orange slices, drained
- Combine vanilla yogurt & pudding mix; gently stir together. Layer bottom of serving dish with crushed graham crackers. Pour pudding mixture over crackers. Top with mandarin orange slices.

Recipe from: University of Arkansas Extension

Low-Sugar Jam Canning Class

Learn how to safely preserve by water bath canning-you will make & take home 2 jars of jam!

May 12 at 2 p.m. Fee: \$20

at the Gibson County UT/TSU Extension Office Kitchen

Sign Up: tiny.utk.edu/gcjam26 or call the office to sign up

Gentle Stretching Class

Tuesdays & Thursdays at 10 a.m. in May (last class May 21)

at Gibson County UT/TSU Extension Office (1252 Manufacturers Row, Trenton)

Join us for a free physical activity class that is great for beginners & those looking to be more active!

Strawberry Pie Making Class

Learn to make a homemade strawberry pie (including the crust) where you will take home your pie to bake or freeze & bake later!

May 5 from 6-8 p.m. Fee: \$40

at the Gibson County UT/TSU Extension Office

Sign Up: tiny.utk.edu/gcstrawberrypie or call the office to sign up

Contact me:



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