

Gibson County Family & Consumer Sciences (FCS)

April 2026

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

April is stress awareness month, consider joining me for Tai Chi or Gentle Stretching to help reduce stress. National Library Week is April 19-25; be sure to check out what the three libraries in Gibson County have to offer! Next month is all about strawberries-pie making class & water bath canning class! 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.)

April 22 & 29 at 10 a.m.

Bradford Community Center

(106 W. Front St.)

April 6, 13, 20 & 27 at 10 a.m.

Parmesan Chive Biscuits

2 cups biscuit mix 2/3 cup milk
1/4 cup butter (melted) 3/4 cup parmesan cheese
8 Tablespoons chives (finely chopped)

Combine all ingredients in a large bowl. Stir to mix well. Put on a floured board. Roll into a 1-inch thick square. Cut into 12 pieces. Bake on a cookie sheet in a 400 degree oven for 12-15 minutes.

Makes: 12 biscuits

Recipe from: USDA's MyPlate Kitchen

Adults: "Learn to Hand Sew"

Make a strawberry shaped lavender sachet!

April 28 at 2 p.m.

at the Humboldt Public Library

(115 S. 16th Ave.)

Call Joshua at the Library to Sign up!

(731-784-2383)

Gentle Stretching Class

Tuesdays & Thursdays at 10 a.m.

in April

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!

Contact me:

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Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

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