

EDUCATION SEMINARS & CRAFTS WORKSHOPS

WEDNESDAY, JULY 9, 2025

2:00 – 3:00pm

Wits Workout Seminar – Chelsey Byers and Molly Hofer, University of Illinois Extension Family Life Educators. Come and learn about *Wits Workout*, an interactive brain health curriculum. *Wits Workout* is designed to be led by volunteers or other community leaders. *Wits* is designed in a “workout” format consisting of four interactive pen-and-paper activities and a short educational topic that addresses cognitive health. *Wits Workout* helps bring older adults together to increase their socialization and intellectual engagement, which are both lifestyle contributors to brain health.

Oscar Mayer Weiner Mobile Seminar – Amber Johnson – FRANKtastic lesson on the history of this WIENERific icon. Amber will RELISH sharing her extensive collection of memorabilia. Come MEAT the “Wienermobile Queen” herself! FRANKs a BUNs.

Mason Jar w/ Lights – Paint a mason jar and add solar lights to finish off project. You can use stencils if you can’t draw, or you can free hand your own design. Taught by Dorothy Holt, Massac County HCE, Illinois. Limit 30 people. Cost \$6.00.



3:30 – 4:30pm

Chocolate Seminar – Stephanie Jerabek, CWC USA Vice-Chairman
CHOCOLATE: Do I have your attention now? Learn about the exciting history of chocolate, how it is made and why we love it. Samples available. \$5 fee

Natives as Pollinators Seminar – Robbin Nickelson, Happy Trails Garden & Design
This program will encourage incorporating native plants to the landscape supporting local fauna and other environmental causes. We’ll discuss some differences in Nativars vs. true Natives and review some of the best pollinators for your area. The steps landowners should take to be successful in transforming their current landscapes to more eco-friendly habitats, will also be shared.



Stitched Christmas Cards – Crafters will make 2 stitched Christmas cards with provided materials.

Taught by Janel Kassing, Randolph County HCE, Illinois. No limit. Cost \$5.00

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Thursday, July 10, 2025

2:00 – 3:00pm

Food Labels and Proper Food Storage Seminar – Stephanie Jerabek, CWC USA Vice-Chairman

What you need to know about the labels on the foods you purchase and how to store your foods properly.

Bees...Me? Seminar – Wayne Beck, Community Education Coordinator of the Family Beekeepers of Illinois (FBI)

Learn how bees affect our food supply, a bee's life cycle, the social caste in a bee colony, basic beekeeping equipment, and a hive full of bee trivia. The presentation will include an observation hive and honey sampling directly from the hive.

Blingy Wine Bottle – Transform an empty blue wine bottle into a decorative centerpiece using purchased BLING. Taught by Sally Dennis, Macon County HCE, Illinois. Limit 10 people. Cost \$10



3:30 – 4:30pm

The Hummingbird – Living on the Edge Seminar– Jo Fessett from the Illinois Audubon Society

The hummingbird is a favorite backyard visitor. But behind that tiny jeweled, ever moving body lies a tough little character. Learn about their natural history, how to attract them to your yard and what lies ahead for these charming creatures who must continually adapt to the effects of climate change.

Petersburg....My Heart's Home Seminar – Kathy Olesen

What does the Circus, A Record Setting Quarter horse, the MOST Tomato Canning in the World and the Home of Edgar Lee Masters AND Abe Lincoln have in common....Petersburg. Come learn the colorful history and find out about the present and future of his beautiful central Illinois town.

Diamond Painting – Learn to paint with “diamonds”! Diamond paint a set of 2 Mandela style coasters. Taught by Emily McDowell, Madison County HCE, Illinois. Limit 10 people. Cost \$5.00.

