



PLUGGED-IN TO FCE

**TAFCE, Central Region
Virtual Retreat via ZOOM
November 9-11, 2020**

Registration Opens Oct. 15-Nov. 2

Go to: <https://tiny.utk.edu/CRFCERETREAT20>

*Most sessions will be recorded & uploaded to our
TAFCE, Central Region YouTube Channel for
viewing after the retreat.*

Monday, November 9

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|------------------|---------------------------------------------------------------------------------------------|
| 9:00 - 9:30 am | Plugged-In to Movement: Power Up with Resistance Bands |
| 10:00 - 11:00 am | Plugged-In to Learning: Women's Suffrage |
| 11:30 - 1:00 pm | Plugged-In to the Taste of Fall: Flavors from the Field |
| 1:30 - 2:30 pm | Plugged-In to Creating:
Ribbon Angel or Felting Christmas or Sketching/Watercolor Skills |
| 3:00 - 3:30 pm | Plugged-In to Fun: Virtual Scavenger Hunt! |

Tuesday, November 10

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|------------------|-------------------------------------------------------------------------------------------|
| 9:00 - 9:30 am | Plugged-In to Movement: Recharge with Chair Yoga |
| 10:00 - 11:00 am | Plugged-In to Learning: Cooking Under Pressure |
| 12:00 - 1:00 pm | Plugged-In to the Taste of Fall: Beef for the Holidays |
| 1:30 - 2:30 pm | Plugged-In to Creating:
Hanging Snowflake or Jewels for the Holiday or Selling on Etsy |
| 3:00 - 3:30 pm | Plugged-In to Fun: T-A-F-C-E! (Bingo) |

Wednesday, November 11

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|------------------|-------------------------------------------------------------------------------------------------|
| 9:00 - 9:30 am | Plugged-In to Movement: Energize with Arthritis Exercise |
| 10:00 - 11:00 am | TAFCE, Central Region Annual Business Meeting
(delegates required, all encouraged to attend) |
| 10:00 - 11:00 am | Plugged-In to Learning: Spreading the Holiday Cheer without Fear |
| 11:30 - 1:00 pm | Plugged-In to the Taste of Fall: Oh Sweet Niblets! |
| 1:30 - 2:30 pm | Plugged-In to Creating:
Poinsettia Tips or Gift Box or Napkin Wood Slice Ornaments |
| 3:00 - 3:30 pm | Plugged-In to Fun: Show & Tell and Farewell! |

Monday, November 9

Power Up with Resistance Bands

Learning basic moves with a resistance band will give you versatility in your exercise routine. These lightweight pieces of equipment are inexpensive, easy to pack and store at home. Using one also doesn't require much space. In this class, Agent April Martin will cover some basic exercises and show a variety of resistance bands to use. You don't have to be a fitness guru to use resistance bands. They are safe and easy to use.

NOTE: While resistance bands work best, you may try substituting with old nylon tights, a bicycle tire intertube, wide stretchy elastic, a bungee cord, or suspenders.

Women's Suffrage

Get ready to take a trip into the history books and see just how women fought to have the right to vote today! The women's suffrage movement was a decades-long fight to win the right to vote for women in the United States. Finally, on August 18, 1920, the 19th Amendment to the Constitution was ratified. And on November 2 of that year, more than 8 million women across the United States voted in elections for the first time. Emily Gordon will highlight two Tennessee ladies that were instrumental in getting the 19th Amendment ratified. She will explain how to make a signature fan and allow time for anyone who has a relative that voted for the first time in 1920 to share their story.

Flavors from the Field



Fall produce from the fields makes great relishes, salsas and chutneys to pump up the flavor on your family dinners and entertaining plates. Come learn about how to enhance your meals as we prepare a Pecan Crusted Pork Tenderloin with Pear Relish with Agent Whitney Danhof. This is a perfect dish to showcase the peppers, pears and pecans that are abundant in the fall as we learn to create condiments that turn the plain into sublimely delicious, party worthy dishes. You can cook along or just watch. Download the recipe and grocery list under Supplemental Resources at <https://tiny.utk.edu/CRFCERETREAT20>.

Ribbon Angel

Carolyn Binkley will walk you through how to make a Ribbon Angel from a small Christmas ball, wired ribbon, metallic pipe cleaners and a small bow. Download the supply list under Supplemental Resources at <https://tiny.utk.edu/CRFCERETREAT20>.



Felting Christmas

Learn how to make a sweet little needle felted Christmas item. Kathy Nicholson will teach this versatile technique that can be made into many items. Download the supply list under Supplemental Resources at <https://tiny.utk.edu/CRFCERETREAT20>.



Sketching/Watercolor Skills

This class by Terrie Starkey will consist of step by step instructions on basic sketching of the top view of fish and watercolor techniques that most anyone can follow. The class will include an introduction, a visual explanation and demonstration, a discussion of watercolor methods, practice sketching and the creation of an 8x10 "Fish in Pond" watercolor. Download the supply list under Supplemental Resources at <https://tiny.utk.edu/CRFCERETREAT20>.



Choose One

Virtual Scavenger Hunt

Led by Agent Lauren Patterson, act as an FCE Detective during this virtual scavenger hunt to locate various items in your home, office, or wherever you will be! Make sure your camera is on to play for a chance to win prizes!

Tuesday, November 10

Recharge with Chair Yoga

Are you curious about chair yoga? It is much more than a form of exercise. Practicing chair yoga can provide physical and mental health benefits. Yoga has been practiced for thousands of years. Many styles of yoga are practiced in the United States, but all share in common a focus on breathing, yoga postures, and guided relaxation or meditation. This lesson addresses three key components of yoga: breathing, movement (yoga postures, or poses) and guided relaxation. You don't have to be flexible or "in shape" to do yoga! Join Agent Mary Draper and don't forget to grab a sturdy chair for this session.

Cooking Under Pressure

Multi-cookers (Instapots) are the hottest small appliance right now. Join Olivia Deason as she discusses these time and effort saving helpers to getting dinner on the table. Whether you already have one and need ideas, are considering purchasing one or just want to know what all the fuss is about, you'll enjoy this informative and inspirational session.

Beef for the Holidays



This holiday season, make room for beef at the dinner table! Karman Meyer, Registered Dietitian and Director of Communications at the Tennessee Beef Council, will guide us through selecting the right cuts for your holiday gatherings, discuss beef nutrition, and demonstrate how to make a festive and seasonal side dish of Beef Sausage Stuffing with Apples & Cranberries. Download the recipe under Supplemental Resources at <https://tiny.utk.edu/CRFCERETREAT20>.

Hanging Snowflake

A decorative hanging snowflake made with child size plastic hangers will be taught by Deborah Foster. The finished snowflake will measure about 26 inches wide and tall. Download the supply list under Supplemental Resources at <https://tiny.utk.edu/CRFCERETREAT20>.



Jewels for the Holiday

Create a memory wire bracelet for yourself or others with Sarah Zapotocky. Download the supply list under Supplemental Resources at <https://tiny.utk.edu/CRFCERETREAT20>.



Selling on Etsy

Bring your note pad and pen and learn how to open your own Etsy Account. Online sales is one method of selling your product. Join Sara Gray and Lesia Mixon have active accounts and have much they can teach. Learn not only how to set up an account, but how to manage it as well as the benefits and other great details.



T-A-F-C-E! (Bingo)

Join Agent Lauren Patterson and plug in to play TAFCE style virtual BINGO! You don't want to miss the excitement of yelling "TAFCE!" to win a prize!

Choose One

Wednesday, November 11

Energize with Arthritis Exercise

Let's stretch it out with joint-friendly exercises from head to toe. You decide what stretches work for you. Bonus relaxation script completes the class. Join Agent Hilda Lytle to get your morning started and your body moving!

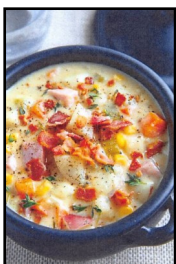
TAFCE, Central Region Annual Business Meeting

Since the Central Region Annual Meeting was canceled in September, we will hold the annual business meeting virtually. County Council Presidents and the Central Region Executive Board members were mailed a voting packet and need to register themselves or their designee by mailing in the voting delegate credential form to Peggy Richmond, region treasurer. All voting delegates will need to attend this session. Voting will be by a verbal vote and if there are any dissenting votes a roll call vote will be taken. Mary Alice Weber, president, and the Central Region TAFCE Board will lead this session. All others are welcome to attend but will not have voting privileges.

Spreading the Holiday Cheer without Fear

The holidays are a time for celebrations, family and friends. But what happens when we're in the middle of a pandemic? This session will help guide you through the holidays in ways that help prevent the spread of Covid-19 but keep the fun and connections that make this time of year so special. You'll learn about low, medium and high risk activities, what to do about foods and eating and how to navigate the many activities of the season. A must see session for all your holiday needs by the Extension Nutrition and Food Safety priority team.

Oh Sweet Niblets!



We all love the flavors of fall and soups are one of the best ways to showcase them. This is corn chowder with a twist! Follow along with Agent Shelby Boyer to make a warm and comforting soup showcasing ham, potatoes and corn that will hit the spot this fall! This delicious, hearty chowder is sure to be a family and crowd pleaser. You can cook along or just watch. Download the recipe and grocery list under Supplemental Resources at <https://tiny.utk.edu/CRFCERETREAT20>.

Poinsettia Tips

Bob Washburn, our friend from PWP Greenhouse, teaches how to help poinsettias during the holiday season. Bob will discuss how to buy/select your poinsettia; how to care for it in your home and how to help your poinsettia re-bloom. He will also be available to answer your burning questions about other plants.



Small Gift Box

Deborah Foster will guide participants through making a small gift box from a 12 X 12 sheet of cardstock just in time for the holiday season. The finished size of the box will be a 4 inch cube. Download the supply list under Supplemental Resources at <https://tiny.utk.edu/CRFCERETREAT20>.



Napkin Wood Slice Ornaments

Learn how to make an ornament using a paper napkin or wrapping paper to Mod Podge onto a wood slice. Kaycee Smith will teach you all the tricks and details. Download the supply list under Supplemental Resources at <https://tiny.utk.edu/CRFCERETREAT20>.



Show & Tell and Farewell!

From the educational classes to the physical activity sessions to the marketable skills workshops, we want to see and hear about what you've learned or created! Agents Lauren Patterson and Brenda Hannah will moderate and if you are one of the lucky ones talking when time is called, you'll receive a prize! Stay plugged in after the show and tell for a Virtual Retreat Farewell from our TAFCE Central Region President, Mary Alice Weber.

Choose One