November 2026

Gibson County Family & Consumer Sciences (FCS)

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

This November, I want to encourage you to practice intentional gratitude. Start by noticing the good things in life-write down 3 good things that have gone well for you, write a thank you note, or keep a journal of your joys from the day. I know that I am thankful to live (and work) in Gibson County! Hope to see you soon! - *Deanna*

Apple Pie Making Class



November 19 6-8 p.m.

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

Learn to make a homemade apple pie in this hands-on canning class! You will take home a pie to bake (or freeze to bake later). Class fee is $25. *Must be paid in advance, spots in the class are limited*!

Sign Up Here: tiny.utk.edu/gcapplepie26

Baked Acorn Squash with Apples

2 small acorn squashes **¼ cup brown sugar**
½ tsp. nutmeg **3 cups apple (chopped)**
2 Tbs butter (or margarine) **½ tsp. salt**

Cut squash in halves & scoop out seeds. Put squash in a baking dish with hollow side up; fill centers with apple. Pour a little water into dish. Cover & Bake at 350F for 30 minutes. Sprinkle with salt, sugar & nutmeg-dot with butter. Bake uncovered about 45 minutes. *Recipe Serves: 4*

Weave a Holiday Basket!



November 30 5-8 p.m.

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

Learn to weave a holiday basket in this beginner-friendly class! You will make a basket to take home. Class fee is $30. *Must be paid in advance, spots in the class are limited*!

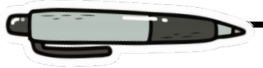
Sign Up Here:
tiny.utk.edu/holidaybasket26

Chair Yoga

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

Join us for a free chair yoga classes! All movements will be done seated in a chair. Wear comfortable clothing.

10 a.m. - Tuesdays & Thursdays in November & December *taught by Michale*
(***No class:*** *Nov. 24 & 26 and Dec. 22, 24, 29 & 31)*



Contact me:
Deanna Poole, Extension Agent
Family & Consumer Sciences (FCS)

Office Phone: (731) 855-7656
Email: dpoole3@utk.edu

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.

GIBSON COUNTY UTEXTENSION INSTITUTE OF AGRICULTURE THE UNIVERSITY OF TENNESSEE