

Community News

Mail announcements to The Estill Tribune, 6135 Winchester Road, Irvine, KY 40336
Call (606) 723-5012; Fax to (606) 723-2743; or E-mail it to <News@EstillTribune.Com>

Mondays & Wednesdays - 10-11am

Body Fitness Exercise Class

A body fitness exercise class is conducted by Sister Loretta Spotila, RN, each Monday and Wednesday morning, 10-11 a.m., at the Estill County Extension Office on Golden Court, off Stacy Lane Road. The exercises are helpful for persons with arthritis, asthma, and difficulty moving. Gentle exercise and movement builds strength and flexibility. Donation is \$3.00 per class. Contact Sister Loretta at (606) 723-8505 for more information.

Wednesdays, now at 5:30pm

Beginner Yoga at Marcum-Wallace

Beginner Yoga class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday from 5:30 to 6:30 p.m. with instructor Laritza Gomez. The cost is one non-perishable food item for Helping Hands Outreach Ministry. Bring your own yoga mat. The instructor will guide the class through basic poses focused on relaxation, building core strength and flexibility. For class updates, please check the Marcum & Wallace Hospital Facebook page.

Thursday, October 25th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, October 25th at 5:30 p.m. at Steam Engine Pizza. Kiwanis clubs focus on changing the world by serving children, one child and one community at a time. Service is at the heart of every Kiwanis club, no matter where in the world it's located.

Every Thursday @ 6:00pm

Celebrate Recovery Meetings

Celebrate Recovery meets every Thursday at 6:00 p.m. at Providence Baptist Church fellowship hall, 1115 Winston Road in Irvine. Everyone is welcome to attend. It is a Christ-centered, 12-step recovery program for anyone struggling with hurt, pain or addiction of any kind.

Thursdays @ 6pm

Estill Celebrate Recovery

Everyone struggling with hurt, pain or addiction of any kind. Providence Baptist Church is located at 1115 Winston Rd, Irvine, KY 40336. For more information, call 606-723-7837.

Thursdays at 7pm

Estill County Community Chorus

The Estill County Community Chorus will be practicing this Thursday, October 25, 2018, starting at 7:00 p.m. at the Irvine United Methodist Church, 243 Main Street. The Chorus will be performing the annual Christmas Concert on Sunday, December 2, 2018, at 3:00 p.m. For more information, see Facebook or contact Robin Reed (606) 723-4678 or Debbie Carlyle at (606) 531-0465.

Fridays, 6-8pm at the Estill Library

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club will meet every Friday from 6 to 8 p.m. at the Estill County Library, 246 Main Street, Irvine, for anyone who plays an Appalachian Dulcimer. Or anyone who is interested is playing one is welcome to attend. The Appalachian Dulcimer was designated as the official state instrument of Kentucky.

Friday, October 26th @ 10:00am

How to Optimize Physical & Cognitive Health

For centuries we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. The program will take place on Friday, October 26th from 10-11am at the Madison County Senior Citizens Center located at 214 West Jefferson Street, Berea. Registration is required; please call 800-272-3900. This program is provided by a generous grant from the Margaret T. Stoeckinger Foundation and the Alzheimer's Association.

Saturday, October 27th - 7-11:30am

Lions Fall Pancake Breakfast

The Estill County Lions Club will be holding their Fall Pancake Breakfast in the Fellowship Hall of First Christian Church at 270 Main Street on Saturday, October 27 from 7 till 11:30 a.m. Adult ticket or admission is still \$5.00, with age 3 and under being free. The menu is scrambled eggs, pancakes, bacon, sausage, milk, orange juice and coffee. Watch for the big yellow sign on the street outside the church and we'll see you there. Thanks for supporting your Lions Club. Money raised from this fundraiser goes to the purchase of eye glasses for needy individuals; eye screening at schools, churches, businesses, etc. in Estill County; and the purchase of an eye screening camera.

Saturday, October 27th @ 8:00pm

Auxiliary Halloween Dance

American Legion Auxiliary will have a Halloween Dance at American Legion Post 79 on Millers Creek Road, Ravenna. The dance will be Saturday, Oct. 27, from 8 p.m. to midnight. Music will be provided by Kenny Chenault. Come in your best Halloween costume.

Monday, October 29th @ 12:00 Noon

Not Your Grandma's Pressure Cooker

You have most likely heard about the new electric programmable pressure cookers (AKA Instant Pot™ or Power Cooker™). These appliances are becoming very popular because of their easy to use features and wide range of uses. Come see what the fuss is all about during this program where we will discuss the safety, benefits, and tips and tricks of using the electric pressure cooker. There will be a demonstration on how to use the appliance and tasting of the items prepared. Join Shonda Johnston, Clark County Extension Agent for Family & Consumer Sciences on Monday, October 29th at 12:00 noon at the Estill County Extension Office for this informative program. The program is free and open to the public. Please register by calling 606-723-4557 so we will have plenty of handouts.

Friday, November 2nd @ 9am

Retired Co. C Guard Breakfast

Attention: All retired and former National Guard members of Charlie Company 1/149th, there will be a breakfast at Cracker Barrel, in Richmond, on Friday, November 2nd and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

Primary Basketball & Cheerleading Signups

Dates		
Sunday	October 28th	2 - 4 pm
Monday	October 29th	6 - 8 pm
Thursday	November 1st	6 - 8 pm
Sunday	November 4th	2 - 4 pm

Location: Estill County High School Gym Lobby

Basketball Leagues

Boys/Girls	Preschool to 1st grade
Boys/Girls	2nd & 3rd grade
Boys/Girls	4th & 5th grade
Boys/Girls	6th thru 8th grade

Cheerleading

Girls Preschool to 5th grade

Cost: \$50.00 per kid for Basketball
\$30.00 per kid for Cheerleading

Everyone must sign up at one of the designated times.

We will not take signups over the phone.

Anyone interested in Coaching needs to come to one of the sign-ups. We will have All GIRL teams if we have enough kids sign up.

SUNDAY, November 4th is LAST DAY to sign up.

Tuesday, October 30th - 6-8pm

Estill County Trick or Treat

Estill County's 'Trick or Treat' night will be on Tuesday, Tuesday, October 30, 2018, 6-8 p.m. Leave your light on!

Friday & Sunday, November 2nd & 4th

RCP's "Tuna Christmas"

Tuna Christmas to be performed by River City Players. Kick off your holiday season by supporting your home town community theater group! Mark your calendars now to come out for some genuine belly laughs during River City Players' production of Tuna Christmas, a hilarious comedy about the eccentric inhabitants of Tuna, TX (population 24). There will be 2 performances: Friday, November 2 at 7 p.m., and Sunday, November 4 at 3 p.m. at the Estill County High School auditorium. Tickets are \$10 for adults, \$5 for ages 6-18 and free for ages 5 and under. Call 606-723-5755 or 502-810-7668 for more information.

Saturday, November 3rd -- 8am-1pm

-- Donate Blood, Y'ALL! --

Kentuckians are encouraged to give blood at Estill Co. drive

Donate blood, Y'ALL! Kentuckians are encouraged to give blood. Kentucky Blood Center (KBC) is encouraging Estill Countians to roll up their sleeves, donate blood and help Kentucky patients. As a thank you, those who register to give blood at the drive below will receive this fun "Donate blood, y'all" T-shirt. Donations for the Estill County Community will be taken on Saturday, November 3, 2018, from 8 a.m. - 1 p.m. at the First Christian Church in the Fellowship Hall at 270 Main Street in Irvine. Blood donors must be 17-years-old (16 with parental consent), weigh at least 110 pounds, be in general good health, show a photo I.D. and meet additional requirements. Sixteen-year-old donors must have a signed parental permission slip, which can be found at kybloodcenter.org. To schedule a donation, visit kybloodcenter.org or call 800.775.2522.

Saturday, November 3rd at 12:30pm

Sam & Stanley Barnes Reunion

The family of Sam and Stanley Barnes will be having a reunion on Saturday, November 3, 2018, at the Estill County Senior Citizens Building on Golden Court (off Stacy Lane) in Irvine. The potluck dinner will be served at 12:30 p.m. Bring a couple of dishes to share and enjoy the day with family and friends. All family, friends and relatives are invited. Everyone is welcome.

Monday, November 5th @ 7pm

Estill County Memorial Service

A Memorial Service honoring and remembering those from Estill County who died during the past year will be held at the Irvine First Christian Church on Main Street in Irvine on Monday, November 5th at 7 p.m. This service is sponsored by Mercy Health - Marcum and Wallace Hospital, in conjunction with the Estill County Ministerial Association and Interfaith Wellness Ministry. This Memorial Service will include scripture readings, reflections by Ministers from our local churches, and the reading of the name of each loved one who has died. The memorial will be held in the context of an inter-faith, Christian worship service. Family members of the deceased, as well as the public, are invited. You do not need to call and sign up to attend. Please join us as we remember those who have so recently been a part of our lives and whose death we recall in the light of the Resurrection.

Tuesday, November 6th @ 6:30pm

Christmas Art & Crafts Show

The 15th annual "Christmas Arts & Crafts Show" will be Sat., Dec. 1, 10 a.m. - 4 p.m., at the Central Office Gymnasium, 253 Main Street in Irvine. The Estill Arts Council will offer unique items for sale from local artists and craftsmen, Christmas music, a silent auction of arts and crafts items, food concessions, and 50/50 pot. Only original artwork, handmade crafts, and baked goods are eligible for entry. Demonstrations are encouraged. Application forms are available from the Estill County Public Library, Ravenna Greenhouse or EAC's Facebook. The cost of a 10' x 10' space will be \$25 for Estill Arts Council members and \$35 for non-Estill Arts Council members before Nov. 3. Entries postmarked after Nov. 1 will be an additional \$10. For more information call 606 723-5694 or 606 723-4678. Proceeds from the event will be used to support the activities and programs of the Estill Arts Council.

Tuesday, November 6th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, November 6th, and on the first and third Tuesday of every month at the Irvine First Christian Church meeting room on Main Street at 6:30 p.m. Estill County Lions Club is part of Lions Club International, with 1.35 million members in 205 countries around the world.

Tuesday, November 11th @ 5:30pm

Estill Democrat Women's Club

Estill County Democrat Women's Club will meet Tuesday, November 11th and the second Tuesday of each month at the Estill County Golf Club from 5:30-7 p.m. Come, join us. Together we can make a difference.

Monday, November 26th @ 6:30pm

Democrat Executive Committee

The Estill County Democrat Executive Committee will be meeting Nov. 26, 2018 at 6:30 p.m., and the 4th Monday of every month at the Estill County Public Library, 246 Main Street. For additional information you can email Estillcountydemocrats@gmail.com.

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