



***McCracken County Cooperative Extension
March 2024 Events***

March 8th International Women's Day

McCracken County Extension Office

2025 New Holt Rd | Paducah, KY 42001

270-554-9520 | mccracken.ext@uky.edu



KENTUCKY  
COOPERATIVE EXTENSION

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES



Adults 18+

District Board Meeting

Monday | March 11th | 11am-12pm

Please join us at our next District Board meeting! The meeting is open to any community members that are interested in making an impact in their community. To attend, please **RSVP** by calling our office at (270) 554-9520; a meal will be provided.

Adult Sewing

Every Tuesday | 9am-11am

Whether you're a seasoned pro or just starting, you're welcome to attend. Bring your own project and join us on Tuesdays.

Needlework Club

Thursday | March 7th & 21st | 10am -12pm

Meets on the first and third Thursday of every month. Looking for a relaxing and creative way to spend your Thursdays. Join us for a fun and friendly session.

Paint Fan Dance

Wednesday | March 6th & 20th | 11am-12pm

Registration Required

A Unique Dance Component with The exercise regime, modeled after traditional Fan Dances from Asia, is specifically meant to be low impact, intended for persons with low mobility, seniors, and/or anyone who wants a simple, basic workout experience. Painting is a source of what psychologists call 'Flow.' Which produces an emotionally stabilizing brain frequency equilibrium.



Tool Box Series: Honey Bees

Tuesday | March 5th | 5pm-6pm

Chuck Collins, owner of The Bee Barn, will be educating the public on all things honey bees. This program is no cost and open to the public. No RSVP required.



Dining with Diabetes

Friday | March 8th, 15th, 22nd | 10am -12pm

Registration Required

FCS Agent partnering with Purchase District Health Dept. Dining with Diabetes helps participants build food skills through cooking while learning self-management strategies to better manage, prevent, or delay complications surrounding diabetes. Focused on disease management and prevention, Dining with Diabetes covers topics such as healthy eating, being active, monitoring, taking medications, and reducing risks. Classes include research-based education, cooking demonstrations, and healthy recipe tasting.



NATIONAL EXTENSION WORKING GROUP

Home-Based Micro Processing

Friday | March 22nd | 9:30am-2:30pm

Registration Required

Will allow Kentucky farmers who grow, and harvest produce to use their home kitchens to process value-added products, which may then be sold at registered farmers markets, certified roadside stands, or the processor's farm. The first step to becoming certified as a home-based microprocessor is to attend a home-based microprocessor (HBM) workshop presented by the University of Kentucky. The cost of the workshop is \$50.00. For more information & to register: ukfcs.net/HBM or call 270-554-9520



CPR, AED, and First Aide

Friday | March 29th | 1pm-4pm

Registration Required

Join Tyler Whitaker from KY EMT to learn how to be a life saver! Training is free, but if you plan to be certified there is a \$55 charge. Link to register for CPR:

<https://www.kyemt.com/collections/frontpage>



Game Day

Tuesday & Thursday | March 5th & 21st | 9am-12pm

Meets on the first Tuesday and the third Thursday of every month. Game Day welcomes all adults ages 18 and above, whether you're a seasoned gamer or just looking for some friendly competition. Grab your friends and family and bring your gaming spirit!



Crochet Alley & Knit Row

Thursday | March 7th & 12st | 1pm-3pm

Meets on the first and third Thursday of every month. Discover the joy of knitting and crochet while socializing with fellow enthusiasts. Everyone is welcome!

Arts & Crafts : Pysanky

Friday | March 8th | 9:30am

Registration Required by March 5th

Cost: \$7.00 for 2 eggs

Join us for a morning of painting Easter Eggs. The eggs are wooden and approximately the size of a chicken egg. The method is often referred to as the Pysanky method. You will be provided with 2 eggs, paint, stylus, and an instruction booklet. The eggs, stylus and instructions will be yours to take home.



Quilting Club

Monday | March 11th | 10am

Meets on the second Monday of every month

Come join us as we quilt for community service for NECO Foster Care as well as working on personal quilting projects. Assistance is available if needed.



Interracial Women's Group

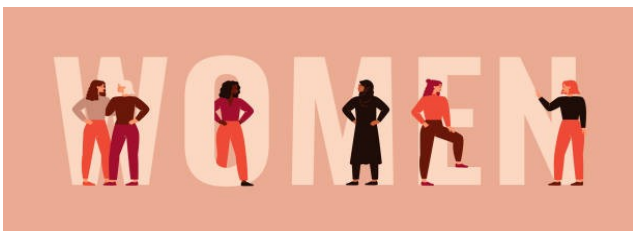
Tuesday | March 19th | 11am

Mission Statement:

We are women who dare to cross the lines of color and culture, to be brave and seek a knowledge of one another beyond what is easy and familiar. Our mutual concerns for other women, children, families, religions, schools and all facets of our community, are the bonds which bring us together in love. Through friendship, we seek to overcome racial and cultural prejudices, and to invite others into a community that celebrates diversity.

Meeting Information:

Meetings are held the third Tuesday of each month at noon. Lunch is provided for a \$5.00 donation.



Tech Class: Google Docs

Tuesday | March 14th | 10am-11am

We'll be delving into the captivating realm of Google Docs. Discover the power of collaborative online document editing and boost your productivity.



Homemaker Lesson

Savor the Flavor: Seasoning with Spices

Friday | March 29th | 10:00am

Join us for this lesson where we will learn about various spices, how to incorporate them into your favorite dishes, and enhance flavor while cooking!



McCracken County Seed Swap

Friday | March 15th | 4pm-6pm

Don't miss the opportunity to connect with fellow garden enthusiast! Bring as many seeds or seedlings with you and trade with others. There is no fee to attend and is open to the public. No RSVP required.



Beading Circle

Thursday | March 14th & 28th | 1pm-3pm

Whether you're a beginner looking to learn the art of beading or an experienced beadwork enthusiast, our Beading Circle welcomes all skill levels. Join us for a creative and enjoyable time together!

Bags of Love

Tuesday | March 19th | 9:30am-1:30pm

Meets on the third Tuesday of every month

It's My Very Own provides "Bags of Love" to children in our community who are displaced. Join this group as they sew handmade bags to hold contents for children's immediate needs.

St. Patrick's Lucky BINGO

PAMHAC Presents a FREE Senior Event

Wednesday | March 28 | 1pm-3pm

Held at the McCracken County Extension Office

RSVP by calling

Krista Curlin-270.519.9734

Whitney Bladon-270.540.1479

Scrapbooking

Wednesday | March 20th | 9am-3pm

Meets on the 3rd Wednesday of every month.

Everything you always wanted to know about scrapbooking and paper crafting. Bring your photos, scissors, and your favorite adhesive. If you don't have scissors and adhesive, we will provide. Beginners and advanced scrapbookers welcome!

Baked by Caryn for Beginners

Monday | March 25th | 1pm-2:30pm

Registration Required

Come join Professional Cake Decorator Caryn Lyles for a Cake decorating lesson for beginners!



Coming: The Big Blue Book Club

The first Big Blue Book Club series for 2024 will be on **April 11, 18, and 25**. Each session will be presented via Zoom at 11 a.m. EDT. The session will be recorded, so if you aren't available during the day, you are welcome to participate via the recording.

The featured book is "Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth" by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Heartland is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

First 20 to Register will get a free book from McCracken Extension!

McCracken Extension will hold Zoom Watch Parties for each session! Join the fun!

Registration is open at ukfcs.net/BBBC24book1.

Youth 9-18

McCracken County Communications

Day

Tuesday | March 26th | 6pm-8pm

This event will feature keynote speeches, demonstrations and a mock interview section. This event is free to participate in for students aged 9-18. **Pre-registration** is due by March 8. Don't miss this exciting and informative event! Contact Heather Wynn for more information hnhu234@uky.edu

Woodworking Project Day

Birdhouse

Monday | March 18th & 19th | 9am-3:30pm

Ages: 12-15

Join us for woodworking project days. Jonathan Baker will teach youth how to read blueprints, safety around power tools, and how to build a birdhouse. Space is limited to 10 youths.

Sign up online a <http://tinyurl.com/McCrackenWood24>. For more information please contact Rachael Davis at rachaelldavis@uky.edu



4-H Lego Club

Tuesday | March 12th | 4:30pm-5:30pm

In Lego Club we will focus on developing our communications and team building skills while playing with the best building bricks around! If you have any questions please contact Heather Wynn at hnhu234@uky.edu.



4-H Shooting Sports

Monday | March 4th | 5pm-7pm

McCracken County Hot Shots Info Night and Orientation Night

Ages: 9-19

Cost: \$65 for the season

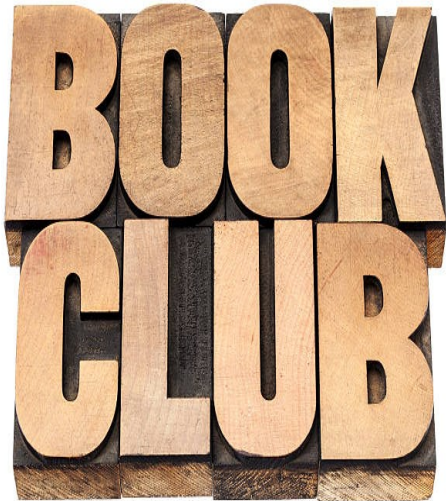
Required meeting for new and returning members for Shooting Sports will be held at the Extension Office. We will go over our plans for the season and the youth will take a 1-hour safety course with Hunter's Education Instructor Courtney Goodman. Safety class is required before going to practice. For more information please contact Rachael Davis at rachaelldavis@uky.edu.



4-H Middle School Book Club

Monday | March 11th | 4:30pm-6:00pm

This is a new club open to those in grades 6-8 who love to read. We will get together and discuss the book of the month while adding in some fun activities! A limited number of book scholarships are available. **Registration is required**, contact Heather Wynn for more information hnhu234@uky.edu



Cloverbud 4-H Club

Wednesday | March 13th | 4pm-5pm

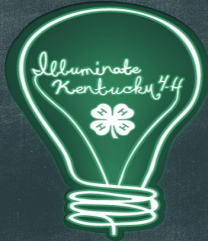
Grades K-3 (an Adult is requested to accompany youth)

Registration Required

Explore areas of healthy living, environment, citizenship, agriculture, science engineering technology (SET), personal development and expressive.



KENTUCKY 4-H
PROGRAM YEAR 2024
SEPTEMBER 1, 2023-AUGUST 31, 2024



HOW OLD WILL YOU BE ON JANUARY 1, 2024?
THAT IS YOUR 4-H AGE!

A dark green chalkboard-style background with white text and a lightbulb logo. The lightbulb logo has the text "Illuminate Kentucky 4-H" written inside it in a cursive font, with a small white clover symbol below the text.

Martin-Gatton
College of Agriculture,
Food and Environment

McCRACKEN

COOPERATIVE
EXTENSION
SERVICE

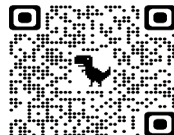


Like us on Facebook

@TheMcCrackenExtension

or visit our website

mccracken.ca.uky.edu



**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.