



McCracken County Cooperative Extension

June 2024 Events

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



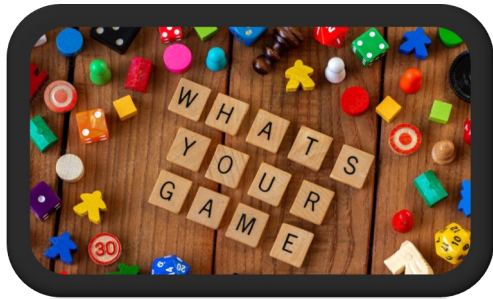
Adults 18+

Game Day

Tuesday & Thursday | June 4th & 20th | 9am-12pm

Meets on the 1st Tuesday and the 3rd 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!



Adult Sewing

Tuesday | June 4th, 11th, 18th, 25th | 9am-11am

Meets Every Tuesday

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



Food as Health

June 3rd, 11th, 20th, 25th | 10:30am-12:30pm

Registration for each class separately

Monday-June 3rd Class

Topics:

What does it mean to say food as health?
What are the nutrients I should choose more often or less often to maintain my healthy?
What steps can I take at each stage for the cooking process to best stretch my food budget?

Tuesday- June 11th Class

Topics:

What is heart disease?
What role does food play?
How do I make healthy choices for prevention and management?

Thursday-June 20th Class

Topics:

What does it mean to have high blood pressure?
What role does food play?
How do I make healthy choices for prevention and management?

Tuesday- June 25th Class

Topics:

What is diabetes?
What role does food play?
How do I make healthy choices to manage diabetes?



Needlework Club

Thursday | June 6th & 20th | 10am –12pm

Meets on the 1st and 3rd Thursday of every month.

Looking for a relaxing and creative way to spend your Thursdays. Join us for a fun and friendly session.



Crochet Alley & Knit Row

Thursday | June 6th & 20th | 1pm-3pm

Meets on the 1st and 3rd Thursday of every month.

Discover the joy of knitting and crochet while socializing with fellow enthusiasts.



District Board Meeting

Monday | June 10th | 11am-12pm

Meets on the 2nd Monday of every month.

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.

Tech Class:

Wednesday | June 12th | 10am-12pm

Don't get scammed!!

Make plans to attend "Protecting Yourself from Online Scams" on Wednesday, June 12th at 10:00 at the extension office. Learn to identify and protect yourself and your personal information from online scams.



Beading Circle

Thursday | June 13th & 27th | 1pm-3pm

Meets on the 2nd and 4th Thursday of every month.

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!

Ag Advisory Council Meeting

Thursday | June 13th | 6pm **RSVP Required**

Everyone is invited to participate in this council gathering to converse about the significance of agriculture for the youth, farmers, homesteaders, and the community in McCracken County. Let's collaborate on finding ways to wholeheartedly embrace agriculture in the county. A meal will be provided.

Bags of Love

Tuesday | June 18th | 9:30am-1:30pm

Meets on the 3rd 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.



Scrapbooking

Wednesday | June 19th | 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!



McCracken County Fair Entries

Saturday | June 22nd | 8am-12pm

Get your fair entries ready!

Do you like to sew? Do you like to bake? Do you like to make crafts? If so, get your fair entries ready. All McCracken County residents are eligible to enter the 2024 Culinary, Crafts, and Textiles Division of the McCracken County Fair.

Bring your fair entries to Carson Park – Floral Hall, 300 N. 30th Street, on Saturday, June 22, 2024, between the hours of 8:00 – 11:00 a.m.

There is a list of exhibit categories at the office or <https://mccracken.ca.uky.edu/2024-culinary-crafts-and-textiles-division>



Karen's Cake Creations

Monday | June 24th | 12pm-5pm

POSSIBLY-NOT CONFIRMED– WATCH OUR FACEBOOK PAGE FOR MORE DETAILS

Offsite Events

Toolbox Series: Garrett Farms

Tuesday | June 4th | 5pm-6pm **RSVP**

Please join the Master Gardeners at Garrett Farms. This program is open to the public. Danny will be educating the public on commercial horticulture and what is currently growing at the farm. The event is 5pm-6pm. Please arrive early for parking and their farm store will be open. The program will be at their farm : 3855 Hardmoney Rd. Paducah, KY 42001



Horticulture Walking Club

Wednesday | June 5th, 12th, 19th & 26th | 11am-12pm

Meets every Wednesday

Come join us for a nature walk on the **Greenway Trail**. We will meet at the Skate Park Entrance. Call 270-554-9520 to sign up. Snacks and drinks will be provided.

Grounding Yoga

Tuesday | June 11th | 11am-12pm

Join us for a FREE Yoga Session at **Pat & Jim Brockenborough Rotary Health Park**. Located at 14th & Madison in the historic Fountain Ave Neighborhood. The session will be instructed by Sierra Irwin. There is limited space. So, please **RSVP** by calling 270-554-9520. Please bring your own mat and water. If inclement weather, session is canceled.

Summer Reading Kick-Off Party

Tuesday | June 4th | 2pm-4pm

Join Kelly Alsip and Rachael Davis at our McCracken County Library for "Adventure Begins At Your Library".



Laugh and Learn

Tuesday | June 18th | 11am-12pm

Come join us at the **McCracken County Library** for those of you who have children who will be entering kindergarten. This program instructs parents how to teach their children kindergarten readiness skills. Join us for a play date!

Recruiting Volunteers

Volunteers with a passion for cooking and educating others on cooking skills and food safety are needed in McCracken County. If you enjoy cooking and want to help others, consider becoming a Champion Food Volunteer. Please call 270-554-9520 or email Kelly Alsip at kelly.alsip@uky.edu for more information.



Youth 9-18



4-H PROJECT DAYS: FORESTRY

LEAF COLLECTION & LEAF PRINTING

AGE 10+, CLASS SIZE IS LIMITED - CALL TO REGISTER

The purpose of this club is to collect leaves from native Kentucky trees. These leaf collections will be eligible for the McCracken County Fair. Must attend both sessions to complete the project and compete at fair.



Leaf
Collecting



Leaf
Printing

CLASS INFORMATION

- Day 1: May 24th
- Day 2: June 13th
- Time: 9-12
- Time: 9-12
- Location: Bob Noble Park (Main Entrance)
- Location: McCracken County Extension Office

CONTACT US
Office: 270-554-9520
Email: gracey.moffitt@uky.edu

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

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University of Kentucky, Kentucky State University, 215 Department of Agriculture, and Kentucky Counties Cooperative
Lexington, KY 40506



4-H SUMMER chess club

KENTUCKY COOPERATIVE EXTENSION

Meeting Dates:
May 24
June 12 & 26
July 10 & 24

Time:
1:00 pm - 3:00 pm

Where:
McCracken County
Extension Office
2025 New Holt Road,
Paducah, KY 42001

Call to register:
(270) 554-9520





For more information email: lisa.dodsn@uky.edu

an equal opportunity organization

4-H PROJECT DAY FUSIBLE QUILTING

no sewing required

CALL TO REGISTER

-  limited class size
-  June 3, 2024
-  time: 9:00 - 12:00
-  Ages: 12 - 18

 270 554-9520

 lisa.dodson@uky.edu

 2025 New Holt Rd, Paducah
KY 42001

Cooperative
Extension Service

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

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All projects will be entered
into the McCracken County
Fair

 Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky







UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
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McCracken County DROP OFF 4-H FAIR ENTRIES

**THURSDAY
JUNE 20TH
4:00PM - 6:00PM**


**FRIDAY
JUNE 21ST
8:00AM - 12:00PM**

win ribbons & premiums


location
Carson Park, 300 N 30th St, Paducah, KY
inside of Floral Hall

For more information:
lisa.dodson@uky.edu






an equal opportunity organization





3-D Wool Felting 4-H Project Day





Learning Objectives


-  Make New Friends
-  Felting Techniques
-  Develop Thinking Skills
-  Explore wools quality
-  Develop Composition Skills




 **June 12, 2024**

 **9:00 - 12:00**

 **Ages 12 - 18**

 **Call to Register**

 **No Class Fee**

McCracken County Extension
2025 New Holt Road
Paducah, KY 42001
(270)554-9520

an equal opportunity organization

projects will qualify to
be entered into the
McCracken County Fair



McCracken County Fair
June 24th-29th, 2024

Facebook page:

<https://www.facebook.com/themccrackenextension>



Martin-Gatton
College of Agriculture,
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Lexington, KY 40506



Disabilities
accommodated
with prior notification.