

## McCracken County Extension Office 2025 New Holt Rd | Paducah, KY 42001 270-554-9520 | mccracken.ext@uky.edu



# Adults 18+

KENTUCKY K

## CANNING WORKSHOP Monday, June 2nd 9 a.m. - 3 p.m.



Preserve your favorite foods LIMITED SPOTS CALL (270) 554-9520 TO REGISTER

VATER BATH AND PRESSURE **CANNING TECHNIQUES** Learn how to Discover techniques for can fruits and long-lasting food vegetables at preservation and freshness

## **Game Day, Come Play!**

CANNING BASICS

#### Tuesday | June 3rd | 9am-12pm

Board Games, Card Games, Dice Games

New to games? We'll teach you how to play!

#### Meets on the 1st Tuesday and the 3rd Thursday of every month. Will not meet June 19th due to holiday.

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 3rd, 10th, & 24th |

#### 9am-11am

This group is for sewers of all levels, from beginners to pros. We have several experienced leaders who want to help you in any way possible. This group does **NOT** meet on the third Tuesday of the month.



#### Tuesday | June 3rd | 5pm-6pm

Join us at the Extension Office for an educational program on floral arranging. Ruffled Willow will have a demonstration on how to professionally arrange flowers. This class is currently full, but we will post a recording of the program to our YouTube channel later that week.



## **CHOICE Chat**

#### Wednesday | June 4th & 11th | 9am-9:45am

Celebrate Happy Opportunities "I" Choose Everyday, "CHOICE "CHAT is an opportunity for women to come together and focus on POSITIVITY in our daily situations. We will learn to celebrate and embrace our individual strengths while encouraging each other. This time will be an enthusiastic way to begin our day. Please come together for this 6 week course to focus on joy and positivity.



## <u>Chair Yoga</u>

## Every Wednesday | June 4th, 11th, 18th, & 25th|

#### 10am-11am

#### Cost: \$3.00

Certified instructor, Suzi Renaud, will lead this class. There is a \$3 fee for each session. Pay at the door. All experience levels welcome including limited mobility.

## McCracken County Civic Beautification Board Meeting

#### Wednesday | June 4th | 10am-11am

If you are interested in joining, please feel free to attend our meeting. Our purpose is to promote projects of civic beautification and nature, to make McCracken County a cleaner, healthier, safer and more beautiful place in which to live and work.



## **Needlework Circle**

#### Thursday| June 5th | 10am –12pm

Meets on the 1st and 3rd Thursday of every month. Will not meet June 19th due to holiday.

Looking for a relaxing and creative way to spend your Thursday? Join us for a fun and friendly group, where you can bring your current projects, share ideas, and learn alongside others.

## **Crochet Alley & Knit Row**

#### Thursday | June 5th | 1pm-3pm

Meets on the 1st and 3rd Thursday of every month. Will not meet June 19th due to holiday. Gather your supplies and enthusiasm for crocheting and knitting as you connect with fellow enthusiasts in a fun social setting.

## **Amazing Quilt by Pat Arnott**

Friday | June 6th | 10am-3pm

Monday | June 9th | 10am-3pm

\$25 Fee and registration is required. Pre-cutting instructions and the fabric needed will be supplied upon registration.

Learn how to create the "Amazing Quilt" pattern by Pat Arnot. This beginner-friendly class is prefect for quilters of all skill levels! Please note: this is a two session class. Part 1 will be offered June 6th and the session concludes with Part 2 on June 9th.



## **District Board Meeting**

#### Monday | June 9th | 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: Learn the Basics of Google Docs

#### Wednesday | June 11th | 10am-11am

Discover the power of word processing in this beginner-friendly workshop! Whether you're drafting a letter or building a resume, Google Docs makes collaboration easy. You'll create your first Google Doc, share it with others, and explore editing, suggestion mode, and comments. If you prefer, you can work in Microsoft Word, as the two programs are quite similar. This session is designed for those new to digital tools—come learn and get comfortable with the basics!



## Arts & Crafts: Watercolor Tulips

Friday | June 13th | 9:30m-12pm

#### Cost: \$25 Pay at the door

#### Pre-registration is required call (270) 554-9520. Class size is limited

This beginner-friendly class is perfect for those looking to explore watercolor painting! You'll learn essential techniques to create beautiful tulip paintings (as shown in the example). Plus, every participant will take home a brush, watercolor paper, and a small palette with a selection of paints—so you can keep practicing or put the finishing touches on your piece.



## **Bags of Love**

#### Tuesday | June 17th | 9:30am-1:30pm

#### Meets on the 3rd Tuesday of every month.

*It's My Very Own* offers "Bags of Love" to displaced children in our community. Join this group as they create handmade quilts to include in the "Bags of Love".



## **Scrapbooking**

#### Wednesday | June 18th | 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!

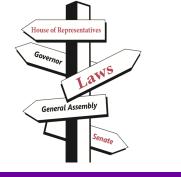


### How a Bill Becomes a Law

#### Friday | June 20th | 10am-12pm

#### Pre-Registration is required 270-554-9520

Ever wondered how an idea transforms into a law? Laws shape everything from public policy to daily life but how does an idea actually transform into a law? The journey of a bill is filled with debates, revisions, and crucial votes. Attend this class to find out!







Are you interested in entering your plants / cut flowers in the McCracken county Flower Show? Scan the QR code below to see the official Flower Show general rules.





## Join Us for a Laugh & Learn Play Date!

#### Tuesday | June 17th | 11am-12pm

Come join us at the McCracken County Library for those of you who have children entering kindergarten soon. This program targets 3 – 5 year-olds and instructs parents on how to teach their children kindergarten readiness skills. This session's theme is insects.





Will not meet on June 19th due to the holiday.



# Youth 9-18

## Jr. Stem Club

#### Thursday & Tuesday | June 5th, 17th & July 1st, 17th, & 22nd | 2pm-4pm

McCracken County youth in grades 4-8th grade can join 4-H in exploring STEM topics this summer. Each meeting will be a new topic with hands-on activities that will bring STEM topics alive. Register online at https://tinyurl.com/MCJRSTEM or scan the QR







## **4-H Forensics Files**

#### Wednesdays | June 4th, 18th, & 25th, July 9th, 16th, & 23rd, & August 6th | 2pm-4pm

McCracken County youth in grades 6<sup>th</sup>-12<sup>th</sup> are invited to explore forensic science. We will explore through guest speakers and interactive activities, including mock crime scenes. The topics covered will include fingerprinting, trace evidence, impressions, and chromatography.





## 😳 4-H Art Project Days Are Here! 🖌

All completed projects will be entered into the McCracken County Fair!



#### 🗱 June 27 – Cloverbuds (Ages 5–8) Air-Dry Clay

• 10:00 AM – 12:00 PM | <u>https://ukymccracken.pacecommunity.net/Event/ViewEventProfile?</u> eventId=21996



### 4-H Fair Entries to Be Accepted July 16–17

The McCracken County Cooperative Extension Office will accept 4-H Fair entries on July 16 (8:00 a.m.–4:30 p.m.) and July 17 (8:00 a.m.–6:30 p.m.). Projects will be displayed in Floral Hall at the McCracken County Fair from July 22 –26. Families are encouraged to visit and admire the hard work of 4-H members.

All projects must be picked up at Carson Park's Floral Hall on July 27 (2:00–3:30 p.m.). For more information, contact Lisa Dodson at lisa.dodson@uky.edu or call the McCracken County Cooperative Extension Office

Martin-Gatton College of Agriculture, Food and Environment

# **McCRACKEN**





Like us on Facebook

Facebook page:

https://www.facebook.com/themccrackenextension



@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