

McCracken County Cooperative Extension

MAY 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+

KY Invasive Plant Education

Training

Wednesday | May 1st | 9am-4pm

Training includes: Invasive plant definition, non-invasive alternatives, citizen science, audience engagement and much more. Contact Frannie Preston at fmpr227@uky.edu or scan the below URL to register.



McCracken County

Beautification Board Meeting

Wednesday | May 1st | 10am

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 it a cleaner, healthier, safer and more beautiful place in which to live and work.

Needlework Club

Thursday | May 2nd & 16th | 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 | May 2nd & 16th | 1pm-3pm

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

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

Homemaker Lesson: Bone

Health

Friday | May 3rd | 10am

Bone health is important across the life span. If you invest in bone health while you're young, the benefits can last into old age. For more information or to **RSVP** call 270-554-9520

Game Day

Tuesday & Thursday | May 7th & 16th | 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 | May 7th, 14th, & 28th | 9am-11am

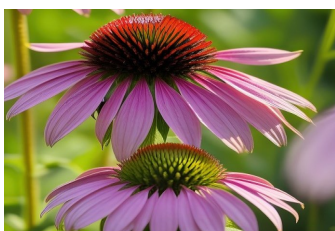
Meets Every Tuesday

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

Toolbox Series: Perennial Cut Flowers

Tuesday | May 7th | 5pm-6pm

Free Range Flowers of Martin Farms will be educating the public on easy perennials to grow your own cut flower garden.



Tech Class: Smartphones & Tablets

Wednesday | May 8th | 10am-12pm

Learn about apps and device settings that will make using your phone or tablet easier. You can bring your own device, or we will provide a device if notified ahead of time.

Sculpture Air Yoga

Wednesday | May 8th & 22nd | 11am-12:30pm

Ring Bearer Angel "Air" Sculpture

Spend 30 minutes energizing with "Air Chair Yoga" then get into a "State of Flow" creating an Air Sculpture. **Spaces limited call to register.**



Beading Circle

Thursday | May 9th & 23rd | 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!



CPR, AED, and First Aide

Friday | May 10th | 1pm-5pm & 5:30-9:30pm

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>



Arts & Crafts: Zinnia Pine Cone Flowers

Friday | May 10h | 9:30am

RSVP by May 8th

Cost: FREE

Paint your own pinecone Zinnias to use in a bouquet, wreath or brighten up home décor.



District Board Meeting

Monday | May 13th | 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.



Spring into Green

Wednesday | May 15th | 9am-2pm

Registration is required. Cost \$15 checks payable to PAEFCS

Purchase Area FCS Agents present... 

SPRING INTO GREEN: PRIDE OF KENTUCKY

Featuring...



****Session Topics****

Local Flowers - Local Honey Plate it up!--Kentucky Proud

Register at your local Extension Office by May 8. \$15 registration includes catered lunch from Artisan Kitchen.	May 15, 2024 9:30-1:45 McCracken Co. Extension Office 2025 New Holt Rd. Paducah KY 42001	<ul style="list-style-type: none">• Educational Resources• New Ideas• Catered Lunch• Door Prizes• Lots of Fun!
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Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
University of Kentucky, 1400 Ruffalo Drive, Lexington, KY 40546



Scrapbooking

Wednesday | May 15th | 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!



Global Kitchen Adventures

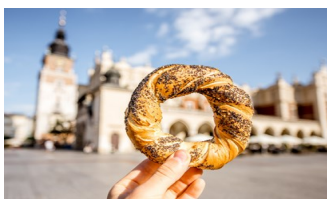
May 17th ,23rd, & 31st | 10am-12pm

Embark on a culinary journey around the world with our Global Kitchen Adventures program! Join us for a series of cooking classes where you'll explore the flavors and techniques of different countries. Learn to prepare authentic dishes from France, Poland, and Mexico, guided by skilled instructors. Expand your culinary horizons and immerse yourself in the diverse array of international cuisine. **RSVP Required:** 270-554-9520

◇ **May 17th-French Sweet & Savory Crepes!**



◇ **May 23rd– Polish Bagels**



◇ **May 31st-Mexican Tamales**



Bags of Love

Tuesday | May 21st | 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.

Offsite Events

Horticulture Walking Club

Wednesday | May 8th, 15th, 22nd, & 29th | 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 | May 14th | 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.



Laugh and Learn: Sports

Tuesday | May 21st | 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!

Youth 9-18

4-H Middle School Book Club

Monday | May 20th | 4:30pm-6pm

This book club is 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



4-H Lego Club

Tuesday | May 21st | 4:30pm-5:30pm

Registration Required-Club is currently full

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 to be added to the waiting list.



Cooperative Extension Service

MCCRACKEN COUNTY PRESENTS:

4-H Camp

"Under the Big Top"

July 29- August 2

FOR MORE INFORMATION CALL
270-554-9520
To Pre-Register follow the QR Code (PayPal Only)

Cost for McCracken County Residents \$75
Cost for Out of County Residents \$300

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, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Interested in changing lives. Volunteer today. Call us at 270-554-9520

Offsite Events

Sign up now for:

Shoot with a Cop

Saturday | June 1st | 8am-12pm

Cost: \$5 per shooter Location: Paducah Shooter's Supply

Come join us with a special fundraising shoot where you can shoot with a local law enforcement officer. Registration begins at 8 am and shooting begins at 9 am. Rifle, shotgun, archery, and pistol ranges will be open. For more information please contact Rachael Davis at rachaeldavis@uky.edu.



Facebook page:

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



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!

Martin-Gatton
College of Agriculture,
Food and Environment

McCRACKEN

COOPERATIVE
EXTENSION
SERVICE

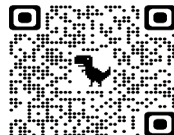


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mccracken.ca.uky.edu



**Cooperative
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Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

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Disabilities
accommodated
with prior notification.