

# *McCracken County Cooperative Extension*

## *August 2024 Events*



**McCracken County Extension Office**

2025 New Holt Rd | Paducah, KY 42001

270-554-9520 | [mccracken.ext@uky.edu](mailto: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+

## Needlework Circle

Thursday | August 1st & 15th | 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 | August 1st & 15th | 1pm-3pm

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

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

## Game Day-Come Play!

Board Games, Card Games, Dice Games

New to games, we'll teach you how to play.

Tuesday & Thursday | August 6th & 15th |

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 | August 6th, 13th, 20th, 27th | 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.

## Dodging Diabetes

Thursday | August 8th | 10am-11am

Keys to Effective Weight Loss. **Information Session** on Dodging Diabetes.

Call DeAnna Leonard to register 270-444-9625 Ext. 107 or [dleonard@purchasehealth.org](mailto:dleonard@purchasehealth.org)



## District Board Meeting

Monday | August 12th | 11am-12pm

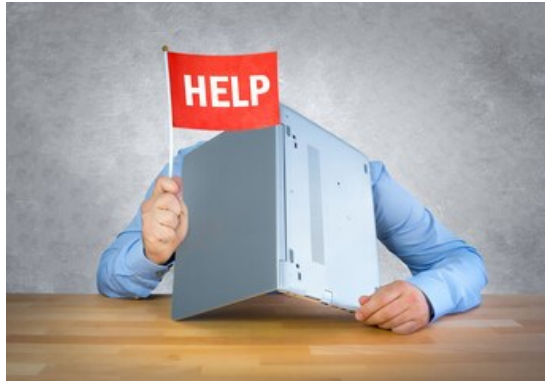
**Meets on the 2nd Monday of every month.**

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: Basic Computer Trouble Shooting

Wednesday | August 14th | 10am-11pm

This class will review some easy things to try if your computer is malfunctioning. Call to sign up this is a very informative class! 270-554-9520



## Bags of Love

Tuesday | August 20th | 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 | August 21st | 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



## Global Kitchen Experience

Thursday | August 22nd | 10am-12pm

Join us for another Global Food Experience featuring Middle Eastern dishes. Presented by Mike Keller, FCS Agent from Hickman County along with Kelly Alsip, FCS Agent McCracken County and Debbie Hixon, FCS Agent Calloway County. In this hands on class, you will learn how to make Naan Bread and Tzatziki

**Limited participants-registration required**



## Purchase Area Lesson

### “How To Get Out of the Mealtime Rut”

Wednesday | August 28th | 10am-11am

If you dread the thought of cooking another dish or you just can't think of the last time you were excited by your own cooking, you may be in a cooking rut. The goal of this lesson is to share creative strategies that can be used to overcome mealtime ruts and prepare meals at home. Please call (270) 554-9520 to sign up for this event.



## CPR, AED, and First Aid

Wednesday | August 28th | 5pm-8:30pm

Registration Required only by going to the link below

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://kyemt.ticketspice.com/mccracken>



## Deco Mesh Wreath

Friday | August 30th | 9:30am-1:30pm

Registration Required before August 23rd

Cost is \$15– Checks or cash only the day of event. All process benefit the 4-H backpack program.

Design your own Mesh Wreath! Several color options will be available to make this your very own. The cost is \$15 which includes all supplies.



**Goodwill Industries of Kentucky** **KENTUCKY COOPERATIVE EXTENSION**

GOODWILL OPPORTUNITY CENTER & MCCRACKEN COUNTY COOPERATIVE EXTENSION

ARE TEAMING UP TO BRING YOU

### FREE NUTRITION WORKSHOPS

JULY 24, 31	AUGUST 14, 21, 28	SEPTEMBER 4, 11
	<b>1:00 PM</b> <b>WEDNESDAYS</b>	<ul style="list-style-type: none"><li>• Healthy cooking on a budget</li><li>• Making affordable, delicious meals</li><li>• Food safety</li><li>• Meal planning</li></ul>
<b>1601 BROADWAY STREET</b> <b>PADUCAH, KY 42001</b> <b>(270) 908-2775</b>	<b>FREE SAMPLES</b>	
	<ul style="list-style-type: none"><li>• Shifting to healthier Choices</li><li>• How good Fruits and Vegetables can be</li><li>• Understanding Food Labels</li><li>• Better Beverage Choices</li></ul>	<b>Free Giveaways</b>

Cooperative Extension Service | MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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## McCracken County Homemakers present

### **“Taste of McCracken: Cooking for Scholars”**

Friday | September 27 | 5:30pm-7pm

Get your tickets now!! Cost \$10 per ticket

Seat are limited! Tickets are available at the office.

There will be door prizes, cookbooks, and great food. A ticket is required to attend this event. For more information call 270-554-9520– Proceeds benefit Juanita Amonett Scholarship Fund.



## 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](mailto:kelly.alsip@uky.edu) for more information.



# Youth 9-18

## 4-H Amateur Radio Club

Tuesday | August 27th | 5pm-6pm

Are you curious about Amateur Radio and it's many applications? We are excited to announce a new 4-H Amateur Radio Club and invite you to our informational meeting!

Discover what Amateur Radio is all about, how to get your license, and the numerous benefits of learning this skill. From Scouting Merit Badges and STEM to emergency preparedness and space communications, Amateur Radio offers something for everyone.

We'll be partnering with PAPA ( Paducah Amateur Radio Association) for their expertise and knowledge base.



Stay Connected with 4-H!

Be sure to follow our Facebook page and visit our website at <https://mccracken.ca.uky.edu/> for updates on upcoming clubs, projects, and other exciting 4-H opportunities. Don't miss out on all the fun and learning experiences we have in store!

## Join the Four Rivers Homeschool 4-H Club

Starting September 16th, our club will meet monthly on the 3rd Monday from 2pm-3pm. Come and explore the seven core curriculum areas of 4-H with us! For more information., please email [lisa.dodson@uky.edu](mailto:lisa.dodson@uky.edu)

**KENTUCKY COOPERATIVE EXTENSION**

*Four Rivers Homeschool 4-H Club*

MEETINGS  
3RD  
MONDAY OF  
EACH  
MONTH  
2:00 - 3:30  
BEGINNING  
IN  
SEPTEMBER

- Group Activities
- Community Service
- SET Programs
- Leadership
- Communication

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2025 New Holt Rd  
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(270) 554-9520

AN EQUAL OPPORTUNITY ORGANIZATION

## Join the Four Rivers Homeschool

### 4-H Cloverbud Club!

Starting September 16th, our Cloverbud Club will meet monthly on the 3rd Monday from 2pm to 3pm. This club is perfect for youth ages 5-8 and their parent/guardian. Join us as we explore the world around us through age-appropriate lessons and hands-on activities. For more information, please email [lisa.dodson@uky.edu](mailto:lisa.dodson@uky.edu) or call our office at (270) 554-9520

**KENTUCKY COOPERATIVE EXTENSION**

**FOUR RIVERS HOME SCHOOL CLOVERBUD CLUB**  
ages 5-8

Explore the world around us!

club meetings -  
3rd Monday of  
each month  
2:00 - 3:00

contact Lisa Dodson  
for more information  
[lisa.dodson@uky.edu](mailto:lisa.dodson@uky.edu)

an equal opportunity organization

We're calling on volunteers to join us in expanding our educational programming!

At MCCE, our mission is to provide valuable learning opportunities to our community, and volunteers play a crucial role in helping us achieve that goal. Whether you have a special skill to share or simply want to give back to your community, we'd love to have you on board.

Most of our classes are provided free of charge and are taught by community members like you. Your expertise and passion can make a real difference in the lives of those we serve.

Interested in joining us? Contact us at (270) 554-9520 to learn more about how you can get involved. Together, we can make a positive impact and empower others through education.



Facebook page:

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



Martin-Gatton  
College of Agriculture,  
Food and Environment

**McCRACKEN**

COOPERATIVE  
**EXTENSION**  
SERVICE

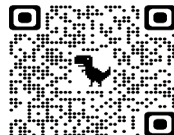


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or visit our website

[mccracken.ca.uky.edu](http://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**

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.