

# 2025

*January 2025 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 | January 2nd & 16th | 10am –12pm

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

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 along side others.

## Crochet Alley & Knit Row

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

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

Gather you supplies and enthusiasm for crocheting and knitting as you connect with fellow enthusiasts in a fun social setting.

## Game Day, Come Play!

Tuesday & Thursday | January 7th & 17th | 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.

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

Tuesdays | January 7th, 14th, 28th | 9am-11am

This self led group is great for a seasoned pro or a beginner. Bring your own project and join us on Tuesdays. This group does NOT meet on the third Tuesday of the month.

## Winter Sowing

Tuesday | January 7th | 5pm-6pm

Join us for a hands-on workshop at the Extension Office taught by Tammie Winkler. **Please RSVP by calling 207-554-9520**



## Tech Class: Organizing Your Inbox

Wednesday | January 8th | 10am-11am

This class will cover a four-step process to wrangle your inbox, from easy steps like batch deleting to more complicated steps like automatic rules.

## Air Sculpt Yoga-Seahorse Mask Hanging Planter

Wednesday | January 8th | 1pm-3pm

Artist Lady Van Tiger guides students to sculpt their creative version of the "Seahorse Mask Hanging Planter" design using wire, fabric, moss, branches, and beeswax. The class will then proceed into the Air Chair Yoga portion of the class. Simple yoga poses are interspersed with simple breath and relaxation techniques. **Call (270) 554-9520 to sign up!**



## Arts & Crafts: Basket Weaving

Friday | January 10th | 9:30am-1:30pm

Cost: \$25.00 (cash only/pay at the door)

Learn several basket weaving techniques to make a basic 8 ½ x 8 ½ basket. Fee includes all materials and a light lunch. (Please bring your own drink) Pre-registration is required as class size is limited. **Call (270) 554-9520 to sign up!**



## District Board Meeting

Monday | January 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.

## Chair Yoga

Wednesday | January 15th, 22nd & 29th | 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.



## Scrapbooking

Wednesday | January 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!



9 - 11 AM

Various vendors will be present to offer the following health assessments:

Height/Weight  
Medication Check  
Hearing  
Body Mass Index  
Medicare Info.

Blood Pressure  
Diabetes Check  
Blood Sugar  
Balance  
Vision

Nutrition  
Bone Density  
Massage  
*and more*

Sponsored by

The Retired & Senior Volunteer Program  
For info call Rhoni or Mary at 270-442-8993

## Better than Ever: My Adult & Me

Saturday | January 18th | 9am-11am

Cost \$15.00

Snowman & Snowflake mug, bowl, plate option.

Register and pay at Better than Ever by visiting their website or call **270-933-1385** for more information.

## Bags of Love

Tuesday | January 21st | 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".

## Interracial Women's Group

Tuesday | January 21st | 12pm-1pm

### Mission Statement:

We are women united by love and a shared commitment to understanding and celebrating diversity. Through friendship, we strive to bridge racial and cultural divides, support our community, and inspire others to embrace inclusivity.



## Art Engines Stomp Chi-Yin and Yang Cloudscape

Wednesday | January 22nd | 1pm-3pm

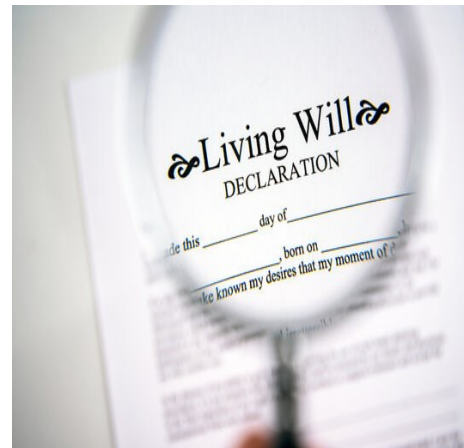
Paint your own creative version for the “Yin and Yang Cloudscape” design. The “Stomp Chi” is done using movements from traditional “Tai Chi” interspersed with traditional “Stomp Dance” steps from Native American dances. **Please call to register 270-554-9520.**



## Honor My Decisions

Friday | January 24th | 10am-12pm

Living will and healthcare directives. Program presented by Sarah Walker, Director of Paducah Senior Center.



Cooperative Extension Service

# 2025 Pesticide Private Applicator Trainings

**Who needs this certification?**  
Anyone who sprays “restricted use” pesticides privately (not for a compensation), Those who spray for compensation need a commercial applicators license from the KDA. These certifications are valid for 3 years and expire Dec. 31st of the final year.

There are three chances:

- Wednesday, January 22nd 9:00 AM
- Tuesday, February 11th 9:00 AM
- Thursday, February 27th 5:00 PM

Call to register!  
Phone Number 270-554-9520

Cannot attend any of these dates? Contact the Extension Office to schedule a one-on-one training.

McCracken County Cooperative Extension Office  
2025 New Holt Rd, Paducah, KY 42001



# CREATE *Valentine* CARDS

**\$10**  
CLASS FEE

Craft two stunning Valentine or love-themed cards using premium, color-coordinating Stampin' Up! products from the Marbled Elegance Suite.

SPACE IS LIMITED. RESERVE YOUR SEAT BY CALLING THE EXTENSION OFFICE AT 270-554-9520.  
**DEADLINE: WEDNESDAY, JANUARY 22, 2025**

## LOCATION

MCCRACKEN COUNTY EXTENSION OFFICE  
2025 NEW HOLT ROAD, PADUCAH, KY

## YOUR OPTIONS

**MONDAY, JANUARY 27, 2025**  
AFTERNOON SESSION: 1:00 PM – 3:00 PM  
EVENING SESSION: 6:00 PM – 8:00 PM



Ami Wilson, Independent Stampin' Up! Demonstrator  
(931) 303-2695  
amiwilson.stampin@gmail.com  
amiwilson.stampinup.net

Save the date

# 2025 Winter Ag Conference

January 31, 2025

Lowry Farms

KCTCS UK Martin-Gatton College of Agriculture, Food and Environment AG WAVE

## Gadgets, Gizmos, and Widgets

Friday | January 31st | 1pm-4pm

Cost: \$25.00 (Cash or Venmo Preferred)

Students will make a small bag, bobbin boat, chain piecing thread cutter, scissor protector, and magnetic pin box/pin cushion. Students can bring one fat quarter if they want their gadgets to match. Additional items will be shown and explained. The class fee is \$25 for supplies which you can pay at the door. **Must pre-register by 1/28. Call (270) 554-9520 to sign up. Space is limited.**

Optional purchases will be available from instructor including McCall's Quilting Magazines with Copyrighted patterns from Instructor Pat Arnott.



## Offsite Events

Join Us for a  
Laugh & Learn Play Date!

Tuesday | January 21st | 11:30am-12:30pm

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. This session's theme is "Winter".



# Youth 9-18

**4-H Culinary Club** 

January 6  
March 4  
April 1  
May 6  
5:00 - 6:30 pm  
**Ages 13 - 18**

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



call to register - limited space

an equal opportunity organization

## 4-H Lego Club

**Tuesday | January 14th & 28th | 4:30pm-5:30pm**

### **Registration Required**

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](mailto:hnhu234@uky.edu).



## 4-H Chess Club

**Thursday | January 2nd, 16th | 5pm-7pm**

Join us for Chess Club, where all skill levels are welcome! Whether you're a beginner or an experienced player, chess is a fun and engaging activity. Come sharpen your mind, make new friends, and enjoy the game of chess!

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2025 New Holt Rd, Paducah, KY  
(270) 554-9520

## **4-H BAKING CLUB**



**Ages 13-18**

### **Club Dates:**

January 27  
February 3, 10, 17, 24  
March 3, 10

5:00-7:00 p.m.

**limited class size call to register**



 **VIRTUAL VOYAGERS VIDEO GAME CLUB**

**January 27th  
February 24th  
March 31st  
April 21st  
May 19th** 4:30 - 5:30 PM

Hey gamers! Are you ready to level up your gaming experience? Join our Virtual Voyagers Video Game Club and dive into a world of fun, adventure, and epic battles!



**FOR AGES 9-14  
VOLUNTEERS AGE 15+ ARE ALSO WELCOME!**

**START** McCracken County Extension Service  
2025 New Holt Rd. Paducah, KY 42001  
**Registration required! Call today to sign up! (270) 554-9520**

**Questions? Contact Heather Hunter Wynn at:**  
[heather.hunter@uky.edu](mailto:heather.hunter@uky.edu)







## Goodwill Challenge

The Goodwill Meets 4-H Challenge is a partnership between 4-H and Goodwill of Kentucky that encourages young people to explore thrifting and upcycling, as well as prepare them to enter the State Fashion Revue and the State Fair. The Challenge takes place on Goodwill of Kentucky's Facebook and Instagram pages, and we will be sharing the posts on Kentucky 4-H's social media platforms. The judging is 50% the number of likes the young person gets and 50% the judges' scores. Registration begins in January so keep an eye on our Facebook page or email [lisa.dodson@uky.edu](mailto:lisa.dodson@uky.edu)!

**SAVE THE DATE**

**JULY 18th-AUGUST 1st**

**CAMP 2025**

Get ready for an unforgettable summer filled with fun, adventure, and learning at 4-H Camp! Stay tuned for registration details and start planning to attend.

Want to make a difference? We're looking for **camp volunteers** to join our team! If you're interested, please contact our office at **(270) 554-9520** for more information.

Don't miss out—camp memories last a lifetime!

## Written Communication Contest

The Kentucky 4-H Written Communications Contest is an opportunity for young writers to showcase their talents and develop and build upon essential life skills. Whether it's poetry, songwriting, essays, or original monologues this contest has something for everyone. For more information call the office or email Lisa Dodson at [lisa.dodson@uky.edu](mailto:lisa.dodson@uky.edu) by January 17.



Martin-Gatton  
College of Agriculture,  
Food and Environment

**McCRACKEN**

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or visit our website

[mccracken.ca.uky.edu](https://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.