



## *May 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 | May 1st & 15th | 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 alongside others.

## Crochet Alley & Knit Row

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

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

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

## FCS Lesson-Healthy Eating

### Around the World

Friday | May 2nd | 10am

Call to RSVP 270-554-9520

We're going to take a trip around the globe to learn about dietary guidelines from other countries. Along the way, we'll learn about new foods and ways of eating. As we arrive back in the U.S., we'll reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live.



## Quilting 101

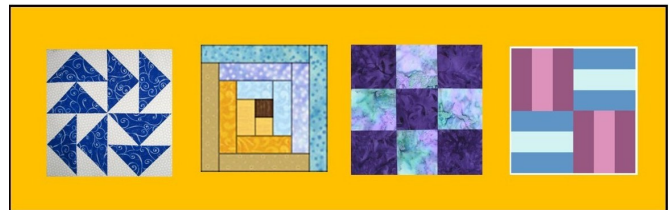
Saturdays | May 3rd, 10th, 17th, 31st & June 7th & 14th | 9am-1pm

Cost is \$ 5.00 for a 6 week class. This is for adults 18 and older. Must have sewing machine experience.

**Pre-registration required by 4/30**

This is a beginners quilting class. Learn about tools, seams and most things quilting. Complete 6 quilt blocks to make a table runner.

*Colors may vary.*



## Game Day, Come Play!

Tuesday & Thursday | May 6th & 15th | 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

Tuesday | May 6th, 13th, 27th |

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.



## Container Gardening

Tuesday | May 6th | 5pm-6pm

Join us at the Extension Office to learn about container gardening. This class is currently full but it will be available to watch on our Extension YouTube page a few days after the program.



## McCracken County Civic Beautification Board Meeting

Wednesday | May 7th | 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.



## Chair Yoga

Every Wednesday | May 7th, 14th, 21st, & 28th |

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.



## Arts & Crafts: Teacup Garden with Succulents

Friday | May 9th | 9:30am-12pm

Cost is \$10-Class is limited

Call to RSVP 270-554-9520

Create your own teacup garden using succulents. All supplies will be provided.





## District Board Meeting

Monday | May 12th | 11am-12pm

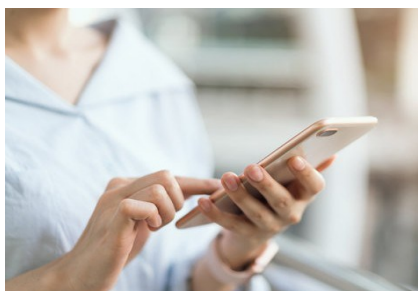
**Meets on the 2nd Monday of every month.**

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: Smartphone

Wednesday | May 14th | 10am-11am

In this class, we'll talk about the apps and device settings that will make using your phone or tablet easier. You'll need to bring your own device.



## Bags of Love

Tuesday | May 20th | 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 | May 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 welcome!



## Upcoming

<b>KENTUCKY COOPERATIVE EXTENSION</b>	<b>CharmGello™</b>
Beginner friendly Good for all levels	<b>Amazing Quilt</b> by Pat Arnott
<b>Friday, June 6 and Monday, June 9</b> <b>10 am - 3 pm</b>	
<b>Finished Size 41" x 48"</b>	
	<b>Fabric Requirements</b> (all 5 x 5 squares) <ul style="list-style-type: none"><li>• One Charm Pack 42 - Print</li><li>• One Charm Pack 40 - Light Solid</li><li>• One Charm Pack 40 - Dark Solid</li></ul> <b>OR</b> <ul style="list-style-type: none"><li>• One yard feature fabric, one yard light (solid) fabric and one yard dark (solid) fabric</li></ul>
<b>\$25 per person</b>	<b>Class size is limited</b> <b>Call (270) 554-9520 to register</b>

# Webinar Event

## Living with Alpha-gal Syndrome

Learn more about AGS (red meat allergy) and how to reduce your risk with University of Kentucky Cooperative Extension

### Topics Covered

- ✓ AGS basics
- ✓ Tick bite prevention
- ✓ Diet & lifestyle management
- ✓ Q/A session

Thursday, May 29th 6:00pm-7:30pm

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

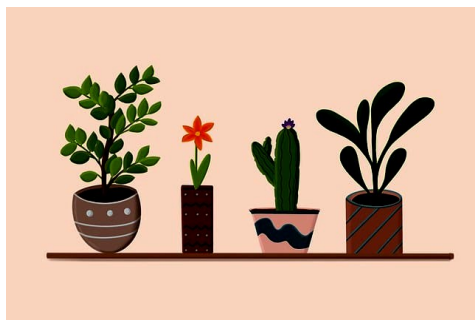
Call to Register!



## Master Gardener Plant Sale

Saturday | May 31st | 9am-12pm

Great prices! All profits will help support the McCracken County Extension Master Gardeners.



## Offsite Events

Join Us for a  
Laugh & Learn Play Date!

Tuesday | May 20th | 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 plants.



MCCRACKEN  
COUNTY  
EXTENSION  
OFFICE

UK Cooperative  
Extension Service



## HORTICULTURE WALKING CLUB

When:

11:00-12:00

Every Thursday May - June

(Will not meet June 19th)

Where:

Greenway Trail

(Meet at skate park entrance)



CALL OUR OFFICE AT  
(270) 554-9520  
TO SIGN UP!



# Youth 9-18

## 4-H Expressive Art Club

Thursday | May 15th | 4pm-5pm

Ages 9-12

Join us on May 15 for the 4-H Expressive Art Club! Explore your creativity, learn new techniques, and have fun with fellow young artists. Don't miss out! **Call 270-554-9520 to register.**



## Upcoming



### 4-H Project Day - Wire Tree

- ✿ Limited Class Size
- ✿ Call to Register (270) 554-9520
- ✿ June 2, 2025
- ✿ 9:00 - 12:00
- ✿ Ages 12 - 18

McCracken County Cooperative Extension  
2025 New Holt Road  
Paducah, KY 420010

projects will qualify as an entry into the McCracken County Fair



## Shoot with a Cop

June 7, 2025

Paducah Shooters Supply Range  
3919 Cairo Road  
Paducah, KY

Registration begins at 8:00 am  
Shooting begins at 9:00 am

Archery Rifle Pistol Trap  
.22, Air & BB .22 & Air

Cost per shooter: \$5 Pre-register:

Food Truck on-site

For questions contact:  
Rachael Davis  
rachaeldavis@uky.edu

McCracken County Extension (270) 554-9520

[tinyurl.com/ShootwithaCOP25](https://tinyurl.com/ShootwithaCOP25)





## COZY & CREATIVE: DESIGNING YOUR SPACE!

JUNE 16, 2025

AGE 9-18

CALL TO REGISTER LIMITED SPOTS

9:00 am - 2:00 pm

McCracken Co Extension Office  
2025 New Holt Rd, Paducah, KY  
(270) 554-9520

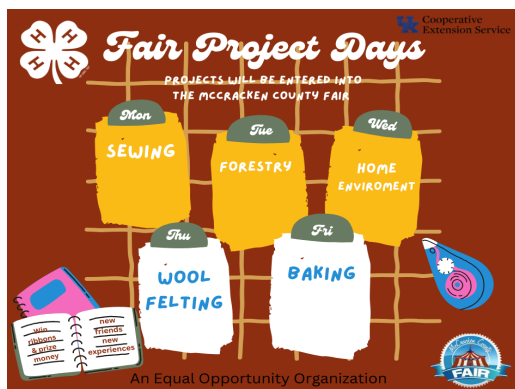
PROJECTS WILL BE ENTERED INTO THE MCCRACKEN CO FAIR

LUNCH PROVIDED

AN EQUAL OPPORTUNITY ORGANIZATION



Stay tuned! Keep watching our website and Facebook page for upcoming 4-H Fair Project Days! These hands-on workshops will help you create and complete projects that can be entered into the McCracken County Fair for a chance to win ribbons and prize money. Plus, top projects will have the opportunity to advance to the Kentucky State Fair in Louisville this August! Don't miss out on this exciting chance to showcase your skills and creativity.



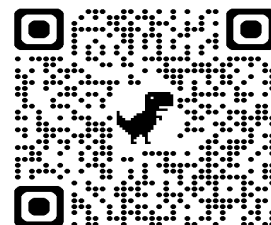
## JULY 28th-AUGUST 1st CAMP 2025

Get ready for the ultimate summer adventure! Mark your calendars for **July 28 - August 1, 2025**, because we're gearing up for another unforgettable week of fun, friends, and fantastic experiences at **4-H Camp**!

Whether it's ziplining through the trees, fishing by the lake, campfire songs, or making lifelong friendships, there's something for everyone! This is where the best memories are made, and you won't want to miss out!

**VOLUNTEERS ARE ALWAYS NEEDED. IF INTERESTED PLEASE CALL 270-554-9520**

**Registration – is NOW open**, so start packing your enthusiasm and get ready for the most exciting week of your summer! Scan the QR code below for more information or to pre-register.



# TEEN CONFERENCE

**FIND YOUR SPARK AND BUILD FRIENDSHIPS**

**10th - 13th June 2025**

**About Our Event**

Kentucky 4-H Teen Conference is a comprehensive leadership development event tailored for high school 4-H members. This conference is designed to provide youth with a multifaceted experience that combines educational workshops, leadership training, community service, and social activities.

**Event Highlights**

- Majors**  
These workshops are held on the University of Kentucky campus offering a unique opportunity for youth to experience college life and explore the academic resources available at UK.
- Leadership Minor**  
Focuses on developing essential leadership skills through targeted activities and discussions.
- Day of Service**  
Participants engage in community service projects throughout Lexington.
- Social Activities**  
These activities include CLOVER Fest, a formal dance, dorm life experience, and area night-out events. These events provide a fun and relaxed environment for youth to connect with their peers.

**JOIN US!**

**SAVE THE DATE**

**LET'S GO**

**CAMPING**

**JULY 28 - AUGUST 1, 2025**

An Equal Opportunity Organization

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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Disabilities  
accommodated  
with prior notification.