

McCracken County FCS Newsletter



OCTOBER 2025

Notes From Your FCS Agent

Hello all,

I hope this note finds you well and enjoying the soon to be cooler weather. It's the perfect time of year to slow down a bit, things have been anything but slow here in Extension— From disaster preparedness workshops to pickling and lettuce classes and even writing our life stories, it's been very packed with purpose and creativity.

One of the recent highlights was our Purchase Area Annual Day held in Beulah this year. What a way to showcase so many talented individuals. I didn't envy the judges. Our Homemakers truly are the hidden gems of Western Kentucky, and their dedication continues to inspire.

There's still so much more to do and explore in our community, don't forget I'm always on the lookout for fresh, fun, and meaningful opportunities to bring to Extension. If you have ideas, either big or small—I'd love to hear them.

Warmly,

A handwritten signature in cursive script that reads "Kelly Alsip".

Kelly Alsip,
Family and Consumer Science Agent



 Cooperative
Extension Service
Family and Consumer Sciences

Office Contact:

2025 New Holt Rd.
Paducah, KY 42001
(270) 554-9520
Agent: kelly.alsip@uky.edu
or
Assistant:
stephanie.caldwell@uky.edu



Upcoming Events

Scrapbooking Crop

October 17th & 18th

(Fee & Registration Required!)



Chair Yoga

No mats, no pressure -just good vibes and great stretches

Every Wednesday
10:00 -10:45 AM



Monthly EVENTS



HOW AND WHEN TO USE AI

**TUESDAY
OCTOBER 8TH
11:00 AM-
NOON**

Monthly TECH CLASS

Talk about some possible uses for AI, such as planning, analyzing text or images, and writing.

Big Blue Book Club

There is still time to Register!

**MONDAY
OCTOBER 27TH
&
NOVEMBER
3RD, 10TH & 17TH
TIME : 12:30 PM**

“Fall into a good book—Join us for our Big Blue Book Club discussion.

“This is a Watch Party Only!”

<https://ukfcs.net/BBBCregister11>

Web address to register or contact the office at (270) 554-9520

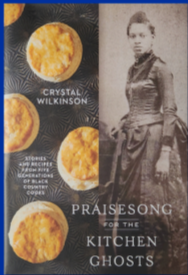
 Cooperative Extension Service
an equal opportunity organization

BIG BLUE BOOK CLUB

SAVE THE DATE

October 27
November 3
November 10
November 17

@ 1:30 pm ET/12:30 pm CT
via Zoom





Game Day, Lets Play !

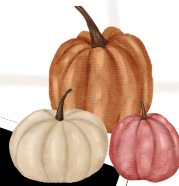
**1ST TUESDAY
AND 3RD
THURSDAY OF
EACH MONTH!**

**TUESDAY
OCTOBER 7TH**

**THURSDAY
OCTOBER 16TH**

Looking for a way to unwind, meet new people, and challenge your mind? Whether you're a casual gamer or a competitive strategist, then Game Day is the perfect place to connect and play!

9:00 AM- NOON



DIANE SHREWSBERRY

REPRESENTED

HOMEMAKERS AT MERCY HEALTH FOR
OVARIAN CANCER AWARENESS MONTH.

AREA ANNUAL DAY

HOMEMAKER HIGHLIGHTS

HOMEMAKERS ARE FOR EVERYONE!
ASK US AT THE OFFICE OR ANY
HOMEMAKER HOW YOU CAN BE A PART
OF IT TODAY.

MCCRACKEN COUNTY



ARTS & CRAFTS DAY

FUTURE Events



Annual Holiday Bazaar

SATURDAY NOVEMBER 1ST (9 AM – 3 PM)

"Swing by the Homemakers Annual Holiday Bazaar and kickstart your Christmas shopping with cheer!" There is still time to participate as a vendor. Contact Elaine Stevens for more details: (270) 210-4013 Located at 2025 New Holt Road Paducah, KY 42001.

Cocoa Almond Biscotti Class

DECEMBER 2ND (9:00 AM-3:00 PM)

Join us for a hands-on baking experience where you'll learn to make twice-baked chocolate almond biscotti, the classic Italian cookie that's crisp, flavorful, and perfect for dipping into coffee, tea, or hot cocoa. These elegant treats also make thoughtful gifts for the holidays!

Registration Required!



Become a Champion Foods Volunteer

"REQUIRED TRAINING"

**DECEMBER
5TH, 12TH & 18TH
(10:30AM-1:30PM)**

Become a Champion Foods Volunteer as a way to teach people more about nutrition, food safety, food preparation and demonstrations. If you would like to be a part of but can't attend these dates Contact Kelly Alsip @ (270)554-9520 for more information on how to enroll.



October

2025



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Chair Yoga 10-10:45 AM	2 Needlework Circle 10:00 AM- Noon <u>Crochet Alley and Knit Row 1:00-3:00 PM</u>	3	4
5	6	7 Pathways to Sewing 9:00 AM- 11:00 AM <u>Game Day , Come Play 9:00 AM to NOON</u>	8 Chair Yoga 10-10:45 AM <u>Tech Class AI Cont'd. 11 AM-Noon</u>	9 Concord Club 11:00 AM	10 Arts & Crafts Holiday Craft Day 9:30-AM Noon	11
12 KEHA WEEK Join Us On the 14th for Coffee & Donuts 9-10 AM	13 H/S Homemaker Mom's Club 6-8 PM	14 Pathways To Sewing 9:00 AM- 11:00 AM <u>Happy Club 11- AM</u> <u>Golden Days 10 AM</u>	15 Chair Yoga 10-10:45 AM <u>Scrapbooking 9:00 AM To 3:00 PM</u>	16 <u>Needlework Circle 10:00 AM-Noon</u> Crochet Alley and Knit Row 1:00-3:00 PM <u>Game Day, Come Play 9:00 am- NOON</u>	17 Scrapbook Crop 9:00 AM To 10:00 PM Registration FEE	18 Scrapbook Crop 9:00 AM To 5:00 PM Registration FEE
	19	20	21 Bags of Love ❤️ 9:30 AM- 1:30 PM	22 Chair Yoga 10-10:45 AM	23	24
25	26	27 <u>Homemaker Lesson 9:30-11:30 AM</u> <u>Homemaker Garden Club 10:00 AM</u> <u>Big Blue Bookclub Watch Party 12:30 PM</u>	28 Pathways To Sewing 9-11 AM <u>Paducah Stitch-n Quilt Club 10:00 AM</u>	29 Chair Yoga 10- 10:45 AM <u>Paducah Stitch-n Quilt Club 10:00 AM</u>	30 <u>Paducah Stitch-n Quilt Club 10:00 AM</u>	31 Happy halloween 



“Save The Dates”

Free Training In Louisville

**Thursday- Saturday
February 26-28, 2026**

The 2026 Kentucky Volunteer Forum will be the nation's premier educational, networking and recognition opportunity for a diverse group of 4-H and Extension volunteers. Through education and skill development, volunteers and Extension professionals will be energized and inspired to engage and positively develop youth and adults in their communities throughout the commonwealth and nationwide.

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Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

This statement must be printed once a year!

Join Us for: Homemaker Appreciation

**Tuesday October 14th
from 9-10**

**for Donuts and Coffee to celebrate
KEHA Week.**

“Come and Go Event”

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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