



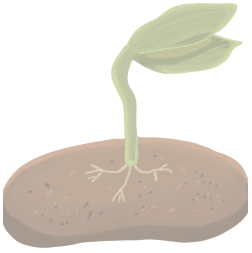
Cooperative  
Extension Service

# McCracken County Cooperative Extension Service

*January  
Events*

# Programming (Ages 18+)

All programs are free unless otherwise stated. Pre-registration can be required for more information go to our website at [mccracken.mgcafe.uky.edu](http://mccracken.mgcafe.uky.edu)



## Four Seasons With Master Gardeners

Monday | January 5 | 11:00 AM- 1:00 PM

There will be four breakout sessions with demonstrations focusing on the following topics: African Violet propagation, forcing bulbs, spring seed sowing, and winterizing tools. Lunch will be provided with chances to win door prizes! Space is limited so register online now!



## Game Day, Come Play!

Tuesday & Thursday | January 6 & 15 | 9:00 AM -12:00 PM

Board Games, Card Games, Dice Games

New to games? We'll teach you how to play!

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! No registration required, just show up!



## Pathway To Sewing

Tuesdays | January 6, 13, 27 | 9:00-11:00 AM

This group is for beginners to seasoned pros. We have several experienced volunteers available to help you with your sewing projects. This group does NOT meet on the third Tuesday of the month.



## Soils and Natural Repellants In The Garden

Tuesday | January 6 | 5:00-6:00 PM

Gracey Moffitt, McCracken County Agriculture & Natural Resources Agent, will be discussing soil sampling, soil health, and soil fertility. Space is limited so register online now!



## McCracken County Civic Beautification Board Meeting

Wednesday | January 7 | 10:00-11:00 AM

The McCracken County Civic Beautification Board meeting welcomes anyone interested in attending. The board is committed to promoting civic beautification and environmental projects. Its mission is to make McCracken County a cleaner, healthier, safer, and more beautiful place to live and work.





# Programming (Ages 18+)

All programs are free unless otherwise stated. Pre-registration can be required for more information go to our website at [mccracken.mgcafe.uky.edu](http://mccracken.mgcafe.uky.edu)



## Master Your Mindset

Thursday | January 8, 15, 22, 29 | 9:00-10:30 AM

Join Kim Cates, certified Professional Coach for “Mastering Your Mindset Training.” Gain the ability to control your actions, stress levels, emotions, mood, and responses. This free program will guide participants through the 12 most effective mental toughness and mental health strategies. Space is limited so register online beginning December 1!



## Arts and Crafts: Quilt Block on Canvas (\$12 pay at the door )

Friday | January 9 | 9:30 AM-12:00 PM

Ready to turn a classic quilt block into a stunning piece of art? Join us for this hands-on workshop where you'll choose your favorite quilted fabric block, paint your canvas or keep it chic and white, and seal it with Mod Podge for a gorgeous finish. No sewing is required—just creativity and fun! Space is limited so registration is required so register online now!



## Extension District Board Meeting

Monday | January 12 | 11:00 AM-12:00 PM

Meets on the 2nd Monday of every month.

Join us for our next District Board meeting! Open to all community members eager to make an impact. RSVP at (270) 554-9520-meal included.



## Stretch and Strength

Wednesdays | January 14, 21, 28 | 10:00 - 10:45 AM

Cost: \$3.00

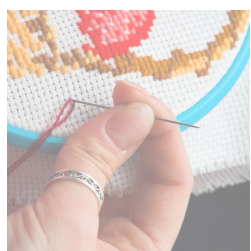
Licensed Occupational Therapist Annie Hall (New Leaf Therapy, PLLC) will lead this stretching and resistance band exercise class focused on improving strength and movement for daily activities. Modifications are provided for all levels, including limited mobility.



## Tech Class- Smart Phones and Tablets

Wednesday | January 14 | 11:00 AM- 12:00 PM

Learn the basics of using your device, from navigating settings to downloading apps, in a relaxed and supportive environment, led by Ms. Emily from the McCracken County Public Library. To register, call 270-554-9520.



## Needlework Circle

Thursday | January 15 | 10:00 AM –12:00 PM

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. This group is open to beginners as well as more experienced Fiber Artists.



[mccracken.mgcafe.uky.edu](http://mccracken.mgcafe.uky.edu)

# Programming (Ages 18+)

All programs are free unless otherwise stated. Pre-registration can be required for more information go to our website at [mccracken.mgcafe.uky.edu](http://mccracken.mgcafe.uky.edu)

## Crochet Alley and Knit Row

Thursday | January 15 | 1:00-3:00 PM

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.



## Project: Pocket of Hugs

January 15 (At The McCracken County Library) 11:00 AM-12:30 PM or 5:00-6:30 PM

January 30 (At The McCracken County Cooperative Extension Office) 11:00-12:30 or 5:00-6:30 PM

Join McCracken County Extension in Project Pocket of Hugs. We will make "Pocket of Hugs" and greeting cards for service members who are currently serving overseas. A "Pocket of Hugs" is a palm-sized felt heart that is hand-stitched together with a small amount of fiber fill inside. Basic hand sewing experience is needed and can be open to youth 9 and up with parent supervision. No registration required.



## Bags of Love

Tuesday | January 20 | 9:30 AM-1:30 PM

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".



## Summer Sausage Workshop (\$20 per group of two check only)

Tuesday | January 20 | 6:00 PM

Join us for a hands-on workshop where participants will learn to grind, mix, stuff, and smoke delicious homemade summer sausage. Space is limited, so call 270-554-9520 to register your group of two today!



## Scrapbooking

Wednesday | January 21 | 9:00 AM-3:00 PM

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!



## Party Planning 101

Thursday | January 29 | 5:30 PM

Learn how to throw a Valentines Day themed Party on a budget. Topics cover include DIY Decor, and heart healthy treats all on a Budget. This free class is open to all but space is limited so go online to register (January 5)!





# Youth Programming

All programs are free unless otherwise stated. Pre-registration can be required for more information go to our website at [mccracken.mgcafe.uky.edu](http://mccracken.mgcafe.uky.edu)



## International Club (At The McCracken County Library)

Monday | January 5 | 5:00-6:30 PM

Youth ages 9-18 can discover how to find reliable information and resources on topics that spark your interest. This session will help you become more independent and confident in learning new things. It will also help you explore topics that you may not experience every day.



## 4-H Art Club

Thursday | January 15 | 3:30-4:30 (ages 12-18) or 4:30-5:30 (ages 9-12)

Join us for the 4-H Art Club! Participants are going to be broken up by age group. Space is limited so register online now!



## Laugh and Learn (At the McCracken County Library)

Tuesday | January 20 | 11:00 AM- 12:00 PM

Families with children preparing for kindergarten are invited to a fun and educational program at the McCracken County Library. Designed for children ages 3–5 and their parents, this session focuses on building kindergarten readiness skills with a playful theme centered around the Jungle.



## SAVE THE DATE



## McCRACKEN COUNTY 4-H COMMUNICATIONS CONTEST

*Develop Your Public Speaking Skills!*

For youth ages 9–18

**MARCH 24, 2026**



[mccracken.mgcafe.uky.edu](http://mccracken.mgcafe.uky.edu)

# Save The Date

All programs are free unless otherwise stated. Pre-registration can be required for more information go to our website at [mccracken.mgcafe.uky.edu](http://mccracken.mgcafe.uky.edu)

## **Wildlife Around The Home**

**Tuesday | February 3 | 5:00-6:00 PM**

Join us at the Extension office to learn about wildlife around the home. This program will be lead by Matthew Springer, Associate Extension Professor of Wildlife Management. Space is limited so register online now!

## **King Cake Class**

**Wednesday | February 4 | 9:30 AM-2:30 PM**

Bring a partner and make your own traditional Mardi Gras King Cakes from scratch for a take home treat! It's a hands-on authentic experience where you can immerse yourself in the rich New Orleans history. Lunch will be provided. Registration opens January 5, call the office to register as priority will be for new attendees.

## **Winter Ag Conference (At Lowry Farms in Pilot Oak)**

**Thursday | February 5 | Registration opens at 7:00 AM**

Join us for the Winter Ag Conference, this free conference will feature the speaker "Machinery Pete." Lunch will be provided. Call the office at 270-554-9520 for more information.

## **Organic Companion Gardening**

**Tuesday | March 3 | 5:00-6:00 PM**

Join us at the Extension Office to learn about organic companion gardening. Our speaker will be from Stay Family Farms. Space is limited so register online now!



# 2026 January

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Office Closed	2 Office Closed	3
4	5 Four Seasons International Club (@library)	6 Game Day Pathway to Sewing Soil & Natural Repellants In the Garden	7 Beautification Board	8 Homemaker Bunco Mastering Your Mindset	9 Quilt Block On Canvas Arts and Crafts	10
11	12 Extension District Board Meeting	13 Pathway To Sewing	14 Stretch & Strength Tech Class	15 Mastering Your Mindset Needlework Crochet 4-H Art Club Project: Pocket of Hugs (@ library)	16 RSVP Health Fair	17
18	19 Office Closed	20 Bags of Love Summer Sausage	21 Scrapbooking Stretch & Strength	22 Mastering Your Mindset	23	24
25	26	27 Pathway To Sewing	28 Stretch & Strength	29 Mastering Your Mindset Party Planning 101	30 Project: Pockets of Hugs	31

*Sign up for our monthly calendar by  
calling our office today!*



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



270-554-9520



[mccracken.mgcafe.uky.edu](http://mccracken.mgcafe.uky.edu)



Monday-Friday  
8:00 AM-4:30 PM



[facebook.com/themccrackenextension](https://facebook.com/themccrackenextension)

## 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.