

# October



| Date                    | Program or Meeting   | Description   | Location  | Fee   |
|-------------------------|--|---|---|---|
| 1                       | 4-H Open Enrollment for 2019-2020<br><a href="https://mo.4honline.com">https://mo.4honline.com</a> | As America's largest youth development organization, 4-H offers youth, families, and adult volunteers of all ages many ways to engage, grow and serve – through clubs, camps, contests, conferences, special interest groups, in-school and afterschool programs, and more! | Phelps County or you local county                               | \$20  |
| 1                       | Focus on Kids—Parent Education Program   | A court ordered workshop for divorcing parents or those going through the child modification process.   | Phelps County Extension Center Meeting Room<br>5:30 - 8 pm      | \$40  |
| 1                       | Master Gardener Chapter Meeting  | Meeting to discuss Phelps County Master Gardener efforts and business.  | First Baptist Church,<br>801 N Cedar St, Rolla<br>6:30 pm       | Closed  |
| 2, 7, 9, 14, 16, 18     | Tai Chi for Arthritis<br>Mon & Wed, Aug 26 - Oct 4   | An effective exercise program that improves health, quality of life and balance.  | United Methodist Church, 149 W Church St, St. James<br>8 - 9 am | \$40<br>Registration closed                         |
| 2, 4, 9, 11, 16         | Stay Strong, Stay Healthy<br>Wed & Fri, Aug 21—Oct 11  | A strength training program designed for older adults. The eight-week program includes 16 exercise classes that meet twice weekly for one hour.   | MS&T Campus, Commons, 850 University Drive, Rolla<br>12 – 1 pm  | \$50<br>Registration closed                         |
| 2, 7, 9, 14, 16, 28, 30 | Tai Chi for Stress and Health<br>Mon & Wed, Sept 16—Nov 13   | An effective exercise program that improves health, quality of life and balance.  | Drury University<br>4:35 - 5:35 pm                              | \$40<br>Registration closed                         |
| 6-12                    | National 4-H Week  | The theme is Inspire Kids to Do. Take advantage of this important week to highlight the remarkable 4-H youth in your communities and showcase the incredible experiences that 4-H offers young people.  | Nation Wide   | Public Event  |
| 7, 14, 28               | Diabetes Self-Management   | Menu planning, stress management, action planning, prevent low blood sugar, relaxation, and more.   | Rolla Towers<br>2 - 4 pm  | Free Program<br>funded by Regional Arthritis Center |
| 14                      | Extension Council Meeting  | Meeting to discuss UM Extension efforts and business.   | 200 N. Main Suite G8, Rolla<br>6 - 7 pm                         | Public Event  |

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| 18                   | Understanding the Alphabet Soup of USDA Programs                | Workshop for beginning farmers and ranchers. Through an introductory plain language presentation USDA personnel and MU Extension specialists will share basic information about USDA programs, AgrAbility and Veterans Resources. | Meramec Regional Planning Commission, 4 Industrial Drive, St. James<br>12 - 3:30 pm | Free Program                |
| 20                   | 4-H Recognition Event   | To honor and recognize the hard work and achievements of our 4-H members and volunteers.  | St. James Middle School<br>2 pm   | Public Event                |
| 22-24                | MU Extension Summit 2019<br>Connecting to Empower—Engage—Extend | Delivering impact across Missouri as we address the challenges faced by citizens in every county around education, economic opportunity and healthy futures.  | Holiday Inn Executive Center, Columbia  | Closed                      |
| 28                   | Master Naturalist Chapter Meeting                               | Meeting to discuss Meramec Hills Master Naturalist efforts and business.  | Land Survey Building, Rolla<br>6 pm   | Closed                      |
| 29                   | 4-H Council Meeting   | Meeting to discuss Phelps County 4-H efforts and business.  | Phelps County Extension Center Meeting Room<br>6:30 pm                              | Public Event                |
| 4, 7, 11, 14, 18, 28 | Tai Chi for Stress and Health<br>Mon & Fri, Sept 30—Dec 2       | An effective exercise program that improves health, quality of life and balance.  | First United Methodist Church, Rolla<br>4:35 - 5:35 pm                              | \$40<br>Registration closed |

### Other MU Extension programs in surrounding counties and University events:

|       |   |   |  |              |
|-------|---|---|--|--------------|
| 23-25 | UM Engagement Week<br><a href="https://www.umsystem.edu/ums/engagement-outreach/engagement_week">https://www.umsystem.edu/ums/engagement-outreach/engagement_week</a> | This week-long celebration, with events on all four UM System campuses, will showcase the impact extension programming and university engagement have on addressing our state's grand challenges in economic opportunity, educational excellence and access and | Jesse Auditorium & Holiday Inn Expo Center, Columbia MU<br><i>(Livestream links will be available for UMKC, Missouri S&amp;T and UMSL)</i> | Public Event |
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<http://extension.missouri.edu/phelps/>

**MU Extension—Phelps County**  
Suite G8 *(in the back)*  
200 North Main, Courthouse  
Rolla MO 65401  
573-458-6260