

2026 Seminars on Wheels

Please be advised of the following before you sign up for Seminars and Wheels.

- ❖ Seminars are held offsite, and travel time may vary.
- ❖ Some Seminar times overlap, please verify timing to prevent overlapping.
- ❖ Payments must be sent when you register.
- ❖ Refunds are not guaranteed.
- ❖ Tours are planned and designed for adult volunteers. If participants are under the age of 18 an adult must register and attend with them.

Thursday Seminars		Description	Time	Cost
1	Bluegrass Stockyard	Join us for a fun and educational day touring the State of the Art, Bluegrass Stockyards. While you are there you will learn about the 4-H Livestock Program and marketing cattle in Kentucky. Lunch will be on your own at The Barn Door Grill which is housed inside the stockyards. Max Capacity 22	Meet at 8:45 AM Depart at 9:00 AM Return at 1:00 PM	FREE (Bring money for lunch)
2	Ale-8	For almost a century, Winchester has been home to Kentucky's Official Soft Drink, Ale-8-One®. Locally known for its iconic green glass and secret family recipe. If you are interested in the KY fizz then this tour is for you. Max Capacity 11	Meet at 9:15 AM Depart at 9:30 AM Return at 12:00 PM	FREE
3	Chef Hacks	Gain confidence in the kitchen so that you can pass those skills and techniques on to your participants! Chef Tanya Whitehouse of the Food Connection will provide all her tips and tricks for training students in the kitchen. She will also cover some exercises you can do on a budget to help train students for competition. Get your questions answered in this interactive workshop for all the cooking programming you do. Max Capacity 22	Meet at 9:30 AM Depart at: 9:45 AM Return at: 12:15 PM	\$15.00
4	Painting with a Twist	Fun! Plain and simple. No creative or artistic skills are needed. Everyone will complete a canvas painting. Max Participants 22	Meet at: 10:15 AM Depart at: 10:30 AM Return at: 1:15 PM	\$30.00
5	Glass Blowing	Tucked in the heart of Berea, Kentucky, Fire & Fern Glass Studio is a working hot shop, gallery, and creative space rooted in craft and community. We will see artisans in action, and you will try your hand at the ancient craft, and custom designs inspired by your vision. Max Participants 22	Meet at: 10:45 AM Depart at: 11:00 AM Return at: 3:00 PM	\$ 50.00
6	Alltech/Lexington Brewing Tour #1	In the heart of bourbon country, Lexington Brewing & Distilling Co. celebrates timeless traditions and bold imaginations. Our award-winning beers and spirits are steeped in the history, charm, and excitement of Kentucky, where legends live fast and free. Our family-owned brewery and distillery is shaped by a heritage that includes seven generations of Irish distillers, brewers, and coopers. Max Capacity 10	Meet at: 11:15 AM Depart at: 11:30 AM Return at: 1:15 PM	\$12.00
7	Alltech/Lexington Brewing Tour #2	In the heart of bourbon country, Lexington Brewing & Distilling Co. celebrates timeless traditions and bold imaginations. Our award-winning beers and spirits are steeped in the history, charm, and excitement of Kentucky, where legends live fast and free. Our family-owned brewery and distillery is shaped by a heritage that includes seven generations of Irish distillers, brewers, and coopers. Max Capacity 10	Meet at: 1:30 PM Depart at: 1:45 PM Return at: 3:15 PM	\$12.00

8				
9	Block Party: Paint Your Own Barn Quilt	Join us for a fun, hands-on barn quilt painting class! Learn history, design your own quilt block, and take home a finished 12-inch by 12-inch barn quilt that can be displayed outdoors or indoors. No experience needed—just creativity! Barn quilt will be 12in by 12in using Aluminum Composite Material (ACM) and Exterior Paint. Minimum/Maximum: 10-40	Meet in Hyatt: Regency #2 2-5 p.m. Instructor: Kimberly Thomas, FCS Agent, Taylor County	\$15.00
10	Bridging Generations: How Generations Communicate	We live, work and volunteer with people of various ages who have different backgrounds, traditions, cultures, values and beliefs. The experiences and perceptions of each generation influence understanding and interaction. This session aims to build multi-generational understanding and communication. Proper understanding and communication across generations can enhance collaboration, build relationships, minimize conflict, and enhance personal growth. Maximum: 20	Meet in Hyatt: Kentucky Room 1-4 p.m. Instructors: Amy Kostelic, Melody Nall, Kendriana Price, Ken Culp	Free
11	CODE RED Universal Safety Plan Facilitator's Training	CODE RED is an evidence-informed universal mental health training that involves participants in creating a safety tool for protecting their own mental well-being. Developed by UK's own Dr. Julie Cerel, this suicide prevention tool has been implemented across the state and nation, including in Kentucky's public schools. Includes digital adult and youth curriculum, for ages 12 and up. Minimum/Maximum: 5-40	Meet in Hyatt: Jessamine/Franklin 9-12 noon Instructor: Katherine Jury and Nateese Dockery	Free
12	CODE RED Universal Safety Plan Facilitator's Training	CODE RED is an evidence-informed universal mental health training that involves participants in creating a safety tool for protecting their own mental well-being. Developed by UK's own Dr. Julie Cerel, this suicide prevention tool has been implemented across the state and nation, including in Kentucky's public schools. Includes digital adult and youth curriculum, for ages 12 and up. Minimum/Maximum: 5-40	Meet in Hyatt: Jessamine/Franklin 2-5 p.m. Instructor: Katherine Jury and Nateese Dockery	Free
13	Connecting with Real Colors: Understanding Myself and Others	Do you ever wonder why some people react so strongly to something you've said? Have you watched in amazement as a co-worker struggles with a task that you see as easily accomplished? And what is it with people who just can't get organized to finish what they start? Sometimes, the answers lie within! This session focuses on learning about personal preferences and motivations to help us consider our impact on the people around us. Join us to have fun learning about your personal color palette. Minimum/Maximum: 20-50	Meet in Hyatt: Thoroughbred 1 1-3 p.m. Instructor: Harriett Edwards	Free

14	Make Your Own Cutting Board	Join us for a unique hands-on experience where participants will craft and take home a custom cutting board made from a variety of native Kentucky hardwoods, prepared by the UK Robinson Center – Wood Center. In addition to the woodworking activity, attendees will explore the significance of Kentucky’s wood industry, its economic impact, and how Extension programming supports and enhances this vital sector.	Meet in Hyatt: Thoroughbred 1/2 3:00 p.m.; 3:30 p.m.; 4:00 p.m.; 5:00 p.m. Instructor: UK Robinson Wood Utilization Center	\$30
15	Trauma-Informed Approach: Key Assumptions and Principles	A trauma-informed approach to programming means understanding, recognizing, preparing for, and responding to the effects trauma may have on an individual or community. Understanding the impact of trauma is an important step in becoming more compassionate and supportive. This training will educate participants about the impact of trauma on clients, co-workers, friends, family, and even ourselves. All ages and program areas can benefit from this professional development training. Minimum/Maximum: 5-30	Meet in Hyatt: Scott/Woodford 1-5 p.m. Instructors: Jami Dellifield, Amanda Raines	\$10
16	Volunteer Accreditation	These are the CORE workshops for volunteers to complete for accreditation 1:00- 1:45 Introduction to 4-H 2:00-2:45 The Impact of PYD in 4-H: Understanding Ages and Stages of Youth Development 3:00-3:45 Understanding the Impact of Effective Teaching Methods & Learning Styles in 4-H Clubs, Programs, Events and Activities 4:00-4:45 Planning 4-H Club Meetings & Activities: Managing Risks, Involving Parents & Volunteers	Meet in Hyatt: Regency 1 1-5 p.m. Instructors: Rachel Gudugli, Chuck Stamper, Kim Schrader	Free
17	Woodland Whimsy Wall Hanging	In this beginner-friendly workshop, you’ll learn the basics of punch needle embroidery—from transferring a pattern and setting up your hoop to creating textured stitches that bring your design to life. You’ll have the choice between two nature-inspired patterns: a charming mushroom surrounded by vines, or another whimsical nature design. Once your punch needle piece is complete, we’ll take it a step further by exploring simple embellishments like beading and finishing touches. Minimum/Maximum: 5-20	Meet in Hyatt: Regency 3 2-5 p.m. Instructor: Lora Davidson, Robin Davis	\$12

