



# Montgomery County 4-H 2024 Summer Adventures

Chrissy Haynes, County Extension Director  
203 West Main Street, Troy NC 27371  
Phone: (910) 576-6011 • Email: [chrissy\\_haynes@ncsu.edu](mailto:chrissy_haynes@ncsu.edu)  
<http://www.ces.ncsu.edu/montgomery>

4-H Summer Adventures is a special program sponsored by Montgomery County 4-H through NC Cooperative Extension. Activities are open to all youth ages 5-18. Workshops are designed for specific age groups and there are limited spaces. *(Please do not register your child for a class that is not for their age).* We invite you to join us for a fun and exciting time. You do not have to be a 4-H member to participate.

To enroll in 4-H Summer Adventures, registration is required in the 4-H online system. This system handles all of our liability and conduct agreement paperwork. Here is the access link: <https://v2.4honline.com/#/user/sign-in>

Please fill out the registration form online or in person at the NC Cooperative Extension Office from May 3rd-23rd.  
Registration Link:  
<https://go.ncsu.edu/montgomerysummeradventures2024>

*To ensure everyone has an equal opportunity to participate in workshops, we will be using a ranking system. Youth will indicate on each workshop they want to participate in by clicking first, second or third choice. An effort will be made to include youth in all of the workshops they want to participate in, but due to space limitation this may not be possible. You will be notified which workshops your youth has been placed in on Tuesday, May 28th. Please check email on this date.*

*Workshop fees must be paid at the Extension Office, located at 203 West Main Street, Troy, on May 29<sup>th</sup> from 9am-6pm. All payments must be received by May 31<sup>st</sup>. We accept cash or check. Failure to pay registration fees by May 31<sup>st</sup>, may result in your youth being replaced by a youth from the waitlist.*

*No registration for Summer Adventures will be accepted over the telephone.*

## NC Zoo Adventures Trip (Ages 8-18)

Calling all adventure seekers! Get ready to embark on the ultimate expedition with Montgomery County 4-H to the North Carolina Zoo. Dive into a world of wonder as you view wildlife from around the world, explore diverse ecosystems, and gain knowledge designed to grow your interest in animal and plant conservation. Join Agriculture Agents Emi and Owen for an unforgettable day of fun, learning, and discovery at the North Carolina Zoo. This experience will leave you roaring for more, sign up today!

June 10th from 8am - 5pm  
Cost: \$15.00

## Money Fun for Cloverbuds (Ages 5-7)

*Even our little littles seem to know that you have to have money to buy the things you want and need. But do they know the importance of saving and making spending choices? During this fun filled morning, our littles will learn how to identify and use coins, decipher bills, and make spending choices at the "4-H Store". We will complete a craft project and also travel to the State Employees Credit Union for a tour and other fun activities.*

June 11th from 9 am – 12 pm  
Cost: \$5.00

## Money Fun for Kids (Ages 8-11)

*The sooner young people learn basic financial concepts like saving and making wise spending choices, the better off they will be. Our Money Fun class will help middle aged youth think through spending choices, and make purchases at the "4-H Store". We will travel to the State Employees Credit Union for a tour and other fun activities.*

June 11th from 1-4 pm  
Cost: \$5.00

## Teen Financial Literacy (Ages 12-18)

Buying a car, planning for college, going on trips, hanging out with friends – all of these are special events in a teen's life and effective money management skills are required to make them happen. Join us for a fun, interactive and engaging way to explore financial literacy as we learn about setting priorities, decision making, comparison shopping, budgeting and building good credit. Youth will use this knowledge to set a group budget for the afternoon's activities, which will include lunch and entertainment of their choice (decided upon by the group). All activities will be approved by the instructors and Cooperative Extension Director before departure.

June 12th from 9 am – 5 pm  
Cost: \$25.00

## Greensboro Grasshoppers Game (Ages 8-18)

Soak up the sunshine and join us for a fun-filled day watching the Greensboro Grasshoppers take on Hudson Valley for a mid-afternoon game.

June 19<sup>th</sup> from 9am-5pm  
Cost - \$15.00

## Town Creek Indian Mound-Session 1 (Ages 5-18)

Did you know that people have inhabited North Carolina for over a thousand years? Come along and learn about ancient Pee Dee Native American culture at Town Creek Indian Mound. Leave the cell phone at home and step back in time to learn about the site's history; how indigenous cultures hunted, planted, and gathered their food; and tour the reconstructed site. Finally, participants will plant and take home their own pot of seeds, representative of food grown in ancient times.

June 20th from 8am - 4pm  
Cost: \$10.00 per day

### **Town Creek Indian Mound-Session 2 (Ages 5-18)**

Did you know that people have inhabited North Carolina for over a thousand years? Come along and learn about ancient Pee Dee Native American culture at Town Creek Indian Mound. Leave the cell phone at home and step back in time to learn about the site's history; how indigenous cultures hunted, planted, and gathered their food; and tour the reconstructed site. Finally, participants will plant and take home their own pot of seeds, representative of food grown in ancient times.  
June 25th from 8am - 4pm  
Cost: \$10.00 per day

### **Farm to Fork (Ages 5-18)**

Look your food in the face! Learn where your meat, fruit, and veggies come from by touring local farms. On day 2, we will also visit the Troy Farmers Market to meet local producers. Participants will gather farm-fresh ingredients to return to Extension and prepare a dish with their goods each day.  
June 26th-27th from 8am - 4pm  
Cost: \$30.00

### **Cloverbud Overnight Camp (Ages 5-8)**

This overnight camp is being held to give kids an opportunity to experience camp while not having to spend a whole week away! There will be many fun activities, games, a campfire, canoeing, archery, swimming, and crafts. A doctor's physical is required. Limited spaces are available.  
June 30<sup>th</sup>-July 2<sup>nd</sup>  
Cost: \$100.00

### **Meals in Motion (Ages 10-18)**

Want a healthy lifestyle? We all know that finding the balance between healthy meals and lots of movement is key. Join us for a fun day as we learn about nutrition, prepare yummy recipes and move our bodies in all kinds of physical activities. Program will include a trip to the bowling alley and a walking trail.  
July 3rd from 8 am until 5 pm  
Cost: \$20.00

### **4-H Overnight Camp (Ages 8-14)**

Placed in co-ed activity groups according to age, campers participate in canoeing, archery, arts and crafts, swimming, cookouts, campfires, nature exploration, team-building, low ropes/high ropes, and much more. A doctor's physical is required. Limited spaces are available.  
July 7<sup>th</sup>-12<sup>th</sup>  
Cost: \$250.00

### **Organ Wise Guys (Ages 5-9)**

During this fun and interactive class, participants will learn about many of the different organs in their body and how nutrition and physical activity choices make them stronger and healthier. We will sample lots of delicious foods, play games, and move our bodies!  
July 9<sup>th</sup> from 9 am - 1 pm  
Cost: Free

### **Morrow Mountain Trip (Ages 10-18)**

Experience our region's unique natural areas! Journey to Morrow Mountain State Park with Montgomery County 4-H. Immerse yourself in the beauty of the great outdoors as you embark on a ranger guided nature hike through lush forests and scenic trails, discovering local flora and fauna along the way. Then, canoe with rangers on the Pee Dee River and notice the beauty of the park from a whole new perspective. Don't miss this opportunity to embark on an adventure exploring nature and making memories, sign *up today!*  
July 16th from 8am - 4:30pm  
Cost: \$15.00

### **Teen Team Building Day (Ages 13-18; NO Exceptions)**

During our fun teen team building day, we will engage in lots of activities to help us grow as leaders and teammates. We will focus on communication, group decision making, and personal development. We will visit an escape room and eat out at a restaurant of the group's choosing (with approval from instructors and Extension Director).  
July 17th from 9 am until 5 pm  
Cost: \$30.00

### **Discover the Wolfpack (Ages 12-18)**

Are you interested in attending NC State? Travel to Raleigh with Montgomery County 4-H for a campus visit. Participants will check out D.H. Hill Library, Marye Anne Foxe Greenhouses, and enjoy lunch at the Atrium. In the afternoon, participants will tour the Randleigh Dairy Heritage Museum before returning to the Extension office.  
July 18th from 8am - 5pm  
Cost: \$30.00

### **Family Canning Night (Jams or Jellies) (Ages 5-9)**

This canning night is perfect for families with young children. We will briefly learn about the science of safe home food preservation, and put those skills to work as we can jelly and/or jam. At least one adult **MUST** participate with all youth for the workshop.  
July 18<sup>th</sup> from 6-8pm  
Cost: \$10.00 per family

### **Cultural Awareness Day-Session 1 (Ages 8-18)**

Youth who register for this class are in for a real treat! Come learn about countries all over the world and their cultures from our summer interns. You might even get to taste some yummy foods you have never tried before.  
July 23<sup>rd</sup> from 9am-4pm  
Cost: \$20.00

### **Cultural Awareness Day-Session 2 (Ages 8-18)**

Youth who register for this class are in for a real treat! Come learn about countries all over the world and their cultures from our summer interns. You might even get to taste some yummy foods you have never tried before.  
July 24th from 9am-4pm  
Cost: \$20.00

### **Family Canning Night (Salsa or Relish) (Ages 10-18)**

Back by popular demand, our salsa canning night will give families with older children the opportunity to learn about the science of food preservation, knife skills, and nutrition. At least one adult **MUST** participate with all youth for this workshop.  
July 25<sup>th</sup> from 6-9pm  
Cost: \$10.00 per family

### **4-H Congress (Ages 13-18)**

NC 4-H Congress is a great way for teens to meet new people, learn New things and just have fun! Congress is held on campus at NC State University. Participants attend workshops, elect officers, do community service and much more!  
July 22<sup>nd</sup>-26th  
Cost: \$200.00

**MUST BE AN ACTIVE 4-H'er AND HAVE COMPLETED A 4-H PRESENTATION IN 2024 IN ORDER TO PARTICIPATE IN NC 4-H CONGRESS!!**

### **Millstone 4-H Day Camp (Ages 5-14)**

Back by popular demand Day Camp at Millstone 4-H Camp offers friends for a lifetime, adventures in a safe nurturing environment, unforgettable activities like canoeing, archery, rock wall climbing, swimming and ropes courses without the overnight stay. The cost of camp includes transportation to and from camp, snacks, and a hot lunch each day. Participants are to bring a swimsuit, towel, water shoes, tennis shoes, and sunscreen each day.  
August 5<sup>th</sup>-9<sup>th</sup> 7:45am-5:15pm daily  
Cost: \$150.00

