

Program Highlight



4-H Beginner Archery Series
June 1, 8, 15, 2023 (rain date June 29th) | 6:00 pm - 7:00 pm | ages 10+ *
 CCE Albany County, 24 Martin Road, Voorheesville, NY 12186

Come learn the basics of archery! We will be delving into firing a bow, scoring and firing accuracy. No experience is necessary and we provide all equipment. Please contact 4-H Educator Rachel at rcl227@cornell.edu with any questions.

*Archery is open to enrolled 4-H'ers who are residents of Albany or Schenectady Counties who are between the ages of 10 and 18. New youth must enroll to participate.

CCE IN YOUR COMMUNITY



4-H Youth Development ■ Capital Area Agriculture & Horticulture Program
Environment & Natural Resources ■ Financial Literacy ■ Garden-Based Learning
Healthy Homes Program ■ Home Energy Assistance Program
Lead Education & Prevention ■ Master Gardener Volunteer Program
Nutrition Workshops ■ Parenting Programs



CALENDAR OF EVENTS | MAY 2023

Date	Time	Event	Contact	Location
5/1, 5/8, & 5/15/2023	Noon - 1:15 pm	The Magic Years a six-hour, researched-based parent, and nutrition education program for parents/caregivers of children from birth – age 4—Join to discuss parenting strategies that are positive, supportive, and provide valuable information on best parenting practices. This program also includes nutrition lessons led by a registered dietitian. During these lessons you will learn nutrition basics when it comes to feeding yourself and your family, practical tips to create healthy habits, and ways to save money at the grocery store. Pre-registration is required. Please visit our website events page for more information including registration (and Zoom link): ccealbany.com	Maria mkd59@cornell.edu	via Zoom
5/2/2023	10:00 - 10:30 am	Family Meals —Come join this SNAP-Ed session and let our Community Nutrition Educator show you how to take the stress out of the week and discover easy, affordable ways to bring family meals to the table! Please visit our website events page for more information including registration (and Zoom link): ccealbany.com	Siobhan sma37@cornell.edu	via Zoom
5/3/2023	6:30 - 7:30 pm	Bringing Native Plants into Your Garden —Our own gardens are wildlife preserves that represent the last chance we have for sustaining plants and animals that were once common throughout the U.S. Learn why it is important to use native plants in your landscapes to support birds and insects and learn strategies for creating a diverse and beautiful home landscape. Please visit our website events page to register: ccealbany.com	Carole ch878@cornell.edu 518-765-3516	via Zoom
5/3, 5/10 & 5/17/2023	Noon - 1:15 pm	The Middle Years: A six-hour, researched-based program for parents/caregivers of youth ages 5 - 10 —The Middle Years helps participants enhance their parenting skills. Join to develop a deeper understanding of how your personal and parenting knowledge and behavior affect your children. This program now includes a nutrition lesson led by a registered dietitian. During this lesson you will learn nutrition basics when it comes to feeding yourself and your family, practical tips to create healthy habits, and ways to save money at the grocery store. Pre-registration is required. Please visit our website events page for more information including registration (and Zoom link): ccealbany.com	Maria mkd59@cornell.edu	via Zoom
5/4, 5/11 & 5/18/2023	Noon - 1:15 pm	The Tween/Teen Years: A six-hour, researched-based program for parents/caregivers of youth ages 11 - 18 —Tween/Teen Years helps participants enhance their parenting skills. Join to develop a deeper understanding of how your personal and parenting knowledge and behavior affect your children. This program now includes a nutrition lesson led by a registered dietitian. During this lesson you will learn nutrition basics when it comes to feeding yourself and your family, practical tips to create healthy habits, and ways to save money at the grocery store. Pre-registration is required. Please visit our website events page for more information including registration (and Zoom link): ccealbany.com	Maria mkd59@cornell.edu	via Zoom
5/5/2023	Noon - 1:00 pm	Lunch & Learn: Save more at the Grocery Store! —Check your receipt next time you get back from the grocery store. Chances are, your protein sources are the biggest part of your budget. Learn to save more at the grocery store, without sacrificing nutrition, by replacing meat. Join our Community Nutrition Educator as she talks you through saving money while making a Saucy Egg Bowl and will also show you how to prepare Savory Tuna Cakes. Please visit our website events page for more information including registration (and Zoom link): ccealbany.com	Kim kam487@cornell.edu	via Zoom

Cornell Cooperative Extension | Albany County

24 Martin Road, Voorheesville, NY 12186


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Date	Time	Event	Contact	Location
5/8, 5/15 & 5/22/2023	5:30 - 7:00 pm	Strengthening Families Program —A three-week series for parents/caregivers and tweens & teens (ages 10 +) to attend together! The Strengthening Families Program is an educational, interactive three-week program that strives to empower families. During each session, parents/caregivers and youth will learn ways to build on existing strengths, improve communication skills, develop a better understanding of each other, and have fun together! Pre-registration is required. Please indicate names of family members attending, and the ages of the youth. Please also note any dietary accommodations needed. Details can be found on our website: ccealbany.com	Maria mkd59@cornell.edu	Albany Public Library 161 Washington Ave. Albany, NY 12210
5/9/2023	Registration & Continental Breakfast 7:45 am Training 8:00 am - 4:30 pm	EPA's Lead Renovation, Repair, and Painting (RRP) Initial Training —The federal Renovation Repair & Painting Rule (RRP) requires that anyone who is paid to perform work that disturbs paint in housing and child occupied facilities built before 1978 be trained and certified as a renovator. Pre-registration is required. Please visit our website events page to register: ccealbany.com	AI ark249@cornell.edu 518-765-3529	The Riverfront Center 1250 Riverfront Ctr. Amsterdam, NY 12010
5/09/2023	9:00 - 9:30 am	Eating Healthy on a Budget —Whenever we ask, "What is one of the biggest barriers to eating healthy?" Our participants almost always say that it's too expensive or they don't have the time. Join us in this interactive workshop to learn why time and money are not a barrier to a healthy diet. You'll learn tips & tricks to saving money at the grocery store and saving time in the kitchen while making every bite count! Please visit our website events page for more information including registration (and Zoom link): ccealbany.com	Brenna bk375@cornell.edu	via Zoom
5/10/2023	6:30 - 7:30 pm	Creating a Welcoming Garden for Hummingbirds & Butterflies —How do you attract butterflies and hummingbirds to your garden? This presentation will guide you through the plant selection process as well as provide tips on what to do and what not to do to have success. You will also learn about the lifecycles of butterflies and hummingbirds as well as what to look for in their behaviors and physical features. Please visit our website events page to register: ccealbany.com	Carole ch878@cornell.edu 518-765-3516	via Zoom
5/16/2023	Registration & Continental Breakfast 7:45 am Training 8:00 am - noon	EPA's Lead Renovation, Repair, and Painting (RRP) Refresher Training —Five years after taking the RRP Initial class, an EPA certified renovator must successfully complete an EPA RRP Refresher course to continue working. Pre-registration is required. Please visit our website events page to register: ccealbany.com	AI ark249@cornell.edu 518-765-3529	Energy Center/Albany County Rural Housing (basement) 24 Martin Rd. Voorheesville, NY 12186
5/17/2023	6:30 - 7:30 pm	Honey, I Shrank the Lawn —Lawns are wonderful spaces to play and eat and talk, but they are also ecologically and economically expensive. Perhaps we could do with less of them. If you are wondering what you might do to reduce pollution and restore our ecosystem, shrinking your lawn is one option. This program will present a range of lawn-reduction options from the least intensive to the most dramatic. Please visit our website events page to register: ccealbany.com	Carole ch878@cornell.edu 518-765-3516	via Zoom
5/18/2023	Registration & Continental Breakfast 7:45 am Training 8:00 am - 4:30 pm	EPA's Lead Renovation, Repair, and Painting (RRP) Initial Training —The federal Renovation Repair & Painting Rule (RRP) requires that anyone who is paid to perform work that disturbs paint in housing and child occupied facilities built before 1978 be trained and certified as a renovator. Pre-registration is required. Please visit our website events page to register: ccealbany.com	AI ark249@cornell.edu 518-765-3529	Social Enterprise and Training Center (SEAT) 131 State St. Schenectady, NY 12305
5/19/2023	2:00 - 3:00 pm	Eating Healthy on a Budget —Whenever we ask, "What is one of the biggest barriers to eating healthy?" Our participants almost always say that it's too expensive or they don't have the time. Join us in this interactive workshop to learn why time and money are not a barrier to a healthy diet. You'll learn tips & tricks to saving money at the grocery store and saving time in the kitchen while making every bite count! Please visit our website events page for more information including registration (and Zoom link): ccealbany.com	Crystal cjd236@cornell.edu	via Zoom

Date	Time	Event	Contact	Location
5/23/2023	6:00 - 7:15 pm	Seasoning with Spices: A class on cooking with Thai spices and herbs —Please bring a dish and/or a recipe to share featuring lemongrass, holy basil, green chile peppers, ginger and turmeric. Pre-registration is required with Karen by 5/19.	Karen kem18@cornell.edu	CCE Albany County 24 Martin Rd. Voorheesville, NY 12186
5/23/2023	Registration & Continental Breakfast 7:45 am Training 8:00 am - 4:30 pm	EPA's Lead Renovation, Repair, and Painting (RRP) Initial Training —Five years after taking the RRP Initial class, an EPA certified renovator must successfully complete an EPA RRP Refresher course to continue working. Pre-registration is required. Please visit our website events page to register: ccealbany.com	AI ark249@cornell.edu 518-765-3529	Albany Community Development Office 2nd floor (Parking available behind building) 200 Henry Johnson Blvd. Albany, NY 12210
5/24/2023	6:30 - 7:30 pm	Native Perennials & Groundcovers —Learn about easy to grow Native Perennials that can be added to your landscape to support pollinators and the environment. These plants will reduce your need to water, are lower maintenance, and will eliminate the need for pesticides and herbicides. Learn about Groundcovers which will reduce the need to weed, mulch, or mow. Please visit our website events page to register: ccealbany.com	Carole ch878@cornell.edu 518-765-3516	via Zoom
5/30/2023	4:00 - 5:00 pm	Family Meals —Come join this SNAP-Ed session and let our Community Nutrition Educator show you how to take the stress out of the week and discover easy, affordable ways to bring family meals to the table! Please visit our website events page for more information including registration (and Zoom link): ccealbany.com	Jillian jjl279@cornell.edu	via Zoom

Save the Date!



CCE Albany County and Master Gardener volunteers would like to THANK YOU for your past support of the Albany County Master Gardener plant sale and invite you to our *new* event:
Garden Education Fair
Saturday, June 3, 2023 | 9:00 am - Noon
CCE Albany County
24 Martin Road, Voorheesville, NY 12186

**Native & perennial plants
Garden tools & crafts
Demonstrations
Soil clinic
Garden tours
Family activities**

Please note: no annuals, vegetables or herb plants will be available.
Hope to see you in June!

Cornell Cooperative Extension | Albany County

Youth Gardening Summer Adventure
Monday, June 26 - Friday, June 30, 2023
CCE Albany County, 24 Martin Road, Voorheesville
Open to youth ages 8 - 12 | Cost \$50 | Limited to 15 participants

4-H Dog Adventure
Monday, July 17 - Friday, July 21, 2023
CCE Albany County, 24 Martin Road, Voorheesville
Open to youth ages 7 - 13 | Cost \$50 | Limited to 18 participants

Farm Animal Adventure
Monday, July 24 - Friday, July 28, 2023
CCE Albany County, 24 Martin Road, Voorheesville
Open to youth ages 8 - 12 | Cost \$50 | Limited to 10 participants

Details can be found on our website events page: ccealbany.com
For more information or to register, contact: albany@cornell.edu | 518-765-3500



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