

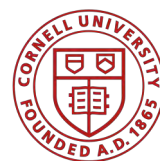
# CALENDAR OF EVENTS | APRIL 2024

Date	Time	Event	Contact	Location
4/1 - 4/5/2024	9:00 am - 3:00 pm each day	4-H Spring Break Adventure (open to all youth ages 7-12)—Join Albany County 4-H educators for five days of fun! Youth will focus on a different theme every day, completing hands-on activities based on a variety of topics – Animals and Dairy, Art Fun, Environmental Adventures, Cooking Up Fun and Water All Around Us. Cost: \$100 for the 5-day session or \$25/day. Please visit our website for more information: <a href="http://ccealbany.com">ccealbany.com</a>	Barb 518-765-3541 Rachel 518-765-3543 <a href="mailto:albany@cornell.edu">albany@cornell.edu</a>	CCE Albany County 24 Martin Rd. Voorheesville, NY 12186
4/4/2024	7:45 am Registration/Light Breakfast 8:00 am - 5:00 pm Training	<b>EPA's Lead Renovation, Repair, and Painting (RRP) Initial Training</b> —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. Cost: Free. Pre-registration is required. Please visit our website for more information: <a href="http://ccealbany.com">ccealbany.com</a>	Al <a href="mailto:ark249@cornell.edu">ark249@cornell.edu</a> 518-765-3529	Center Brunswick Volunteer Fire Company 1045 Hoosick Rd. Troy, NY 12180
4/4 & 5/2/2024	9:30 - 10:30 am	Play, Learn, and Soar (for parents/caregivers to attend with their children ages birth to age 4)—Have fun with engaging activities that increase curiosity and interest in learning. Activities include dancing, playtime, art, snack, music, story time and parent education. Pre-registration is required. Please visit our website for more information: <a href="http://ccealbany.com">ccealbany.com</a>	Maria <a href="mailto:mkd59@cornell.edu">mkd59@cornell.edu</a> 518-765-3559	Arbor Hill Elementary School 1 Arbor Dr. Albany, NY 12207
4/5/2024	Noon - 12:45 pm	Diabetes Support Group—An informal discussion group dealing with the challenges of living with diabetes. This meeting will occur on the first Friday of every month through December via Zoom. Please visit our website for more information: <a href="http://ccealbany.com">ccealbany.com</a>	Karen <a href="mailto:kem18@cornell.edu">kem18@cornell.edu</a> 518-765-3552	via Zoom
4/5/2024	9:00 - 11:30 am	Parasite Fecal Analysis Roadshow—We are coming to an office near you! Bring your small ruminant fecal samples to do egg counts and check your herd for parasite loads before they pasture. Please contact Rachel to pre-register.	Rachel <a href="mailto:ram72@cornell.edu">ram72@cornell.edu</a> 518-649-0267	CCE Albany County 24 Martin Rd. Voorheesville, NY 12186
4/5/2024	6:00 - 8:00 pm	Parasite Fecal Analysis Roadshow—We are coming to an office near you! Bring your small ruminant fecal samples to do egg counts and check your herd for parasite loads before they pasture. Please contact Rachel to pre-register.	Rachel <a href="mailto:ram72@cornell.edu">ram72@cornell.edu</a> 518-649-0267	CCE Rensselaer County 99 Troy Rd. E. Greenbush, NY 12061
4/9/2024	7:45 am Registration/Light Breakfast 8:00 am - 5:00 pm Training	<b>EPA's Lead Renovation, Repair, and Painting (RRP) Initial Training</b> —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. Cost: Free. Pre-registration is required. Please visit our website for more information: <a href="http://ccealbany.com">ccealbany.com</a>	Al <a href="mailto:ark249@cornell.edu">ark249@cornell.edu</a> 518-765-3529	The Riverfront Center 1250 Riverfront Ctr. Rm 1190 Amsterdam, NY 12010
4/9/2024	6:00 - 7:15 pm	Preserve the Bounty: Introduction to Food Preservation—Learn the safe, USDA-approved techniques to can, freeze and dehydrate vegetables and fruit at home so that you can enjoy the local harvest all year round! Cost \$5. Pre-registration is required by April 8 <sup>th</sup> . Please visit our website for more information: <a href="http://ccea-ba-ny.com">ccea-ba-ny.com</a>	Karen <a href="mailto:kem18@cornell.edu">kem18@cornell.edu</a> 518-765-3552	CCE Albany County 24 Martin Rd. Voorheesville, NY 12186

## 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



Cornell Cooperative Extension | Albany County

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Date	Time	Event	Contact	Location
4/10/2024	6:00 - 7:15 pm	Spices Around the World—Bangladesh and Eastern India, featuring cumin seeds, coriander seeds, fennel seeds, fenugreek leaves, and garam masala. Pre-registration is required. Please visit our website for more information: <a href="http://ccealbany.com">ccealbany.com</a>	Karen <a href="mailto:kem18@cornell.edu">kem18@cornell.edu</a> or 518-765-3552	via Zoom
4/10/2024	1:00 - 2:00 pm	Improving Family Communication—Developing healthy, trusting communication can be a challenge for any family. Join this program to discuss positive communication strategies that help kids open-up and reduce family conflict. Learn strategies and practical ways to develop stronger family connections. Please contact Maria to pre-register.	Maria <a href="mailto:mkd59@cornell.edu">mkd59@cornell.edu</a> 518-598-9937	Connections to Care Family Opportunity Ctr. 31 Walter St. Albany, NY 12204
4/11/2024	7:45 am - Registration/ Light Breakfast 8:00 am - Noon Training	<b>EPA's Lead Renovation, Repair, and Painting (RRP) Refresher Training</b> —Five years after taking the RRP Initial class, an EPA certified renovator must successfully complete an EPA RRP Refresher course. Pre-registration is required. Please visit our website for more information: <a href="http://ccealbany.com">ccealbany.com</a>	AI <a href="mailto:ark249@cornell.edu">ark249@cornell.edu</a> 518-765-3529	The Riverfront Center 1250 Riverfront Ctr. Rm 1190 Amsterdam, NY 12010
4/12/2024	9:00 - 11:30 am	Parasite Fecal Analysis Roadshow—We are coming to an office near you! Bring your small ruminant fecal samples to do egg counts and check your herd for parasite loads before they pasture. Please contact Rachel to pre-register.	Rachel <a href="mailto:ram72@cornell.edu">ram72@cornell.edu</a> 518-649-0267	CCE Saratoga County 50 W High St. #1 Ballston Spa, NY 12020
4/12/2024	1:00 - 3:30 pm	Parasite Fecal Analysis Roadshow—We are coming to an office near you! Bring your small ruminant fecal samples to do egg counts and check your herd for parasite loads before they pasture. Please contact Rachel to pre-register.	Rachel <a href="mailto:ram72@cornell.edu">ram72@cornell.edu</a> 518-649-0267	CCE Washington County 415 Lower Main St. Hudson Falls, NY 12839
4/16/2024	7:45 am - Registration/ Light Breakfast 8:00 am - Noon Training	<b>EPA's Lead Renovation, Repair, and Painting (RRP) Refresher Training</b> —Five years after taking the RRP Initial class, an EPA certified renovator must successfully complete an EPA RRP Refresher course. Pre-registration is required. Please visit our website for more information: <a href="http://ccealbany.com">ccealbany.com</a>	AI <a href="mailto:ark249@cornell.edu">ark249@cornell.edu</a> 518-765-3529	CCE Albany County 24 Martin Rd. Voorheesville, NY 12186
4/16, 4/23, 4/30, 5/7 & 5/14/2024	Noon - 1:15 pm	The Magic Years—This five-part researched-based parent education program is for parents/caregivers of children from birth – age 4. Join to discuss the stages of child development and how to best support your child. Learn how to set up (or better manage) routines in the home, including bedtime, bath time, family meals and toilet training. Pre-registration is required. Please visit our website for more information: <a href="http://ccealbany.com">ccealbany.com</a>	Maria <a href="mailto:mkd59@cornell.edu">mkd59@cornell.edu</a> 518-765-3559	via Zoom
4/17, 4/24, 5/1, 5/8 & 5/15/2024	Noon - 1:15 pm	The Middle Years—This five-part researched-based parent education program is for parents/caregivers of youth ages 5 - 10. Let's discuss strategies to better manage parent and child stress, raise responsible children with positive discipline strategies, and manage screen time and improve media literacy. Pre-registration is required. Please visit our website for more information: <a href="http://ccealbany.com">ccealbany.com</a>	Maria <a href="mailto:mkd59@cornell.edu">mkd59@cornell.edu</a> 518-765-3559	via Zoom
4/18/2024	7:45 am Registration/ Light Breakfast 8:00 am - 5:00 pm Training	<b>EPA's Lead Renovation, Repair, and Painting (RRP) Initial Training</b> —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. Cost: Free. Pre-registration is required. Please visit our website for more information: <a href="http://ccealbany.com">ccealbany.com</a>	AI <a href="mailto:ark249@cornell.edu">ark249@cornell.edu</a> 518-765-3529	Center Brunswick Volunteer Fire Company 1045 Hoosick Rd. Troy, NY 12180
4/18, 4/25, 5/2, 5/9 & 5/16/2024	Noon - 1:15 pm	The Tween/Teen Years—This five-part researched-based parent education program is for parents/caregivers of youth ages 11 - 18. Topics include understanding tween/teen development, strategies to improve family communication and positive discipline strategies that encourage independence. Pre-registration is required. Please visit our website for more information: <a href="http://ccealbany.com">ccealbany.com</a>	Maria <a href="mailto:mkd59@cornell.edu">mkd59@cornell.edu</a> 518-765-3559	via Zoom

Date	Time	Event	Contact	Location
4/22/2024	6:00 - 7:15 pm	Special Earth Day Episode of <i>Cooking with Love for the Planet</i> —Learn how to eat more sustainably and create less food waste in your home kitchen and garden. Pre-registration is required. Please visit our website for more information: <a href="http://ccealbany.com">ccealbany.com</a>	Karen <a href="mailto:kem18@cornell.edu">kem18@cornell.edu</a> 518-765-3552	via Zoom
4/23/2024	7:45 am Registration/ Light Breakfast 8:00 am - 5:00 pm Training	<b>EPA's Lead Renovation, Repair, and Painting (RRP) Initial Training</b> —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. Cost: Free. Pre-registration is required. Please visit our website for more information: <a href="http://ccealbany.com">ccealbany.com</a>	AI <a href="mailto:ark249@cornell.edu">ark249@cornell.edu</a> 518-765-3529	Steinmetz Homes 120 Emmons St. Schenectady, NY 12304
4/24/2024	6:00 - 7:30 pm	Mediterranean Cooking—Explore the principles and history behind this well-researched and popular lifestyle. Incorporate some new cooking techniques into your kitchen by using more olive oil, fresh vegetables, herbs and lean protein in this plant-based diet. Recipes and samples will be shared. Pre-registration is required. Please visit our website for more information: <a href="http://ccealbany.com">ccealbany.com</a>	Karen <a href="mailto:kem18@cornell.edu">kem18@cornell.edu</a> 518-765-3552	Voorheesville Public Library 51 School Rd. Voorheesville, NY 12186
4/25/2024	7:45 am Registration/ Light Breakfast 8:00 am - 5:00 pm Training	<b>EPA's Lead Renovation, Repair, and Painting (RRP) Initial Training</b> —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. Cost: Free. Pre-registration is required. Please visit our website for more information: <a href="http://ccealbany.com">ccealbany.com</a>	AI <a href="mailto:ark249@cornell.edu">ark249@cornell.edu</a> 518-765-3529	Albany Community Development Agency 2nd Floor (Parking available behind building) 200 Henry Johnson Blvd. Albany, NY 12210
4/27/2024	10:00 - 11:30 am	Spring Gardening—Ever wonder what you should be doing in your garden in the Spring? The Master Gardeners will use the Cornell Cooperative Extension Gardens to demonstrate concepts including inter-planting; pollinator friendly cleanup; eliminating early weeds; dividing perennials; compost, mulch, groundcovers, and edging. Discover what is blooming in the spring garden, with emphasis on spring bulbs and ephemerals. Cost: \$10.00/person, 2 people same household \$15.00. Please contact Carole to pre-register.	Carole <a href="mailto:albmspeakers@cornell.edu">albmspeakers@cornell.edu</a> 518-765-3500	CCE Albany County 24 Martin Rd. Voorheesville, NY 12186
4/30/2024	7:45 am Registration/ Light Breakfast 8:00 am - 5:00 Training	<b>EPA's Lead Renovation, Repair, and Painting (RRP) Initial Training</b> —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. Cost: Free. Pre-registration is required. Please visit our website for more information: <a href="http://ccealbany.com">ccealbany.com</a>	AI <a href="mailto:ark249@cornell.edu">ark249@cornell.edu</a> 518-765-3529	The Riverfront Center 1250 Riverfront Ctr. Rm 1190 Amsterdam, NY 12010

Save the Date				
5/16/2024	5:30 - 7:30 pm	Strengthening Families Program—Youth in grades 5 – 8 with their parent(s)/caregiver(s) are invited to attend the Strengthening Families Program. This fun, interactive program empowers families. We celebrate family strengths, support youth, parents/caregivers, and help improve family communication skills. Please visit our website for more information: <a href="http://ccealbany.com">ccealbany.com</a>	Maria <a href="mailto:mkd59@cornell.edu">mkd59@cornell.edu</a> 518-598-9937	Guilderland Public Library 2228 Western Ave. Guilderland, NY 12084
6/1/2024	10:00 am - 1:00 pm	Garden Education Fair—Come enjoy the Fair and support the Master Gardener Community Education Programs! Native & perennial plants; Garden tools & accessories; Garden & compost tours; Soil clinic; Family activities; Farm animals. Please visit our website for more information: <a href="http://ccealbany.com">ccealbany.com</a>	Carole <a href="mailto:ch878@cornell.edu">ch878@cornell.edu</a> 518-765-3500	CCE Albany County 24 Martin Rd. Voorheesville, NY 12186