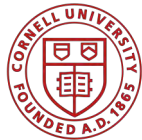


CCE IN YOUR COMMUNITY



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 | NOVEMBER 2025

Date	Time	Event	Contact	Location
11/3, 11/10, 11/17, 11/24, 12/1 & 12/8/25	1:00 - 3:30 pm	Annie's Project Classic: Risk Management for Farm Women —Are you a woman engaged in farming in NYS? Would you like to learn and network with other farm women, and learn how to strengthen your farming operation? Join Cornell Cooperative Extensions of Albany, Allegany, Broome, Schoharie-Otsego, Tioga, and Onondaga counties, for a virtual Annie's Project this winter as we explore these topics and help you grow your toolbox! Please visit our website for more information, including registration: ccealbany.com	Program questions: Laura Biasillo CCE Broome Co lw257@cornell.edu 607-584-5007	Zoom/In-Person on select dates at counties as noted
11/5/25	5:30 - 8:00 pm	Preserving Cranberries —We will make several different products including cranberry wine jelly, cranberry salsa and/or a chutney—just in time for the holiday season! Class size is limited. Pre-registration by November 3rd is required. Please visit our website for more information, including registration: ccealbany.com	Karen kem18@cornell.edu 518-618-5595 (text or leave msg)	CCE Albany County 24 Martin Rd. Voorheesville, NY 12186
11/5 & 11/12/25	5:30 - 7:00 pm	Inspired by Annie's: Getting Your Finances in Order for 2026 —Join Cornell Cooperative Extension of Albany County, Oneida County, and Schoharie-Otsego Counties for a hybrid series focused on setting you up for a successful 2026 when it comes to financial decision-making. Each session will be offered with a virtual option, as well as coming into the CCE offices listed above for group discussion and learning from your peers. Please visit our website for more information, including registration: ccealbany.com	Program questions: Laura Biasillo CCE Broome Co lw257@cornell.edu 607-584-5007	Zoom/In-Person CCE Albany, Oneida or Schoharie-Otsego Counties
11/5, 11/12, 11/19 & 12/3/25	12:00 - 1:15 pm	Discipline is NOT a Dirty Word! —In this series, parents will become empowered with evidence-based parenting strategies that are positive, supportive, and enhance their already existing “toolbox” of parenting skills. *A certification of participation will be provided to any parent attending all four sessions.* Pre-registration by November 3rd is required. Please visit our website for more information, including registration: ccealbany.com	Laura lcoraldi@cornell.edu 518-410-6831	Zoom
11/7/25	12:00 - 12:45 pm	Monthly Diabetes Support Group —An informal discussion group dealing with the challenges of living with diabetes. Pre-registration via Zoom is required. Please visit our website for more information: ccealbany.com	Karen kem18@cornell.edu 518-618-5595 (text or leave msg)	Zoom

Cornell Cooperative Extension | Albany County

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Date	Time	Event	Contact	Location
11/7/25	8:00 am - 3:15 pm	Dairy In The Classroom: Educator Workshop Albany County —Join us for a professional development workshop exploring food and dairy connections for your classroom. Please visit our website for more information, including registration: ccealbany.com	Program Questions: Amanda ajt247@cornell.edu 518-765-3519	SUNY Cobleskill 106 Suffolk Cir. Cobleskill, NY 12043
11/7/25	7:45 am Registration 8:00 am - 5:00 pm Training	Free EPA 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 for more information, including registration: ccealbany.com	Nick neb87@cornell.edu 838-202-0742	Albany Community Development Agency 200 Henry Johnson Blvd. 2nd Floor Albany, NY 12210 (Parking available behind building)
11/13/25	7:45 am Registration 8:00 am - 5:00 pm Training	Free EPA 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 for more information, including registration: ccealbany.com	Nick neb87@cornell.edu 838-202-0742	The Riverfront Center 1250 Riverfront Ctr. Rm # 1190 Amsterdam, NY 12010
11/14/25	12:00 - 1:00 pm	Virtual Mediterranean Cooking Class —Learn some healthy cooking techniques using more olive oil, tasty vegetables and hearty whole grains for a heart healthy diet. The recipe will be sent out ahead of time so you can follow along with Karen as she does the cooking demonstration. Please visit MVP's website for details and registration: https://www.mvphealthcare.com/about/events/living-well/mediterranean-cooking-class-0632		Zoom
11/17/25	6:00 - 8:00 pm	Free Seminar: Preserving Farmland for the Next Generation —Learn all the tools available to protect your farmland from future development. Guest Speaker: Megan Stevenson, Land Protection Manager, Mohawk Hudson Land Conservancy. Pre-registration by 11/14 is required. Please visit our website for more information, including registration: ccealbany.com	Program Questions: Tom tig3@cornell.edu 518-765-3511	CCE Albany County 24 Martin Rd. Voorheesville, NY 12186
11/18/25	7:45 am Registration 8:00 am - 12:00 pm Training	Free EPA Lead Renovation, Repair, and Painting (RRP) Refresher Training —Within five years of completing 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 for more information, including registration: ccealbany.com	Nick neb87@cornell.edu 838-202-0742	The Riverfront Center 1250 Riverfront Ctr. Rm # 1190 Amsterdam, NY 12010

Date	Time	Event	Contact	Location
11/18/25	12:00 - 1:15 pm	School Year Success —Would you like to be more involved in your child's education? In this virtual class, you will learn practical ways to improve communication between home and school as well as strategies to support your student with common school-related challenges. Pre-registration by November 14th is required. Please visit our website for more information, including registration: ccealbany.com	Laura loraldi@cornell.edu 518-410-6831	Zoom
11/20/25	7:45 am Registration 8:00 am - 5:00 pm Training	Free EPA 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 for more information, including registration: ccealbany.com	Nick neb87@cornell.edu 838-202-0742	Steinmetz Homes 120 Emmons St. Schenectady, NY 12304
11/20/25	12:00 - 1:30 pm	CCE Albany County's Annual Meeting Luncheon —This meeting is open to the public. Albany County residents 18 years of age or older are eligible to vote for members of the Board of Directors. Please RSVP to Jessica by November 13th.	Jessica jkd72@cornell.edu 518-765-3579	CCE Albany County 24 Martin Rd. Voorheesville, NY 12186
11/25/25	7:45 am Registration 8:00 am - 5:00 pm Training	Free EPA 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 for more information, including registration: ccealbany.com	Nick neb87@cornell.edu 838-202-0742	Capital District Educational Opportunity Center (EOC Troy) 431 River St., 2nd Floor Troy, NY 12180

November is National Diabetes Awareness Month

An estimated 88 million adults in the United States (1 in 3) have prediabetes.

If you have been diagnosed with prediabetes, that means that your blood glucose levels are higher than normal, but not high enough to be diagnosed with diabetes. At this stage, you can delay or eliminate the onset of diabetes.

Diabetes is a serious disease and if you can delay or prevent its onset, you will enjoy better healthcare in the long run. You can learn how to keep it under control using lifestyle changes such as losing weight (even 5 to 10 pounds can make a difference), eating healthier, planning your meals, increasing your physical activity to at least 30 minutes a day most days of the week and tracking the progress towards your goals. It is important to monitor your ABC's (A1C, blood pressure, and cholesterol levels), take your medications, eat at regular intervals throughout the day, pay attention to stress levels in your life, and get sufficient amounts of sleep. Vital problem solving and coping skills can be learned and put into practice.

Join us via Zoom for our monthly diabetes support group! Please visit our website for details: ccealbany.com

