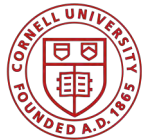


CCE IN YOUR COMMUNITY



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 | DECEMBER 2025

Date	Time	Event	Contact	Location
12/1/25	12:00 - 1:00 pm	Budget Your Way to Happy Holidays —This free workshop will provide tips and strategies to help you find financial balance during this quick-paced time of year. Join us to explore ideas that will allow you to make it through the holiday season within your budget, while still enjoying all those special moments. Pre-registration with Laura or via our website (by 11/28) is required.	Laura lcoraldi@cornell.edu 518-410-6831	Zoom
12/5/25	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)
12/5/25	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
12/5/25	9:00 am - 3:30 pm	2025 New York Small Farms Summit: Stronger Together —This event offers a chance to connect with fellow farmers and supporters, learn about research and educational initiatives, and set priorities to boost small farm success. In the Capital District area, the Small Farms Summit will be held at CCE Albany County. For additional information, registration and/or a complete list of event sites, please visit our website: ccealbany.com		CCE Albany County 24 Martin Rd. Voorheesville, NY 12186
12/6/25	10:00 am - 2:00 pm	Holiday Food Preservation Workshop —We will be making mincemeat (with and without meat) and canning it in the pressure canner. Participants will also have the option of making gifts such as pepper jelly, infused vinegar and more. Pre-registration with Karen or via our website (by 12/4) is required. Cost \$20. Class size is limited.	Karen kem18@cornell.edu 518-618-5595 (text or leave msg)	CCE Albany County 24 Martin Rd. Voorheesville, NY 12186
12/9/25	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
12/9/25	12:00 - 1:00 pm	Managing Personal Finances in Times of Stress —Managing finances during difficult times can cause stress for many of us. This free program will provide strategies that empower you to assess your financial situation, set goals, create a working budget, and manage potential income loss. We will also discuss communication strategies for making financial decisions with a partner or within your family. Pre-registration with Laura or via our website (by 12/8) is required.	Laura lcoraldi@cornell.edu 518-410-6831	Zoom

Cornell Cooperative Extension | Albany County

24 Martin Road, Voorheesville, NY 12186

518-765-3500 • FAX 518-765-2490 • ccealbany.com • facebook.com/ccealbany

Cornell Cooperative Extension is an employer and educator recognized for providing equal program and employment opportunities in accordance with applicable laws. If you have a disability and are having trouble accessing information or need materials in an alternate format, please contact albany@cornell.edu for assistance.

Date	Time	Event	Contact	Location
Tuesdays 12/9, 12/16/25, 1/6, & 1/13/26	6:00 - 7:15 pm	Free Dining With Diabetes Zoom Series —We will cover meal planning, carb counting, sugar alternatives, healthy fats, lowering amounts of sodium, the importance of vitamins and minerals and setting SMART goals. This class is for the newly diagnosed, those living with Type 2 diabetes for a long time or their caregivers. Registration is required. Please visit our website for more information: ccealbany.com	Karen kem18@cornell.edu 518-618-5595 (text or leave msg)	Zoom
12/11/25	12:00 - 1:15 pm	Improving Family Communication —Developing healthy, trusting communication can be a challenge for any family. Join us to learn how to get your kids talking and keep the conversation going. We will discuss positive communication strategies that help kids open-up and reduce family conflict. This is a free workshop. Pre-registration with Laura or via our website (by 12/10) is required.	Laura loraldi@cornell.edu 518-410-6831	Zoom
12/11/25	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
12/16/25	12:00 - 1:00 pm	Raising a Money Smart Kid —This free workshop guides parents/caregivers in helping youth develop responsible money habits and attitudes. This program will share age-appropriate activities, conversations, and messages about healthy money choices and management for youth (ages 3 -18). Join us and help your kids develop healthy money habits from a young age! Pre-registration with Laura or via our website (by 12/15) is required.	Laura loraldi@cornell.edu 518-410-6831	Zoom
12/18/25	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	CCE Albany County (Energy Building) 24 Martin Rd. Voorheesville, NY 12186
12/18/25	12:00 - 1:15 pm	Nurturing Routines —A nurturing routine is a consistent way of doing things that helps a child develop a positive self-concept and self-esteem. Routines help provide a sense of security, build trust, and improve child behavior. In this free workshop, we'll explore easy ways to create nurturing routines for kids around different parts of the day, including morning, afternoon/after school, mealtime, evening and bedtime. Pre-registration with Laura or via our website (by 12/17) is required.	Laura loraldi@cornell.edu 518-410-6831	Zoom
12/23/25	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

SAVE THE DATE

Date	Time	Event	Contact	Location
Tuesdays 1/6 - 2/3/26	1:00 pm	Fifth Annual Cut Flower Webinar Series —This is a popular series of online events you won't want to miss, with topflight speakers, a wide variety of subjects concerning growing cut flowers and plenty of interaction between speakers and attendees. Webinars will be recorded, and all the recordings will be sent to registrants for future review. Registration required. Please visit our website for more information, including registration: ccealbany.com	Program Questions: Jingjing jy578@cornell.edu 518-429-8608	Zoom
1/24/26	10:00 - 11:30 am	Winter Seed Sowing Workshop —Learn about winter sowing, a process of planting seeds outdoors in containers during the winter months. We will be using native plant seeds (long germination) and annual greens seeds (short germination) for this project. Join Albany County Master Gardeners and explore this method of seed starting that does not require any special lighting or equipment. Everything will be provided for this class. Cost: \$10.00. Registration with Carole required.	Carole albmgspeakers@cornell.edu 518-765-3500	CCE Albany County 24 Martin Rd. Voorheesville, NY 12186



Winter Composting

Cold weather does not mean that you have to stop composting. You can continue to add food scraps to your pile/bin/rotating drum. Insulating a pile with bags of leaves or mulch can keep it active. You can also make a pre-compost bucket to reduce trips to the pile in the cold, layering greens and browns.

If your pile should freeze over the winter, it will return to active duty once thawed. Once it does, you will be happy that you took the time to layer your greens with browns. One common mistake is to pile all the winter's kitchen scraps onto your pile without layering or mixing in browns. All-greens piles are almost always stinky! If your pile is excessively wet due to the spring thaw, turn it and add more browns to soak up this moisture.



Cornell Climate Stewards

Funding for the Cornell Climate Stewards program was provided by the Environmental Protection Fund as administered by the New York State Department of Environmental Conservation

Are you interested in helping your community become more resilient to the impacts of a changing environment? Join the Cornell Climate Stewards program!

The Cornell Climate Stewards Program is a 12-week training program for adults who want to volunteer in their community. Training sessions will be held once per week and last two hours each, covering a wide range of topics including climate science, mitigation, adaptation, and impacts. After completing the training, volunteers agree to contribute 40 hours over one year to a local project to help advance their community's goals.

Join the 100+ climate stewards already taking action across 25 NY counties!

Visit our website volunteer page for more information and/or to fill out an interest form:
<https://albany.cce.cornell.edu/volunteer>

Questions? Contact:
 Will Lindau wpl32@cornell.edu | 518-765-3500