

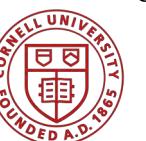
CALENDAR OF EVENTS | JANUARY 2026

Date	Time	Event	Fee	Contact	Location
1/2/26	12:00 - 12:45 pm	Monthly Diabetes Support Group—An informal discussion group dealing with the challenges of living with diabetes. We will meet the first Friday of every month, through December. Pre-registration via Zoom is required. Please visit our website for more information: ccealbany.com	Free	Karen kem18@cornell.edu 518-618-5595 (text or leave msg)	Virtual
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	\$20/ session \$60/ five sessions	Program Questions: Jingjing jy578@cornell.edu 518-429-8608	Virtual
1/6, 2/3, 3/3, 4/14 & 5/5/26	6:00 - 7:30 pm	Spring 2026 Clover Chefs—This is a hands-on 4-H cooking program open to all youth, ages 5-18. Youth gather to cook a meal and then share the meal together. Limited to 20 participants. Pre-registration is required. Please visit our website for more information, including registration: ccealbany.com	\$25.00	Program Questions: Rachel rcl227@cornell.edu 518-765-3543	CCE Albany County 24 Martin Rd. Voorheesville, NY 12186
1/7, 1/14, 1/21 & 1/28/26	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 your already existing “toolbox” of parenting skills. *A certification of participation will be provided to any parent attending all four sessions.* Pre-registration with Laura or via our website (by 1/6) is required.	Free	Laura lcraldi@cornell.edu 518-410-6831	Virtual
1/8/26	7:45 am Registration 8:00 am - 5:00 pm Training	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	Free	Nick neb87@cornell.edu 838-202-0742	Center Brunswick Volunteer Fire Company 1045 Hoosick Rd. Troy, NY 12180
1/13/26	12:00 - 1:15 pm	Parenting in Times of Stress: Raising Resilient Youth—Life's unpredictability can create parenting challenges as we strive to raise healthy children. Join us to discuss strategies that can help parents/caregivers manage the impact of stressful events on youth of all ages and families. Pre-registration with Laura or via our website (by 1/12) is required.	Free	Laura lcraldi@cornell.edu 518-410-6831	Virtual
1/13/26	7:45 am Registration 8:00 am - 5:00 pm Training	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	Free	Nick neb87@cornell.edu 838-202-0742	The Riverfront Center 1250 Riverfront Ctr. Rm # 1190 Amsterdam, NY 12010

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



Paperless Option
Prefer to receive this publication electronically?
Visit our website or email us to sign up:
ccealbany.com | albany@cornell.edu



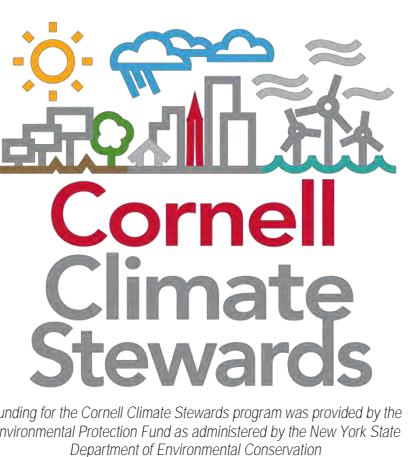
Cornell Cooperative Extension | Albany County

24 Martin Road, Voorheesville, NY 12186

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

Date	Time	Event	Fee	Contact	Location
1/13/26	10:00 - 11:30 am	Cornell Institute for Research on Climate and Aging (CIRCA) is conducting a focus group study on aging and extreme weather. If you are 60+ years old, this is an opportunity to share your experiences and thoughts on how changing weather patterns and natural hazards, like floods or extreme heat, are affecting your life. Signing up is free. Please contact Will Lindau if you are interested.	Free	Will wpl32@cornell.edu 518-765-3500	Virtual
1/15, 2/19, 3/19, 4/16 & 5/21/26	6:00 - 7:00 pm	Spices Around the World—Please join us for a series of classes which will delve into capturing the flavor of spices and herbs in cooking techniques from France, China, North Africa, Italy, and the Mid-East. We will meet on the third Thursday of every month from January to May 2026 via Zoom. Please visit our website for more information, including registration: ccealbany.com	Free	Karen kem18@cornell.edu 518-618-5595 (text or leave msg)	Virtual
1/15/26	7:45 am Registration 8:00 am - 5:00 pm Training	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	Free	Nick neb87@cornell.edu 838-202-0742	The SEAT Center 120 South Church St. Schenectady, NY 12305
1/20/26	12:00 - 1:15 pm	Raising Healthy Kids in a Digital World— Let's discuss how we can better help our kids find balance with media and tech use. We'll explore the importance of media literacy and how we can raise our kids to be critical thinkers as they consume media. We'll share how to keep our kids safe online and how to use media to create meaningful connections within our families. Pre-registration with Laura or via our website (by 1/16) is required.	Free	Laura lcraldi@cornell.edu 518-410-6831	Virtual
1/21/26	8:00 am - 4:45 pm	2026 Winter Greenhouse Growers School—This event is in-person, morning session speakers will present virtually. Visit our website for event agenda and registration: ccealbany.com	\$ 60.00	Program Questions: Jingjing jy578@cornell.edu 518-429-8608	CCE Albany County 24 Martin Rd. Voorheesville, NY 12186
Wednesdays 1/21- 2/25/26	6:30 - 8:30 pm	Building Your Farm Future: Practical Steps for New Farmers—Cornell Cooperative Extension (CCE) Capital Area Agriculture and Horticulture Program is launching a six-week online course designed to help aspiring and beginning farmers build the confidence and skills needed to start and successfully manage a farm business. Visit our website for event details and registration: ccealbany.com	\$ 75.00	Program Questions: Steve seh11@cornell.edu 518-380-1497	Virtual
1/22/26	7:45 am Registration 8:00 am - 5:00 pm Training	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	Free	Nick neb87@cornell.edu 838-202-0742	Albany Community Development Agency 200 Henry Johnson Blvd. 2nd Floor Albany, NY 12210 (Parking available behind building)
1/22/26	12:00 - 1:00 pm	Back to Budgeting Basics—Managing personal finances can be challenging. Join CCE Albany County to learn tips and strategies to improve your basic budgeting skills. Refresh your personal financial plan with new ideas on setting financial goals, tracking monthly expenses, and creating a monthly budget that works for you. Get your budget organized and on track! Pre-registration with Laura or via our website (by 1/21) is required.	Free	Laura lcraldi@cornell.edu 518-410-6831	Virtual

Date	Time	Event	Fee	Contact	Location
Thursdays 1/22, 1/29, 2/5 & 2/12	6:00 - 7:00 pm	Albany & Schenectady County 4-H Vet Science (open to all youth 10 and up)—Activities, speakers, live animals and experiments. Registration required. Please visit our website for more information, including registration: ccealbany.com	\$ 25.00	Program Questions: Rachel S. rcl227@cornell.edu 518-765-3543	CCE Albany County 24 Martin Rd. Voorheesville, NY 12186
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. Registration with Carole required.	\$ 10.00	Carole albmgspeakers@cornell.edu 518-765-3500	CCE Albany County 24 Martin Rd. Voorheesville, NY 12186
1/27/26	1:00 - 4:00 pm	Weeds and Soil Health: Ways to Address Invasive Weeds Without Sacrificing Soil Health—This session will focus on strategies to manage invasive and persistent weeds in field crops and hay fields. Growers will learn how to integrate cultural, mechanical, and chemical control practices to lower reliance on herbicides, while maintaining healthy, productive soils. Pre-registration (by 1/26) is required. Please visit our website for event agenda and registration: ccealbany.com	\$ 15.00	Program Questions: Danielle dnd39@cornell.edu 518-764-2331	CCE Albany County 24 Martin Rd. Voorheesville, NY 12186
1/27/26	7:45 am Registration 8:00 am - 12:00 pm Training	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	Free	Nick neb87@cornell.edu 838-202-0742	CCE Albany County (Energy Building) 24 Martin Rd. Voorheesville, NY 12186
1/29/26	12:00 - 1:00 pm	Paying Down (Off!) Debt—Carrying debt can cause financial stress and affect our health and well-being. It can also delay us from reaching our personal financial goals. This workshop will help participants create a realistic plan to pay down debt, prioritize accounts, and maintain motivation. Join Laura to create strategies to pay down (off!) debt and get you moving toward your financial goals. Pre-registration with Laura or via our website (by 1/28) is required.	Free	Laura lcraldi@cornell.edu 518-410-6831	Virtual
1/29/26	7:45 am Registration 8:00 am - 5:00 pm Training	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	Free	Nick neb87@cornell.edu 838-202-0742	The Riverfront Center 1250 Riverfront Ctr. Rm # 1190 Amsterdam, NY 12010



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!
APPLICATION DEADLINE IS JANUARY 9TH

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