

CALENDAR OF EVENTS | FEBRUARY 2026

Date	Time	Event	Fee	Contact	Location
2/3/26	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. Pre-registration on our website or with Laura (by 2/2) is required.	Free	Laura lcraldi@cornell.edu 518-410-6831	Virtual
2/4/26	6:00 - 8:00 pm	Cornell Climate Stewards Kick-off—We will be welcoming our first cohort of Cornell Climate Steward volunteers! These volunteers will complete a 12-week training program and then lead projects that boost their community's resilience to changing weather patterns over the course of a year. Pre-registration with Will (by 2/3) is required.	Free	Will wpl32@cornell.edu 518-765-3500	418 Broadway Albany, NY 12207
2/5/26	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
2/5/26	12:00 - 1:00 pm	Setting Financial Goals and Creating a Saving Plan—Do you have an emergency spending fund? Let's talk about how you can slowly and realistically build emergency savings through weekly saving targets that break down larger savings goals. Create a plan for upcoming life events and how to deal with unexpected expenses along the way. Join me to empower yourself, build your savings and take control of your future. Pre-registration on our website or with Laura (by 2/4) is required.	Free	Laura lcraldi@cornell.edu 518-410-6831	Virtual
2/6/26	12:00 - 12:45 pm	Monthly Diabetes Support Group—An informal discussion group dealing with the challenges of living with diabetes. We 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
2/10/26	9:00 - 11:00 am	Citizen Preparedness Corps Training—The NY Citizen Preparedness Training Program teaches residents to prepare for any type of disaster such as an extreme weather event. This free training course will introduce ways to respond to disasters, including developing an emergency plan and stocking up on supplies. Each family that attends will receive one free preparedness kit. Pre-registration on our website or with Will (by 2/9) is required.	Free	Will wpl32@cornell.edu 518-765-3500	CCE Albany County 24 Martin Rd. Voorheesville, NY 12186
2/10/26	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 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 on our website or with Laura (by 2/9) is required.	Free	Laura lcraldi@cornell.edu 518-410-6831	Virtual

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



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2/10/26	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
2/11/26, 2/18/26, 2/25/26 & 3/4/26	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 on our website or with Laura (by 2/10) is required.	Free	Laura lcraldi@cornell.edu 518-410-6831	Virtual
2/12/26	12:00 - 1:00 pm	Money & Communication: Strategies to Avoid Financial Conflict—Adapted from curriculum developed by Purdue University, this program will help participants better understand the relationship between money and emotion and learn to effectively communicate with a partner when making money choices, reflecting compromise, negotiation, and shared goals. Pre-registration on our website or with Laura (by 2/11) is required.	Free	Laura lcraldi@cornell.edu 518-410-6831	Virtual
2/12/26	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	CCE Albany County (Energy Building) 24 Martin Rd. Voorheesville, NY 12186
2/13/26	1:00 - 3:00 pm	Raising Honey Bees for Fun and Profit—Learn the basics of raising honey bees including the benefits of pollinators, equipment needed, hive set up and honey harvesting. Pre-registration (by 2/11) is required. Please visit our website for event details and registration: ccealbany.com	\$10.00	Tom tig3@cornell.edu 518-765-3511	CCE Albany County 24 Martin Rd. Voorheesville, NY 12186
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
2/19/26	12:00 - 1:00 pm	Financial Fitness for Older Adults—This workshop will discuss personal finances as they relate to aging. Participants will learn strategies to assess financial situations, understand the importance of goal setting, and share ways to manage personal spending plans. Discussion will also include how to protect yourself from consumer scams. Pre-registration on our website or with Laura (by 2/18) is required.	Free	Laura lcraldi@cornell.edu 518-410-6831	Virtual
2/24/26	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	Steinmetz Homes 120 Emmons St. Schenectady, NY 12304

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2/24/26	6:00 - 7:30 pm	4-H SPARKS Club—For all youth ages 8-12, who are not already enrolled in 4-H. This program will introduce youth to a wide variety of topics to “SPARK” their interest in new and exciting hands-on opportunities!	Free	Grace ged49@cornell.edu 518-765-3547	CCE Albany County 24 Martin Rd. Voorheesville, NY 12186
2/24/26	12:00 - 1:15 pm	Teens' Social Media Use and Mental Health —Together we will review the recent Surgeon General's recommendations regarding teens' social media use and their mental health. Resources will be provided to help you develop a family media use plan. Let's help our teens find balance as they navigate the digital world. Pre-registration on our website or with Laura (by 2/23) is required.	Free	Laura lcraldi@cornell.edu 518-410-6831	Virtual
2/24, 3/24 & 4/28/26	6:30 - 7:30 pm	Cooking with Love for the Planet (3-class series)—Learn how to make your kitchen a more sustainable one and why it matters! 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
2/26/26	1:00 - 3:00 pm	Ag Energy NY Energy Efficiency Workshop—Are you a farmer looking to save on your energy bills? CCE Albany is hosting a free farm energy efficiency workshop with Ag Energy NY. Pre-registration on our website or with Amanda (by 2/25) is required.	Free	Amanda ajt247@cornell.edu 518-765-3519	CCE Albany County 24 Martin Rd. Voorheesville, NY 12186
2/26/26	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
2/26/26	12:00 - 1:00 pm	Credit Awareness 101—Do you know what to do if you spot an error on your credit report? Join me to learn how your credit score is determined and how to use credit reports as a financial literacy tool. Additional credit management strategies will also be discussed. Pre-registration on our website or with Laura (by 2/25) is required.	Free	Laura lcraldi@cornell.edu 518-410-6831	Virtual
2/28/26	9:00 am - 12:00 pm	Energy and Healthy Homes Fair—CCE educators from the Capital Region Energy Hub, Healthy Homes Program and Home Energy Assistance Program (HEAP) have partnered with National Grid and other community organizations to take part in this year's Energy and Healthy Homes Fair . Come by to learn about energy savings measures in your home, get a free radon test kit, sign up for a Healthy Homes visit or speak to other community and utility organizations about what programs are available to you! While you are here, stop by our 4-H table where one of our educators will have fun activities for kids of all ages. Registration is not required.	Free	Rachel G. rjg264@cornell.edu 518-765-3561 Al ark249@cornell.edu 518-765-3529 Brad bt344@cornell.edu 518-603-7519	CCE Albany County 24 Martin Rd. Voorheesville, NY 12186

February is American Heart Month



Heart disease is the leading cause of death in the United States, but it can often be prevented. Adopting a heart-healthy lifestyle can help you reduce the risk of heart disease and its risk factors. Take action to protect your heart by following these tips from the National Heart, Lung, and Blood Institute:

- Get Enough Quality Sleep
- Eat Better
- Stop Smoking
- Maintain a Healthy Weight
- Be More Active
- Control Cholesterol
- Manage Stress
- Practice Self-Care & Find Social Support
- Manage Blood Sugar
- Control Blood Pressure

For more information about how you can take action to keep your heart healthy, visit our website: ccealbany.com