



2022 Summer Events

CapNY Interns

June
22



Summer in CapNY

Missed our CapNY summer kick-off? Check out the recap below and hear from participating Capital Region Interns and Young Professionals (YP) about life in the region, career opportunities and more.

WATCH VIDEO ▶

July
13



Tri-City Valley Cats Game, Picnic & Networking

Join fellow interns and YPs for a fun evening at the Valley Cats I Love Upstate NY Night - includes dinner & soft drinks, box seats for the game, lawn games, photo ops & more!

Gates open: 5:30pm | Picnic: 5:30 - 6:30pm
Game Begins: 6:30pm

REGISTER ▶

Upcoming Volunteer Opportunities

July
20



Girl Scouts of Northeastern NY

Project: Lead camper activities at Camp Is-Sho-Da

Time: 3:00 - 5:00pm

Location: 231 Upper Mannix Rd. East, East Greenbush, NY

SIGN UP ▶

July
28



Schenectady City Mission

Project: Sort donated clothing & items

Time: 2:00 - 4:00pm

Location: 11 Cheltingham Ave., Schenectady NY

SIGN UP ▶

Questions?

Contact Christine McLear: christinem@ceg.org | 518-431-1486