

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Walk A Block 10:30am ROTEO 11am-2pm Smart Recovery Lowville Library 12:30-2pm Guided Meditation Double Play 2-3pm	3 Anger Management 2-3pm	4 Systems Advocacy 10am Walk A Block 10:30am ROTEO 11am-2pm Guided Meditation Double Play 2-3pm	5 Double Trouble in Recovery 12:30-2pm	6 Casual Coffee Friday 10-11:30 Lyons Falls NRCIL	7
8	9 Walk A Block 10:30am ROTEO 11am-2pm Smart Recovery Lowville Library 12:30-2pm Guided Meditation Double Play 2-3pm	10	11 Walk A Block 10:30am ROTEO 11am-2pm Guided Meditation Double Play 2-3pm	12 Double Trouble in Recovery 12:30-2pm	13	14
15	16 Walk A Block 10:30am ROTEO 11am-2pm Smart Recovery Lowville Library 12:30-2pm Guided Meditation Double Play 2-3pm	17 Anger Management 2-3pm	18 Walk A Block 10:30am ROTEO 11am-2pm Guided Meditation Double Play 2-3pm	19 Double Trouble in Recovery 12:30-2pm	20 Casual Coffee Friday 10-11:30 Lyons Falls NRCIL	21
22	23 Advisory Council 10am Walk A Block 10:30am ROTEO 11am-2pm Smart Recovery Lowville Library 12:30-2pm Guided Meditation Double Play 2-3pm	24 Anger Management 2-3pm	25 ROTEO 11am-2pm	26 Double Trouble in Recovery 12:30-2pm	27	28
29	30 Walk A Block 10:30am ROTEO 11am-2pm Smart Recovery Lowville Library 12:30-2pm Guided Meditation Double Play 2-3pm			All support groups take place at the Lowville NRCIL office unless otherwise stated.	7632 North State Lowville, NY 13367	For more information or to request accommodations Please call: NRCIL at 315-836-3735 or 315-785-8704 (TTY)