

Monday <small>(Please check in the community for flyers for our events and visit our website at www.nrcil.net)</small>	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1. NRCIL Closed</p>	<p>2. Anger Management 2-3pm Lowville NRCIL</p>	<p>3. Systems Advocacy 10:00am Lowville NRCIL Walk A Block 10:30am Lowville NRCIL Paper Craft with Sarah Nellenback 11:00am Lowville NRCIL ROTEO 11-2 Lowville NRCIL Guided Meditation 2-2:30pm Lowville NRCIL</p>	<p>4. Double Trouble in Recovery Lowville NRCIL 12:30-2pm</p>	<p>5. Casual Coffee Friday Lyons Falls NRCIL 10am-11:30am</p>	6.
<p>8. Walk A Block 10:30am Lowville NRCIL ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library Guided Meditation 2-2:30pm Lowville NRCIL</p>	<p>9. "Prepare and Share" Nutritious and Delicious Cooking, 10:30am-12:30pm, First Presbyterian Church Lowville</p>	<p>10. Walk A Block 10:30am Lowville NRCIL ROTEO 11-2 Lowville NRCIL Guided Meditation 2-2:30pm Lowville NRCIL</p>	<p>11. Double Trouble in Recovery Lowville NRCIL 12:30-2pm</p>	12.	13.
<p>15. NRCIL Closed Martin Luther King, Jr. Day</p>	<p>16. Anger Management 2-3pm Lowville NRCIL</p>	<p>17. ROTEO 11-2 Lowville NRCIL</p>	<p>18. Double Trouble in Recovery Lowville NRCIL 12:30-2pm</p>	<p>19. Casual Coffee Friday Lyons Falls NRCIL 10am-11:30am</p>	20.
<p>22. Walk A Block 10:30am Lowville NRCIL ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library Guided Meditation 2-2:30pm Lowville NRCIL</p>	<p>23. Anger Management 2-3pm Lowville NRCIL</p>	<p>24. Walk A Block 10:30am Lowville NRCIL ROTEO 11-2 Lowville NRCIL Guided Meditation 2-2:30pm Lowville NRCIL</p>	<p>25. Double Trouble in Recovery Lowville NRCIL 12:30-2pm</p>	26.	27.
<p>29. Walk A Block 10:30am Lowville NRCIL ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library Guided Meditation 2-2:30pm Lowville NRCIL</p>	<p>30. Anger Management 2-3pm Lowville NRCIL</p>	<p>31. Walk A Block 10:30am Lowville NRCIL ROTEO 11-2 Lowville NRCIL Guided Meditation 2-2:30pm Lowville NRCIL</p>			



Support Groups - NRCIL proudly offers many support groups throughout the month. Some are offered here at our Lowville NRCIL office, located at 7632 N. State St., also at The Lowville Public Library. You are welcome to attend any or all of the Groups we offer. If you have questions, please give us a call at 315-836-3735. If you need assistance with something that we don't offer, please let us know, and we can meet on an individual basis. We are always looking for suggestions for new groups. Please share your ideas with us!

Please check for flyers in the community, our facebook page and our website: www.nrcil.net for additional NRCIL events.

Other Area Happenings

Classroom Entrepreneurial Training Course

January 11- February 22, 2017

NY Small Business Development Center, Watertown: Classroom Entrepreneurial Training Course for new or existing business owners: January 11, 2018 – February 22, 2018, seven Thursday evenings from 6-9 pm on the Jefferson Community Campus. \$195. Call 315-782-9262 for more information or to register. Registration deadline: 1/9/18.

NY Small Business Development Center, Watertown: ONLINE Entrepreneurial Training Course for new or existing business owners: Take the online class over 14 weeks, work from home at your own pace. February 5, 2018 – May 5, 2018. \$195. Call 315-782-9262 for more information or to register.

Free to military, spouses and retired service members (call for details).

6-9 p.m. ...Jefferson Community Campus

Sponsor: NYS Small Business Development Center

Snowmobile Safety Course

January 13, 2018

The course will be from 9 a.m.- 5 p.m. with lunch being provided by Brantingham Snowmads. Pre-registration is preferred and can be done by contacting Lewis County Co-Operative Extension Office, 315-376-5270. Walk-ins are welcomed too.

Any questions or concerns, please contact Deputy Mike Leviker at 315-376-5221 or email: mikeleviker@lewiscounty.ny.gov

9 a.m.-5 p.m. ...Groomer Barn, 7761 Brantingham Rd., Brantingham

Phone: 305-376-5270

Email: mikeleviker@lewiscounty.ny.gov

Sponsor: Brantingham Snowmobile Club Inc.

Beginner Maple School

January 19, 2018

Basics for small and new maple producers will be presented by Stephen Childs, Cornell University NYS Maple specialist. Fee includes refreshments and materials. Pre-registration is encouraged.

6:30-8:30 p.m. ...American Maple Museum, 9756 State Route 812, Croghan

Admission: \$5 per person. Free for 4-H or FFA Members

Website

Phone: 315-376-5270

Email: mel14@cornell.edu

Winter Maple School

January 20, 2018

Maple Producers can attend the Winter Maple School for \$15 per person with pre-registration or at the door for \$20. Youth 16 and under is \$5 per child. Lunch and materials included.

Daylong program will cover a wide range of topics including Maple Flavors, Forest Tent Caterpillar, Forest Management in a Sugarbush, Maple Releasers, NY Certified Training and information on Cornell's Uihlein Maple Research Forest.

9 a.m. ...American Maple Museum, 9756 State Route 812, Croghan

Website

Phone: 315-376-5270

Email: mel14@cornell.edu