




July 2017 Calendar

Lowville Office – 7632 N. State St. PH 315-836-3735 TTY 315-785-8704

www.nrcil.net

Lyons Falls Office- 3979 Cherry St. PH 315-955-6575

| 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>3. Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library Guided Meditation 2-2:30pm Lowville NRCIL</p> | <p>4. NRCIL Closed</p>  | <p>5. Systems Advocacy 10:00am Walk A Block 10:30am Paper Craft with Sarah Nellenback 11am, Lowville NRCIL ROTEO 11-2 Lowville NRCIL Guided Meditation 2-2:30pm Lowville NRCIL</p> | <p>6. Double Trouble in Recovery Lowville NRCIL 12:30-2pm</p> <p>Rebuilding Family Bridges Lowville Library 5-6pm</p> | <p>7. Casual Coffee Friday Lyons Falls NRCIL 10am-11:30am</p>  | 8. |
| <p>10. Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library Guided Meditation 2-2:30pm Lowville NRCIL</p> | <p>11. "Prepare and Share" Healthy Cooking, 10:30am-12:30pm, Lowville First Presbyterian Church Coping With Loss Support Group, Martinsburg Library, 5:30-7:00pm</p> | <p>12. Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Guided Meditation 2-2:30pm Lowville NRCIL</p> | <p>13. Double Trouble in Recovery Lowville NRCIL 12:30-2pm</p> | 14. | 15. |
| <p>17. Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library Guided Meditation 2-2:30pm Lowville NRCIL</p> | <p>18. Anger Management 2-3pm Lowville NRCIL</p> | <p>19. ROTEO 11-2 Lowville NRCIL</p> | <p>20. Double Trouble in Recovery Lowville NRCIL 12:30-2pm</p> <p>Rebuilding Family Bridges Lowville Library 5-6pm</p>  | <p>21. Casual Coffee Friday Lyons Falls NRCIL 10am-11:30am</p> | 22. |
| <p>24. Advisory Council 10am Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library Guided Meditation 2-2:30pm Lowville NRCIL</p> | <p>25. Anger Management 2-3pm Lowville NRCIL</p> <p>Coping With Loss Support Group, Martinsburg Library, 5:30-7:00pm</p> | <p>26. Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Guided Meditation 2-2:30pm Lowville NRCIL</p> | <p>27. Double Trouble in Recovery Lowville NRCIL 12:30-2pm</p> | 28. | 29. |

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| <p>31. Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library Guided Meditation 2-2:30pm Lowville NRCIL</p> | | | | | |
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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!

Other Area Happenings

Zwanzigstein Fest

July 1, 2017

Theme - "Strangers and Pilgrims - Past, Present, and Future". Cultural arts and crafts, demonstrations, activities for the children, food booths, baked goods, wagon rides in the woods, and much more. 10 a.m. to 4 p.m. Mennonite Heritage Farm, 8778 Erie Canal Road, Croghan ...Admission: Adults: \$5 & Children 18 and under: Free

4th Annual Christmas in July

July 22, 2017

Chicken BBQ starts at 11 a.m. Entertainment by Due North from 12-4 p.m. All proceeds donated to Cystic Fibrosis in Memory of Garrett Miller "Toast".

ATV Dice Run. Must have at least 5 stops- 3 rolls of dice, high score wins, ties do roll-off. Dice rolls will begin at 4 p.m. till 6 p.m. Myers Towpath

Guided Mountain Biking Trip

July 22, 2017

Riders can follow the guide or take a map and explore the many miles of dirt trails on their own. Afterwards riders will be treated to lunch and refreshments. The ride is free and open to all age groups. All riders must wear a helmet.

For information or to make reservations, please contact Guy Case, 315-378-7592.

Future Mountain Biking Dates: August 12.

10 a.m. Great Lot Sportsman's Club, 4277 Osceola Road, West Leyden

Food Truck Friday's

July 28, 2017

Food trucks, live music & lawn games! Every last Friday of the month (July - August). July 28 / August 25.

Don't forget to bring the kids, dogs & lawn chairs!

6-9 p.m. Lewis County Fairgrounds

Sponsor: Lewis County Agricultural Society, Lewis County Chamber of Commerce and Active Community Members