

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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)			1 Casual Coffee Friday 10-11:30 Lyons Falls NRCIL	2
3	4 Walk A Block 10:30am ROTEO 11am-2pm Smart Recovery Trinity Church 12:30-2pm Guided Meditation Double Play 2-3pm	5 Anger Management 2-3pm Chi Gung 2:30-3:30pm First Presbyterian Church, Lowville	6 Systems Advocacy 10am Walk A Block 10:30am ROTEO 11am-2pm Guided Meditation Double Play 2-3pm	7 Double Trouble in Recovery 12:30-2pm	8	9
10	11 Walk A Block 10:30am ROTEO 11am-2pm Smart Recovery Trinity Church 12:30-2pm Guided Meditation Double Play 2-3pm	12 Chi Gung 2:30-3:30pm First Presbyterian Church, Lowville	13 Walk A Block 10:30am ROTEO 11am-2pm Guided Meditation Double Play 2-3pm	14 Double Trouble in Recovery 12:30-2pm	15 Casual Coffee Friday 10-11:30 Lyons Falls NRCIL	16
17	18 Walk A Block 10:30am ROTEO 11am-2pm Smart Recovery Trinity Church 12:30-2pm Guided Meditation Double Play 2-3pm	19 Anger Management 2-3pm Chi Gung 2:30-3:30pm First Presbyterian Church, Lowville	20 ROTEO 11am-2pm	21 Double Trouble in Recovery 12:30-2pm	22	23
24	25 Advisory Council 10am Walk A Block 10:30am ROTEO 11am-2pm Smart Recovery Trinity Church 12:30-2pm Guided Meditation Double Play 2-3pm	26 Anger Management 2-3pm	27 Walk A Block 10:30am ROTEO 11am-2pm Guided Meditation Double Play 2-3pm	28 Double Trouble in Recovery 12:30-2pm	29	30