





March 2017 Calendar



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. Systems Advocacy 10:00am Walk A Block 10:30am Paper Craft with Sarah Nellenback 11am, Lowville NRCIL ROTEO 11-2 Lowville NRCIL Guided Meditation 2-3pm Lowville NRCIL Biggest Loser Challenge 9:30am-5:30pm, Lowville NRCIL</p>	<p>2. Double Trouble in Recovery Lowville NRCIL 12:30-2pm</p>	<p>3. Casual Coffee Friday Lyons Falls NRCIL 10am-11:30am</p> 	4.
<p>6. Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library Guided Meditation 2-3pm Lowville NRCIL</p>	<p>7. Anger Management 2-3pm Lowville NRCIL</p>	<p>8. Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Guided Meditation 2-3pm Lowville NRCIL Biggest Loser Challenge 9:30am-5:30pm, Lowville NRCIL</p>	<p>9. Double Trouble in Recovery Lowville NRCIL 12:30-2pm</p>	10.	11.
<p>13. Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library Guided Meditation 2-3pm Lowville NRCIL</p>	<p>14. Prepare and Share a Healthy Meal with Anne Merrill, First Presbyterian Church, Lowville 10:30am-12:30pm</p>	<p>15. ROTEO 11-2 Lowville NRCIL Biggest Loser Challenge 9:30am-5:30pm, Lowville NRCIL</p>	<p>16. Double Trouble in Recovery Lowville NRCIL 12:30-2pm</p>	<p>17. Casual Coffee Friday Lyons Falls NRCIL 10am-11:30am</p> 	18.
<p>20. Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library Guided Meditation 2-3pm Lowville NRCIL</p>	<p>21. Anger Management 2-3pm Lowville NRCIL</p>	<p>22. Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Guided Meditation 2-3pm Lowville NRCIL Biggest Loser Challenge 9:30am-5:30pm, Lowville NRCIL</p>	<p>23. Double Trouble in Recovery Lowville NRCIL 12:30-2pm</p>	24.	25.
<p>27. Advisory Council 10am Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library Guided Meditation 2-3pm Lowville NRCIL</p>	<p>28. Anger Management 2-3pm Lowville NRCIL</p>	<p>29. Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Guided Meditation 2-3pm Lowville NRCIL Biggest Loser Challenge 9:30am-5:30pm, Lowville NRCIL</p>	<p>30. Double Trouble in Recovery Lowville NRCIL 12:30-2pm</p>	31.	



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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

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 – 7th Annual Valley Snow Travelers March 4 & 5, 2017 - 15 laps on a 1.6 mile course in 60 acre farm field. All sleds must have a snow flap and working tether switch. Registration: 8:30-10 a.m. Drivers Meeting at 10 a.m. Parade Lap: 10:30 a.m. Racing Starts: 11 a.m. There will be vendor space to sell items, food and a 50/50 raffle. Valley Snow Travelers Groomer Barn, 3642 Rector Rd., Lowville. ...Admission: \$30 per class / \$15 youth class.

Winter Festival March 4, 2017 - Games, Races, Cardboard & Duct Tape Derby, scavenger hunt, downhill kayak races, music, and Food & FUN! Snow Ridge Resort LLC, 4173 West Rd., Turin.

Chicken & Biscuit Dinner March 5, 2017 - \$10 Adults, \$6 Children. Menu includes chicken, biscuits, peas&carrots, mashed potatoes and brownies. 4-6 p.m. American Maple Museum, Main St., Croghan.

Guided Snowshoeing Trip March 11 & March 18, 2017 - The Great Lot Sportsman's Club will be hosting Guided Snowshoeing Trips this winter. Those interested are asked to meet at 9:45 a.m. at the entrance to the Great Lot Sportsman's Club, 4277 Osceola Road, West Leyden. Snowshoeing trip will begin at 10 a.m. The guides are both 20 year military veterans from Boonville. You can follow the guide or take a map and explore the many snow covered trails on your own. Afterwards all will be treated to a hot lunch and refreshments at the clubhouse. Snowshoeing and lunch are FREE and open to all age groups! Limited snowshoes are available. For more information or to sign up please contact Guy.

Black River Valley Concert Series March 11, 2017 - Loren and Mark, unique musical chemistry and guitar playing like you've never seen. Supporting the Lewis County Historical Society. Advance sale tickets are \$18 each and are available in Lowville at the Historical Society and Cafe Z, and in Watertown at Dr. Guitar. Season tickets: individual: \$110 (includes one guest pass). At the door: individual \$20, family \$45. All concerts are at 7:30 p.m. in the Historical Society Blue Room, 7552 South State St., Lowville.

Apple Tree Grafting Workshop March 11, 2017 - PayPal: ccelewis.org, Class limit: 20 people. Instructor: Tim Widrick; Zehr's Flowers and Landscaping. Contact: Mellissa Spence: 315-376-5274. 9 a.m.-12 p.m. CCE of Lewis County, 5274 Outer Stowe St., Lowville ...Admission: \$10/person.

First Time Homebuyer Information March 13, 2017 - Find out if you qualify. Learn about grants for down payment and closing costs through Lewis County's direct Homeownership Assistance Program. Call Susan at (315) 376-2639 to register for the session, space is limited.6-8 p.m. Town of Lowville Municipal Building, 5533 Bostwick St. Sponsor: Snow Belt Housing Company, Inc.

2nd Annual Feed the Community Meal March 16, 2017 - Our office staff will be providing a FREE spaghetti meal to the community. We will be collecting donations (food or monetary) for the Lowville Food Pantry! It is all about Neighbors helping Neighbors! 50/50 drawing & Music Provided by Jasyn Griffin of Kickstand (will continue into the evening). 11 a.m.-5 p.m. American Legion Post 162 ...Admission: Free. Sponsor: State Farm Agent Tom Spaulding.

Maple Weekend March 18-19 & 25-26, 2017 - Every spring, the members of the New York State Maple Producers Association invite families and friends into their "sugar houses" to experience the world of pure NY maple syrup. Located at approximately 160 farms and museums across New York State, Maple Weekend offers a delicious, fun-filled outing that has a little something for all maple-lovers to taste and experience. Join us this year March 18-19 & 25-26, 2017 for sugar house tours, samples, activities and much more.

Maple Weekend Pancake Breakfast March 18-19 & 25-26, 2017 - \$9 adults, \$5 children, Free under age 5. Museum admission is free throughout Maple Weekend. 7 a.m.-12 p.m. American Maple Museum, Main St., Croghan ...Admission: Free.

20th Annual Pancake Breakfast March 18, 2017 - Come enjoy all-you-can-eat pancakes, sausage, orange juice, coffee and fresh locally produced maple syrup! Adults: \$7, Children 4-8 yrs. of age: \$4, Children 3 and under: Free. All proceeds will benefit Brookside Senior Living Community Benevolent Fund. 7-9 a.m. Brookside Senior Living Community, 5701 Brookside Circle.

Black River Valley Concert Series March 25, 2017 - Jay Ungar and Molly Mason, masters of American acoustic music. Supporting the Lewis County Historical Society. Advance sale tickets are \$18 each and are available in Lowville at the Historical Society and Cafe Z, and in Watertown at Dr. Guitar. Season tickets: individual: \$110 (includes one guest pass). At the door: individual \$20, family \$45. All concerts are at 7:30 p.m. in the Historical Society Blue Room, 7552 South State St., Lowville.