







# November 2017 Calendar



Monday <small>(Please check in the community for flyers for our events and visit our website at <a href="http://www.nrcil.net">www.nrcil.net</a>)</small>	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1. <b>Systems Advocacy 10:00am</b> <b>Walk A Block 10:30am</b> Paper Craft with Sarah Nellenback 11-12 ROTEO 11-2 Lowville NRCIL <b>Guided Meditation 2-2:30pm</b> Lowville</p>	<p>2. <b>Double Trouble in Recovery</b> Lowville NRCIL 12:30-2pm</p>	<p>3. <b>Casual Coffee Friday</b> Lyons Falls NRCIL 10am-11:30am</p> 	<p>4. <b>Health and Wellness Event, Edge Hotel, Lyons Falls</b> 10am-6pm (Sunday 11/5, 10am-3pm)</p>
<p>6. <b>Walk A Block 10:30am</b> ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library <b>Guided Meditation 2-2:30pm</b> Lowville NRCIL</p>	<p>7. <b>Anger Management 2-3pm</b> Lowville NRCIL</p>	<p>8. <b>Walk A Block 10:30am</b> ROTEO 11-2 Lowville NRCIL <b>Guided Meditation 2-2:30pm</b> Lowville NRCIL</p>	<p>9. <b>Double Trouble in Recovery</b> Lowville NRCIL 12:30-2pm</p>	<p>10. <b>NRCIL Closed Veterans Day</b></p> 	<p>11.</p>
<p>13. <b>Walk A Block 10:30am</b> ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library <b>Guided Meditation 2-2:30pm</b> Lowville NRCIL</p>	<p>14. <b>“Prepare and Share” Nutritious and Delicious Cooking, 10:30am-12:30pm, First Presbyterian Church</b> Lowville</p>	<p>15. <b>ROTEO 11-2</b> Lowville NRCIL</p>	<p>16. <b>Double Trouble in Recovery</b> Lowville NRCIL 12:30-2pm</p>	<p>17. <b>Casual Coffee Friday</b> Lyons Falls NRCIL 10am-11:30am</p> 	<p>18.</p>
<p>20. <b>Advisory Council 10am</b> <b>Walk A Block 10:30am</b> ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library <b>Guided Meditation 2-2:30pm</b> Lowville NRCIL</p>	<p>21. <b>Anger Management 2-3pm</b> Lowville NRCIL</p>	<p>22. <b>Walk A Block 10:30am</b> ROTEO 11-2 Lowville NRCIL <b>Guided Meditation 2-2:30pm</b> Lowville NRCIL</p>	<p>23. <b>NRCIL Closed</b></p> 	<p>24. <b>NRCIL Closed</b></p> 	<p>25.</p>
<p>27. <b>Walk A Block 10:30am</b> ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library <b>Guided Meditation 2-2:30pm</b> Lowville NRCIL</p>	<p>28. <b>Anger Management 2-3pm</b> Lowville NRCIL</p>	<p>29. <b>Walk A Block 10:30am</b> ROTEO 11-2 Lowville NRCIL <b>Guided Meditation 2-2:30pm</b> Lowville NRCIL</p>	<p>30. <b>Double Trouble in Recovery</b> Lowville NRCIL 12:30-2pm</p>		



Northern Regional  
Center for Independent Living

## November 2017 Calendar



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

[www.nrcil.net](http://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!

Please check for flyers in the community, our facebook page and our website: [www.nrcil.net](http://www.nrcil.net) for additional NRCIL events.

### Other Area Happenings

#### **Daily Raffle in November**

**November 1-30, 2017**

Available at Lowville Free Library, only \$10. \$1,500 in donated prizes. Win more than once.

...Lowville Free Library, 5387 Dayan Street, Lowville

#### **2017 New York State Women in Agriculture Conference**

**November 3, 2017**

The NY Women for Agriculture team is excited to be hosting the first annual NY Women in Agriculture conference. This conference will focus both personal and business growth skills and tools for women involved as either primary or partner operator for their agriculture operation. The theme of this year's conference is "Communication and Building Connections. keynote speaker is Amanda Freund.

For more information, contact Bonnie Collins. Bonnie's Email address is [bsc33@cornell.edu](mailto:bsc33@cornell.edu). Her phone number is (315) 736-3394 Ext. 104.

...Doubletree Carrier Circle, 6301 NY-298, East Syracuse, NY 13057

**Admission:** \$100 per person

#### **Comedy Night**

**November 4, 2017**

Special guests: Nick Marra & Matt Clark

Pre-sale tickets available at Double Play Fitness Center or Hand In Hand Early Childhood Center. All proceeds will benefit Hand In Hand and Double Play.

6 p.m. ...Ridgeview Inn, 6912 Bardo Rd., Lowville

**Admission:** \$15/person

**Sponsor:** Hand In Hand & Double Play

#### **Croghan Christmas Market**

**November 16 - December 16, 2017**

American Maple Museum, 9756 State Route 812, Croghan. December 1-2, 8-9, 15-16, from 10 a.m.- 5 p.m. 315-346-1107.

Northern Tier Woodwrights, 9804 Main Street, Croghan. November 16-December 16, on Thursday, Friday and Saturday, from 10 am-5 pm. 315-771-1932