







October 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>2. 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>3. Anger Management 2-3pm Lowville NRCIL</p>	<p>4. Systems Advocacy 10:00am Walk A Block 10:30am Paper Craft with Sarah Nellenback 11-12 ROTEO 11-2 Lowville NRCIL Guided Meditation 2-2:30pm Lowville</p>	<p>5. Double Trouble in Recovery Lowville NRCIL 12:30-2pm</p>	<p>6. Casual Coffee Friday Lyons Falls NRCIL 10am-11:30am  Creative Writing 1-3pm Lyons Falls Library</p>	<p>7. Beauty in the Chaos Music & Poetry Lyons Falls Riverside Park 2-3:30pm </p>
<p>9. NRCIL Closed </p>	<p>10. "Prepare and Share" Nutritious and Delicious Cooking, 10:30am-12:30pm, Forest Presbyterian Church Lyons Falls</p>	<p>11. Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Guided Meditation 2-2:30pm Lowville NRCIL</p>	<p>12. Double Trouble in Recovery Lowville NRCIL 12:30-2pm</p>	<p>13. Creative Writing 1-3pm Lyons Falls Library</p>	<p>14.</p>
<p>16. 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>17. Anger Management 2-3pm Lowville NRCIL</p>	<p>18. ROTEO 11-2 Lowville NRCIL</p>	<p>19. Double Trouble in Recovery Lowville NRCIL 12:30-2pm</p>	<p>20. Casual Coffee Friday Lyons Falls NRCIL 10am-11:30am  Creative Writing 1-3pm Lyons Falls Library</p>	<p>21.</p>
<p>23. 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>24. Anger Management 2-3pm Lowville NRCIL</p>	<p>25. Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Guided Meditation 2-2:30pm Lowville NRCIL</p>	<p>26. Double Trouble in Recovery Lowville NRCIL 12:30-2pm</p>	<p>27. Creative Writing 1-3pm Lyons Falls Library</p>	<p>28.</p>
<p>30. 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>31. Anger Management 2-3pm Lowville NRCIL</p>				



Northern Regional
Center for Independent Living

October 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



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

Entrepreneurial Training Course - October 5, 2017- January 8, 2018

NY Small Business Development Center, Watertown: Online Entrepreneurial Training Course for new or existing business owners: October 2, 2017 – January 8, 2018. \$195. Call 315-782-9262 for more information or to register, or visit online: <https://oct17etc.eventbrite.com>. Registration deadline: 9/29. Free to military, spouses and retired service members (call for details).

NY Small Business Development Center, Watertown: Classroom Entrepreneurial Training Course for new or existing business owners: October 5, 2017 – November 16, 2017, seven Thursday evenings from 6-9 pm on the Jefferson Community Campus. \$195. Call 315-782-9262 for more information or to register. Free to military, spouses and retired service members (call for details).

Sponsor: New York Small Business Development Center

RHSNNY~ Drive it yourself your Fall Foliage Tour - October 7, 2017

The Railway Historical Society will be one of the stops on the Fall Foliage Tour. Enjoy food, rides and a tour of the museum. Trail Rides every half hour on the LBRR. Donation of \$5 individual and \$10 per family.

9:30 a.m.-3:30 p.m. ...Railway Historical Society, 9781 Main St., Croghan

Phone: (315) 346-6848

Email: rhsnny@twcny.rr.com

Cross Island Farms' Edible Forest Garden - October 14, 2017

Over the past six seasons Dani Baker, co-owner of Cross Island Farms, has developed just under an acre of her certified organic farm as a multi-functional edible forest garden encompassing numerous permaculture principles and practices. Join her as she describes the process of planning and planting over 300 cultivars of edible fruits, nuts, berries, and other edibles, both native and uncommon.

Cross Island Farms is located on Wellesley Island in Jefferson County, NY. It is easily accessed from the North via Routes 37 and 12, and from the South via I-81. Take I-81 across the first span of the 1000 Island Bridge and take exit 51. Turn right at the end of the ramp. Turn right at the stop sign. Turn right onto Cross Island Road. The garden is 7/8 mile down this road on the left. Park on the roadside. Plan to arrive at 12:45 to register at the garden gate. For more information, please call Cross Island Farms at 315-482-3663 or Adirondack Harvest at 518-962-4810 x (409). 1-4 p.m. ...

Admission: \$20 per person