


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
			1. Double Trouble in Recovery Lowville NRCIL 12:30-2pm	2. Casual Coffee Friday Lyons Falls NRCIL 10am-11:30am 	3.
5. Walk A Block 10:30am Lowville NRCIL ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library Guided Meditation 2-2:30pm Lowville NRCIL	6. Anger Management 2-3pm Lowville NRCIL	7. Systems Advocacy 10:00am Lowville NRCIL Walk A Block 10:30am Lowville NRCIL Paper Craft with Sarah Nellenback 11:00am Lowville NRCIL ROTEO 11-2 Lowville NRCIL Guided Meditation 2-2:30pm Lowville NRCIL	8. Double Trouble in Recovery Lowville NRCIL 12:30-2pm	9.	10.
12. Walk A Block 10:30am Lowville NRCIL ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library Guided Meditation 2-2:30pm Lowville NRCIL	13.	14. Walk A Block 10:30am Lowville NRCIL ROTEO 11-2 Lowville NRCIL Guided Meditation 2-2:30pm Lowville NRCIL	15. Double Trouble in Recovery Lowville NRCIL 12:30-2pm	16. Casual Coffee Friday Lyons Falls NRCIL 10am-11:30am 	17.
19. Presidents Day NRCIL Closed 	20. "Prepare and Share" Cooking, 10:30am-12:30pm, Forest Presbyterian Church Lyons Falls Anger Management 2-3pm Lowville NRCIL	21. ROTEO 11-2 Lowville NRCIL	22. Double Trouble in Recovery Lowville NRCIL 12:30-2pm	23.	24.
26. Advisory Council 10am Lowville NRCIL Walk A Block 10:30am Lowville NRCIL ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library Guided Meditation 2-2:30pm Lowville NRCIL	27.	28. Walk A Block 10:30am Lowville NRCIL ROTEO 11-2 Lowville NRCIL Guided Meditation 2-2:30pm Lowville NRCIL			

**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

**Black River Valley Concert Series** - Jan 13: Mike Powell Jan 27: Colgate 13 Feb 10: Carolyn Kelly Feb 24: Dave Ruch Mar 10: Searson Mar 24: Boogie Woogie Kid Apr 14: Lonely Heartstring Band

Saturday 7:30-10:00 pm ...Lewis County Historical Society

**Admission:** \$12 Student, \$18 Advance, \$20 Door, \$45 Family

**Phone:** 315 376 8957

**Email:** [lewiscountyhistoricalsociety@gmail.com](mailto:lewiscountyhistoricalsociety@gmail.com)

**Sponsor:** Lewis County Historical Society

### **Log Grown Shiitake Mushrooms: Economics for a Profitable Crop - February 3, 2018**

The presenter will be Steve Gabriel, Agroforestry Extension Specialist, from the Cornell University Small Farms Program. The workshop will cover all aspects of production important to selling mushrooms in New York State: safety, sanitation, marketing, regulations and business plan development.

Scholarships are available for veterans and military family members. Registration is required!

9 a.m. to 4 p.m. ...Cornell Cooperative Extension of Jefferson County, 203, N. Hamilton St., Watertown

**Admission:** \$30 per person

#### **Website**

**Email:** [cmm17@cornell.edu](mailto:cmm17@cornell.edu)

**Sponsor:** Cornell Cooperative Extension of Jefferson County

### **ONLINE Entrepreneurial Training Course - February 5-May 5, 2018**

NY Small Business Development Center, Watertown: ONLINE Entrepreneurial Training Course for new or existing business owners: Take the online class over 14 weeks, work from home at your own pace. February 5, 2018 – May 5, 2018. \$195. Call 315-782-9262 for more information or to register.

Free to military, spouses and retired service members (call for details).

**Sponsor:** NYS Small Business Development Center

### **2nd Annual Cow Comfort Conference - February 6-7, 2018**

This conference will highlight the importance of maximizing cow comfort while showcasing the latest research and industry findings. The conference is open to anybody, and last year's attendees included a variety of producers, allied industry, extension, and students.

...Holiday Inn, 411 Electronics Parkway, Liverpool

**Admission:** \$175

#### **Website**

**Phone:** 315-788-8450

**Email:** [tjm92@cornell.edu](mailto:tjm92@cornell.edu)

**Sponsor:** Cornell Cooperative Extension

### **HR 101 in Lewis County - February 28, 2018**

SUNY Jeff is offering this class for \$45 on Feb 20th from 8-5 : Human Resources 101-This class is designed to help businesses navigate the world of Human Resources. Topics include recruitment and selection, Employment Laws, Social Media Guidelines, Compensation and Benefits, and many others!

**Sponsor:** SUNY Jefferson Community College