

**JANUARY 2018 ROTEQ
(Reaching Out To Each Other)**

11am-2pm

All Activities are held at 7632 North State Street in the Conference Room unless otherwise stated. Adults with a disability age 18 or older are welcome to attend.

SUN	MON	TUE	WED	THU	FRI	SAT
	1 CLOSED 	2	3 SYSTEMS ADVOCACY PAPER CRAFT WITH SARAH	4	5	6
7	8 UPDATE FORMS FOR THE YEAR	9	10 BINGO	11	12	13
14	15 Closed- Martin Luther King Day	16	17 BOWLING MEET AT LEWIS LANE AT 11 LUNCH IS PROVIDED	18	19	20
21	22 GAMES OF CHOICE	23	24 POPCORN AND MOVIE	24	26	27
28	29 COOKING SKILLS- LUNCH IS PROVIDED	30	31 CRAFTS AND GAMES			

Don't forget Walk the Block Monday and Wednesday at 10:30. (cancelled on bowling days)

Bring a lunch unless stated otherwise.

All activities are subject to change and ideas for other activities are appreciated and expected.

Northern Regional
Center for Independent Living
7632 North State Street
Lowville NY 13367
(315)836-3735

