





May 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 |
|--|--|---|---|---|---|
| 1. Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library Guided Meditation 2-2:30pm Lowville NRCIL | 2. Anger Management 2-3pm Lowville NRCIL | 3. Systems Advocacy 10:00am Walk A Block 10:30am Paper Craft with Sarah Nellenback 11am, Lowville NRCIL ROTEO 11-2 Lowville NRCIL Guided Meditation 2-2:30pm Lowville NRCIL | 4. Double Trouble in Recovery Lowville NRCIL 12:30-2pm | 5. Casual Coffee Friday Lyons Falls NRCIL 10am-11:30am  | 6. Soberoke and Dance Lowville Academy 6-9pm |
| 8. Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library Guided Meditation 2-2:30pm Lowville NRCIL | 9. Prepare and Share a Healthy Meal with Anne Merrill First Presbyterian Church, Lowville 10:30am-12:30pm | 10. Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Guided Meditation 2-2:30pm Lowville NRCIL Chi Gung 2:30-3:30pm Riverside Park, Lyons Falls | 11. Double Trouble in Recovery Lowville NRCIL 12:30-2pm Mental Health Walk for Wellness 4:00pm Lowville Fire Hall | 12. | 13. |
| 15. Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library Guided Meditation 2-2:30pm Lowville NRCIL | 16. Anger Management 2-3pm Lowville NRCIL | 17. ROTEO 11-2 Lowville NRCIL Chi Gung 2:30-3:30pm Riverside Park, Lyons Falls | 18. Double Trouble in Recovery Lowville NRCIL 12:30-2pm | 19. Casual Coffee Friday Lyons Falls NRCIL 10am-11:30am  | 20. |
| 22. Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Smart Recovery 12:30-2pm Lowville Library Guided Meditation 2-2:30pm Lowville NRCIL | 23. Anger Management 2-3pm Lowville NRCIL | 24. Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Guided Meditation 2-2:30pm Lowville NRCIL Chi Gung 2:30-3:30pm Riverside Park, Lyons Falls | 25. Double Trouble in Recovery Lowville NRCIL 12:30-2pm | 26. | 27. |
| 29. 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 | 30. Anger Management 2-3pm Lowville NRCIL | 31. Walk A Block 10:30am ROTEO 11-2 Lowville NRCIL Guided Meditation 2-2:30pm Lowville NRCIL Chi Gung 2:30-3:30pm Riverside Park, Lyons Falls | | | |



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

Self-Defense Karate Workshop, May 1, 2017

Are you interested in learning how to protect yourself? Karate instructors from the American Kang Duk Won will show you how. Open to all youth in Grads 5-12.

Please RSVP to 315-376-5270 no later than Wednesday, April 26.

5-7 p.m. Cornell Cooperative Extension Conference Room

Sponsor: Teen Council, Kang Duk Won Karate and NCPPC

Spring Break in Croghan~ Railway Historical Society, May 13, 2017

The Railway Historical Society of Northern New York will be open for tours of the historic Croghan Depot.

Ride on a portion of the LBRR- 11 a.m.- 3 p.m. Donation of \$5 individual to ride. *Donation of \$10 family to ride.

Want to be a vendor? Just email spring break and tell them you want to be at their site! Prime middle of town spot. Visit [facebook.com/springbreakincroghan](https://www.facebook.com/springbreakincroghan)

9 a.m.-3 p.m. 9781 State Route 812, Croghan ...Admission: ... [Website](#)

5th Annual Dick Seller Memorial Ride, May 13, 2017

Registration: Friday, 6-8 p.m., Flat Rock Inn & Kovach Repair. Saturday, 9-11 a.m., Flat Rock Inn, Kovach Repair, Myers Towpath Restaurant & Lodge & Colleen's Creekside Convience. Prizes and draw at Flat Rock Inn from 6-8 p.m. **TRAIL PERMIT REQUIRED TO TRAVEL BETWEEN TUG HIL AND BRANTINGHAM AND FROM HIGH MARKET TO THE HIDEAWAY.**

...Admission: **Donation \$10**

2017 TugMudDare Adventure Run, May 20, 2017

The TugMudDare at Snow Ridge Resort in Turin, NY is the premier Adventure Run in the Tug Hill-Adirondack Region! The 5K course wanders throughout the ski area, across ridge lines, through streams, and up and down hills as it covers roughly 3000 vertical feet. This unique course will challenge you unlike any other, while also providing countless smiles, laughs and high fives. Do you have a competitive edge? Think you can conquer the course solo? Choose one of the first two individual heats to see if you can be crowned King of the Hill! Consider yourself more of a team player? Want to take on the challenge for the fun of it? Rally your teammates and sign up for one of the team heats! No matter how you dare, the TugMudDare will put both your body and mind to the ultimate test....Admission: ... [Website](#)**Sponsor: Tug Hill Adirondacks ATV Association**

RHSNNY~ Shaun Stanford's Pork BBQ, May 20, 2017

Dinners include steak, macaroni salad, baked beans, and roll. To benefit the Railway Historical Society of Northern NY and its ongoing efforts to preserve the Lowville Beaver River Railroad and the age of the iron horse for future generations. We are a 501c-3 Educational non-profit museum. Call 315 346-6848 to pre-order. Museum is open for tours. For more information visits us at www.newyortrains.com or call us at 315-346-6848 or write us at RHSNNY PO Box 317 Croghan, NY 13327.

11 a.m.- gone ...Admission:

5th Annual Tug Hill Vintage Snowmobile Show & Swap Meet, May 27, 2017

Hosted by Lowville Volunteer Fire Dept at the . Rain or shine, gates open at 8 a.m. daily. For more information, Kevin Kaldowski 221-0383, Paul Denise 771-0761 or Mike Bush 486-1471.

8 a.m. Lewis County Fairgrounds ...Admission: ... [Website](#)