

# In-Person Meetings at the American River Alano

**SCHEDULE IS SUBJECT TO CHANGE:** The below information was gathered from attendance slips. This is not a comprehensive list of all meetings at the ALANO - some are meeting virtually. See aa.org to locate on line meetings near you.

**Legend** AA= Alcoholics Anonymous, NA = Narcotics Anonymous, OA= Overeaters Anonymous, , GA= Gamblers Anonymous, AL = Alanon W = Women Only, M= Men Only, O= Open, C= Closed

TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	8-9 AM Room A Sunday Morning	7 - 8 AM - Room A Daily Direction Meditation	7 - 8 AM - Room A Daily Direction	7 - 8 AM - Room A Daily Direction	7 - 8 AM - Room A Daily Direction	7 - 8 AM - Room A Daily Direction	7 - 8 AM - Room A Daily Direction
	AA-O	AA-O	AA-O	AA-O	AA-O	AA-O	AA-O
		9-1030 Room A Food Addicts			10-11 Room A Cordova Good Morning		10 am Room A UNAVAILABLE
		OA-O			AA-O		
Noon	12 - 1 Room A Spiritually Speaking	12 - 1 Room A As Bill Sees It	12 - 1 Room A Serenity Lunch Bunch	12 - 1 Room A Ringside Recovery	12- 1 Room A Thursday Nooner	12 - 1 pm Room A Friday Lunch Bunch	12-1 pm Room A Serendipity
	AA-O	AA-O	AA-O	AA-O	AA-O	AA-O	AA-O
	12 -1 Unit 8 No Half Measures		12 -1 Unit 8 No Half Measures				12 -1 Unit 8 No Half Measures
	NA - O		NA - O				NA - O
Afternoon	4 - 5 Room A Experience Strength & Hope						
	AL-O						
6 pm			6-7 Room A Sobriety Rocks		6 - 7 pm Room A Promise Seekers	6:30 - 7:30 pm Room A Fri Nite	
			AA-O		AA-W-O	AA-O-New	
6:30 pm		6:30 - 7:30 Room A KISS (Keep It Simple Spiritually)		6:30 - 7:30 Room A 12x12 Book Study	6:30 - 7:30 Unit 8 11th Step Meditation	630-730 Unit 8 Women Seeking Serenity	
		AA-O		AA-O	AA-O	NA-W-O	
7 pm	7-8:15 Room A Rule "62"		7-8 Unit 8 Touchstone 12x12	7-8 Unit 8 Atheist & Agnostic "4A"		6:30 - 7:30 Room B Gamblers Anonymous	7- 8:15 Room A O'vale Sat Nite
	AA-O		AA-C	AA-O		GA - O	AA-O
8 PM		8-9 Room A Folsom Big Book	8-9 pm - Room A Tuesday Night Mens		8-9 Room A Pathfinders	8 - 9 Unit 8 O'vale Young People	
		AA-C	AA-M-O		AA-O	AA-O	
		8- 9 Room Unit 8 Mad About Recovery				8-915 PM Room A UNAVAILABLE	9-10 Rm B Students of Sobriety
		NA-O					NA-O
10 - 11					10 - 11 Room B Leave Drama at Door	1159p-115a Rm B Leave Drama at Door	

