

# In-Person Meetings at the American River Alano

**SCHEDULE IS SUBJECT TO CHANGE:** 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	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
		830 - 930 Room B Book Reading	830 - 930 Room B Book Reading	830 - 930 Room B Book Reading	830 - 930 Room B Book Reading	830 - 930 Room B Book Reading	830 - 930 Room B Book Reading
		AA-O	AA-O	AA-O	AA-O	AA-O	AA-O
		9-1030 Room A Food Addicts FA-O		1030- 1130 Unit 8 Meditation Wkshp AA-O	1030-1130 Room 8 Meditation Wkshp AA-O	1030 - 1130 Room B Meditation Meeting AA-O	10-11:00 Room A Sat Reflections AA-C-W
Afternoon	12 - 1 Room A Spiritually Speak	1030-1130 Room 8 Meditation Wkshp	12 - 1 Room A Serenity Lunch	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
	12 -1 Unit 8 No Half Measures	12 - 1 Room A As Bill Sees It		12 -1 Unit 8 No Half Measures		12 -1 Unit 8 Half Measures	No 12 -1 Unit 8 No Half Measures
	NA - O	AA - O		NA - O		NA-O	NA - O
	4 - 5 Room A ESH/Experience Strength Hope AL-O	12 -1 Unit 8 No Half Measures		2 - 3 PM Room B GIFT BB Study			
Evening	4-5 Room B A Teen	6:30 - 7:30 Room A KISS (Keep It Simple Snirit)	6-7 Room A Sobriety Rocks	6:30 - 7:30 Room A 12x12 Book Study	6 - 7 pm Room A Promise Seekers	6:30- 7:30 Room A Fri Nite Unity	<b>130 - 530 Rm A&amp;B Reserved for Special Events</b>
	AA-O	AA-O	AA-O	AA-O	AA-Women	AA-O	
	7-8:15 Room A Rule "62"		6-7 Room B OAHA	7-8 Unit 8 Atheist & Agnostic "4A"	600 - 700 Room B 11th Mediation	6:30 - 7:30 Room B Gamblers Anonymous	7- 8:15 Room A O'vale Sat Nite
	AA-O		NA-Women	AA-O	AA-O	GA - O	AA-O
	7-8:15 Unit 8 Hugs Not Drugs	8-9 Room A Orangevale Big Book	8-9 pm - Room A Tuesday Night Mens	8-9 Room B Mens Alanon	8-9 Room A Pathfinders		
	NA-O	AA-C	AA-Men-O	AL-Men	AA-O		
		8- 9 Room Unit 8 Mad About Recovery NA-O		8-9 Room A Be Amazed Young People AA-O		8-915 PM Room A Fri Night Double A AA-O	9-10 Rm B Students of Sobriety AA-O
10 - 11				830-930 Unit 8 ACA	10 - 11 Room B Leave Drama at Door	1159p-115a Rm B Leave Drama at Door	
					NA - O	NA - O	<b>1/10/2022</b>

