

# 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 additional meetings near you.

**Legend** AA= Alcoholics Anonymous, NA = Narcotics Anonymous, OA=Overeaters Anonymous, GA= Gamblers Anonymous, AFG=Al-Anon 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
		9-1030 Rm A Food Addicts FA-O					
		10:30-11:30 Rm B Meditation Wkshp		10:30-11:30 Rm B Meditation Wkshp	10-11 Room B Came To Believe	10:30 - 11:30 Rm B Meditation Meeting	10-11:00 Room A Sat Reflections
		AA-O		AA-O	AA-O	AA-O	AA-C-W
Afternoon	12 - 1 Room A Spiritually Speak	12 - 1 Room A As Bill Sees It	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	AA-O
	130-230 Room A Namaste AA			4-515 Room A Restored to Sanity Yoga & AA AA-C			<b>Reserved for Special Events 1:30-5:30 PM</b>
	AA-W-C						
Evening	4 - 5 Rm A Experience Strength & Hope AFG-O	6:30 - 7:30 Rm A KISS Big Book Study	6-7 Room A Sobriety Rocks	530-630 Room B Step Sisters 12x12	6 - 7 pm Room A Promise Seekers	6:30- 7:30 Room A Fri Nite Unity	<b>Rooms A and B Reserved</b>
		AA-O	AA-O	AA-Women-C	AA-Women	AA-O	
	<b>Reserved Monthly Board Mt 5:30-7:30 Room B</b>	6:30 - 7:30 Room B In The Solution	6-7 Room B OAHA	6:30 - 7:30 Room A 12x12 Study	6- 7 pm Room B 11th Step Meditation	6:15 - 7:30 Room B Gamblers Anonymous	7- 8:15 Room A O'vale Sat Nite
		AA-W-C	NA-Women	AA-O	AA-O	GA - O	AA-O
	7-8:15 Room A Rule "62" Ovl	8-9 Room A OVL Big Book	8-9 pm - Room A Tues Night Mens	8-9 Room B Mens Alanon	8-9 Room A Pathfinders	8:00-9:15pm Room A Fri Night Double A	<b>9-10 PM Rm A AVAILABLE</b>
	AA-O	AA-O	AA-Men-O	AL-Men 8-9 Room A Be Amazed Young People AA-O	AA-O 8-9 Room B OVL Thurs Nite Mens 12x12	AA-O	
	8-9 Room B ACA				AA-M-C	8-9:15pm Rm B 911 Group of SAA	9-10 Rm B Students of Sobriety AA-O
10 - 11 PM					10 - 11 Room B Leave Drama at Door	1159p-115a Rm B Leave Drama at Door	
					NA - O	NA - O	<b>1/15/2023</b>