

# Alano Club of Kent County

## \* Meeting Schedule \*

as of 9.4.2020

### Monday

9:00 AM – Balcony – Breathe Easy AA  
Noon - Balcony - Noon Balcony Group – AA  
Noon - RM A - AA Lunch Group – AA  
Noon - RM 1 - Surrender Group – AA  
Noon - RM 3 - No First Drink – AA  
Noon – RM 5 – Keep on Growing – Women’s – AA  
Noon – RM 4 – Keep Coming Back – NA  
5:30p – Balcony – Friendship Group – AA- C  
6:00p – RM A – Women’s Get Together – SMART  
6:00p – RM 5 – Eating Disorders Anonymous  
6:30p – Outside – Zen Recovery Mtg  
7:30p – Balcony -Life Club Group – Men’s Stag – C  
8:00p – RM3- Open Change - NA

### Tuesday

9:00 AM – Balcony – Breathe Easy AA  
Noon - Balcony - Noon Balcony Group – AA  
Noon - RM A - AA Lunch Group – AA  
Noon - RM 1 - Surrender Group – AA  
Noon – RM 3 - No First Drink – AA  
5:30p – Balcony – Friendship Group – AA- C

### Wednesday

9:00 AM – Balcony – Breathe Easy AA  
Noon - Balcony - Noon Balcony Group – AA  
Noon - RM A - AA Lunch Group – AA  
Noon - RM 1 - Surrender Group – AA  
Noon – RM 2 - Al-Anon Meeting  
Noon - RM 3 - No First Drink – AA  
Noon – RM 4– Keep Coming Back – NA  
5:30p – Balcony – Friendship Group – AA- C  
6:30p – RM A – SMART  
6:30p – Outside – Zen Recovery Mtg  
7:00p – Balcony – Recovery Infused Yoga  
8:00p – RM3- Open Change – NA  
8:00p – RM B - Bond Street Group – AA –Men’s - C  
8:00p – Library - B.A.B.B.S – AA – Women’s – C  
8:00p – Experience, Strength, & Hope – AA – Men’s

### Thursday

9:00 AM – Balcony – Breathe Easy AA  
10:00AM – Library – MAT Support Group  
Noon - Balcony - Noon Balcony Group – AA  
Noon - RM A - AA Lunch Group – AA  
Noon - RM 1 - Surrender Group – AA  
Noon - RM 3 - No First Drink – AA  
5:30p – Balcony – Friendship Group – AA- C  
6:30p – LIBRARY – Women’s Way - AA  
7:00p – Balcony – NEW LIFE - HA  
7:30p – RM 3 – Atheists, Agnostics, & Free Thinkers  
Group – Secular AA

### Friday

9:00 AM – Outside – Breathe Easy AA  
Noon - Balcony - Noon Balcony Group – AA  
Noon - RM A - AA Lunch Group – AA  
Noon - RM 1 - Surrender Group – AA  
Noon - RM 3 - No First Drink – AA  
Noon – RM 2 - Al-Anon Meeting  
Noon – RM 4 – Keep Coming Back – NA  
5:30p – Balcony – Friendship Group – AA- C  
7:00p – Balcony- KCCO Speaker MTG – AA  
8:00p – Balcony – Honesty Group – AA – Men’s

### Saturday

9:00 – Balcony – Breathe Easy AA  
10:00 – RM 2 – AL-ANON  
11:30 AM – RM A - SMART Meeting  
Noon – Balcony - Men’s Stag – AA  
Noon - RM 1 - Surrender Group – AA  
Noon - RM 2 – Saturday Sunshine – Al-Anon  
Noon – RM 3 Saturday Noon Men’s Stag – AA - C  
5:00p – RM A - SMART  
5:30p – Balcony – Friendship Group – AA- C  
7:30p – Sat Open to Change – NA

### Sunday

9:00AM – Balcony – Breathe Easy - AA  
9:30AM – RM 2 -Sunday Serenity – Al-Anon  
11:30AM -RM A - SMART  
Noon -RM 3 – Sunday Funday – AA  
5:00p – RM A – SMART  
5:30p – Balcony – Friendship Group – AA  
7:00p – Balcony – New Life - HA

*This Club schedule is a working draft. Please contact Ops Manager or Executive Director to add your meeting or if you would like to start a meeting. We are in the rebuild phase, and thank you for your flexibility and understanding!*

*C – indicates a closed meeting. No students or professional observers*

**If you would like to restart, start, or do not see your meeting please contact Operatons @ [blynn@gralanoclub.org](mailto:blynn@gralanoclub.org) or 616-456-5709**

