

# Alano Club of Kent County Meeting

## Schedule

1020 College Ave NE, Grand Rapids MI 49503 616-456-5709

**06/09/22**

### Monday

7:30a – RM 1 – Keeps Getting Better – AA  
9:00a – RM 2 – Steps to Serenity AFG – Al-Anon  
9:00a – 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 4 – Promise - AA  
Noon – RM 5 – Keep on Growing – Women’s – AA  
Noon – RM B – Keep Coming Back – NA  
5:30p – Balcony – Friendship Group – AA- C  
6:00p – RM A – Women’s Get Together – SMART  
6:00p – RM 1 – Just for Today - AA  
6:30p – RM 3 – Atheists, Agnostics, & Freethinkers Group  
7:00p – RM 2- Friendly Fireside – Al-Anon  
7:30p – Balcony -Life Club Group – Men’s Stag – C  
7:30p – RM 5- Open Change - NA

### Tuesday

7:30a – RM 1 – Keeps Getting Better - AA  
9:00a – Balcony – Breathe Easy - AA  
10:00a – RM 2 – Overeaters Anonymous  
Noon – RM B – SMART Recovery  
Noon – RM 2 – Blueprint for Progress – Al-Anon  
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 4 – Promises - AA  
5:30p – Balcony – Friendship Group – AA- C  
6:00p – RM 1 – Just for Today – AA  
6:30p – RM A – SMART Recovery  
6:30p – RM 3- NA Activities Sub committees (first Tuesday of the month)  
6:45p – Balcony – Refuge Recovery – Buddhist Pat  
7:00p – RM4- Families Against Narcotics- 1<sup>st</sup> Tuesday of The Month  
7:30p – RM 5 – Open to Change – NA

### Wednesday

7:30a – RM 1 – Keeps Getting Better - AA  
9:00a – Balcony – Breathe Easy - AA  
9:00a – RM2- Courage to Change – Al-Anon  
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 – Promises - AA  
Noon – RM B – Keep Coming Back – NA  
1:00p – RM C- Back to Basic- AA  
5:30p – Balcony – Friendship Group – AA- C  
6:00p – RM 1 – Just for Today – AA  
6:30p – RM A – SMART  
6:30p – RM 4 – Buddhist Recovery  
7:00p – Balcony – Recovery Infused Yoga – **ON HOLD**  
7:00p – RM 2 – Men’s Stag – Al-anon  
7:30p – RM 5- 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 – RM 1 - Experience, Strength, & Hope – AA – Men’s

### Thursday

7:30a – RM 1 – Keeps Getting Better - AA  
9:00a – 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 4 – Promises – AA  
5:30p – Balcony – Friendship Group – AA- C  
6:00p – RM 1 – Just for Today - AA  
6:30p – LIBRARY – Women’s Way – AA  
6:30p – RM A – SMART Recovery  
7:30p - RM 3 - Atheists, Agnostics, & Freethinkers Group-AA  
8:00p - Balcony- Young People of Alcoholics Anonymous

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**C- Closed meeting to outside observers, students & professionals.**

## Friday

7:30a – RM 1 – Keeps Getting Better – AA  
9:00a – 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 C – Big Book Study - AA  
Noon - RM 3 - No First Drink – AA  
Noon – RM 2 – Reaching for Personal  
Freedom – Al-Anon  
Noon – RM 4 – Promises - AA  
Noon – RM B – Keep Coming Back – NA  
5:30p – Balcony – Friendship Group – AA- C  
5:30p – RM A – SMART Recovery  
6:00p – RM 1 – Just for Today – AA  
7:00p – Balcony- KCCO Speaker MTG – AA  
8:00p- RM 1 – Experience, Strength, and Hope- AA- Men’s

## Sunday

9:00a – Balcony – Breathe Easy - AA  
9:30a - RM 1 – Expect a Miracle – AA  
9:30a – RM 2 -Sunday Serenity – Al-Anon  
9:30a- RM 3- The Breakfast Club- AA  
9:30a – RM A – Grain of Sand - AA  
11:30a – RM A- SMART  
Noon – RM 3- Sunday Funday-AA  
5:00p – RM A- SMART Recovery  
5:30p – Balcony- Friendship Group-AAC  
7:00p – RM A- Heroin’s Anonymous- HA  
7:00p – RM 2 – Opening Our Hearts – Al-Anon  
7:00p – RM 5 – Sunday Night 12&12 – AA  
7:30p – RM 4- Open to Change – NA (Speaker meeting last  
Sunday of the month Room 3)

## Saturday

8:30a- RM C- Food Addicts in Recovery Anonymous- FA  
9:00a – Balcony – Breathe Easy - AA  
9:00a – RM 3 – John Wayne Meeting – AA  
10:00a – RM 2 – AL-ANON  
11:30a – RM A - SMART Meeting  
Noon- Library – Ala-teen  
Noon – Balcony - Men’s Stag – AA  
Noon - RM 1 - Surrender Group – AA  
Noon - RM 2 – Saturday Sunshine – Al-Anon  
5:30p – Balcony – Friendship Group – AA- C  
6:30p – RM 1- Vitality - AA  
7:30p – Balcony – Saturday Night Live - AA  
7:30p – RM 5- Open to Change – NA  
8:00p – RM 1 – Honesty Group – AA – Men’s Stag

