

Physical Meeting Schedule (virtual list available at Galano.org)

Last updated: 3/4/22

| GROUP NAME | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|-------------------------|--|---------------------------------|--------------------------------|---------------------------------|--------------------------------|--------------------------------|---------------------------------|----------------------------------|--|
| AA | Bell, Book & Candle (BBC) | 12:00 PM Room 1 (L) | 12:00 PM Room 1 (OD) | 12:00 PM Room 1 (L,Q) | 12:00 PM Room 1 (OD) | 12:00 PM Room 1 (OD) | 12:00 PM Room 1 (OD) | 10:00 AM Room 1 (OD) | |
| | Serenity | 5:45 PM Room 1 (CD) | 5:45 PM Room 1 (OD) | 5:45 PM Room 1 (OD) | 5:45 PM Room 1 (OD) | 5:45 PM Room 1 (OD) | 5:45 PM Room 1 (OD) | 6:30 PM Room 1 (B) | |
| | | | 5:45 PM Room 1 (CD) | | | | | | |
| | The Young & The Restless | | | | | | | 5:30 PM Room 5* (OD) | |
| Alanon | The Noon Group AFG | 12:00 PM Room 4 (CD) | 12:00 PM Room 4 (CD) | 12:00 PM Room 4 (CD) | 12:00 PM Room 4 (CD) | 12:00 PM Room 4 (B) | | | |
| | Growing Up AFG | | | | | | | 3:45 PM Room 2 (OD) | |
| CMA | Ice Breakers | 8:00 PM Room 1 (OD) | | 7:00 PM Room 2 (OD) | | 8:00 PM Room 1 (OD) | 6:30 PM Room 2 (B) | 11:00 AM Room 2 (OD) | |
| OA | Monday Noon | 12:00 PM Room 2 (OD) | | | | | | | |
| | Saturday Morning Live | | | | | | 9:00 AM Room 2 (OD) | | |
| | Sunday Spirituality | | | | | | | 10:30 AM Room 4 (OD,H) | |
| SCA | Midtown SCA | 7:00 PM Room 3 (OD,H) | | | | | 5:30 PM Room 3 (OD,H) | | |
| | Wednesday SCA | | | 8:00 PM Room 3 (OD,H) | | | | | |
| Other 12 Step | Core CODA | | | | | | 8:00 PM Room 3 (OD) | | |
| | Debtors Anonymous | | 7:00 PM Room 3 (OD) | | | | | | |
| | Lambda Group (NA) | | 8:00 PM Room 4 (OD) | | 8:00 PM Room 4 (OD) | 8:00 PM Room 4 (OD) | 8:00 PM Room 4 (L) | | |
| Monthly Meetings | Galano Board Meeting (3rd Monday) | 7:00 PM Room 2 | | | | | | | |
| | CMA GSR (3rd Sunday) | | | | | | | 6:00 PM Room 4 | |
| | The Highlands Retreat (1st Sunday) | | | | | | | 1:00 PM Room 4 | |
| | Zone 13E (2nd Thursday/ Odd months) | | | | 7:00 PM Room 1 | | | | |

***Room 5 is upstairs and not wheelchair accessible.**

| | | | | |
|---------------------------|--------------------------------|-----------------------------|----------------------------------|---------------------|
| AFG: Al-Anon Family Group | CODA: Codependents Anonymous | L: Literature based meeting | OA: Overeaters Anonymous | SP: Speaker Meeting |
| B: Beginners | CMA: Crystal Meth Anonymous | NA: Narcotics Anonymous | Q: Qualifying Meeting | |
| CD: Closed Discussion | H: Hybrid (Physical & Virtual) | OD: Open Discussion | SCA: Sexual Compulsive Anonymous | |

Galano Membership, while encouraged, is never a requirement to attend meetings held at The Galano Club.

All Rooms are Rented to Individual Groups by Authority of The Board of The Galano Club, Inc.

Meetings are held 365 days/year, are 100% Non-Smoking and last 1 hour, unless noted. Parking info and Schedule are online at www.galano.org

Scheduling issues or corrections, contact scheduling@galano.org