



Physical Meeting Schedule

Last updated: 7/12/22

	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)	6:30 PM Room 1 (B)	
	The Young & The Restless							5:30 PM Room 5* (OD)
	We Agnostics				7:30 PM Room 3 (OD)			7:30 PM Room 3 (OD)
	7:30 Meeting Group			7:30 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 OA	12:00 PM Room 2 (OD)						
	Wednesday Noon OA			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			7:30 PM Room 3 (OD,H)				
Other 12 Step	Core CODA						8:00 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)	
	SLAA Willing Women's Wednesday Meeting			7:00 PM Room 4 (W,OD)				
Monthly Meetings	Galano Board Meeting (3rd Monday)	7:00 PM Room 2						
	CMA GSR (3rd Sunday)							1:00 PM Room 2
	The Highlands Retreat (1st Sunday)							1:00 PM Room 4
	Zone 13E (2nd Thursday/ Odd months)				7:00 PM Room 1			

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 SLAA - Sex and Love addicts Anonymous
 CD: Closed Discussion H: Hybrid (Physical & Virtual) OD: Open Discussion SCA: Sexual Compulsive Anonymous *Room 5 is NOT wheelchair accessible.

The clubhouse opens 15 minutes prior to scheduled meeting times

Meetings are held 365 days/year and last 1 hour, unless noted. Parking info and Virtual Schedule are online at www.galano.org

By entering the clubhouse you agree to all house rules posted in the clubhouse and on our website

Galano is a no smoking facility, smokers must use the designated smoking area

Galano Membership, while encouraged, is never a requirement to attend meetings

Scheduling issues, additions or corrections, contact scheduling@galano.org

