

# GALANO Physical Meeting Schedule

Last updated: 2/26/24

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)
		7:30 PM Room 1 (SP)						
	Serenity	5:45 PM Room 1 (CD)	5:45 PM Room 1 (OD)	5:45 PM Room 1 (OD) Room 4 (L)	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)	
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)	12:00 PM Room 4 (CD)	12:00 PM Room 4 (CD)
	Growing Up AFG							3:45 PM Room 2 (OD)
CMA		8:00 PM Room 2 (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)
	OA Newcomers Encounter						10:30:00 AM 4th Saturday Room 3 (B,H)	
SCA	Midtown SCA	5:00 PM Room 3 (CL,H)						
		7:00 PM Room 3 (CD,H)					5:30 PM Room 3 (CD,H)	
	Wednesday SCA			7:30 PM Room 3 (OD,H)				
	Willing Women's				7:00PM Room 4 (OD)			
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)	
	Wednesday's Child (ACA)	6:00 PM Room 4 (CL)		7:00PM Room 5 (OD) 7-15-7:45 Room 4 (OD)				1:00 PM Room 3 (CD)
	Eating Disorders Anonymous							12:00 PM Room 1 (CD)
Monthly Meetings	Galano Board Meeting (3rd Monday)	7:00 PM Room 5						
	CMA GSR (3rd Sunday)							1:00 PM Room 2
	The Highlands Retreat (1st Sunday)							1:00 PM Room 4
	Zone 13E (2nd Sunday/ Odd months)							1:00 PM Room 2

ACA: Adult Children of Alcoholics      AFG: Al-Anon Family Group      B: Beginners      CD: Closed Discussion      CMA: Crystal Meth Anonymous  
 CODA: Codependents Anonymous      H: Hybrid (Physical & Virtual)      L: Literature based meeting      NA: Narcotics Anonymous      OA: Overeaters Anonymous  
 OD: Open Discussion      Q: Qualifying Meeting      SCA: Sexual Compulsive Anonymous      SLAA - Sex and Love addicts Anonymous  
 SP: Speaker Meeting

\*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](http://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](mailto:scheduling@galano.org)

