

# ALANO CLUB WEST

HOURS : Mon. - Sat. 8:30AM – 9:30PM  
Sunday 8:00A – 9:30PM

2909 W GENESEE ST  
LANSING MI 48917-2937

Phone (517) 321-4989  
Fax (517) 321-0405

## MONDAY

9:00 AM ----- Pick a Topic ----- 2 EAST  
9:00 AM ----- Road to Recovery ----- MAIN  
11:00 AM ----- Clean Air Group ----- 2 WEST  
NOON ----- Beginners ----- MAIN  
3:00 PM ----- Happy Hour ----- MAIN  
3:00 PM ----- No Nonsense ----- 2 EAST  
4:00 PM ----- After Work Group ----- 2 WEST  
5:30 PM ----- Survivors ----- MAIN  
6:30 PM ----- Beginners ----- 2 EAST  
8:00 PM ----- Beginners [OPEN] ----- 2 EAST

## TUESDAY

9:00 AM ----- Pick a Topic ----- 2 EAST  
9:00 AM ----- Road to Recovery ----- MAIN  
11:00 AM ----- Clean Air Group ----- 2 WEST  
NOON ----- Beginners ----- MAIN  
3:00 PM ----- Happy Hour ----- MAIN  
3:00 PM ----- No Nonsense ----- 2 EAST  
4:00 PM ----- After Work Group ----- 2 WEST  
6:00 PM ----- AA/Alanon [Women Only] ----- 2 EAST  
6:30 PM ----- Early Olds Stag [Men Only] ----- MAIN  
6:30 PM ----- Grapevine ----- 2 WEST  
8:00 PM ----- Young People ----- 2 EAST  
8:00 PM ----- Late Olds Stag [Men Only] ----- MAIN

## WEDNESDAY

9:00 AM ----- Pick a Topic ----- 2 EAST  
9:00 AM ----- Road to Recovery ----- MAIN  
11:00 AM ----- Clean Air Group ----- 2 WEST  
NOON ----- Beginners ----- MAIN  
3:00 PM ----- Closed AA ----- MAIN  
3:00 PM ----- No Nonsense ----- 2 EAST  
4:00 PM ----- After Work Group ----- 2 WEST  
5:30 PM ----- Happy Hour ----- MAIN  
6:30 PM ----- Wednesday Night Live ----- BSMT  
7:00 PM ----- AA/ [Alanon] [Women Only] ----- MAIN  
8:00 PM ----- Wednesday Stag [Men Only] ----- 2 EAST  
8:00 PM ----- Promises ----- 2 WEST

## THURSDAY

9:00 AM ----- Pick a Topic ----- 2 EAST  
9:00 AM ----- Road to Recovery ----- MAIN  
11:00 AM ----- Clean Air Group ----- 2 WEST  
NOON ----- Beginners ----- MAIN  
3:00 PM ----- Happy Hour ----- MAIN  
3:00 PM ----- No Nonsense ----- 2 EAST  
4:00 PM ----- After Work Group ----- 2 WEST  
5:30 PM ----- Promises ----- MAIN  
6:30 PM ----- Big Book Study [OPEN] ----- 2 WEST  
6:30 PM ----- 24 Hour Diet ----- 2 EAST  
7:00 PM ----- Dignitary Club Gang ----- MAIN  
8:00 PM ----- Mixed Discussion ----- 2 WEST

## FRIDAY

9:00 AM ----- Pick a Topic ----- 2 EAST  
9:00 AM ----- Road to Recovery ----- MAIN  
NOON ----- Beginners ----- MAIN  
3:00 PM ----- Happy Hour ----- MAIN  
3:00 PM ----- No Nonsense ----- 2 EAST  
4:00 PM ----- After Work Group ----- 2 WEST  
5:30 PM ----- Happy Hour ----- MAIN  
6:30 PM ----- Life on Life's Terms ----- 2 EAST  
6:45 PM ----- Message in the Wind ----- MAIN  
8:00 PM ----- Friendly Group [OPEN] ----- MAIN

## SATURDAY

9:00AM ----- Rise & Shine ----- 2 WEST  
9:00 AM ----- Road To Recovery ----- MAIN  
10:00 AM ----- KBS [Women Only] ----- 2 EAST  
11:30 AM ----- One Step at a Time ----- MAIN  
3:00 PM ----- After noon Delight ----- MAIN  
6:00 PM ----- Young People / [Alanon] ----- MAIN  
8:00 PM ----- Speaker Meeting [OPEN] ----- 2 EAST

## SUNDAY

8:05AM ----- Earlier Birds ----- BSMT  
9:00 AM ----- Early Bird ----- 2 EAST  
9:00 AM ----- Foundations ----- MAIN  
9:00 AM ----- Benevolent Manipulators ----- 2 WEST  
10:30 AM ----- 12 & 12 ----- 2 WEST  
  
10:45 AM ----- New Beginning [Alanon] ----- MAIN  
10:30 AM ----- 12 & 12 ----- 2 WEST  
1:00 PM ----- Where You're At ----- MAIN  
3:00 PM ----- Topic/Step ----- MAIN  
6:00 PM ----- Discussion & [Alanon][OPEN] ----- MAIN  
8:00 PM ----- Discussion [OPEN] ----- MAIN  
8:00 PM ----- Discussion [OPEN] overflow ----- 2 EAST  
8:00 PM ----- [Alateen] ----- BSMT

If you're too busy to go to meetings,  
you're too busy!