

500 South Wolcott #200  
 Casper, WY 82601  
 Phone: (307) 237-8035  
 www.1224club.org



Yellowstone Room
Fort Caspar Room
Devils Tower Room
Yoga Room
Board Room

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 am				Y12SR YOGA (12-STEP YOGA)			
8 am							VINYASA YOGA
8:30 am		AA "COFFEE BREAK"	AA "COFFEE BREAK"	AA "COFFEE BREAK"	AA "COFFEE BREAK"	AA "COFFEE BREAK"	
				NA "BREATH OF LIFE"	NA "BREATH OF LIFE"		
9 am	NA "UP EARLY, NOT LATE"						NA "UP EARLY, NOT LATE"
9:30 am							AA "WOMEN'S 101" (Women Only)
10:00 am	AA "A SUFFICIENT SUBSTITUTE"			CODEPENDENCY ANONYMOUS			
12:00 pm	AA "EXPECT A MIRACLE"	AA "EXPECT A MIRACLE"	AA "SEE WHY SERENITY"	AA "SEE WHY SERENITY"	AA "COFFEE BREAK"	AA "A SUFFICIENT SUBSTITUTE"	AA "EXPECT A MIRACLE"
	NA "NOON MIRACLE"	NA "NOON MIRACLE"	NA "NOON MIRACLE"	NA "NOON MIRACLE"	NA "NOON MIRACLE"	NA "NOON MIRACLE"	NA "NOON MIRACLE"
						AL-ANON "K.I.S.S."	
5:30 pm				"GRIEF & LOSS SUPPORT" 2 <sup>ND</sup> WEDNESDAY OF THE MONTH			
				YIN YOGA W/ C.J. 3 <sup>RD</sup> WEDNESDAY OF THE MONTH			
6:00 pm	NA "BREATH OF LIFE"	AA "A SUFFICIENT SUBSTITUTE"		"OVERCOMERS" Christ-Centered 12-Step Study			
		WELLBRIETY TALKING CIRCLE					
6:30 pm	AA "SEE WHY SERENITY"						
7:00 pm		OA "OVEREATERS ANONYMOUS"		AA "SEE WHY SERENITY"	AA "SEE WHY SERENITY"	AA "SEE WHY SERENITY"	AA SPEAKER MEETING
					AL-ANON "A NEW BEGINNING"		NA "BREATHE OF LIFE"

## MONTHLY MEETINGS

NA HOSPITALS & INSTITUTIONS	2ND FRIDAY OF EACH MONTH, 7:30 PM
AL-ANON DISTRICT 6	3RD SATURDAY OF EACH MONTH, 1:00 PM
12-24 CLUB BOARD MEETING	4TH TUESDAY OF EACH MONTH, 5:30 PM

## HOTLINE PHONE NUMBERS

ALCOHOLICS ANONYMOUS	307-333-0769
NARCOTICS ANONYMOUS	307-266-7154
AL-ANON	307-266-9578