

Friday		FRIDAY		
5:00-9:00	Registration Desk open - Verandah			
<i>Coffee and tea available 24 hours in the dining rooms- help yourself</i>				
MEDITATION AND REFLECTION ROOM OPEN 24 hours				
6:30	DINNER			
7:30-9:00	WELCOME MEETING with Al-Anon			
9:00	LIGHT SUPPER AVAILABLE			
9:30-11:00	NIGHT OWLS MEETING - TGIF - Verandah			
Time	Kirkwood Hall (Main Hall)	Merrin Lodge (Small Hall)	Al-Anon Lounge	
Saturday		SATURDAY		
6:00-7:30	Aquarobics (40min) - Pool	YOGA / Meditation (Harrison Lodge) bring towel & pillow	EARLY BIRDS MEETING - Daily Reflections - - Verandah -	
7:30	BREAKFAST			
8:30-10:00	WE ARE NOT A GLUM LOT	LAYING THE FOUNDATIONS STEPS 1 - 2 - 3	Al-Anon Surrender	
10:00	MORNING TEA			
10:30-12:00	OLD TIMERS MEETING with Al-Anon	GETTING IT ALL OUT STEPS 4-5-6		
12:30	LUNCH			
1:30-3:00	UNITY, SERVICE AND RECOVERY MEETING	MAKING PEACE STEPS 7-8-9	Al-Anon Focus On Yourself	
3:00	AFTERNOON TEA			
3:30-5:00	LGBT MEETING	MAINTAINING RELATION- SHIPS STEPS 10-11-12	Al-Anon Serenity Prayer	
5:00-6:00		BELLY DANCING CLASS with Jo		
6:00	DINNER			
7:00-10:00	KARAOKE/DANCE TO THE MUSIC OF THE 70s- 80s-90s			
9:00	LIGHT SUPPER AVAILABLE			
10:30-11:30	NIGHT OWLS MEETING - Verandah			
Sunday		SUNDAY		
6:00-7:30	YOGA/Meditation (Harrison Lodge) bring towel & pillow	EARLY BIRDS MEETING Daily Reflections (Verandah)		
7:30	BREAKFAST			
8:30-10:00	SPIRITUAL CONCEPT MEETING in the Main Hall with Al-Anon (with Countdown and Raffle)			
10:00	MORNING TEA			
10:30-12:00	FAREWELL TO OUR SISTERS MEETING with Al-Anon in the Main Hall			