



MEETING SCHEDULE AND CLUB INFORMATION

What is the Triangle Alano Club?

The Triangle Alano Club (TAC) is a 501(c)3 non-profit corporation dedicated to serving individuals and families who are recovering from the disease of alcoholism.

So what exactly does the TAC do?

The TAC provides a safe, affordable facility for AA, Al-Anon and Alateen groups to conduct over forty meetings each week. The club also provides meeting space for special events such as workshops, speaker meetings and book study. The TAC also has an active social committee that plans events such as potluck dinners, dances, picnics, murder mystery parties, and bowling nights.

Why become a member of the TAC?

Membership dues are just one of the ways the TAC makes the money it needs to keep the doors open and provide its services to the members of AA, Al-Anon and Alateen. TAC members receive their own coffee mug and have access to the Member's Lounge which has a large screen TV, stereo, games, and comfortable seating. TAC members may serve on the Board of Directors, vote on issues concerning the club and serve on various committees.

(A membership form is on the back)

TRIANGLE ALANO CLUB
CARYTAC.COM

AA MEETINGS AT THE TAC

(All meetings are one hour unless noted otherwise)

Sunday

6:30 am, Open AA, 11th step discussion, MMG
8:30 am, Open AA, Spiritual discussion, GFG
10:00 am, Closed AA, Men's Meeting, GFG
11:30 am, Open AA, 11th step discussion, BS MMM
6:30 pm, Closed AA, women's discussion, GFG
8:00 pm, Open AA, Big Book discussion, CBBSG
10:00 pm, Open AA, discussion, Last Call Group

Monday

6:30 am, Open AA, 11th step discussion, MMG
9:00 am, Open AA, Spiritual discussion, BS MMM
12:00 pm, Closed AA, Literature discussion, LNG
- Beginners Meeting in back room
6:00 pm, Closed AA, Literature discussion, GFG
10:00 pm, Open AA, discussion, Last Call Group

Tuesday

6:30 am, Open AA, 11th step discussion, MMG
9:00 am, Open AA, Spiritual discussion, BS MMM
12:00 pm, Closed AA, Literature discussion, LNG
- Beginners Meeting in back room
6:00 pm, Closed AA, Literature discussion, GFG
8:00 pm, Open AA, Big Book Study, YRAC
10:00 pm, Open AA, discussion, Last Call Group

Wednesday

6:30 am, Open AA, 11th step discussion, MMG
9:00 am, Open AA, Spiritual discussion, BS MMM
12:00 pm, Closed AA, Literature discussion, LNG
- Beginners Meeting in back room
6:00 pm, Closed AA, Literature discussion, LNG
8:00 pm, Open AA, Big Book Study, CYP
10:00 pm, Open AA, discussion, Last Call Group

Thursday

6:30 am, Open AA, 11th step discussion, MMG
9:00 am, Open AA, Spiritual discussion, BS MMM
12:00 pm, Closed AA, Literature discussion, LNG
- Beginners Meeting in Back room
6:00 pm, Closed AA, Literature discussion, LNG
10:00 pm, Open AA, discussion, Last Call Group

Friday

6:30 am, Open AA, 11th step discussion, MMG
9:00 am, Open AA, Spiritual discussion, BS MMM
12:00 pm, Closed AA, Speaker Meeting, LNG
6:00 pm, Open AA, Speaker & discussion, GFG
8:00 pm, Closed AA, Discussion, YRAC
11:00 pm, Open AA, candlelight discussion, LCG

Saturday

6:30 am, Open AA, 11th step discussion, MMG
8:00 am, Closed AA, Step Meeting, LNG
10:00 am, Closed AA, Men's Meeting, GFG
12:30 pm, Open AA, Literature study, KIS
6:00 pm, Open AA, Big Book discussion, LNG
8:00 pm, Open AA, Big Book discussion, CYP
11:00 pm, Open AA, Grapevine discussion, LCG

ALANON MEETINGS AT THE TAC

(All meetings are one hour unless noted otherwise)

Monday

7:30 pm, Open Alanon, Discussion, C2C

Tuesday

1:30 pm, Open Alanon, Discussion, C2C

Wednesday

1:30 pm, Open Alanon, Discussion, C2C

Thursday

7:30 pm, Open Alanon, Discussion, C2C
Alateen in Back Room

Saturday

9:30 am, Open Alanon, Discussion, C2C
w/ Spanish Break out Group

MEETING GROUP NAMES

BS MMM—Be Still Mid Morning Meditation
C2C - Courage to Change Alanon Group
CBBSG - Cary Big Book Study Group
CYP - Cary Young People Group
GFG - Greenwood Forest Group
KIS - Keep it Simple
LCG - Last Call Group
LNG—Living Now Group
MMG—Morning Meditation Group

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