

UTAH VALLEY CENTRAL OFFICE 758 S 400 E Orem, Ut 84097

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Office Hours: Monday 11 am - 3 pm, Wednesday & Thursday 11 am - 2 pm, Every 2nd Saturday 11 am - 3 pm

SUNDAY				WEDNESDAY			
9:00 AM	PaddleBoard -Provo	4400 W Center-Boat Harbor	Open	6:30 AM	Rise and Shine	496 W 1400 N - Orem	Open
9:00 AM	Serenity Breakfast -Provo (BY	Lion's Park 950 W 1200 N	Open	10:30 AM	Spiritual Awakwnings	496 W 1400 N - Orem	Open
10:00 AM	Spiritual Breakfast (Joe Bandi	1435 N Main-Springville	Open	NOON	Living Sober	496 W 1400 N - Orem	Open
NOON	Living Sober (Palace)	496 W 1400 N-Orem	Open	NOON	Pandemic Nooner-The Shack	525 S 600 W - Heber	Open
NOON	Pandemic Nooner-The Shack	525 S 600 W -Heber	Open	NOON	Back to Basics -Pioneer Park	500 W Center - Provo	Open
2:00 PM	Exp, Strength, & Hope	496 West 1400 N -Orem	Open	5:30 PM	Living Sober	496 W 1400 N-Orem	Open
4:00 PM	Payson Evening Group-IHOP	742 S 1270 W- Payson	Open	6:00 PM	PG AA	35 S Main St - Plesant Grove	Open
				7:00 PM	AA in the Park-Lion's Park	950 W 1280 N - Provo	Open
6:00 PM	Pleasant Grove Group	35 S Main St-Pleasant Grove	Open	7:00 PM	Heber Group - The Shack	525 S 600 W - Heber	Open
7:00 PM	Living Sober (Speaker)	496 West 1400 North - Orem	Open	7:00 PM	Step Study - ZOOM	573 053 0246	Open
7:00 PM	Heber Group - The Shack	525 South 600 West-Heber	Open	7:00 PM	Fourth Dimension Men's	90 E Maple St - Mapleton	Closed
7:00 PM	Step Study ZOOM	573 053 0246	Open	8:00 PM	Living Sober	496 West 1400 North - Orem	Open
7:00 PM	Young at Heart-Denny's-Provo	1680 Freedom Blvd (200 W)	Open	8:00 PM	Grupo Experiencia Persona	1800 South State - Orem	Closed
8:30 PM	New Week, New Hope	496 West 1400 North - Orem	Open				
8:00 PM	Grupo Experiencia Persona	1800 South State - Orem	Closed				
MONDAY				THURSDAY			
6:30 AM	Rise and Shine	496 W 1400 N-Orem	Open	6:30 AM	Rise and Shine	496 W 1400 N - Orem	Open
10:30 AM	Spiritual Awakenings	496 W 1400 N Orem	Open	10:30 AM	Spiritual Awakenings	496 W 1400 N - Orem	Open
NOON	Pandemic Nooner-The Shack	525 S 600 W - Heber	Open	NOON	Pandemic Nooner-The Shack	525 S 600 W - Heber	Open
NOON	Living Sober	496 W 1400 N-Orem	Open	NOON	Living Sober	496 W 1400 N - Orem	Open
5:30	Living Sober	496 W 1400 N-Orem	Open	NOON	Lunch Bunch ZOOM	832 280 57593 pw: 446439	Open
7:00 PM	Step Study ZOOM	573 053 0246	Open	NOON	Lunch Bunch-Los Hermanos	575 E University Prkwy	Open
7:00 PM	Heber Group - The Shack	525 S 600 W - Heber	Open	5:30 PM	Living Sober	496 W 1400 N - Orem	Open
7:00 PM	Sister's in Sobriety-HYBRID	Grace Bible 239 S Main	Closed	5:30 PM	BFTGOG - Womens ZOOM	993 777 4948	Open
7:00 PM	Sister's in Sobriety- ZOOM	(813-851-7551 pw:566190)	Closed	7:00 PM	Step Study ZOOM	573 053 0246	Open
7:00 PM	Lehi AA 101- Big Book Study	55 N Center (VFW) - Lehi	Open	7:00 PM	Lehi 101 - 12x12 (VFW)	55 N Center St - Lehi	Open
8:00 PM	Provo #1 Group ZOOM	239-200-5918 pw:Provo1	Open	7:00 PM	Heber Group - The Shack	525 S 600 W - Heber	Open
8:00 PM	Grupo Experiencia Persona	1800 S State-Orem	Closed	7:00 PM	Design 4 Living - ZOOM	764 034 8241 pw: sobriety 20	Open
				8:00 PM	Best is yet to come ZOOM	821 3579 0926 pw: 639214	Open
				8:00 PM	Grupo Experiencia Persona	1800 South State - Orem	Open
TUESDAY				FRIDAY			
6:30 AM	Rise & Shine	496 W 1400 N - Orem	Open	6:30 AM	Rise and Shine	496 W 1400 N -Orem	Open
10:30 AM	Spiritual Awakenings	496 W 1400 N - Orem	Open	10:30 AM	Spiritual Awakenings	496 W 1400 N-Orem	Open
NOON	Pandemic Nooner-The Shack	525 S 600 W - Heber	Open	NOON	Living Sober	496 W 1400 N - Orem	Open
NOON	Living Sober	496 W 1400 N - Orem	Open	NOON	Pandemic Nooner-The Shack	525 S 600 W - Heber	Open
NOON	Lunch Bunch HYBRID-Zoom	832 2805 7593 pw 446439	Open	5:30 PM	Living Sober	496 W 1400 N-Orem	Open
NOON	Lunch Bunch-Los Hermanos	575 E University Prkwy	Open	7:00 PM	Step Study ZOOM	573 053 0246	Open
5:30 PM	Heber Men's Meeting	525 S 600 W - Heber	Open	7:00 PM	Heber Group - The Shack	525 S 600 W - Heber	Open
5:30 PM	Living Sober (commuter)	495 W 1400 N - Orem	Open	7:00 PM	Ladies Night (women)	35 S Main St. Pleasant Grove	Closed
6:45 PM	The 6:45 Meeting-Pioneer Pa	500 W Center - Provo	Open	7:00 PM	AA in Lion's Park	950 West 1280 North - Provo	Open
7:00 PM	Design 4 Living ZOOM	764-034-8241 pw sobriety20	Open	8:00 PM	Living Sober UROK	496 W 1400 N-Orem	Open
7:00 PM	Step Study ZOOM	573 053 0246	Open	8:00 PM	Grupo Experiencia Persona	1800 South State - Orem	Open
7:00 PM	Heber Group - The Shack	525 S 600 W - Heber	Open				
7:30 PM	High Chaparral 3300 E Pwrhs	Canyonview Park-Spanish F	Closed				
8:00 PM	Rule 62 - Wasatch Plaza	496 W 1400 N-Orem	Open				
8:00 PM	PG AA The Clink	35 S Main St - Pleasant Grov	OPEN				
8:00 PM	Professionals in Recovery	74 S 360 E -American Fork	OPEN				
8:00 PM	Grupo Experiencia Personal	1800 South State-Orem	OPEN				
				SATURDAY			
				9:00 AM	Sober @ Sunrise (BYOC)	93 N 400 E (bhnd senior cntr)	Open
				10:30 AM	10th step Emotional Sobriety	496 W 1400 N - Orem	Open
				NOON	Pandemic Nooner-The Shack	525 S 600 W - Heber	Open
				NOON	Living Sober	496 W 1400 N-Orem	Open
				5:30 PM	Living Sober	496 W 1400 N - Orem	Open
				7:00 PM	Step Study ZOOM	573 053 0246	Open
				7:00 PM	Bridge to Recovery	105 E 100 N - Provo	Closed
				7:00 PM	Heber Group - The Shack	525 South 600 West - Heber	Open
				8:00 PM	Pleasant Grove Group (clink)	35 S Main St - Pleasant Grove	Open
				8:00 PM	Living Sober-Candlelight	496 West 1400 North - Orem	Open
				8:00 PM	Grupo Experiencia Persona	1800 S State - Orem	Open

Listing groups and meetings of AA does not constitute or imply approval or endorsement of the meeting's autonomous approach to or practice of the AA program.
 "Open" meetings are available to anyone interested in the AA program of recovery.
 "Closed" meetings are for AA members only, or those that have a drinking problem.