



## SUNDAY

**7 am Early Birds, IP / C** Stewart Park, Pavilion by playground.

**9 am Daily Ithaca Group, H / C / A** Ithaca Community Recovery, 518 W. Seneca St. and Zoom ID 813 0352 9023. *Get password at dailyithacagroup@gmail.com.*

**11 am LA Group, IP / C** Lansing Community Center, Rt. 34 (Last Sun –open meeting)

**11 am Women's One Day at a Time, H / O / A** Ithaca Community Recovery, 518 W. Seneca St. and Zoom ID 831 6288 8305, password 204563. Welcoming all who identify as women, non-binary and trans.

**Noon Out and Sober, H / O / A** Ithaca Community Recovery, 518 W. Seneca St. and Zoom ID 850 0400 6291, password 756900. LGBTQ, Literature

**Noon Step Action, Z / O** Zoom ID 716 9742 7943, password SA20

**4:30 pm One Day at a Time, Z / O** Zoom ID 854 9089 1468, password PalofBob

**7 pm Loose Caboose, IP / O** 367 Dryden-Harford Rd (Rte. 38)

**7 pm Sunday Night 12 & 12, H / C / A** Ithaca Community Recovery, 518 W. Seneca St. and Zoom ID 840 9217 7497, password 200954

**7 pm Cayuga Freethinkers, IP / O** Unitarian Parish House, 306 N. Aurora St. Ithaca, NY

**7 pm Taughannock Group, Z / O** Zoom ID 979 5012 5514

## MONDAY

**7 am Early Birds, Z / C** Zoom ID 892 9612 8710, password 349356

**9 am Daily Ithaca Group, H / C / A** Ithaca Community Recovery, 518 W. Seneca St. and Zoom ID 813 0352 9023. *Get password at dailyithacagroup@gmail.com.*

**9 am Cortland Morning Group, IP / O** Grace and Holy Spirit Church, 13 Court St., Cortland

**Noon Brown Baggers, H / C / A** Ithaca Community Recovery, 518 W. Seneca St. and Zoom ID 401 348 5321. *Email noonbrownbaggers@gmail.com for password*

**4:30 pm One Day at a Time, H / O / A** Ithaca Community Recovery, 518 W. Seneca St (Unity Room) and Zoom ID 854 9089 1468, password PalofBob.

**5:30 pm Attitude Adjustment, IP/C** Ithaca Community Recovery, 518 W. Seneca St.

**7:00 pm Monday Night Jaywalkers, IP/O/A** Church of the Epiphany, 11 Elm St., Trumansburg

**7:30 pm Brooktondale Group, H / O** Brooktondale Community Center, 522-526 Valley Rd

**8 pm Monday Night Big Book, H / O** Ithaca Community Recovery, 518 W. Seneca St. and Zoom 832 8511 7507 password: BigBook

## TUESDAY

**7 am Early Birds, H / C / A** Ithaca Community Recovery, 518 W. Seneca St. and Zoom ID 892 9612 8710, password 349356

**9 am Daily Ithaca Group, H / C / A** Ithaca Community Recovery, 518 W. Seneca St. and Zoom ID 813 0352 9023. *Contact dailyithacagroup@gmail.com for password.*

**Noon Brown Baggers, Z / C** Zoom ID 401 348 5321. *Contact noonbrownbaggers@gmail.com for password*

**Noon Extravagant Promises, Z / O** Zoom ID 829 6796 3070, password 565221

**4:30 pm One Day at a Time, H / O** Unity Room, Ithaca Community Recovery, 518 W. Seneca St. and Zoom ID 854 9089 1468, password PalofBob

**7 pm Ithaca Group, H / C** Presbyterian Church, 315 N. Cayuga St. Zoom ID 98301442952 (no password) (Enter on Court St.) (Last Tues-Open Speaker)

**7 pm Interlaken Group, IP / O** St. Francis Church, Orchard St., Interlaken

**8 pm 11th Step Group, IP / O** Ithaca Community Recovery, 518 W. Seneca St., 3rd fl.

## WEDNESDAY

**7 am Early Birds, Z / C** Zoom ID 892 9612 8710, pw 349356

**9 am Daily Ithaca Group, H / C / A** Ithaca Community Recovery, 518 W. Seneca St. and Zoom ID 813 0352 9023 *Get password at dailyithacagroup@gmail.com*

**Noon Brown Baggers, Z / C** Zoom ID 401 348 5321 *Contact noonbrownbaggers@gmail.com for password*

**1:30 pm Double Winners, Z / O** Zoom ID 569 874 291, password 601091

**4:30 pm One Day at a Time, H / O** Ithaca Community Recovery (*Unity Room*), 518 W. Seneca St. and Zoom ID 854 9089 1468, password PalofBob.

**5:30 pm Attitude Adjustment, IP / C** Ithaca Community Recovery, 518 W. Seneca St.

**7:00 pm Danby Tossots, Z / O** Zoom ID 874 4775 7338, passcode

**8:00 pm Wednesday Night Beginners, IP / O** St. John's Episcopal Church, 210 N. Cayuga St.

**8:00 pm No Human Power, Z / O** Zoom ID 897-4151-1713, password 1stStep

**8:30 pm Secular Big Book Study, Z / O** Zoom ID: 84670588267, no passcode, +12532158782.

## THURSDAY

**7 a.m. Early Birds Z / C** Zoom ID: 892 9612 8710, password 349356

**9 a.m. Daily Ithaca Group H / C / A** Ithaca Community Recovery, 518 W. Seneca St. and Zoom ID 813 0352 9023. *Contact dailyithacagroup@gmail.com for password.*

**Noon Brown Baggers Z / C** Zoom ID 401 348 5321 *Contact noonbrownbaggers@gmail.com for password*

**Noon Extravagant Promises, Z / O** Zoom ID 829 6796 3070, password 565221

**4:30 pm One Day at a Time, H / O** Ithaca Community Recovery, 518 W. Seneca St. and Zoom ID 854 9089 1468, password PalofBob. *Now downstairs in Unity Room.*

**7:00 pm We Absolutely Insist on Enjoying Life, Z / C** Women, Trans, Nonbinary. Zoom ID 823 4741 5492, passwrd 1

**7:30 pm How it Works, H / O / A** Ithaca Community Recovery, 518 W. Seneca St. 2nd floor, and Zoom ID 835 3666 6917, password 073914

**7:30 pm Thinking Out Loud Meeting, IP / O** Reynoldsville Methodist Church, 5178 NY 227, Burdett

**8 pm Any Lengths Group, IP / O** Varna Community Center, Varna

**8 pm Cayuga Freethinkers, Z / O** Zoom ID 277 932 951, password Free

**8:30 pm Young People's H / O / A** Ithaca Community Recovery, 518 W. Seneca St. and Zoom ID 834 6314 3288, password bigkids