

ACTIVITIES SCHEDULE DAY-OF

CREATE, LEARN, EXPLORE

10:00 AM-10:50 AM

LAUGHTER YOGA - SALON A

A stationary activity with some movement and lot of laughing - come and experience a funny time with your friends as you learn the power of your laugh ...

11:00 AM-12:30 PM

INTRO TO WATERCOLOR - SALON A

A stationary activity - Follow your higher power as your brush, strokes and flows through the colors of the rainbow

12:00 PM-12:50 PM

FAMILY FUED - SALONS I & II

A stationary activity - create your teams, and participate in a game that goes through the history and love of our fellowship ... teams of 6 - 8

1:00 PM-1:50 PM

HOPE IS ALIVE ESCAPE ROOM - SALON A

Light movement Activity - Do you love a good puzzle?! Come and engage while working with others to escape the choas and regain hope!

2:00 PM -2:50 PM

SERENITY TAI CHI - SALON A

A standing activity - being present with your breath while blending slow movements together

3:00 PM-3:50 PM

RECOVERY CHARADES - SALONS C & D

All abilities - Use your creativity to act out our slogans, steps, and tools



Salon A - Activites Room
Salon C & D - Hospitality Room
Connecticut Suite - Labryinth

God Boxes, Vision Boards, Rock Painting,
Hospitality Room
Zen Coloring, and Board Games

STILL IN NEED OF VOLUNTEERS FOR SETUP AND CLEANUP PLEASE EMAIL US AT CONVENTION 2025@ALANONCT.ORG