



49th Annual

APRIL 2nd-5th, 2026

# SAN DIEGO SPRING ROUND UP

*Town & Country Resort*

# Thursday, April 2nd

## General

4:00 PM - 9:00 PM Town & Country Foyer  
Registration, Tickets, Merchandise Sales & Opportunity Drawings

## Special Events

7:00 PM Golden State Ballroom  
Comedian & Ice Cream Social (ASL)

## AA Speakers, Panels & Workshops

6:00 PM Town & Country B  
AA Early Bird Speaker Meeting (ASL)  
Speaker: Marie B - 2022 SDSRU Chairperson - San Diego, CA

7:00 PM Town & Country B  
Early Bird Discussion - Willingness is the Key  
Topic Leader: Mike M

8:00 PM Town & Country B  
Early Bird Discussion - What AA Means to Me  
Topic Leader: Kristin

## Wellness

4:30 PM - 5:30 PM Sunset 3  
Breathwork with Sarah

9:00 PM - 10:00 PM Sunset 3  
Breathwork with Louie

## Social

5:00 PM - 9:00 PM Town & Country D  
Fellowship Lounge

# Friday, April 3rd

## General

8:00 AM - 9:00 PM Town & Country Foyer  
Registration, Tickets, Information, Literature, Merchandise Sales & Opportunity Drawings

10:00 AM - 8:00 PM California 1 & 2  
Archives Open

# Friday, April 3rd

## Special Events

6:00 AM	Riverwalk Golf Course - Meet at Golf Course Golf Tournament
8:00 AM - 3:00 PM	Point Loma Sport Fishing - Meet at Dock 1/2 Day Deep Sea Fishing Trip on Daily Double
8:30 PM	Golden State Ballroom *NEW Friday Night Game Show (ASL) FREE event for all registered attendees

## AA Speakers, Panels & Workshops

10:00 AM - Midnight	Palms 1 & 2 AA Marathon Meetings
11:00 AM - 12:30 PM	Town & Country B Accessibilities Panel (ASL)
11:00 AM - 12:30 PM	Town & Country C Recovery Games 1 Workshop
12:30 PM - 2:00 PM	Town & Country B Newcomer's Panel
1:30 PM - 3:00 PM	Town & Country C Sober and Single Workshop
3:00 PM - 5:00 PM	Town & Country A AA Happy Hour Speaker Meeting Speaker: Marion M - Boca Raton, FL
4:30 PM - 6:00 PM	Town & Country B Young at Heart Panel
6:30 PM - 8:00 PM	Golden State Ballroom Friday Night AA Opening Speaker Meeting (ASL) Speaker: Peter M - Boca Raton, FL

## Al-Anon & Alateen Events

10:00 AM - 6:00 PM	Palms 3 & 4 Al-Anon Panels & Marathon Meetings
10:00 AM - 8:00 PM	Palms 5 & 6 Spanish Al-Anon Meetings Begin Speaker: Salvador V
4:00 PM - 8:00 PM	Palm 7 Alateen Check-In, Mixer, Meeting #1
6:00 PM - 8:00 PM	Palms 3 & 4 Al-Anon Opening Social Mixer/Short Speaker
8:00 PM - 9:30 PM	Town & Country A Al-Anon Opening Speaker Meeting Speaker: Jenny P

# Friday, April 3rd

## Wellness

9:00 AM - 10:20 AM	Sunset 1, 2 & 3 Yoga/5 Kosha Meditation with Amy
10:30 AM - 11:20 AM	Sunset 1, 2 & 3 Tai Chi with Jamie
11:30 AM - 12:30 PM	Sunset 1, 2 & 3 Meditation with Brooke
5:00 PM - 6:00 PM	Sunset 1, 2 & 3 Crystal Bowl Sound Bath with Vicky
9:00 PM - 10:00 PM	Sunset 1, 2 & 3 Practicing Self Love thru Yoga & Meditation with Chad

## Social

8:00 AM - 10:00 PM	California Room 3 ASL Lounge
8:00 AM - 10:00 PM	Town & Country D Fellowship Lounge
9:00 AM - 5:00 PM	Suite 1111 Hospitality Suite Open
4:30 PM - 6:00 PM	Town & Country D Fellowship Lounge: Friends of Bill Recovery Jam

## AA Marathon Meetings

10:00 AM	Step 1 and 2	Mikel
11:00 AM	Tradition 1	Monica S
12:00 PM	Step 3	John M
1:00 PM	Restored to Sanity	Stephen
2:00 PM	Tradition 2	Heather
3:00 PM	Rigorous Honesty	Catherine C
4:00 PM	Progress not Perfection	Tim
5:00 PM	Step 4	Mary Ellen
6:00 PM	Step 5	Debbie S
7:00 PM	Came to Believe	Alex
8:00 PM	Miracles Happen	Wendy D
9:00 PM	Atheists and Agnostics	Michael
10:00 PM	The Promises	Kylie
11:00 PM	New Freedom	Chris A

# Saturday, April 4th

## General

8:00 AM - 9:00 PM	Town & Country Foyer Registration, Tickets, Information, Literature, Merchandise Sales & Opportunity Drawings Opportunity Drawing ends at 7:00 PM
8:00 AM - 5:00 PM	California 1 & 2 Archives Open

## Special Events

7:00 AM	Town & Country Foyer (Outside) 5K / Fun Run / Walk / Roll Check-In
10:00 AM	Town & Country Foyer (Outside) Poker Run
6:00 PM - 9:00 PM	Golden State Ballroom AA Banquet & Speaker (ASL) Speaker: Mara B - Las Vegas, NV
9:00 PM - TBD	Town & Country A Young at Heart Dance (GLOW SOBER) FREE event for all registered attendees

## AA Speakers, Panels & Workshops

All Day & Night	Palms 1 & 2 AA Marathon Meetings
9:00 AM - 10:30 AM	Town & Country A AA/Al-Anon Family Speaker Meeting (ASL) Speaker: Chip & Angie B - Destin, FL
9:00 AM - 10:30 AM	Town & Country B AA General Services Panel
11:00 AM - 12:30 PM	Town & Country B H&I Panel
11:00 AM - 12:30 PM	Town & Country C Recovery Games II Workshop
1:00 PM - 2:30 PM	Town & Country B Atheists & Agnostics Panel
1:30 PM - 3:00 PM	Town & Country C Couples in Recovery Workshop
1:30 PM - 3:30 PM	Town & Country A Long Timers Meeting (ASL) All are welcome to attend!
3:00 PM - 4:20 PM	Town & Country B LGBTQ+ Panel

## AA Speakers, Panels & Workshops

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4:00 PM - 5:30 PM	Town & Country A <b>Young at Heart Speaker</b> Speaker: Derreck L - Selma, CA
4:30 PM - 6:00 PM	Town & Country C <b>Grapevine Workshop</b>
4:30 PM - 6:00 PM	Town & Country B <b>BIPOC Panel</b>
7:00 PM - 9:00 PM	Golden State Ballroom <b>AA Speaker (ASL)</b> Speaker: Mara B - Las Vegas, NV

## Al-Anon & Alateen Events

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9:00 AM - 8:00 PM	Palms 3 & 4 <b>Al-Anon Panels &amp; Marathon Meetings</b>
9:00 AM - 10:30 AM	Town & Country A <b>AA/Al-Anon Family Speaker Meeting (ASL)</b> Speaker: Chip & Angie B - Destin, FL
9:00 AM - 8:00 PM	Palms 5 & 6 <b>Spanish Al-Anon Meetings</b> Speaker: Salvador V - Ciudad de Mexico
9:00 AM - 8:00 PM	Palm 7 <b>Alateen Meetings</b>
11:45 AM - 1:30 PM	Golden State Ballroom <b>Al-Anon Luncheon / Speaker Meeting (ASL)</b> Speaker: Kerri K - Glendale, AZ
2:00 PM - 3:00 PM	Golden State Ballroom <b>Al-Anon Speaker Meeting</b> Speaker: TMF Freeman - Fort Collins, CO
3:30 PM - 4:30 PM	Palms 8 <b>Al-Anon Business Meeting</b>
5:00 PM - 6:00 PM	Town & Country D <b>The Glee Anon Ensemble</b>
9:00 PM - 10:00 PM	Palms 3 & 4 <b>Al-Anon Candlelight Meeting</b>

## Wellness

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11:00 AM - 11:50 AM	Sunset 1, 2 & 3 <b>Kundalini Yoga &amp; Gongs with Buck</b>
12:00 PM - 12:50 PM	Sunset 1, 2 & 3 <b>Meditation with Diana</b>
1:00 PM - 2:00 PM	Sunset 1, 2 & 3 <b>Qigong with Kenny</b>
2:30 PM - 3:50 PM	Sunset 1, 2 & 3 <b>Breathwork with Carmina</b>

## Wellness

4:00 PM - 5:30 PM	Sunset 1, 2 & 3 Drumcommunication - Drum Healing with Idris
9:00 PM - 10:00 PM	Sunset 1, 2 & 3 Breathwork with Louie

## Social

8:00 AM - 11:00 PM	California Room 3 ASL Lounge
8:00 AM - 11:00 PM	Town & Country D Fellowship Lounge
9:00 AM - 5:00 PM	Suite 1111 Hospitality Suite Open
3:00 PM - 4:30 PM	Town & Country D Fellowship Lounge: Friend of Bill recovery Jam
9:00 PM - 10:30 PM	Town & Country D Fellowship Lounge: Karaoke
9:00 PM - TBD	Town & Country A Young at Heart Dance (GLOW SOBER) FREE event for all registered attendees

## AA Marathon Meetings

12:00 AM	Actions to Stay Sober	Hew
1:00 AM	Openmindedness	Hew
2:00 AM	Your Will, God's Will	Anthony
3:00 AM	Tradition 3	Anthony
4:00 AM	Tradition 4 and 5	Aimee
5:00 AM	Spiritual Malady	Kyle
6:00 AM	Mental Obsession	Aimee
7:00AM	Emotional Sobriety	Ellie
8:00 AM	Sponsorship	Shane E
9:00 AM	Steps 6 and 7	Marybeth
10:00 AM	Prayer and Meditation	Mikayla
11:00 AM	Step 8 and 9 (ASL)	Bryan H
12:00 PM	Carry the Message	Otha
1:00 PM	Step 10 and 11	Mike
2:00 PM	Anonymity Principles	Diana
3:00 PM	Tradition 8 and 9	Craig
4:00 PM	Step 12	Robin R
5:00 PM	I am Responsible	Kevin M
6:00 PM	Happy Joyous and Free	Jacoby
7:00 PM	Bedeilments	Nichol
8:00 PM	Tradition 10	Pam

## AA Marathon Meetings

9:00 PM	Living on a Spiritual Basis	Pam
10:00 PM	Unity	Hew
11:00 PM	Pause when Agitated	Hew

# Sunday, April 5th

## General

8:00 AM - 9:00 AM	Town & Country Foyer Registration, Tickets & Merchandise Last Call for Merchandise! Last chance to pick up pre-ordered merchandise before it's donated!
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## Special Events

8:30 AM - 10:30 AM	Golden State Ballroom AA Spiritual Breakfast & Meeting (ASL) Speaker: Bob D - Las Vegas, NV
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## AA Speakers, Panels & Workshops

12:00 AM - 8:00 AM	Palms 1 & 2 AA Marathon Meetings
9:00 AM - 10:30 AM	Palms 1 & 2 AA Meeting (ASL) Speaker: Bob D - Las Vegas, NV
11:00 AM - 12:00 PM	Palms 1 & 2 SDSRU Business Meeting

## AA Marathon Meetings

12:00 AM	Let go of Anger	Shane
1:00 AM	Resentments	Marley
2:00 AM	Service in AA	Marley
3:00 AM	Gratitude	Aimee
4:00 AM	Spiritual Toolbox	Suzu S
5:00 AM	Daily Reflection	Mike M
6:00 AM	Spiritual Experience	Pam
7:00AM	Tradition 11 and 12	Mike M

## Social

8:00 AM - 11:00AM	Town & Country D Fellowship Lounge
8:00 AM - 12:00 PM	California Room 3 ASL Lounge

Scan here for  
full event schedule!

