

WELCOME!

FRIDAY, NOVEMBER 17

2:00 PM - Open

Wayfinding

Registration and Merchandise: Lobby

Gift Basket Raffle Sales: Wicker Room

Marathon Meetings: Crystal Room

Speaker CDs: Grand Ballroom Porch

Service Tables: Grand Ballroom Promenade

On Site Dining: Hemingways

Ticketed Breakfast: Hemingways

Banquet: Grand Ballroom C

4:30 PM

Friday Early Bird AA Speaker

Jerusha M. /Rockville Centre, NY

Grand Ballroom A&B

Chair – Shirl R.

Reader – Michelle S.

8:00 PM

Friday Evening AA Speaker

Jim M./Oceanside, NY

Grand Ballroom A&B

Chair: Mike C.

Reader: Heidi C.

9:30 PM - Music by Originaire

Grand Ballroom A&B

Ken Shiles, CiBon, and Valerie Vuolo

AA MARATHON MEETINGS

10:00 PM, 11:00 PM, Midnight

The Crystal Room

To Do **CHECK IN!**
Lobby (required)

ONSITE MERCH SALES

HOODIES: \$30 *Lobby*

LONG SLEEVE TEES: \$23

S/S TEES: \$19



GIFT BASKET RAFFLE

*Winners drawn Saturday night
Ticket sales in the Wicker Room*

50/50 RAFFLE

**Be sure to see
one of our
volunteers for
your chance
to win BIG!**

SPEAKER CDs

**BE SURE TO CHECK
OUT THIS YEAR'S
SELECTION OF
SPEAKERS
FROM OTHER
GREAT EVENTS!!**

Grand Ballroom Porch

SERVICE TABLES

**CAYPAA, AA Literature,
Al-Anon Literature,
and more!**

Grand Ballroom Promenade

**MERCH AVAILABLE
ONLINE TOO!**



**Free Time?
Enjoy a Walk on the Beach**

THERE IS A SOLUTION
CAPE MAY NJ

Hosted by Cape Atlantic Intergroup of AA

17TH ANNUAL WAVES ROUNDUP

**THE GRAND HOTEL
CAPE MAY, NJ
NOVEMBER 17-19, 2023**

SATURDAY, NOVEMBER 18

7:30 AM - 11:00 AM

Grand Breakfast (ticket required)

Hemingways

Limited tickets available at the main registration table. Check for availability. \$25

8:30 AM

Area 45 Skit

Grand Ballroom B

Chair – Wendy M.

Al-Anon Workshop – Steps 1-3

Grand Ballroom A

Chair – Rick B.

Reader – Keith P.

YPAA Workshop

Grand Ballroom C

Chair – Mike M.

9:45 AM

Yoga / Reiki Workshop

Grand Ballroom C

Yoga Certified Instructor - Sabrina F.

Reiki Practitioner - Alexa H.

AA Workshop

Meditation - What is it Really?

Grand Ballroom B

Al-Anon Workshop – Steps 4-9

Grand Ballroom A

Chair – Patti T.

Reader - Colleen M.

11:00 AM

Old Timers Panel

Grand Ballroom A&B

Chair- Donna S.

Reader - Barbara L.

Reader - Corine H.

1:00 PM

Al-Anon Speaker

Bill H./ Ocean City, NJ

Grand Ballroom A&B

Chair/Reader – Roy A.

2:30 PM

CAIG Skit - There is a Solution

Grand Ballroom A&B

Chair – Dawn I.

Al-Anon Workshop – Steps 10 - 12

Grand Ballroom C

Chair - Anne A.

Reader - Rosanne S.

4:00 PM

YPAA Speaker

KC G./ Franklin Lakes, NJ

Grand Ballroom A&B

Chair – Rich G.

Reader - Taj B.

6:00 PM

Banquet (ticket required)

Country Buffet

Grand Ballroom C

Prayer – Beth G.

Limited tickets available at the main registration table. Last sales are at 11am on Saturday or at max capacity. \$75

8:00 PM

Saturday Evening AA Speaker

Vivian Q./ Bluffton, SC

Grand Ballroom A,B&C

Chair - Janna F.

Sobriety Countdown – Donna S.

Reader - Buddy T.

10:00 PM

Ice Cream Social

Grand Ballroom C

AA MARATHON MEETINGS

9:00 AM to 6:00 PM on the hour

& 10:00 PM to Midnight

The Crystal Room

AND AFTER THE 8PM MEETING:

~50/50 Winner Announced!

~Gift Basket Tickets Drawn

(Winner board will be displayed in front of Basket Raffle area)

SUNDAY, NOVEMBER 19

7:30 AM - 11:00 AM

Grand Breakfast (ticket required)

Hemingways

Limited tickets available at the main registration table. Check for availability. \$25

9:30 AM

Sunday Morning Spiritual Speaker

Steve G./ Atlantic City, NJ

Grand Ballroom A&B

Chair – Kat L.

Reader - Vashti W.

11:00 AM

Wrap Up Meeting

Open to all Attendees

Gather feedback and find
2024 Committee Members

ONSITE DINING



Public breakfast available starting at 8:00 AM