

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cape Town 3 (O)</b> Carpenters Shop 14a Roeland St.  Time: 18H00	<b>Cape Town</b> <b>Hope Street</b> non-restrictive (Gay/Lesbian) Congregational Hall, Kloof & Eaton Time: 20H00	<b>Bellville (A)</b> * Presbyterian Office Cnr Linger & Davies Roads BELLVILLE Time: 19H30	<b>Blue Downs</b> * Hillcrest Hall Blue Downs Way Hillcrest BLUE DOWNS  Time: 20H00	<b>Bergvliet</b> * Meadowridge Library Howard Drive MEADOW RIDGE  Time: 19H30	<b>Bishop Lavis (O)</b> VGK Church Koppiesdam & Lavis drive  Time: 15H00	<b>Athlone/ *</b> Klipfontein Mary Harding Centre. Lower Klipfontein Rd., Athlone. Time: 16H00
<b>Cape Town (O)</b> <b>YES (Youth</b> <b>Enjoying</b> <b>Sobriety)</b> Congregational Hall, Kloof & Eaton Time: 20H00	<b>Constantia</b> <b>Sunrise</b> Christ Church, cnr Constantia Main & Parish roads Constantia Time: 7H00	<b>Bonteheuwel</b> Multi-Purpose Centre Cnr Jakkalsvlei and Elder Sts  Time: 19H30	<b>Bredasdorp</b> Diens Sentrum Hopley Street Bredasdorp  Time: 19H00	<b>Cape Town (O)</b> <b>Green Market Ex.</b> Methodist Church Greenmarket Sq Long Market & Burg Street Time: 13H05 (O)	<b>Cape Town 3 (O)</b> <b>Steps &amp; Traditions</b> Carpenters Shop 14a Roeland St.  Time: 11H00	<b>Cape Town (O)</b> <b>Green Door</b> NG Kerk , 17 Upper Union Str Gardens  Time: 17H00
<b>Claremont</b> Congregational Church Hall Franklin Road CLAREMONT  Time: 19H30	<b>Grassy Park *</b> <b>Victoria Group</b> Good Shephard Church Hall Cnr. 2 <sup>nd</sup> Avenue & Victoria Road  Time: 19H30	<b>Cape Town 3 (C)</b> Carpenters Shop 14a Roeland St. (Back of Blue Building)  Time: 18H00	<b>Cape Town</b> <b>Big Book Study</b> Salvation Army 9 Vrede Street Gardens  Time: 18H00	<b>Cape Town 3 (O)</b> Carpenters Shop 14a Roeland St. (Back of Blue Building)  Time: 18H00	<b>Cape Town (O)</b> <b>Green Door</b> NG Kerk , 17 Upper Union Str Gardens  Time: 07H30	<b>Claremont (O)</b> <b>Sunday Serenity</b> Congregational Church Hall (hall behind the church) 222 MAIN RD Time: 19H30
<b>Delft</b> * Rosendale Primary School Room 40 DELFT Time: 19H30	<b>Hermanus</b> United Church Hall Royal Street HERMANUS Time: 19H00	<b>Cape Town (O)</b> <b>Cocktail Tales</b> <b>(Gay Men)Pride</b> Shelter Trust 1 Molteno Road Time: 18H00	<b>Cape Town 1</b> Presbyterian Church Hall Cr Upper Orange & Annandale Rds Time: 19H00	<b>Hanover Park *</b> Lady of the Rosary R.C Church Hall HanoverParkAve Time: 20H00	<b>Cape Town (O)</b> <b>Saturday Night</b> <b>Alive</b> Congregational Hall Kloof & Eaton Time: 19H00	<b>Durbanville *</b> Rosehaven Old Age Centre Queen Street DURBANVILLE Time: 19H00
<b>Fish Hoek</b> Parish House in front of the Catholic Church 6 <sup>th</sup> Avenue  Time: 19H30	<b>Hout Bay (O)</b> NG Kerk Hall Oxford Street HOUT BAY  Time: 19H15	<b>Cape Town (O)</b> <b>Secular Serenity</b> IN RECESS	<b>Claremont</b> Congregational Church Hall Franklin Road CLAREMONT  Time: 19H30	<b>Hermanus</b> United Church Hall Royal Street HERMANUS  Time: 19H00	<b>Goodwood</b> <b>Keep It Simple</b> Lutheran Hall, Vasco Boulevard GOODWOOD  Time: 19H30	<b>Elsies River *</b> Methodist Church Hall Cnr 27 <sup>th</sup> Ave & Halt Road  Time: 15H00
<b>Mitchell's Plain</b> <b>Woodlands</b> * Princeton High School Mitchell Avenue MITCHELLS PLN Time: 20H00	<b>Klein Constantia</b> Constantia Primary School Ladies Mile Rd.  Time: 19H30	<b>Delft Morning *</b> 1 Doublom Circle, Rosendale. Opp. Primary School DELFT Time: 10H00	<b>Fish Hoek (O)</b> <b>Valley Morning</b> St Kiarans Presbyterian Church, 7th Ave Time: 10H00	<b>Kalk Bay</b> Holy Trinity Church Hall, Main Road, KALK BAY Time: 19H15	<b>Kenilworth (O)</b> <b>XHOSA 1 (X)</b> Crescent Clinic, 269 Main Rd, Kenilworth. Time: 16H00	<b>Nababees</b> Nababees Hospitaal Hospitaal Str.  Time: 17H00
<b>Paarl</b> * NG Strooidak Church Hall, Klein Reservoir Street,  Time: 19H30	<b>Kraaifontein</b> Kraaifontein Library, Brighton Way. Kraaifontein  Time: 20H00	<b>Franschoek</b> <b>La Provence Str,</b> <b>Community</b> <b>Sport Centre</b>  Time: 19H00	<b>Hermanus</b> United Church Hall Royal Street HERMANUS  Time: 06H30 & 12H30	<b>Kenilworth BB</b> <b>Joys of Sobriety</b> Kenilworth Clinic Kenilworth Road KENILWORTH  Time: 19H30	<b>Koue Bokkeveld</b> Die opleiding Sentrum Op die Berg Koue Bokkeveld (every 2 <sup>nd</sup> /3rd wk) Time : 10H00	<b>Nyanga</b> Zolani Centre Terminus Road (opp. Taxi rank) Nyanga  Time : 14H00
<b>Parkwood</b> * Hyde Road Primary School Hyde Road PARKWOOD  Time: 19H30	<b>Mitchell's Plain</b> <b>Serenity</b> Recreational Centre Weltevreden Road Rocklands Time: 20H00	<b>Gordons Bay</b> Municipal Clinic Sir Lowry's Pass  Time: 19H30	<b>Hout Bay (O)</b> NG Kerk Hall Oxford Street HOUT BAY  Time: 19H15	<b>McGregor (C)</b> <b>Nuwe Lewe</b> <b>NG Kerksaal,</b> <b>Cnr. Kerk &amp;</b> <b>Voortrekker Sts</b> Time: 18H30	<b>Maitland*</b> Roman Catholic Hall Coronation Street  Time: 18H30	<b>Steenberg *</b> Methodist Church, 16 Lowlands Ave., Tokai  Time: 18H30
<b>Parow</b> Methodist Church Hall Bedford Street PAROW Time: 20H00	<b>Nababees</b> Nababees Hospitaal Hospitaal Str.  Time: 19H00	<b>Heathfield *</b> Elfindale Civic Centre Apollo Road Elfindale  Time: 20H00	<b>Kammieskroon</b> 39 Gerrie Genis Road Kammieskroon  Time: 18H00	<b>Saldanha (O)</b> 9 10 <sup>th</sup> Avenue Saldanha  Time: 19H00	<b>Mitchell's Plain*</b> <b>Westridge</b> Rocklands High Cnr Cedars & Eisleben Roads Rocklands  Time: 16H00	<b>Tableview</b> <b>Pied Piper.</b> Community Hall, Norton Square Off Short Street (behind Bayside Mall ) Tableview Time: 19H00

\* Indicates that there is an Al-Anon ((021) 595 4517) Meeting for friends and family at the same venue at the same time.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Sea Point *</b> St James Hall St James Road SEA POINT  Time: 20H00	<b>Noordhoek</b> King of Kings Ou Kaapse Weg opp. Long Beach Mall, Back of Church, Time: <b>19H00</b>	<b>Kuils River (A)</b> NG Moedersaal Van Riebeeck St KUILS RIVER  Time: <b>20H00</b>	<b>Milnerton/ Killarney</b> Methodist Church Hall Ascot Road MILNERTON Time: <b>20H00</b>	<b>Sea Point Sunrise</b> St James Church Hall ST James Rd Time: <b>07H00</b>	<b>Muizenberg. (O)</b> <b>Surfers Corner</b> Methodist hall, 10 Belvedere Rd. Behind BP garage Time: <b>08H30</b>	
<b>Somerset West * Hottentots Holland</b> St Paul's Church Hall Cnr Andries Pretorius & Lourens Time: <b>20H15</b>	<b>Observatory Chapter 3</b> Loaves & Fishes Lower Rochester Road, Time: <b>19H00</b>	<b>Langebaan (O)</b> Thusong Service Centre, 7 Antonio Sieni Street LANGEBAAAN Time: <b>19H00</b>	<b>Nababeep</b> Hospital Street NABABEEP  Time: <b>19H00</b>	<b>Sea Point/ (O)Sunset</b> St James Hall ST James Rd SEA POINT Time: <b>19H00</b>	<b>Noordhoek</b> King of Kings, Ou Kaapse Weg, opp Long Beach Mall, Back of the Church Time: <b>17H00</b>	
<b>Table View(O) Step Into Sobriety</b> NG Kerk- Tafelbaai 41 Grey Avenue Time: 19H30	<b>Pringle Bay</b> United Church, Cnr Circle Road & Park Street Pringle Bay  Time: <b>19H30</b>	<b>Lansdowne *</b> St.Aidan's Church Hall, St. Aidans Road, Lansdowne  Time: <b>20H00</b>	<b>Retreat</b> St Mary's R.C. Staff Room Retreat Road RETREAT  Time: <b>20H00</b>	<b>Somerset West (O) Back To Basics</b> St Pauls RC Hall Andries & Lourens Sts  Time: <b>20H15</b>	<b>Plumstead Happy Hour (O)</b> St Lukes Church Hall Annandale Rd. DIEP RIVER  Time: <b>17H15</b>	
<b>Vredenburg</b> Die Stalle , (road to Paternoster) NG Church parking area. Voortrekker Rd. Time: <b>19H00</b>	<b>Somerset West 12&amp;12@12 (O)</b> St.Pauls Church Hall Cnr. Andries Pretorius & LourensSts. Time: <b>12H00</b>	<b>Mitchell's Plain *</b> <b>Lentegeur</b> LentegeurHospital Main Hall, Highlands Drive Lentegeur Time: <b>20H00</b>	<b>Robertson</b> NG Church Hall c/r Van Reenen & Paul Kruger St. (entrance through parking lot on Van Reenen S Time: <b>19H30</b>	<b>Table View Living Sober</b> Methodist Church, 81 Janssens Avenue(Off Blaauberg R Time: <b>13H00</b>	<b>Somerset West Daily Reflections</b> St.Pauls Church Hall Cnr. Andries Pretorius & LourensSts. Time: <b>11H00</b>	
<b>Windhoek</b> Central Methodist Church, Cnr.Casino & Luderitz Streets Time: <b>19H00</b>	<b>Table View/ Into Action (O)</b> Girl Guide Hall Hof Street  Time: <b>19H30</b>	<b>Montagu (O)</b> KWV Building Cnr.Kohler & Long Streets MONTAGU Time: <b>18H00</b>	<b>Sea Point LANGUAGE OF THE HEART: (ES)</b> St James Hall, St James Rd. Time: <b>19H30</b>		<b>Table View /Sane Sober Saturday</b> Girl Guide Hall Hof Street TABLE VIEW Time: <b>19H00</b>	
	<b>Wynberg</b> Novalis Ubuntu Institute, 39 Rosmead Ave Time: <b>20H00</b>	<b>Muizenberg - BB</b> Methodist hall, 10 Belvedere Rd. Behind BP garage MUIZENBERG Time: <b>18H30</b>	<b>Stellenbosch *</b> Baptist Church 6 Merriman Ave., STELLENBOSCH Time: <b>19H30</b>			
		<b>Pinelands BB(O)</b> Methodist Church Hall 16 Ridge way Time : <b>18H00</b>	<b>Somerset West Ex(s)press(O)</b> St Paul's Church Hall Cnr Andries Pretorius & Lourens Time: <b>12H00</b>			
		<b>Rondebosch *</b> St Michaels Church Hall Rouwkoop Rd  Time: <b>19H30</b>	<b>Windhoek *</b> Central Methodist Church, Cnr.Casino & Luderitz Streets  Time: <b>19H00</b>			
		<b>Table View Wednesday Express .Norton Square Club House, Short St Time:19H00</b>	<b>Worcester</b> United Church Hall 73 Church Street Worcester  Time: <b>19H00</b>			
		<b>Windhoek</b> Central Methodist Church, Cnr.Casino & Luderitz Streets Time: <b>19H00</b>				

(A) Indicates meetings where the preamble is read in Afrikaans. Meeting is usually still bilingual.

(B) Bilingual Meeting.(BB) Big Book Study Group

(X) Xhosa speaking meeting (C) Closed Meetings – for members & any one with a drinking problem

(O)Open Meetings – Open meetings are open to any interested non-alcoholics and friends and family of Alcoholics. There are also open meetings on the last meeting of every month for most groups.