

**SUNDAY**

**8:30AM - Came To Believe** (O, D, WC)  
club 1944 30th St, Golden Hills, CA, 92102 *Came To Believe*

**9:00AM - Living the Dream** (O, JT, WC)  
center 4649 Hawley Blvd, San Diego, CA, 92116

**NOON - Noon at the Park** (O, D, \$)  
park (Mon-Sun) Oregon @ Howard St, North Park, CA, 92104

**NOON - Normal Heights Noon Meeting** (O, D, WC, \$)  
rec rm; enter back gate 4531 36th St, Normal Heights, CA, 92116

**3:30PM - Step This Way** (C, IW)  
Lemon Grove 6901 Central Avenue, San Diego, CA, 92115

**5:00PM - The Journey Continues** (O, WC, LC)  
Life Community Center 6244 El Cajon Blvd., San Diego, CA

**6:30PM - Spiritual Freedom** (O, WC, L, \$)  
coffee house 4590 Park Blvd, University Heights, CA, 92116 *At the corner of Madison & Park Boulevard. Next to coffee house.*

**7:00PM - SerenitySeekers** (O, D, \$)  
4286 49th St, City Heights, CA, 92115

**7:30PM - New Beginnings** (O, JT, WC, \$)  
hosp rear (@ Meadowlark Dr (rear parking lot)) 7850 Vista Hill Ave, San Diego, CA, 92123 *Entrance and parking on Meadowlark Drive at Vista Hill Avenue*

**8:00PM - Principals B 4 Personalities** (O, D, GL, \$)  
Live and Let Live Alano Club (On the corner of Park Blvd. and University Ave.) 3847 Park Blvd, San Diego, CA, 92103

**8:15PM - Living in Recovery** (O, D, WC)  
church (Spk 3rd Sun) 4177 Marlborough Ave, San Diego, CA, 92105 *enter off Orange Ave*

**MONDAY**

**8:30AM - Here and Now** (O, D)  
Chapel facing 33rd Street (Mon-Fri) 3295 Meade Ave, Normal Heights, CA, 92116

**9:00AM - Hang in There** (O, D, \$)  
club (Mon-Sat) 1944 30th St, South Park, CA, 92102

**NOON - High Noon** (O, D, WC, \$)  
back bldg (Mon-Fri) 3636 Ruffin Rd, Kearny Mesa, CA, 92123

**NOON - Noon at the Park** (O, D, \$)  
park (Mon-Sun) Oregon @ Howard St, North Park, CA, 92104

**1:30PM - Afternoon Delight** (O, TO, \$)  
club 1944 30th St, South Park, CA, 92102

**4:00PM - You Shuld Have Been There** (O, D, WC, \$)  
NW Corner (Use Handicapped Entrance on Market Street) 1550 Market Street, San Diego, CA, 92101

**6:00PM - Men Of Hope** (O, D, M, WC)  
L.I.F.E Community Center 6244 El Cajon Blvd #22, San Diego, CA, 92115

**6:30PM - It Works, How and Why** (C, IW, ST)  
center (@ Maple) 2602 First Ave, San Diego, CA, 92101 *at Maple St*

**6:30PM - Monday Nite Special** (O, JT, WC)  
club 1944 30th St, South Park, CA, 92102 *At Grape Street/Clubhouse*

**6:30PM - Signs of Life** (C, TO, \$)  
center (Spk 4th Mon) 4649 Hawley Blvd, Normal Heights, CA, 92116

**7:15PM - Monday Nite 11th Step** (C, D, WC, L)  
L.I.F.E. Community Center (11th Step) 6244 El Cajon Blvd. Suite 22, San Diego, CA, 92115

**8:00PM - Round Robin** (O, D, GL, OE)  
Live and Let Live Alano Club (Corner of Park Blvd. and University Ave.) 3847 Park Blvd, San Diego, CA, 92103

**10:00PM - Insomniaddicts** (O, D)  
L.I.F.E Cmmunity Center 6244 El Cajon Blvd. #22, San Diego, CA, 92115

**TUESDAY**

**8:30AM - Here and Now** (O, D)  
Chapel facing 33rd Street (Mon-Fri) 3295 Meade Ave, Normal Heights, CA, 92116

**9:00AM - Hang in There** (O, D, \$)  
club (Mon-Sat) 1944 30th St, South Park, CA, 92102

**NOON - High Noon** (O, D, \$)  
back bldg (Mon-Fri) 3636 Ruffin Rd, Kearny Mesa, CA, 92123

**NOON - Noon at the Park** (O, D, \$)  
park (Mon-Sun) Oregon @ Howard St, North Park, CA, 92104

**4:00PM - Central Area Basic Text Study** (O, BT, \$)  
coffee shop 4590 Park Blvd, University Heights, CA, 92116 *At the corner of Madison & Park Boulevard. Next to coffee house.*

**4:00PM - Just for Tuesday** (O, D, WC, \$)  
NW Corner (Use Handicapped Entrance on Market Street) 1550 Market Street, San Diego, CA, 92101

**5:30PM - Ladies Night** (O, TO, W, \$)  
L.I.F.E. Center 6244 El Cajon Blvd #22, San Diego, CA

**6:30PM - Recovery Discovery** (O, D, WC)  
2410 E St, Golden Hills, CA, 92102

**TUESDAY (CONT)**

**6:45PM - New Way Of Life** (O, D)  
club 1944 30th St, South Park, CA, 92102 *At Grape Street*

**7:30PM - Tuesday Nite New Beginnings** (O, D, WC, SB, \$)  
hosp rear (@ Meadowlark Dr) 7850 Vista Hill Ave, Linda Vista, CA, 92123  
*Entrance and parking on Meadowlark Drive at Vista Hill Avenue*

**7:45PM - Mammoth Meeting** (O, D)  
comm rm 640 16th St, San Diego, CA, 92101

**9:00PM - Spiritual Tendencies** (O, D)  
LIFE Community Center 6244 El Cajon Blvd. Suite 22, San Diego, CA, 92115

**WEDNESDAY**

**8:30AM - Here and Now** (O, D)  
Chapel facing 33rd Street (Mon-Fri) 3295 Meade Ave, Normal Heights, CA, 92116

**9:00AM - Hang in There** (O, D, \$)  
club (Mon-Sat) 1944 30th St, South Park, CA, 92102

**NOON - High Noon** (O, D, WC, \$)  
back bldg (Mon-Fri) 3636 Ruffin Rd, Kearny Mesa, CA, 92123

**NOON - Noon at the Park** (O, D, \$)  
park (Mon-Sun) Oregon @ Howard St, North Park, CA, 92104

**1:30PM - Afternoon Delight** (O, TO, \$)  
club 1944 30th St, South Park, CA, 92102

**1:30PM - "We Can Do It"** (D, W, WC)  
(Childcare Provided) 8665 Gibbs Drive Suite 150, San Diego, Ca, 92123

**4:00PM - What It's Like Now** (O, JT, WC, \$)  
NW Corner (Use Handicapped Entrance on Market) 1550 Market Street, San Diego, CA, 92101

**5:30PM - Back to Basics** (O, D)  
L.I.F.E Community Center 6244 El Cajon Blvd. #22, San Diego, CA, 92115 *2nd week of month is a speaker meeting*

**5:45PM - Coffee With Jimmy K.** (C, D, WC, L)  
(Side of Coffee Shop) 2804 Adams Avenue, San Diego, CA, 92116 *Side of Coffee Shop*

**6:45PM - Wednesday Night Men's** (C, M)  
club 1944 30th St, South Park, CA, 92102 *At Grape Street*

**7:00PM - Solutions Group** (O, D, \$)  
church 3030 Thorn St, San Diego, CA, 92104

**7:15PM - Stepping Into The Solution** (C, BT, ST, WC)  
L.I.F.E Community Center 6244 El Cajon Blvd #22, San Diego, CA, 92115

**8:00PM - Stay As You Are** (O, D, TO, WC)  
Next to Coffee Shop 4590 Park Blvd, San Diego, CA, 92116

**8:15PM - Hope Without Dope** (O, D, GL, \$)  
Live and Let Live Alano Club (Corner of Park Blvd. and University Ave.) 3847 Park Blvd, San Diego, CA, 92103 *At the corner of Park Blvd and University Ave. Alano Club*

**THURSDAY**

**8:30AM - Here and Now** (O, D)  
Chapel facing 33rd Street (Mon-Fri) 3295 Meade Ave, Normal Heights, CA, 92116

**9:00AM - Hang in There** (O, D, \$)  
club (Mon-Sat) 1944 30th St, South Park, CA, 92102

**NOON - High Noon** (O, D, WC, \$)  
back bldg 3636 Ruffin Rd, Kearny Mesa, CA, 92123

**NOON - Noon at the Park** (O, D, \$)  
park (Mon-Sun) Oregon @ Howard St, North Park, CA, 92104

**1:00PM - Thursday Market** (O, JT, WC)  
East Village (Use Handicapped Entrance on Market Street) 1550 Market Street, San Diego, CA, 92101

**3:00PM - Living Clean Book Study** (LC, \$)  
4590 Park Blvd, University Heights, CA, 92116

**5:00PM - Humble Beginnings** (O, D, WC)  
Life Community Center 6244 El Cajon Blvd. #22, San Diego, CA, 92115

**6:30PM - Into The Solution** (O, D, WC, \$)  
club 1944 30th St, South Park, CA, 92102 *At Grape Street*

**6:30PM - Old Timers Speakers** (O, SO, \$)  
coffee house 4590 Park Blvd, University Heights, CA, 92116 *At the corner of Madison & Park Boulevard. Next to coffee house.*

**8:15PM - Cold Turkey** (O, D, \$)  
Club behind coffee shop 950 Orange Ave, Coronado, CA, 92118 *enter alley between 9th & 10th St*

**8:15PM - Thursday Night Stoners** (O, GL, TO)  
ctr 3767 Central Ave, San Diego, CA, 92105

**10:00PM - Insomniacs** (O, D)  
L.I.F.E. Community Center (Suite 22) 6244 El Cajon Blvd, San Diego, CA

**FRIDAY**

**8:30AM - Here and Now** (O, D)  
Chapel facing 33rd Street (Mon-Fri) 3295 Meade Ave, Normal Heights, CA, 92116

**FRIDAY (CONT)**

**9:00AM - Hang in There** (O, D, \$)  
club (Mon-Sat) 1944 30th St, South Park, CA, 92102

**NOON - High Noon** (O, D, WC, \$)  
back bldg (Mon-Fri) 3636 Ruffin Rd, Kearny Mesa, CA, 92123

**NOON - Noon at the Park** (O, D, \$)  
park (Mon-Sun) Oregon @ Howard St, North Park, CA, 92104

**1:30PM - Afternoon Delight** (O, TO, \$)  
club 1944 30th St, South Park, CA, 92102

**4:00PM - Downtown Hope** (O, D, WC, \$)  
NW Corner (Use Handicapped Entrance on Market) 1550 Market Street, San Diego, CA, 92101

**6:00PM - Believe in Amigos** (O, D, \$)  
Back yard of House (Smoking O.K.) 741 11th Avenue, San Diego, CA, 92101

**6:00PM - The Way Back** (O, SD, WC)  
The Way Back Recovery Home (Hall) 2516 A Street, San Diego, Ca, 92102

**6:15PM - Sleeping Monkey** (O, WC, \$)  
rec center 4380 Landis St, San Diego, CA, 92105 *Speaker 4th Friday*

**6:30PM - Ladies Living Clean** (C, W, LC)  
L.I.F.E. Community Center 6244 El Cajon Blvd. Suite 22, San Diego, CA, 92115

**7:00PM - Hoodlum's Haven** (C, CL, M, SD, \$)  
rear door; south side 3060 54th Street, San Diego, CA, 92105 *Speaker 1st Friday*

**7:00PM - So Fresh So Clean** (O, CL, YP, \$)  
5107 Waring Rd, Allied Gardens, CA, 92120

**7:15PM - Thank God We're Clean** (O, D, WC, \$)  
hosp; rear pkg lot 7850 Vista Hill Ave, Linda Vista, CA, 92123 *Entrance and parking on Meadowlark Drive at Vista Hill Avenue (Mesa Vista Hospital)*

**7:30PM - Alumni Speakers** (O, B, GL, SO, WC)  
Recovery Center 3767 Central Ave, San Diego, CA, 92105

**7:30PM - T.G.I.F.** (O, SO, TO, \$)  
church upstairs (speaker last Fri) 4773 Marlborough Dr, Kensington, CA, 92116

**8:00PM - NA Meeting** (D, M)  
back room 4161 Marlborough Ave, San Diego, CA, 92116

**8:00PM - Week's End NA** (O, CL, D, GL, M, \$)  
(Church Downstairs) 3725 30th Street, San Diego, Ca, 92104

**8:15PM - Men With A Message** (M, \$)  
4161 Marlborough Ave., San Diego, CA, 92105

**SATURDAY**

**9:00AM - Hang in There** (O, D, \$)  
club (Mon-Sat) 1944 30th St, South Park, CA, 92102

**10:00AM - Saturday Morning Live** (C, D, TO, \$)  
church (spk 1st Sat) 2905 Landis St, San Diego, CA, 92104

**NOON - Noon at the Park** (O, D, \$)  
park (Mon-Sun) Oregon @ Howard St, North Park, CA, 92104

**12:30PM - Nirvana** (O, BT, WC, \$)  
bldg in park club 3111 6th Ave, San Diego, CA, 92103 *Building/Recreation Center in the park. Street parking.*

**2:00PM - How and Why** (O, GL, IW, ST, TR, \$)  
Church Side Gate Entrance From Grim Street, Upstairs (No Wheelchair or Walker Access) 3030 Thorn Street, San Diego, CA, 92104

**5:00PM - Saturday Night Countdown** (O, TO, \$)  
coffee house 4590 Park Blvd, University Heights, CA, 92116 *At the corner of Madison & Park Boulevard. Next to coffee house.*

**5:00PM - Shoulda Coulda Woulda** (O, D, W, WC, \$)  
in rear hosp (@ Meadowlark Dr) 7850 Vista Hill Ave, Linda Vista, CA, 92123  
*Entrance and parking on Meadowlark Drive at Vista Hill Avenue*

**6:00PM - Gathering in the Gardens** (O, D, \$)  
office bldg west side 5107 Waring Rd, Allied Gardens, CA, 92120 *Allied Gardens portion of Central Area*

**6:30PM - Nameless Men's** (O, D, M, \$)  
club 1944 30th St, San Diego, CA, 92102 *At Grape Street*

**7:00PM - Sharing From Heart** (O, D, \$)  
5855 Streamview Dr., San Diego, CA, 92105 *Speaker 3rd Sat.*

**8:30PM - Welcome Home** (O, D, WC, \$)  
park in lot (@ Meadowlark Dr) 7850 Vista Hill Ave, Linda Vista, CA, 92123  
*Entrance and parking on Meadowlark Drive at Vista Hill Avenue*

