



triad health project

FEBRUARY 2010

The spiritual and physical nourishment of Higher Ground's lunches, activities, and facilities are available to all persons affected by the AIDS epidemic, including clients & their families, community volunteers, and staff of appropriate community and health organizations.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Deep in the sea are riches beyond compare. But if you seek safety, it is on the shore. —Saadi of Shiraz	<i>morning silence • 8:45-9:15</i> 10:30 MONDAY GROUP WITH DAVID & Co. 5:30 TAI CHI WITH SAM HIGGS 1	<i>morning silence • 8:45-9:15</i> 11:15 BrotherCare 12:15 Lunch <i>Westover Church (+Kim!)</i> and then... CARTOONS WITH CHRIS! 2	<i>morning silence • 8:45-9:15</i> 12:15 YOUR MONTHLY CHIK-UP WITH OUR GRACIOUS FRIENDS AT CHIK-FIL-A! 1:15 OUTSIDE THE LINES WITH BARB! 3	<i>morning silence • 8:45-9:15</i> 12:15 Lunch <i>Holy Trinity Episcopal</i> 1:15 Testing, Testing <i>Pieces of Truth</i> 4	<i>morning silence • 8:45-9:15</i> 12:15 R E A C H 5	6
7	<i>morning silence • 8:45-9:15</i> 10:30 MONDAY GROUP WITH THOMAS 5:30 TAI CHI WITH SAM HIGGS 8	<i>morning silence • 8:45-9:15</i> 11:15 BrotherCare 12:15 Lunch <i>Genesis Baptist</i> 1:15 Wii! <i>Wheweee!</i> 9	<i>morning silence • 8:45-9:15</i> 12:15 Lunch <i>Christ Community</i> STAMPING! with Janie 10	<i>morning silence • 8:45-9:15</i> 12:15 Lunch <i>Holy Spirit (Winston)</i> VALENTINE'S COOKIES! with our culinary cupids, Allyson & Stephanie! 7:00 Grupo Hispano 11	<i>morning silence • 8:45-9:15</i> 12:15 R E A C H 12	13
love. 14	<i>morning silence • 8:45-9:15</i> 10:30 MONDAY GROUP WITH WESTOVER 5:30 TAI CHI WITH SAM HIGGS 15	<i>morning silence • 8:45-9:15</i> 11:15 BrotherCare 12:15 Lunch <i>Guilford Baptist</i> 1:15 The Aisle Seat <i>Movie mania with</i> <i>The Big E</i> 16	<i>morning silence • 8:45-9:15</i> 12:15 Lunch <i>All Saints Episcopal</i> 1:15 Outside the Lines 6:00 RESTORATION HOLISTIC CARE LENT → 18	<i>morning silence • 8:45-9:15</i> 12:15 Lunch <i>Starmount Presbyterian</i> 1:15 Prophets <i>with Robin</i> 18	<i>morning silence • 8:45-9:15</i> 12:15 R E A C H 19	20
21	<i>morning silence • 8:45-9:15</i> 10:30 MONDAY GROUP WITH LEE 5:30 TAI CHI WITH SAM HIGGS 22	<i>morning silence • 8:45-9:15</i> 11:15 BrotherCare 12:15 Lunch <i>Congregational UCC</i> 1:15 Of Cultivation & Covenant <i>w/Robin Dorko</i> 23	<i>morning silence • 8:45-9:15</i> 12:15 Lunch <i>Magz. & Company</i> 1:15 Outside the Lines 24	<i>morning silence • 8:45-9:15</i> 12:15 Lunch <i>First Presbyterian</i> 1:15 In the Gallery <i>Ride the big elevator!</i> 7:00 Grupo Hispano 25	<i>morning silence • 8:45-9:15</i> 12:15 R E A C H 26	27
28						 On Wednesdays, from 10:30 - 12:00, Barbara Brown offers free Aurora sessions to house members. See Mark to make an appointment.

For more information, please call Mark at 274-5637.

