



triad health project

AUGUST



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
<p>First they ignore you, then they laugh at you, then they fight you, then you win. —Mohandas Gandhi</p>	<p>morning silence • 8:45-9:15</p> <p>10:30 MONDAY GROUP WITH DAVID & Co.</p> <p>5:30 TAI CHI WITH SAM HIGGS 2</p>	<p>morning silence • 8:45-9:15</p> <p>11:15 BrotherCare 12:15 via Westover! and then... CARTOON WITH CHRIS: 3</p>	<p>morning silence • 8:45-9:15</p> <p>12:15 YOUR MONTHLY CHIK-UP WITH OUR GRACIOUS FRIENDS AT CHIK-FIL-A!</p> <p>1:15 OUTSIDE THE LINES 4</p>	<p>morning silence • 8:45-9:15</p> <p>12:15 Lunch <i>Replacements Ltd!</i></p> <p><i>Wii Workout</i> <i>after lunch!</i> 5</p>	<p>morning silence • 8:45-9:15</p> <p>12:15 R E A C H 6</p>	7
8	<p>morning silence • 8:45-9:15</p> <p>10:30 MONDAY GROUP WITH TONJA</p> <p>5:30 TAI CHI WITH SAM HIGGS 9</p>	<p>morning silence • 8:45-9:15</p> <p>11:15 BrotherCare 12:15 Lunch <i>Genesis Baptist</i></p> <p>1:15 Choir Practice <i>Anna Woodruff</i> 10</p>	<p>morning silence • 8:45-9:15</p> <p>12:15 Lunch <i>Janie & Company!</i></p> <p>1:15 OUTSIDE THE LINES WITH BARB! 11</p>	<p>morning silence • 8:45-9:15</p> <p>12:15 Lunch <i>Holy Spirit (Winston)</i></p> <p>1:15 Robin's Nest</p> <p>7:00 Grupo Hispano 12</p>	<p>morning silence • 8:45-9:15</p> <p>12:15 R E A C H 13</p>	14
15	<p>morning silence • 8:45-9:15</p> <p>10:30 MONDAY GROUP WITH WESTOVER</p> <p>5:30 TAI CHI WITH SAM HIGGS 16</p>	<p>morning silence • 8:45-9:15</p> <p>11:15 BrotherCare 12:15 Lunch <i>Guilford Baptist</i></p> <p> STAMPING! with Janie 17</p>	<p>morning silence • 8:45-9:15</p> <p>12:15 Lunch <i>All Saints Episcopal</i></p> <p>1:15 Outside the Lines</p> <p>6:00 RESTORATION! 18</p>	<p>morning silence • 8:45-9:15</p> <p>12:15 Lunch <i>Starmount Presbyterian</i></p> <p>1:15 The Aisle Seat <i>Movie mania with</i> <i>The Big E</i> 19</p>	<p>morning silence • 8:45-9:15</p> <p>12:15 R E A C H 20</p>	21
22	<p>morning silence • 8:45-9:15</p> <p>10:30 MONDAY GROUP WITH LEE & Co.</p> <p>5:30 TAI CHI WITH SAM HIGGS 23</p>	<p>morning silence • 8:45-9:15</p> <p>11:15 BrotherCare 12:15 Lunch <i>Congregational UCC</i></p> <p>1:15 Of Cultivation & Covenant <i>w/Robin Dorko</i> 24</p>	<p>morning silence • 8:45-9:15</p> <p>12:15 Lunch <i>Magz & Company!</i></p> <p>1:15 Outside the Lines 25</p>	<p>morning silence • 8:45-9:15</p> <p>12:15 Lunch <i>First Presbyterian</i></p> <p>1:15 Documentary <i>and discussion</i></p> <p>7:00 Grupo Hispano 26</p>	<p>morning silence • 8:45-9:15</p> <p>12:15 R E A C H 27</p>	28
29	<p>morning silence • 8:45-9:15</p> <p>10:30 MONDAY GROUP TO BE ANNOUNCED</p> <p>5:30 TAI CHI WITH SAM HIGGS 30</p>	<p>morning silence • 8:45-9:15</p> <p>12:15 Lunch <i>To be announced</i></p> <p>1:15 Game Day <i>Spades Invitational</i> <i>(You're invited.)</i> </p> <p>7:00 Grupo Hispano 31</p>				

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

