














 triad health project

JANUARY



2012

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
 "We go to prayer around here... because the bell rings." — joan chittister (see reverse)	Higher Ground and THP are closed for the day. 2	<i>morning silence • 8:45-9:15</i> 11:15 BrotherCare 12:15 Lunch <i>Westover</i> 1:15 Visual Journaling <i>with Lisa</i> 3	<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 4	<i>morning silence • 8:45-9:15</i> 12:15 Lunch <i>Holy Trinity</i> 1:15 Cartoons  5	<i>morning silence • 8:45-9:15</i> 12:15 R E A C H  6	7
8	<i>morning silence • 8:45-9:15</i> 10:30 MONDAY GROUP WITH JILL 5:30 TAI CHI WITH SAM HIGGS 9	<i>morning silence • 8:45-9:15</i> 11:15 BrotherCare 12:15 Lunch <i>Genesis</i> 1:15 Visual Journaling <i>with Lisa</i> 10	<i>morning silence • 8:45-9:15</i> 12:15 Lunch <i>Sojourn</i>  1:15 Outside the Lines 11	<i>morning silence • 8:45-9:15</i> 12:15 Lunch <i>Replacements!</i> 1:15 Robin's Nest <i>with Robin Dorko</i> 7:00 Grupo Hispano 12	<i>morning silence • 8:45-9:15</i> 12:15 R E A C H  13	14
15	 Higher Ground and THP are closed for the day. 16	<i>morning silence • 8:45-9:15</i> 11:15 BrotherCare 12:15 Lunch <i>Guilford Baptist</i>  STAMPING! with Janie 17	<i>morning silence • 8:45-9:15</i> 12:15 Lunch <i>All Saints Episcopal</i> 1:15 Outside the Lines  18	<i>morning silence • 8:45-9:15</i> 12:15 Lunch <i>Starmount Presbyterian</i> 1:15 The Aisle Seat <i>saved for you ...by Ernest!</i> 19	<i>morning silence • 8:45-9:15</i> 12:15 R E A C H  20	21
22	<i>morning silence • 8:45-9:15</i> 10:30 MONDAY GROUP WITH LEE & APRIL 5:30 TAI CHI WITH SAM HIGGS 23	<i>morning silence • 8:45-9:15</i> 11:15 BrotherCare 12:15 Lunch <i>Congregational UCC</i> 1:15 Visual Journaling <i>with Lisa</i> 24	<i>morning silence • 8:45-9:15</i> 12:15 Lunch <i>Magz. & Crew!</i> 1:15 Outside the Lines  25	<i>morning silence • 8:45-9:15</i> 12:15 Lunch <i>First Presbyterian</i> 1:15 Wii <i>Weeeee!</i> 7:00 Grupo Hispano 26	<i>morning silence • 8:45-9:15</i> 12:15 R E A C H  27	28
29	<i>morning silence • 8:45-9:15</i> 10:30 MONDAY GROUP WITH MARK 5:30 TAI CHI WITH SAM HIGGS 30	<i>morning silence • 8:45-9:15</i> 11:15 BrotherCare 12:15 Lunch <i>Christ United Methodist</i> 1:15 Visual Journaling <i>with Lisa</i> 31				

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

