

Higher Ground

Triad Health Project



January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Higher Ground & THP offices will be closed <i>Happy New Year 1</i>	morning silence 9:00—9:15 12:15 Lunch <i>Chik-Fil-A friends!</i> 1:15 Broken Crayons with Robin! 2	morning silence 9:00—9:15 12:15 Lunch <i>Holy Trinity</i> 1:30 Living with a Plus Sign ♀♂ 3	morning silence 9:00—9:15 12:15 REACH 4	5
6	morning silence 9:00—9:15 10:30 Monday Group with Sara's Covenant 12:00 Story 7	morning silence 9:00—9:15 11:30 Tuesday Topics 12:15 Lunch <i>Genesis Baptist</i> 1:15 Visual Journaling with Lisa 8	morning silence 9:00—9:15 12:15 Lunch <i>Dawgs and Fixin's</i> 1:15 Outside the Lines with Barb 9	morning silence 9:00—9:15 12:15 Lunch <i>GSO Christian</i> 1:30 Living with a Plus Sign ♀♂ 10	morning silence 9:00—9:15 12:15 REACH 11	12
13	morning silence 9:00—9:15 10:30 Monday Group with Mo-Linda 12:00 Story 14	morning silence 9:00—9:15 11:30 Tuesday Topics 12:15 Lunch <i>Guilford Baptist</i> 1:15 Visual Journaling with Lisa 15	morning silence 9:00—9:15 12:15 Lunch <i>All Saints Episcopal</i> 1:15 Broken Crayons with Robin 16	morning silence 9:00—9:15 12:15 Lunch <i>Starmount Presbyterian</i> 1:30 Living with a Plus Sign ♀♂ 17	morning silence 9:00—9:15 12:15 REACH 18	19
20	21	morning silence 9:00—9:15 11:30 Tuesday Topics 12:15 Lunch <i>Congregational UCC</i> 1:15 Visual Journaling with Lisa 22	morning silence 9:00—9:15 12:15 Lunch <i>Magz and Co.!</i> 1:15 Outside the Lines with Barb 23	morning silence 9:00—9:15 12:15 Lunch <i>tba</i> 1:30 Living with a Plus Sign ♀♂ 24	morning silence 9:00—9:15 12:15 REACH 25	26
27	morning silence 9:00—9:15 10:30 Monday Group with Brother Lee 12:00 Story 28	morning silence 9:00—9:15 11:30 Tuesday Topics 12:15 Lunch <i>Christ United Methodist</i> 1:15 Visual Journaling with Lisa 29	morning silence 9:00—9:15 12:15 Lunch <i>Mo-Linda in the Kitchen!</i> 1:15 Winter Wonder Wait and See... 30	morning silence 9:00—9:15 12:15 Lunch <i>Mr. Phil's Diner!</i> 1:30 Living with a Plus Sign ♀♂ 31	"Let it go, let it go. And I'll rise like the break of dawn. Let it go, let it go. That perfect girl is gone. Here I stand in the light of day. Let the storm rage on. The cold never bothered me, anyway." —Elsa (from Frozen)	

For more information, please call Mark or Chase at 336-274-5637.