

# August 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Sarah's Covenant 10:30 Massage & Wellness with Deb	2 Rocky's Topics 11:30 Lunch with Westover Robin's Nest	3 Chik-Fil-A Day Outside the Lines or Reiki with Barb	4 Hot Dog Day! Men's Group	5 Raid the Fridge SHARE 12 p.m.	6
7	8 GROUP TBA HG Breakfast Bar Meditation w/ Nichol	9 Rocky's Topics 11:30 Genesis Lunch Visual Journaling	10 House Lunch Outside the Lines or Reiki with Barb	11 Mama's Home Cooking GSO Christian Men's Group	12 Raid the Fridge SHARE 12 p.m.	13
14	15 HG Breakfast Bar Massage & Wellness with Deb	16 Rocky's Topics 11:30 The Baptists bring lunch! Robin's Nest	17 Wise Words with Warren The Saints serve Lunch Outside the Lines or Reiki with Barb	18 Starmount Pres. Serves Lunch Men's Group	19 Aviation Day Raid the Fridge SHARE 12 p.m.	20
21	22 Lee's Breakfast Lessons with Lee Meditation w/ Nichol	23 Rocky's Topics 11:30 Cong. UCC Lunch Visual Journaling	24 King's Court Outside the Lines or Reiki with Barb	25 Prevention Day at HG Lunch & Learn with Gilead Pharmaceuticals <i>No Men's Group</i>	26 Raid the Fridge SHARE 12 p.m.	27
28	29 HG Breakfast Bar Meditation w/ Nichol	30 Rocky's Topics 11:30 Christ United Methodist Lunch Robin's Nest	31 House Lunch House Meeting			
		SHARE: <u>S</u> upport, <u>H</u> ealing, <u>A</u> nonymity, <u>R</u> ecovery, <u>E</u> mpowering			<p><b>TRIAD HEALTH PROJECT</b></p> <p>Higher Ground is a program of Triad Health Project.</p>	