

October 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 10am Brunch w/ Saras Covenant 12-12:30pm Chair Yoga and Meditation	4 10-11 LGBTQI+ Group 11:30 Rocky Topics 12pm Lunch with Westover Church 1-2pm Robins Nest	5 Yom Kippur 12PM Chick-fi-la Day 1:30 Art w/ Barbara	6 10-10:15 Meditation in Breathing Room 12pm Latino Lunch by Adriana Adams 1PM MENS GROUP	7 12pm RECOVERY GROUP Raid the Fridge	8
9	10 Columbus Day DIY Breakfast 10-10:15am Meditation in Breathing Room 10:30-11am Chair Yoga	11 10-11 LGBTQI+ Group 11:30 Rockys Topics 12 pm Bag Lunches by Genesis Baptist 1-2pm Visual Journals	12 Sukkot 10-11 WOMENS GROUP Fall Soups & Breads for Sukkot Observance 1:30-2:30 Reike w/Barb	13 10-10:15 Meditation in the Breathing Room 12 pm Lunch w/ Starmount 1pm MENS GROUP	14 12pm RECOVERY GROUP Raid the Fridge	15
16	17 DIY Breakfast 10-10:15am Meditation in Breathing Room 10:30-11am Chair Yoga	18 10-11LGBTQI+ Group 11:30 Rocky Topics 12 pm Lunch College Park 1pm Robins Nest	19 10-11WOMENS GROUP 11:30 Words w/ Warren 12pm Lunch w/ All Saints 1:30-2:30 Art w/ Barb	20 10-10:15 Meditation in the Breathing Room 12 pm lunch w/ Starmount 1PM MENS GROUP	21 2ND MONKEY POX CLINIC House will be closed for activities. Recovery Group will meet at THP office	22
23	24 10am Brunch & lessons with Lee 12-12:30pm Chair Yoga and Meditation	25 10-11 LGBTQI+ Group 11:30am Rocky Topics 12pm Lunch w/ Congregational Church 1:30pm Visual Journals	26 10-11 WOMENS GROUP 12pm Lunch w/ Kings HOUSE MEETING 1-2pm	27 THP PROVIDES LUNCH COSTUME DAY 12PM HOUSE Lunch 1PM MENS GROUP	28 12pm RECOVERY GROUP Raid the Fridge	29
30	31 HALLOWEEN DIY Breakfast 10-10:15am Meditation 12-1PM SPOOKY STORY TIME				<p style="text-align: center;">TRIAD HEALTH PROJECT</p> <p style="text-align: center;">Higher Ground is a program of Triad Health Project.</p>	