


November 2022



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------|---|---|---|---|---|-----------|
| | | 1 10-11 LGBTQI+ GROUP 11:30am Rocky Topics 1-2 Robins Nest Westover Lunch | 2 10-11 WOMENS GROUP Day of Remembrance Chick-Fi-La Day w/ Karen Barb/Reiki/Art | 3 1-2 MENS GROUP House Lunch | 4 | 5 |
| 6 Daylight Saving | 7 10am Saras Covenant Brunch and Discussion 12pm Yoga | 8 10-11 LGBTQI+ GROUP 11:30am Rocky Topics 1-2 Visual Journals Genesis Lunch | 9 10-11 WOMENS GROUP VIIV Lunch and Presentation Barb/Reiki/Art | 10 1-2 MENS GROUP Mamas Home Cookin | 11 Veterans Day 12-1 RECOVERY GROUP Raid Fridge | 12 |
| 13 | 14 DIY Breakfast 12pm Yoga | 15 10-11 LGBTQI+ GROUP 11:30am Rocky Topics 1-2 Robins Nest College Park Lunch | 16 10-11 WOMENS GROUP Lunch with All Saints Barb/Reiki/Art | 17 1-2 MENS GROUP Lunch with Starmount | 18 12-1 RECOVERY GROUP Raid Fridge | 19 |
| 20 | 21 DIY Breakfast 12pm Yoga | 22 10-11 LGBTQI+ GROUP 11:30am Rocky Topics 1-2 Visual Journals Congregational Church Lunch | 23 10-11 WOMENS GROUP Lunch With Kings Barb/Reiki/Art | 24 Thanksgiving HOUSE CLOSED | 25 12-1 RECOVERY GROUP PHILSGIVING LUNCH 10-12PM | 26 |
| 27 | 28 10AM Lessons w Lee 12pm Yoga | 29 10-11 LGBTQI+ GROUP 11:30am Rocky Topics 1-2 Robins Nest | 30 10-11 WOMENS GROUP House Lunch HOUSE MEETING | 1-2 MENS GROUP House Lunch | 12-1 RECOVERY GROUP Raid Fridge | |
| | | | | | TRIAD HEALTH PROJECT  Higher Ground is a program of Triad Health Project. | |