




LIFE/RUN Center
Activity Calendar
 4902 34th St., Suite 5
 Lubbock, Texas 79410
 Phone: 806-795-5433
 Fax: 806-95-5607



FEBRUARY 2010

Hours of Operation
 Monday through Thursday
 7:30 a.m. to 6:00 p.m.
 Web: www.liferun.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
February is Black History Month	1 TOPS meeting 5:00	2 	3 Exercise Class 10:30-11:30 ASL Class 1:30-2:30 Computer Class 2:30-3:30 MD Support -2:00	4	5	6
7	8 TOPS meeting 5:00	9 Valentine Crafts 10:00-12:00 Peer Support 1:30-2:30 Looking for Love?	10 Exercise Class 10:30-11:30 ASL Class 1:30-2:30 Computer Class 2:30-3:30	11 Cooking Class Heart Healthy 10:30-12:00		
14 Happy Valentine's Day 	15 Center Closed for President's Day	16 Valentine's Party 1:30-3:30 Snacks Welcome Stacey Sparks—Imagine Enterprises 10:30-2:00	17 Exercise Class 10:30-11:30 ASL Class 1:30-2:30 Computer Class 2:30-3:30	18 Your Money & Your Choices 10:00 –11:00 Movie & Popcorn 2:00-4:00		
21	22 TOPS meeting 5:00	23 How to be Your Own Best Advocate! 1:30-3:00	24 Exercise Class 10:30-11:30 ASL Class 1:30-2:30 Computer Class 2:30-3:30	25 Soul Food Luncheon 11:30 –1:30		
28 Bus Passes will be provided for classes you attend at the Center	