



AUGUST 2011



LIFE/RUN Hours of Operation

Monday through Thursday

7:30 a.m. to 6:00 p.m.

Web: www.liferun.org

facebook.com/liferunlubbock



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 We provide Citibus Transportation for programs attended at the Center.	1 TOPS Meeting 5:00	2 Volunteer Training All Volunteers should attend 2:00 - 3:00	3 Wii Exercise Class 10:30 -11:30 ASL Class 1:30 -2:30 Computer Class 2:30 - 3:30	4 High Noon Concert Series - Wednesdays@ Noon at the Lubbock County Courthouse Gazebo	5	6
7	5:00	9 Cooking Class Heart Healthy 10:30 - 12:00 Crafts Class - Ceramics 1:00 - 3:00	10 Exercise Class Sit 'n' Fit 10:30 -11:30 ASL Class 1:30 -2:30 Computer Class 2:30 - 3:30	11 Job Readiness Impact of work on your benefits 10:00 - 11:00 Peer Support Disclosing your disability 1:00 - 2:00	12	13 Traumatic Brain Injury Support @ LIFE/RUN 10:00 a.m.- 1:00 p.m.
14	15 Rolling Queens Support Group 1:30-3:00 TOPS Meeting 5:00	16 Medicaid Buy-In w/Stacey Levrets 11:00 - 12:30 DARS Counselors @ LIFE/RUN 2:00 - 4:00	17 Wii Exercise Class 10:30 -11:30 ASL Class 1:30 -2:30 Computer Class 2:30 - 3:30	18 Finding ways to keep cool and keep your electric bill down. 2:00 - 3:00	19	20 The West Texas Native American Association Meets the 2nd Saturday of the Month at 6:30. Call Darlene for more Information @ 795-5433, ext. 106
21	22 TOPS Meeting 5:00	23 CAC Meeting 10:30 - 12:00 Craft Class 1:30 - 3:00	24 Exercise Class 10:30 -11:30 ASL Class 1:30 -2:30 Computer Class 2:30 - 3:30 Computer Class 2:30 - 3:30	25 Cooking Class Chicken Pot Pie Pockets 10:30 - 12:00	26	27
28	29 TOPS Meeting 5:00	30 Caregiver Support Managing Personal Care 10:30 - 11:30 Peer Support 1:30 - 2:30	31 Wii Exercise Class 10:30 -11:30 ASL Class 1:30 -2:30 Computer Class 2:30 - 3:30	1	2	3