



February 2012

LIFE/RUN Hours of Operation
Monday through Thursday
8:00 a.m. to 6:30 p.m.

Web: www.liferun.org
facebook.com/liferunlubbock

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black HISTORY MONTH			1 Exercise Class 10:30 - 11:30 ASL 1:30 - 2:30 Computer Class 2:30 - 4:00	2 Final STAR+PLUS Presentation for Medicaid Participants 1:30 -3:00	3	4
5 World Du-chenne Muscular Dystrophy Awareness Week	6 La Paloma PACE Presentation 10:30 TOPS Meeting 5:00	7 Cooking Class Low - Fat Spaghetti 10:00 - 12:00 Craft Class 1:30 - 3:30	8 Wii Exercise Class 10:30 -11:30 ASL 1:30 - 2:30 Computer Class 2:30 - 4:00	9 Peer Support 10:00 - 11:00 How to be a Good Renter 1:30 - 2:30 Reading Group With David 1:30	10	11 Traumatic Brain Injury Support @ LIFE/RUN 10:00 a.m.-1:00 p.m.
12	13 Rolling Queens Support Group 2:30 - 4:00 TOPS Meeting	14 Valentine's Party 1:30 - 3:00	15 Exercise Class 10:30 - 11:30 ASL 1:30 - 2:30 Computer Class 2:30 - 4:00	16 Disability Mentoring Day 8:00 - 3:00	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.	
19	20 Center Closed in Honor of President's Day	21 Imagine Enterprise Benefits Planning 10:30 - 2:00 DARS Counselors @ LIFE/RUN 2:00 - 4:00	22 Wii Exercise Class 10:30 -11:30 ASL 1:30 - 2:30 Computer Class 2:30 - 4:00	23 Cooking Class 9:30 - 11:00 Soul Food Luncheon 11:00 - 1:00 Reading Group With David 1:30	24	25
26	27 TOPS Meeting 5:00	28 CAC Meeting 10:30 - 11:30 Movie Day 1:30- 3:00	29 Leap Day!			