



# January 2012

LIFE/RUN Hours of Operation

Monday through Thursday

8:00 a.m. to 6:30 p.m.

Web: [www.liferun.org](http://www.liferun.org)

facebook.com/liferunlubbock

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p><i>Happy New Year!</i></p>	<p>2</p> <p><b>TOPS Meeting</b> 5:00</p>	<p>3</p> <p><b>Job Training - Preparing for an Interview</b> 1:30 - 2:30</p>	<p>4</p> <p><b>Exercise Class</b> 10:30 - 11:30 <b>ASL</b> 1:30 - 2:30 <b>Computer Class</b> 2:30 - 4:00</p>	<p>5</p> <p><b>Peer Support Goals for the New Year</b> 10:30 - 11:30</p> <p><b>Reading Group With David</b> 1:30</p>	<p>6</p>	<p>7</p> <div style="background-color: #e1f5fe; padding: 5px; text-align: center;"> <p>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.</p> </div>
<p>8</p> <p><b>January is Glaucoma Awareness month.</b></p>	<p>9</p> <p><b>TOPS Meeting</b> 5:00</p>	<p>10</p> <p><b>Cooking Class Quick and Easy Soup</b> 10:00 - 12:00 <b>Craft Class</b> 1:30 - 3:30</p>	<p>11</p> <p><b>Wii Exercise Class</b> 10:30 -11:30 <b>ASL</b> 1:30 - 1:30 <b>Computer Class</b> 2:30 - 4:00</p>	<p>12</p> <p><b>STAR+PLUS Presentation for Medicaid Participants</b> 1:30 -3:00</p>	<p>13</p>	<p>14</p> <p><b>Traumatic Brain Injury Support @ LIFE/RUN</b> 10:00 a.m.-1:00 p.m.</p>
<p>15</p>	<p>16</p> <p><b>Center Closed in Honor of Martin Luther King</b></p>	<p>17</p> <p><b>STAR+PLUS Presentation for Medicaid Participants</b> 1:30 -3:00 <b>Imagine Enterprise Benefits Planning</b> 10:30 - 2:00 <b>DARS Counselors @ LIFE/RUN</b> 2:00 - 4:00</p>	<p>18</p> <p><b>Exercise Class</b> 10:30 - 11:30 <b>ASL</b> 1:30 - 2:30 <b>Computer Class</b> 2:30 - 4:00</p>	<p>19</p> <p><b>Preparing an Emergency Kit</b> 11:00 - 12:00</p> <p><b>STAR+PLUS Presentation for Medicaid Participants</b> 1:30 -3:00</p>	<div style="background-color: #e1f5fe; padding: 5px; text-align: center;"> <p>We provide Citibus Transportation for programs attended at the Center.</p> </div>	
<p>22</p>	<p>23</p> <p><b>Rolling Queens Support Group</b> 2:30 - 4:00</p> <p><b>TOPS Meeting</b> 5:00</p>	<p>24</p> <p><b>CAC Meeting</b> 10:30 - 11:30</p>	<p>25</p> <p><b>Wii Exercise Class</b> 10:30 -11:30 <b>ASL</b> 1:30 - 1:30 <b>Computer Class</b> 2:30 - 4:00</p>	<p>26</p> <p><b>Making a Budget</b> 10:30 - 12:00</p> <p><b>Reading Group With David</b> 1:30</p>	<p>27</p>	<p>28</p>
<p>29</p>	<p>30</p>	<p>31</p>	<div style="background-color: #e1f5fe; padding: 5px; text-align: center;"> <p>4902 34th St., Suite 5 (806) 795-5433 (Voice) (806) 795-5607 (Fax)</p> </div>			