




JULY 2011

LIFE/RUN Hours of Operation
Monday through Thursday
7:30 a.m. to 6:00 p.m.

Web: www.liferun.org

Find us on Facebook!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 Center Closed for Independence Day! 	5 Purchase Advance Tickets for the ADA Celebration! \$2 in advance \$3 at the door! Call Ireen Ext. 124	6 Exercise Class Sit 'n' Fit 10:30 - 11:30 ASL Class 1:30 - 2:30 Computer Class 2:30 - 3:30	7 Cooking Class Heart Healthy 10:30 - 12:00 Crafts Class Ceramics 10:00 - 12:00	8	9 Traumatic Brain Injury Support @ LIFE/RUN 10:00 a.m.- 1:00 p.m.
10	11 TOPS Meeting 5:00	12 Peer Support What to do when you have nothing to do. 10:30 - 11:30 Preparing for an Emergency 1:30 - 3:00	13 Exercise Class Wii Exercise 10:30 - 11:30 ASL Class 1:30 - 2:30 Computer Class 2:30 - 3:30	14	15	16 <div data-bbox="1543 779 2026 966" style="background-color: #ADD8E6; padding: 5px;">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</div>
17	18 Rolling Queens Support Group 1:30-3:00 TOPS Meeting 5:00	19 Imagine Enterprise's Benefits Planning 10:30 - 2:00 DARS Counselors @ LIFE/RUN 2:00 - 4:00	20 Final Day to purchase advance ADA tickets!	21	22 ADA Celebration Meet @ The Science Spectrum 11:00 - 2:00 Center will be closed	23
24	25 TOPS Meeting 5:00	26 CAC Meeting 10:30 - 12:00 Craft Class Animal Pins With Daniel 1:30 - 3:00 Movie Day 3:00 - 4:30	27 Exercise Class Wii Exercise 10:30 - 11:30 ASL Class 1:30 - 2:30 Computer Class 2:30 - 3:30	28 Cooking Class Summer & Simple 10:30 - 12:00 Peer Support Dating 3:30 - 4:30	29	4 <div data-bbox="1648 1323 2026 1502" style="background-color: #ADD8E6; padding: 5px;">We provide Citibus Transportation for programs attended at the Center.</div>