





JUNE 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
Muscular Dystrophy Group meets first Wednesday of each month 1:30 p.m.	June is: National Aphasia Month National Scleroderma Month		1 Exercise Class Wii Exercise 10:30 -11:30 ASL Class 1:30 - 2:30 Computer Class 2:30 - 3:30	2 Cooking Class 10:30 - 11:30 Peer Support Setting Goals 1:30 - 2:30	3 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	4
5	6 TOPS Meeting 5:00	7 Crafts Class Ceramics 10:00 - 12:00	8 Exercise Class Sit 'n' Fit 10:30 -11:30 ASL Class 1:30 -2:30 Computer Class 2:30 - 3:30	9 Cooking Class Heart Healthy 10:30 - 12:00	10	11 Traumatic Brain Injury Support @ LIFE/RUN 10:00 a.m.- 1:00 p.m.
12	13 Rolling Queens Support Group 1:30-3:00 TOPS Meeting 5:00	14 Imagine Enterprise's Benefits Planning 10:30 - 2:00 DARS Counselors @ LIFE/RUN 2:00 - 4:00 Flag Day!	15 Exercise Class Wii Exercise 10:30 -11:30 ASL Class 1:30 - 2:30 Computer Class 2:30 - 3:30	16	17	18
19  HAPPY FATHER'S DAY Juneteenth!	20 Inspirations Presentation 10:00 - 11:00 TOPS Meeting 5:00	21 Peer Support Knowing When You Need Help 2:00 - 3:00 First Day of Summer! 	22 Exercise Class Sit 'n' Fit 10:30 -11:30 ASL Class 1:30 -2:30 Computer Class 2:30 - 3:30	23 Cooking Class Summer Smoothies 10:30 - 12:00 Using Coupons 1:30 - 3:00	24	25
26	27 TOPS Meeting 5:00	28 CAC Meeting 10:30 - 12:00 Movie Day 1:30 - 3:30	29 Exercise Class Wii Exercise 10:30 -11:30 ASL Class 1:30 - 2:30 Computer Class 2:30 - 3:30	30 Craft Class Butterflies 10:30 - 12:00	1 We provide Citibus Transportation for programs attended at the Center.	