







# MAY 2011

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

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

**Find us on Facebook!**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 	<b>2</b> TOPS Meeting 5:00	<b>3</b> Craft Class Paper Roses 10:30 - 12:00  Peer Support 2:00 - 3:00	<b>4</b> Exercise Class Sit 'n' Fit 10:30 -11:30 ASL Class 1:30 - 2:30 Computer Class 2:30 - 3:30	<b>5</b> Cooking Class 9:30 - 11:00 Cinco de Mayo Celebration! 11:00 - 2:00 	<b>6</b>	<b>7</b> Muscular Dystrophy Group meets first Wednesday of each month 1:30 p.m.
<b>8</b> 	<b>9</b> TOPS Meeting 5:00	<b>10</b> Transportation Training Using the Fixed Route 10:00 - 11:00  How to Search for Jobs 1:30 - 3:30	<b>11</b> Exercise Class Sit 'n' Fit 10:30 -11:30 ASL Class 1:30 - 2:30 Computer Class 2:30 - 3:30	<b>12</b>	<b>13</b>	<b>14</b> Traumatic Brain Injury Support @ LIFE/RUN 10:00 a.m.- 1:00 p.m.
<b>15</b>	<b>16</b> TOPS Meeting 5:00	<b>17</b> Imagine Enterprise's Benefits Planning 10:30 - 2:00  DARS Counselors @ LIFE/RUN 2:00 - 4:00	<b>18</b> Exercise Class Sit 'n' Fit 10:30 -11:30 ASL Class 1:30 -2:30 Computer Class 2:30 - 3:30	<b>19</b> Cooking Class Heart Healthy 10:30 - 12:00  Energy Saving Tips 10:00 - 11:00	<b>20</b>	<b>21</b> <div style="border: 1px solid black; padding: 5px; background-color: #e1f5fe;">           We provide Citibus            Transportation for            programs attended            at the Center.         </div>
<b>22</b>	<b>23</b> Rolling Queens Support Group 1:30-3:00  TOPS Meeting 5:00	<b>24</b> Cooking Class Fast & Easy Meat Loaf 10:30 - 12:00	<b>25</b> Exercise Class Sit 'n' Fit 10:30 -11:30 ASL Class 1:30 - 2:30 Computer Class 2:30 - 3:30	<b>26</b> Money Savings Tips Avoiding Payday Loans, Rent To Own and Pawn Loans. 10:00 - 11:30	<b>27</b>	<b>28</b> <div style="border: 1px solid black; padding: 5px; background-color: #e1f5fe;">           The West Texas Native American            Association Meets the 2nd            Saturday of the Month at 6:30.            Call Darlene for more Infor-            mation @ 795-5433 ext. 106         </div>
<b>29</b> May is National Mental Health Month	<b>30</b> Center Closed 	<b>31</b> CAC Meeting 10:30 - 12:00  Movie Day 1:30 - 3:30	<b>1</b>	<b>2</b>	<b>3</b>	