



NOVEMBER 2011

LIFE/RUN Hours of Operation



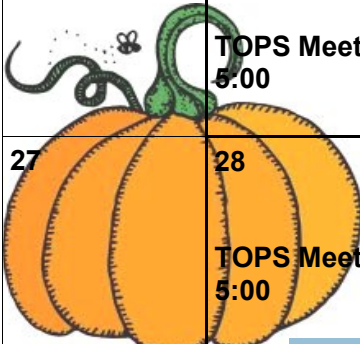


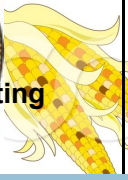
Monday through Thursday

7:30 a.m. to 6:00 p.m.

Web: www.liferun.org

facebook.com/liferunlubbock



unday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 !		1 Cooking Class Diabetic Recipe 10:30 - 12:00	2 Exercise Class Sit 'n' Fit 10:30 - 11:30 ASL 1:30 - 2:30 Computer Class 2:30 - 4:00	3 Reading Group With David 1:30 - 3:00	4	5
<i>Happy Thanksgiving!</i>						
6 Fall back! Change Your Clock! 	7 TOPS Meeting 5:00	8 Survivor's Day Cele- bration with Sheryl 10:00 - 12:00 Craft Class 1:30 - 3:30 	9 Wii Exercise Class 10:30 - 11:30 ASL 1:30 - 1:30 Computer Class 2:30 - 4:00	10 Peer Support Handling the Holidays! 10:30 - 11:30 Reading Group With David 1:30 - 3:00	11 Veteran's Day	12 Traumatic Brain Injury Support @ LIFE/RUN 10:00 a.m.-1:00 p.m.
13	14 SPAG Services Presentation 1:00 - 2:00 TOPS Meeting 5:00	15 Cooking Class 10:30 - 12:00 Imagine Enterprises 10:30 - 2:00 DARS Counselors @ LIFE/RUN 2:00 - 4:00	16 Exercise Class 10:30 - 11:30 ASL 1:30 - 2:30 Computer Class 2:30 - 4:00	17 Thanksgiving Celebration 11:30 - 2:30	18	19
20	21 Rolling Queens Support Group 2:30 - 4:00 TOPS Meeting 5:00 	22 How to appeal when you are denied ser- vices. 1:30 - 2:30	23 Center Closes at Noon For Thanksgiving Holiday 	24 Center Closed for Thanksgiving Holiday	25 EAT BEEF 	26
27	28 TOPS Meeting 5:00 	29 CAC Meeting 10:30 - 12:00 Movie Day 1:30 - 3:30	30 Wii Exercise Class 10:30 - 11:30 ASL 1:30 - 1:30 Computer Class 2:30 - 4:00			

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

It's Time for Medicare Part D Open Enrollment. Contact John Hobgood, Ext. 122

We provide Citibus Transportation for programs attended at the Center.