



OCTOBER 2011

LIFE/RUN Hours of Operation


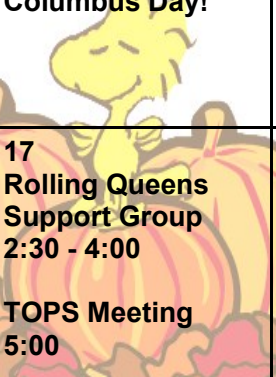
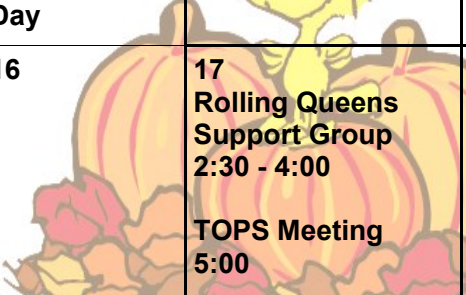


Monday through Thursday

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

Web: www.liferun.org

facebook.com/liferunlubbock



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		October is Disability Employment Awareness Month!					1
2	3 Mission Lubbock Presents 10:30 TOPS Meeting 5:00	4 Cooking Class Hearty Lasagna Soup 10:30 -12:00 Level 2 Computer Class 2:30 - 4:00	5 Exercise Class Sit 'n' Fit 10:30 -11:30 ASL 1:30-2:30 Computer Class--Level 1 2:30 - 4:00	6 Peer Support Looking for the right job 10:30 -11:30 Reading Group With David 1:30 - 3:00	7	8 Traumatic Brain Injury Support @ LIFE/RUN 10:00 a.m.- 1:00 p.m.	
9  October 20th is White Cane Day	10 Center Closed for Columbus Day! 	11 Craft Class 1:30 - 3:30 Level 2 Computer Class 2:30 - 4:00	12 Wii Exercise Class 10:30 -11:30 ASL 1:30-1:30 Computer Class-Level 1 2:30 - 4:00	13 What could an extra \$700 a month do for you!? Come find out! 10:00 -12:00	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		
16 	17 Rolling Queens Support Group 2:30 - 4:00 TOPS Meeting 5:00	18 Level 2 Computer Class 2:30 - 4:00 DARS Counselors @ LIFE/RUN 2:00 - 4:00	19 Exercise Class 10:30 -11:30 ASL 1:30-2:30 Computer Class--Level 1 2:30 - 4:00	20 Cooking Class 10:30 -12:00 Reading Group With David 1:30 - 3:00	21	22	
23	24 Cherri Stallings Texas Workforce Presents Employment Services 1:30 - 2:30 TOPS Meeting 5:00	25 CAC Meeting 10:30 -12:00 Movie Day 1:30 -3:30 Level 2 Computer Class 2:30 - 4:00	26 Wii Exercise Class 10:30 -11:30 ASL 1:30-1:30 Computer Class-Level 1 2:30 - 4:00	27 Early Voting at LIFE/RUN for Constitutional Amendments 10:00 - 12:00 	28	29	
30 	31 Halloween Party! 11:00 - 2:00 Wii Tournament! TOPS Meeting 5:00	We provide Citibus Transportation for programs attended at the Center.					
4902 34th St., Suite 5 (806) 795-5433 (Voice) (806) 795-5607 (Fax)							

