











Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February is Black History Month	Find us on Facebook! http://www.facebook.com/pages/Not-Without-Us-Disability-in-action/169024976463799 		1 Peer Support Building Self-Confidence 3:00-4:00	2 Money Management Understanding Life Insurance 2:00-3:00		
5 World Duchenne Muscular Dystrophy Awareness Week	6 Computer Class 11:00-12:00	7 Promoting Internet Safety 11:00-12:00	8 Craft Class Valentine Fan 2:00-3:00	9 Caregiver Workshop "Time for You" 10:00-11:30		
12	13 Computer Class 11:00-12:00	14 Valentine's Day Party 1:00-3:00 	15 Exercise with the Wii Gaming System 2:00-3:00	16 Peer Support Setting Limits 3:00-4:00		
19	20 Center Closed in Observance of President's Day 	21 IL Skills Organizing your Home 11:00-12:00 Useful Tips	22 Cooking Class Soul Food Dishes 10:00-12:00 Presentation on the Tuskegee Airmen And The Buffalo Soldiers 12:00-2:00	23 Transit Training with City Link Staff 1:00-2:00		
26 National Heart Awareness Month 	27 Computer Class 11:00-12:00	28 Stacey Levrets Imagine Enterprises Working and Keeping Social Security Benefits 1:00-2:00	29 Computer Class 11:00-12:00 Exercise with the Wii 2:00-3:00			

Not Without Us!
Disability in Action

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Abilene, TX 79603

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