

# FREE COMMUNITY DAYS

AT THE LAWRENCE COMMUNITY CENTER

For Weekly Activities  
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**7TH**  
FEBRUARY

THE FIRST FREE  
COMMUNITY DAY OF  
THE YEAR!

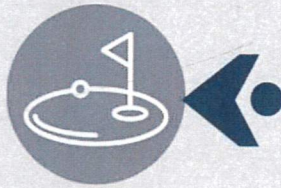
**FEBRUARY  
COMMUNITY  
DAYS:**

★ FEB 7 ★ FEB 14 ★  
★ FEB 17 ★ FEB 24 ★



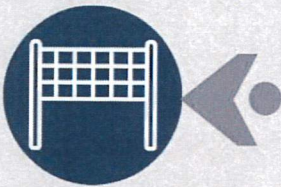
## NOON BALL

All-ages pickup basketball game held from 12-1 PM - perfect for staying active and having fun during the lunch hour!



## MINIATURE GOLF

Enjoy a fun afternoon of mini-golf in the gym, open to all ages from 2-6 PM!



## VOLLEYBALL

Join us for volleyball from 6-8 PM, welcoming all age and experience levels for some fun and friendly competition!



Enjoy access to the entire  
facility during the  
Free Community Day!

## BENIFITS OF PHYSICAL ACTIVITY

- ♥ Boosts energy levels and improves mood
- ♥ Supports overall physical and mental health
- ♥ Helps manage stress and anxiety
- ♥ Promotes better sleep and focus



600 E MAIN STREET, ANAMOSA, IOWA