

Welcome to the Big Spring Senior Center

Open Monday thru Friday: 7:00 AM to 3:00 PM.

Monthly Health Focus

September 19th

11:30a.m. -11:45a.m.

Choosing Healthy Meals as
You Get Older



Calendar of Events

Daytime Activities:

Dominoes, puzzles, and a light library.

Tuesday & Thursday:

Bingo.....Following lunch

Friday:

Dances.....September 6th & September 20th

Caregivers
Support Group
September 10th
at 10:30 AM



Sponsored by:
Area Agency on Aging
of the Permian Basin

We will be closed
September 2, 2019
for Labor Day.

Monthly menus are now available on channel 17. You can also check them out by logging on to www.mybigspring.com