

**Welcome to the Big Spring Senior Center
Open Monday thru Friday: 7:00 AM to 3:00 PM**

**Monthly Health Focus
Handout
Vitamins You Need
as You Age**



Calendar of Events

Daytime Activities:

Dominoes, puzzles, and a light library.

Tuesday & Thursday:

Bingo.....Following lunch

**Serving curbside and congregate meals
call 267-1628 for reservations.**

**Caregivers Support
Group
August 10th**



Sponsored by:
Area Agency on Aging of the
Permian Basin

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