

# Welcome to the Big Spring Senior Center

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

Monthly Health Focus  
February 21st  
At 11:30AM to 11:50 AM  
**Understanding Osteoporosis**



### Calendar of Events

#### Daytime Activities:

Dominoes, puzzles, and a light library.

#### Tuesday & Thursday:

Bingo.....Following lunch

#### Friday:

Dances.....February 1<sup>st</sup> and February 15<sup>th</sup>

Caregivers Support  
Group  
February 12th  
@ 10:30 AM



Sponsored by:  
Area Agency on Aging of the  
Permian Basin



**AARP Drivers Safety**  
**February 20th**  
**10:00 AM – 3:00 PM**

**FREE AARP TAX SERVICE**  
**every Monday starting February 4<sup>th</sup>**  
**8:00 AM to 12:00 PM**

**The Senior Center**  
**will be open for lunch**  
**on Presidents Day!**  
**9:00 AM – 1:00 PM**

Monthly menus are now available on channel 17. You can also check them out by logging on to  
[www.mybigspring.com](http://www.mybigspring.com)