

# Welcome to the Big Spring Senior Center

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

### Monthly Health Focus

August 15th

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

Nutrition Tips for Managing  
Loss of Appetite



### Calendar of Events

#### Daytime Activities:

Dominoes, puzzles, and a light library.

#### Tuesday & Thursday:

Bingo.....following lunch

#### Friday:

Dances.....August 2<sup>nd</sup> & August 16<sup>th</sup>

### Caregivers Support Group

August 13th  
at 10:30 AM



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](http://www.mybigspring.com)

