

Welcome to the Big Spring Senior Center
Open Monday thru Friday: 7:00 a.m. to 3:00 p.m.

Monthly Health Focus
Handout
**Choosing Healthy Meals
As You Get Older**



Calendar of Events

Daytime Activities:

Dominoes, puzzles, and a light library.

Tuesday & Thursday:

Bingo.....following lunch

**The Big Spring Senior Center is serving
curbside and congregate meals. Please call
432-267-1628 for reservations.**

Caregivers Support
Group

October 12th



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.