

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

**Monthly Health Focus  
Handout  
Healthy Eating for Older Adults**



**Calendar of Events**

**Daytime Activities:**

Dominoes, puzzles, and a light library.

**Tuesday & Thursday:**

Bingo.....Following lunch

**Caregivers Support  
Group  
May 10<sup>th</sup>**



Sponsored by:  
Area Agency on Aging of the  
Permian Basin

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

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

**The Senior Center will be closed May 30<sup>th</sup> for Memorial Day.**