

# Welcome to the Big Spring Senior Center

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

Monthly Health Focus  
November 15th  
11:00 AM - 11:50 AM  
Nutrition for Older Men



### Calendar of Events

#### Daytime Activities:

Dominoes, Puzzles, and a Light Library.

#### Tuesday & Thursday:

Bingo.....Following lunch

#### Friday:

Senior Center Dances

November 2<sup>nd</sup>

November 16<sup>th</sup>

November 30<sup>th</sup>



Tuesday & Thursday  
after Lunch

Caregivers Support  
Group

November 13<sup>th</sup>

@ 10:30 AM



Sponsored by:  
Area Agency on Aging  
of the Permian Basin

Senior Center will be closed November 12th for Veteran's Day and on November 22nd & 23rd for the Thanksgiving holiday.

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)