

# Welcome to the Big Spring Senior Center

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

### Monthly Health Focus

May 16th

11:30 AM - 11:45 AM

My Plate for Older  
Adults



### Calendar of Events

#### Daytime Activities:

Dominoes, puzzles, and a light library.

#### Tuesday & Thursday:

Bingo.....Following lunch

#### Friday:

Senior Center Dances.....May 3<sup>rd</sup> & May 17<sup>th</sup>

### Caregivers Support Group

May 14th @ 10:30 AM



Sponsored by:  
Area Agency on Aging of the  
Permian Basin

**The Senior Center will be closed On Monday May 27<sup>th</sup> for Memorial Day**

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)