

Welcome to the Big Spring Senior Center

Open Monday thru Friday: 7:00 a.m. to 3:00 p.m.

Monthly Health Focus

May 18th

11:00a.m. - 11:50a.m.

Special Nutrient Needs of Older Adults



EVERY Tuesday & Thursday after lunch

Calendar of Events

Daytime Activities:

Dominoes, puzzles, and a light library.

Tuesday & Thursday:

Bingo.....following lunch

Friday:

Dances.....May 5th & May 19th

The Big Spring Senior Center is located at 100 Whipkey Drive in Comanche Trail Park.

Driver's Safety Course

May 19th

9:00 a.m. - 2:30 p.m.

Caregivers Support

Group

May 9th

10:30 a.m.



Sponsored by:
Area Agency on Aging of the
Permian Basin

The Senior Center will be closed on May 29th for



Monthly menus are now available on channel 17. You can also check them out by logging on to www.mybigspring.com