

# Welcome to the Big Spring Senior Center

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

### Monthly Health Focus

January 16, 2019

11:30 AM - 11:45 AM

Choosing Healthy Meals as You Get Older



### Calendar of Events

#### Daytime Activities:

Dominoes, puzzles, and light library.

#### Tuesday & Thursday:

Bingo.....Following lunch

#### Friday:

Dances.....January 3rd & January 17th

### Caregivers Support

Group

January 14, 2019

10:30 AM



Sponsored by:  
Area Agency on Aging of  
the Permian Basin

**The Senior Center will be open on Martin Luther King Jr. Day, January 20, 2019, from 9 AM to 1 AM, for lunch.**

**SENIOR CENTER CLOSED:  
JANUARY 1, 2019  
HAPPY NEW YEAR!!!**



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)