

# Welcome to the Big Spring Senior Center

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

Monthly Health Focus  
Handout  
Using the Nutrition Facts Label

Nutrition Facts	
Serving Size 1 Tbsp	
Amount Per Serving	
<b>Calories</b> 61	
	% Daily Values*
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 11mg	<b>4%</b>
<b>Sodium</b> 8mg	<b>0%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 4g	
<b>Protein</b> 0g	<b>0%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

### Calendar of Events

#### Daytime Activities:

Dominoes, puzzles, and a light library.

#### Tuesday & Thursday:

Bingo.....Following lunch

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

**THE SENIOR CENTER WILL BE CLOSED MONDAY, JULY 5,  
2021, FOR INDEPENDENCE DAY**

Caregivers Support  
Group  
July 13<sup>th</sup>, 2021



Sponsored by:  
Area Agency on Aging of the  
Permian Basin

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)