

Welcome to the Big Spring Senior Center
Open Monday thru Friday: 7:00 a.m. to 3:00 p.m.

Monthly Health Focus
Handout: December 2022
Food Group Tips, Fruits &
Vegetables



Calendar of Events

Every Tuesday and Thursday:

Bingo.....Following lunch

The Big Spring Senior Center
serves curbside and congregate meals.
Call 432-267-1628 for reservations.

Merry
Christmas

Caregivers Support
Group
December 13th
10:30 a.m.



Sponsored by:
Area Agency on Aging
of the Permian Basin

The Senior Center will be closed Friday, Dec. 23rd & Monday, Dec. 26th for the Christmas holiday.

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