

Welcome to the Big Spring Senior Center

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

Monthly Health Focus
September 21, 2017
11:00a.m. - 11:50a.m.
Choosing Healthy Meals As You
Get Older



Tuesday & Thursday
after Lunch

Calendar of Events

Daytime Activities:

Dominoes, Puzzles, and a Light Library.

Tuesday & Thursday:

Bingo.....Following Lunch

Friday:

Dances.....1st, 15th, 29th

Caregivers Support
Group
September 12th
10:30 a.m.



Sponsored by:
Area Agency on Aging of
the Permian Basin

We will be closed
September 4th for

