

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

Calendar of Events

Daytime Activities:

Dominoes, puzzles, and a light library.

Tuesday & Thursday:

Bingo.....following lunch

**The Senior Center serves curbside and
congregate meals Monday through Friday.**

Please call 432-267-1628 for reservations.

**Monthly menus are now available on
Suddenlink Channel 17. You can also check**

the menu by logging on to

www.mybigspring.com.

**Monthly Health Focus
Handout:
Know Your Food Groups:
Grains & Proteins**



**Caregivers Support
Group
August 9th
10:30 a.m.**



**Sponsored by:
Area Agency on
Aging of the Permian
Basin**