

**Welcome to the Big Spring Senior Center**  
**Open Monday thru Friday: 7:00 a.m. to 3:00 p.m.**  
**100 Whipkey Drive (inside Comanche Trail Park)**

**Calendar of Events**

**Daytime Activities:**

Dominoes, puzzles, and a light library.

**Tuesday & Thursday:**

Bingo.....Following lunch

**The Senior Center is serving curbside and  
congregate meals. Please call 432-267-1628 for  
reservations.**

**The Senior Center will be closed on Monday, September  
5, 2022, for Labor Day.**

Monthly menus are now available on Suddenlink  
Channel 17. You can also check them out by logging on  
to [www.mybigspring.com](http://www.mybigspring.com)

**Monthly Health Focus  
Handout:  
Nutrition Tips for  
Ages 60+**



**Caregivers Support  
Group  
September 13<sup>th</sup>  
10:30 a.m.**



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

