

Welcome to the Big Spring Senior Center

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

Monthly Health Focus
Handout:
Choose my Plate for a Healthy
Meal



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

Caregivers Support
Group
November 8th
10:30 a.m.



Sponsored by:
Area Agency on
Aging of the Permian
Basin

Center Will Be Closed Nov. 11th for Veteran's Day & Nov. 24th & 25th for Thanksgiving

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