

Future Dates

Wednesday 23rd January
Wednesday 27th February
Wednesday 27th March
Wednesday 24th April
Wednesday 22nd May
(No Encore! during June/July)
Wednesday 28th August
Wednesday 25th September
Wednesday 25th September
Wednesday 23rd October
Wednesday 20th November (One week earlier)
Wednesday 11th December - Christmas Special

Contact Details:

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**Dumfries
Baptist Church**

Worship | Reach | Serve



ENCORE!

2019

- because there's always more!

Seniors Lunch Club

**Monthly on a Wednesday
(see dates on reverse)**

From 11am - 2pm

Our Vision for Encore:

- * Is to provide a service for Seniors that will enable those who attend to develop friendships, share in the various activities offered and enjoy a 'Soup and Sweet' lunch once a month.
- * Encore! 2018 will be held on the fourth Wednesday of the month from 11am - 2pm.
- * A donation of £3 can be made to assist towards costs incurred.
- * We would hope to invite occasional Guest Speakers to share their expertise in areas like health and general welfare.
- * Just prior to lunch one of our team members will share a "Thought for the day" based on the Bible and what it teaches us about God the Father, God the Son and God the Holy Spirit.
- * We would also like to meet any transport needs required so that access to Encore! is not prohibited due to mobility challenges. Please contact us to make arrangements.

Programme:

11am Welcome and preview of that days activities which will include your choice of activities.

Options might include:

Board games - Scrabble, etc.

Dominoes, Carpet Bowls,

Skittles, Hoopla, Knitting,

Table Tennis, Sewing Corner ...

Each Day will include active and quieter activities which will take place between 11am and 12.30pm

12.30pm 10 minute 'Thought for the day' followed by Grace for the meal.

12.45pm Lunch - Choice of soups served with a roll and butter. Choice of puddings. All freshly made.

We hope that we will be able to offer age specific keep fit at every meeting together with an occasional guest to speak on helpful subjects.

If you have any ideas for new activities, please tell us your suggestions.

RSVP

Name:

Address:

Tel No:

Transport Requirements:

Dietary Requirements:

Please complete the above details if this will be your first time at Encore!

I consent to having the above details retained by the church.

Signature: _____