

Future Dates

Wednesday 26th February

Wednesday 25th March

Wednesday 22nd April

Wednesday 27th May

Contact Details:

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**Dumfries
Baptist Church**

Worship | Reach | Serve



2020



ENCORE!

- because there's always more!

Seniors Lunch Club

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

From 10.30am - 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. 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 hope to invite occasional Guest Speakers to share their expertise in areas like health and general welfare.
- * Encore! 2019 will be held on the fourth Wednesday of the month from 11am - 2pm.
- * 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.
- * A donation of £3 can be made to assist towards costs incurred.

Programme:

11am Welcome Tea/Coffee and nibble. Preview of that days activities which will include your choice of activities.

Options might include:

Board games - Scrabble, etc.

Dominoes, Boccia,

Skittles, Hoopla, Table Tennis,

Sewing Corner ...

Each Day will include active and quieter activities which will take place between 11.15am and 12.30pm in the Sports Hall

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: _____