

## Future Dates

Wednesday 22nd August

Wednesday 26th September

Wednesday 24th October

Wednesday 21st November

Wednesday 12th December (Christmas Special)

## Contact Details:

Dumfries Baptist Church,

Gillbrae Road, Dumfries DG1 4EJ

Telephone: 01387 268926

Email: [office@dumfriesbaptistchurch.org.uk](mailto:office@dumfriesbaptistchurch.org.uk)

[www.dumfriesbaptistchurch.org.uk](http://www.dumfriesbaptistchurch.org.uk)

**Senior Pastor:** Alistair Purss

Tel: 07882 698428

**Associate Pastor:** David White

Tel: 07476 379865

**Dumfries  
Baptist Church**

Worship | Reach | Serve



# ENCORE!

2018

- 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: \_\_\_\_\_