



# Mature Adult Ministry

[www.whumc.org/pam/matureadults.html](http://www.whumc.org/pam/matureadults.html)

## **OUR MISSION**

The Walnut Hills Mature Adult Ministry Team's aim is to help mature adults achieve spiritual, emotional, social and personal growth through an intentional ministry by, with, and for mature adults.

## **S.E.N.I.O.R.S. MINISTRY PROGRAM**

The Mature Adult Ministry Team plans a variety of opportunities which are social, educational, and service oriented, which include:

### **SPIRITUALITY**

Bible study groups, prayer groups, small group studies, Christian education classes, retreats, special worship services.

### **ENRICHMENT**

Learning opportunities and classroom seminars on topics of interest. For example: health care, finances, advance directives, elder law, computers and internet, and life review, etc.

### **NUTRITION and FITNESS**

A Congregational Health Ministries Team (to be established) will provide opportunities for exercise and classes on healthy cooking and nutrition.

### **INTERGENERATIONAL**

The Mature Adult Ministries Team will invite all ages to participate in programs, events, worship, and learning opportunities.

### **OUTREACH**

You will have opportunities for mission and evangelism outreach such as the Volunteers in Mission program or short and long-term mission experiences.

### **RECREATION**

The Mature Adult Ministries Team will provide game days, book clubs, fellowship meals, travel events, and field trips.

### **SERVICE**

The Mature Adult Ministries Team will provide transportation, respite care, Stephen Ministers, and support groups.