

WORSHIP | STUDY

- Sunday Bible study: 9:30-10:30 a.m.
- Sunday worship: 10:45 a.m.
- Women of Virtue and Love the Brotherhood meet jointly through the summer, Tuesdays 6:30 p.m.

CONTACT US



Riverdale Baptist Church
1624 Edgerton Avenue SE
Roanoke, VA 24014

Email | secretary@riverdale.roacoxmail.com

Please contact the church office for current hours of operation. Senior Fellowship leaders Becky Jones and Gary Clark may be contacted through the church office, 540.427.3141.

Our mission is to love, worship, obey and glorify God; to follow the example and keep the commandments of the Lord Jesus Christ; and to continue steadfastly in the apostles' doctrine and fellowship, in the breaking of bread and in prayers.

ONLINE


Sermons, Bible studies, *Sound Doctrine*, worship and events are on our website:

www.riverdalebc.net
Find us on Facebook.



ON THE RADIO

Tune in to ***Sound Doctrine***, the radio ministry of Riverdale Baptist Church, on The Ministry Station WKBA **1550 AM** and **93.1 FM** 9 a.m. Wednesdays 2 p.m. Saturdays and Sundays

 RIVERDALE BAPTIST CHURCH
1624 Edgerton Avenue SE
Roanoke, VA 24014

Help keep your brain sharp with these tips:

- **Reading and writing.** Reading, writing and journaling can improve your memory, while reducing stress and anxiety; and promoting better sleep
- **Play puzzles and games.** Besides being enjoyable, these stimulate the mind. Puzzles have even been proven to delay memory decline and enhance senior-mental health.
- **Play an instrument.** Music stimulates the brain and improves memory in seniors, including those with Alzheimer's and dementia. Not only is playing - or learning to play - an instrument fun, but it can improve your speaking skills and your brain's processing speed within a matter of months.
- **Learn a new language.** Learning to speak another language exercises the area of the brain that's most affected by aging. It can also build your confidence and increase socialization with others who may know or are learning the language.





SHINING THE GOSPEL LIGHT IN SOUTHEAST ROANOKE AND THROUGHOUT THE ROANOKE VALLEY

SENIOR DIGEST JULY 2021

Senior Fellowship and luncheon!



SENIOR CONNECTIONS



HAPPY BIRTHDAY!
Celebrating birthdays in July:

- Bentley Pugh 7/3
- Bryana Poff 7/4
- Suzanne Kelley 7/4
- Jackie Alley 7/19
- Naziyah Newbill 7/23
- Sharon Simmons 7/12
- Missy Dillon 7/17
- Faye Draper 7/18

SEIZE THE SUMMER

Then He said to them,
"Follow Me, and I will
make you

fishers of men."

Matthew 4:19 NKJV

**We visit in our church
neighborhood
Wednesdays, 6:30 p.m.**

VACATION BIBLE SCHOOL DESTINATION



**AUGUST 15-20
6-8 P.M.**