

SMART PHONE CLASS—Room 700

Victoria Clay will lead Apple and Android classes to make you a smart phone pro! Bring your cell phone and your questions! PLEASE sign up with Lisa Ruddell, lruddell@crosspoint.church.

Sep 4th and 11th—Work With Text

Sep 18th—Train on Apps Store

(18th Only: Apple 10 a.m.—Android 11 a.m.)

Sep 25th—Train on Apps Books

****Apple Class: at 9:00—10:00 a.m. Max 5**

****Android Class at 10:00-11:00 a.m. Max 2**

ONGOING LIFE GROUPS:

SERENDIPITY - Sundays, 9:30 a.m., Room, 700, led by Henry Gross

REDISCOVERING GOD'S WORD - Wednesdays, 6:00 p.m., Room, 909-911, led by Herstel Carter

MEN FOR GOD - Wednesdays, 6:00 p.m., Room 905, led by Doug Colman

MINOR PROPHETS - Wednesdays, 6:00 p.m., Room 402, led by Michael Baker

SEARCHERS - Sundays, 9:30 a.m., Room 703, led by Merlin Webb.

STUDYING THE BIBLE ED CHANDLER'S WAY

- Sundays, 9:30 a.m., Room: Marler Chapel, led by Herstel Carter.

SHARERS - Sundays, 9:30 am, Room 802, led by Chuck Turk.

SISTERS - Sundays, 9:30 am, Room 803, led by Marilyn Turk.

Game Day - You are invited to join the fun

On Tuesday and Friday afternoons, games offered now are Pinochle, Dominoes, Bridge, Canasta (Hand & Foot), and Mexican Train Dominoes. Always a great time and they would love to welcome you to play with them! Contact Lisa for more information.

The Elder Helpline

The Elder Helpline provides information and referrals for elder services, call 800-963-5337. To reach the Northwest Florida Area Agency on Aging which serves Okaloosa County, call 850-494-7101.

They offer many services. Call to see if you qualify. You can also check out the services available here:

[Programs & Services - DOEA \(elderaffairs.org\)](http://elderaffairs.org)

FUN EXERCISE! All are welcome!

FAITHFULLY FIT Mon and Thurs, 9:00-10:00 am in CLC Room 905/907. Flexibility, breathing techniques, balance, coordination, and use of light weights. NO FEE! Just show up!

FIT TODAY CLC Gym on Mon, CLC Rm 905/907 on Wed, Fri, All classes are at 8:00 am Focus on strength and balance. NO FEE! Just show up!

PICKLEBALL CLC Gym Tuesdays, 5:30-8:30 p.m and Fridays 6:30-10:30 a.m. NO FEE! Come and enjoy one of the fastest growing sports for seniors today.

"He gives his strength to the weary and increases the power of the weak."

Isaiah 40:29 (NIV)

For more information or to sign up for an event or activity, please contact

Lisa Ruddell at 678-4411,
ext. 211 or Lruddell@crosspoint.church

Active Adults 50 Plus September Brochure Tribute Concert Trip



Come join us!

Our mission is people connecting people to Christ and their unique role in God's mission.





Lisa Ruddell
 Active Adults 50 Plus
 lruddell@crosspoint.church
 850-678-4411 ext. 211

For more information or to sign up for an event, please contact Lisa Ruddell at 678-4411, ext. 211 or email her at lruddell@crosspoint.church.

Welcome

We welcome you to the Active Adults 50 Plus Ministry of Crosspoint! We warmly invite you to participate in our activities and programs. Join our community of people who are seeking Christ and are growing and serving in His name! Our mission is connecting people to Christ!

Young at Heart Luncheon

11:30 am—1:00 pm in the Fellowship Hall on the second Tuesday of the month.

Please sign up (or cancel) by noon the Friday before the luncheon date by calling or emailing Lisa. Cost for lunch is \$6.

September 10th luncheon: Come join us as Mr. Randy Oliver and Ms. Diane Hoelter provide information and insight on Crosspoint's Stephen Ministries.

October 8th luncheon: We are so excited to have Ms. Katrina Jackson, our Traditional Music Director, perform for us. She is so talented. You won't want to miss this!

"The greatest glory in living lies not in never falling, but rising every time we fall."

Nelson Mandela

Panhandle Opry—Regular Show

Saturday, September 21 Ready for another great night of music? Join us for their regular show! We will depart at 5:45 pm. Concessions for dinner **are** reasonably priced (cash only). Please bring \$10 **cash** to cover your admission fee. Sign up for a seat on the bus.

Mark Trummell Gospel Music Concert

Sunday, October 27 August 4 Join us on this trip to Pensacola Calvary Way Full Gospel Church for great music and entertainment. We will have dinner at the Golden Corral. Trip fee is \$5 and love offering. Departing from Cross Point, Niceville at 2:30. Sign up for a seat on the bus.

LUNCH & LEARN 11 a.m. Room 800



Lunch and Learn—September 24 -Bring your brown bag lunch and join us for a guided tour with Chris Murray of Niceville's very own Turkey Creek. Bring a friend...or two...along with you!

Lunch and Learn—October 29 -Join us for a Holiday Hors d'oeuvres cooking demonstration by renown Chef Dan Pettis. We will meet at The Crooked Tree Grill (Rocky Bayou Country Club), 600 Golf Course Drive, Niceville from 11:00 a.m. to 1:00 p.m. Cost: \$25 each. Seating is limited so don't wait to sign up.

September Health and Wellness Report

Poor Sleep May Diminish the Cognitive Benefits of Exercise
The Lancet Healthy Longevity
 July 2023

Researchers evaluated the periodic memory test results and self-reported sleep and exercise habits of almost 9000 dementia-free people (ages 50, 60, or 70) who were followed for a period of 10 years each. Among people who started the study at age 50 or 60 and reported the highest rates of exercise, those who said they got less than six hours of sleep per night had faster rates of cognitive decline than those who said they got six to eight hours of sleep per night. Those who started the study at age 70 and reported high exercise rates, the amount of sleep they got didn't affect their rate of cognitive decline.

SAVE THE DATE!

November 7th-Trip to the Gulfarium. Includes the Dolphin and Sea Lion Show. We will have lunch afterwards at McGuires/Crabtree (TBD).

December 7th—DeFuniak Springs Parade of Homes followed by the Festival of Lights around Lake DeFuniak.