

## 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, lrুদ্ধell@crosspoint.church.

Oct 9th, 23rd and 30th

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

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

All classes are in Room 700.

## ONGOING LIFE GROUPS:

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

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

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

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

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

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

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

**STUDYING THE BIBLE ED CHANDLER'S WAY** - Sundays, 9:30 a.m., Room: Marler Chapel, led by Herstel Carter

## 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://Programs & Services - DOEA (elderaffairs.org))

## FUN EXERCISE! All are welcome!

**FAITHFULLY FIT** Mon and Thurs, 9:00-9:45 am in CLC Room 905/907. Strength, balance and flexibility exercises performed while sitting in a chair. NO FEE! Just show up!

**FIT TODAY** Senior fitness class in the CLC, Rm 905/907 Mon, Wed, and Fri., 8:00-8:45 a.m. Focus on strength, balance and flexibility. NO FEE! Just show up!

**PICKLEBALL** CLC Gym Most Fridays 6:30 a.m. - 12:30 p.m. NO FEE! Come and enjoy one of the fastest growing sports for seniors today. Must have a completed liability release form on file.

\*View the Recreation Calendar for the most up-to-date schedule and hours by visiting <https://crosspoint.church/recreation/>

## 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.

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

Lisa Ruddell at 678-4411,  
ext. 211 or [Lrুদ্ধell@crosspoint.church](mailto:Lrুদ্ধell@crosspoint.church)

# Active Adults 50 Plus October Brochure



Performance and Testimony by  
Katrina Jackson

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



*"Create in me a pure heart, O God, and  
renew a steadfast spirit within me."*

*Palms 51:10 (NIV)*



**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 lrud-

### Mark Trummell Gospel Music Concert

Sunday, October 27 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 Crosspoint, Niceville at 2:30. Sign up for a seat on the bus.

### Gulfarium Trip

Thursday, November 7th Join us on this exciting trip to the Gulfarium on Okaloosa Island. Experience the wonderful Dolphin and Sea Lion show. We will have lunch afterwards at Uptown Station. Trip fee is \$34. This DOES NOT include lunch. Departing from Crosspoint, Niceville at 10:30 a.m.. Sign up for a seat on the bus.

**LUNCH & LEARN 11 a.m. Rm 800**

*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.

No Lunch & Learn November and December

## 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!

## 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.

**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!

**November 12th luncheon:** We are very fortunate to have Ms. Julie Mooney, Manager of the Niceville Senior Center, come share with us some of the exciting programs available for our community at the Senior Center.

**“The ordinary experiences of aging alter and clarify your view of past, present, and future.”**

Edith Pearlman

### **October Health and Wellness Report Walking Faster May Reduce Diabetes**

**Risk**  
*British Journal of Sports Medicine*  
 28 November 2023

Researchers pooled the data of more than 508,000 mostly middle-aged adults from around the world. Participants were followed for three to eleven years.

The walking speed of 2 mph was compared with the risk of diabetes at higher speeds. The amount of time walking was not a factor. Compared with (“casual” walking) at less than 2 mph, walking 2 - 3 mph (brisk walking) was associated with a 15% lower risk of diabetes. Walking 3 - 4 mph was associated with a 24% lower diabetes risk. Going faster than 4 mph was associated with a 39% lower diabetes risk.

*Bottom Line:* Walking at a faster rate helps reduce risk of developing diabetes. We already know that brisk walking exercises the heart and lungs which helps control blood sugar levels, weight, and cardiovascular health which are all important for avoiding diabetes and many other chronic diseases.

### **SAVE THE DATE!**

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

### **NICEVILLE HAPPENING!**

November 14th– The Danny Gokey and Mac Powell United We Worship Tour at the Mattie Kelly Arts Center, Northwest Florida State College.