

## SMART PHONE HELP

Victoria Clay will provide assistance with Apple and Android to help you become a smart-phone pro!

## Children In Crisis Ministry

**Mission:** To provide a loving home for sibling groups in need.

### Facility Overview:

- 5 homes with licensed house parents who provide foster care.
- Active Adults 50+ support the pantry, "Kay's Cupboard," through monthly service teams.

### Get Involved:

- If you're interested in joining a service team or substituting, please sign up at **Young At Heart** or contact Lisa.

### Donation Drive:

- **When:** November 12 to December 10
- **Where:** Donations can be dropped off at Young At Heart or at my office.

**How to Help:** A list of needed items is available by emailing Lisa at [lruddell@crosspoint.church](mailto:lruddell@crosspoint.church) or calling 678-4411 ext. 211.

### Make a Difference:

Help us fill the shelves of Kay's Cupboard and bless the children and their foster parents in this wonderful facility! Thank you for your support!

*We are collecting donations for Children In Crisis! We would love for you to volunteer with us!*



"Listen twice as much as you talk. Remember, even the simplest people can teach us something. Be a 'sponge.'"

Doug Snyder

## 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 for Okaloosa County, call 850-494-7101.

They offer many services. Call to see if you qualify. Check out the services available here:

## 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,

# Active Adults 50 Plus December Brochure

October's Holiday Hors d'oeuvres cooking demonstration by Chef Dan Pettis



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

## 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.

**December 10th luncheon:** Come join us for a performance by Opus One from our very own Niceville Highschool. Once again they will delight us with their amazing Christmas music! You don't want to miss this wonderful performance!



**Note: No January YAH luncheon due to our churchwide fast Jan 6-15**

“Even to your old age and gray hair, I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you, and I will rescue you.”

Isaiah 46:4

## Potluck and a Movie

Friday, January 17th Join us at 11:00 a.m. in the Crosspoint Theater for Movie Day! You're sure to find great food, fellowship and evening out with a great movie. Our movie, Risen, presents itself as “the epic Biblical story of the Resurrection, as told through the eyes of a non-believer.” Come and be inspired!

## LUNCH & LEARN

No Lunch & Learn Nov or Dec

*Lunch and Learn—January 28, 11-12:30*

*Let's travel to the magnificent country of New Zealand through pictures and adventures experienced recently by Lisa and Gary Ruddell. This is sure to be insightful and hugely entertaining!*

## Divorce Care Surviving the Holidays A stand alone seminar

Tuesday, December 17, 7:30 pm, Room 914  
Dreading the coming holidays?  
Lessen the emotional impact by knowing what to expect and being prepared.  
Receive a Survival Guide.

Contact Glenda Robinson, glendarobinson2019@gmail.com

## SAVE THE DATE!

February 5th - The Glen Miller Orchestra will be performing at the Chipley Highschool.



## MENTAL HEALTH AND THE HOLIDAYS

### Gratitude

Incorporate daily practices to ensure you mindfully incorporate gratitude into your daily life, such as:

Think of one thing or person you're grateful for when you wake up in the morning and before you go to sleep at night.

Use meditation as an opportunity to practice gratitude. Take a few minutes each day to close your eyes, breathe in and out slowly, and focus your mind on positive thoughts.

Make a gratitude jar. Keep an empty jar, scratch paper and a pen in an accessible place at home. Ask family members to write on a piece of paper one thing that they're grateful for every day and drop it in the jar. Find time to collectively take a few of the notes out of the jar and enjoy reading one another's thoughts.

Notice the things around you that you would miss the most if they were gone. This may include small things like a hot shower, a warm garage or a car that runs, as well as the bigger things, such as your child's laughter, the house you live in, and the friend who sent you a text. This list of practices is exhaustive. It is the intentional focus that creates lasting change.

Mayo Clinic Press Editor  
Lisa Hardesty, Ph.D.

**CHURCH LIBRARY NEWS:** Come see the new books in the 'New Arrivals' section of the church library (room 702). Self-check-out procedures are to the right of the library's entrance and hours of operation are when the church is open except for Monday through Wednesday between 9:00 a.m. - 12:00 p.m. Please remember to return all books and media in one month so that others can enjoy them. Thank you, and happy reading!