

SMART PHONE HELP

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

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 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.

SEARCHERS - Sundays, 9:30 a.m., Room 703, led by Donna McDowell-Cooper.

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 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 for Okaloosa County, call 850-494-7101.

They offer many services. Call to see if you qualify. 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/>

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

Lisa Ruddell at 678-4411,

“Keep your face towards the sunshine and shadows will fall behind you”.

Walt Whitman

Active Adults 50 Plus January Brochure

December - Parade of Homes and Festival of Lights Tour around Lake DeFuniak



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.

February 11th luncheon: Come join us for a fascinating presentation from Rurel Ausley on his transitioning from the Crosspoint Lead Pastor to Pastor Emeritus and his continued passion and emphasis on the Congo.

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



And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”

Hebrews 10:24 NIV

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!

Glenn Miller Band

Wednesday, February 5th The Chipley High School is hosting the big band sounds of the Glen Miller Orchestra. We will stop for dinner in route at the Cancun Mexican Grill. You won't be disappointed in the food or the entertainment! Cost is \$25.00 and DOES NOT include dinner.

LUNCH & LEARN

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!

Lunch and Learn—February 25, 11-12:30

BINGO in the Friendship Hall! What a fun-filled time this will be! Exciting prizes will be given to the lucky winners! Come fellowship and try your luck at winning in bingo.

HEALTH AND WELLNESS

The 11-Minute Secret for a Longer Life

British Journal of Sports Medicine

28 February 2023

A recent study At Queen's University in Belfast, Ireland involved a study of walking and other moderate exercise such as cycling on overall health benefits. The study involved 196 students. Walking at a moderate pace for about 11 minutes a day (75 minutes per week) can cut your risk of early death by 23 percent. It can also reduce your risk of cardiovascular disease by 19% and 5 – 16% of breast, colon, endometrial, liver, and lung cancers.

Bottom Line: 11 minutes a day of moderate exercise (walking or cycling) can reduce your risk of early death by 23 percent.

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!