

## SMART PHONE HELP

Victoria Clay will provide assistance with Apple and Android to help you become a smart-phone pro! Please call Victoria Clay at 850-737-0693.

## 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,

"The longer I live, the more beautiful life becomes."

Frank Lloyd Wright

# Active Adults 50 Plus February Brochure

December Birthdays and  
NHS Opus One Performance



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

## 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.

**March 11th luncheon:** Sam Brown, our Freeport Campus Pastor will provide us with the current status on the Freeport Campus initiative and a look forward at what's to come! We are so excited about the continued growth happening in Freeport and the furthering of our mission in the expansion of God's Kingdom!

## Glenn Miller Band

Wednesday, February 5th The Chipley High School is hosting the big band sounds of the Glenn 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.

## Emergency Operations Center

Thursday, March 13th The NWF Okaloosa County Emergency Operations Center will provide a very interesting and enlightening presentation. Meet at the Security Building at 10:00. Optional lunch details TBD.

## LUNCH & LEARN—Bring Your Own Lunch

*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.*

*Lunch and Learn—March 25, 11-12:30, Room 800 A "Food Truck for Birds" is a metaphor for planting native trees and shrubs for the migrating birds on their proverbial "highway" in the sky. Join us for an hour workshop/presentation. This is sure to be a memorable educational event.*

"I remember the days of long ago; I meditate on all your works and consider what your hands have done."

Psalm 143:5 NIV

## February Health and Wellness Report Blood Pressures Vary Widely At Medical Offices

### Circulation: Cardiovascular Quality and Outcomes

**Most people with high blood pressure don't monitor it at home; they rely only on results taken at health care visits. Researchers found wide variations in blood pressure readings from one visit to the next – especially in people with known hypertension. Researchers evaluated more than 7.7 million blood pressure readings taken from more than 537,000 adults (average age 53) over more than two years. Each patient averaged 13 doctor visits during that time and wide variations were discovered. These wide variations can make it hard to determine if blood pressure drugs should be started or dosages changed.**  
**Bottom Line – To obtain more accurate blood pressure measurements, take your blood pressure at home regularly, two or three times per week. Record these readings and take the record to the doctor visit along with your list of medications.**



Upcoming  
 in  
 Niceville!  
 Save the  
 Date!

February 15th, 2025

**ULTIMATE ELVIS IN VEGAS**

FEATURING:  
 ULTIMATE ELVIS CHAMPION  
 COTE DEONATH

MATTIE KELLY ARTS CENTER

Featuring: Ultimate Elvis Champion Cote Deonath  
 Live Music Provided By: The Infnit-E Tribute Band

Mattie Kelly Arts Center, Niceville, Florida

Showtime: 7:00pm - Tickets Start At \$35

BUY TICKETS GO TO: mattiekellyartscenter.org  
 Or Call (850) 729-6000