

## 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 4 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 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,

"Grant me, O Lord my God, a mind to know You, a heart to seek You, wisdom to find You, conduct pleasing to You, faithful perseverance in waiting for You, and a hope of finally embracing You.

Thomas Aquinas

# Active Adults 50 Plus March Brochure

Glenn Miller Band



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.

**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!

**April 8th luncheon:** Join local attorney Kimberly Cole as she educates us on life and end of life planning. Topics include the major themes of guardianship actions, trusts, wills and probates and includes discussion on powers of attorney, health care, real estate, personal property, special needs and more.

*Invite a friend to join you!*

## 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.

## Air Force Armament Museum

Thursday, April 24th Come and immerse yourself in our Country's Military Aviation History. It is the only museum in the world dedicated to the collection, preservation and exhibition of artifacts and memorabilia associated with the Air Force Armament and it's platforms of delivery with 29 different Aircraft and so much more. Meet at museum at 10:00 am. Lunch at Basil and Baxter 12:30 pm.

### LUNCH & LEARN—Bring Your Own Lunch

*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.*

*Lunch and Learn-April 22, 11-12:30, Room 800 History of Women in Military walk-through presentation with storyboards from Dr. E.S. Chiccarelli, USAFR (Lt Col. Ret.)*

"The grass withers, the flower fades, but the word of our God will stand forever."

Isaiah 40:8 NIV

### March Health and Wellness Reports

#### Eating More Tomatoes Helps Lower High Blood Pressure

European Journal of Preventive Cardiology

24 November 2023

**Researchers analyzed data from 7,000 Spanish people (ages 55 to 80) who were participating in the Spanish PREDIMED dietary study. 83% of them had hypertension. All of them had at least one or more other cardiovascular risk factors. Everyone filled out annual questionnaires on their food consumption which included raw tomatoes, tomato sauce, and gazpacho Spanish tomato soup. After three years, researchers observed an association between eating more tomatoes and lower blood pressure. They also found that among participants who did not have hypertension at the start of the study, those who consumed the most tomatoes (more than 110 grams – about one large tomato - per day) reduced their overall risk for hypertension by 36%. Bottom Line – Increasing your intake of tomatoes and tomato products may help lower your blood pressure.**



LIVING IN

**BABYLON**

PENSACOLA CHRISTIAN COLLEGE