

## 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. Please call Ms. 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%20and%20Services-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, April 25th and each Friday in May. 6:30 a.m. - 12:30 p.m. 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, ext. 211 or [Lruddell@crosspoint.church](mailto:Lruddell@crosspoint.church)**

"The bad news is times flies. The good news is you're the pilot."

Michael Altshuler

# Active Adults 50 Plus April Brochure

## The Air Force Armament Museum



**Come Join Us**

Connecting people to Christ and their  
unique role in God's mission.





**Lisa Ruddell**  
 Active Adults 50 Plus  
[lruddell@crosspoint.church](mailto: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.

**April 8th luncheon:** Join local attorney Kimberly Cole as she educates us on estate 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.

**May 13th luncheon:** Join our very own Niceville Chief of Police, Mr. Mark Hayse, as he presents information on safety tips, crime, scams and protecting yourself and your home.

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”

Galatians 6:2 NIV

## 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.

## Blue Wahoos

Thursday, May 15th Are you ready for some baseball? We are so excited to offer this trip to our group. It’s sure to be an exciting and memorable one! Travel by Crosspoint bus/van. Depart Crosspoint at 4:00 pm. Cost is \$44 per person and includes travel, tickets, and dinner at the stadium (hamburgers/hotdogs and drinks (soda/water).

## Crosspoint Church Presents New Orleans

Monday – Friday, September 29 – October 3<sup>rd</sup>  
**\$675 Price Includes:**

- ☐ Motorcoach transportation
- ☐ 4 nights lodging in the New Orleans area
- ☐ 8 meals: 4 breakfasts and 4 dinners
- ☐ GUIDED TOUR OF NEW ORLEANS
- ☐ Admission to the NATIONAL WORLD WAR II MUSEUM
- ☐ GUIDED TOUR OF A LOUISIANA PLANTATION
- ☐ Admission to MARDI GRAS WORLD
- ☐ Relaxing RIVERBOAT CRUISE on the Mississippi River
- ☐ Enjoy Historic New Orleans French Quarter and much, much more!

**\*\* \$75 Due Upon Signing, starting on 4/8. Price per person based on double occupancy. Add \$200 for single occupancy. Final Payment Due: 7/22/2025**

## April Health and Wellness Report

### Adjust Arm Position When Taking Blood Pressure

*Jama Internal Medicine*

**Blood Pressure should be measured while you are seated in a chair, feet on the floor, and your arm supported so that your elbow is at heart level. Researchers found that incorrect positions of the blood pressure cuff results in significantly higher blood pressure readings particularly on the higher (systolic) number.**

**Bottom Line: Always check the position of your arm any time your blood pressure is measured - by you or anyone else.**

## LUNCH & LEARN—Bring Your Own Lunch

*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.)*

*Lunch and Learn-May 27<sup>th</sup>, April 22, 11-12:30, Trivia Contest in the Friendship Hall.*



**April 24th  
 Save the Date!**

LIVING IN  
**BABYLON**  
 PENSACOLA CHRISTIAN COLLEGE