

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, 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

“Aging gracefully means being flexible, being open, allowing change, enjoying change, and loving yourself.”

Wendy Wasserstein

Active Adults 50 Plus May Brochure

April Birthdays and Anniversaries



Come Join Us

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.

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.

June 3rd luncheon: Come join us as Mari Plante, President, Claire Robbins, Vice President, and Patti Atcheson, Pantry Director provide us with an informative presentation on Sharing & Caring Niceville.

Invite a friend to join you!

"Above all, love each other deeply, because love covers over a multitude of sins."

1 Peter 4:8

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). Note: Trip is FULL; You can add you to the waiting list in case of cancellations.

FWB Water Treatment Plant

Thursday, June 5 at 9:00 a.m. Join us for a must-see and enlightening tour and presentation. Lunch details TBD.

Crosspoint Church Presents New Orleans

Monday – Friday, September 29 – October 3rd
\$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; Make checks out to Diamond Tours, Inc.; turn checks in to Lisa Ruddell.

May Health and Wellness Report

Olive Oil May Decrease Dementia Death

JAMA Network Open

6 May 2024

Researchers combined the research findings of two large studies – the Nurses' health Study and the Health Professionals Study that included more than 92,000 healthy men and women with an average age of 56. Every four years, the participants reported details about their health and dietary habits which included how much olive oil they consumed each day. After 28 years, people who took in more than 7 grams of olive oil per day (about half a tablespoon or more) had a 28% lower risk of dementia-related death compared with people who never or rarely consumed olive oil.

Bottom Line – Consumption of half a tablespoon or more of olive oil daily may reduce the risk of a dementia-related death.

LUNCH & LEARN—Bring Your Own Lunch

Lunch and Learn-May 27th, 11-12:30, Trivia Contest in the Friendship Hall.

Lunch and Learn-June 24th, 11-12:30, South America and Antarctica presented by Mary Lou Sparks.