

## SMART PHONE HELP

Victoria Clay will provide assistance with Apple and Android to help you become a smart-phone pro! 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 (cancelled until 2 Jul.)

**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. (cancelled until 2 Jul.)

**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** Cancelled for the summer. Please see website for the fall startup date. <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)**

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

Wendy Wasserstein

# Active Adults 50 Plus June Brochure

## The Blue Wahoos



**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.

**June 3rd luncheon:** Come join us as representatives from Caring and Sharing Niceville will be here to provide valuable information and insight about this wonderful organization/ministry.

**July 8th luncheon:** Come experience this exciting Patriotic Program presented by the lovely Blue Anchor Bells. Always a favorite!



*Invite a friend to join you!*

## FWB Water Treatment Plant

Thursday, June 5 at 9:00 a.m. Join us for a must-see and enlightening tour and presentation. Lunch immediately following at The Breakfast Place, 789 Beal Pkwy FWB.

## Bob Hope Village

Thursday, July 31 at 9:00 a.m. Join us for a tour and presentation of this proud and patriotic, not-for-profit, retirement community for our Air Force enlisted veterans and surviving spouses. Lunch will be on-site in the cafeteria.

## Crosspoint Church Presents New Orleans

Monday – Friday, September 29<sup>th</sup>– 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.** 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.

*“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.”*

**John 3:16**

## June Health and Wellness Report

### The Most Common Complication of Atrial Fibrillation May be Heart Failure

**British Medical Journal**

17 April 2024

**Researchers studied health data from over three million people ages 45 to 95, all initially free of atrial fibrillation, and followed them for more than 20 years. Among those who developed atrial fibrillation, heart failure occurred about twice as often as stroke (41% vs 12%) and more than 3 times as often as heart attack (41% vs 12%).**

**Bottom Line: This study highlights the importance of aggressively treating atrial fibrillation to help prevent serious complications like heart failure, stroke and heart attacks.**

## LUNCH & LEARN—Bring Your Own Lunch

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

*Lunch and Learn-July 22<sup>nd</sup>, 11-12:30, Home Health Care presented by Karen Englert.*