

## 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.

**PICKLEBALL** Cancelled for the summer. Restarting August 1<sup>st</sup> on Fridays 7:30 - 12:30. Please see website for any possible changes to the schedule. <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 older I get, the greater power I seem to have to help the world; I am like a snowball - the further I am rolled the more I gain."

*Susan B. Anthony*

# Active Adults 50 Plus July Brochure

**Fort Walton Beach  
Water Treatment Plant**



**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 \$7.

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



**August 12th luncheon:** We are so excited to have Ms. Ashley Bailey of the Okaloosa County Sheriff's Office Crime Prevention Unit with us. She will be providing information on Internet Safety and Fraud/Scams.

*Invite a friend to join you!*

## 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.

## Panhandle Opry

Saturday, August 02 at 6:00 p.m. Join us for a night of clean, family entertainment featuring good-ole country music.

## 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.

*"Then they cried to the Lord in their trouble, and he saved them from their distress. He sent out his word and healed them; he rescued them from the grave."*

**Psalm 107:19-20**

## July Health and Wellness Reports

### **Plant Based Diets May Decrease Heart Disease Risks**

**American Journal of Clinical Nutrition**

*December 2024*

**Researchers analyzed health and lifestyle information from more than 200,000 people for 30 years. The study compared participants whose diets had the lowest ratio of plant protein to animal protein to those with the highest ratio. Those with the highest ratio had a 19% lower risk of developing cardiovascular disease and a 27% lower risk of developing coronary artery disease. Those who replaced red and processed meat with plant sources also had lower risks for stroke. The study results did not say that animal protein needs to be totally eliminated, just reduced for most people.**

***Bottom Line:* This study concluded that an increased ratio of plant protein to meat may increase heart health. Plant protein includes legumes (such as beans and lentils), nuts, seeds, and whole grains).**

## LUNCH & LEARN—Bring Your Own Lunch

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

*Lunch and Learn-August 26<sup>th</sup>, 11-12:30, Healthy Heart presented Dr. Jean Luc DE LaFontaine.*