

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%20-%20DOEA%20(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 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

Active Adults 50 Plus August Brochure

**July Young at Heart Patriotic Luncheon
Presenting the Blue Belles**




Come Join Us

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



"You are never too old to set another goal or to dream a new dream."

C.S. Lewis

 **Always wanted to learn how to play Pinochle? You're in luck! We will be providing a training class August 22nd from 1:00 - 4:00 p.m. in room 914. Come get your game on!**



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 \$7.

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.

September 9th luncheon: Come and be inspired by our very own Tyler Fuller as he presents valuable information on our Crosspoint Missions.

Invite a friend to join you!

Panhandle Opry

Saturday, August 02 at 6:00 p.m.; van leaves Crosspoint at 4:45. Join us for a night of clean, family entertainment featuring good-ole country music.

Dinner Cruise

Thursday, September 11 at 6:00 p.m.; van leaves Crosspoint at 4:30. The cost is \$105. We are very excited about this wonderful and relaxing dinner cruise on the beautiful Choctawhatchee Bay. You're sure to love this one.

Crosspoint Church Presents New Orleans

Monday – Friday, September 29th– 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!

**** NOTE** Informational Meeting will be held on September 21 at 1:30 in the CLC, room 909/911**

"God is our refuge and strength, always ready to help in times of trouble."

Psalm 46:1

August Health and Wellness Reports

The More Your Sleep Times Fluctuate, The Greater The Risk of Heart Disease

Journal of Epidemiology and Community Health

27 November 2024

The research involved more than 72,000 people (ages 40 to 79) who wore sleep trackers on their wrists for a week. Researchers analyzed the sleep patterns of those whose sleep patterns fluctuated the most and those whose fluctuated the least. Those whose sleep patterns fluctuated the most had a 26% higher risk of having heart failure, heart attack, stroke, or a related problem even if they got the recommended amount of sleep (at least seven hours per night).

Bottom Line: Fluctuating sleep times might boost the risk of heart attack and stroke risk.

LUNCH & LEARN—Bring Your Own Lunch

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

Lunch and Learn September 23rd, 11-12:30, A Story of Faith and Healing (surviving cancer) presented by Sue Stanley