

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.

THE RESURRECTION - 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.

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**

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 in the CLC. Two sessions: 7:00 - 10:00 and 10:30 - 1:30. Cost: \$3 per person, per session. Signup and pay online by scanning the QR code or clicking the link below. <https://forms.ministryforms.net/embed.aspx?formId=7a800d78-c232-4fcc-ae10-6699734c7339>



Please see website for any possible changes to the schedule. <https://crosspoint.church/recreation/>

"And in the end, it's not the years in your life that count. It's the life in your years."

Abraham Lincoln

Active Adults 50 Plus September Brochure

Bob Hope Village Tour



Panhandle Opry Trip



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 \$7.

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

October 14th luncheon: We are blessed to have Ms Marife' Cromwell with us. She will be providing insight on the "Prayer ABCs" which offer a simple framework for approaching prayer, particularly in urgent situations.

Invite a friend to join you!

"Love each other with genuine affection, and take delight in honoring each other."

Romans 12:10 NLT

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 23 at 6:00 p.m. in the theater.**

We will be collecting donations for Children In Crisis in Nov and Dec! We would love for you to volunteer with us!



SEPARATED? DIVORCED?

Find hope and healing with people who understand what you are going through

Tuesdays • 6-7:30 p.m. • Room 956
Begins September 9
Contact Glenda Robinson at
glendarobinson2019@gmail.com

DIVORCE *Care*

September Health and Wellness Reports

Morning Coffee Habit May Increase Longevity

European Heart Journal

8 January 2025

Morning coffee drinking research was conducted which involved more than 40,000 people for 10 years. Participants were either morning or all-day coffee drinkers compared with those who didn't drink any coffee. Those who drank coffee in the morning were 16% less likely to die for any reason during the study period and 31% less likely to die from cardiovascular disease with the greatest benefits coming from consuming at least two cups. There was no risk reduction among those who drank coffee throughout the day compared with those who drank no coffee.

Bottom Line: Drinking two cups of coffee in the morning may decrease the risk of cardiovascular disease.

LUNCH & LEARN—Bring Your Own Lunch

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

Lunch and Learn October 28th, 12:30 – 2:30, Costs: \$25 Holiday desserts cooking demonstration by Chief Dan Pettis at the Rocking Bayou Country Club