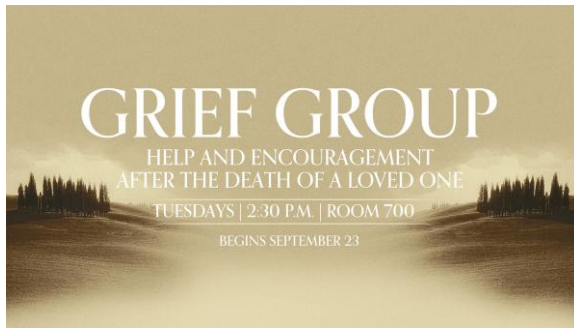


SHORT-TERM LIFE GROUPS:



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.

SMART PHONE CLASSES

Oct 1st and 15th, Nov 12th and Dec 10th,
Room 700

I-Phone

10:00 am

Ms Clay will answer questions on android phones at the end of the classes. For more information, please call Victoria Clay at 850-737-0693.

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 Fridays in the CLC 7:00 – 1:00. Cost: \$3 per person. 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/>

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 October Brochure

Sep - Dinner Cruise



Oct - Cooking With Dan Pettis



Come Join Us

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



"I am beginning to learn that it is the sweet, simple things of life which are the real ones after all."

Laura Ingalls Wilder



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.

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.

November 4th luncheon: Wildlife Connection Encounters, a nonprofit exotic animal rescue and animal outreach program, will provide a presentation (with live animals) on the importance of wildlife and wild spaces.

"You will live in joy and peace. The mountains and hills will burst into song, and the trees of the field will clap their hands!"

Isaiah 55:12 NLT

Alaqua Refuge Field Trip

Thursday, November 13 at 10:30 a.m.; van leaves Crosspoint at 9:30.



Anaqua's unique no-kill refuge has successfully found homes for thousands of once-abused, neglected and homeless animals since opening in 2007. Providing adoption services is not just their job, it is their mission, and matching the perfect pet with loving owners is their passion.

LUNCH & LEARN—Bring Your Own Lunch

*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*

No LUNCH & LEARN in November and December

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



October Health and Wellness Report

Walking Pace May Reduce Risks For An Irregular Heartbeat

Heart
15 April 2025

Brisk walking may reduce risk for developing an irregular heartbeat (arrhythmia). The self-reported health, exercise, and walking speed data of more than 420,000 men and women (average age 55) were followed for 13 years. Compared with people who walked at a slow pace (less than 3 mph) those who walked at an average pace (3 or 4 mph) or brisk pace (more than 4 mph) had up to a 43% lower risk for developing arrhythmias.

Bottom Line: Walking reduces arrhythmia risk factors, such as high cholesterol, high blood sugar and high blood pressure. We can now find that an average or brisk pace may also reduce the risk for an arrhythmia.

Mission Week:

Oct. 15: evening with Carole Ward

Oct. 18, 8:30-12: Community Serves Day

Oct. 19, 4:30-6: Family Mission Bash

Questions? Missions 678-4411ext. 129