

AVENT

Week 1: 30 Nov – HOPE

What is it that I most want?

Week 2: 7 Dec – LOVE

What are the abundant provisions, the good gifts of grace the Shepherd of Love has given me physically? Spiritually? Relationally?

Week 3: 14 Dec – JOY

How do I spend time enjoying the Holy Three?

How do you practice the joy of the ordinary?

Week 4: 21 Dec – PEACE

What “yet to be’s” lay ahead for me in 2026?

What spiritual disciplines could you practice that would usher in an increase in inner Peace?

What are two intentional steps you can take to foster more “becoming”?

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 \(elderaffairs.org\)](https://www.doea.org/Programs%20and%20Services)

SMART PHONE CLASSES

Dec 10th, Room 700

I-Phone

9:00 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.

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! Contact Lisa for information.

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. 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>

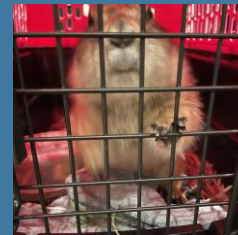


Please see website for any possible changes to the schedule. <https://crosspoint.church/recreation/>

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 December Brochure

Wildlife Connections Encounter



Come Join Us

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



“Death leaves a heartache no one can heal;
love leaves a memory no one can steal.”

Unknown



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.

December 9th luncheon: Come join us for a Crosspoint Young at Heart favorite -Niceville Highschool's Opus One in concert! They put on a wonderful Christmas performance. Such a Blessing!

No January YAH due to church wide-fasting.



Christmas With The Chosen: Holy Night Movie

Friday, December 12th at 11:30 in the Crosspoint Theater. Bring your favorite side dish or dessert and join us!

Gelato Tour

Thursday, January 29th Van leaves Crosspoint at 11:15. Lunch at Sony's BBQ. Tour of factory immediately following lunch.



LUNCH & LEARN

Lunch and Learn-January 27th, 11-12:30, Watersound Fountains Independent Senior Living



No Lunch & Learn in December

December Health and Wellness Reports

All Physical Activity Lowers Cancer Risk

British Journal of Sports Medicine

26 March 2025

The research involved more than 85,000 people (average age 63). The involved people wore activity trackers for one week and were followed for about six years. Compared with people who were less active, those who were most active – even if they were simply doing light-intensity activities had a 26% lower risk for 13 types of cancer, such as colon or breast cancer. People who took the most daily steps had reduced cancer risks. For example, the risk was 16% lower in people who took 9,000 steps per day, compared with people who took 5,000 steps per day.

Bottom Line: All physical activity will reduce the risk of cancer.

"I lift up my eyes to the mountains-

where does my help come from?

My help comes from the Lord,

The Maker of heaven and earth."

PSALM 121: 1-2