

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.

FRUITS OF THE SPIRIT - 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.

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 & Services - DOEA (elderaffairs.org))

"No one is useless in this world who lightens the burdens of another."

Charles Dickens

SMART PHONE CLASSES February 18th, 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 February Brochure

Opus One in December



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.

February 10th luncheon: Come and share in the many adventures of Brenda and Mark Drewery's travels in 2025.

March 10th luncheon: Ms Kathy White will be here to discuss and enlighten us on the struggles, warning signs and tips to deal with depression, anxiety, and dementia.

LUNCH & LEARN

Lunch and Learn—February 24th, 11-12:30, Turtle Nesting

Lunch and Learn—March 24th, 11-12:30, Weather Presentation

"When I thought, "My foot slips," Your steadfast love, O Lord, helped me up. When the cares of my heart are many, Your consolations cheer my soul."

PSALM 94:18-19

Pirates Voyage

Friday, February 27th Enjoy a four-course meal and exciting show filled with swashbuckling action on land, on deck, and high above two pirate ships. Cost: \$75.00 includes tax, gratuity and transportation. Van leaves Crosspoint at 3:30 p.m. Vans are full. Tickets are based on availability.



USS Alabama Battleship Park

Thursday, March 5th We have an exciting trip to Mobile coming up where you can see, learn and experience magnificent, historical, land and sea craft. Crosspoint Van departs at 7:30 am; \$45 each includes tickets and lunch on site.



Save the Date!

Nov 1 – 7 2026

Crosspoint Presents

The Branson Extravaganza



February Health and Wellness Report

Shingles Increases Risk of Developing Later in Life Cognitive Decline

Alzheimer's Research & Therapy Journal

14 August 2024

Researchers analyzed health information from more than 149,000 middle-aged and older people that was followed for more than 14 years. Compared with those in the study who did not have shingles, those who did had a 20% higher risk of later developing what the study called subjective cognitive decline (SCD). They noticed that they were having trouble with remembering recent events, a short list of items, following instructions, recalling a short list of items, or recalling a plot of a TV show. People with SCD were at greater risk of developing dementia. The risk was also found to be higher in those who had not been vaccinated against shingles.

Bottom Line: This study shows that vaccination against shingles may reduce the risk of developing shingles.

Upcoming Events

Greater Vision Gospel Music Jubilee, Thursday, April 16th

Emerald Coast Convention Center

Ultimate Elvis at the Mattie Kelly Arts Center, Saturday, February 28th