

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.

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

"Look not mournfully into the past. It comes not back again. Wisely improve the present. It is thine."

Henry Wadsworth Longfellow

SMART PHONE CLASSES March 18th, April 15th Room 700

I-Phone
2:00 pm
Ms Clay will answer questions on Android phones at the end of the classes. For more information, please call Victoria Brown 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 March Brochure

Gelato Factory Tour



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.

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.

April 14th luncheon: District 2, Okaloosa Co. Commissioner, Carolyn Ketchel, will be sharing her faith journey. Come be inspired!

LUNCH & LEARN, Room 800

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

Lunch and Learn-April 28th, 11-12:30, Financial Planning

“But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.”

Isaiah 40:31

Panhandle Opry

Saturday, April 18th.
Come and join us for good music and fellowship. Opry Established June 15, 1979. Address: 657 DeShazo Rd, Crestview, FL 32539. Crosspoint Van departs at 5:00 pm; \$5.00 transportation. \$10.00 entry fee.



Japanese Culture Experience

Thursday, May 7th We have an exciting trip to the University of West Florida coming up where you can see, learn and experience magnificent Japanese culture. Includes a tea ceremony and an origami activity. Crosspoint Van departs at 8:30 am.; Cost: \$5 transportation. Lunch at Chow Tyme Grill and Buffet, 6841 9th Ave, Pensacola, Fl. Pay at the door.



Easter Events

- March 29th, 4:00 pm – Palm Sunday Concert in the Sanctuary
- April 3rd, 6:30 pm – Good Friday Service in the Community Life Center (CLC)
- April 4th, 4:00 pm – Easter Saturday Night in the Sanctuary; 4:02 in the CLC

Easter Services – April 5th

8:00	Sanctuary	8:02	CLC
9:30	Sanctuary	9:32	CLC
11:00	Sanctuary	11:02	CLC

March Health

and Wellness Report

Replace Butter With Plant Based Oil

6 March 2025

JAMA Internal Medicine

Researchers evaluated the self-reported health and diet information of more than 221,000 men and women who were followed for more than 30 years. Compared with people who ate the least butter, those who consumed the most had a 15% higher risk of dying prematurely. In contrast, people who ate the most plant-based oils (such as olive oil, soybean, or canola) had a 16% lower risk of dying young, compared with people who ate the least.

Bottom Line – Eating lots of butter vs plant-based oils may significantly shorten your life.

Upcoming Events Beyond Crosspoint Active Adults

Greater Vision Gospel Music Jubilee, Thursday, April 16th Emerald Coast Convention Center

Save the Date! Nov 1 – 7 2026
Crosspoint Presents
The Branson Extravaganza
80-person limit; \$75.00 deposit required. Register with Lisa.