

## 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.

**HIS TEXT** - Sundays, 9:30 a.m., Room 909, led by Tom McKnight

**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))

## SMART PHONE CLASSES

April 15<sup>th</sup> Room 700

I-Phone Instruction - 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](mailto:Lruddell@crosspoint.church)**

# Active Adults 50 Plus April Brochure

Pirate's Voyage, Panama City



Battleship Parkway  
Mobile, Al



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.

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

**May 12<sup>th</sup> luncheon:** We are excited to have the Gloryland Barbershop Quartet from The Shalimar Methodist Church perform for us!

### LUNCH & LEARN, Room 800

*Lunch and Learn-April 28<sup>th</sup>, 11-12:30, Financial Planning*

*Lunch and Learn-May 26<sup>th</sup>, 11-12:30, Navigating Artificial Intelligence (AI)*

“The eyes of the Lord watch over those who do right, and his ears are open to their prayers. But the Lord turns his face against those who do evil.”

## Panhandle Opry

Saturday, April 18<sup>th</sup>.  
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 7<sup>th</sup> 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: \$10 transportation & donation. Lunch at Sushi Masa Japanese Restaurant, 6841 9<sup>th</sup> Ave, Pensacola, Fl. Pay at the door.



## Alaska Cruise, Land and Rail

### June 13-23 2027

Reduced Deposit of \$100 per person for double occupancy if you book by June 30, 2026.

All payments go to Grand American Tours

Group Name: Crosspoint Church

Group#: TNH2715

<https://grandamericantours.com>

## April Health and Wellness Reports

### Respiratory Syncytial Virus (RSV) Infection Tied to Heart Problems

Clinical Infectious Diseases  
12 June 2025

**A recent study looked at the health records of almost 500 adults (average age 67) who were hospitalized with RSV (respiratory syncytial virus) between 2017 and 2020. Many of them already had some type of heart problem. During their hospital stay or soon after, 37% of participants experienced heart related complications, such as a heart attack, chronic heart failure, or an irregular heartbeat. As many as 54% of those events occurred in people without a previous heart condition.**

**Bottom Line:** This study shows that 37% of people who are hospitalized for RSV experienced related heart complications. Therefore people over 67 years old may develop heart complications and should be given the RSV vaccination as recommended by the CDC.

## 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; Accepting the**

**\$75.00 deposit now. Register with**

**Lisa to save your seat.**