

ONGOING LIFE GROUPS:

CANCER SUPPORT - Thursdays, 2:00 p.m., Room 700, led by Brian Vroom

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

MEN 4 GOD - Wednesdays, 6:00 p.m., Room 905, led by Doug Colman.

REDISCOVERING GOD'S WORD - Wednesdays, 6:00 p.m., Room, 909-911, led by Herstel Carter.

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.

SERENDIPITY - Sundays, 9:30 a.m., Room, 700, led by Henry Gross.

SHARERS - Sundays, 9:30 am, Room 802, led by Chuck Turk.

SISTERS - Sundays, 9:30 am, Room 803, led by Marilyn Turk.

STUDYING THE BIBLE ED CHANDLER'S WAY - Sundays, 9:30 a.m., Room: Marler Chapel, led by Herstel Carter.

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 May 13th, June 17th and July 15th 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

Active Adults 50 Plus May Brochure

Panhandle Opry



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.

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

Jun 2nd luncheon: Niceville's Fire Chief Kukulius will be joining us and providing education on fire hazards and fire prevention. He will also share some heroic stories from his career as a firefighter.

LUNCH & LEARN, Room 800

Lunch and Learn-May 26th, 11-12:30,
Navigating Artificial Intelligence (AI)

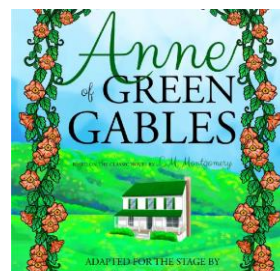
Lunch and Learn-Jun 23rd, 11-12:30, Library
Presentation

"The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

Deuteronomy 31: 8-9

Anne Green Gables

Sunday, June 7th This magical and inspiring play of the misadventures of a wildly independent orphan with fiery red hair and a temper to match is sure to be a great outing. Cost \$32+\$5 for gas. Van leaves Crosspoint at 1:00 pm



Bingo/Pot Luck

Friday, July 24th at 11:30. Come join us in CLC Theater for good food, fellowship, and lots of fun. Bring a side dish casserole, vegetable, salad, fruit, or a dessert to share with your Christian family. We will provide the games and prizes.

Alaska Cruise, Land and Rail 11 Days / 10 Nights June 13-23 2027

- Day 1 Arrive Anchorage
- Day 2 Board Motor Coach for scenic drive to Mckinley Princess Wilderness Lodge
- Day 3 Scenic drive to the Denali Wilderness Lodge and National Park
- Day 4 Enjoy scenic rail journey through one of the greatest wildernesses to Whittier/cruise start
- Day 5 Hubbard Glacier
- Day 6 Glacier Bay Natl Park
- Day 7 Skagway
- Day 8 Juneau
- Day 9 Ketchikan
- Day 10 At Sea
- Day 11 Vancouver

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

All payments go to Grand American Tours

Grp Name: Crosspoint Church Group
#:TNH2715 <https://grandamericantours.com>

May Health and Wellness Report

A study published in March 2026 in the journal Geriatrics found that aging in later life is not always associated with physical and/or cognitive decline. The study followed more than 11,000 participants in the Health and Retirement Study over a period of up to 12 years and found that 32% of participants aged 35 and older actually improved in cognitive function (using a global performance assessment), and 28% improved in physical function (using walking speed as an assessment) during that time period, with 45% improving in one or both of these. The authors also found that those individuals who had more positive beliefs about aging were more likely to show improvement than those who had more negative beliefs.

Bottom Line: a significant number of aging adults showed improvement in cognition and/or physical function as they got older, and having a positive outlook on aging (instead of accepting the negative messages and stereotypes about aging that are often portrayed through the media and our culture) can help increase the chance for physical and cognitive improvement.

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.