

ONGOING LIFE GROUPS:

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

GRIEFSHARE - Tuesdays, 2:00 to 4:00 pm, Room 700, led by Donelle King

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

July 15th and August 19th

Room 700

I-Phone Instruction - 2:00 pm

Ms Brown 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 July Brochure

Blue Anchor Belles



Come Join Us

Mark your calendar!

BAPTISM IN THE BAY

SUNDAY, JULY 26
AT 6:00 P.M.
LIONS PARK

"We make a living by what we get. We make a life by what we give."

Winston Churchill

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.

Jul 14th luncheon: Come experience this exciting Patriotic Program presented by the lovely Blue Anchor Belles. Always a favorite!



Aug 11th luncheon: Come meet Crosspoint's new Director of Operations, Christopher Cate. He will be sharing his story on what God had done in his life.

"Wisdom belongs to the aged, and understanding to the old."

Job 12:12

Bingo/Pot Luck

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



Destin Dolphin Cruise

Thursday, August 6, from 9:30–11:00 a.m. Lets have a fun, filled day with dolphin sightings, a narrated harbor tour, and an exciting high-speed ride with music and dancing followed by lunch at AJ's Seafood & Oyster Bar. Cost is \$37 (crew tip not included). Crosspoint van leaves at 7:45 a.m.



LUNCH & LEARN, Room 800

*Lunch and Learn-Jul 28th, 11-12:30,
Hitsters musical party and trivia game*

*Lunch and Learn-Aug 25th, 11-12:30,
Crosspoint Counseling Center Presentation*

Branson Extravaganza

Our Branson trip is full! We are excited about this fun-filled trip and look forward to making beautiful memories with our sisters and brothers in Christ.

Note: Final payment is due to Lisa Ruddell by August 25, 2026. Amount due per person based on double occupancy \$910; single occupancy \$1,139. All checks must be written to "Diamond Tours."

Health and Wellness Report - July

A study published in the European Journal of Preventive Cardiology looked at the effects of sleep, exercise (moderate to vigorous physical activity), and diet, on the risk of major cardiovascular events like stroke, heart failure, and heart attack. The study examined 53,242 participants (age 63 years old) over a period of 12-16 years. They authors found that those patients who had an optimal combination of sleep (between 8 and 9.5 hours per day), exercise (40-105 minutes per day), and healthy diet (a score of 33-50 on a diet questionnaire), had a 57% lower risk of major cardiovascular events over the study period. The healthy diet questionnaire gave points for higher intake of vegetables, fruits, fish, dairy, whole grains, and vegetable oils, and lower intake of refined grains, processed meats (e.g. bacon, deli meat, etc.), red meat, and sugar sweetened beverages. The study also found that even small improvements in sleep (10 extra minutes per day), exercise (5 extra minutes per day), and diet (¼ cup of vegetables per day) decreased the risk of cardiovascular events by 10%.

Bottom line: Appropriate amounts of sleep, exercise, and a healthy diet significantly decreases risk of major adverse cardiovascular events, and even small improvements in sleep, exercise, and diet can significantly reduce the risk of these events.

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>