

ONGOING LIFE GROUPS:

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

GRIEF SHARE - 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 - DOE (elderaffairs.org)

SMART PHONE CLASSES August 19th & September 16th 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 August Brochure

Crosspoint's Director of Operations,
Christopher Cate



Mr. Cate oversees the church's core operational areas, including finance, information technology, database systems, stewardship, and facilities management.

Come Join Us



"GRACE is the free, undeserved GOODNESS and favor of God to mankind."

Matthew Henry

People 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.

Aug 11th luncheon: Come meet Crosspoint's new Director of Operations, Christopher Cate. Mr. Cate oversees the church's core operational areas, including finance, information technology, database systems, stewardship, and facilities management. He will be sharing his story on what God had done in his life.

Sept 8 luncheon: Mrs. Ashley Baily of the Okaloosa Sheriff's Department will provide valuable tips on Crime Prevention and how we can help by being additional eyes and ears in our community to help law enforcement and boost public safety.

May God our Father and the Lord Jesus Christ give you Grace and Peace.

Philippians 1:2

Wakalla Springs

Thursday, September 17th Take an adventure ride on a riverboat in one of the world's largest and deepest freshwater springs where the sapphire water boasts manatees, alligators and a host of diverse wildlife. Lunch immediately following at the historic lodge, an elegant remnant of old Florida where the ancient cypress swamps made the perfect backdrop for old Hollywood movies like Tarzan's Secret Treasure (1941) and Creature from the Black Lagoon (1954). Costs \$20 (does not include lunch). Van departs Crosspoint at 7:00 a.m. Trip is full.



LUNCH & LEARN, Room 800

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

*Lunch and Learn- Sep 22nd, 11-12:30, Top of
 Mind Trivia Game*

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 - August

With recent heat waves occurring in the U.S. and around the world, let's review some tips on staying well-hydrated:

- 1) The National Academy of Medicine recommends a total daily fluid intake of 13 cups for men and 9 cups for women age 51 and older; (confirm with your health care provider if you have any chronic medical conditions).
- 2) Carry a refillable water bottle with you wherever you go so you have easy access to a source of water throughout the day.
- 3) If you are not a fan of drinking plain water, try adding some slices of fresh fruit or a low-sugar sports drink powder to help add some flavor.
- 4) Build hydration into your routine. For example, make a point of drinking a glass of water first thing in the morning, with every meal, and before and after exercise or outdoor activity.
- 5) Choose foods that are high in water content, such as cucumbers, watermelon, lettuce, strawberries, tomatoes, and celery, as well as soups, broths, stews, or nutritional shakes.
- 6) Monitor your hydration status by checking your urine. Clear or pale yellow urine usually indicates good hydration. Dark yellow or amber urine usually indicates poor hydration.
- 7) Don't count caffeinated or alcoholic beverages in your total daily fluid intake goal because these can actually have a dehydrating effect on your body.

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

All payments go to Grand American Tours

Grp Name: Crosspoint Church Group

#:TNH2715 <https://grandamericantours.com>