

ONGOING LIFE GROUPS:

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

GRIEF SHARE - Tuesdays, 5:30 to 7:30 pm, Room 700, led by Sally Saville

MEN 4 GOD - Wednesdays, 6:00 p.m., Room 800, led by Dan Holmes.

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

BIBLICAL CHARACTERS - 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)

SMART PHONE CLASSES November 18 & December 16 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!

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.

Branson Extravaganza

Our Branson trip has 6 more spots! We are excited about this fun-filled trip and look forward to making beautiful memories with our sisters and brothers in Christ.

Mark your calendars! October 25th at 2:30, we will be having our pre-Branson trip meeting in the Marler Chapel

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>

**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 October Brochure



The LORD is close to the broken hearted and saves those who are crushed in spirit.

Psalm 34:18

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.

Oct 13 luncheon: On the November 2026 ballot, Florida voters will consider Amendment 3, a proposed constitutional amendment that would make significant changes to Florida's property tax system and could increase the homestead exemption by up to \$250k in two years. Niceville's City Manager, Mr. David Deitch, will present the options on the Property Tax Amendment and how it may affect the City of Niceville and its residents.

Nov 10 luncheon: Come join us as our very own Worship Minister, Mr. Randy Miller, shares his incredible voice in song as well as his Music Ministry and Faith Story.

Blue Angels

Tuesday, October 20th: Join us for an exciting day in Pensacola as the U.S. Navy Blue Angels fly the Boeing F/A-18E/F Super Hornet in tight, heart-stopping formations, showcasing the pride and precision of naval aviation. Immediately following the Air Show, we will return and explore the museum. Lunch on site at the Cubi Café or the snack bar at your convenience and cost. Trip cost \$10 for gas or \$16 if you want us to rent a chair for you at the event. Van departs Crosspoint at 7:15 a.m. **Last day to sign up is 10/13 at noon**



Southern Gospel Quartet Concert

Sunday, October 25th at 4:00. Come and be blessed by this wonderful group of singers. Concert is free and will be held in the Crosspoint Sanctuary. All ages welcome.

LUNCH & LEARN, Room 800

Lunch and Learn – Oct 27th, 11-12:30, Hive
Talk: Inside the world of beekeeping

No Lunch and Learn in November and December

"And now here is my secret, a very simple secret: it is only with the heart that one can see rightly; what is essential is invisible to the eye."

Antoine De Saint - Exupery

Health and Wellness

October Report

The pharmaceutical companies Merck and Moderna announced in August this year that a trial of patients with high-risk melanoma who were treated with a new combination of a customized mRNA vaccine along with the standard chemotherapy treatment showed a 49% decrease in the risk of cancer recurrence or death over a 5 year period compared with those receiving only the standard chemotherapy. The vaccine was customized for each patient by taking a sample of their tumor cells and identifying unique mutations on the cells that create "neoantigens" which be used to trigger the patient's immune system. The vaccine then causes the patient's cells to produce these harmless neoantigens, which then trains the patient's immune system to attack the cancer cells that are expressing these neoantigens. This drug combination is also going to be studied in other cancers including lung, bladder, and kidney cancer. The vaccine combination treatment is not yet FDA approved, but is currently going through the steps to obtain approval.

Bottom Line:

Cancer treatment is advancing rapidly, with new treatments often achieving success by using the patient's own tumor cells and DNA sequencing to customize treatment for individual patients.

Upcoming "non" Crosspoint related or affiliated events – on your own to attend.

