ONGOING LIFE GROUPS:

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

GRIEFSHARE – 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.

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 November Brochure

The Blue Angels



Come Join Us

"The righteous with flourish like a palm tree…They will still bear fruit in old age, they will stay fresh and green."

Psalm 92:12-14

People connecting people to Christ and their unique role in God's mission.

crosspoint



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.

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.

Dec 8 luncheon: Come join us for a Crosspoint YAH favorite-Niceville Highschool's Opus One in concert! They put on a wonderful Christmas performance. You'll be blessed by this very talented group.



NWF Raider

Friday, December 4th. Join us for an exciting evening as we watch the NWF vs Miami Dade College men's basketball game. No transportation provided. We will meet at the arena. Cost $10 – pay at the door. Game starts at 7:00 PM.



LUNCH & LEARN, Room 800

No Lunch and Learn in November and December



Mark your calendars ladies for Crosspoint's Women's Christmas Brunch - Thursday, December 10th at 10:00 AM

"Getting old is like climbing a mountain; you get a little out of breath, but the view is much better!"

Ingrid Bergman

Health and Wellness

Report - November

Researchers at the University of Birmingham have demonstrated in a recent study that stimulating a receptor in human brain tissue called P2X7 caused an increase in inflammatory markers, while blocking this receptor resulted in a decrease. These inflammatory markers are thought to be a significant contributor to traumatic brain injury (TBI), and could also play a role in other neuroinflammatory conditions such as Alzheimer's disease, Parkinson's disease, depression, and multiple sclerosis. The researchers initially used cell cultures of white blood cells that were converted into brain cells called "microglia", and then further studied human brain tissue samples obtained during neurosurgery for brain tumors. Both the cell cultures and the tissue samples demonstrated significant effects with manipulation of the P2X7 receptor.

Bottom Line:

This discovery opens the door to investigating a new class of medications to block the P2X7 receptor in brain tissue in an attempt to decrease inflammation in patients with different neuroinflammatory conditions like TBI, Alzheimer's, and Parkinson's disease.

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

Niceville Christmas Parade December 10th

