ONGOING LIFE GROUPS:

HIS TEXT – Sunday, 9:30 a.m., Room 909, led by Tom McKnight

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

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
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 December Brochure

Branson Trip





"Aging is not a curse but a privilege, and the good news is that we can all become better versions of ourselves with age."

Mary Buchan

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.

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.

Jan luncheon: No Young at Heart because of church-wide lunch fasting for 10 days.

We will be collecting donations for Children in Crisis in Dec! Last day for donations is Dec 8th at YAH. We would love for you to volunteer with us!



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.



Destin History/Fishing Museum and Women's Monument

Thursday, January 28th, CP Van departs 9:15 a.m. Cost $15 (does not include lunch at McGuires.)

LUNCH & LEARN, Room 800

No Lunch and Learn in December



Mark your calendars ladies for Crosspoint's Women's Christmas Brunch - Thursday,December 10th at 10:00 a.m. Cost $12. Register at https://mycrosspoint.shelbynextchms.com/external/form/89c761cc-3a9b-4b74-9262-bc752095a100

"God is our refuge and strength, an ever-present help in trouble." Ingrid Bergman

Health and Wellness Report - December

A recent study published in *Neurology* showed that the high dose flu vaccine may offer better protection against Alzheimer's disease than the standard dose flu vaccine. The high dose flu vaccine is recommended for adults 65 years and older to help provide a stronger immune response. A previous study showed a 40% reduction in Alzheimer's disease after receiving the vaccine, but it did not look at dosing differences. This study analyzed medical records from nearly 200,000 men and women age 65 and older over 5 years. The study found that the decrease in Alzheimer's disease for those who received the high dose vaccine was nearly 55%, which was greater than the 40% decrease seen with the standard dose.

Bottom Line:

In this study, adults age 65 and older had a nearly 55% decreased risk of Alzheimer's disease after receiving the high dose flu vaccine compared to those not receiving the vaccine. This study indicates that there may be additional health benefits to receiving the flu vaccine, although more studies are needed to confirm a direct benefit for Alzheimer's protection.

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

Niceville Christmas Parade December 5th at 10:00 a.m.

