Primetime "A Mission in our Midst" January, 2018 Newsletter

"Arise, shine, for your light has come, and the glory of the Lord rises upon you." Isaiah 60

Happy New Year, everyone! Right when you are used to writing 2017, it's 2018!

Let's take a step back and review some of our recent activities, because we've had some great

events. Our November Federated
Forum was "The Golden Age of
Shopping" in Cleveland (roughly 19101980). We got to hear about Mr.
Jingeling, the "Keeper of the Keys" to
Santa's Workshop at Halle's. At
Higbee's we learned about the radio
station, WHK, on the top floor, which
interviewed famous people such as
Amelia Earhart! (See picture on the
right). A few days later at our
luncheon, we got to hear another
celebrity, Judy Brown, sing many of

our favorites that she calls "Music for the Young at Heart." She had recurring roles in "Days of our Lives" and has sung the National Anthem at many televised games.

The day after the luncheon, we took an all-day trip to Cambridge, Ohio to see the Dickens Victorian Christmas. Our guide was on the bus with us and we learned about the Victorian clothed mannequins that lined their main street in town. The coal miner's story hit home as both of my grandfathers were coal miners. I didn't realize how dangerous coal mining was! We were able to park the bus right in front of City Hall, turn our radio on to the channel with which the light show was coordinated, and just

sit back and enjoy a fabulous show of Christmas lights! On our final trip in November, we toured many places in Middlefield, Ohio, where we ate at Mary Yoder's, went to the cheese factory and had a sweet ending at White House Chocolates!

In December, we visited the Hower House in Akron. It's a 28-room 1872 Victorian mansion. Each room was beautifully decorated for Christmas by 21 different decorators. Lunch at the Akron Family Restaurant also was a big hit!

It's never too late to make a charitable donation to our Clyde Transportation Fund so we can buy a new bus in the future! Just write the

check out to Federated Church and in the memo section write in "Clyde Transportation Fund."

We are looking for a new committee member to join our team at Primetime to write care notes. If you are interested, please give me a call at 440.247.6490 x160.

Bring in the new year with a bang – take time to set up social events during these cold months... shopping with friends, meeting for lunch, and of course signing up for Primetime activities!

Love,
Dolly Herschel
Primetime Coordinator

Primetime Photo Gallery





























































Health & Wellness Initiative

by Duncan E. McVean, B.S., R.Ph. M.S., M.B.A., Ph.D Health & Wellness Initiative Chair

Health and Wellness

Physical decline may begin in the 20s, but there are things every person can do to feel young. A study by Duke University found that some types of physical decline happen later than others. Hearing can begin to decline around age 25. On the other hand, lower body muscle performance decline may not be detectable until you are in your 50s.

Everyone wants to stay young, and perhaps the best way to do that is to take action. Physical activity brings more blood, nutrients, and oxygen to the brain, which is thought to help delay brain decline.



Although exercise is important, it's also important to take a break between sessions. Never taking a day off can impede your body's healing from the tiny tears caused by exercises.

If you stop eating before you're entirely full, that may help as well. Researchers have found that eating fewer calories can help metabolism. Another diet-related tip: ensure that your diet includes plenty of foods with antioxidants that break down free radicals and protect the brain.

Standing with proper posture can have an immense impact on how you feel, and how your spine is affected. Exercises that require pulling and reverse movements can help to avoid spinal problems later.

In conclusion, I convey my sincere desire that you all have a Merry Christmas and a Healthy, Happy New Year.

Homeless Stand Down

This January, Federated will have an opportunity to share our abundance with our neighbors throughout Cleveland who are homeless this winter.

For the past few years, Federated has been so generous in providing warm costs, hats, waterproof gloves and boots that are in such great need by many in the northeastern Ohio area. Unfortunately, the number of families and individuals who are without a place to call home continues to grow.

Perhaps as you finish shopping for gifts this season, you'll keep this in mind and consider a donation.

Details to follow for the Homeless Stand Down in January announcements. If you have any questions, call Cathy Watterson at 216.978.1037. Thank you!





Primetime members who have passed away in the last month.

A farewell to friends; May God welcome them with open arms.

Anna Araca Davies
Florence Cross

Primetime Luncheon

Thursday, January 25—12:30 pm (doors open at 12 pm) Family Life Center

Entertainment by: Singer, Greg Piscura. Sponsored by Arden Courts. Tricia Vidovic, Marketing Director, will be present for any questions.

Greg Piscura, has 30 years of professional teaching experience. He is the lead singer in all-occasion bands and a Night Club vocalist throughout Northeast



Ohio. Greg preforms a one-man show designed for senior communities. Singing songs from the *Great American Songbook*, his shows deliver enjoyment, mental stimulation and interaction opportunities.

Menu: Chicken piccata, bistro potatoes, tossed salad, pie.

Cost: \$10 at the door

Reservations due by Friday, January 19: Call 440.247.6490. After that date, names will go on a waiting list. If you need to cancel, please do so by January 20.

Those who cancel after the deadline will still be responsible for the cost of the meal. Hamlet residents: please let Hamlet know if you want to ride the van to this event and mention it when you RSVP.

Save the Date - Upcoming Trip:

<u>2/28/18</u>—Kent State production of "All Shook Up" and dinner at Bricco.

Watch for more information and sign-up details in upcoming newsletters!

Jazz Age Exhibition at the Cleveland Museum of Art Wednesday, January 10 | 9:45 am



The Jazz Age: American Style in the 1920s is the first major museum exhibition to focus on American taste in art and design during the dynamic years of the 1920s and early 1930s. After World War I, American money and culture helped transform the global marketplace. The United States became the leading marketplace for innovative architecture, interior decoration, decorative art, fashion, music and film.

With the map of Europe redrawn and social mores redefined, creative influences merged. Talent and craftsmanship, urbanity and experimentation flowed back and forth across the Atlantic, with an influx of European émigré designers coming to America and a rush of American creative talent traveling and studying abroad. Against a backdrop of traditional historicist styles, a new language of design emerged to define an era of innovation and modernity—the Jazz Age—capturing the pulse and rhythm of the American spirit.

When: Depart from Family Life Center at 9:45 am, return 2:30 pm

Cost: \$24 (Members of the art museum—Give us your membership # when you pay and receive \$10 off!)

Reservations: Payment by January 2.

Call 440.247.6490

Meal: Lunch at the Café at the Museum of Art (On Your Own)



WE BUY TICKETS IN ADVANCE BY THE COUNT FROM THE SIGN-UP SHEETS, SO IF YOU CANCEL AFTER THE DEADLINE AND THERE IS NO WAITING LIST,

YOU WILL BE RESPONSIBLE FOR THE

COST OF THE TICKET!



Federated Forum

Monday, January 8 1:30 pm Refreshments; 2:00 pm Program Fellowship Hall

"History of Broadway" presented by Eric Coulbourne

Federated Forum is pleased to have Eric Coulbourne to present a program about the history of Broadway. He has made a study of the events and venues that have made so many talented performers famous around the world.

Eric Coulbourne is the manager of the Bainbridge Branch Library of the Geauga County Library System. He obtained his bachelor's degree from Kent State University in

Theatre. Eric has performed, directed and costumed with several Northeast Ohio community and professional theatres in the past. Eric went on to obtain his Masters in Library Science from Emporia State University in Emporia, Kansas.

He says that he has had the pleasure of working in libraries in Ohio, Kansas and Maryland, and he is happy to be back in the Buckeye State!

Join us to learn more about those famous actors, musicians and producers of the wonderful plays and performing acts on Broadway that we have enjoyed for so many years.

Cooking Demonstration and Dinner at Signature of Solon Country Club

Thursday, January 18 | 5:30 pm

Watch while Chef Alex Hall, head chef from Signature of Solon Country Club, prepares a fabulous meal right before our very eyes. He will show us how to prepare the meal, how to cook it, and then we



get to eat it! We can learn from an expert chef. He will answer any questions we have.

Dinner will be a three-course meal with a salad, chicken entrée and dessert!

When: Depart from Family Life Center



at 5:30 pm, return at 8:15 pm **Cost**: \$40.00

Reservations: Payment by January 10.

Call 440.247.6490

Meal: Salad, chicken entrée, soft drink/coffee and dessert. Alcoholic drinks are on your own.



Match your physical abilities to an activity! Get your sneakers on!

Our trips have physical capability requirements, put together to meet the needs to each individual senior who attends our events. Our goal is to be sure that we are communicating the physical requirements needed for each trip and to help us assure the safety of our seniors while they enjoy our programs. Please see the "three-tier capability scale" chart below for details regarding the "sneakers needed" for each individual trip.



One Sneaker requires: Minimal to no walking. Appropriate for wheelchair/walker participants.





Two Sneakers Requires: Ability to stand, walk, and climb some stairs.







Three Sneaker requires: ability to stand, walk, climb; requires good balance.



Ongoing Primetime Offerings...

Spirit Walk & Roll—Monday through Friday, 8-9 am at the Family Life Center

Come when you can and leave when you must. Walk at you own pace. Bring a buddy if you wish. **Warm inside** in the winter; cool inside in the summer!

Pillows for Hospice—2nd Monday, 10 am at Bell St. Daily Bread Classroom



This group of women gather for chatting, laughing, coffee, oh and yes, very basic sewing for a very worthy cause. They create pillows that patients at Hospice of the Western Reserve use as they journey through the final season of life. The little neck pillows are used for comfort. For hygienic reasons, they are discarded after use so there is always a need for more. The fellowship often includes some yummy treats. All are welcome.

Primetime Bridge—1st and 3rd Tuesday, 12:30-3:30 pm at Bell St. Lounge



Players must sign up by 3:30 pm the Friday before! Sign ups after that time will be put on a sub list. Remember to call ASAP if you find you can no longer attend. Only 28 players can be seated at seven tables. If interested, please call Harriett Rogers at 440.247.5845 or Coline Kiehne at 440.248.8199.

Same Boat Girlfriends—



Same Boat friends is a social group for widowed women that meets each month. Contact Jenny Evans at 440.247.7101 or jenny8854@sbcglobal.net to find out more about the January gathering. Also, please tell Jenny if you'll need a ride. Note: If leaving a message or sending an email, be sure to include your phone number so Jenny can contact you with any last minute updates. Hope you can join us!

Same Boat Friends—Wednesday, January 31, 5:15 pm



Same Boat friends is a social group for widowed men. This month, We will go to Yours Truly restaurant in Chagrin this month. Go directly to the restaurant and plan to arrive by 5:15. Call Don Hoke at 440.338.8219 by Monday, January 29 to join the crew. All widowed men are welcome. When you call, advise if you need and ride.

Bowling—1st and 3rd Friday, 2-4 pm at Freeway Lanes in Solon

Join the Primetime crew for some bowling fun! We meet twice a month (three times on five-Friday months). All are welcome!

Tai Chi—The Movement of Life—Mondays, 10-11 am at Bell St.

The Tai Chi program at Federated is unique in that it has been designed for practitioners over 55 years of age. While participating, the practitioner is engaged in the mental and physical discipline required. Balance is improved and muscles are strengthened. Join at any time. Sign up for an 8-week session for \$120 single or \$200 couple. For information regarding the instructor, Ed Niam, go to www.taichicleveland.com.



January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	- 1	2	3 8-9 am—Spirit Walk n'	4 Roll — Family Life Center	5	6
	All buildings closed for New Year's Day	<u>12:20-3:30 pm</u> <i>Primetime Bridge,</i> Lounge			2-4 pm primetimers go bowling in Solon	
7	8	9	10		12	13
<u>am</u> <i>Vorship</i> , Bell St <u>1 am</u> <i>Vorship</i> , Bell St	10-11 am Tai Chi, Lounge 10-11:30 am Pillows for Hospice, Fellowship Hall 1:30-3 pm Federated Forum, Daily Bread Room 3:15 pm Primetime Ministry Team Mtg	8-9 am—spi	rit Walk n' Roll — Family L 9:45 am Trip to Cleveland Museum of Art, Meet at Family Life Center 6 pm Wondrous Wednesday Dinner & Program, Fellowship Hall. See the website or SPIRE for details.	ire Center gym		
14	15	16	17	18	19	20
<u>a am</u> <i>Worship</i> , Bell St <u>11 am</u> <i>Worship</i> , Bell St	All buildings closed for MLK Day	12:30-3:30 pm Primetime Bridge, Lounge	8-9 am—Spirit Walk n' Ro	II — Family Life Center gy 5:30 pm Cooking Demonstration and Dinner, Meet at Family Life Center	m <u>2-4 pm</u> primetimers go bowling in Solon	8 am Men's Breakfast, Fellowship Hall. Look for information in announcements
21	22	23	24	25	26	27
<u>i am</u> <i>Vorship</i> , Bell St <u>1 am</u> <i>Vorship</i> , Bell St	10-11 am Tai Chi, Fellowship Hall	8-9 am—Spi	rit Walk n' Roll — Family L	ife Center gym 12:00 pm Primetime Luncheon, Family Life Center		
28	29	30	31			
<u>am</u> Vorship, Bell St 1 am Vorship, Bell St	8-9 am—Spirit 10-11 am Tai Chi, Fellowship Hall	Walk n' Roll — Family l	5:15 pm Same Boat Friends, meet at Yours Truly			





ADDRESS SERVICE REQUESTED

Primetime Mission Statement

Primetime is a church-based organization providing spiritual growth, service to others, and education. This program provides opportunities for social involvement and gives people a sense of community and support. Federated Church sponsors this program to help enrich the lives of its members and the wider community.

HAPPY BIR THOMY	January Birthdays				
Don Weygandt	2	Jack Abbott	20		
Kathie Biggin	2	Mary Mason	21		
Dave Carpenter	7	Joyce Gorretta	21		
Ralph Spresser	8	Marilyn Ullman	22		
Flo Olson	9	Muriel Lamppert	23		
Rick Lewis	9	Lori Frey	25		
John Fitzgerald	10	Don Mitchell	28		
William Bauer	15	Ruth Daniels	29		
Clara Hunkar	16	Ginger Gratzl	29		
Jane Hinman	18	Elsie Lutman	30		
Skip Riegel	19	Judy Taucher-Lewis	30		
Florence Wisniewski	20	-			