

Primetime



"A Mission in our Midst" September, 2018 Newsletter

Create in me a new heart, O God, and renew a steadfast spirit within me. Psalm 51:10

Hi Friends!

There's a lot to catch up on since our last newsletter for July/August which we sent in the middle of June!

As many of you know, the church is going through many renovations. Our worship services for September will still be out at the Family Life Center at 10:00 am, except for September 23 when we will be at the church in Fellowship Hall.

We have had a wonderful Primetime summer! In June, we went to the Allen Theatre at Playhouse Square to see Hershey Felder perform as Irving Berlin and we were so impressed with how much music he created! We all sang "White Christmas" and left with big smiles on our faces.

In July, the Cleveland Orchestra at Blossom was a treat for our ears. Then, on a warm sunny day we got to enjoy a ride through downtown Cleveland on Lolly the Trolley and learn about Cleveland historical sites. Thank you all for coming to our annual picnic; everyone had a blast and many won prizes! Marilee and John Biel, Mary Lou Riegel and many more of the Primetime members pulled together and made this event such a success – thank you! We also thank Hamlet Retirement Village for sponsoring our picnic.

Our September Federated Forum will be held at the Family Life Center. Our own Associate Pastor, Susi Kawolics, will be talking about labyrinths and offering the experience of walking our beautiful labyrinth out at the Family Life Center (more on p. 3).

Our Luncheons start back up this month so don't miss it and of course, ask a friend to come!

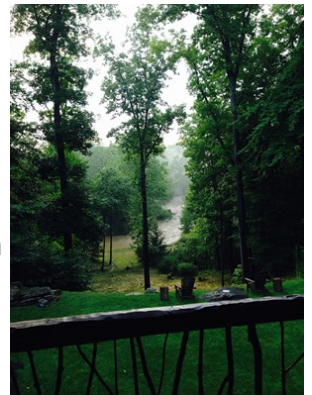
Come join us,
Dolly Herschel, Primetime Coordinator

It's All About Chagrin!

Wednesday, September 19 | 11:30 am

A Chagrin kind of day!

We have planned an afternoon devoted to all things Chagrin. We will start by enjoying lunch at the newly renovated Yours Truly restaurant in the Village. Next is a historic tour of Chagrin on our Primetime bus, led by a representative of the Chagrin Falls Historical Society. Finally, dessert and wine or coffee at a home that overlooks the beautiful Chagrin River.



When: Depart from Family Life Center at 11:30 am; return around 5:00 pm.

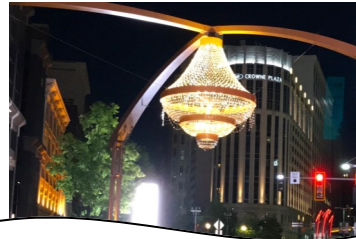
Cost: \$15 (includes \$5 donation to Chagrin Falls Historical Society)

Reservations: Payment due by Wednesday, September 12. Call 440.247.6490 to RSVP. Max 30 people.

Meal: Yours Truly (On Your Own)



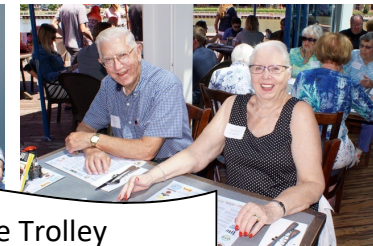
Primetime Photo Gallery



Allen Theater



Blossom—4th of July



Lolly the Trolley



Primetime Picnic



Immunosenescence, also known as age-related decline in immunity, significantly contributes to the susceptibility of older adults to serious, vaccine-preventable conditions, including influenza, pneumonia, and shingles. Patients often believe that by living a healthy lifestyle, they can avoid illness and disease. While exercising, getting recommended screenings, and eating right are important for staying healthy, they alone do not prevent older adults from acquiring vaccine-preventable diseases. A common factor that increases susceptibility to many illnesses, regardless of health status, is age. Vaccination is an effective tool to address this biological inevitability.

Immune function wanes in all adults—whether healthy or sick—as they age into their fifth decade and beyond. Their bodies become less adept at recognizing and stopping pathogens, and the ability to develop and maintain immunity declines. For older adults who feel and generally are healthy, it can be difficult to accept and/or recognize that these processes are occurring and the significance of these changes.

For the next few months, our Health and Wellness articles will have a theme directed towards the importance of vaccinations. Currently, flu season is approaching, so it is necessary to get your annual vaccination against flu. Regardless of information that says that the vaccine does not completely protect, that same information does state that those patients who have been vaccinated will have less discomfort should they become infected with a strain of the flu virus that was not included in the vaccine.

Federated Forum

Monday, September 10 | Family Life Center | 1:30 pm Refreshments; 2:00 pm Program

Presenter: Reverend Susi Kawolics — Labyrinths

We are delighted to have our own Rev. Susi Kawolics present to the Forum in September about labyrinths. Susi traveled around the country this year visiting various churches and labyrinths, and studying this subject. She has led a book discussion and various presentations on its history and use as a spiritual tool. She recently attended a two-day workshop to become a trained labyrinth facilitator.

Susi will share with us details of her study and travels. We will have a large canvas labyrinth laid out and also provide finger labyrinths to be able to have an experience of the power of labyrinths. Please stay for an hour after the presentation if you are able in order to walk either the canvas labyrinth, or the natural outdoor one in the Norling gardens, and then to gather and share your experiences. Join us and enjoy being with friends and acquaintances.



Recognition of those Primetime members who have passed away in the last couple months.

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

**Susan Dunn,
JoAnne Hahn,
Rosi Morris,
Tom Munson,
Faye Weber**

Primetime Luncheon

Thursday, September 27
12:30 pm (doors open at 12 pm)
Family Life Center

Entertainment by: Ron Papaleo, vocalist & keyboard

Ron Papaleo is a veteran musician and music educator with more than 40 years of experience. He spent 31 years teaching music in the Beachwood City School District, was a professor of music at Case Western Reserve University and the Lorain County Community College serving as band director.



He has performed as a percussionist with the Cleveland Philharmonic Orchestra, The Cleveland Orchestra, The Front Row Theater Orchestra and the Playhouse Square Theater Orchestra. His primary focus since 2012 has been to sing and play keyboards and accordion, playing a wide variety of music from the 1930s through the 1970s at senior venues.

Menu: 1/2 wrap with grilled chicken, spinach, bacon and cheddar, coleslaw, chips and cookie.

Cost: \$10 at the door

Reservations due by September 21: Call 440.247.6490. After that date, names go on a wait list. If you need to cancel, please do so by September 21. Those who cancel after the deadline will still be responsible for the cost of the meal.

Hamlet residents: let Hamlet know if you want to ride the van to this event & mention it when you RSVP.

Auburn Pointe Greenhouse Trip

Thursday, September 6 | 11:30 am

Have you ever wondered how much water or light to give your houseplants? How about fertilizers, or pruning? There will be a lecture at Auburn Pointe about the care of your houseplants. Bring all your questions and they will be answered by one of the experts there!



We will then have a box lunch in the greenhouse, catered by Helene's Cuisine, a local caterer. A tour of the greenhouse will follow.

Where: Auburn Pointe Greenhouse
10089 East Washington in Auburn

When: Meet there by 11:30 am for the start of the lecture. We will be finished around 2:30 pm.

Cost: \$15

Reservations: Payment and lunch choice due by Friday, August 31. Call 440.247.6490.

Meal: You will have your choice of:

- California croissant with roasted chicken breast, avocado, spinach, garden tomatoes, sprouts and mixed greens with a spread of herb mayo

OR

- Thanksgiving sandwich, with fresh turkey breast, Helene's homemade stuffing, and a spread of cranberry mayo.

Both sandwiches will be served with a three-bean pasta salad, strawberry mandarin cake and bottled water.



Save the Date —Upcoming Trips:

Wednesday, October 10 — Channel 8 Tour

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



Bethel Bible Series

Having trouble getting past Genesis or beyond Matthew, Mark, Luke and John? Peggie Jo Shinagawa, a certified Bethel instructor, will be teaching another Bethel Bible Series starting this Fall.

Bethel Bible Study provides auditory and visual tools to help you establish a sound Biblical knowledge involving emphasis on key Biblical concepts and 40 professionally prepared “teaching” pictures with corresponding lessons.

Bethel requires a discipline and commitment from September—May, with a break for the holidays. Classes are 1.5 hours in length with some homework involved, but not checked. Lessons are recorded in the event you need to miss a class. The first year we’ll study the Old Testament, and the second year we’ll study the New Testament. The cost is \$50 for digital materials, or \$110 for printed materials, plus a good study Bible, if you don’t already have one.

Please call 440.247.6490 to sign up and specify the day/times that work best for you by **Monday, September 10**. The class timing will be tailored to meet the needs of the class majority (Max size of 20).

If you have any questions please contact Peggie Jo Shinagawa at 440.543.5974.

Tributaries: Chair Pilates

**Thursdays Starting September 6
10:30—11:30 am at the Family Life Center**

Join us for gentle and mindful exercise to strengthen your arms, legs and core muscles, stretch your legs, shoulders and arms, and improve your standing balance and walking ability as you age. This class is modified for seniors of all fitness levels and is taught by Carol Kelly, a physical therapist, who worked at the Cleveland Clinic for over 20 years.

Call Carol to register at 440.655.6257. \$60 for a six-week class, or \$10 per session. Walk-ins welcome.

Oglebay Lights Tour

**Wednesday, November 28 | 9:30 am
(9:15 board time)**

- Board a wonderful, 55-passenger Great Day Tours motor coach. We’ll stop for lunch (on your own).
- Time to shop at the Hilltop Shops
- Oglebay Mansion – Tour the elegant Mansion Museum decorated for the holidays. Choosing a different theme every year, it sparkles with original designs courtesy of volunteer decorators. Browse through the nostalgic Wymer General Store exhibit, filled with thousands of items from the past. Fully accessible to all, the Mansion makes the holiday season old-fashioned fun.
- Winter Fantasy at the Good Zoo – Featured in the theatre is the unique laser light show dancing to your favorite holiday carols. Also included in the Winter Fantasy is a fabulous miniature train display portraying life in the hills of West Virginia.
- Wheeling Park Country Holiday Dinner Buffet
- Guided tour of the Festival of Lights – a guide will board the motor coach and describe the light show to its fullest extent.



The O.W.Ls (Older, Wiser, Lutherans) from Lord of Life Lutheran Church in Bainbridge will join us. This trip is open to other interested adults in the area.

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

Cost: \$90



Reservations: Payment by Friday, November 9. Call 440.247.6490. Checks made out to Federated Church with “Primetime Oglebay Trip” in the memo line.



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 your 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 Large Music Room



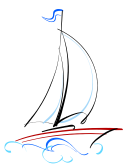
This group of women gather for chatting, laughing, coffee, oh and yes, very basic sewing for a very worthy cause. They create pillows that patients at Hospice of the Western Reserve use as they journey through the final season of life. The little neck pillows are used for comfort. For hygienic reasons, 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—Thursday, September 13, 6:00 pm



Same Boat Girlfriends is a social group for widowed women that meets each month. In September, we will meet at **Delciello's Ristorante in Aurora** (Barrington Town Center; former site of Doogan's) at 6:00 pm. To RSVP, email Jenny Evans at jenny8854@sbcglobal.net by Wednesday, September 12. Also, please tell Jenny if you'll need a ride. Note: 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, September 26, 5:15 pm



Same Boat Friends is a social group for widowed men. This month, we will sail to **Blazin Bill's**. We will car pool, so plan to arrive at Federated Church by 5:15 pm. Call Don Hoke at 440.338.8219 by Monday, September 24 to join the crew. When you call, advise if you need a ride. All widowed men are welcome.

Bowling—1st and 3rd Friday, 2-4 pm at The Rollhouse 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.



September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 <u>10 am</u> Worship Service, Family Life Center	3 <i>Happy Labor Day!!</i>  All buildings closed for Labor Day Holiday	4 <u>12:30-3:30 pm</u> Primetime Bridge, Lounge	5	6 <u>10:30 am</u> Chair Pilates, Family Life Center <u>11:30 am</u> Trip to Auburn Pointe Greenhouse, meet at Auburn Point	7 <u>2-4 pm</u> primetimers go bowling in Solon	8
	8-9 am—Spirit Walk n' Roll — Family Life Center Gym					
9 <u>10 am</u> Worship Service, Family Life Center	10 <u>10-11 am</u> Tai Chi, Fellowship H. <u>10-11:30 am</u> Pillows for Hospice, Large Music Room <u>1:30 pm</u> Federated Forum, Family Life Center <u>3:15 pm</u> Primetime Ministry Team Mtg, Family Life Center Hearth Room	11	12	13 <u>10:30 am</u> Chair Pilates, Family Life Center <u>6 pm</u> Same Boat Girlfriends, Meet at Delciello's Ristorante	14	15
	8-9 am—Spirit Walk n' Roll — Family Life Center Gym					
16 <u>10 am</u> Worship Service, Family Life Center	17 <u>10-11 am</u> Tai Chi, Fellowship Hall	18 <u>12:30-3:30 pm</u> Primetime Bridge, Lounge	19	20 <u>10:30 am</u> Chair Pilates, Family Life Center	21 <u>2-4 pm</u> Primetimers go bowling in Solon	22
	8-9 am—Spirit Walk n' Roll — Family Life Center Gym					
23 <u>10 am</u> Worship Service, Fellowship Hall	24 <u>10-11 am</u> Tai Chi, Fellowship Hall	25	26 <u>5:15 pm</u> Same Boat Friends, carpool to Blazin' Bills	27 <u>10:30 am</u> Chair Pilates, Family Life Center <u>12 pm</u> Luncheon, Family Life Center Gym	28	29
	8-9 am—Spirit Walk n' Roll — Family Life Center Gym					
30 <u>10 am</u> Worship Service, Family Life Center						





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www.fedchurch.org

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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.



September Birthdays

Audrey Bashian	4	Barbara Reiss	18
Pat Fox	4	Joan Elliott	19
Norma Burrows	7	Olney Dekker	21
Bill Johannisson	7	Jim Sutherin	21
Regina Johannisson	8	K-Leigh Ericson	22
Susie McWilliams	8	Judy Batdorff	23
Dave Strauch	9	Marie Powers	23
Bob Faroo	10	Virginia Catlin	24
Silvia Kenneweg	10	Ellana Miklos	25
John Bourisseau	12	Alan Cook	26
Ruth Long	15	Connie Caldwell	27
Marty Fulton	17	Janie Case	27
Linnea Rostek	17		