

Primetime



"A Mission in our Midst"

October, 2018

Newsletter

Give thanks to the LORD, for he is good; Psalm 118

Let's hope that we have a beautiful fall and we get a chance to see the leaves changing on our October trips!

But let's step back and review some of summer trips. At the end of August we went on our annual trip on the Nautica Queen but this time we cruised the river instead of going out on Lake Erie. It was a beautiful day and we got to see some of the Blue Angels practicing for the Air Show!

In early September we had lunch at Auburn Pointe Greenhouse, yes, lunch inside the greenhouse! Thank goodness it wasn't one of those really humid days as we enjoyed our box lunches and picked up some great tips on caring for our plants. They offer some really interesting classes and events there and you may want to check them out at www.auburnpointegreenhouse.com/classes.

Susi Kawolics, our Associate Pastor, gave us an inspiring talk on Labyrinths. There is definitely something about labyrinths that can really help to center your thoughts. You are always welcome to walk our beautiful labyrinth in the gardens out at the Family Life Center. Thank you Susi for teaching us about labyrinths and being there at the end of walking the labyrinth with a big hug!

Please remember to sign up for our luncheons. It is really the best deal in town with food from Mazzulo's, great entertainment, and time to catch up with friends.

Be kind!

Dolly Herschel

Primetime Coordinator



**Wine Tastings
and Covered
Bridges
Geneva, Ohio
Tuesday, October 16
11:30 AM – 6:15 PM**

For all you wine lovers we are visiting two fabulous wineries!

First stop, The Lakehouse Inn and Winery where we will have a tasting, then a lunch of a Caprese Salad with Chicken, seasonal fruit salad, dinner roll and a drink. They will also share with us some history of The Lakehouse Inn and Winery.

Next, off to see the Smolen-Gulf Bridge, the largest covered bridge in the US! After that, we will see the Mechanicsville Bridge and end up at the Dobonne Winery for snacks and another tasting.

When: Tuesday, October 16. Leave the Family Life Center at 11:30 am, return around 6:15 pm.



Cost: \$46 (If not doing the tastings, \$31)

Reservations: **Payment due by Tuesday, October 9.** Call 440.247.6490 to RSVP. Limit 30.

Meal: Lunch at Lakehouse and snacks at Dobonne Winery included.



Primetime Photo Gallery



Nautica Cruise



Auburn Point Greenhouse



Federated Forum



Rabbit Run Theater



Due in large part to its more than 90% protection against shingles, even in the elderly, the recombinant zoster vaccine (commercially available as *Shingrix*) has been deemed the preferred shingles vaccine for immunocompetent adults aged 50 or older. Due to short supplies, this product now is best obtained from your Pharmacy rather than through your physician. Even if a patient has previously received the predecessor of the recombinant zoster vaccine, which only requires one dose, the CDC recommends that they receive two doses of *Shingrix*, due to its effectiveness.

Shingles, or herpes zoster, is a common ailment. Its effects are usually painful, localized cutaneous eruptions. The eruptions result from reactivation of latent varicella zoster virus (cause of chicken pox). After the rash and pain subside (usually in two to four weeks), it is possible for patients to still experience postherpetic neuralgia for several years.

Patients should receive two doses of *Shingrix*, with the second dose given two to six months after the first. Whereas the predecessor vaccine is administered as a single subcutaneous dose, *Shingrix* is administered intramuscularly in the deltoid region of the upper arm. Patients should be advised to avoid strenuous activities for several days after the vaccine has been administered. Over-the-counter NSAIDs can be taken if reactions occur. It is important to note that in clinical trials, a reaction to the first dose did not predict a reaction to the second dose, so patients are advised to complete the two-dose series of *Shingrix* even if a reaction is experienced with the first dose.

Federated Forum

Monday, October 8 | Family Life Center | 1:30 pm Refreshments; 2:00 pm Program

Presenter: Carol Lucas — “Walt’s World”

For 43 years, Walt Disney gave us more than 100 award – winning films, documentaries and television shows and built an empire that lives today. In this Fascinating Lives and Legacies presentation by Carol Lucas, we’ll learn about Walt’s life and times, view his early cartoons and see how he and his peers worked their magic.

Carol Lucas who is a writer and educator will make the presentation. She has taught business writing at Cleveland State University and lifelong learning courses at Cuyahoga Community College. She speaks to many community organizations.

Although Carol has many talks in her repertoire, she says that the Disney presentation is her favorite.

Come join us for a fun time as we learn about Walt’s life and accomplishments. Who knows, maybe we’ll get to know Donald Duck and Mickey Mouse “up close and personal!”



IN MEMORIAM

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.

Dottie Berlincourt
Carol Renner
John Elliott

Primetime Luncheon

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

Entertainment by: Judy Brown, vocalist.

Judy Brown is a multi-talented performer whose acting on camera, spokesperson and singing abilities have earned her featured roles on stage, in television, and in motion pictures. She attended the Cleveland Institute of Music, majoring in vocal studies, and went on to perform with Johnny singer's Orchestra at numerous fundraising events, including appearances for Presidents Gerald Ford, Jimmy Carter, Ronald Reagan, and England's Princess Margaret.

Judy has sung the National Anthem at nationally televised games. Her "jingle" singing has been heard on radio and TV commercials played across the US and Canada. She was the solo voice for all three Sea World Adventure Parks for four years. Judy studied at the Groundlings Theatre with Kathy Griffin during the theater's heyday, doing improv in Los Angeles with Will Farrell, Lisa Kudrow, Jon Lovitz and Mindy Sterling. After moving to Cleveland, Judy produced, hosted and directed her acclaimed TV series ONLY OHIO that aired on every Ohio PBS stations. She also worked for WVIZ as an on-camera spokesperson.



The entertainment is sponsored by Hamlet Retirement Village. A representative will be present to answer any questions.

Menu: pork tenderloin, au Gratin potatoes, steamed broccoli, roll & butter, ricotta cookie

Cost: \$10 at the door

Reservations due by Friday October 19: Call 440.247.6490. After that date, names go on a wait list. If you need to cancel, please do so by October 19th. 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.

Channel 8 Tour and Lunch at Tri- C Culinary School Wednesday, October 10 10:30 am



Do you watch Channel 8 news? Now you can go behind the scenes and see how it all happens. We will take a tour then watch a small portion of the 12:00 pm News.

We will leave the studio around 12:15 pm to go to Alere, the Tri - C student run restaurant where we have a choice of four entrees, soft drink and dessert. We have gone once before and we all loved it! Someone will tell us about the program and introduce the students who helped out with the meal. You will be contacted about your entree choice.



When: Depart Family Life Center at 10:30 am, return around 3:15 pm

Cost: \$25

Reservations: Payment and entry choice due by Wednesday, September 26.

Call 440.247.6490 to RSVP. Max 30 people.





**"Just for Laughs"
at Solon Center for the Arts
Wednesday, November 14
4:45 PM to 9:45 PM**

What makes us laugh in a musical? Sometimes it's the brilliant wordplay (Yip Harburg's "Lydia, the tattooed Lady"). Sometimes it's the shenanigans of an outrageous performer (Nathan Lane), or the character being portrayed by that performer (Max Bialystock). Or sometimes it's all three, like Bert Lahr bellowing his way through the Cowardly Lion's "If I Were King of the Forest" in *The Wizard of Oz*. When that happens, we connect more deeply with our dreams, joys, and frustrations. In short, our laughter brings us closer to ourselves. In this concert, we explore great comedy songs going back as far as Eddie Cantor's "Makin' Whoopee" (1928) and as far forward as John Cullum's "Don't Be the Bunny," written 83 years later for *Urinetown*. It's quite a tradition, and we'll celebrate it with live performances and video clips. Presented by the Musical Theater Project. Hosted by Bill Rudman and Nancy Maier. Featuring Douglas F. Bailey II, Ursula Cataan and Sheri Gross.

When: Depart from Family Life Center at 4:45 pm,
return at 9:45 pm



Cost: \$45

Reservations: Payment by Thursday, November 1. Call 440.247.6490 to RSVP.

Dinner: Imperial Wok in Solon— On your own



**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, October 11, 6:00 pm



Same Boat Girlfriends is a social group for widowed women that meets each month. In October, we will meet at Peppermint Thai at 6:00 pm. To RSVP, email Jenny Evans at jenny8854@sbcglobal.net by Wednesday, October 10. 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, October 24, 5:15 pm



"Same Boat" friends is a social group for widowed men. We will go to **Chicago Deli** in Solon. We will car pool so plan to arrive at Fed Church by 5:15. Call Don Hoke at 440-338-8219 by Monday Oct 22 to join the crew. All are welcome. When you call, advise if you need a ride.

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-months). All are welcome!

Chair Pilates— Thursday 10:30-11:30 am

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



October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	8-9 am—Spirit Walk n' Roll — Family Life Center Gym					
	<u>10-11 am</u> <i>Tai Chi</i> , Fellowship Hall	<u>12:30-3:30 pm</u> <i>Primetime Bridge</i> , Lounge		<u>10:30 am</u> <i>Chair Pilates</i> , Family Life Center	<u>2-4 pm</u> <i>Primetimers go bowling</i> in Solon	
7	8	9	10	11	12	13
	8-9 am—Spirit Walk n' Roll — Family Life Center Gym					
<u>10 am</u> <i>Worship Service</i> , Family Life Center	<u>10-11 am</u> <i>Tai Chi</i> , Fellowship H. <u>10-11:30 am</u> <i>Pillows for Hospice</i> , Large Music Room <u>1:30-3:00 pm</u> <i>Primetime Federated Forum</i> , Family Life Center <u>3:15-4:30 pm</u> <i>Primetime Ministry Team Mtg</i> , Family Life Center		<u>10:30 am</u> <i>Channel 8 Trip</i> , Family Life Center	<u>10:30 am</u> <i>Chair Pilates</i> , Family Life Center <u>6:00 pm</u> <i>Same Boat Girlfriends</i> , to Peppermint Thai		
14	15	16	17	18	19	20
	8-9 am—Spirit Walk n' Roll — Family Life Center Gym					
<u>10 am</u> <i>Worship Service</i> , Family Life Center	<u>10-11 am</u> <i>Tai Chi</i> , Fellowship Hall	<u>12:30-3:30 pm</u> <i>Primetime Bridge</i> , Lounge <u>11:30 am</u> <i>Winery Trip</i> , Family Life Center		<u>10:30 am</u> <i>Chair Pilates</i> , Family Life Center	<u>2-4 pm</u> <i>Primetimers go bowling</i> in Solon	
21	22	23	24	25	26	27
	8-9 am—Spirit Walk n' Roll — Family Life Center Gym					
<u>10 am</u> <i>Worship Service</i> , Family Life Center	<u>10-11 am</u> <i>Tai Chi</i> , Fellowship Hall		<u>5:15 pm</u> <i>Same Boat Friends</i> , carpool to Chicago Deli	<u>10:30 am</u> <i>Chair Pilates</i> , Family Life Center <u>12:00 pm</u> <i>Primetime Luncheon</i> , Family Life Center		
28	29	30	31			
	8-9 am—Spirit Walk n' Roll — Family Life Center Gym					
<u>10 am</u> <i>Worship Service</i> , Family Life Center	<u>10-11 am</u> <i>Tai Chi</i> , Fellowship Hall					





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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.



October Birthdays

Tom Davis	2	Eve Henderson	18
Harriett Rogers	2	Steve Morris	20
Arlene Abbott	5	Herk Exline	20
Ralph Kneale	6	Amanda Morris	22
Bruce Bartter	8	Bill Zelazny	22
Irene Noda	9	Mary Hobbs	23
Jane Davis	9	Dave Watterson	23
Karen Nadeau	10	Kay Wellman	25
Helen Edwards	12	Sally Harrold	26
Sandy Wilsman	12	Ann-Marie Heston	27
Beth Listerman	13	John Hall	28
Adele Cunningham	16	Bill Lineweaver	30
Ann Bullen	17	Lindy Bryson	31