

# Primetime



"A Mission in our Midst"

February, 2019



Newsletter

*The hunger for love is much more difficult to remove than the hunger for bread. ~ Mother Teresa*

Happy Valentine's Day!

Are you still hanging in there with your New Year's resolutions?

One of Primetime's trips in January to Newbury had us shopping till we dropped! Our first stop was to the ReStore/Habitat for Humanity. I volunteer there and thought I would take some of my Primetime friends to see some of the great "treasures" there! The Habitat ReStores are retail stores open to the public. They accept donations of new and gently used furniture, housewares and all kinds of building materials. They sell these items to the public at 50-75% off retail prices. All proceeds benefit the Lake-Geauga Habitat for Humanity and are used to build affordable housing for families in need. I found quite the perfect gift, a kitchen towel that says, "My favorite exercise is a mix between a lunge and a crunch, I call it LUNCH!" Next on our shopping spree we found some discounted Christmas gifts (for next year) at Sunrise Farm. Our lunch at Mangia, Mangia was delightful. Then, we visited the Artisans' Corner Gallery, owned by our church member, Barbara Gates. So many beautiful things and most artisans were from Ohio!

For our December luncheon we brought back the EKCO Rings because we really liked them. Their timing is impeccable, and they have to be very agile to do what they do. Due (I just made you say do-do) to low attendance at our luncheons we are going to try something new this month. We are going to try lunch out! Check out page 5 for details. Stay warm and be kind.

Love,  
Dolly Herschel  
Primetime Coordinator



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## Grandparents/Grandkids Valentine's Breakfast

Our Christmas breakfast drew 31 kids and their grandparents (and a couple of parents!) for a wonderful holiday program and story. Now we look ahead to celebrating the love that comes with Valentine's Day.



Join us on **Saturday, February 9 from 9 to 11 am in Fellowship Hall** for pancakes and sausage as we look at the story of St. Valentine, complete an art project and share the special gifts of love. Please RSVP to Mark Simone at [msimone@fedchurch.org](mailto:msimone@fedchurch.org) or 440.247.6490 x101. so we can have enough food and project materials on hand.

# Primetime Photo Gallery



Trip to ReStore



December Luncheon



January Federated Forum





For at least a decade, Primetime has offered an opportunity to learn and take part in the practice of Tai Chi. In its Sunday, December 16, 2018 issue, the Lake County News Herald newspaper published a Wellness article entitled "Tai Chi sees seniors stay active". This article briefly describes the benefits which are offered to those who practice Tai Chi. I have excerpted several parts of this article for your benefit.

*"Tai Chi works those connector muscles, the interstitial tissue that connects your limbic system, so it provides you a greater overall health. It's meditative so you get a mental and spiritual calmness which, in turn, helps reduce stress which could take its toll physically."*

*You're not slamming your joints in Tai Chi. Tai Chi focuses on proper stepping which helps with balance and that it is, above all, low impact. People hear that Tai Chi is a martial art, and are afraid to join a group practicing Tai Chi. They are fearful that they'll be touched or thrown. If they are afraid of martial arts, they don't need to worry, because it's one of the soft martial arts."*

*Tai Chi is slow. Some people question what kind of exercise you get working slowly, but our muscles don't know the difference between slow and fast. You're not burning high calories, but you are burning calories and using your muscles in a different way which offers resistance."*

The Monday, December 16, 2018, issue of the Cleveland Clinic Wellness newsletter also favorably talks about Tai Chi. Following are excerpts from this article.

*"Often called meditation in motion, tai chi involves slow-motion movement deep breathing. In tai chi, your body and mind get a workout. Your body gains strength and balance, while your mind gets to settle and focus—which is a powerful antidote to everyday stimulation and stress. Sweaty, vigorous workouts have their place, but the benefits gained from a regular tai chi practice show that gentler exercise can be powerful—and preventive."*

Primetime offers an experienced teacher who has a basic beginner class. If you have injuries or health issues, be sure to ask for modifications.



### *In Memoriam*

Recognition of those Primetime members who have passed away recently.  
*A farewell to friends; May God welcome them with open arms.*

**George Bamberger  
Judy Batdorff  
Nancy Wilcox**

# ***Liberace!***

## **Saturday, February 16 | 12:00 pm**

Known as Mr. Showmanship, Wladziu Valentino Liberace made millions of dollars entertaining audiences with his flamboyant performances, but there was a lot more to the man than rhinestones and candelabra. *Liberace!* is a moving and highly entertaining tribute to the performer and musician famous for his charm, glitz, and glamour. On a set reminiscent of his celebrated television program, *Liberace!* relives the highs (and lows) of his prolific life. Theatre in the Circle's Managing Director, Mark Corcoran said, "*Liberace!* will touch hearts and minds and will certainly be a feast for the senses. They are importing a \$20,000 costume collection for this show. Some are exact replicas of Liberace's performance costumes and some have been built to evoke the Vegas heyday of his career."

The actor taking on this tour-de-force one-man show is David Maiocco. He has performed all over the world as a virtuoso pianist, musical director, actor and celebrated cabaret performer. Once he's been to "hair and make-up" it is spooky to see how much he looks like Liberace!

Founded in 2016, Theatre in the Circle brings live performances as the resident theater company of Cleveland's Judson Manor retirement community. It is a bright new light in University Circle. It is the only resident-driven professional theater company in a retirement community anywhere in the United States. It brings professional theater to people whose access is comprised by limited mobility. It consciously chooses plays that resonate with the lives and histories of older Americans and Clevelanders. All performances are held in Judson Manor's Ballroom, a barrier-free access venue with hearing loop technology.

We will have lunch there before the show.

**When:** Depart from Family Life Center at 12:00 pm, return around 5:15 pm

**Cost:** \$45 due by Thursday, February 7.

**Reservations:** Call 440.247.6490 to RSVP.

**Meal:** Lunch included. Judson Manor is preparing braised short rib with risotto and asparagus. Cranberry chocolate chip bread pudding for dessert. Coffee, decaf coffee, hot tea, or iced tea are included.

**Robert Ulmann, Executive Chef for Judson Manor**

Chef Rob has worked for restaurants in Cleveland and Florida including Hyde Park, Louis Pappas Riverside Restaurant and Johnny's. Chef Rob has done private catering for Presidents Clinton and Bush and Russian President Putin, as well as for sports teams like the New York Yankees, Miami Heat and Cleveland Browns.



*Which one is the real Liberace?*



## Federated Forum

Monday, February 11

Fellowship Hall

1:30 pm Refreshments; 2:00 pm Program

**Presenter: Sallie Messerly**

**Program: Mind Body and Spirit**

Sallie Messerly, a representative from the UH Hospitals, will present a program dealing with an overview of how to be physically, mentally and spiritually healthier, deliberately. She will demonstrate how complex the human body is and how the body's systems work together. She will also discuss how stress affects your overall health.



Let's look at how the choices we make can help us feel better. We will think about love for a minute, and hopefully we will all walk away with a smile on our face.

*Join us for this wonderful informative and fun presentation.*

## Primetime Luncheon

Thursday, February 28

Meet at 11:30 am

**Yours Truly Restaurant in Chagrin**

The Primetime Luncheon Committee put their heads together and came up with some new ideas for our monthly luncheons in 2019. We hope you are up for trying something new this year as well. Our goal is to make our time together enjoyable for all of our seniors. We welcome any ideas and suggestions you may have as we plan ahead.

On Thursday, February 28, we will go to Chagrin's "Yours Truly" restaurant for lunch. Parking is in the plaza behind the restaurant. We will be using the upstairs and downstairs sections for those who cannot climb stairs.

**RSVP:** Call 440.247.6490.

**Lunch:** On Your Own



## Corner Field Model Railroad and Lunch and Guido's

Wednesday, February 6 | 11:00 am

We'll start with a yummy Italian lunch at Guido's in Chesterland, on your own. Next, we'll go to the Corner Field Model Railroad Museum and Hobby Shop. Located in Middlefield, it is the largest family owned O-Gauge model train layout in Ohio. It is a fascinating display of trains, cities, towns, farms, and even an amusement park! Lots of fun for children and adults!

**When:** Depart from Family Life Center at 11:00 am. Return at 4:00 pm.

**Cost:** \$17 due by Friday, February 1.

**Reservations:** Call 440.247.6490 to RSVP.

**Meal:** Lunch at Guido's – On your own (No Credit Cards; Cash or Check ONLY)



# Ongoing Primetime Offerings

## **Spirit Walk & Roll—Monday through Friday (see calendar for exceptions) 8-9 am at 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**



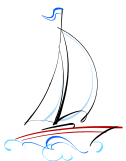
This group of women gather for chatting, laughing, coffee, oh and yes, very basic sewing for a very worthy cause. They create pillows that patients at Hospice of the Western Reserve use as they journey through the final season of life. The little neck pillows are used for comfort. For hygienic reasons,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



Same Boat Girlfriends is a social group for widowed women that meets each month. In January, we will meet at Shinano Sushi Bar & Japanese Cuisine, 28500 Miles Rd. in Solon at 6:00 pm. To RSVP, contact Jenny Evans at 440.247.7101 or jenny8854@sbcglobal.net by Wednesday, February 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, February 27, 5:15 pm**

"Same Boat" friends is a social group for widowed men. We will go to Village Martini and Wine Bar restaurant located at 516 E. Washington in Chagrin. Go directly to the restaurant and plan to arrive by 5:15 pm. Call Don Hoke at 440.338.8219 by Monday, February 25 to join the crew. All widowed men 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-Friday months). All are welcome!

## **Chair Pilates—Thursday 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. 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](http://www.taichicleveland.com).

## **Mahjong—Fridays, 1 pm at Bell St. Lounge**



We welcome you to join in a lively game of Mahjong. No prior knowledge needed. If you are interested... just show up! We will split up into groups of three or four to play. If you have a game, please bring it along. If you have questions, contact Ann-Marie Heston at amngh@icloud.com.





# February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 8-9 am—Spirit Walk n' Roll — FLC Gym 2-4 pm Primetimers go bowling in Solon 1 pm Mahjong, Lounge	<b>2</b>
<b>3</b> 10 am Traditional Worship, Bell St. 11:30 am RISE to Shine Worship, Bell St.	<b>4</b> 8-9 am—Spirit Walk n' Roll — Family Life Center Gym 10-11 am Tai Chi, Fellowship Hall	<b>5</b> 12:30-3:15 pm Primetime Bridge, Lounge	<b>6</b> 11 am Trip to Corner Field Model Railroad, meet at FLC	<b>7</b> 10:30 am Chair Pilates, Family Life Center	<b>8</b> 8-9 am—Spirit Walk n' Roll — FLC Gym 1 pm Mahjong, Lounge	<b>9</b> 9 am Grandparents/Grandkids Pancake Breakfast
<b>10</b> 10 am Traditional Worship, Bell St. 11:30 am RISE to Shine Worship, Bell St. 11:30 am Spaghetti Lunch, Bell St. 12:45 pm Annual Meeting, Bell St.	<b>11</b> 8-9 am—Spirit Walk n' Roll — Family Life Center Gym 10-11 am Tai Chi, Fellowship Hall 10-11:30 am Pillows for Hospice, Daily Bread Room 1:30-3:00 pm Primetime Federated Forum, Fellowship Hall 3:15-4:30 pm Primetime Ministry Team Mtg, Conference Room	<b>12</b>	<b>13</b> 6:00 pm Wondrous Wednesday dinner & program, Fellowship Hall (see Feb. SPIRE for info) 6:00 pm Same Boat Girlfriends, meet at Shinano Sushi Bar & Japanese Cuisine	<b>14</b> 10:30 am Chair Pilates, Family Life Center	<b>15</b> 2-4 pm Primetimers go bowling in Solon 1 pm Mahjong, Lounge	<b>16</b> 12 pm Trip to Liberace!, meet at FLC
<b>17</b> 10 am Traditional Worship, Bell St. 11:30 am RISE to Shine Worship, Bell St.	<b>18</b> All buildings closed for President's Day	<b>19</b> 8-9 am—Spirit Walk n' Roll — Family Life Center Gym 12:30-3:15 pm Primetime Bridge, Lounge	<b>20</b>	<b>21</b> 10:30 am Chair Pilates, Family Life Center	<b>22</b> 1 pm Mahjong, Lounge	<b>23</b>
<b>24</b> 10 am Traditional Worship, Bell St. 11:30 am RISE to Shine Worship, Bell St.	<b>25</b> 10-11 am Tai Chi, Fellowship Hall	<b>26</b> 8-9 am—Spirit Walk n' Roll — Family Life Center Gym	<b>27</b> 5:15 pm Same Boat Friends, meet at Village Martini and Wine Bar	<b>28</b> 10:30 am Chair Pilates, Family Life Center 11:30 am Primetime Lunch Out, Meet at Yours Truly		





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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.*



## February Birthdays

Barb Webster	1	Paul Evans	23
Marie Wisniewski	2	Marnie Albers	23
Blanche Winston	2	Gail Dekker	24
Jean Endle	4	Marilee Biel	24
Norma Bobbitt	9	Bill Shaul	24
Cynthia Schinagle	10	Don Poe	25
Jack Koenig	12	Marilyn Pierson	27
Donna Simmons Rule	17	Carol Jaynes	28
Bill Foley	22		