

Primetime

"A Mission in our Midst"

March, 2019

Newsletter



He shall come down like rain upon the mown grass—as showers that water the earth.

Psalm 72:6

Happy St Patrick's Day!

That's our theme for our Primetime trip on March 14 – check it out on page 4!

At our January Federated Forum, Dan Best from Geauga County Park took us back to 1958—when the Cleveland Browns had the great Jim Brown, along with nine wins and only three losses! We got to see snippets from "Leave It To Beaver" and "The Ed Sullivan Show," where we all sang along to "Take me out to the Ball Game." We even learned the four Hs of the 4-H Club, which I was in for many years and never knew.

The first H – refers to the Head: Head for clearer thinking

The second H – refers to the Heart: Heart for greater loyalty

The third H – refers to Hands: Hands for larger service

The fourth H – refers to Health: Health for better living

For our Federated Forum in February, Colletta Somrack from University Hospitals talked about how the *Mind, Body and Spirit* work together to create wellness. We learned that men should drink at least thirteen cups of water everyday and women should drink at least nine!

On to our trips...the Cleveland Clinic Art Tour was GREAT! Their collection began with donations from grateful patients, their families, and physicians – all committed to enhancing the healing environment of the hospital. Now, their art collection has almost 7,000 works! Ten percent of those are donated! One of our favorite works was done by Jennifer Steinkamp, whose beautiful digital projection of a tree moving and changing with the seasons was mesmerizing.



At our next trip to the Corner Field Model Railroad Museum we got to see the largest family-owned model railroad museum in the United States. Tom Elesh, his wife and their two children have outdone themselves in creating this display of over 3,800 feet of train tracks, complete cities, an amusement park with moving rides and even a baseball field! As soon as we turned the corner to see the massive display we all went "WOW!"



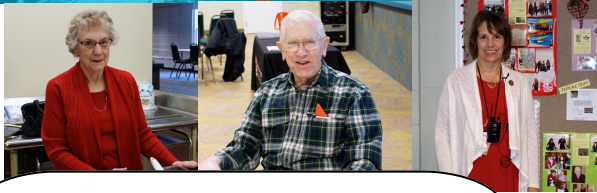
And finally, we got to see the show "Liberace!" He WAS Mr. Showman all right! The costumes were so outrageous and the actor was so talented. The one man show had us laughing and enjoying so many songs. The actor, David Maiocco, did a phenomenal job as Liberace and his piano skills were wonderful. Judson Manor was such a beautiful venue for our lunch and for the show – we will definitely be going back for more!

Come join the fun,
Dolly Herschel
Primetime Coordinator

Primetime Photo Gallery



Trip to Cleveland Clinic Art Tour



February Federated Forum



January Luncheon



Corner Field Railroad Museum



Trip to Liberace!

Knowing that I am a Registered Pharmacist, during the winter months my friends often come to me complaining of the sniffles, sneezes, and congestion that accompany the common cold. Indirectly, they are hoping that I will recommend one or more of the various OTC products whose claims of their effectiveness in alleviating the symptoms of the common cold are ubiquitous in the media.

Having just read the results of an international team of researchers to determine the answer of how to treat the common cold, I can report that the best remedy for colds—besides short-term nasal decongestants in adults and saline nasal products in children—may simply be patience.

In healthy people who are not taking immunosuppressant medication, our immune system can easily deal with the common cold. However, we need to give it time. It usually takes one to two weeks to get better. So, be patient, your cure is on the way.



Mark your calendar for Sunday, April 28

Organ Dedication Concert at 4:30pm
In the Federated Sanctuary

Because of the success of the *Rejoice & Renew* Capital Campaign at Federated, we now have one of the largest, finest, and most versatile organs in the area and want to use it to its full advantage. Our new organ is a Rodgers Infinity hybrid organ, which means we will be using all the original pipes from the Schantz organ, but have also added many digital sounds.

Our guest organist for the dedication concert will be Dan Miller, an organ designer and internationally renowned musician. Mr. Miller is in his 20th year at Rodgers Instruments, one of the world's leading organ builders, in Hillsboro, Oregon, as Rodgers Artist and Tonal Professional. He also is an Adjunct Professor of Organ at George Fox University in Newberg, Oregon. Mr. Miller is well-known for his composing and arranging and has several published works.

Marcia is excited to share the capacity of our organ and introduce us to Dan.

Come hear the musician who designed our new organ!



In Memoriam

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

**Kathy Kinley
Don Grubb**

Heinen's Dinner and Wine Pairings



Thursday, March 14 | 5:30 pm

It's almost St Patrick's Day mate! One of the chefs at the Chagrin Falls Heinen's is going to show us how to make some delicious Irish themed dishes! Their wine expert will also pair wines with our meal. We will have the room all to ourselves and we'll have a wee bit of a party!

Here are some Irish slang words I will be using that night so you can follow along. There will be a quiz.

Olagonin' – moaning/complaining – none of that at the dinner table please

Craic – a good time/fun – what we will be having

Snog – kiss – None of that at the table either

Noodle – your head, not a noodle

The jacks – toilet/restroom, if you must

Whanker – fool, no whankers allowed

Langered – drunk

Knackered – exhausted

Biscuits to a bear – a waste of time

I could ate a reverend mother – extremely hungry (Who would even say that?!)

When: Meet at Heinen's (20 Plaza Dr.) Starts at 5:30 pm, ends around 7:30 pm.

Cost: \$35 for dinner: Irish themed dishes/ wine pairings included.

Reservations: Call 440.247.6490. Limit 30. Payment due by Thursday, March 7.



Rock and Roll Hall of Fame & Museum

Tuesday, March 26 | 11:30 am

The Rock and Roll Hall of Fame, located on the shores of Lake Erie in downtown Cleveland, celebrates the history and cultural significance of rock music. The Foundation was established on April 20, 1983.

In 1986, Cleveland was chosen as The Rock and Roll Hall of Fame's permanent home for its significant role in the acceptance and growth of rock. Cleveland was the location of Freed's MoonDog Coronation Ball, the first major rock and roll concert. Cleveland's WMMS-FM played a key role in breaking several acts in the U.S. in the 70s and 80s, including David Bowie and Bruce Springsteen.



The groundbreaking ceremony took place in 1993. It opened to the public in 1995, with a ribbon being cut by an ensemble that included Yoko Ono, Little Richard and a crowd of more than 10,000 people.

Typical artifacts include instruments used by famous musicians, stage clothing and props, drafts of song lyrics, correspondence, original album art, posters and photographs. Musicians become eligible for induction into the hall of fame 25 years after the release of their first recording. There are seven levels and many exhibits to see!

We will eat first at the Bonefish Restaurant in Independence. Lunch is on your own.

When: Depart from Family Life Center at 11:30 am. Return at 5:15 pm

Cost: \$22



Reservations: Call 440.247.6490. Payment due by Thursday, March 14.

Federated Forum

Monday, March 11

Fellowship Hall

1:30 pm Refreshments; 2:00 pm Program



Presenter: Jan Jones

A welcoming smile, high energy, and a genuine interest in others has made Jan Jones a successful and well-known media personality.

You will remember her as Co-Host of the long running ABC show "The Morning Exchange" as well as the Emmy winning Co-Host of the CBS evening show "PM Magazine." Countless commercials and television programs fill her resume. The smile in her voice is her real trademark.

Ms. Jones is active in the Chagrin Valley with The Chagrin Valley Little Theatre, The Valley Art Center, Chagrin Falls Library and as a Sunday School teacher for St. Joan of Arc. She volunteers her time as MC, model and speaker for organizations throughout the year. She particularly enjoys working with kids and puts on "The Front Yard Players" in her neighborhood at the end of summer vacation.

Jan and her late husband, Dr. Shelly Artz, were the Northeast Ohio Legacy of Life Honorees and Jan continues to promote organ donation through her work with Lifebanc.

She has four children and nine grandchildren living all over the United States. How does she stay fit? She tap dances!

"Life has always been filled to the brim... just hold on and keep smiling!"

Jan knows that happiness is a habit and will share her stories, her laughter and her heart with us.

Primetime Lunch Out

Thursday, March 28 | 11:15 am

The Atrium at Anna Maria in Aurora has invited us to their facility for a soup and salad luncheon at 11:30 am—2:00 pm.

We will have a brief tour of the Atrium and then play bingo. We will leave the Family Life Center at 11:15 on our bus. The charge for this outing will be \$5.00 to cover the cost of the bus. Any money left over will be donated to the Alzheimer's Association.

Please call 440.247.6490 to put in your reservation for this outing.



Save the Date!

Lunch at Lord of Life Lutheran Church, Entertainer portraying Dolores Hope (Bob Hope's Wife)
Tuesday, April 9

Lakeview Cemetery and Daffodil Hill
Tuesday, April 16

Severance Hall Tour
Tuesday, April 23



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



Same Boat Girlfriends is a social group for widowed women that meets each month. To learn more about our March gathering, and to RSVP, contact Jenny Evans at 440.247.7101 or jenny8854@sbcglobal.net. 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, March 27, 5:15 pm



"Same Boat" friends is a social group for widowed men. We will go to Mitchell's Fish Market on Chagrin Blvd. We will car pool, so plan to arrive at Federated Church by 5:15 pm. Call Don Hoke at 440.338.8219 by Monday, March 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.

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.

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8-9 am—Spirit Walk n' Roll — FLC Gym 2-4 pm Primetimers go bowling in Solon 1 pm Mahjong, Lounge	2
3 10 am Traditional Worship, Bell St. 11:30 am RISE to Shine Worship, Bell St.	4 8-9 am—Spirit Walk n' Roll — Family Life Center Gym 10-11 am Tai Chi, Fellowship Hall	5 12:30-3:15 pm Primetime Bridge, Lounge	6 6:00 pm Ash Wednesday dinner, Fellowship Hall 7:00 pm Ash Wednesday Service, Chapel	7 10:30 am Chair Pilates, Family Life Center	8 8-9 am—Spirit Walk n' Roll — FLC Gym 1 pm Mahjong, Lounge	9
10 10 am Traditional Worship, Bell St. 11:30 am RISE to Shine Worship, Bell St.	11 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	12	13 6:00 pm Wondrous Wednesday dinner & program, Fellowship Hall (more info in the March SPIRE)	14 10:30 am Chair Pilates, Family Life Center 5:30 pm Heinen's Dinner and Wine Pairings, meet at Heinen's	15 2-4 pm Primetimers go bowling in Solon 1 pm Mahjong, Lounge	16
17 10 am Traditional Worship, Bell St. 11:30 am RISE to Shine Worship, Bell St.	18 8-9 am—Spirit Walk n' Roll — Family Life Center Gym 10-11 am Tai Chi, Fellowship Hall	19 12:30-3:15 pm Primetime Bridge, Lounge	20	21 10:30 am Chair Pilates, Family Life Center	22 1 pm Mahjong, Lounge	23
24 10 am Traditional Worship, Bell St. 11:30 am RISE to Shine Worship, Bell St.	25 10-11 am Tai Chi, Fellowship Hall	26 11:30 am Trip to Rock and Roll Hall of Fame & Museum, meet at FLC	27 5:15 pm Same Boat Friends, carpool to Mitchell's Fish Market	28 10:30 am Chair Pilates, Family Life Center 11:15 am Primetime Lunch Out, Meet at FLC		





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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.



March Birthdays

Kris Exline	2	Jackie Zahl	15
Diana Lindeman	5	Becky Bartter	18
Dick Masters	5	Cathy Watterson	19
Janet Peters	5	Carol Foley	21
Ilona Chambre-Telfer	7	Susan Schreiner	22
Jeff Kerekes	9	Jack Hobbs	24
Nancy Nadratowski	10	Larry Trace	27
Margaret Aldrich	10	Dave Larson	28
Ed Shields	12	Ralph Hegsted	28
Donna Hogarth	12	Lee Hoffman	28
Roger Ehle	13	Joie Cody	30