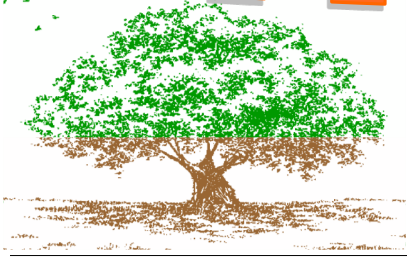


# Primetime



## "A Mission in our Midst" July/August, 2019 Newsletter



*This is what the Lord God showed me: behold, a basket of summer fruit.*

*Amos 8:1*

Hello all,

Hope you are enjoying this beautiful summer weather!

Our family's summer kicked off with some exciting activities! In June, our youngest daughter got married! It was like a fairytale event nestled in the mountains of North Carolina.

For Primetime, in May we started the month by having Marge Adler back at our Federated Forum. She is so talented on the piano and makes it look so easy. A big thank you to The Atrium at Anna Maria for sponsoring this special performance.

Our first trip in May was to see the Million Dollar Quartet. If you want to be in a good mood, this was the show to see and we were in the front row to boot! The character who played Jerry Lee Lewis had so much energy that I think it rubbed off on all of us.

Our second May trip was to the Wildwood Cultural Center to hear a swing band. Due to a prediction of rain, it was held indoors. Unfortunately for us, our seats had a very limited view of the band, but they were amazing to listen to. I had a good time riding Bill Zelazny's electric wheelchair, though! (Picture to the right). To top it off, the meal beforehand at Molinari's was excellent!

Make sure to come to our picnic in July – it's always a good time with lots of bingo prizes!

Stay cool and have a wonderful summer.

Kind Regards,  
Dolly Herschel  
Primetime Coordinator



## Primetime Summer Picnic: Fun, Food and Bingo

Thursday, July 18 11:30 am—2:00 pm

Time to get together and enjoy food from the grill with all the fixin's. Plus, we will play bingo for fabulous prizes. Hope to see you at the Primetime annual picnic!

**Time:** 11:30 am—2:00 pm.

**Place:** Meet at The West Woods Park, Turkey Ridge Shelter  
9465 Kinsman Road (Rt. 87),  
Newbury, OH 44072.

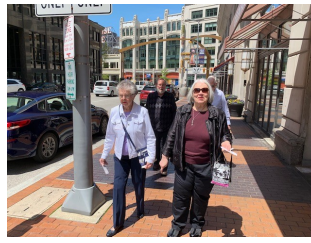
**Reservations:** Call 440.247.6490 by Friday, July 12.

**Cost:** \$10 payable at the picnic.





# Primetime Photo Gallery



May Fed Forum

Mentor Cultural Gardens

Million Dollar Quartet

Cinderella Gets a Makeover

## August Lunch Out at Pine Lake Trout Club

Thursday, August 15 at 12:00 pm

After holding our daughter's bridal shower at Pine Lake Trout Club I couldn't help but think what a great place for our Primetime members to meet for lunch! It is a private fishing club located in Bainbridge Township. It's so quiet and charming that you will feel like you are out in the country on a vacation. Their food is very good too!

Time: **Meet there** at 12:00 pm, Location 17021 Chillicothe Road, Chagrin Falls (It's in Bainbridge Township but for mailing and GPS purposes put in Chagrin Falls.)

Cost: Lunch On Your Own

Reservations: by August 7, call 440.247.6490





# Healthy Living

## Health & Wellness Initiative

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

The June 4, 2019 issue of the *Journal of the American Medical Association* reports that new research shows that the number of deadly falls among U.S. adults aged 75 years or older rose between 2010 and 2016. Risk factors for falls include medication use, age, chronic conditions and poor balance. The absolute number of fall-related deaths for adults aged 75 years or older rose from 8613 in 2000 to 25,189 in 2016. The crude mortality rate increased from about 52 per 100,000 people in 2000 to about 122 per 100,000 in 2016. The authors note that the circumstances behind the increasing trends in mortality from falls are not fully understood.

The Veale Wellness and Aquatic Center located on the campus of Ohio Living Breckenridge Retirement Community, 4950 Northridge Road in Willoughby offers a free balance screen using the Neurocom Balance Master. This unique instrument will help identify specific impairments including visual, inner ear, and joint sensation loss. To schedule a **Free Balance Assessment**, call 440.942.4358. This assessment will take about an hour to complete.

## Blossom Festival Concert: Salute to the USA

Wednesday, July 3 | 5:30 pm

Enjoy an all-American cookout, then celebrate Independence Day Eve with great music, fireworks, and fun!

**Where:** Blossom Music Center.

**When:** Depart from Family Life Center at 5:30 pm.

**Cost:** \$58

**Reservations:** Call 440.247.6490 to see if there are still spots available.



## The Tall Ships Festival Friday, July 12 — 9:00 am

Cleveland is proud to host the return of the Tall Ships to Cleveland's waterfront in July! This waterfront festival is a wonderful experience for all to enjoy live entertainment and historical exhibits and board the Tall Ships!

At the 2019 Cleveland Tall Ships Festival, we will have the opportunity for early boarding to tour the tall ships and learn about them and their history. (We will NOT be leaving the dock!)

We will then head over to Edgewater Park for lunch at the Edgewater Beach House (OYO) and a picture or two at the script Cleveland sign.

**Time:** Meet at Family Life Center for 9:00 am departure, return at 3:00 pm.

**Reservations:** Call 440.247.6490 by July 5.

**Cost:** \$24 due by reservation deadline.

**Lunch:** Edgewater Beach House—On your own.



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

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

**Claude Folkes  
Marian Horvath  
Jane Thoburn**



## The Porthouse Theater Presents: The Music Man Thursday, August 8 — 5:30 pm

With book, music, and lyrics by Meredith Willson, "The Music Man" is the funny and romantic story of fast-talking salesman Harold Hill. When Hill arrives in River City, Iowa to con the townspeople and hurry off with their money, he doesn't count on falling for the town librarian in the process. It will feature the famous songs, including Marian the Librarian, Goodnight my Someone, Lida Rose, The Wells Fargo Wagon, and Seventy-six Trombones. We'll be singing these songs all the way home!

**Time:** Meet at the Family Life Center for 5:30 pm departure. Return at 11:00 pm.  
**Reservations:** Call 440.247.6490 by July 29.  
**Cost:** \$40 due by reservation deadline. Includes dinner.

**Meal:** Boxed dinner from Helene's. Pick one of the following sandwich options:

**California Croissant** – roasted chicken breast, avocado, spinach, tomatoes, and greens, w/fresh herb mayo

**Cheeseburger Meatloaf** – Mom's classic with American cheese and ketchup on a toasted roll

**Grilled Vegetarian** – grilled squash, eggplant, mushrooms, tomato, onion on Ciabatta roll with spinach, Muenster cheese, and roasted shallot herb mayo.

All include: pasta salad, strawberry mandarin cake, wrapped silverware, and bottled water.

You can bring your own drink, including beer/wine.



## Nautica Queen Cruise and Buffet Lunch Thursday, August 29 — 10:30 am

Enjoy a buffet lunch on board the Nautica Queen as you cruise around Cleveland on Lake Erie. Hopefully we will also see planes practicing for the weekend Air Show!

**\*\*Please note, there are stairs on this trip!**



**Time:** Meet at the Family Life Center for 10:30 am departure, return at 3:30 pm.

**Place:** Downtown Cleveland

**Reservations:** Call 440.247.6490 by August 23.

**Cost:** \$35 due by reservation deadline.

**\*We buy tickets in advance. If you cancel after the deadline, you will be responsible for the cost of the ticket.\***

**Sample Menu:** Varietal greens with dressing, marinated pasta, vegetable and side salads, fresh seasonal vegetables, oven-roasted potatoes, rice pilaf or pasta, chef's choice of beef or ham, chicken du jour, chef's catch of the day, rolls, dessert, coffee, tea or iced tea.



## A Midsummer's Night Garden Event Tuesday, July 30 — 7:00 pm

The evening begins with a midsummer feast. Then stroll through the many moonlight garden vignettes featuring the sights, sounds, lighting and fragrances of an evening garden. Discover one-of-a-kind beautiful decorating ideas. At dusk the magic begins, as the moonlight garden flowers come into their glory. Witness nature's magic at the Luna moth release.

You will take home one complimentary plant for your own moonlight garden.

You can also bring your own alcohol.



**Time:** Meet at Auburn Pointe Greenhouse (10089 East Washington St.) at 7:00 pm. We will finish at 9:00 pm.

Transportation on your own, please carpool if possible.

**Reservations:** Call 440.247.6490 by July 23.

**Cost:** \$40.



# Ongoing Primetime Offerings

## Spirit Walk & Roll—will resume August 19, 8-9 am at the Family Life Center

Spirit Walk & Roll is on a hiatus while the YMCA Summer Camp is at the Family Life Center, but will resume on August 19. Come when you can and leave when you must. Walk at your own pace. Bring a buddy if you wish.

## Pillows for Hospice—2nd Monday, 10 am at 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, 3rd (and 5th) 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, call Harriett Rogers at 440.247.5845 or Coline Kiehne at 440.248.8199.

## Same Boat Girlfriends—Thursday, July 11, 5:30 pm



Same Boat Girlfriends is a social group for widowed women that meets each month. Our next meeting will be at M Italian on July 11 in Chagrin at 5:30 pm (note the earlier time!) To RSVP, contact Jenny Evans at 440.364.3323 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—Wednesdays, July 31 and August 28, 5:15 pm



"Same Boat" friends is a social group for widowed men. On July 31 we will go to the Chester Tavern on Mayfield Rd. in Chesterland. On August 28 we will go to Welshfield Inn (and hopefully eat outside both times). We will carpool, so plan to arrive at Federated Church by 5:15 pm. To RSVP, call Don Hoke at 440.338.8219 by Monday, July 29 or August 26 to join the crew. All widowed men are welcome. When you call, advise if you need a ride.



## Bowling—1st, 3rd (and 5th) Thursday, 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-Thursday months). All are welcome!

## Chair Pilates—Thursday 10:30-11:30 am at Bell St. Fellowship Hall



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](mailto:amngh@icloud.com).



# July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <u>10-11 am</u> <i>Tai Chi</i> , Fellowship Hall	<b>2</b> <u>12:30-3:15 pm</u> <i>Primetime Bridge</i> , Lounge	<b>3</b> <u>5:30 pm</u> <i>Trip to Blossom Music Center</i> , Meet at Family Life Center	<b>4</b>  All Buildings Closed for Independence Day  <u>2-4 pm</u> <i>Primetimers go bowling</i> in Solon	<b>5</b>	<b>6</b>
<b>7</b> <u>10 am</u> <i>Worship Service</i> , Bell St.	<b>8</b> <u>10-11 am</u> <i>Tai Chi</i> , Fellowship Hall <u>10 am</u> <i>Pillows for Hospice</i> , Small Meeting Room	<b>9</b>	<b>10</b>	<b>11</b> <u>10:30 am</u> <i>Chair Pilates</i> , Fellowship Hall <u>6 pm</u> <i>Same Boat Girlfriends</i> , meet at M Italian	<b>12</b> <u>9 am</u> <i>Trip to Tall Ships Festival</i> , Meet at Family Life Center	<b>13</b>
<b>14</b> <u>10 am</u> <i>Worship Service</i> , Bell St.	<b>15</b> <u>10-11 am</u> <i>Tai Chi</i> , Fellowship Hall	<b>16</b> <u>12:30-3:15 pm</u> <i>Primetime Bridge</i> , Lounge	<b>17</b>	<b>18</b> <u>10:30 am</u> <i>Chair Pilates</i> , Fellowship Hall <u>11:30 am</u> <i>Primetime Picnic</i> , at The West Woods Park <u>2-4 pm</u> <i>Primetimers go bowling</i> in Solon	<b>19</b>	<b>20</b>
<b>21</b> <u>10 am</u> <i>Worship Service</i> , Bell St.	<b>22</b> <u>10-11 am</u> <i>Tai Chi</i> , Fellowship Hall	<b>23</b>	<b>24</b>	<b>25</b> <u>10:30 am</u> <i>Chair Pilates</i> , Fellowship Hall	<b>26</b>	<b>27</b>
<b>28</b> <u>10 am</u> <i>Worship Service</i> , Bell St.	<b>29</b> <u>10-11 am</u> <i>Tai Chi</i> , Fellowship Hall	<b>30</b> <u>12:30-3:15 pm</u> <i>Primetime Bridge</i> , Lounge <u>7 pm</u> <i>A Midsummer's Night Garden Event</i> , Meet at Auburn Pointe Greenhouse (10089 East Washington St.)	<b>31</b> <u>5:15 pm</u> <i>Same Boat Friends</i> , meet at Bell St. and carpool to Chester Tavern			



# August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> <u>10:30 am</u> Chair Pilates, Fellowship Hall <u>2-4 pm</u> Primetimers go bowling in Solon	<b>2</b>	<b>3</b>
<b>4</b> Communion <u>10 am</u> Worship Service, Bell St.	<b>5</b> <u>10-11 am</u> Tai Chi, Fellowship Hall	<b>6</b> <u>12:30-3:15 pm</u> Primetime Bridge, Lounge	<b>7</b>	<b>8</b> <u>10:30 am</u> Chair Pilates, Fellowship Hall <u>5:30 pm</u> Trip to The Port- house Theater, Meet at Family Life Center	<b>9</b>	<b>10</b>
<b>11</b> <u>10 am</u> Worship Service, Bell St.	<b>12</b> <u>10-11 am</u> Tai Chi, Fellowship Hall <u>10 am</u> Pillows for Hospice, Small Meeting Room	<b>13</b>	<b>14</b>	<b>15</b> <u>10:30 am</u> Chair Pilates, Fellowship Hall <u>10-11 am</u> Lunch Out, Pine Lake Trout Club <u>2-4 pm</u> Primetimers go bowling in Solon	<b>16</b>	<b>17</b>
<b>18</b> <u>10 am</u> Worship Service, Bell St.	<b>19</b> <u>10-11 am</u> Tai Chi, Fellowship Hall	<b>20</b> <u>12:30-3:15 pm</u> Primetime Bridge, Lounge	<b>21</b>	<b>22</b> <u>10:30 am</u> Chair Pilates, Fellowship Hall	<b>23</b>	<b>24</b>
8-9 am—Spirit Walk n' Roll — Family Life Center gym						
<b>25</b> <u>10 am</u> Worship Service, Bell St.	<b>26</b> <u>10-11 am</u> Tai Chi, Fellowship Hall		<b>28</b> <u>5:15 pm</u> Same Boat Friends, meet at Bell St. and carpool to Welshfield Inn	<b>29</b> <u>10:30 am</u> Chair Pilates, Fellowship Hall <u>10:30 am</u> Nautica Queen Cruise, Meet at Family Life Center <u>2-4 pm</u> Primetimers go bowling in Solon	<b>30</b>	<b>31</b>
8-9 am—Spirit Walk n' Roll — Family Life Center gym						







The Federated Church  
76 Bell Street  
Chagrin Falls, OH 44022  
440-247-6490  
[www.fedchurch.org](http://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.*



## July/August Birthdays

Kathleen Strain	7/3	Adel Heinrich	7/20
David Telfer	7/4	Beth Sauerland	7/20
Jon Denney	7/7	Leon Haddix	7/20
Anne Burr	7/8	John Biel	7/22
Al Woehrle	7/9	Kathy Marous	7/23
Joan Jenkins	7/10	Jack Kinley	8/5
Barb Warren	7/13	Jane Badal	8/6
Mary Ann Boysen	7/15	Cindy Denney	8/7
Karen Perry	7/15	Nelson Fenner	8/15
Bob Bryson	7/15	Joyce McFarland	8/17
Linda Robertson	7/15	Dolly Herschel	8/21
Joan Butler	7/17	Bill Mason	8/22
Brenda Ehle	7/17	Judy Devore	8/25
Don Rice	7/20	Sue Stanton	8/31