

Primetimer Movie Matinee

Sat., July 11 | 11 am
Weatherby Hall | \$5

Primetimers can come together to watch "A Great Awakening (Sight & Sound Films) and enjoy some movie snacks. The movie tells the true story of the spiritual renewal in the American colonies, focusing on the friendship between evangelical preacher George Whitefield and Benjamin Franklin.

Widow Coffee & Craft

Sat., June 13 | 10am
Weatherby Hall | Free

Widows will enjoy fellowship over coffee and doing a fun painting craft together. The event is free, but please register at www.centralnc.org/events by Monday, June 8, so we can plan accordingly for supplies.



CENTRAL CHURCH

5301 Sardis Rd
Charlotte, NC 28270

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CENTRAL CHURCH

May 2026

PRIMETIME POST

A Primetime dose of laughter medicine

Hello, dear Primetimers!

Since the Bible says, "Laughter doeth good like a medicine" (Pr 17:22), you could say we sure got a mega-dose of "medicine" at our May Primetimer's dinner! Even the colorful decor in the dining area set the tone for a fun evening.

Our guest, Steve Brogan, a professional ventriloquist, easily kept everyone laughing throughout the evening. The show featured four distinct puppet characters and delivered laugh-out-loud comedy throughout the evening. The lively audience interaction added to the overall entertainment. Steve instantly brought the dummies to life, with each character having a unique personality. The audience thoroughly enjoyed the performance.



There's no doubt we were all blessed when Steve shared words of love and encouragement to all of us from scripture! To God be the glory! And God bless you, Steve Brogan!

One of our Primetimers shared that she thinks "laughter is one of the greatest gifts that God has given us. It brings people together in a way that melts away problems. The smiles on everyone's faces were like little gifts given to each other!"

During the evening, I was reminded that there was certainly more than one Primetimer whose life is not going the way he or she may have wanted it. But God is so good that even when life turns our plans, health, and other things upside down, He has the power to turn our sorrow into laughter. He knows, He sees, He is faithful and He will restore us. He is in control! May God help us remember to keep our eyes on Him.

God bless you, precious Primetimers! May you experience lots of laughter and joy!

Pam



The show began with Steve introducing his very first dummy, a duck named "Rodney," which he said he developed as a child with his uncle, a professional ventriloquist. Other members of the cast were "Otis," the "Old Man," the "Old Woman" and unexpectedly, a Primetimer audience member named "Jackie." Jackie was fitted with a dummy prosthetic on the spot, transforming him into a dummy, while Steve mouthed hilarious anecdotes! What a good sport Jackie was!

Recently our family gathered together when one of our granddaughters returned home to visit. She's in the Air Force, stationed in Florida, and we don't get to see her family often. Her two children are growing up quickly. We laughed until we cried at all the funny things they did as they played with their cousins.

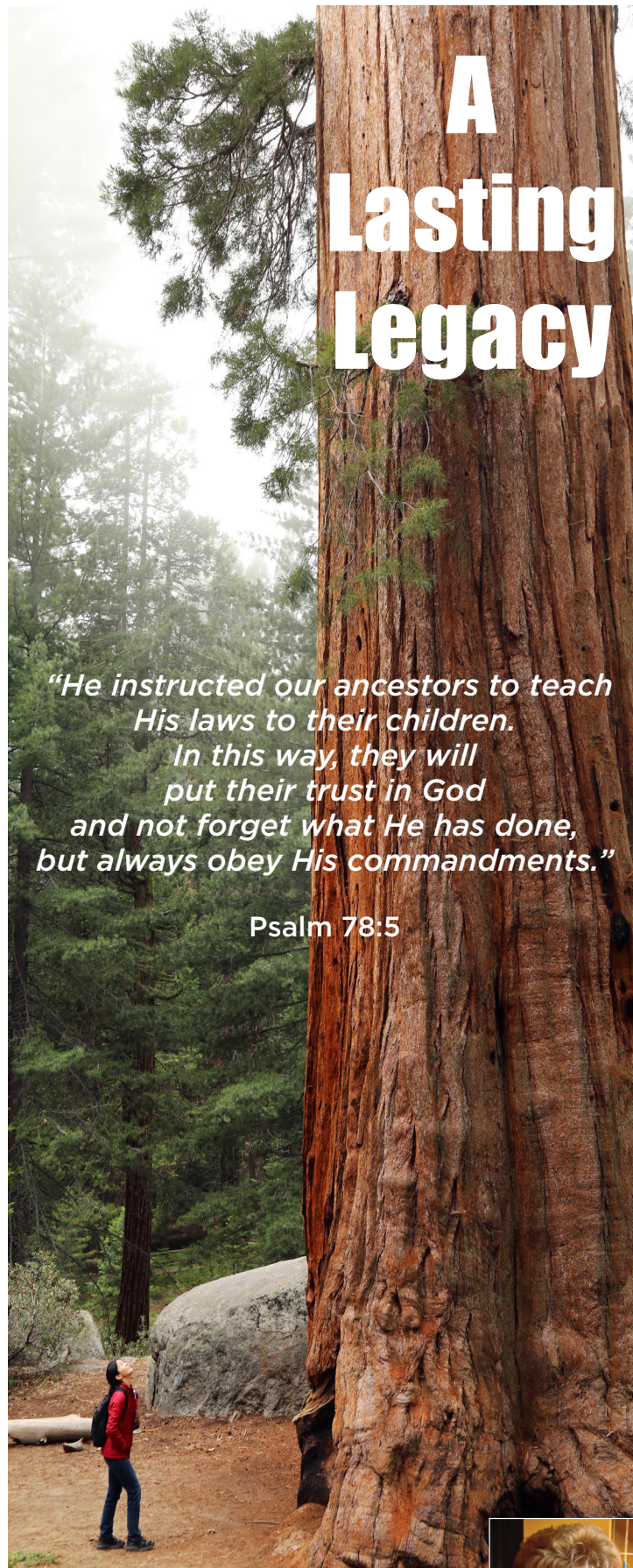
I realized quickly that the great-grandchildren were full of energy. It was difficult to run and play with them. It seems like only yesterday that the grandkids were just beginning to walk and talk, and now they are graduating from college or married and starting their own family. Now the great-grands are playing with their balls and riding toys.

It is time for us to slow down, sit back and watch them play. What a joy it is to still get a quick kiss and warm hug from the little ones and watch them as they rush off to play. As we ponder how we've changed, and just enjoy watching our family, we may think, "What will they remember about me? What story will be told about me? Will I leave a lasting legacy?"

A legacy is something we leave behind that others remember us by. Will my grandchildren and great-grands remember the stories I read to them from the Bible? Will they come to know Jesus and love Him? I believe I have poured into their lives the path to Jesus. Only through the cross can we obtain salvation, by believing, confessing our sins and trusting in Jesus to receive eternal life.

Dear Friend,

What will you leave behind for those you love? Will your life testify to the eternal love of God, or the temporary things of this world? Your story is still being told, so choose wisely.



A Lasting Legacy

"He instructed our ancestors to teach His laws to their children. In this way, they will put their trust in God and not forget what He has done, but always obey His commandments."

Psalm 78:5

Sherry Harris



Stay Cool, Primetimers!

We pray that you have a great summer, with lots of enjoyable things to do! But Carolina summers can be brutally hot, and even dangerous as we age. So in addition to using plenty of sunscreen, we've got some suggestions to help you stay healthy and cool.

You can never hear it enough: Drink lots of water! Dehydration has nothing to do with whether you are thirsty or not. If your body doesn't have enough water, it can't function as it should. Older persons are at higher risk of dehydration because our bodies have less ability to hold on to water or to feel thirsty.

Watch out for these signs of dehydration:

- headaches
- muscle cramps
- low blood pressure
- dark-colored urine
- less urination
- tiredness, even with little activity
- dizziness
- lack of energy
- dry mouth
- rapid heart rate
- confusion
- muscle cramps

Dehydration can even lead to more serious complications, like heat exhaustion or stroke.

Tips to prevent dehydration

- Drink plenty of fluids frequently, regardless of your level of activity. If you have health conditions such as heart failure, consult your doctor about the amount of fluid you should consume in hot weather.
- Don't wait to drink until you feel thirsty.
- Carry a water bottle with you when you are going outdoors.
- Cut back on caffeinated drinks, as these can be dehydrating.
- Check your body weight daily. Losing two pounds or more within 24 hours, in the absence of medication changes, may indicate dehydration.
- Eat foods that are high in water content,



like watermelon, cantaloupe, citrus fruits, tomatoes, cucumbers, and celery.

Staying cool in summer

- Wear lightweight, light colored and loosely fitted clothing.
- Take cool showers or baths.
- Schedule outdoor physical activities or exercise during early morning hours or late evening hours when temperatures are relatively cooler.
- Limit your physical exertion when humidity is high. Your body cannot cool off quickly and the sweat does not evaporate fast enough to have the cooling effect it should.

(Info from Brown University School of Medicine.)