

June 2021



GIAC Senior Program

Zack Nelson, 272-3622 x 2233
 301 W. Court St.
 Ithaca, NY 14850
znelson@cityofithaca.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Zoom Craft Group	2 Meet this Public Servant with Lisa Monroe	3 Understanding Alzheimer's and Dementia virtual program	4	5
6	7	8 Zoom Craft Group Virtual talk with Joan Shroyer-Keno	9 Juneteenth Lecture by Margaret Washington	10 Tour of the Ithaca Children's Garden	11 Iced Tea & Poetry	12
13	14	15 Zoom Craft Group	16	17 Ithaca Blue Skies Jazz Band	18 Movie discussion: <i>Man On Wire</i>	19
20 <i>Shape</i> at Washington Park presented by the Kitchen Theater	21	22 Zoom Craft Group	23 Group bike ride	24 Southside shopping	25 Senior Breakfast with April Armstrong	26 Eagles chicken BBQ meal
27	28	29 Zoom Craft Group	30 Lunch at the Sunset Grill	 United Way of Tompkins County Funded Partner		

See reverse side for program details. See the newsletter for information about Arts & Crafts group.

Wednesday, June 2nd, 1 pm Meet this public servant: Director of the Tompkins County Office for the Aging, Lisa Monroe

Lisa will join us to talk about COFA: Meeting ID: 857 5803 3422; Password: GIAC2021

Thurs., June 3th, 2 pm Understanding Alzheimer's & Dementia Zoom

This program offers an overview of the disease and how the disease progresses through this virtual program: *Check with me for a link.*

Wednesday, June 9th, 1 pm Juneteenth Lecture by Margaret Washington

We are excited to host Prof. Washington for the story behind the Juneteenth holiday:

Meeting ID: 841 2086 3350; Password: GIAC2021

Thursday, June 10th, 11 am Tour of the Ithaca Children's Garden

The Ithaca Children's Garden is a beautiful and interesting place near Cass Park, join us for a tour. A golf cart is available for those with mobility problems (**please let me know you intend to come, so we have we have the right number of spots on the cart.**)

Friday, June 11th, 10 am Iced Tea & Poetry

Join us to share both original and favorite poems and writings. Everyone is welcome:

Meeting ID: 885 9341 5931, password: GIAC2021

Thursday, June 17th, 4 pm Ithaca Blue Skies Jazz Band virtual concert

Diane & David performed for us at our holiday party. They will play for us again with the benefit of a couple more instruments: *Meeting ID: 883 7014 2203, password: GIAC2021*

Friday, June 18th, 10 am Movie discussion: "Man On Wire"

This a free movie on YouTube that I have heard is good. We'll get together to chat about our responses to the film. Check out the newsletter for details: *Meeting ID: 827 9594*

5140, password: GIAC2021

Sunday, June 20th, 4 pm "Shape" at Washington Park

If you would like to see some outdoor theater, the Kitchen Theatre has a show for you. I'll help you get the ticket and transport: **\$38**, checks (made out to GIAC) **due 6/7**.

Wednesday, June 23rd, 11 am Group bike ride, Ithaca Youth Bureau

Let's take a bike ride at Steward Park! All sorts of bikes (regular/trikes/recumbent/tandems) will be available, people of all abilities are welcome. **Please let me know in advance that you plan to attend**, so I can make sure we have the right bikes on hand.

Thursday, June 24th, 11 am-1 pm Southside Shopping

Shopping (your choice where) on the southside of town, call to get a pick-up.

Friday, June 25th, 10 am Virtual Senior Breakfast

Join us for a performance by actress/singer/storyteller, April Armstrong; as usual, breakfast delivery is an option: *Meeting ID: 822 1682 1446; Password: GIAC2021*

Saturday, June 26th, 12 noon Spring Chicken BBQ (delivered or pick-up)

The Eagles put on a good BBQ, here's another chance to enjoy. Meals consist of half chicken, and sides. *Please order with me by 6/21, \$10 paid at delivery or pick up.*

Wednesday, June 30th, 11:30 am Lunch at The Sunset Grill

Join us for either an indoor or outdoor, socially distanced lunch.



News and Notes – June 2021 GIAC Senior Program



We have almost reached the city revenue mandate for our program...many of you have contributed, thank you! If you have not yet and you are able to, please step up with a donation. This will ensure the program continues through the pandemic and can return to normal later this year.

As I sit here, I feel we skipped over the second half of spring and are in the heart of summer. There are many activities I am excited to do, hopefully we will get back to some of the things we love about this time of year. Our momentum seems to be in the right direction, I believe that the city will consider opening municipal buildings in June or July, which will allow for more in-person gatherings and greater use of the city vans. We are still mostly virtual at this point, but I have found a few outdoor activities that we can enjoy within the current rules.

Thanks for any of you that supported GIAC for “Non-Profit of the Year”, the Chamber of Commerce awarded GIAC that honor at their annual meeting recently. *Thank you for being a part of the program and the agency!*

- ***Meet this public servant: Tompkins County Office for the Aging Director Lisa Monroe, Wednesday, June 2 at 1 pm*** – Monroe, who has served as NY Connects Coordinator for the Office for the Aging since 2013, and as the Office’s Interim Director since September of 2018. Monroe comes to the position with over 20 years’ experience working with the aging population. Prior to joining County government five years ago, Director Monroe served from 1997 to 2013 as Director of Therapeutic Recreation at Willow Point Nursing Home, in Vestal, NY; and before that as Recreation Leader at Ithaca’s Lakeside Nursing Home (now Cayuga Ridge), from 1994-1997. She holds a

Bachelor of Science degree from SUNY College at Cortland, with a major in Recreation and Leisure Studies, with a Therapeutic Recreation concentration:
<https://us02web.zoom.us/j/85758033422?pwd=QXlxUDRMUmZxMDVHZFJRSTZ0OUt5Zz09> : Meeting ID: 857 5803 3422; Password: GIAC2021

- **Zoom Craft Group, Tuesdays at 12 noon.** A group has been getting together to talk crafts and just check in. Everyone is welcome. To join:
<https://us02web.zoom.us/j/278922636?pwd=QTRXTStaR1dBcVRDRFIocUoxMjdVUT09> , 1-929-436-2866 (for phone); Meeting ID: 278 922 636; Password: 007992
- **Tuesday, June 6 (12 noon) Craft Group Virtual talk with artist Joan Shroyer-Keno** – After years of corporate logistics work as an information management specialist, where she used her creative abilities to solve problems, she now uses them to create fanciful, up-cycled treasures. Years before she retired, she knew she wanted to work with metal someday. She bought silver flatware at a garage sale and made a simple fish and a teapot and wind chime, and has progressed to create 20 different sea creatures and mobiles and chimes. She enjoys saving creation components from landfills and turning them into surprises that delight. From the dark corners, of her basement and imagination, dart her creations: fishes, squid, sea snakes and species yet to be discovered! Each have whimsical smiling or wicked toothy faces. Careful assembly yields delicate, dulcet tones. It will be fun to hear about her creations and how she works! (Everyone is welcome.)
- **Juneteenth Lecture by Margaret Washington, Wednesday, June 9 at 1 pm** – Professor Washington joined the Cornell History Department in 1988. Her specialties are African American history and culture, African American women and Southern history. She is one of the foremost authorities on the black experience. Washington is dedicated to professional activism outside of the university and committed to public history. She is a frequent lecturer and panel participant at high schools, summer institutes, museums, the park service, and local libraries. She has served on the New York State Humanities Council and National Endowment for the Humanities media panels. She served on the board of advisors of the Abraham Lincoln Bicentennial Commission and organized summer institutes on American women and the

Civil War. Washington's awards include the Alice H. Cook and Constance E. Cook Award, Cornell University; Center for Humanities Senior Fellow Award, Wesleyan University, Middletown CT.; National Endowment for the Humanities Fellowship for University Teachers; Society for the Humanities Faculty Fellow, Cornell University and the Sierra Prize for "A Peculiar People" from the West Coast Association of Women's Historians. To participate:

<https://us02web.zoom.us/j/84120863350?pwd=SnV6ZVRzd0Z6eC9TOXpUUHRZYXhHUT09> : Meeting ID: 841 2086 3350; Password: GIAC2021

To join via your telephone: Dial 1-929-205-6099; Enter the Meeting ID and 89076297, followed by the "#" sign; Enter the "#" sign again to skip the participant ID.

- ***Tour of the Ithaca Children's Garden, Thursday, June 10 at 11 am*** – Ithaca Children's Garden (ICG) connects children, youth, teens, and families to nature through its 3-acre public garden in Cass Park. In addition to providing a beautiful, magical place for discovery, ICG offers outstanding, permaculture-inspired environmental education year-round. Located on the beautiful Cayuga Waterfront Trail, ICG is home to Gaia, larger than life turtle sculpture, with numerous attractions including a kitchen garden with hens, a bird garden, straw-bale troll house, recycled bottle greenhouse, blooming bulb labyrinth, and nationally recognized Hands-on-Nature Anarchy Zone. Three enchanted acres await your discovery. Find childhood magic here, whatever your age. Open daily, dawn to dusk, admission is free and wheelchair accessible...**remember, there is a golf cart available for those with mobility issues. Make sure to let me know you intend to ride in it, so I have the right number of seats available.**
- ***Ice Tea and Poetry, Friday, April 11 at 10 am***– Grab a cup of your favorite beverage and enjoy listening to poems written by members and guests. Please feel free to share a favorite poem or one that you wrote yourself. It is a friendly supportive atmosphere, so join the fun. To participate on a computer: <https://us02web.zoom.us/j/88593415931?pwd=Zjdkc2NndE5GTDF1Y1czZXJFRTJZUT09> : Meeting ID: 885 9341 5931; Password: GIAC2021

- ***Ithaca Blue Skies Jazz Band***, *Thursday, June 17 at 4 pm* – BLUE SKIES is known for their acoustic interpretations of vintage jazz & blues standards. Their musical style is a mixture of "Paris Hot Club", "NY City Cabaret" and "Dixieland Blues" with some "Old Fashioned String Band" thrown in, all done on Violin, Mandolin, Acoustic Guitars & Bass with combinations of solo & harmony vocals. This multi-instrumental trio is made up of David Frumkin (violin & guitar) & George Kobas, (mandolin, guitar & slide guitar) and Paul Marino (Bass and Harmonica). Diane Hecht will join as a vocalist, as well. Over the years, each of the band members has been involved in a wide array of musical genres including: Blues, Bluegrass, Celtic, Classical, Country, Jazz, Jugband, Klezmer, and good old Rock'n Roll. These experiences have given them the musical background to perform unique interpretations of classic Jazz, Blues & Standards along with original compositions. To see what we mean, take a few minutes to listen to some samples of their music on this site

(<http://www.blueskiesithaca.com/>): the bluesy slide guitar on "on One For My Baby", the Gypsy swing violin on "Avalon", the string-band mandolin sound on "Ain't Misbehavin". It is all there in Blue Skies:

<https://us02web.zoom.us/j/88370142203?pwd=bmJFNTFMS3VROVh5NGM1WnJSa2V0UT09> : Meeting ID: 883 7014 2203; Password: GIAC2021

To join via your telephone: Dial 1-929-205-6099; Enter the Meeting ID and 10216092, followed by the "#" sign; Enter the "#" sign again to skip the participant ID.

- ***Movie discussion: "Man on Wire"***, *Friday, June 18 at 11 am* – I have heard this movie is interesting. Watch it on your own (for free) and then let's talk it over on 6/18...On August 7th, 1974, a young Frenchman named Philippe Petit stepped out on a wire illegally rigged between the New York World Trade Center's twin towers. After dancing for nearly an hour on the wire, he was arrested, taken for psychological evaluation, and brought to jail before he was finally released. This extraordinary documentary incorporates Petit's personal footage to show how he overcame seemingly insurmountable challenges to achieve the artistic crime of the century. Our meeting:

<https://us02web.zoom.us/j/82795945140?pwd=SlU5WE5PRHdXc3lOYW03c3ZHUeZuQT09>: Meeting ID: 827 9594 5140; Password: GIAC2021

- ***“Shape” by the Kitchen Theater performed at Washington Park, Sunday, June 18 at 4 pm*** – We used to find a live theater option every month. It has been a while, but here is one. I am happy to help if you need help getting the ticket on-line, or for transportation. Meet Puppy, a 47-year-old lifelong East Coast woman who moves to Texas and learns to get strong. Built on adrenaline, determination, transformation, and sweat, this play cracks open fresh conversations about how we relate to our bodies and what we’re capable of accomplishing. Come see Puppy lift weights live on stage in this wildly hilarious, riotously honest, and uniquely feminist new play. This play also features the best workout playlist you’ve heard. And FYI: laughing burns calories. Watching this play will burn 40 calories and work your abs. The outdoor venue will open 30 minutes prior to curtain. Masks must be worn at all times while at the venue. Performed without an intermission. Recommended for ages 14+.
- ***Group bike ride, Wednesday, April 23 at 11 am*** – Anyone up for a bike ride? Let’s meet at the Ithaca Youth Bureau, if you have a bicycle, you are good to go, if not, you can get one from the IYB. The IYB has regular bikes, trikes, and a tandem (I’ll be willing to take people for a ride on that), and our friends from Bike Walk Tompkins will also be along with their recumbent bike. Come for a ride, please let me know that you are joining us so I can plan to have the right number of bikes.
- ***Zoom Breakfast with guest April Armstrong: Friday, April 25, 10 am*** - Award winning storyteller April Armstrong weaves melodies and words for a refreshing and compelling style of storytelling. Her story programs are fun and interactive. She tells stories for schools, colleges, libraries, museums, and festivals. She tells multi-cultural folktales, including African-American and Latino stories. April's stories delight, inform, and inspire audiences of all ages. Her storytelling has taken her throughout NYC tri-state area; to Florida, Georgia, and California. She has told stories at the Negril Elementary School in Jamaica and in Bali, Indonesia at the Pelangi International School. April is the recipient of the National Storytellers Networks 2020 J.J. Reneaux Emerging Artist Award for Storytelling as well as the 2015 Bronx BRIO Award for Storytelling. Her cd has won a Parents Choice Award - Silver!

As usual, we will deliver breakfast from Shortstop Deli to your door for \$4. You have the choice of an English muffin sandwich with egg & cheese, egg/cheese & bacon, or egg/cheese & sausage. Please **let me know your choice by 5/22**. To participate on a computer:

<https://us02web.zoom.us/j/82216821446?pwd=a0ROQWJnZUN4RktvU0tLYlJzNElZz09> : Meeting ID: **822 1682 1446**; Password: **GIAC2021**

To join via your telephone: Dial 1-929-205-6099; Enter the Meeting ID and 87487319, followed by the “#” sign; Enter the “#” sign again to skip the participant ID.

- **Eagles chicken BBQ delivered, Wednesday, June 26, 12 noon** – People seem to enjoy the meals that Eagles put together, so we will make it an option for June too. Meals consist of half a chicken, baked beans, salt potatoes, roll and cookie; it costs \$10 (due at delivery). **Please order with me by 6/21.**
- **Lunch at Sunset Grill, Wednesday, April 30, 11:30 am** – It’s nice to see people at the lunches that we have had for the past several months. If it is nice, the Sunset has outdoor dining, if it is not conducive weather, many people still are comfortable to be inside.
- **Grocery Delivery** – Since the beginning of the pandemic, I have been facilitating the delivery of groceries to members’ homes. As of now, we are still providing the service. Interested participants should contact me. I will submit your order through the Walmart website and set the delivery time (usually within two days). There is a \$35 minimum order for any delivery and you will be responsible for the delivery charge, \$7 is a good estimate. I get a message when the delivery departs Walmart and I alert the recipient to be ready to meet the delivery. GIAC will bill you directly, there is no need for payment at the time of the delivery.

Please do not hesitate to contact me for information and clarification, allow me to be a resource. Stay well! Zack