

Upcoming program: The Merry-Go-Round Playhouse presents *Ain't Misbehaving* on 3 October, \$60 (payment due on 9/9). See newsletter for details.

September 2022



GIAC Senior Program

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Sun	Mon	Tue	Wed	Thu	Fri	Sat	
 United Way of Tompkins County Funded Partner	 Minimal walking, walker accessible Moderate leisure walking Long walks required Rough trail walking		1	2	3 Hosmer Winery's Annual Harvest Party		
4	5 Labor Day — City Holiday	6 Zoom Craft Group	7	8 Cybersecurity for Seniors at GIAC	9	10 Ithaca Farmers Market Shopping	
11	12 Bike Ride at Stewart Park	13 Zoom Craft Group	14 Guided Hike at Bell Station Preserve	15 Poetry in the Park	16 Birthday Lunch at Smok'n Bones BBQ	17	
18	19 Southside Shopping	20 Zoom Craft Group	21 Exhibit Tour at Johnson Museum	22 <i>Do You Feel Anger?</i> at the Kitchen Theater	23	24	
25	26 Drive around Skaneateles Lake	27 Zoom Craft Group	28 <i>Pres. Lincoln Funeral Train Presentation:</i> Jordan Historical Society	29	30 Senior Breakfast with George Mann		  GREATER ITHACA ACTIVITIES CENTER

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

Saturday, Sept. 3rd, 1-4 pm Hosmer Winery's Annual Harvest Party

Located in Ovid, Hosmer host their annual harvest party featuring live music and BBQ.

Thursday, September 8th, 1 pm Cybersecurity for Seniors at GIAC

Lisa from Lisa Can Do I.T., LLC, will give a 90-minute cybersecurity class on how to spot, avoid, and report tech support scams, especially oriented toward senior citizens.

Saturday, September 10th, 10 am-1 pm Farmers Market Shopping

Shop the Ithaca Farmers Market. Some of you may qualify for coupons from COFA (274-5482).

Monday, September 12th, 11 am Group bike ride, Ithaca Youth Bureau

Let's take a bike ride at Stewart 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**, and I'll try to have the right bikes on hand (you may need to share with others).

Wednesday, September 14th, 11 am Guided Hike at Bell Station Preserve

In May 2022, the Finger Lakes Land Trust purchased this lakeside property and opened it to the public. Polley McClure will lead us on this exploration and discussion of the preserve.

Thursday, September 15th, 10 am Poetry in the Park

Join us to share both original and favorite poems and writings. It's a friendly atmosphere, everyone is welcome. Let's meet up at the pavilion just north of the Children's Garden.

Friday, September 16th, 12 noon Birthday Lunch at Smok'n Bones BBQ

Located in Burdett, this is a favorite BBQ of the program. Special all you can eat birthday buffet of: Pulled pork, marinated chicken, mac & cheese, potatoes, tossed salad, drinks and cake; **\$20** (tax and tip included).

Monday, September 19th, 10 am-12 noon Southside Shopping

Give me a call if you'd like to do some shopping anywhere on the southside of town.

Wednesday, September 21st, 1 pm Exhibit Tour at Johnson Museum

There are two modest exhibits that our guide Carol Hockett will share: the partition of India with Margaret Bourke White photos and a contemporary Chinese scroll installation.

Thursday, Sept. 22nd, 2 pm "Do You Feel Anger?" at the Kitchen Theater

This absurdly funny and potent play reminds us that change is not always easy and may come with unexpected costs; **\$12** (made out to GIAC), **due 9/15**.

Monday, Sept. 26th, 10 am-3 pm Scenic Drive around Skaneateles Lake

This month we'll take a scenic drive around Skaneateles Lake. Along the way, we'll stop for lunch in Skaneateles, where you can eat at the restaurant of your choice (pay for your own).

Wednesday, September 28th, 3-9 pm President Lincoln Funeral Train Presentation: Jordan Historical Society

Professor John Lamphere will share his presentation on President Lincoln's Funeral Train and talk about its passage through the area. The Historical Society will open early before the program so we can explore the museum. We'll have dinner on our way at the Sherwood Inn (pay on your own).

Friday, September 30th, 9-11 am Senior Breakfast, GIAC

Join us for pancakes, bacon, eggs, and all the usual fare; **\$4** (pay at door). Folk music musician George Mann will play for us (*support from the Community Arts Partnership in Tompkins Co.*).



News and Notes – September 2022 GIAC Senior Program



Welcome new members (*I've been derelict in welcoming new members in the newsletter for some time. Apologies for the lateness, sorry if I missed you*): Ann Bohman, Bonnie Brown, Mary Chapman, Lei Lani Detloff, Carol Deubler, Colleen Gobrecht, Laurie Hultberg, Maria Leung, Janet London, Bob & Sheryl Morris, Richard Paige, Jayne Soulman, & Diana Winthers

Deadlines to keep in mind:

- **September 9th** (\$60) for ***Ain't Misbehavin*** at the Merry-Go-Round Playhouse in Auburn (event on 10/3)
- **September 15th** (\$12) for ***Do You Feel Anger?*** at the Kitchen Theater (event on 9/22)

We have a really busy September on deck, hope to see a good number of you at some point. Most of the outings are described below (and on the back of the calendar. Take note of October's trip to the Finger Lakes Playhouse for *Ain't Misbehavin*...I will need your reservation and payment fairly early in September.

I'll be out of town during the third week of the month (9/18-23) at a conference in Phoenix. The outings scheduled for that week will work fine with my absence, but email me or call if you have a change of plan regarding participation in either the Johnson Museum visit or play at the Kitchen...the more time in advance the easier it will be for me to make adjustments.

September Events – Expanded Descriptions

- ***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=QTRXTStaR1dBcVRDRFI0cUoxMjdVUT09> ; Meeting ID: 278 922 636; Password: 007992

- **Hosmer Winery's Annual Harvest Party, Saturday, September 3 at 1-4 pm** – Join Hosmer for their annual harvest party - *Some Like it HOT!* Live music from Hot Dogs and Gin and food from Blowin' Smoke BBQ! What a better duo?! Shop from local vendors while sipping on delicious wine (or a beer, or a slushie). There's no cost to attend.
- **Group bike ride, Monday, September 12 at 11 am** – Anyone up for a bike ride?...How many more can we get this year!? 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'm willing to take people for a ride on that), and our friends from Bike Walk Tompkins will also be along with their recumbents. Come for a ride, please let me know that you are joining us so I can plan the right number of bikes (if everyone wants a recumbent, we'll probably have to share).
- **Guided Hike at Bell Station Preserve, Wednesday, September 14 at 11 am** – The Finger Lakes Land Trust has recently purchased the spectacular Bell Station site in Lansing, which boasts 480 acres of wooded hillsides, extensive fields, and several small streams with cascading waterfalls. The effort will conserve over 3,400 feet of pristine shoreline and create a public recreation area, while an upland portion will be reserved for solar energy production! The Bell Station property is the largest privately owned parcel of shoreline remaining in the Finger Lakes. Acquisition of the site for conservation will greatly enhance public access to the east side of Cayuga Lake, which is 90% privately owned. Permanent conservation will also prevent residential development on the steep hillsides bordering the lake, helping to safeguard the lake's water quality and prevent harmful algal blooms. For all these reasons, the Finger Lakes Land Trust has been pursuing the conservation of the Bell Station property for a number of years. FLLT is now under contract to purchase the property and is working together with DEC, the Town of Lansing, Tompkins County, and other key stakeholders to acquire the land and create a public conservation area on the lakeshore portion of the property. The new conservation area will be transferred to New York State and managed by DEC

as a wildlife management area open for recreational uses including hiking, cross country skiing, wildlife watching, hunting, and fishing.

Nut Ridge Rd. dead-ends near the lake and that is where we should meet. At the end of the road there are two lovely paved parking areas...*we cannot park in either of them*. We need to turn around at the parking area and then park off the south side of the road. There is plenty of room; it's just a nuisance.

- ***Iced Tea & Poetry, Thursday, September 15 at 10 am*** – We'll meet up in person at the pavilion just north of the Ithaca Children's Garden (opposite side from the large turtle). You'll notice that we'll be meeting a day before we normally would for poetry, that's because I'll be out of town during the usual time. Please feel free to share a favorite poem or one that you wrote yourself. It is a friendly supportive atmosphere, so join the fun. I am available to give rides.
- ***Birthday Lunch at Smok'n Bones BBQ, Friday, September 16, 12 noon*** – Smok'n Bones is a favorite BBQ. This is an all-you-can-eat birthday buffet including pulled pork, marinated chicken, mac & cheese, potatoes, tossed salad, drinks and cake; \$20 (tax and tip included). I know that this is a little more expensive than usual, but I think it is worth the price. We need to have 3-4 vans to make the trip worthwhile, so join us!
- ***Southside Shopping, Monday, September 19*** – If you want to go shopping at any of the downtown shopping locations (Walmart, Wegmans, Lowes, Agway, etc.), let me know and I will arrange for your itinerary.
- ***Exhibit Tour at Johnson Museum, Wednesday, September 21 at 1 pm*** – On the occasion of the seventy-fifth anniversary of the Partition of India, this exhibition explores the legacy of the British colonialism on the modern-day countries of Pakistan, India, Sri Lanka, and Bangladesh. Photographs by the American photojournalist Margaret Bourke-White, Cornell Class of 1927, and contemporary works by South Asian artists underscore the shared history and connection between different religious, ethnic, and socioeconomic groups, and highlight the arbitrary nature of borders in the Indian subcontinent.

Xu Bing, an A. D. White Professor-at-Large, has created a new work based on a centuries-old Chinese painting in the Johnson Museum's collection for

his series Background Story. Through the manipulation of recycled plastic and miscellaneous trash from daily life, the artist dilutes or intensifies light to “draw” an inklike image on glass that conveys traditional Chinese reverence for nature while serving as a warning about humans’ ongoing mistreatment of the environment. *I will be out of town for the week of this outing, but I do have a driver lined up and will make transportation arrangements before I depart if you are interested.*

- ***Play at the Kitchen Theater: “Do You Feel Anger?”***, Thursday, September 22 at 2pm – By Mara Nelson-Greenberg, directed by Rebecca Bradshaw; when Sofia is hired as an empathy coach at a debt collection agency she sees that she has her work cut out for her. These employees can barely identify what an emotion is, much less practice deep, radical compassion for others. As they painstakingly stumble towards enlightenment, muggings and outbursts keep progress stalled as this seemingly blithe workplace becomes increasingly unsettling. This absurdly funny and potent play reminds us that change is not always easy, and may come with unexpected costs. *I will be out of town for the week of the performance, but I do have a driver lined up. I will make all arrangements for tickets and transportation before I depart...make sure to make your reservation with me by September 15.*
- ***President Lincoln Funeral Train Presentation: Jordan Historical Society***, Wednesday, September 28 at 3-10pm – John Lamphere, Professor of History at SUNY Oswego will present on President Lincoln’s Funeral Train and talk about it passing through the area. Lamphere taught Criminal Justice and American History at Cayuga Community College for 31 years – first serving as an adjunct, then as vice-president and full professor. He was recently awarded professor emeritus status after receiving the SUNY Chancellors Award. He presents lectures on a variety of history topics and conducts guided bus tours to the Gettysburg National Battlefield. Lamphere studied at Cayuga County Community College and SUNY Oswego, followed by graduate studies from Marist College, SUNY Oswego, American Public University and American Military University.

The Jordan Historical Society will open early before the program so we can explore the museum (although the amount of time available for us will depend on how quickly we can eat. We'll have dinner on our way at the Sherwood Inn in Skaneateles.

- ***Senior Breakfast with guest George Mann, Friday, September 30 at 9 am*** – A former union organizer and activist based in Ithaca, George Mann sings songs from the last century of the labor and social justice movements, and his own songs are powerful and funny takes on the state of the nation. His concerts are part sing-along, part history lesson, and he can make you shout for joy, send chills down your spine or bring tears to your eyes in the same set. He also specializes in historical and educational workshops/theme concerts and presentations on folk music, labor and social history, and some of our most beloved folksingers.
- **Please remember to send a donation to the GIAC Senior Program in lieu of this year's fee (regularly \$55)!** We still need to provide the city with more revenue from our program this year...please send in a check, if you have not yet! Send a check to 301 W. Court St, Ithaca or donate online:
https://www.paypal.com/donate/?hosted_button_id=S7VZSPXRVL2VW

Of Interest to Seniors and the GIAC Community...

- The Tompkins County Office for the Aging still has Senior Farmer's Market Coupons available for pickup. Eligible individuals can pick up coupons Monday through Friday, 8:30am - 4:30pm. The coupon booklets include five \$5 coupons, for a total of \$25. Coupon booklets are given out on a first come, first-serve basis. Recipients must be age 60 or over, have not received coupons from anywhere else, sign for and affirm that they are low-income based on the following criteria:
Gross monthly income at or below 185% of Federal Poverty Guidelines:
 - \$2,096/month for a one-person household; or
 - \$2,823/month for a two-person household; or

- \$3,551/month for a three-person household.
The coupons can be used at any participating market, with any participating vendor. Participating vendors will have signs indicating that they accept the coupons. The coupons can only be used to purchase fresh, local, unprocessed fruits, vegetables, and culinary herbs. For more information, call the Tompkins County Office for the Aging at 607-274-5482.
- **Hospitality Employment Training Program** : Opportunities for Employment, Leadership, & Promotion in the Hospitality Field: This program is open to people 18 years old and up who are unemployed/underemployed and would like to gain the skills and experience needed to be successful in the hospitality industry. Program admissions and training are free of charge for low-income individuals. No previous experience necessary. Childcare and transportation assistance provided. Four Month Training Program & Paid Internship at a Local Business (six week fall training session begins October 3rd, 2022 at the Just Because Center {1013 West State Street Ithaca, N.Y. 14850}, Monday – Thursday 10am-1pm.
- **Save the Date: GIAC Annual Meeting, Thursday, September 15** – the GIAC Annual Meeting, hosted virtually. GIAC is celebrating our 50 years of service to the community. More details will be posted soon, contact me as the date approaches if you need assistance.
- **Friday Night Fights, Friday, September 16 at 7 pm** – Boxing is back at GIAC in our own gym, featuring boxers training at GIAC and from throughout the area in 12 bouts. Tickets are \$10 or \$19.72 (in honor of our anniversary—your choice) at the door. If you let me know in advance, I'll try to reserve some seats for you (a benefit not available to others).

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