



# September 2021 (Revised)



**GIAC Senior Program**  
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Minimal walking, walker accessible            Moderate leisure walking            Long walks required            At least one flight of stairs, no elevator</p>			1	2	3	4
5	6 <b>Labor Day City Holiday</b>	7 Zoom Craft Group	8	9	10	11
12	13 Bike ride starting at the Ithaca Youth Bureau	14 Zoom Craft Group, meet an artist Gerard Ferrari	15 Zoom pre-hike presentation on Finger Lakes Land Trust	16	17 Zoom Iced Tea & Poetry	18
19	20 Guided hike in Lindsay-Parsons Biodiversity Preserve 	21 Zoom Craft Group	22 Birthday Lunch at the Glenwood Pines 	23 Zoom meet this public servant: Tom Knipe, Deputy Director of Econom- ic Development	24 Zoom Senior Breakfast with Jay Leeming	25
26	27	28 Zoom Craft Group	29 Walking tour of downtown murals (part 2) 	30 Southside side shopping trip	 <p>United Way of Tompkins County Funded Partner</p>	

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

**Monday, September 13<sup>th</sup>, 11 am Group bike ride, Ithaca Youth Bureau**

Let's ride at Steward Park. Please let me know in advance that you plan to attend.

*Check in with me so I know how many bikes we'll need.*

**Wednesday, September 15<sup>th</sup>, 11 am Zoom pre-hike presentation on Finger Lakes Land Trust**

Jason Gorman of the Finger Lakes Land Trust will join us via Zoom for a pre-hike introduction and describe the breadth of their work and focus areas: *Meeting ID: 892 9239 4019, Passcode: GIAC2021*

**Friday, September 17<sup>th</sup>, 10 am Iced Tea & Poetry**

Join us to share both original and favorite poems and writings. Francine has invited those that want to visit in person to her home. It's a friendly supportive atmosphere, everyone is welcome: *Meeting ID: 845 6803 0179, Passcode: GIAC2021*

**Monday, September 20<sup>th</sup>, 10 am Lindsay-Parsons Biodiversity Preserve Walk**

Jason Gorman, Nature Preserve Manager for the Finger Lakes Land Trust will lead a hike through the preserve.

**Wednesday, September 22<sup>nd</sup>, 12 noon Birthday Lunch at the Glenwood Pines**

Both indoors and outdoor seating are available; burgers start at \$6, pay for your own.

**Thursday, September 23<sup>rd</sup>, 11 am Zoom meet this public servant: Tom Knipe**

Tom Knipe Deputy, Director of Economic Development for the city will join us to talk about his work and some current issues of the city: *Meeting ID: 862 4894 9138, Passcode: GIAC2021*

**Friday, September 24<sup>th</sup>, 10 am Zoom Senior Breakfast**

Poet, musician, storyteller Jay Leeming will perform for us via zoom. As we were doing before, we will deliver breakfast from Shortstop Deli to your door, **\$4**. You have the choice of an English muffin sandwich with plain egg, egg & bacon, or egg & sausage (all with cheese). Please let me know your choice by the Wednesday prior to the breakfast (9/22).

**Wednesday, September 29<sup>th</sup>, 11 am Walking Tour of Downtown Murals**

We'll start at the Southside Community Center and visit some of murals downtown we didn't visit on our last walk. Caleb Thomas will be our guide again. **Free**.

**Thursday, September 30<sup>th</sup>, 11 am-2 pm Southside Shopping**

Shopping (your choice where) on the southside of town, call to get a pick-up. I will arrange things so only one passenger is in the van at a time.



## News and Notes – September 2021 (Revised) GIAC Senior Program



I mentioned in my original September newsletter that the emergence of the Delta variant might impact our program activities...unfortunately, local case numbers have spiked. Because of this, I have revised our activities and scaled back (but not eliminated) in-person events. The two hikes, the bike ride, and the lunch at Glenwood Pines are still on the calendar, but you will need to provide your own transportation and be masked and socially distanced while we are together (of course you can eat without the mask!). Also, shopping is available (9/30), but arrangements will ensure that only one passenger is in the van at a time. The following dates have been canceled for now:

- 9/1 Birthday Lunch at Chili's
- 9/2 Myers Park Picnic & Concert
- 9/7 Firelight Live at Firelight Camps
- 9/16 Tour & Honey Tasting at the Bee Embassy (I promise to reschedule this sometime in the future)
- 9/18 The Windmill Farm & Craft Market
- 9/27 *Almost Heaven* at the Merry-Go-Round Playhouse, Auburn

These two virtual dates have been added and the breakfast is now a virtual event:

- 9/15 Zoom pre-hike presentation on Finger Lakes Land Trust;  
<https://us02web.zoom.us/j/89292394019?pwd=TSsxd21yWVVF4c056eIN2VW5rYnUzUT09> , Meeting ID: 892 9239 4019, Passcode: GIAC2021
- 9/23 Zoom meet this public servant: Tom Knipe;  
<https://us02web.zoom.us/j/86248949138?pwd=cU1tVUUpEc0xEVVBaekNGNncxWGUzQT09> , Meeting ID: 862 4894 9138, Passcode: GIAC2021

- 9/24 Zoom Breakfast with Jay Leeming, Shortstop breakfasts are available for delivery (just like last year);  
<https://us02web.zoom.us/j/82684546935?pwd=S2llc0U0ZmozWktGWERBVC9JSEdsQT09> , Meeting ID: 826 8454 6935, Passcode: GIAC2021

As always, please let me know if you plan to participate so I can better plan each date. Please reach out to me if I can be of assistance, questions are always welcome!

- **Zoom Craft Group, Tuesdays at 12 noon.** A group has been getting together to talk crafts and just check in. Everyone is welcome. This link is for September 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup>; to join:  
<https://us02web.zoom.us/j/278922636?pwd=QTRXTStaR1dBcVRDRFIocUoxMjdVUT09> , 1-929-436-2866 (for phone); Meeting ID: 278 922 636; Password: 007992  
**Craft Group Virtual talk with artist Gerard Ferrari (9/14)** – Ferrari is a skilled potter and sculpture, originally from Aurora, who now lives in Connecticut. His sculpture is whimsical and creative, join us to hear about his background and process, and see some of his interesting art.
- **Group bike ride, Monday, September 13 at 11am** – For our final ride of the summer, we will meet at the Ithaca Youth Bureau. Bring your bike if you have one; recumbents, tricycles, and tandem and regular bicycles will also be available from the IYB and Bike Walk Tompkins. Come for a ride, please let me know that you are joining us so I can plan to have the right number of bikes and can *make sure you know the right date to show up! Don't forget your helmet, if you have one.*
- **(ZOOM or in-person) Iced Tea & Poetry, Friday, September 17 at 10am** – Grab a cup of your favorite beverage and enjoy listening to poems recited 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/84568030179?pwd=b2s5UHExU0VjSUFNNVU0UGNvbK1HUT09> : Meeting ID: 845 6803 0179; Password: GIAC2021

- ***Lindsay-Parsons Biodiversity Preserve guided walk, Monday, September 20 at 10 am*** – Folks from the Cayuga Trails Club will lead us on a series of hikes during the next several months, this is the third. The Lindsay-Parsons Biodiversity Preserve consists of 537 acres of lakes, forests, meadows, brushland, gorges, streams, and wetlands. Jason Gorman, Nature Preserve Manager for the Finger Lakes Land Trust, will guide us on the hike, along with local naturalist, Polly McClure. Remember to bring your face mask.
- ***Lunch at the Glenwood Pines, Wednesday, September 22, 12 noon*** – September Birthday Lunch...we'll outdoors (optional seating inside as well). Bring a folding chair if you can, and join us for lunch. Remember to bring your face mask. You can order ahead to save some time:  
<https://www.glenwoodpines.com/menu>
- ***Senior Breakfast on Zoom, Friday, September 24<sup>th</sup>, 10 am*** – Join us for a performance by Poet, musician, storyteller Jay Leeming. Jay Leeming is a performance storyteller adept at bringing ancient myths and stories alive through the power of the spoken word. A regular performer in theaters, schools, libraries and National Parks, he is the creator of the *Crane Bag Storytelling Podcast*, the author of two books of poetry and the recipient of a fellowship from the National Endowment for the Arts. As we were doing before, we will deliver breakfast from Shortstop Deli to your door, \$4. You have the choice of an English muffin sandwich with plain egg, egg & bacon, or egg & sausage (all with cheese). Please let me know your choice by the Wednesday prior to the breakfast (9/22).  
<https://us02web.zoom.us/j/82684546935?pwd=S2llc0U0ZmozWktGWERBVC9JSEdsQT09> , Meeting ID: 826 8454 6935, Passcode: GIAC2021
- ***Walking tour of downtown murals, Wednesday, September 29, 11am*** – Caleb Thomas will lead the group on a tour of mural in the downtown area) starting from Southside). We will be looking at murals that we did not see on our first tour in May. Remember to bring your face mask.
- ***Southside Shopping, Thursday, September 30*** – If you want to go shopping at any of the downtown shopping locals (Walmart, Wegmans, Lowes, Agway,

etc.), let me know and I will arrange for your itinerary. We will set up transportation so that only one passenger is in the van at a time.

- **Grocery Delivery** – We are again offering free delivery of groceries from Walmart, because of the uptick in COVID. 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. GIAC will bill you directly, there is no need for payment at the time of the delivery.
- **GIAC Annual Board Meeting** is scheduled for Thursday, **9/16 at 6pm** (this is updated from my original message). This is a virtual event, if you would like to participate, contact the GIAC Main Office for details.
- I have a ton of yarn that was donated to the program. If you (or anyone you know) is interested, please let me know. Let's get these materials in the hands of people that will make use of it!

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