

June 2022



GIAC Senior Program
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Minimal walking, walker accessible Moderate leisure walking Long walks required Rough trail walking			1	2 Join GIAC in the Ithaca Festival Parade 	3	4
5	6	7 Zoom Craft Group	8 Guided Hike at Lime Hollow 	9 Exhibit at Johnson Museum 	10 Meet This Public Servant with Jay Franklin, TC Assessment Dept.	11
12	13 Bike ride at Stewart Park	14 Zoom Craft Group	15 Play in Syracuse: <i>salt/city/blues</i> 	16 Tour of Bee Embassy 	17 Poetry in the park	18
19	20	21 Zoom Craft Group	22 Scenic Drive around Cayuga Lake 	23	24 Senior Breakfast with Richie Sterns 	25
26 Savage Club Concert in Lansing 	27 Southside Shopping	28 Zoom Craft Group	29 Birthday Lunch at Kelly's 	30	 GREATER ITHACA ACTIVITIES CENTER  United Way of Tompkins County Funded Partner	

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

Thursday, June 2nd, 4 pm Ithaca Festival Parade

GIAC is participating in this year's parade, and we'd love some seniors to join us. Come walk with us or ride in a golf cart, you can do either. **Give me a call to let us know!**

Wednesday, June 8th, 11 am Guided Hike at Lime Hollow in Cortland

We'll go back to Lime Hollow for another guided hike led by Myra and Jim (338 McLean Rd.).

Thursday, June 9th, 1:30 pm Visit to Johnson Art Museum

Carol Hockett will host us for a tour of her highlights around the museum (free).

Friday, June 10th, 11 am (Zoom) Meet This Public Servant: Jay Franklin

Join us for a talk by Jay Franklin, Tompkins County Director of Assessment. Learn about property assessments, appeals, and all things related to this department; *Meeting ID: 896 1160 2839; Password: GIAC2022*

Monday, June 13th, 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.

Wednesday, June 15th, 10 am-5 pm "salt/city/blues" at Syracuse Stage

Moving, funny, poignant, and current, *salt/city/blues* is a fresh, contemporary new play set in a fictionalized Syracuse and to the music of the blues. We'll have lunch at Phebe's Restaurant beforehand (pay on your own). Cost to attend is **\$30** (made out to GIAC), **due 6/8**. Current COVID rules require masks (but no vaccinations).

Thursday, June 16th, 10:30 am Tour & Honey Tasting at the Bee Embassy, Trumansburg

The Honeybee Embassy farm store that carries a broad selection of truly raw honeys and other artisan products in a beautiful and peaceful setting. We'll have a brief tour and sample a variety of honeys, **\$10** (paid to GIAC) (4061 Swamp College Rd, Trumansburg).

Friday, June 17th, 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.

Wednesday, June 22nd, 10am-2 pm Scenic Drive around Cayuga Lake

We'll take a leisurely and scenic drive around Cayuga Lake. There are a couple state parks to check out, we will stop for lunch in Aurora, and we can stop anywhere else we like.

Friday, June 24th, 9 am In-Person Senior Breakfast at GIAC

We are returning to in-person breakfasts at GIAC with the usual breakfast foods (eggs, potatoes, bacon, sausage, French toast)! Local musician Richie Sterns will be our guest, **\$4**.

Sunday, June 26th, 2 pm Savage Club Show in Lansing

The Savage Club will be performing their Cornell reunion show at their new venue in Lansing, the **show is free donations are excepted**, (1004 Auburn Rd, Groton).

Monday, June 27th, 10 am-12 noon Southside Shopping

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

Wed., June 29th, 11:30 am Birthday Lunch at Kelly's Dockside Cafe

We'll go back to Kelley's for lunch on the deck, sandwiches start at \$8 (pay on your own).



News and Notes – June 2022 GIAC Senior Program



We are learning to live with COVID; I think that is a good thing, let's do some of the things we enjoy, but with some basic safety procedures. June has a bunch of "normal" activities, with a spattering of programs that work well in a virtual context.

The initial date I would like to direct your attention to is the first item on the calendar. The Ithaca Festival Parade is back for 2022 and GIAC plans to have a presence in it (especially since this is our 50th birthday!) We hope to have representatives from every program, which means I would love a few of you Senior Program members to join us. What's that, you don't want to walk the mile down Cayuga St?! No problem, if you would prefer to ride a golf cart down, we'll have a number of them available (so you'll have to think of another excuse!). Seriously, join us if you can...let Zack know in advance so we can get everything into place.

We have a late entry for the June calendar (too late to make it onto the calendar) that I want to let you know about...in collaboration with Lifelong and the Central New York Chapter of the Alzheimer's Association, we are putting on an *Understanding Alzheimers and Dementia* class, scheduled for June 28th at noon over Zoom. Let me know of your interest and I'll make sure you are included (see the description below).

There are plenty of opportunities to get out and about. If you want to take a serious hike, join for the walk at Lime Hollow...that should be fairly strenuous. Alternatively, if a ride in the country looking at various lake views and stopping for lunch sounds more your speed, join us for a trip around Cayuga Lake. Our visit to the Bee Embassy in Trumansburg sounds interesting (and tasty!). We'll continue our exploration of the Johnson Museum at Cornell with their fabulous

guide Carol...seems that she's interesting regardless of the topic. The Savage Club is back giving live performances; this is a chance to enjoy the same show they perform at Cornell during reunion weekend, but in a more intimate venue and for an amount of your choosing.

I'm please to announce that the program has a new driver, Jerry Cornwell! Jerry is known to many of you, as he has been a participant for at least five years... maybe closer to ten. I'm glad that activities are picking up so that we need a few more people to help...welcome Jerry!

Remember, **GIAC can provide limited transportation to activities on the calendar**. The number of people allowed in each van will be limited to 60% capacity. Please let me know if you plan to participate so I can better plan each date. Also, remember that we still ask participants to be masked while in vehicles, as well as adhering to social distancing recommendations (of course you can eat without the mask!).

- **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> ; Meeting ID: 278 922 636; Password: 007992
- **Ithaca Festival Parade, Wednesday, June 2 at 4 pm** – Want to do more than just watch the parade? Help represent GIAC and march or ride with us (we have several golf carts so everyone can participate). Give me a call and I'll work out the details.
- **Guided Hike at Lime Hollow, Wednesday, June 8 at 11 am** – Myra and Jim Shulman will be back in town to lead the hike this month. We visited Lime Hollow a couple of months ago, but there are many trails that we have not hiked. So, we will visit to see a bit more. We'll meet at 338 McLean Rd, Cortland, NY 13045, van transportation is also available.
- **Meet this public servant: Jay Franklin, Tompkins County Director of Assessment, Friday, June 10, 11 am** – Join us for a talk by Jay Franklin, Tompkins County Director of Assessment. Learn about property assessments,

appeals, and all things related. To participate on a computer:

<https://us02web.zoom.us/j/89611602839?pwd=NXEwc2liZDQ3SFFaWmlvRzQ5d2E2UT09> ; **Meeting ID: 896 1160 2839, Passcode: GIAC2022**

- **Group bike ride, Monday, June 13 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'm 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.
- **Play in Syracuse: "salt/city/blues", Wednesday, June 15 at 11am-5pm** – How does a fractured family heal when unresolved emotions of the past color the present? Can a city reshape itself if it means tearing open old, still-tender wounds? And where in a diverse but segregated city can communities find common ground, mutual dignity and a true sense of home? These questions collide into Yolonda Mourning, an independent consultant on a vast project to take down a span of highway that has long divided Salt City. When she leaves her husband and teenage son and moves to the heart of trendy downtown, a diverse cast of characters forces Yolonda to confront the Salt City's complicated history around race, class and urban renewal, and to reckon with her role as architect of the broken bridges in her own family. Moving, funny, poignant, and current, salt/city/blues is a fresh, contemporary new play set in a fictionalized Syracuse and to the music of the blues. A Cold Read world premiere production. Current COVID rules require masks (but no vaccinations).

Our plan is to have lunch at Phoebe's Restaurant, across the street from the theater. There is also a pre-performance talk, so hopefully we can make it in time for that. The tickets for the show are \$30 (made out to GIAC), due 6/8. Lunches at Phoebe's look like they cost \$14-20.

- **Tour of Bee Embassy, Thursday, June 16 at 10 am** – The Honeybee Embassy is now offering semi-private artisan honey tastings at The Honeybee Embassy at Bright Raven Farm and Apiary in Jacksonville. Open-air tastings situated on

the covered back porch of their building offer lovely scenery to pair with delicious tastes. Staff will guide us through a 60-minute tasting experience of our varietal honeys.

- ***Hot Tea & Poetry, Friday, June 17 at 10 am*** – We’re going to try something different this time, we’ll meet up in person. Just north of the Ithaca Children’s Garden (opposite side for the large turtle) is a pavilion, let’s plan to meet there. I haven’t reserved it, but let’s see if it is vacant. Bring 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. I will be available to give rides, as long as there are not too many people involved.
- ***Senior Breakfast at GIAC, Friday, June 24, 9 am*** – Richie Sterns will perform on his banjo and other related instruments. We will be in-person for the breakfast at GIAC with the usual breakfast foods (eggs, potatoes, bacon, sausage, French toast).
- ***The Savage Club, Sunday, June 26 at 2 pm*** – Cornell Reunion Show- LIVE! The show will be an hour and a half in length and feature selections from their recent Savage Club Reunion Show at Cornell University. There will be solos, chorus numbers, and some sing-a-longs. This will be the first show that the Savages will have in their recently acquired community performance space. This is a free event with donations to help us continue to renovate the performance space gleefully accepted.
- ***Southside Shopping, Monday, June 27*** – 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.
- ***Lunch at the Kelly’s Dockside Grill, Wednesday, June 29, 11:30am*** – I’ve grown to like Kelley’s more as we have visited a few times during the pandemic. Can’t beat the deck if it’s a bright, sunny day (319 Old Taughannock Blvd, Ithaca). Remember to bring your face mask and to maintain social distancing. Remember, I can now transport a limited number of people in the GIAC vans.

- **Newly added** (not on the calendar): June 28th 12-1pm ***Understanding Alzheimer's and Dementia*** (60-minute program): This program covers the basics of Alzheimer's and dementia, explores their relationship, examines what happens in a brain affected by Alzheimer's, details the risk factors for and three general stages of the disease, identifies FDA-approved treatments available for symptom management, looks ahead to what's on the horizon for Alzheimer's research, and offers helpful Alzheimer's Association resources. The program is one hour long and intended for anyone interested in learning more about dementia.
- **Grocery Delivery** – We are still offering free delivery of groceries from Walmart, at least for the first part of June. Since utilization of this service has fallen, we are likely to discontinue the free delivery perk in a few weeks. Interested participants should contact me. I will submit your order through the Walmart website and set the delivery time (usually within a day). 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. I need to have enough people using the program to warrant to cost of a subscription, so please feel free to take advantage of the option!
- **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 .
- The Lourdes Mobile Mammography Vans provide breast cancer screening services through trusted, community-based service organizations that can be effective in increasing access and decreasing barriers to screening medically underserved, hard-to-reach populations such as rural communities. This creates an opportunity for us to refer to all of those in our communities that are in need of not only follow-up breast care, but also primary health care.
For those who aren't familiar with Lourdes Mobile Mammography, it is a self-contained van that travels to your location, providing state-of-the-art

digital screening mammograms for women 35 years of age and over. You are in and out within 15 minutes or so and the added bonus is that there is no hassle or fuss with traveling! Also, all New York State Insurances will cover one screening mammogram per year, so there is no out of pocket cost.

Furthermore, your report will be sent directly to your healthcare provider.

Be proactive about your health by staying on top of necessary screenings!

The Mobile Mammography Van will be in Ithaca for the following dates:

- Wed., June 11 - Ithaca Free Clinic - 11:00 AM to 5:00 PM
- Tues., June 28 - Southside Community Center -10:00 AM to 5:00 PM
- Wed., July 13 - Ithaca Free Clinic - 11:00 AM to 5:00 PM
- Thurs., Aug. 4 - Greater Ithaca Activities Center - 10:00 AM to 5:00 PM
- Wed., September14 - Ithaca Free Clinic - 11:00 AM to 5:00 PM
- Wed., November 9 - Ithaca Free Clinic - 11:00 AM to 5:00 PM

Addresses of site for the mobile van:

Ithaca Free Clinic 521 West Seneca Street Ithaca, New York, 14850 (607) 330 - 1254	Southside Community Center 305 South Plain Street Ithaca, New York, 14850 (607) 273 - 4190 Dr, Nia Nunn, Ms. Kayla Matos	Greater Ithaca Activities Center 301 West Court Street Ithaca, New York, 14850 (607) 272 - 3622 Mr. Zack Nelson
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- If you have any questions about the screenings or need transportation assistance, please call The Cancer Resource Center of the Finger Lakes at (607) 277-9410 and we will coordinate a ride.

Remember, Early detection is the best protection against breast cancer!

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