

July 2022



GIAC Senior Program
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
  GREATER ITHACA ACTIVITIES CENTER		 Minimal walking, walker accessible Moderate leisure walking Long walks required Rough trail walking		1	2 Jesse Collins Quartet at Brooktondale Summer Music Series 	
3	4 Independence Day — City Holiday	5 Zoom Craft Group	6 Cherry picking in Hector 	7	8 Scenic Drive around Owasco Lake 	9
10	11	12 Birthday Lunch on Captain Bill's Boat ride on Seneca Lake 	13	14 Guided Hike at Upper Taughannock Falls 	15 Poetry in the Park	16
17	18 Bike ride at Stewart Park	19 Zoom Craft Group	20 Ice Cream Social at Titus Pavilion 	21	22 <i>Murder on the Orient Express</i> at CRT	23
24	25 Southside shopping Meet This Public Servant: Sally Hoyt	26 Zoom Craft Group	27 Baseball in Syracuse 	28 Commons Concert Series with SingTrece & the Stone Cold Miracles 	29	30

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

Sat., July 2nd, 1-4 pm Jesse Collins Quartet at Brooktondale Farmers' Market
Jesse Collins Quartet is a 21st Century Modern Jazz group play original music as well as Jesse's arrangements of Jazz, Rock, and R&B, as part of the Brooktondale Summer Music Series.

Wednesday, July 6th, 10 am-2 pm Cherry picking in Hector
I'm not positive the cherries will be ripe, but I think we have a good chance. These are dwarf trees, so we can pick right from the ground. We'll stop for lunch at Toni's Diner.

Friday, July 8th, 10 am-2 pm Scenic Drive around Owasco Lake
We'll take a leisurely and scenic drive around Owasco Lake this month. There aren't any state parks, but there are many scenic roads/vantages, and we will stop for lunch at Tom Thumb.

Tues., July 12th, 10 am-3 pm Birthday Lunch & Seneca Lake Cruise
It's been a few years since we've been on a boat ride, Captain Bill's looks like a good one. The boat ride & lunch (choices are listed in the newsletter) costs **\$50** (made out to GIAC, **due 7/8**).

Thursday, July 14th, 11 am Guided Hike at Upper Taughannock Park
We'll go hike at upper Taughannock (7220 Jacksonville Rd) guided by geologist Don Wilson.

Friday, July 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.

Monday, July 18th, 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**, and I'll try to have the right bikes on hand (you may need to share with others).

Wed., July 20th, 1 pm Mosaic Gathering Ice Cream Social, Titus pavilion
The Lifelong Mosaic Program & GIAC will host a drop-in ice cream social (**free**).

Fri., July 22nd, 10 am-5 pm "Murder on the Orient Express" at Cortland
This show is "a brilliant stage adaptation of Christie's most popular mystery." We'll have lunch at Bob's BBQ beforehand (pay on your own). Cost to attend is **\$35** (made out to GIAC), **due 7/8**.

Monday, July 25th, 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.

Monday, July 25th, 11 am (Zoom) Meet This Public Servant: Sally Hoyt
Join us for a talk by Sally Hoyt, not actually a public employee, but she has been termed the "flood queen"; *Meeting ID: 861 0183 7941, Passcode: GIAC2022*

Wednesday, July 27th, 11 am-4 pm Baseball in Syracuse
The (Syr.) Mets are playing Omaha for this rare midweek day game, **\$10** (made out to GIAC), **due 7/20**. We'll get good seats and enjoy lunch at the game (pay on your own for lunch).

Thursday, July 28th, 6-8 pm SingTrece & Stone Cold Miracle at the Commons
This band is heavy on the funk, the soul, and the unyielding energy.... Live, the band brings an intensity and rawness that is honest and real (**free**).



News and Notes – July 2022 GIAC Senior Program



Hopefully the calendar is reaching you early enough to register for the outings that are early in the month. The birthday lunch cruise should be a lot of fun, hope we have a good number of people interested. There are a couple of music options that seem to go along with summertime, one out in Brooktondale and one at the Commons. The theater trip will be for an Agatha Christie play and it will be fun to have ice cream with our friends from Lifelong and, hopefully, a bunch of you! Altogether, there are many opportunities to get out and enjoy the nice weather!

Last month, we had a late entry for the June calendar (too late to make it into the mailing) that I want to highlight again...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. 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. Let me know of your interest and I'll make sure you are included.

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 in advance 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!). Enough people have begun participating so that vans may fill up (I'm sorry if we can't accommodate everyone that is interested every time). I'll use as many vans as I can find drivers for, but there may be times that I can't fit everyone. It's always best to sign up early in the process (we operate on a first come-first serve basis, and to cancel as soon as you know that you can't participate, so I can offer your spot to others.

- **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
- **Jesse Collins Quartet at Brooktondale Farmers' Market, Saturday, July 2, 1-4 pm** – Jesse Collins Quartet is a 21st Century Modern Jazz group with a joyful uplifting sound! ...the JCQ performs Jesse's original music as well as Jesse's arrangements of Jazz, Rock, and R&B Classics, all in a fun and exciting show for all music lovers!
- **Seneca Lake Cruise, Tuesday, July 12 at 10 am to 2 pm** – Our two-hour lunch cruise is a combination of sightseeing and dining. Enjoy this narrated cruise while you relax with a seated lunch. It's an expensive outing (\$50), but I've heard this is a very nice trip. Lunch Menu (Entrée choices, choose one):
 - Cheddar and Broccoli Stuffed Chicken Breast
 - Tender Slow Roasted Beef Round with Gravy
 - Scallop & Crab stuffed Sole
 - Vegetarian LasagnaAll served with Fresh Garden Salad, Dinner Rolls with Butter, New Potatoes, Vegetable, Brownie, Soft Drinks, and Coffee and Hot Tea.
- **Group bike ride, Monday, July 18 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 (remember, if everyone wants a recumbent, we'll probably have to share).

- **Play at Cortland Repertory Theater: “Murder on the Orient Express”**, Friday, July 22 at 11am-5pm – A story of romance, tragedy, and primal murder. What better way to spend a pleasant evening? One of America’s premiere playwrights, Ken (Fox on the Fairway, Lend Me a Tenor) Ludwig has created a brilliant stage adaptation of Christie’s most popular mystery! On a winter’s evening in 1934, a snowdrift stops the luxurious Orient Express, literally in its tracks. By morning, it is one passenger less; an American tycoon lies dead in his compartment, stabbed, his door locked from the inside. With a long list of suspects, detective Hercule Poirot must identify the murderer before they strike again! “Christie is not the bestselling novelist in history for nothing, and Ludwig’s adaptation strikes the perfect balance of the cerebral and the comic. Get on board – it’s a great ride!” – Houstonian Magazine. Be prepared to follow current COVID rules (maybe masks).

Our plan is to have lunch at Bob’s Barbeque on our way to the theater. The tickets for the show are \$35 (made out to GIAC), due 7/8. Lunch at Bob's look like it will cost about \$13-20.

- **Meet this public servant: Sally Hoyt, retired Vice President at Tompkins Insurance**, Friday, July 25, 11 am – Join us for a talk by Sally Hoyt, who has been called the “flood queen”. She’ll join us to talk about local flooding, the new FEMA flood maps, and their implications on local property owners. To participate on a computer:

https://us02web.zoom.us/j/86101837941?pwd=LK_UvZabc-_2ytHujjT_yT4WWa5gDL.1 ; Meeting ID: **861 0183 7941**, Passcode: **GIAC2022**

- **Baseball in Syracuse**, Wednesday, July 27 afternoon – The Syracuse Mets are the Triple-A affiliate of the New York Mets. They play in the International League and are currently in ninth place (at the time of this writing), 26 wins and 41 losses. Their opponent, Omaha, is in eighth place with a 32 and 34 record.

- **Hot Tea & Poetry, Friday, July 15 at 10 am** – We'll meet up in person at the pavilion just north of the Ithaca Children's Garden (opposite side for the large turtle). 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.
- **Southside Shopping, Monday, July 25** – 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.
- **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
- FYI: Join for a free, self-guided walking tour of beautiful gardens, landscaping, and yards in Ithaca at the Annual Fall Creek Neighborhood Garden Tour on July 10 from 11 am-3 pm. Visitors will not only see enticing, well-tended front yards but also the hidden delights of private backyards. Begin the tour at Thompson Park at the corner of N. Cayuga and Cascadilla Creek to pick up maps and garden descriptions. Start and stop whenever you'd like, chat with gardeners along the way. Rain or shine - FREE and open to all!.
<https://www.facebook.com/FallCreekGardenClub/>
- Foodnet Meals on Wheels encourages independent living for older adults by providing healthy meals, nutrition counseling, nutrition education, opportunities for socialization through congregate dining, and referrals to other services. We value the diversity of our community, and welcome participants of any race, religion, ethnicity, sexual orientation, political affiliation and socio-economic status.

Foodnet is a not-for-profit corporation funded by the New York State & Tompkins County Office for the Aging, U.S. Administration on Aging, contributions from participants and charitable gifts. Foodnet provides home-delivered meals to anyone in Tompkins County who is age 60 or older and meets eligibility requirements such as health reasons leading to inability to shop or cook for self. Contributions from participants are encouraged but not required.

Home Delivered Meals are provided Monday through Friday, between the hours of 10am and 2pm to those who qualify for service. If you believe you may benefit from this service, give the Foodnet office a call at 607-266-9553 to discuss eligibility and options.

- Upcoming GIAC birthday celebration/fundraiser: evening of Saturday, July 30, The Upstairs Bar (106 S. Cayuga St.), music starting for our “birth year” through present. Watch emails and social media for details.
- Research Opportunity: “The Affect and Cognition Lab at Cornell University is conducting a study on learning in adults and children. Currently, we are looking for participants who are 60+ and would love to have you participate! The study is completed over Zoom and takes about 45 – 50 minutes. During the study, participants solve puzzles online using colorful shapes. Scheduling is very flexible, and participants receive a \$10 Amazon gift card as a thank you. If you are interested or would like more information, please contact Mary at mkm265@cornell.edu. We hope to hear from you!”
- 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., July 11 - Ithaca Free Clinic - 11:00 AM to 5:00 PM
- Tues., July 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