

# October 2022



## 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
  <b>GREATER ITHACA ACTIVITIES CENTER</b>			 <p>Minimal walking, walker accessible Moderate leisure walking Long walks required At least one flight of stairs, no elevator</p>		1	
2 Traditions & Beyond Quilt Show at TC# 	3 <i>Ain't Misbehavin'</i> at Auburn 	4 Zoom Craft Group	5	6	7 Seward & Tubman House visit in Auburn 	8
9	10 Indigenous Peoples Day — City Holiday	11 Zoom Craft Group	12 Guided Hike at Monkey Run 	13 Zoom Presentation on Diabetes	14 Poetry in the Park	15
16	17 Bike Ride at Stewart Park	18 Zoom Craft Group	19 Drive Around Keuka Lake 	20	21 Senior Breakfast with Mayor Lewis 	22
23 30	24 31 Southside Shopping	25 Zoom Craft Group	26 Birthday Lunch at the Glenwood Pines 	27 Visit to Iron Kettle Farm 	28	29

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



## News and Notes – October 2022 GIAC Senior Program



### Deadlines to keep in mind:

- **October 14<sup>th</sup>** (\$125) for **Radio City Rockette's Christmas Spectacular** (event on 11/21)

*(Forgive me if you find any errors/misspellings in this month's mailing, I am rushing to get this out before my trip to Phoenix for a conference.)*

So, big announcement. On November 21, we will be taking a charter bus to New York City for this year's Radio City Rockette's Christmas Spectacular! The cost, which includes both the bus fare and event tickets, is \$125. I need to know that you plan to join (and receive payment) before **October 14**. I'm happy to report that we have pretty good seats at the front of the first mezzanine. The plan is to leave Ithaca early in the morning (maybe 7am) and to have a few hours of free time on your own, prior to the show. The performance begins at 2pm and runs about 90 minutes in length, after which we will immediately get on the bus for the drive home (you should bring a little food to eat on board as we won't be stopping for dinner). We will hopefully be back in Ithaca by 9 or 10 pm.

### **October Events – Expanded Descriptions**

- For you that were at the Birthday Lunch at Smok'n Bones, you will recall me inquiring about a potential trip to the Salamanca Casino for a Neil Diamond tribute band. Unfortunately, there was not adequate time (nor interest) to move forward with this plan.
- **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

- ***Seward House, the Tubman House, and the new NYS Equal Rights Heritage Center, Friday, October 7 at 10 am-3 pm*** – This is a joint trip with our friends at the Lifelong Mosaic Program. We'll visit the three places mentioned above and have lunch during our time there...details about that aspect will follow.
- ***Group bike ride, Monday, October 17 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 Monkey Run, Wednesday, October 12 at 11 am*** – Cornell Botanic Gardens 550-acre Monkey Run Natural Area is a very popular hiking destination and is part of a long natural corridor protecting Fall Creek on its route to Cayuga Lake. Trails here, which connect with the Cayuga Trail, follow the creek from the rims of forested banks and at creek level through rich floodplain forest, seeps, and wet meadows. Breathtaking views are afforded from atop 100-foot bluffs, which are continually eroded by a meandering Fall Creek below. We'll be departing from the parking lot adjacent to the Route 13 bridge over Fall Creek (halfway between the airport and NYSEG).
- ***Iced Tea & Poetry, Friday, October 14 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. Make sure to let me know if you are planning to attend, so I can alert you if we decide to meet at GIAC (our second option, if the weather is not good).
- ***Drive Around Keuka Lake, Wednesday, October 19 at 10 am-3 pm*** – Nestled in the heart of Finger Lakes Wine Country lies Keuka Lake – its pristine, glacial waters glistening as it catches rays of sun. Deriving its name from the Iroquois

word meaning "Canoe Landing," Keuka Lake has unique qualities that separate it from the other Finger Lakes. Keuka Lake's western and southern branches were once a single, north-to-south flowing watershed. Over time, glaciers carved out a major tributary to the main river, transforming it into what is now the East branch of the lake. This glacial action also created a reverse flow of drainage, South-to-North. To this day, Keuka Lake is the only lake in the country, and one of few in the world, that flows both North and South. Pretty cool right? While early settlers dubbed it "the Crooked Lake" because of its unique "Y" shape, its natural beauty quickly earned it the nickname "Lady of the Lakes." Keuka Lake is 19.6 miles long, 1.9 miles wide, and reaches a maximum depth of 183 feet. The third largest Finger Lake, it is surrounded by the communities of Hammondsport, Branchport, and Penn Yan. We'll stop somewhere at one of these towns for lunch (sorry, I haven't had the chance to work out the details yet).

- **Senior Breakfast with guest acting Mayor Laura Lewis, Friday, October 21 at 9 am** – The Acting Mayor will join us for a brief "State of the City" followed by some Q&A.
- **Birthday Lunch at the Glenwood Pines, Wednesday, October 26, 12 noon** – If you want to avoid the wait, you can order ahead. We'll be outside if it is nice. Otherwise, there is plenty of seating downstairs.
- **Southside Shopping, Monday, October 31** – 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.

## **Of Interest to Seniors and the GIAC Community...**

- GIAC's 50<sup>th</sup> Anniversary Golden Gala is almost here. It will be exciting to celebrate GIAC on Saturday, November 5, 2022 at 6pm. The Gala will be held at Celebrations, located at 2331 Slaterville Rd., Ithaca, NY. The Gala will feature a cocktail hour followed by a sit-down meal, formal program, and musical entertainment. Music will be provided by the NEO Project Band and

DJ Double A, so be sure to bring your dancing shoes to do our signature GIAC slide, shuffle, wobble, stinky leg, whichever! A silent auction will be held throughout the night with great items from many local businesses. We will honor our past directors and deputies, give thanks to our board, staff, and supporters, and highlight special moments from throughout our 50 years of service. Tickets are \$72, call the main office (607-272-3622) for details.

- ***DAIL lab at Cornell University*** is looking for 10 participants for the VR-wayfinding study. The participant will be asked to participate in wayfinding tasks in the virtual environment wearing two physiological measures and VR Head Mounted Display. The study will last 100 minutes, and the compensation is \$25. The location is Human Ecology Building 210 (37 Forest Home Drive, Ithaca, NY, 14850).

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

***Sunday, Oct. 2<sup>nd</sup>, noon-3 pm Traditions & Beyond Quilt Show, TC3***

This event will showcase a big quilt show, with hundreds of quilts on display, vendors, raffle quilt, auction of small quilts, demonstrations of new methods and gadgets, and more.

***Monday, October 3<sup>rd</sup>, 10 am-5 pm "Ain't Misbehavin", Auburn***

The deadline has passed to join this outing.

***Friday, Oct. 7<sup>th</sup>, 10 am-3 pm Seward & Tubman House visit, Auburn***

Lifelong and our group are taking a joint outing to visit the Seward House, the Tubman House, and the new NYS Equal Rights Heritage Center. The Seward House currently has an exhibit called *Forged in Freedom: The Bond of the Seward Tubman Families*. We'll be viewing the Tubman building from the outside, and lunch will be catered (details to follow).

***Wednesday, October 12<sup>th</sup>, 11 am Guided Hike at Monkey Run***

Myra & Jim will be back to lead a hike at Monkey Run. We'll be departing from the parking lot adjacent to the Route 13 bridge over Fall Creek (halfway between the airport and NYSEG).

***Thursday, October 13<sup>th</sup>, 6 pm (Zoom) Presentation on Diabetes***

Recently, Biomedical Engineering graduate students (BMES) from Cornell led a couple of interesting presentations, one on Cardiovascular Health and the other on arthritis, join us to learn how diabetes arises, how treatment works, and to learn about the research being done on the topic at Cornell; Meeting ID: 735 6986 7302; Password: GIAC2022

***Friday, October 14<sup>th</sup>, 10 am Poetry in the Park***

Join us to share both original and favorite poems and writings. We'll meet at the usual pavilion (just north of the Children's Garden) or at GIAC if it is too cold/wet, check in with me before if the day looks unappealing outside.

***Monday, October 17<sup>th</sup>, 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.

***Wednesday, Oct. 19<sup>th</sup>, 10 am-3 pm Scenic Drive around Keuka Lake***

This month we'll take a scenic drive around Keuka Lake, the final instalment of our Finger Lakes exploration. Along the way, we'll stop for lunch at a restaurant (pay for your own).

***Friday, October 21<sup>st</sup>, 9-11 am Senior Breakfast, GIAC***

Join us for French toast, bacon, eggs, and the usual fare; \$4 (pay at door). City Acting Mayor Laura Lewis will speak briefly, then take some questions.

***Wednesday, Oct. 26<sup>th</sup>, 12 noon Birthday Lunch at Glenwood Pines***

A local favorite, you can call in your order ahead if you want to avoid the wait; (pay on your own). I'll bring a cake for October's birthdays.

***Thursday, October 27<sup>th</sup>, noon-3 pm Visit Iron Kettle Farm***

Features craft & home store goods, snack bar goodies, farm stand produce, animals, hayrides, and seasonal decorations...a great way to get in the mood for the fall. (Bring cash for use at snack bar.)

***Monday, October 31<sup>st</sup>, 10 am-12 noon Southside Shopping***

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