

February 2023















GIAC Senior Program

Zack Nelson, 272-3622 x 2233

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Minimal walking, walker accessible Moderate leisure walking Long walks required Rough trail walking</p>			1	2	3	4
5	6	7 Craft & Conversation Group	8 Movie at Cinemapolis: <i>80 for Brady</i> 	9 Tour of Liberty Hyde Bailey Conservatory Greenhouse 	10 Poetry at GIAC	11
12	13 Southside Shopping	14 Craft & Conversation Group	15 Africana Library Film Festival at Lifelong 	16 <i>The Ding Dongs</i> at the Kitchen Theater 	17 Senior Breakfast 	18
19	20 Presidents Day— City Holiday	21 Birthday Lunch at Falls Restaurant, Trumansburg 	22 Group Hike at Lick Brook (Sweedler & Thayer Preserves) 	23	24 GIAC BHM Talent Show at IC 	25
26	27 Slide show of Nepal Visit at GIAC 	28 Craft & Conversation Group	 GREATER ITHACA ACTIVITIES CENTER  <p>United Way of Tompkins County Funded Partner</p>			

See reverse side for program details.



News and Notes – February 2023 GIAC Senior Program



Welcome new members: Christopher Church, Pat Dougherty, Kathy Ehmser, V. Carol Hanson, Diane Martineau, Richard Ladd, Barbara Shew, Wayne Gottlieb, and Margot Wolters

Deadlines to keep in mind:

- **February 10th** (\$12) for *The Ding Dongs* at the Kitchen Theater (event on 2/16)

Happy February...I apologize, since it is Feb. 1 as I write this. I returned from vacation to a busy week and so I'm behind. There is not much at the beginning of the month, so you have not missed anything. February is Black History Month and there are a number of dates along this theme. We'll check out a film at Lifelong that is part of the Africana Library Film Festival, we have Dr. Nia Nunn as our guest at the Senior Breakfast, and finally is the Black History Month Talent Show...this time hosted by Ithaca College. It should be a fantastic month, just based on these dates.

Additionally, I'm excited by the tour of the Conservatory Greenhouse at Cornell (I love to find interesting places and people on our local campuses!). We're bringing back regular movies on our schedule; we may not go every month, but we'll go fairly often to either Cinemapolis or the mall (if they stay open). Myra and Jim are out of town, but I will share one of my favorite hikes in the area, Lick Brook. We will meet on Townline Rd., just off Sandbank Rd.—let me know if you need directions or just want to ride out in the van. Many of you have asked about my recent trip to Nepal. I have put together a slide presentation, which I will supplement with some of the outfits we have around and some South Asian snacks and sweets...join us in the GIAC gym if you are interested.

We received six adult snowshoes in a recent grant that I would love to try out. Since it is hard to plan around snow, let me know if you are interested in a possible outing that involved trying out the snowshoes at a time when we get sufficient snow. I will reach out to those on the list when we have enough accumulation, and let you know where and when we plan to get together. Right now, just let me know your interest and I will be in touch when the opportunity arises.

Thanks to all of you that have gotten your registration for 2023 into me, I appreciate that we have a “healthy” program with folks from all over the county! If you have not been in touch yet, just a reminder that this year we returned to the pre-2020 model and are asking you to pay an annual registration fee. The good news is that we will cut the fee to an even \$50, back to what it was in 2017. Of course, if this is an obstacle to join, scholarships are available...just contact me to work out the details. Also, please share about the program with your friends and family, the program has a solid core of members, both long-term and new, but we need to rebuild...the pandemic and related concerns about close social contacts, has affected our membership numbers.

During the last year, we encouraged participants to register on the **RecDesk** platform. It is user friendly, so give it a try if you are comfortable with computers. You’ll be able to sign up and pay for programs with the ease of logging onto your computer. Google “giac.recdesk.com” to get started...help is available by calling the office, if you need.

February 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=QTRXTStaR1dBcVRDRFIocUoxMjdVUT09> ; Meeting ID: 278 922 636; Password: 007992
- **80 For Brady** – Comedy · 1h 38m (rated PG-13): *80 For Brady* takes us back to 2017 and introduces the four main protagonists, Jane Fonda (Klute), Lily

Tomlin (Nashville), Rita Moreno (West Side Story), and Sally Field (Norma Rae). The quartet of friends are having a blast watching the latest Patriots game at home, but Tomlin's character suggests that they should do something fun and spontaneous, eventually recommending that they should go to the Super Bowl. The only problem is they don't have tickets, so getting in is going to be more than a challenge. Thus begins their quest to get into Super Bowl LI, be it legitimately or not. Joining them on this noble quest are a number of major cameo appearances, including celebrity chef Guy Fieri, former Patriots tight end Rob Gronkowski, and of course, the one and only Tom Brady.

- ***Hot Tea & Poetry***, Friday, February 10 at 10 am – We'll meet up in person at GIAC. Please feel free to share a favorite poem or one that you wrote yourself. It is a friendly supportive atmosphere, so join the fun.
- ***Southside Shopping***, Monday, February 13 at 10 am – If you want to go shopping at any of the downtown shopping locations (Walmart, Wegmans, Lowes, etc.).
- ***"Beah: A Black Woman Speaks" at Lifelong Wednesday***, February 15, 4:30 pm – This month's instalment of the Africana Library Film Festival at Lifelong. LisaGay Hamilton's directorial debut, the documentary is a record of the graceful, seemingly indomitable actress Beah Richards – a sensitive portrait of an artist and activist who became especially iconic to generations of black actors. While Richards struggled to overcome racial stereotypes throughout her long career onstage and onscreen, she also had an influential role in the fight for Civil Rights, working alongside the likes of Paul Robeson, W.E.B. DuBois, and Louise Patterson. After performing with Richards in Jonathan Demme's *Beloved*, *Beah: A Black Woman Speaks* director Lisa Gay Hamilton said she was compelled to get her inspiring story on film, and began the project with Demme as co-producer. Hamilton's intimate interviews capture Richards' passion and enduring elegance, and are interwoven with archival footage of her work, including riveting performances of some of her most

famous poems. The film celebrates the life of the legendary actress, poet, and political activist.

- ***“The Ding Dongs” at the Kitchen Theater, Thursday, February 16*** – When sweet-faced Joe (Karl Gregory) and Natalie (Erica Steinhagen) show up on a suburban doorstep, the tight-lipped homeowner, Redelmo (Nael Nacer), finds their story suspicious: the house, they claim, was Joe’s childhood home and they’ve come in hopes of getting a quick peek around. Bewildered by their oddly sunny dispositions, Redelmo tries to keep the visitors at bay, but their clever wordplay preys upon his sense of civility, and they cheerily muscle their way across the threshold. Once inside, as they recount memories together, it becomes clear the couple has no intention of leaving. In this new dark comedy thriller, Brenda Withers bends reality with wit and mystery as we are asked to examine who has the right to stand on the land they inhabit.
- ***Senior Breakfast with guest Dr. Nia Nunn, Friday, February 17*** – Wearing multiple head wraps as a leader in Ithaca, New York (where she was born and raised), Dr. Nia serves as an Associate Professor of education and psychology at Ithaca College and Board of Directors President of Southside Community Center. She’s a mother, artist, activist, and consultant within her community and across the country. Dr. Nia is the creator of programs designed to empower and uplift the voices of youth, particularly young Black women and girls. A mother to three boys, an artist, and yogi, Dr. Nia is the embodiment of radiance, empowerment, and permission. Dr. Nia’s work is rooted in the Black oral tradition—the movement, story-sharing, poetics, self-expression, and soulfulness—to create spaces that allow participants to get in touch with their own stories, heal from childhood traumas, and experience firsthand the power of collectivism. Her spaces are inclusive and exclusive, expansive, and concise. They are spaces that contain the right kind of alchemy of intensity and grace that challenges and invites people to become even more anti-racist, even more pro-Black, even more rooted in empathy and compassion, even freer in

self-expression, and even more connected to others, especially across realities.

- ***Birthday Lunch at The Falls Restaurant, Tuesday, February 21, 11:30 am*** – Located on at 214 E Main St., join us for lunch and cake.
- ***Guided Hike at Lick Brook (Sweedler & Thayer Preserves), Wednesday, February 22 at 11 am*** – This will be a strenuous hike, so be prepared to climb a significant amount. Myra and Jim are out of town, so I will lead this trip. Meet at the bridge of Townline Rd., several hundred feet off Sandbank Rd. These two preserves, plus the adjacent 27-acre Lick Brook Natural Area owned by Cornell University, provide excellent examples of the area's geologic history and ecological systems. During the last ice age, glaciers thousands of feet thick blanketed much of northern North America. The ice scoured the land, sculpting the beautiful topography of the Finger Lakes Region. The effects of these glaciers can be seen in the multiple waterfalls that splash down along Lick Brook on its journey to Cayuga Lake, including one that is nearly 140 feet tall. The preserves protect approximately 3,000 feet bordering Lick Brook at the Sweedler Preserve, and more than 2,000 feet at the Thayer Preserve. The Lick Brook corridor remains a conservation priority area for the Land Trust. The perpetual protection of this area allows ample opportunity for hiking, including access to Buttermilk Falls State Park via a spur of the Finger Lakes Trail, and peaceful enjoyment of our natural world, while protecting the water quality of Cayuga Lake.
- ***Black History Month Talent Show at Ithaca College, Ford Hall, Friday, February 24 tba (sometime between 6 to 7pm, watch for updates)*** – For the first time, we'll present the show at IC. Probable performers include Rebekah Barrett, Mbusi, the GIAC Jumpers, the Dorothy Cotton Choir, the Armani Singers, IC West African Drumming and Dance Ensemble, and more...

Of Interest to Seniors and the GIAC Community...

- The Enfield Seniors are planning a trip going in September to Charleston SC (09/17-09/23 2023). There are several historical sites that are on the itinerary and it is 7 days/ 6 nights for \$830 (per person, double occupancy). Contact Janice Robinson at 607-277-4626 or rjanr304@aol.com for details or to sign up.

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

Wednesday, February 8th, 4:30 pm Movie at Cinemapolis

80 for Brady: Inspired by the true story of four best friends living life to the fullest when they take a wild trip to the 2017 Super Bowl LI to see their hero Tom Brady play, **\$9**.

Thursday, February 9th, 10:30-11:30 am Tour of Liberty Hyde Bailey Conservatory Greenhouse at Cornell

The greenhouse is home to a living plant collection of more than 650 species. We'll tour the facility and learn about some of the plants. **Space is limited, free.**

Friday, February 10th, 10 am Poetry at GIAC

Join us to share both original and favorite poems and writings, everyone is welcome!

Monday, February 13th, 10 am Southside Shopping

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

Wednesday, February 15th, 4:30 pm "Beah: A Black Woman Speaks" at Lifelong

Part of the Africana Library Film Festival: Beah Richards, actress-poet-activist, shares her wit and wisdom about her life as a Black woman in America; **free.**

Thurs., Feb. 16th, 2 pm "The Ding Dongs" at the Kitchen Theater

When a sweet-faced couple shows up on a suburban doorstep, an unsuspecting homeowner finds himself the victim of a surreal home invasion. Using wit and wordplay to mask a more sinister threat, the couple wages a battle over indigenous rights from the living room; **\$12 (checks made to GIAC, due on 2/10).**

Friday, February 17th, 9-11 am Senior Breakfast, GIAC

Join us for pancakes, bacon, eggs, and the usual fare; **\$4** (pay at door). As part of the program's celebration of Black History Month, IC professor Dr. Nia Nunn will join us and share some of her recently published poetry.

Tuesday, February 21st 11:30 am Birthday Lunch at the Falls Restaurant, Trumansburg

Join us to celebrate February's birthdays at the Falls Restaurant; come for the food, fun, and cake (sandwiches start at \$8).

Wednesday, February 22nd, 11 am Group Hike at Lick Brook

We'll walk at the Sweedler & Thayer Preserves, park at Townline Rd., just off Sandbank Rd. This is a strenuous (and beautiful) walk along Lick Brook gorge, be prepared for a climbing/descending trail. (Subject to weather suitability.)

Fri., February 24th, tba(evening) BHM Talent Show at IC, Ford Hall

This event highlights local talent, singing, dancing, and much more; **free.**

Monday, February 27th, 12 noon Slide show of Nepal Visit, GIAC

I hope you all weren't just being polite when you asked to see my travel slides, because I've arranged a slide show to share them with you. Come for my presentation and I'll arrange for some refreshments as well.