




March 2023



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 Rough Trail Walking</p>	 <p>GREATER ITHACA ACTIVITIES CENTER</p>		1	2 Artist Talk at the Handwerker Gallery 	3	4 Jazz Ensemble at IC 
5	6 Presentation on Orthopedic Implants by Cornell Group 	7 Crafts & Conversation Group	8 Guided Hike at Lime Hollow (rescheduled) 	9	10 Poetry at GIAC	11
12	13	14 Crafts & Conversation Group	15 Women's History Museum in Seneca Falls 	16	17 Sugar House Tour, Berkshire 	18
19	20 Southside Shopping	21 Crafts & Conversation Group	22 Steering Committee at Sunset Grill 	23	24 Senior Breakfast 	25
26 <i>Heading Into Night:: A Clown Play About... (forgetting) at the Cherry Artsspace</i> 	27	28 Crafts & Conversation Group	29 Birthday Lunch at the Royal Court 	30	31	 United Way of Tompkins County Funded Partner

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

Thursday, March 2nd, 6 pm Artist Talk, Handwerker Gallery, IC

Artist Dara Engler will give a talk on her exhibition *You Can Never Go Home*. Engler received her MFA from IU Bloomington and now is faculty at IC, **free**.

Saturday, March 4th, 8:15 pm Jazz Ensemble at IC, Ford Hall

Ithaca College Jazz Ensemble directed by Mike Titlebaum; **free**.

Mon., Mar. 6th, 6 pm Presentation on Orthopedic Implants, GIAC

Recently, Biomedical Engineering graduate Students (BMES) from Cornell led several interesting presentations on Cardiovascular Health, arthritis, and diabetes. They will lead another presentation, this time in-person at GIAC, on Orthopedic Implants.

Wednesday, March 8th, 11 am Group Hike at Lick Brook

Our rescheduled 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. We will start with the upper loop, which is not too challenging, and those that wish to continue on, can do the more strenuous lower section.

Friday, March 10th, 10 am Poetry at GIAC

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

Wednesday, March 15th, 10 am-3 pm Tour of Women's History Museum, Seneca Falls

We'll visit the Women's Rights National Historical Park visitor center, Wesleyan Chapel, and the Elizabeth Cady Stanton House. Afterwards we'll have lunch (on your own) in town; the tour is **free, pay for lunch on your own. Space is limited.**

Friday, March 17th, 10 am-3 pm Sugarhouse Tour, Berkshire

We'll visit SweeTree Maple Products for a tour of their operation and to learn how sap is processed into syrup. You'll have a few options for lunch...a diner, subs, or pizza; the tour is **free, pay for lunch on your own. Space is limited.**

Monday, March 20th, 10 am Southside Shopping

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

Wednesday, March 22th, 11:30 am Steering Committee Meeting

Join us for lunch and help shape future activities, everyone is welcome!

Friday, March 24th, 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 Women's History Month, author and retired librarian, Elaine Engst will join us for a talk on the history of suffrage in Tompkins County.

Sunday, March 26th, 2 pm "Heading Into Night: A Clown Play About...(forgetting)" at the Cherry Artspace

A world premiere clown work exploring the heartbreak and humor of the aging process. Created by and starring Cirque du Soleil alum Daniel Passer, in collaboration with Cherry Collective director Beth Milles.; **\$25 (checks made to GIAC, due on 3/13).**

Wed., March 29th 11:30 am Birthday Lunch at the Royal Court

Join us to celebrate March's birthdays at a favorite place for the program; come for the food, fun, and cake (sandwiches start at \$8).



News and Notes – March 2023 GIAC Senior Program



Welcome new members: Susan & Hap Mancke, Molly Davenport, & Karen Cariddi

Deadlines to keep in mind:

- **March 13th** (\$25) for *Heading Into Night: A Clown Play About...(forgetting)* at the Cherry Artspace (event on 3/26)

We are on the verge of spring and all the interesting programs that are feasible with improved weather. The first “spring outing” of the year will be a visit to the SweeTree Sugarhouse in Berkshire. The final two weekends of the month are statewide Maple weekends, but our hosts are inviting us to visit a day early...should be a fun enlightening tour!

Also, March’s monthly theme is Women’s History Month here at GIAC. We have a couple of dates based on this theme. First is a visit to the Women’s Rights National Historical Park in Seneca Falls, which includes guided tours of the visitor center, Wesleyan Chapel, and the Elizabeth Cady Stanton House. Second is our guest for the March Senior Breakfast. Author and retired rare-books librarian, Elaine Engst, will talk about her book *Achieving Beulah Land - The Long Struggle for Suffrage in Tompkins County, New York*.

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.

Remember the **RecDesk** platform that we are encouraging participants to join, which will streamline signing up for each month's activities. Please check it out. 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.

March 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
- **Dara Engler Artist Talk, Handwerker Gallery, IC, Thursday, March 2 at 6 pm** – *You Can Never Go Home* is an exploration of past places and current worry. The rate of change has increased rapidly in our world. We all imagined our futures and now those futures seem so much more unpredictable. These pieces escape to the past – exploring memory wandering illogically through childhood homes and old apartments, focusing on vignettes of objects and moments of significance. As the past gets further away, we can no longer keep a foot in both the past and present. We expected to return to “normal” after the pandemic, but upheaval is the new normal. This homage to prior safe spaces is a step toward letting go, confronting anxiety, and being present. Dara Engler received her Bachelor of Fine Arts degree in painting from the University of New Hampshire and her Master of Fine Arts degree from Indiana University, Bloomington. She was awarded a Joan Mitchell Foundation MFA Grant, followed by a recipient group show at the Cue Art Foundation in New York, NY. Dara has been included in New American Paintings and Manifest's International Drawing Annual and has received fellowships to attend the Vermont Studio Center, Millay Colony, and

Saltonstall Foundation residencies. Her work has been shown nationally in galleries and museums. She teaches painting and drawing at Ithaca College.

- ***Biomedical Engineering graduate students (BMES) Presentation on Orthopedic Implants, Thursday, March 2 at 6 pm*** – An orthopedic implant is a manufactured device designed to replace a joint, bone, or cartilage due to damage or deformity – such as from breaking a leg, losing a limb, or a congenital defect.
- ***Guided Hike at Lick Brook (Sweedler & Thayer Preserves), Wednesday, March 8 at 11 am*** – (Sorry that the hike was canceled in February.) 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. **We will start with the easier upper loop, with the option of the lower, more challenging section afterwards.** 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.
- ***Hot Tea & Poetry, Friday, March 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.
- ***Tour of Women's History Museum, Seneca Falls, Wednesday, March 15 at 10 am to 3 pm*** – Women's Rights National Historical Park visitor center has two floors of museum exhibits and the 1848 Seneca Falls Convention, including the "First Wave" statue installation on the ground floor and the temporary exhibit "Radical Optimism." The Wesleyan Chapel is the location of the First Women's

Rights Convention held on July 19 and 20, 1848, in which approximately 300 people gathered to attend. It is considered by many historians to be the formal beginning of the Women's Rights Movement in the United States. The home of Elizabeth Cady Stanton, the main organizer of the Seneca Falls' Woman's Right Convention and primary author of the Declaration of Sentiments. Stanton called her home the "Center of the Rebellion" during her family's 15 years in Seneca Falls. There are numerous and varied restaurants in Seneca Falls for lunch.

- ***Tour of SweetTree Sugarhouse, Berkshire, Friday, March 17 at 10 am to 3 pm*** – Take a walk into the sugarbush to see the miles of tubing that collect the sap and bring it to the sugarhouse. Inside the sugarhouse, they will be boiling the sap into syrup in their pellet fired evaporator, then filtering and bottling. (Weather dependent!) Demonstrations of Maple Candy, Maple Cream and Maple Sugar, and Jack Wax (Sugar on Snow) are also possible. You can also check out their solar panels which produce the electricity to power the sugarhouse. There are three restaurant options in Richford: The Red Rooster (a diner), Richford Pizza, and a Subway. Let me know which place you plan to eat at, so I can tell each establishment how many people to expect.
- ***Southside Shopping, Monday, March 20 at 10 am*** – If you want to go shopping at any of the downtown shopping locations (Walmart, Wegmans, Lowes, etc.).
- ***Senior Breakfast with guest Elaine Engst, Friday, March 24 at 9 am*** – Engst will talk about her book *Achieving Beulah Land - The Long Struggle for Suffrage in Tompkins County, New York*. In the late 19th century, women in New York State used the Biblical Beulah Land as a metaphor for their quest to "perfect" American democracy so that all citizens would be equally represented and equal before the law. In *Achieving Beulah Land*, Tompkins County Historian Carol Kammen (her co-author) and Cornell University Archivist Emerita Elaine Engst show how the people of Tompkins County contributed to this goal. Over 150 pages, the democratic journey is explored locally through the story of the suffrage movement here – how this major issue played out on our streets, in

our newspapers, in journals and letters, and in people's lives as it unfolded in Tompkins County and at Cornell – and what they learned during the trip.

- ***“Heading Into Night: A Clown Play About...(forgetting)” at the Cherry Artspace, Sunday, March 26*** – A world premiere clown work exploring the heartbreak and humor of the aging process. Created by and starring Cirque du Soleil alum Daniel Passer, in collaboration with Cherry Collective director Beth F. Milles. This work is a performance piece focusing on the realities, the ache and pull, the emptiness and the peripatetic joy-the language of loss-inherent in experiencing (encountering) dementia.
- ***“Birthday Lunch at the Royal Court, Wednesday, March 28, 11:30 am*** – Located on at 529 S Meadow St, Ithaca, join us for lunch and cake.

Of Interest to Seniors and the GIAC Community...

- Congratulations to (one of) our resident poets, Janie Bibbie, who was appointed as the County's 11th Poet Laureate! Janie is a longtime County resident, and has authored twelve volumes of poetry. For more information on Bibbie's appointment, read the announcement: <https://tompkinscountyny.gov/news/janie-e-bibbie-named-tompkins-county-poet-laureate> . Congratulations! We're so proud of you!
- Janice Robinson is organizing a trip going in September to Charleston SC (09/17-09/23 2023) with the Enfield Seniors. Contact her at 607-277-4626 or rjanr304@aol.com if you are interested.

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