
















April 2023



GIAC Senior Program
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
 GREATER ITHACA ACTIVITIES CENTER					 <p>Minimal walking, walker accessible Moderate leisure walking Long walks required Rough trail walking</p>	
2	3	4 Crafts & Conversation Group	5 <i>Artists Expand the Legacy of the Douglass Women</i> , Rochester 	6 Presentation on Orthopedic Implants at McGraw House 	7	8
9	10 <i>Air at Cinemapolis</i> 	11 Tour of Exhibits Johnson Museum of Art 	12 Becker House Dinner 	13	14 Poetry at GIAC	15 Yamatai: Pulse at Bailey Hall 
16	17 Southside Shopping	18 Crafts & Conversation Group	19 Guided Hike at Upper Buttermilk 	20 Underground Railroad Talk & Walk in Palmyra 	21	22
23	24	25 Crafts & Conversation Group	26 Birthday Lunch Dryden Hotel 	27	28 Senior Breakfast 	29 Rememery Project Block Party at Southside CC 
30 <i>Caesar at IC</i> 						

See reverse side for program details. See the newsletter for more detailed descriptions of all outings.



News and Notes – April 2023 GIAC Senior Program



Welcome new members: Kim Stauber, Karen Edwards, & Peggy Haine

Deadlines to keep in mind:

- **April 10th** (\$9) for *Yamatai PULSE* at Bailey Hall (event on 4/15)
- **April 14th** (\$10) for *“Caesar”* at the Hoerner Theatre, IC (event on 4/30)

We are recovering from the March blizzard as I write this. I hope April brings improved travel conditions, because we have some lengthy trips on deck for this month! It is a very busy month (and the weather should be improving), so I hope to see many of you at some point...if you have not been in a while, try and make a point to join us at some point!

If you use a computer, look into RecDesk as a way to register for programs. **RecDesk** is platform that we are encouraging participants to join, which will streamline signing up for each month’s activities. 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. I can forward you handy, step-by-step instructions, if you would like.

April 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
- **As I Recall Her: Artists Expand the Legacy of the Douglass Women at Rochester Contemporary Art Center**, *Wednesday, April 5, 10 am-3 pm* – *As I Recall Her* (<http://www.rochestercontemporary.org/exhibitions/as-i-recall->

[her-artists-expand-the-legacy-of-the-douglass-women](#)) is a juried exhibition inspired by Anna Murray Douglass, Rosetta Douglass Sprague, and Annie Douglass. This exhibition builds upon several other initiatives dedicated to the Douglass Women and it constitutes a collective effort to expand their legacy and inspire the community. As I Recall Her... is presented in partnership with collaborating organizations 540WMain, Inc. and Frederick Douglass Family Initiatives, and opened in March, International Woman's Month. This will probably be a popular outing, so do not procrastinate signing up!

- **Biomedical Engineering graduate Students (BMES) Presentation on Orthopedic Implants, Thursday, April 6 at 6 pm** –The BMES have led several interesting presentations on cardiovascular health, arthritis, & diabetes, this one will be on orthopedic implants. 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. McGraw House has graciously agreed to host us, but I would love to see people from all over join us (a van will be out to pick folks up, of course) ... please consider going! I would like for a respectable sized audience so the students feel their time was well spent.
- **Air (at Cinemapolis)** – Drama · 1h52m (R) From award-winning director Ben Affleck, *Air* reveals the unbelievable game-changing partnership between a then rookie Michael Jordan and Nike's fledgling basketball division which revolutionized the world of sports and contemporary culture with the Air Jordan brand. This moving story follows the career-defining gamble of an unconventional team with everything on the line, the uncompromising vision of a mother who knows the worth of her son's immense talent, and the basketball phenom who would become the greatest of all time. The time has not yet been posted, but we will choose a time in the late afternoon (probably 4-5pm).
- **Hot Tea & Poetry, Friday, April 14 at 10 am** – 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 not counting on warm weather yet, so we will plan to be at GIAC, as we have been through the winter.

- **Tour at the Johnson Museum of Art, Tuesday, April 11 at 1:30 pm** – Carol will lead us through some of the recently installed exhibits...
 - *Wonder and Wakefulness: The Nature of Pliny the Elder:*
(<https://museum.cornell.edu/exhibitions/wonder-and-wakefulness-nature-pliny-elder>) The year 2023 marks the 2000th anniversary of the birth of Pliny the Elder (23–79 CE), the celebrated Roman author, natural philosopher, and statesman. Wonder and Wakefulness celebrates the multifaceted legacy of Pliny’s Natural History, considered the “first encyclopedia” in the Western tradition, and its reverberations through two millennia of art, culture, and natural science. In his dedication of the book to the future emperor Titus, Pliny refers to the long nights of labor that his “thirty-six volumes and twenty-thousand noteworthy facts” have required, observing that “life properly consists of being awake” (*vita vigilia est*). In keeping with Pliny’s voracious curiosity, this exhibition brings together a range of art from antiquity to the present related to the classical tradition and Pliny’s interest in the natural world, as well as rare books, plaster casts after antique sculpture, gems, coins, and natural history specimens.
 - *Storywork: The Prints of Marie Watt from the Collections of Jordan Schnitzer and His Family Foundation*
(<https://museum.cornell.edu/exhibitions/storywork-prints-marie-watt-collections-jordan-schnitzer-and-his-family-foundation>) Multimedia artist Marie Watt is a storyteller. As a member of the Seneca Nation (one of six that comprise the Haudenosaunee Confederacy) with German-Scots ancestry, her stories draw from Native and non-Native traditions: Greco-Roman myth; pop music and Pop art; Indigenous oral narratives; Star Wars and Star Trek. Watt reminds us of the stories told by her Seneca ancestors: how the world came to be; what we have to learn from animals; and our ethical obligations to the planet, as well as to past and future generations.

She tells stories about humble, everyday materials and objects—blankets, quilts, corn husks, letters, ladders, and dreamcatchers—that carry intimate meanings and memories.

- ***Yamatai PULSE, Saturday, April 15 at 7 pm*** – (PULSE is #133 on the "161 Things Every Cornellian Should Do", so it's definitely a show you don't want to miss!) PULSE is Yamatai's dynamic annual concert, where Yamatai showcase to the Ithaca community all the hard work Yamatai put in throughout the year. This is where the long nights, blistered hands, love, passion, and artistic vision all come together into a cohesive, two-hour concert for everyone to enjoy. PULSE is the only place where you'll be fully *immersed* in the world of taiko drumming.
- ***Southside Shopping, Monday, April 17 at 10 am*** – If you want to go shopping at any of the downtown shopping locations (Walmart, Wegmans, Lowes, etc.).
- ***Guided Hike at (Upper) Buttermilk State Park, Wednesday, April 19 at 11 am*** – The Bear Trail, starting from the top of the Gorge Trail, follows right along Buttermilk Creek and is a well-maintained and easy trail. It ends at the parking lot right before Treman Lake where the Treman Lake Trail begins. Rated Easy/Intermediate, the trail is .8 mile end-to-end, and is relatively flat.
- ***Underground Railroad Talk & Walk, Palmyra, Thursday, April 20 at 3-10 pm*** – This program includes a walk around the Village of Palmyra with Bonnie Hays as she points out the many sites related to the UGRR as well as a talk that will discuss the important role that Palmyra played in the UGRR and the abolitionist movement. HISTORIC PALMYRA is a non-profit, 501(c)(3) organization dedicated preserving the history and architectural heritage of Palmyra, NY. Once known as the “Queen of Erie Canal towns,” Palmyra boasts an astonishing array of architecture, ranging from the early 1800’s to Victorian era grandeur. Historic Palmyra’s mission is to save the history of Palmyra and vicinity through the preservation of architecture, artifacts, and archives. Historic Palmyra teaches and educates through the five museums and their collections, welcoming thousands of visitors each year.

- **Senior Breakfast with guest Angie Beeler, Friday, April 28 at 9 am** – Enjoy a hearty meal followed by some fun music.
- **Rememory Block Party at Southside Community Center & 320 Wait Ave. , Saturday, April 29 (afternoon)**, In 1969, the first Africana Studies Center was established in Ithaca, both marking and making Black history in Upstate NY. But on April 1st, 1970, less than a year after its founding, the Center was destroyed as the final victim in a string of fires that targeted Black Ithacan spaces, including the Southside Community Center. These fires sought not only to eliminate space but also to quell the spirit of Black resistance and unrest that had by then already gripped the country for more than two decades. From the Underground Railroad to the oldest Black church where sermons were delivered by Frederick Douglass, and a historic Willard Straight student occupation that triggered national unrest across university campuses, Ithaca's Black history is rich, yet remains only partially spoken. Following the 53rd anniversary of Africana's destruction, organizers and community are taking back that space and giving it to Ithaca's Black and Indigenous elders and youth so they may speak that history.

Join for a Rememory Block Party, which will kick off at Southside Community Center with a community book giveaway before moving to 320 Wait Ave. where food, music, poetry, and conversation will bring Ithaca residents, students, and local Black and Indigenous organizations together in celebration of what was not destroyed: our memories, our stories, our connections, and a world of future possibilities. Free transportation will be provided to 320 Wait Ave. and will remain available to bus folks between this site and the new Africana Center for access to restrooms and a refuge in case of inclement weather. This event is free and open to all. Organizers extend a special invitation to you for a day of expression, communion, conversation, and celebration! Featured speakers will represent Southside, GIAC, Lifelong, Ithaca High School, St. James AME Zion Church, the History Center, Ithaca College, and Cornell University, while reserving an open mic for inspired memory

keepers in our communities (pending). Activities will include: story hour with elders, local catering and music, flying wish paper, book giveaway (all ages), speeches from community leaders, and resource networking with local organizations.

- ***Birthday Lunch at the Dryden Hotel, Wednesday, April 28, 11 am*** – Located at 42 W Main St, Dryden, NY 13053, join us for lunch/cake (thedrydenhotel.com).
- ***“Caesar” at the Hoerner Theatre, IC, Sunday, April 30, 2 pm*** – The Spring 2023 season finishes with a modern twist on a classic tragedy in “Caesar,” directed by Catherine Weidner, professor in the Center for Theater and Dance. Set in modern Rome, this play explores how relevant the themes of the ageless “Julius Caesar” are in today’s society, especially modern politics, Weidner said. “We are pushing the reset button on what people might think about Shakespeare, what people might think about Julius Caesar and saying ‘let’s expose this for what it is, for what it means today,’” Weidner said.

Of Interest to Seniors and the GIAC Community...

- Our friends at the Eagles have a date coming up that you might want to check out: Saturday, April 8, Noon to 2PM, Chicken Bar-B-Q to benefit the Boynton-Carpenter Race Team, \$12 per dinner (dine in or carry out), please reserve by April 3.

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

Wednesday, April 5th, 10 am-3 pm As I Recall Her: Artists Expand the Legacy of the Douglass Women at Rochester Contemporary Art Center

This exhibition builds upon several other initiatives dedicated to the Douglass Women and it constitutes a collective effort to expand their legacy. We'll stop for lunch at the Golden Corral on the way home; the tour is **free, pay for lunch on your own. Space is limited.**

Thurs., April 6th, 6 pm Presentation on Orthopedic Implants, McGraw H.

Last year, Cornell's Biomedical Engineering Graduate Students have led several interesting presentations on cardiovascular health, arthritis, & diabetes. They will lead another presentation, this time in-person at McGraw, on Orthopedic Implants. **Everyone welcome!**

Monday, April 10th, (afternoon) Movie at Cinemapolis

Air. The story of Nike's longshot effort to sign rising superstar basketball player Michael Jordan to its shoe company in the mid-1980s, **\$9.**

Tuesday, April 11th, 1:30 pm Tour at the Johnson Museum of Art

The tour will include two exhibits: *Wonder and Wakefulness: The Nature of Pliny the Elder* and *Storywork: The Prints of Marie Watt*, **free.**

Wednesdays, April 12th, 5 pm Becker House Dinner at Cornell

The students at the Carl Becker House have generously invited us to join them again for a free dinner and entertainment, **free** (seats are limited).

Friday, April 14th, 10 am Poetry at GIAC

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

Saturday, April 15th, 7 pm Yamatai PULSE at Bailey Hall

PULSE is Yamatai's dynamic annual concert will fully immerse you into the world of taiko drumming; **\$9 (checks made to GIAC, due on 4/10).**

Monday, April 17th, 10 am Southside Shopping

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

Wednesday, April 19th, 11 am Group Hike at (Upper) Buttermilk S.P.

Myra will be back to lead this hike of the Buttermilk Bear Trail; meet at the upper lot.

Thurs., April 20th, 3-10 pm Underground Railroad Talk & Walk, Palmyra

Historic Palmyra will discuss the role Palmyra and some of her citizens played in the UGRR. There will be a short presentation at the Alling Coverlet Museum and then a walking tour will follow. We'll stop at the Akropolis Restaurant for dinner; the tour is **free, pay for dinner on your own. Space is limited.**

Wednesday, April 26th 11:30 am Birthday Lunch at the Dryden Hotel

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

Friday, April 28th, 9-11 am Senior Breakfast, GIAC

Join us for French toast, bacon, eggs, and the usual fare; **\$4** (pay at door). Folk singer and musician Angie Beeler will join us as our entertainment.

Sat., April 29th, 2-4 pm(?) Rememery Project Block Party at Southside CC

Food, music, poetry, and conversation will bring Ithaca residents together in celebration of what was not destroyed by the loss of the original Africana Studies Center.

Sunday, April 30th, 2 pm "Caesar" at the Hoerner Theatre, IC

Set in modern Rome, this play explores how relevant the themes of the ageless "Julius Caesar" are in today's society; **\$10 (checks made to GIAC, due on 4/14).**