

# November 2023



**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
<p>Minimal walking, walker accessible                      Moderate leisure walking                      Long walks required                      Rough/uneven trail walking</p> <p><b>GREATER ITHACA ACTIVITIES CENTER</b></p>			1	2	3	4 Hollenbeck Cider Mill 
5	6 Movie at Cinemapolis: <i>Priscilla</i>	7	8	9 Ithaca College Veterans Day Celebration Concert 	10 <b>Veterans Day — GIAC Closed</b>	11
12	13	14 Steel Band Showcase at IC 	15 Guided Hike at Owl Creek Trail Lower Buttermilk Falls 	16 Senior Breakfast 	17 Poetry Group Harvest Festival Community Dinner (takeout or delivery)	18
19	20 ( <i>Mammography Van at GIAC</i> ) Birthday Lunch at Hairy Tony's Choose only <b>one</b> of these two days	21 Birthday Lunch at Hairy Tony's 	22	23 <b>Thanksgiving — GIAC Closed</b>	24 <b>City Holiday, GIAC Closed</b>	25
26	27 Southside Shopping	28 <i>Cirque Dreams Holiday</i> at the Clemens Center 	29	30 African Drumming & Dance at IC 	<p>United Way of Tompkins County Funded Partner</p>	

See reverse side for program details. See the newsletter for information about Loaves & Fishes, Tai Chi and Arts & Crafts group.

***Saturday, November 4<sup>th</sup>, noon-2 pm Hollenbeck Cider Mill, Vigil***

Hollenbeck's presses cider and has plenty of baked goods and several varieties of apples available for visitors during their autumn weekend open-houses, **free**.

***Monday, November 6<sup>th</sup>, afternoon "Priscilla" at Cinemapolis***

When teenage Priscilla Beaulieu meets Elvis Presley, the man who is already a meteoric rock-and-roll superstar becomes someone entirely unexpected in private moments: a thrilling crush, an ally in loneliness, a vulnerable best friend; **\$7**.

***Thurs., Nov. 9<sup>th</sup>, 12 noon Ithaca College Veterans Day Celebration Concert***

This program includes various instrument performances, a guest speaker, A Special Welcome from President La Jerne Cornish, Taps, Presentation of Colors and then the Retrieval, **free**.

***Tuesday, November 14<sup>th</sup>, 8 pm Steel Band Showcase at IC***

Steel Band performance at Ford Hall, **free**.

***Wed., Nov. 15<sup>th</sup>, 11 am Group Hike at Owl Creek Trail Lower Buttermilk Falls***

Myra will lead us on this moderate hike at Buttermilk S.P.

***Thursday, November 16<sup>th</sup>, 9-11 am Senior Breakfast, GIAC***

Join us for pancakes, bacon, eggs, and the usual fare; **\$4** (pay at door). Notable local folk musician/storyteller Joe Crookston will play for us.

***Friday, November 17<sup>th</sup>, 10 am Hot Tea and Poetry at GIAC***

Join us to share both original and favorite poems and writings. It's a friendly atmosphere and everyone is welcome.

***Friday, Nov. 17<sup>th</sup>, 4 pm Harvest Festival Community (Free) Dinner***

We'll be holding our annual fall celebratory feast as a pick-up or delivery event (no in-person service). There are several options, both vegetarian and traditional turkey dinners. Contact me for menus/delivery details, contact the front desk if you will be picking up your dinner.

***Monday & Tuesday, November 20<sup>th</sup> & 21<sup>th</sup>, 10 am-3 pm Birthday Lunch at Hairy Tony's, Cortland***

We'll celebrate this month's birthdays at this Cortland pub. You can order from the full menu, but please let me know your choice in advance, call or email your choice to me by 11/14. **See newsletter for menu options**.

***Monday, November 20<sup>th</sup>, 10 am-5 pm Mammography Van at GIAC***

The Mammography Van will be stationed at GIAC for free screens. Contact me to make an appointment. If transportation is an issue, I will try to arrange that as well.

***Monday, November 27<sup>th</sup>, 10 am Southside Shopping***

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

***Tuesday, Nov 28<sup>th</sup>, 3-11 pm Cirque Dreams Holidaze at the Clemens Center***

Cirque Dreams Combines the world's finest contemporary circus artists with dynamic choreography and whimsical storytelling, **\$70** (made out to GIAC), **due 11/14**. Dinner at Red Lobster on the way (pay for your own).

***Thursday, November 30<sup>th</sup>, 8 pm African Drumming & Dance at IC***

African Drumming and Dance performance at Ford Hall, **free**.



# News and Notes – November 2023 GIAC Senior Program



**Welcome new members:** Kathy Faben

## **Deadlines to keep in mind (payment due dates):**

- **November 14<sup>th</sup>** for *Cirque Dreams Holiday* at the Clemens Center (\$70), actual trip scheduled for 11/28.
- **November 14<sup>th</sup>** to email or call in your *lunch choice* for the November Birthday Lunch at Hairy Tony's (scheduled for 11/20 and 11/21).
- **November 14<sup>th</sup>** last day to register for Harvest Festival dinner delivery (scheduled for 11/17).

Things start moving fast once we get to this time of year... Halloween, then Thanksgiving, followed by Christmas and the New Year! One thing is for sure, we'll continue to be busy through the next couple months! Very quickly, I want to remind you all that we are still in search of another driver or two. I've had a couple of promising leads that have not worked out. Please continue to think about folks that you might know and have them contact me (or vice versa).

Also, on Monday, November 20<sup>th</sup> from 10am to 5 pm the Lourdes Mobile Mammography Van will be parked in front of GIAC for free screenings. If you would like an appointment, contact me or keep an eye out for an email with a link to sign up for a slot. We are also having the Birthday Lunch on that day, but I will try to provide transportation to the appointment if you need... contact me for details.

## **November Events – Expanded Descriptions**

- ***Hollenbeck Cider Mill, Vigil, Saturday, November 4*** – Hollenbeck's traditional season runs from late September through early spring. They offer a seasonally varying selection of New York state apples throughout the Fall & Winter

season. You can expect McIntosh and Cortlands all season long and other varieties depending on availability. The Bakery is open and bakes pies every day. They make Apple, Pumpkin, Pecan, Blueberry, Cherry, Peach, Raspberry, Blackberry, Lemon, Lime, and Sugar-Free (Erythritol) Apple pies. *If there is a specific pie you would like, they accept and strongly encourage pie orders at least 24 hours in advance.* They make donuts on Saturday and Sunday (9 am- 4 pm). Finally, they press a famous blend of cider using a Boomer & Boschert Knuckle Joint Press that's design was patented in 1870. The cider has no additives and is UV filtered, for the best tasting, purest apple cider.

- ***“Priscilla” (at Cinemapolis) Monday, November 6 (afternoon)*** — Drama • R • 1h53m - *Priscilla* is a 2023 American biographical drama film written, directed, and co-produced by Sofia Coppola, based on the 1985 memoir *Elvis and Me* by Priscilla Presley (who serves as an executive producer) and Sandra Harmon. It follows the life of Presley and her relationship with Elvis Presley. Cailee Spaeny and Jacob Elordi star as Priscilla and Elvis.
- ***Ithaca College Veterans Day Celebration, Wednesday, November 9*** – This program includes Treble Chorale, Trombone Troupe, a Bagpipe Solo!, Midnight Brass, Guest Speaker, A Special Welcome from President La Jerne Cornish, Taps, Presentation of Colors and then the Retrieval.
- ***Buttermilk Falls Owl Creek Trail, Wednesday, November 15 at 11 am*** – (lower Buttermilk parking lot) Total distance: 0.82 miles, Difficulty level: moderate; Buttermilk Creek drops 600 feet as it plunges through a gorge down the eastern slope of the Cayuga Valley at the southernmost edge of the City of Ithaca. To the north of Buttermilk Creek is Owl Creek, a much smaller stream that also cascades down the steep slope. Starting just a short distance uphill from the Lower Buttermilk Falls parking area, the Owl Creek Trail crosses the stream and then continues uphill along the north rim of the creek; a bench at an overlook is a lovely place to sit and enjoy the view across the valley. The trail continues uphill to where it terminates at Stone Quarry Road.
- ***Senior Breakfast, Thursday, November 16 at 9am*** – Joe Crookston (Folk Alliance International Artist in Residence Artist, Painter, Songwriter, fiddler, slide player) will visit us for a performance (in lieu of the brunch by the pool

that we had to cancel because of wildfire smog). *This program is made possible in full with funds from the Statewide Community Re grants program from the New York State Council on the Arts, with the support of the office of the Governor and NYS Legislature, and from Tompkins County; administered by the Community Arts Partnership of Tompkins County.*

- ***Hot Tea & Poetry***, Friday, November 17 at 10am – Please feel free to share a favorite poem or one that you wrote yourself. It is a friendly supportive atmosphere, so join the fun. We'll be at GIAC since outdoor temperatures are likely to be cool.
- ***Birthday Lunch at Hairy Tony's, Cortland***, Monday/ Tuesday, November 20 and 21 – You can order from the full menu, but please let me know your choice in advance; call or email your choice to me by 11/14. Find the menu at the end of this newsletter or at this website: <https://hairytonys.com/menu/>
- ***"Cirque Dreams Holidayze" at the Clemens Center***, Tuesday, November 28 – The Cirque Dreams franchise is a globally recognized entertainment brand that has produced a wide array of live stage performances for Broadway, casinos, theme parks, resorts, cruise lines, and theatrical venues worldwide. Since 1993, millions of people have experienced Cirque Dreams productions across the globe. Combining the world's finest contemporary circus artists with dynamic choreography and whimsical storytelling, Cirque Dreams has captured the hearts and imaginations of both audiences and critics alike. Cirque Dreams is a Cirque du Soleil Entertainment Group Company.
- ***Southside Shopping***, Monday, November 27 at 9 am – Call if you want to go shopping at any of the downtown shopping locations (Walmart, Wegmans, Lowes, etc.).

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

# HAIRY TONY'S MENU

Make your selections and email or call  
Zack by 11/14

**Lunch Specials** *Sandwiches come with  
your choice of Fries or Onion Rings.*

\$6 : **French Onion Soup** Homemade  
traditional favorite.

\$12 : **Pastrami Melt** Grilled rustic bread piled  
high with sliced pastrami, homemade horseradish  
mustard & provolone cheese.

Cup - \$5 | Bowl - \$6 **Chicken Poblano Soup**  
Creamy chicken soup with poblano peppers, black  
beans & corn.

\$14 : **Bacon Jam Burger** 1/2 lb. burger patty  
with bacon jam, onions & smoked gouda cheese  
sauce.

\$11 : **Texas Caesar** Sliced steak, roasted corn  
salsa, asiago cheese, romaine, Texas Caesar  
dressing.

\$12 : **French Dip** Roast Beef, Caramelized  
Onions, Provolone, Au Jus for dipping

\$15 : **Grouben** Crispy grouper, coleslaw,  
thousand island, swiss cheese

\$11 : **BLT Quesadilla** Bacon, Lettuce, Tomato,  
Cheddar Jack, Mayo.

\$11 : **CBR Wrap** Grilled Chicken, Bacon,  
Lettuce, Tomato, Cheddar, Ranch.

## **Shareable Stuff**

\$11.50 : **Chicken Wing Dip** Back by popular  
demand! Served with tortilla chips.

\$14.50 : **Fried Calamari** Served with our sweet  
chili sauce for dipping.

\$12.75 : **Sweet Potato Fries** With homemade  
local maple glaze.

\$15 1/2 : **Mix n' Match Tacos**

CHOOSE TWO:

\*Crispy Grouper with mango salsa

\*BBQ Brisket with chimichurri, bbq, fried shallots  
& cilantro

\*Surf n' Turf with sliced skirt steak, blackened  
mahi, pickled cabbage & charred pineapple salsa

\*Blackened Shrimp with avocado salsa

\*Nashville Hot Chicken with chopped gherkins,  
slaw & hot honey drizzle

\*Chili Dog with homemade chili, onions & cheese

\*Cuban Pig with pulled pork, ham, bacon,  
gruyere, house made pickles & mustard aioli

\*Sweet Chili Shrimp with sweet chili glazed  
popcorn shrimp, Korean slaw & pickled serranos

\$11 : **Tony's Frickles** Sliced dill pickles,  
breaded and fried golden brown with our  
homemade zesty sauce.

\$16 3/4 : **Nachos Muy Grande** Red, white &  
blue corn tortilla chips smothered with melted  
cheddar cheese, pulled pork or pulled chicken,  
salsa, guacamole, jalapeños, sour cream & green  
onions. Served on a big paella platter. Gluten Free.  
Add chili – 3 –

**Wings** (Five - \$9 - Ten – \$17), With blue cheese,  
celery & carrots. Choose mild, medium, hot,  
insane, bbq or dry rub.

**Boneless Wings** Half - \$9 - Full - \$17, Served  
by the half pound or full pound. With blue cheese,  
celery & carrots. Choose mild, medium, hot,  
insane, bbq or dry rub.

\$13.75 : **Fried Cauliflower Duo**, Made to order. Crispy cauliflower tossed with garlic – buffalo sauce and honey teriyaki sauce.

\$19 **Fresh Littleneck Clams** Choose from Trista’s clams with garlic & wine sauce, clams Caruso with sausage & tomatoes, or plain ole steamers with butter.

\$13.75 : **Shoestring Fries** Our exclusive french fries. Thin and crispy!

\$17.50 : **Quesadilla** Spicy chipotle chicken or marinated steak with side of black beans & rice.

## Soups

\$7 : **French Onion Soup**, Our homemade traditional favorite.

\$7 : **Our Famous Chili**, with sour cream, cheese & green onions.

## Healthy Stuff

**\$16 : Spiedie Salad** Hairy Tony’s Original marinated & grilled chicken skewers with romaine, tomato, onion, cucumber, cheese & fruit with a raspberry vinaigrette. Gluten Free.

\$18.50 : **Seared Tuna Seasonal Salad** Seared tuna, goat cheese, walnuts, raisins, spring mix & cranberry vinaigrette.

\$16.50 : **Black Bean Avocado Bowl** Jasmine rice topped with sliced avocado, seasoned black beans, poblano peppers, heirloom tomatoes & cilantro vinaigrette.

\$16 : **Cobb Salad** Rows of tomato, avocado, blue cheese, bacon, egg & chicken served over mixed greens with our homemade zesty dressing.

\$10.75 **Caesar Salad** Crisp romaine, croutons & shaved parmesan cheese with traditional caesar dressing.

Add chicken – 4 Add shrimp – 5

## Tools Required

\$28 : **Maple Glazed Salmon** over spiced apple risotto & balsamic caramelized brussels sprouts

\$48 : **Oscar Filet Mignon** 8 oz grilled filet mignon over mashed potatoes topped with asparagus, crab meat & bearnaise.

\$19.75 **Chicken Schnitzel** Breaded chicken breast pan fried in evoo, capers, parsley & lemon with warm German potato & red cabbage salad.

\$22 : **Beef Stroganoff** One of our favorite winter items! Traditionally prepared & topped with sour cream.

\$29 : **Braised Short Rib Bowl** Slow cooked beef short rib over spicy peanut udon noodles.

\$31 : **Vegan Meatloaf** Homemade “impossible” meatloaf with mashed sweet potatoes, asparagus & vegan gravy.

\$23.75 : **New Orleans Pasta** A Hairy Tony’s favorite! Chicken, hot sausage & shrimp in a spicy cream sauce over penne-rigatoni.

\$18.75 : **Our Famous Ribs** 1/3 rack of St. Louis cut ribs with homemade bbq sauce, grilled watermelon, sweet potato fries with local maple glaze and jalapeño corn bread.

\$33.75 : **Baseball Sirloin** Our famous baseball sirloin, sliced and dipped in garlic butter over toast with fresh cut potato wedges and vegetable.

\$26.50 : **Beer Battered Fish and Chips** Haddock filet dipped in homemade beer batter then fried & served over fries with malt vinegar and chili tartar sauce.

\$21.50 : **Pad Thai** Pad Thai noodles tossed with our homemade tamarind sauce, chicken & carrots. Garnished with bean sprouts, peanuts & cilantro. Substitute shrimp – \$4 –

\$22 : **Chicken Riggies** A spicy upstate New York specialty! Chicken breast, hot peppers, tomato filets & onion in creamy wine sauce over rigatoni.

\$13.75 : **Mac and Cheese** A stepped up version of the classic made with a combination of cheeses and topped with toasted bread crumbs.

\$16.50 : **Shepherds Pie** A traditional pub menu item. A rich beef and vegetable stew cooked for hours with Guinness beer. Served in a crock and crusted with cheddar mashed potatoes.

### **Tools Optional**

\$16.50 : **Lettuce Wraps** Grilled chicken, beef or vegetables served with diced tomato, avocado, cucumber, cheddar, three sauces (chimichurri, thai peanut and tomato vinaigrette) and organic bibb lettuce for rolling. Gluten Free.

\$15 : **Balsamic Chicken Wrap** Marinated chicken breast, bacon, Swiss cheese, lettuce and tomato with balsamic reduction. Served with a side of yogurt, fruit and granola parfait.

\$15 : **Pulled Pork or Chicken Sandwich** Served Carolina style (with homemade coleslaw on the sandwich). Choose pork, chicken or both. Garnished with tortilla chips & salsa.

\$14 : **Tony's Burger** 1/2 pound burger cooked to desired temperature, served on a roll with lettuce, tomato, onion. Add cheese – \$.50 – Choice of Swiss, cheddar, american, muenster, or blue cheese. Served with tortilla chips & salsa. Add bacon – \$1 – Beyond Veggie Burger available – \$1 –

\$12.75 : **Old Crazy Caruso's Pizza** Made fresh to order. Choose from cheese, grilled vegetables, chicken wing or pepperoni & sausage.

\$22 : **Take Off That Skirt Steak Sandwich** A very manly sandwich consisting of skirt steak cooked to desired temperature with beefsteak tomato slices or caramelized onions or both, gorgonzola butter and homemade onion rings.

\$14.50 : **Diablo Chicken Sandwich** Chicken breast sauteed in hot sauce, peppers, onions, garlic and topped with muenster cheese, with spicy mayo & shredded lettuce on a roll. Garnished with tortilla chips & salsa.

\$24 : **Fish Tacos** Beer battered haddock, vinegar slaw, fundido and salsa. Served with black beans and rice.

**\*Substitute Shoestring or Sweet Potato Fries for an Upcharge\* Side Salad – \$6 –**