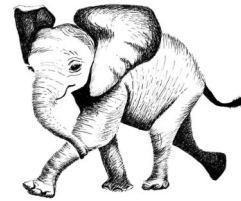














# May 2023



**GIAC Senior Program**  
 Zack Nelson, 272-3622 x 2233  
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 znelson@cityofithaca.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
 <p><b>GREATER ITHACA ACTIVITIES CENTER</b></p>	1	2 Crafts Group  Jazz Ensemble at IC 	3	4	5 Michael Sampson exhibit at South Hill's Artist Alley 	6	
7	8 <i>Move When The Spirit Says Move</i> Movie at Cinemapolis	9 Crafts & Conversation Group	10 Visit to Syracuse Zoo 	11	12 Bike Ride at Stewart Park	13	
14	15 Guided Hike Mundy Wildflower Garden 	16 Crafts & Conversation Group	17 Lilac Festival in Rochester 	18	19 Ice Tea & Poetry	20	
21	22 Friends of the Library Book Sale Dime Day 	23 Crafts & Conversation Group	24 Southside Shopping	25	26 Senior Breakfast 	27	
28	29 <b>Memorial Day—City Holiday</b>	30 Crafts Group <i>What the Constitution Means to Me</i> at the Kitchen Theater 	31 Birthday Lunch at Blue Dolphin 	 <p>Minimal walking, walker accessible                      Moderate leisure walking                      Long walks required                      Rough trail walking</p>			 United Way of Tompkins County Funded Partner

See reverse side for program details. .

**Tuesday, May 2<sup>nd</sup>, 8 pm Jazz Ensemble at IC, Ford Hall**

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

**Fri, May 5<sup>th</sup>, 10:30 am Exhibit at South Hill Business Campus Artist Alley**

Artist Michael Sampson will share his exhibit and give us a tour of the Artist Alley. Afterwards, we'll have lunch next door at Cafe-On-The-Go (pay for your own).

**Monday, May 8<sup>th</sup>, 11 am "Move When The Spirit Says Move" Cinemapolis**

Join us for a special showing; this is a documentary film about the work of Dorothy Cotton, a bold yet unsung civil rights activist/educator, and those carrying on her legacy, **free**.

**Wednesday, May 10<sup>th</sup>, 10 am-3 pm Visit to Syracuse Zoo**

It's Senior Citizens Appreciation Day at the Rosamond Gifford Zoo (admission is **free**) with special keeper talks and access to senior-specific exhibitors. Afterwards we'll have lunch at Brooklyn Pickle (pay for your own). **Space is limited**.

**Friday, May 12<sup>th</sup>, 11 am Group bike ride, Ithaca Youth Bureau**

Let's take a bike ride at Steward 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 (you may need to share with others).

**Monday, May 15<sup>th</sup>, 1 pm Group Hike at Mundy Wildflower Garden**

Gundy Lee of the Cayuga Trail Club will stand in for Myra for our visit to the Mundy Wildflower Garden, part of the Cornell Botanical Garden; meet at the parking lot at 320 Caldwell Rd. **Note the start time**.

**Wednesday, May 17<sup>th</sup>, 9 am-4 pm Lilac Festival in Rochester**

It's Senior Day at the Lilac Festival. This year's festival announced over 100 live music performances, over 300 arts and crafts vendors, a variety of family-friendly activities, and — of course — lilacs! **Space is limited**.

**Friday, May 19<sup>th</sup>, 10 am Poetry in the Park**

Join us to share both original and favorite poems and writings. It's a friendly atmosphere, everyone is welcome. Let's meet up at the pavilion just north of the Children's Garden.

**Monday, May 22<sup>nd</sup>, 10 am Friends of the Library Sale**

Friends of the Library biannual fund raiser; this is "Dime Day", every item on the main floor is a dime.

**Wednesday, May 24<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.

**Friday, May 26<sup>th</sup>, 9-11 am Senior Breakfast, GIAC**

Join us for pancakes, bacon, eggs, and the usual fare; **\$4** (pay at door). Daniel Forsyth, a folk musician formerly of the band Driftwood, will play for us.

**Tuesday, May 30<sup>th</sup>, 7:30 pm "What the Constitution Means to Me" at the Kitchen Theater**

This hilarious, dynamic, and uplifting award-winning show was nominated for two Tony Awards; **\$10 (checks made to GIAC, due on 5/12)**.

**Wed., May 31<sup>st</sup> 10 am-3 pm Birthday Lunch at the Blue Dolphin, Apalachin**

Join us to celebrate May's birthdays at a favorite place we haven't visited for a while; come for the food, fun, and cake.



# News and Notes – May 2023 GIAC Senior Program



**Welcome new members:** Ella Brooks & Nancy Schuler

## Deadlines to keep in mind:

- **May 12<sup>th</sup>** (\$10) for ***“What the Constitution Means to Me”*** at the Kitchen Theater (event on 5/30)

Spring is in full force! It feels great to have warmer weather and I’m excited about the interesting programs that we’ll be able to travel to! There are a bunch of great programs to look forward to this month, but I really want to highlight the Dorothy Cotton documentary that the program is showing at Cinemapolis. An anonymous donor is sponsoring this showing for our program in particular, and we’ve invited some of our collaborating organizations to participate as well. This film is very well done and quite interesting. It is scheduled for Monday, May 8<sup>th</sup> at 11am; I hope that many of you can attend (remember, it’s free!).

## **May 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
- ***South Hill Artist Alley Exhibit by Michael Sampson, Friday, May 5 at 10:30 am*** – Michael was born in Boston, MA ,1969, and grew up in Rockport, MA. He attended Montserrat College of Art 1988-1993 and now lives and works at his studio in Ithaca. He currently is a member of the Artists Alley studios, and curates The Gallery at South Hill.
- ***“Move When The Spirit Says Move” (at Cinemapolis) Monday, May 8 at 11 am*** — Documentary · 1h27m This is a documentary film about the work of

Dorothy Cotton, a bold yet unsung civil rights activist/educator, and those carrying on her legacy. This locally created movie traces Cotton's entrance into the civil rights movement and her life experiences. You will probably recognize some contributors to the films. We are fortunate that a local donor feels that the film is important and has arranged that we can view it for free! I hope to see many of you there for the showing. Director: Ry Ferro, Deborah C. Hoard; Producer: Deborah C. Hoard

- **Visit to Rosamond Gifford Zoo, Syracuse, Wednesday, May 10, 10 am-3 pm** – It's Senior Citizens Appreciation Day at the zoo, which means free admission with special keeper talks and access to senior-specific exhibitors. The zoo is home to more than 700 animals representing over 200 species, including two baby elephants (seen at the Helga Beck Asian Elephant Preserve Pachyderm Pavilion viewing windows daily from 11-11:30 am and 2–2:30 pm).
- **Group bike ride, Friday, May 12 at 11 am** – Anyone up for a bike ride? 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 recumbent bike. Come for a ride, please let me know that you are joining us so I can plan to have the right number of bikes.
- ***Iced Tea & Poetry, Friday, May 19 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. The weather seems to have changed so that we can meet at the pavilion just north of the Children Garden.
- ***Guided Hike at Mundy Wildflower Garden, Monday, May 15 at 1 pm*** – Gundy Lee of the Cayuga Trail Club will stand in for Myra for our visit to the Mundy Wildflower Garden; meet at the small parking lot at 320 Caldwell Rd. This garden is a centerpiece of Cornell Botanic Gardens' native plant education program and is known for its exceptional diversity of early spring blooming wildflowers such as skunk cabbage, trout lily, marsh marigold, and trillium that

take advantage of the sunlight and warmth provided by the still-bare tree canopy. It is also an excellent spot for birding.

- ***Lilac Festival, Wednesday, May 17 at 9 am-4 pm*** – This year’s festival announced over 100 live music performances, over 300 arts and crafts vendors, a variety of family-friendly activities, and — of course — lilacs! Wednesday is Seniors Day, with special entertainment performing on Lilac Center Stage, lunch specials, and plenty of time to stroll through the gardens and enjoy the scents of the lilacs.
- ***Friends of the Library Book Sale Bag Day, Monday, May 22 at 10 am*** – this is “Dime Day”, every item on the main floor is a dime.
- ***Southside Shopping, Wednesday, May 24 at 10 am*** – Call if you want to go shopping at any of the downtown shopping locations (Walmart, Wegmans, Lowes, etc.).
- ***Senior Breakfast with guest Daniel Forsyth, Friday, May 26 at 9 am*** – Enjoy a hearty meal followed by some fun music. No stranger to writing original songs for the stage, Dan is a founder and one of the main singer/songwriters for the folk band Driftwood. The band has toured nationally for the last decade and has crafted a style that is based on folk-tinged tunes.
- ***“What the Constitution Means to Me” at the Kitchen Theatre, Tuesday, May 30, 7:30 pm*** Fifteen-year-old Heidi paid her way through college by debating the merits of the U.S. Constitution across the Midwest. Now, as an adult, she is reexamining her teenage convictions, tracing that pivotal document's profound effect on four generations of women in her family in a witty and stunningly relevant piece of theater. This Hilarious, Dynamic, and Uplifting award-winning show was nominated for two Tony Awards and named a finalist for the 2019 Pulitzer Prize in Drama. (Before purchasing tickets, you must agree to acknowledge and accept that KTC has adopted specific protocols to prevent the spread of the Coronavirus. These protocols are subject to change based on CDC Guidelines. Please know that at this performance you, and everyone in your party, will be asked to: •Wear masks

properly at all times. •Social distance when possible. •Voluntarily assume all risks related to potential exposure to COVID-19.)

- ***Birthday Lunch at the Blue Dolphin in Apalachin, Wednesday, May 31*** – Located at 7670 NY-434, Apalachin, NY 13732, this has been a favorite place for the group in the past!

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

- As of 3/22/2023, it has come to the attention of the Ithaca Police Department that a phone scam exists where individuals are utilizing their phone number in an effort to get people to believe they are speaking with a police officer. The scammers then proceed to demand victims send them money under the threat of arrest. The Ithaca Police Department will never call anyone and ask them to send any amount of money to the police department under threat of arrest. If something seems suspicious, please hang up and contact the Ithaca Police Department in order to verify and report the incident. Police Dispatch: 607-272-3245; Police Administration: 607-272-9973; Police Tipline: 607-330-0000; Anonymous Email Tip Address: [www.cityofithaca.org/ipdtips](http://www.cityofithaca.org/ipdtips).
- **Please Join COFA for their Open House to celebrate Older Americans Month**, Friday May 12 1-4 pm: May is Older Americans Month and to celebrate COFA are having an Open House: Come and peruse their informational tables which will include some of our community partners! Help them recognize their 2023 Outstanding Volunteers during a brief presentation and stay for a bite to eat and participate in a raffle to win a gift basket of goodies. Feel free to join anytime between 1-4 pm. Recognition of COFA's Outstanding Volunteers will begin at 2:00pm. Please RSVP to Caryn Bullis at [cbullis@tompkins-co.org](mailto:cbullis@tompkins-co.org) or call 607-274-5450. Parking scratch off tickets are available at their front desk.

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