














September 2023



GIAC Senior Program
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
  GREATER ITHACA ACTIVITIES CENTER		 Minimal walking, walker accessible Moderate leisure walking Long walks required At least one flight of stairs, no elevator		1	2	
3	4 Labor Day, City Holiday	5 Movie at Cinemapolis	6 Syracuse Baseball Game 	7	8	9 Windmill Market 
10	11 Bike Ride on Water Front Trail	12	13 Guided Hike at Bell Station Preserve 	14	15 Poetry in the Park	16
17 Founder's Day Concert 	18	19	20 Cornell BMES Presentation on General Musculo-Skeletal Health 	21	22 Senior Breakfast with Cayla Lea 	23 Johnson Museum of Art Anniversary Open-house 
24	25 Southside Shopping	26	27 Birthday Lunch at Parkview Inn, Owego 	28 Birthday Lunch at Parkview Inn, Owego 	29 <i>Jesus Christ Superstar</i> at Clemens Center 	30
<div style="border: 1px solid black; padding: 5px; display: inline-block;">Choose only one of these two days</div>						

See reverse side for program details.



News and Notes – September 2023 GIAC Senior Program



Welcome new members: Justine Kalka, Loretta Castonguay, Becky Sharkey, and Bev and Alison Munson

Deadlines to keep in mind:

- **September 1st** for *Baseball in Syracuse* (\$16)
- **September 11th** for *Jesus Christ Superstar* at the Clemens Center in Elmira (\$60)

Welcome to early fall (gulp)... sorry to see the summer coming to an end, but the fall does bring some great programs, so we can focus on the positive!

One last time... thanks Jerry for your service driving and good luck to you and Kathy in your new city. That said, he leaves a hole in our roster of drivers, and **I need to find a replacement ASAP!** If you are interested, or know someone that would be a good fit, please let me know. I'm still searching for one or two people.

September Events – Expanded Descriptions

- ***“Golda”*** (at Cinemapolis) Tuesday, September 5 (late afternoon) — Drama · PG-13 · 1h40m - This film focuses on the intensely dramatic and high-stakes responsibilities and decisions that Golda Meir, also known as the 'Iron Lady of Israel' faced during the Yom Kippur War. Director: Guy Nattiv; Cast: Helen Mirren, Zed Josef, Claudette Williams
- ***Baseball in Syracuse***, Wednesday, September 6 – Neither of these teams is having a particularly good year, but it's an opportunity to see near MLB quality baseball from a vantage very close to the action.

- ***The Windmill Farm & Craft Market, Saturday, September 9*** - The Windmill is host to over 175 indoor and outdoor shops filled with hand crafted items too numerous to count. You will discover great food, fresh produce, flowers, custom cabinetry, furniture, fashion, local wineries, artistry, gifts, micro brews, entertainment, and so much more. The Windmill offers many onsite dining options from full restaurants to unending snack options. With six wineries, a brewery and a distillery, The Windmill is a one stop destination for tastings. The Duo *Bob and Dee* will be performing during the market.
- ***Guided Hike Six Mile Creek, Wednesday, September 9 at 11 am*** – The Finger Lakes Land Trust has recently purchased the spectacular Bell Station site in Lansing, which boasts 480 acres of wooded hillsides, extensive fields, and several small streams with cascading waterfalls. The effort will conserve over 3,400 feet of pristine shoreline and create a public recreation area, while an upland portion will be reserved for solar energy production! The Bell Station property is the largest privately owned parcel of shoreline remaining in the Finger Lakes. Acquisition of the site for conservation will greatly enhance public access to the east side of Cayuga Lake, which is 90% privately owned. Permanent conservation will also prevent residential development on the steep hillsides bordering the lake, helping to safeguard the lake’s water quality and prevent harmful algal blooms. For all these reasons, the Finger Lakes Land Trust has been pursuing the conservation of the Bell Station property for a number of years. FLLT is now under contract to purchase the property and is working together with DEC, the Town of Lansing, Tompkins County, and other key stakeholders to acquire the land and create a public conservation area on the lakeshore portion of the property. The new conservation area will be transferred to New York State and managed by DEC as a wildlife management area open for recreational uses including hiking, cross country skiing, wildlife watching, hunting, and fishing.

David McCheyne is a Citizen Mycologist and lifetime Western New York resident who's spent the last two decades studying (and not infrequently snacking from) the ecosystems of lower New England and volunteering with any research or conservation program that gets him outside. The last several

years his studies have focused on mushroom taxonomy of the Order Boletales, but you can usually find him near the back of the walking group moving very slow or bent over a log taking a picture of something small and beautiful.

Directions and instructions: (Take route 34B north 12 miles from the intersection near Rogues Harbor, turn left onto Lake Ridge Rd. Look for Nut Ridge Road to the left after two miles, it dead-ends near the lake and that is where we should meet). At the end of the road there are two lovely paved parking areas...we cannot park in either of them. We need to turn around at the parking area and then park off the south side of the road. There is plenty of room; it's just a nuisance.

- ***Group bike ride, Monday, September 11*** – 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 (depending on numbers, be prepared to share).
- ***Iced Tea & Poetry, Friday, September 15*** – 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. I hope that we'll get back to the large group that we had coming this past spring!
- ***Founders' Day Concert, Sunday, September 17 at 2 am- 3:30 pm*** – A celebration of the college's partnership with Ithaca since 1892. Hosted by the Friends of Ithaca College. The 31st Annual Founder's Day Concert hosted by the Friends of Ithaca College will take place on Sunday, September 17. Special thanks to Beverly Baker '54 for 31 years of sponsorship of the Annual Founder's Day Concert.
- ***Senior Breakfast, Friday, September 22 at 9am*** - Calya Lea is a singer songwriter hailing from Watkins Glen. She self-classifies as a folk-soul singer whose influences range from Joni Mitchell to James Brown. *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.

- **Johnson Museum of Art Anniversary Open-house, Saturday, September 23, 2-4 pm** - Celebrate fifty years of bringing art and people together at the Johnson Museum with live music, sweet treats, art-making, and more—free and open to all! Enjoy a performance by Ithaca’s beloved [Fall Creek Brass Band](#), create a mixed-media animal inspired by the work of [Celia Vasquez Yui](#), take a special tour of [Fifty Years: An Anniversary Celebration with the Collection](#), hear a reading by Tompkins County Poet Laureate [Janie Bibbie](#), and go on a scavenger hunt hosted by the Willard Straight Hall Student Union Board. Plus, be the first to taste of “Cosmos Swirl” ice cream from [Cornell Dairy](#), named in tribute to the Museum’s [light installation inspired by Carl Sagan](#)! (Ice cream quantities are limited to first-come, first-served.) **Janie E. Bibbie** is the Tompkins County Poet Laureate for 2023–24. She is author of *Alzheimer’s: Up Close and Personal* and several books of poetry, including *Priceless Present: Poems for Now*. She is a member of Business Leaders of Colors, Lifelong, and the GIAC Senior Program. As Poet Laureate, she hopes to encourage members of the Tompkins County community to join her in reading, writing, and sharing poetry. **The Willard Straight Student Union Board** aims to celebrate Willard Straight Hall’s historical responsibility and Cornell’s student culture by hosting events that build social relationships within the Cornell community through fun and unique activities that support and acknowledge the cultural and social diversity of the student community throughout the school year.
- **Southside Shopping, Monday, September 25 at 10 am** – Call if you want to go shopping at any of the downtown shopping locations (Walmart, Wegmans, Lowes, etc.).
- **Birthday Lunch at Parkview Inn, Owego, Wednesday/Thursday, September 27 & 28, 10 am-3 pm** – Choose one of the two dates on the calendar... Located in

the heart of historic downtown Owego, the Parkview Inn is the oldest continually operated business in the village since 1867.

(<http://www.owegoparkviewinn.com/dugan-restaurant/>).

- ***“Jesus Christ Superstar” at the Clemens Center, Friday, September 29*** – Celebrating its 50th Anniversary, a new mesmerizing production of the iconic musical phenomenon returns to the stage. Originally staged by London’s Regent’s Park Open Air Theatre and helmed by the acclaimed director Timothy Shearer (*Crazy for You, Into the Woods*) and cutting-edge choreographer Drew McOnie (*King Kong, Strictly Ballroom*), this production won the 2017 Olivier Award for Best Musical Revival garnering unprecedented reviews and accolades. Appealing to both theater audiences and concert music fans, this production pays tribute to the historic 1971 Billboard Album of the Year while creating a modern, theatrical world that is uniquely fresh and inspiring. With lyrics and music by Emmy, Grammy, Oscar and Tony winners Tim Rice and Andrew Lloyd Webber, *Jesus Christ Superstar* is set against the backdrop of an extraordinary series of events during the final weeks in the life of Jesus Christ as seen through the eyes of Judas. Reflecting the rock roots that defined a generation, the legendary score includes ‘I Don’t Know How to Love Him’, ‘Gethsemane’ and ‘Superstar’.

Of Interest to Seniors and the GIAC Community...

- Cornell PhD student Sang-O Kim (sk3322@cornell.edu, 310-489-9764) is conducting research and would like to hear from you about your stories of caregiving and transportation challenges. Researchers at Cornell are looking for family caregivers of older adults who want to share their experiences of caregiving. The purpose of the research is to develop a more inclusive transportation policy for care giving households in NY. Anyone providing care to an aging family member for at least a year is eligible to participate. Participants will receive a \$40 gift card for

completing the interview. Interviews are not expected to last more than one hour and can be in-person, on the phone, or on Zoom.

- The Office for the Aging still has Farmer's Market Coupons! Clients who are 60+, within the income guidelines listed below, and have not received Farmers Market coupons this year, can receive a \$25 coupon booklet that they can use on fresh, unprocessed, local fruits and vegetables at participating Farmer's Markets. Some of the food that is available in August/September includes- apples, blueberries, peaches, beans, beets, sweet corn, and potatoes and so much more! The Office will have these coupons available until September 30th, and the coupons can be used until November 30th.
 - 1-Person Household: \$2248
 - 2-Person Household: \$3041
 - 3-Person Household: \$3833

Please call the office at 607-274-5482 for more information or stop in!

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

Tuesday, September 5th, late-afternoon “Golda” at Cinemapolis

A biographical film about Golda Meir, the 'Iron Lady of Israel', during the Yom Kippur War; \$7.

Wednesday, September 6th, 12 noon-5 pm Baseball in Syracuse

The (Syr.) Mets are playing Rochester for this rare midweek day game, \$16 (made out to GIAC), due 9/1. We'll get premium seats and enjoy lunch at the game (pay for your own lunch).

Saturday, September 9th, 10 am-4 pm The Windmill Market, Penn Yan

Join us on this perennially popular trip to a weekend market near Penn Yan. A wide variety of goods are available, everything from homemade candy to clothing to furniture; **space limited**.

Monday, September 11th, 11 am Group Bike Ride, Ithaca Youth Bureau

Let's take a ride on the Waterfront Trail! 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.

Wednesday, September 13th, 11 am Group Hike at Bell Station Preserve

We visited Bell Station last September and had a great walk. A highlight was a fungi expert that we happened to encounter. David McCheyne (the mycologist) will join us again on the hike; given the wet summer, the fungus should be plentiful!

Friday, September 15th, 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.

Sunday, Sept. 17th, 2 pm Founders' Day Concert at Dewitt Park

Join to enjoy a (free!) concert, mingle with friends, and take in the sights of the Ithaca community and the sounds of IC's incredible musicians (bring a folding chair).

Wed., Sept. 20th, 6:30 pm Musculoskeletal Health Pres. at McGraw House

Cornell's Biomedical Engineering Graduate Students have led several interesting presentations on cardiovascular health, arthritis, & diabetes. They will lead another presentation on musculoskeletal health. **Everyone welcome!**

Friday, September 22nd, 9-11 am Senior Breakfast, GIAC

Join us for pancakes, bacon, eggs, and the usual fare; \$4 (pay at door). Calya Lea will play for us originals and covers in her folk-soul style.

Sat., Sept. 23rd, 2 pm Johnson Museum of Art Anniversary Open-house

Celebrate fifty years of bringing art and people together at the Johnson Museum with live music, sweet treats, art-making, and more—**free** and open to all!

Monday, September 25th, 10 am Southside Shopping

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

Wed. & Thurs., September 27th & 28th, 10 am-3 pm Birthday Lunch at the Parkview Inn, Owego

Join us for lunch overlooking the Susquehanna! This will be a new place for a b-day lunch, but it looks good! Sandwiches start at \$10 (pay on your own).

Friday, Sept. 29th, 4-11 pm “Jesus Christ Superstar” at the Clemens Center

Celebrating its 50th Anniversary, a new mesmerizing production of the iconic musical phenomenon returns to the stage, \$60 (made out to GIAC), due 9/11. Dinner at Olive Garden on the way (pay for your own).