

October 2023













GIAC Senior Program

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Bike Ride on Water Front Trail	3	4	5	6	7 Lafayette Apple Festival 
8	9 Indigenous Peoples' Day — GIAC CLOSED	10	11 Guided Hike at Kingsbury Woods Loop 	12 The Cider Mill Tour in Vestal 	13 Poetry & Hot Tea Fall Foliage Eco-Cruise 	14
15 Lincoln Funeral Train talk, Lansing Town Hall 	16 Waterloo Outlet Mall Shopping 	17	18 Steering Committee Meeting at the Sunset Grill 	19	20 Senior Breakfast 	21
22	23	24 Movie at <i>Cinemapolis</i>	25 <i>Lady Day at Emerson's Bar and Grill</i> at Syracuse Stage 	26 Birthday Lunch to Aiello's 	27 Birthday Lunch to Aiello's 	28
29	30 Southside Shopping	31	 <p>Minimal walking, walker accessible Moderate leisure walking Long walks required At least one flight of stairs, no elevator</p>			

Choose only **one** of these two days



GREATER ITHACA ACTIVITIES CENTER



See reverse side for program details.



News and Notes – October 2023 GIAC Senior Program



Welcome new members: Cheryl Kellmurray Erickson, Cathrine Suzanne Decker, & George Wiggans

Deadlines to keep in mind (payment due dates):

- **October 10th** for *Fall Foliage Eco-Cruise* at Allan H. Treman Marina (\$12), actual trip scheduled for 10/13.
- **October 10th** for *Lady Day at Emerson's Bar and Grill* at Syracuse Stage (\$35), actual trip scheduled for 10/25.

Hard to believe, but we're well into fall and preparing for Halloween and then Thanksgiving! October can be a great month with a bunch of seasonal activities that you won't want to miss... like leaf-peeping from aboard a boat on Cayuga and various scenic drives. Also, there are several chances to indulge in the tasty foods that typify this time of the year. At GIAC, this month is also Latino Heritage Month; we'll celebrate this at our breakfast with some Latin jazz!

Some of you use **RecDesk** to sign up for our outings. I've been told that GIAC will discontinue use of the platform soon (I guess this is because of its high cost and lack of versatility). Apologies if you liked this method of managing your participation, I understand that we are looking for another comparable host. Once another is selected, I will send you instructions on how to set up an account. In the meantime, please call or email me your choices.

October Events – Expanded Descriptions

- **Group bike ride, Monday, October 2** – Anyone up for a bike ride? Let's meet at the at the Bike Walk Tompkins Office (803 Cascadilla St.; which is across the

street from GreenStar Coop); if you have a bicycle, you are good to go, if not, we'll have some on hand. 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 the number of participants, be prepared to share).

- ***Kingsbury Woods Conservation Area, Wednesday, October 11 at 11 am*** – (185 Jersey Hill Rd, Ithaca) Total distance: 1.1 miles, Difficulty level: easy to moderate; Directions: From Ithaca, go south on Rt. 96B, past Ithaca College. About 2 miles past the college, make a right onto Comfort Road. Go 1.6 miles and turn right on Jersey Hill Rd. At the split in the road, continue to follow Jersey Hill Rd (a left). Go a short distance and park in the parking area on the right, just before the bridge; the trail is on the left opposite the parking area.

The forest at Kingsbury Woods protect over 6,000 feet along the upper reaches of Lick Brook in Ithaca. Downstream from the preserve, Lick Brook carves a spectacular gorge on its way to the Cayuga Inlet below; here, however, the headwater streams course gently through old fields that are gradually reverting to hardwood forest. In the southern section of the woods stand several giant old oaks. Dwarfing the surrounding, much younger hardwoods, these "wolf trees" once upon a time spread their impressive branches in an open field with broad views of the surrounding countryside. In 2008, Sheela Kingsbury generously donated the 48-acre forest. With the addition of this property, the Land Trust now has secured over 300 acres in the Lick Brook area, helping to protect Cayuga Inlet water quality and stem the tide of development on this lovely hillside.

- ***The Cider Mill tour in Vestal, Thursday, October 12*** – The Cider Mill in Endicott, New York has been a landmark in its location since 1926 and became part of the Ciotoli family in 1942. The Mill has become more popular than ever with both longtime community patrons, and touring visitors. The wonderful aromas and tastes of Fall in upstate New York continue to attract thousands each year to the natural goodness of pure cider and all the old-fashioned baked goods that complement its flavor. Lunch at the River Rock Diner (Owego) on the way home.

- **Hot Tea & Poetry, Friday, October 13 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.
- **Fall Foliage Eco-Cruise, Friday, October 13 at 4-5:30pm** – Hop aboard the comfortable and spacious MV Teal for relaxing afternoon cruise when the light is just right for leaf-peeping from the lake! Narrators will be on board to talk about the history and ecology of the lake as well as about this special time of year when the hills are alive with the changing colors of the season and the fall harvests are bountiful in the Finger Lakes. With customer interest, DCL will gladly offer some interactive lake study activities that showcase a bit of what they do as Ithaca's Floating Classroom boat. Bring your binoculars and your own locally harvested apples, cider, grapes or wine on board to enjoy while you cruise; \$12 (made out to GIAC), due 10/10.
- **"Lincoln Funeral Train" talk at Lansing Town Hall (29 Auburn Road), Sunday, October 15, 2pm** - A few of us traveled to Jordan for a version of this talk a year ago. Since there were some folks that couldn't make it, we'll give you all another chance now (since it was fun and interesting!). John Lamphere, Professor of History at SUNY Oswego, will present on President Lincoln's Funeral Train and talk about it passing through the area. Lamphere taught Criminal Justice and American History at Cayuga Community College for 31 years – first serving as an adjunct, then as vice-president and full professor. He was recently awarded professor emeritus status after receiving the SUNY Chancellors Award. He presents lectures on a variety of history topics and conducts guided bus tours to the Gettysburg National Battlefield. Lamphere studied at Cayuga County Community College and SUNY Oswego, followed by graduate studies from Marist College, SUNY Oswego, American Public University, and American Military University.
- **Senior Breakfast, Friday, October 22 at 9am** - Sue Smith and Alejandro Papachryssanthou bring you something unique, their favorite jazz tunes played adventurously and soulfully on chromatic harmonica and keyboard.

Latin, Brazilian, standards...Both long time local music teachers and performers with eclectic backgrounds. *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.*

- **“Killers Of the Flower Moon”** (at Cinemapolis) Tuesday, October 24 (afternoon) — Drama · R · 3h26m - Based on David Grann's broadly lauded best-selling book, *Killers of the Flower Moon* is set in 1920s Oklahoma and depicts the serial murder of members of the oil-wealthy Osage Nation, a string of brutal crimes that came to be known as the Reign of Terror. Director: Martin Scorsese; Cast: Leonardo DiCaprio, Robert De Niro, Lily Gladstone
- **“Lady Day at Emerson’s Bar and Grill” at Syracuse Stage, Wednesday, October 25** – This show chronicles Billie Holiday’s life story through the songs that made her famous. 1959, in a small, intimate bar in Philadelphia, Holiday puts on a show that unbeknownst to the audience, will leave them witness to one of the last performances of her lifetime. One of the greatest jazz and blues singers of all-time, she shares her loves and losses through her poignant voice and moving songs, including: “Strange Fruit,” “God Bless the Child,” “When a Woman Loves a Man,” and “Ain’t Nobody’s Business if I Do.” By Lanie Robertson | Musical Arrangements by Danny Holgate | Directed by Jade King Carroll | Scenic Design by Brittany Vasta | Costume Design by Karen Perry | Lighting Design by ML Geiger | Sound Design by Jacqueline R. Herter. There will be a one-hour lecture about the show prior to the performance.
- **Birth-day Lunch at Aiello’s, Whitney Point, Thursday/Friday, October 26 & 27, 10 am-3 pm** – Choose one of the two dates on the calendar... Located in Whitney Point, Aiello’s is a good Italian restaurant. **Please note, we will have a limited menu to choose from**, options are: chicken parm, eggplant parm, spaghetti & meatballs, chef salad, primavera pasta. Meals will consist of entrees, non-alcoholic beverages, salad, & bread (I'll bring a cake). The price is **\$22**, including tax and tip.

- **Southside Shopping, Monday, October 30 at 10 am** – Call if you want to go shopping at any of the downtown shopping locations (Walmart, Wegmans, Lowes, etc.).

Of Interest to Seniors and the GIAC Community...

- **Love That Song Project:** Community member Jonathan Miller is putting together the following project; I hope some of you will be interested in participating. "Love That Song" gets people with different life experiences to sit across a table to talk about songs they love. It's not really about music, but about listening, respect, and connecting across differences.

The concept is simple: Two people sit down at microphones. Person One plays a song on a tablet or phone (or sings it or plays it on an instrument), then tells the other person why they love it. Person Two then asks questions. Then the process is reversed, with Person Two sharing their song and Person One asking questions. Sessions run about 30 minutes. The conversations are recorded by a person who knows something about audio (me, at least to begin with). The good ones may be edited (with permission) into radio stories. Others may go on a website where other people can hear them. Let me know if you are interested and I'll connect you to the organizer!

- Cornell undergraduate student Eunice Ngai (cn336@cornell.edu), or provide your contact here: <https://shorturl.at/imwDK>) is seeking to interview senior citizens providing or receiving in-home personal care for a research project. She is conducting a research study on how you and your consumer/aide make choices about your care plan. **She would ask you about:** what led you to choose home care, what about it is important to you, how you and your consumer/aide communicate to provide and receive care. **Details:** You will receive \$25 in cash/gift card as a thank-you, The conversation will be about 60 minutes, Your answers will be confidential.

- 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 Ultimate Last Word: Write Your Own Obituary:** Do you trust your next-of-kin to get your story straight? If not, write your own obituary in advance – while there still time! Join a 4-session workshop led by former New York Times obituary writer, H. Roger Segelken. The sessions will be held Thursdays from 2:00 to 4:00 p.m. (10/19, 10/26, 11/2, and 11/9). The workshop is co-sponsored by the History Center of Tompkins County and GIAC. Live and in-person for the first time in three years at the History Center, 110 N. Tioga Street in Ithaca. The program is open to all free of charge — if you're interested sign up with GIAC soon, as there are only a limited number of spaces available. Contact Zachary Nelson at znelson@cityofithaca.org or 607-272-3622 with your name, address, phone number, and email address.

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

Monday, October 2nd, 11 am Group Bike Ride, Bike Walk Tompkins Office

Let's take a ride on the Waterfront Trail, this time we'll start at the Bike Walk Tompkins Office (which is across the street from GreenStar Coop). All sorts of bikes will be available, people of all abilities are welcome. Please let me know in advance that you plan to attend.

Saturday, October 7th, 10 am-4 pm Lafayette Apple Festival

A festival to celebrate the fall harvest and nature's bounty with crafts, entertainment, and food.

Wednesday, October 11th, 11 am Group Hike at Kingsbury Woods Loop

The preserve at Kingsbury Woods protects the upper reaches of Lick Brook.

Thursday, October 12th, 9 am-3 pm The Cider Mill tour in Vestal

We'll tour The Cider Mill and learn about the process for producing cider and baking donuts (and have some samples!). Afterwards we'll have lunch at the River Rock Diner (pay for your own).

Friday, October 13th, 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, October 13th, 4 pm Fall Foliage Eco-Cruise, Allan H. Treman Marina

We'll ride the MV Teal for a relaxing afternoon cruise of leaf-peeping on Cayuga Lake; **\$12** (made out to GIAC), **due 10/10**.

Sunday, Oct. 15th, 2 pm "Lincoln Funeral Train" talk at Lansing Town Hall

A few of us traveled to Jordan for a version of this talk a year ago. Since there were some folks that couldn't make it, we'll give you all another chance...John Lamphere will lecture on the historical journey of the Lincoln Funeral train.

Mon., Oct. 16th, 9 am-4 pm Waterloo Outlet Mall & Sauder's Shopping Trip

This is a chance to spend some time at the Outlet Mall (where you can grab lunch too), as well as some time at the popular Sauder's store.

Wed., Oct. 18th, 11:30 am Steering Committee Meeting at the Sunset Grill

Join us for lunch at the Sunset Grill and help shape future activities, everyone is welcome!

Friday, October 20th, 9-11 am Senior Breakfast, GIAC

Join us for French toast, bacon, eggs, and the usual fare; **\$4** (pay at door). Alejandro Bernard-Papachryssanthou and Sue Smith will play some Latin jazz for us.

Tues, Oct 24th, afternoon "Killers Of The Flower Moon" at Cinemapolis

This Scorsese film, starring Leonardo DiCaprio, Robert De Niro, & Lily Gladstone, relates the 1920 story of a series of murders on the Osage reservation in Oklahoma; **\$8**.

Wednesday, October 25th, 10 am-5 pm "Lady Day at Emerson's Bar and Grill" at Syracuse Stage

Billie Holiday's life story through the songs that made her famous, **\$35** (made out to GIAC), **due 10/10**. Lunch at Phoebe's Restaurant on the way (pay for your own).

Thursday & Friday, October 26th & 27th, 10 am-3 pm Birthday Lunch at Aiello's, Whitney Point

Known for their Italian food, Aiello's will host this month's birthday lunch. **\$22** includes entrée, bread, salad, soda...and covers tax/tip (pay on your own). **See newsletter for menu options.**

Monday, October 30th, 10 am Southside Shopping

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