

# September 2017
















## GIAC Senior Program

Zack Nelson, 272-3622 x 233

301 W. Court St.

Ithaca, NY 14850

znelson@cityofithaca.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Proud to be a United Way agency</p>		 <p>Minimal walking, walker accessible Moderate leisure walking Long walks required At least one flight of stairs, no elevator</p>			1	2
3 Dick Fox's Golden Boys at Tioga Downs 	4 <b>Labor Day, City Holiday</b>	5 Arts & Crafts	6	7	8 Exercise and Shopping at the Ithaca Mall	9 Windmill Outlet Mall 
10	11 Volunteer at Loaves and Fishes	12 Arts & Crafts	13 Wolf Mountain Nature Center 	14 Assessment of Fair Housing Focus Group 	15 Tour of the Marriott (followed by Lunch at Monks) 	16
17	18 Niagara Falls overnight trip 	19 Arts & Crafts (return from Niagara Falls)	20	21 Shopping at the Oakdale Mall followed by Birthday Lunch at Tully's 	22 Exercise and Shopping in Cortland	23 Taoist Tai Chi Society Open House 
24 Founders' Day Concert 	25 Movie at the Mall	26 Arts & Crafts	27 <i>The Three Musketeers</i> at Syracuse Stage 	28 Tai Chi	29 Senior Breakfast 	30 (Depart for Washington D.C...let me know if you need transportation)

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

**Sunday, September 3<sup>rd</sup>, 5-11 pm Dick Fox's Golden Boys at Tioga Downs**  
Dick Fox's Golden Boys starring Frankie Avalon, Fabian and Bobby Rydell, **\$25** (checks made out to GIAC) **due 8/30**.

**Saturday, September 9<sup>th</sup>, 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**.

**Wednesday, September 13<sup>th</sup>, 9-4 pm Wolf Mountain Nature Center**  
Join us for a visit to a wolf sanctuary in the hills of Chenango County. We will have a guided tour for the nature center with an opportunity to see Gray Wolf (they have 14 of them), the Arctic Fox, and Eastern Coyote, and to learn about the animals, their habitat, and about their survival. Admission to the center is **\$5** (pay at the door). We'll stop for lunch at the Park Place Grill, sandwiches start at \$8 (pay on your own).

**Thurs, Sept 14<sup>th</sup>, 11 am-1 pm Assessment of Fair Housing Focus Group, GIAC**  
Have thoughts and experiences around housing in the Ithaca area? Please consider participating in the focus group on fair housing in our community. **Lunch is included** as part of the program.

**Friday, September 15<sup>th</sup>, 11 am-1 pm Tour of Marriott and lunch**  
The new Marriott has agreed to give us a tour of their facility and show off their views of downtown. We'll end up at Monks (their restaurant); lunches start at \$10 (pay on your own).

**September 18<sup>th</sup> – 19<sup>th</sup>, Niagara Falls overnight trip (see the newsletter for additional information)**

**Thursday, September 21<sup>st</sup>, 9 am-3 pm Shopping at the Oakdale Mall & Birthday Lunch at Tully's**  
We'll spend a little time at the mall followed by lunch at Tully's in Vestal. This is part of a fund raiser and we'll get 10% of the receipts back; lunches platters start at \$8 (pay on your own).

**Saturday, September 23<sup>rd</sup>, 11 am-1 pm Taoist Tai Chi Society Open House**  
Come and learn more about the Taoist Tai Chi Society (1201 N. Tioga St.) internal arts of health, meet instructors and students, and get information about upcoming Tai Chi classes, **free**.

**Sunday, September 24<sup>th</sup>, 2 pm Founders' Day Concert, Dewitt Park**  
The Friends of Ithaca College invite you to enjoy a fall afternoon in DeWitt Park, the College's original campus quad, while listening to the Ithaca College performers; **free**.

**Monday, September 25<sup>th</sup>, tba Movie at the Mall: "Battle of the Sexes"**  
The electrifying 1973 tennis match between World number one Billie Jean King (Emma Stone) and ex-champ and serial hustler Bobby Riggs (Steve Carell) was billed as the Battle of the Sexes and was the most watched televised sports event of all time; **\$10** (pay at door).

**Wed., September 27<sup>th</sup>, 10 am-5 pm The Three Musketeers at Syracuse Stage**  
This production recounts the swashbuckling adventures of Athos, Porthos, Aramis, and young D'Artagnan. They battle the evil Cardinal Richelieu and his allies. The production includes a good dose of sword fighting.; **\$32** (checks made out to GIAC) **due 9/6**. We'll stop for lunch at the Phoebe's (an American bistro), sandwiches start at \$9 (pay on your own).

**Friday, September 29<sup>th</sup>, 9-11 am Senior Breakfast, GIAC**  
Join us for pancakes, bacon, eggs, and all the usual fare and fun; **\$3** (pay at door). A representative of the Second Wind Cottages in Newfield will talk about their project providing housing to those in need.

We're going to Niagara Falls overnight! The hotel costs \$110 for a double (we're staying at the Holiday Inn; meals and activity fees are not included. A few of the things that we'll be doing are sightseeing at the falls, a trolley ride around Goat Island, a boat ride, and a visit to the casino. A few spaces are still available; **\$110** (checks made out to GIAC) **due 9/8**.