

# September 2019



## GIAC Senior Program

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Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 <b>Labor Day City Holiday</b>	3 Arts & Crafts	4	5 Bostwick's Flea Market & Antique Mall 	6	7 Festival of Nations at Ithaca High School 	
8	9	10 Arts & Crafts	11 <i>Thoughts of a Colored Man</i> at Syracuse Stage 	12 Bike ride in Stewart Park	13 Shopping/Exercise in Owego	14	
15	16 Yoga & Meditation	17 Arts & Crafts	18 Finger Lakes Gaming and Racetrack 	19 Tai Chi	20	21	
22 Founders Day Concert in the Park 	23 David Craig Remembrance Dance Party 	24 Arts & Crafts	25 Birthday Lunch Golden Corral 	26 Tai Chi	27 Senior Breakfast 	28	
29	30 Yoga & Med.  Movie at Cinemapolis: <i>Downton Abbey</i>	 <p>Minimal walking, walker accessible</p> <p>Moderate leisure walking</p> <p>Long walks required</p> <p>At least one flight of stairs, no elevator</p>				 Funded Partner	

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

**Thurs., Sept. 5<sup>th</sup>, 9 am-1 pm Bostwick's Flea Market & Antique Mall, Candor**  
80+ Vendors of antiques and collectibles, lunch at Kim's Diner.

**Saturday, September 7<sup>th</sup>, 11 am-6 pm Festival of Nations, Ithaca High School**  
Everyone is invited to this celebration of cultures from around the globe, found right here in Ithaca, where we share our precious heritage through music, performance, art, unique and craft products, apparel, and expressive cuisine, **free**.

**Wednesday, September 11<sup>th</sup>, 10 am-5 pm "Thoughts of a Colored Man", Syracuse Stage**  
This play blends language, music, and dance into a daringly universal new play. Welcome to the vibrant inner life of being Black, proud, and thriving in the 21<sup>st</sup> century. It sheds brilliant light into the hearts and minds of a community of men searching for their most triumphant selves; **\$35**, checks (made out to **GIAC**) due **9/3**. We will have dinner at Phoebe's Restaurant prior to the show (pay on your own).

**Thursday, September 12<sup>th</sup>, 11 am-1 pm Bike/Trike Ride at Stewart Park**  
Bike Walk Tompkins is happy to be able to once again have a bike/trike picnic at Stewart Park! Please find your helmet and bring it along (new ones also available). We will have Lime Bikes, adult tricycles, smaller size two-wheelers and even a tandem bike, so come and have some fun! Everyone is welcome, whether you have never been on a bike. **Free!** Lunch also provided.

**Friday, September 13<sup>th</sup>, 10 am-3 pm Exercise/shopping trip to Owego**  
We will spend the day in Owego exercise and shopping.

**Wednesday, September 18<sup>th</sup>, 10 am-5 pm Horseracing and casino at FLGR**  
Finger Lakes Gaming & Racetrack is Western New York's home for live thoroughbred racing. New (FLCR) members receive free-play and everyone gets a discount at the Platinum Grille and 10 Drawings for \$55 Free Play, **\$10** for the charter bus transportation (checks made out to GIAC by 9/9), space is limited.

**Sunday, September 22<sup>nd</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 23<sup>rd</sup>, 6 pm David Craig Remembrance Dance Party, GIAC**

The friends of the late David Craig are throwing a party to celebrate his life. Light refreshments will be provided along with music (to accompany dancing) by John Simon and Friends and Mark Cushing; **free**. Everyone is welcome to celebrate David's life!

**Wednesday, September 25<sup>th</sup>, 10 am-3 pm Birthday Lunch at Golden Corral**  
This is a newly opened location of The Golden Corral, which has one of the best buffets you will ever see. We will go as a group, so please pay for lunch in advance: **\$15** (checks made out to GIAC by 9/18).

**Friday, September 27<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), local duo Diane Hecht and David Frumkin will be the playing for us (*with grant support from the Community Arts Partnership in Tompkins County*).

**Monday, September 30<sup>th</sup>, TBA Movie at Cinemapolis: "Downton Abbey"**  
The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early 20<sup>th</sup> century; **\$6**.



## News and Notes – September 2019 GIAC Senior Program



**Welcome new members:** Jacqui Franklin and Patricia Sawyer

### **Deadlines to keep in mind:**

- **September 3<sup>rd</sup>** (\$35) for *Thoughts of a Colored Man* at Syracuse Stage (trip on 9/11) **Note the deadline is quite early in the month!**
- **September 9<sup>th</sup>** (\$12) for **Horseracing and casino at Finger Lakes Gaming & Racetrack** (trip on 9/18)

Amazing as it maybe, but we have travelled through summer and are getting set for another Central New York autumn. Fortunately, the fall is one of the nicest times of year for our area! There are a whole slew of interesting things going on around this time of year for us to check out!

The biggest thing that all of us a GIAC have been working on is the GIAC Festival of Nations and Gus Macker Tournament. The Gus Macker is a basketball tournament happening over the two-day weekend (not sure if any of you want to play...it will be fun to watch, in any case). The Festival of Nations (FON) is replacing the GIAC Festival we used to do, but on a grander scale and at the Ithaca High School athletic fields. Everyone is invited to this celebration of cultures from around the globe, found right here in Ithaca, where we share our precious heritage through music, performance, art, unique and craft products, apparel, and expressive cuisine.

The Senior Program will be sponsoring our usual *Cake Wheel Fund Raiser*. To guarantee a successful fund-raiser, **we need cakes, pies, and other baked goods from you! The more we have the better!** If you are willing to bake, but are unable to deliver the baked-goods on festival day, let me know a week or so in advance, and I will pick them up sometime during the days before. I have a supply of bakery boxes available to transport your cakes (call if you need them). If you are unable to bake but what to contribute in some other way, a cash donation is welcome. In addition to bakers, we need several people help run the table...let me

know when you are available to help out. I will have other responsibilities running the stage for the entire festival, so ***I need some volunteers!***

I never know quite how to handle when a member passes away. Some people are so deeply involved that I want to acknowledge their passing, but I do not want to fail to recognize someone who might not have been as active...but you are all important to the program. Recently we lost someone who GIAC and the community wants to celebrate and we are putting together a special program. Former GIAC senior group member David Craig passed away June 29 and to celebrate his life we will be holding what some call a celebration; others of Scottish/Irish descent might call a wake. Son of a Scottish immigrant, David was born in 1943 and grew up in Chicago loving all things Scottish, especially bagpipes. He was a Vietnam-era Navy veteran and, of course, a staunch Cubs fan. Noted local piper Mark Cushing will be on hand to start the event, playing David's favorite tunes. After that John Simon and Friends will have us rocking to music from the 50s/60s/70s. If you have any memories of David to share, please bring them along! He had many friends, all of whom will be invited. Betsy Herrington, his wife for 17 years, hopes to see you all there! FREE, with contributions to his funeral expenses greatly appreciated. Bring a simple dish-to-pass if you can.

Besides these two dates, there is a lot of other things on September's calendar. Take special note of the play at Syracuse stage (which sound very interesting). Since it is happening early in the month, I need to have the tickets reserved and paid for **very soon**, do not let the deadline pass you by.

I foresee a couple of these dates being very popular. We are also going to the horseracing in Canandaigua by Swarthout coach. I am not much of a gambler, but I know from past experience that the races are a lot of fun...and putting a couple of dollars on the result makes it even more so. The Birthday Lunch should also be good...a Syracuse location for The Golden Corral recently opened, so we will try them out for our lunch (they have one of the best buffets you will ever see). Since we are a large group, please pay in advance.

Rounding out the month, there are a few other things going on. We will have the opportunity to check out a local flea market and antique house down the road a bit in Candor. Later, the next week, you can spend the day a little farther that direction with shopping/exercise in Owego.

Biking is back for a final time this summer...this time we can accommodate all different skill levels with a ride in Stewart Park. Ithaca College will be performing their annual Founders Day Concert in Dewitt Park. Our movie for the month will be at Cinemapolis, with the new cinematic version of the PBS classic show *Downton Abby*. Finally, since it is September, we will be bringing back the Senior Breakfast. This month's guests will be husband/wife performing team Diane Hecht and David Frumkin of McGraw House. Kick off the fall with a great breakfast meal, good company, and some excellent music.

I still have not found a new van driver for the program and I would appreciate suggestions from anyone in the program. Please let me know if you know someone who is an excellent driver as well as dependable, courteous, and patient. The hours are highly variable from week to week, so a retired person is often a good fit. We pay a living wage. Please let me know if you know someone that matches these characteristics or ask them to reach out to me.

Thanks to those that participated in the fundraiser during the showing of *Mary Poppins* at Stewart park in early August. We raised \$124 selling baked goods, soda, and snacks. I really appreciate the help of all of you in the program! GIAC Comedy Show on September 27 at 7 pm, tickets for \$20. The organizer, 2 Funny Entertainment, is helping to organize the event for GIAC, 70% of ticket sales going to GIAC. Details are still being hashed out...inquire with the front office if you are interested.

***Program etiquette reminder:*** Please do not wear any perfumes or fragrances when riding in the vans...some people have sensitivities to them!

*I want to make sure that any of you that regularly use email are receiving the calendar (and the occasional announcements); if not, send me a message ([znelson@cityofithaca.org](mailto:znelson@cityofithaca.org)) and I will make sure to add you to the group. Lastly, I also use Facebook to make announcements and share pictures. If you would like to be a part of the program's group, search Facebook for "GIAC Senior Program" and request to join.*

## **September Events – Expanded Descriptions**

***Arts & Crafts: Tuesday, September 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, and 24<sup>th</sup> noon-2 pm***  
*The Craft Group will go back to meeting at its usual time. We are*

*always encouraging interested people to visit and give it a try. They are a very welcoming group and you do not have to be an expert!*

*Yoga & Meditation: Monday, September 16<sup>th</sup> and 30<sup>th</sup> Our instructor will be leaving town soon, but she will be around a couple of times this month. We are confident that Marie will be available on the first date, check with me to confirm about the 30<sup>th</sup>. Thank you Marie for getting us started in this program!*

- **Thoughts of a Colored Man** - As the sun rises on an ordinary day in New York, seven men are about to discover the extraordinary. Written by Keenan Scott II, one of today's boldest new voices. *Thoughts of a Colored Man* blends language, music, and dance into a daringly universal new play. Welcome to the vibrant inner life of being Black, proud, and thriving in the 21<sup>st</sup> century. Set over a single day, this richly theatrical mosaic goes beyond the rhythms of the basketball court and the boisterousness of the barbershop. It sheds brilliant light into the hearts and minds of a community of men searching for their most triumphant selves. And what they reveal are the deeply human hopes, dreams, fears, and sensitivities of all men, all people.
- Please join us for another **bike and trike ride** on Thursday September 12<sup>th</sup> at Stewart Park, small pavilion, 11 am – 1 pm. We will have more three-wheel trikes than ever thanks to Ithaca Youth Bureau who has purchased two new trikes that you will be able to try along with all the others we had back in June. We will have learn-to-ride lessons, Lime Bikes you can try, small two-wheelers and a tandem as well. We will finish the day with a free lunch. *Please bring your helmet.* If you have not received one, we will have one for you to use. September is a great time on the Waterfront Trail. This event is sponsored by Bike Walk Tompkins with help from Ithaca Youth Bureau and Lime Bike. Please join us to have some fun! (free)
- **Downton Abbey** (2019) – Drama 2h 2m · (PG) The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early 20<sup>th</sup> century. In 1927, King George V and Queen Mary decide to visit the family's estate with their royal court in tow. This honor results in a comedy of errors of sorts for the Crawleys, given that they're significantly down their usual number of butlers, cooks, valets,

and housekeepers due to their dwindling funds. As such, they beg Carson to come out of retirement to organize the visit of a lifetime, which he happily accepts — c'mon, we all know palsy won't keep this chap down! Also, there's going to be a heavier subplot about Lady Mary contemplating moving out of the estate for good.

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

- Bang the drums and toot the horns: **Streets Alive!** Ithaca returns to the Southside Sunday, September 15, 1–5 PM, on South Plain Street from Green Street to Elmira Road. Celebrate our 8<sup>th</sup> year of Streets Alive! by joining the happiest volunteer crew in town. We need your help to make this Streets Alive! as vibrant, neighborly and merry as all its ancestors. Become a volunteer superstar at [bikewalktompkins.org/volunteer](http://bikewalktompkins.org/volunteer). Streets Alive! closes the city streets to motor vehicles and opens them for people-powered fun. Your neighbors spill into the street. They walk, bike, roll, stroll, and dance. There's music, food trucks, conversation, laughter, decorated bikes, kids, teens, grandpappies and pups. Be part of the action by joining our volunteer superstar crew: [bikewalktompkins.org/volunteer](http://bikewalktompkins.org/volunteer)
- Powerful Tools for Caregivers Class** is a six-week educational program designed to provide you with tools you need to take care of yourself. You will learn to: • Reduce stress • Improve self-confidence • Better communicate your feelings • Balance your life • Increase your ability to make tough decisions • Locate helpful resources. The program consists of 90-minute class sessions offered weekly for six consecutive weeks. This class is offered free of charge to those caring for spouses, parents or other adult relatives/friends. (It is not intended for professional caregivers.) Thursdays, September 19<sup>th</sup> to October 24<sup>th</sup> 2-3:30 pm at Tompkins County Office for the Aging 214 W. MLK Jr. / State St. Ithaca, NY 14850 Register as early as possible as class size is limited. To register or inquire about the program, call the TCOFA: 274-5482.
- **The Hospitality Employment Training Program (HETP)** at the Greater Ithaca Activities Center (GIAC) is accepting applications for new participants to begin September 10. In HETP, participants receive free training and work experience to begin a fulfilling career. Participants

complete the program over a period of about six months and leave with a comprehensive portfolio of certifications and on-the-job training, putting them in a competitive position for new job opportunities. Participants receive eight weeks of instruction in skills (10 am – 12 noon, Mon-Thu), and receive certifications specific to their career path. Next, they spend six weeks working at local businesses to gain experience and learn the details of operating in the industry. This includes rotations in areas such as front office, food and beverage, clerical, housekeeping, maintenance, and administration/management. Some program highlights can include: - Tours of local businesses, - Resume/Cover letter writing & interview prep workshops, - Professional knife skills training from an esteemed chef, - Advice from a professional stylist & assistance purchasing interview and work appropriate outfits, - Transportation and childcare assistance. Fall programming begins in September. Applications for fall 2019 enrollment are due September 2<sup>nd</sup>. Orientation will take place at GIAC on both September 3 & 4 from 11am – 12 noon (applicants only need to attend one session). Applications will then continue to be accepted on a rolling basis and are available at GIAC or online. If you have any questions, or would like more information, please email [aakers@cityofithaca.org](mailto:aakers@cityofithaca.org), or call 272-3622.

- **Tompkins County Office for the Aging 2019 Needs Assessment Survey**, Are you age 60 or older, or do you know someone who is? The Tompkins County Office for the Aging, whose mission is to assist older adults and people with long-term care needs live independently in their homes and communities with quality of life and dignity, needs your guidance in determining the programs and services important to older adults in Tompkins County. Please take the Office for the Aging's 2019 Needs Assessment Survey yourself or ask older adults whom you know to do so. This brief online survey, which should only take about 15 minutes to complete, can be accessed at the following link: <https://www.surveymonkey.com/r/TompkinsCOFA2019> ; To obtain a paper copy of the survey, as well as assistance in completing it, contact the Office for the Aging at 274-5482.

**Please don't hesitate to contact me for any reason. Best, Zack**