

January 2020



GIAC Senior Program
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Minimal walking, walker accessible Moderate leisure walking Long walks required At least one flight of stairs, no elevator</p>			1 New Years Day— City Holiday	2	3	4
5	6	7 Crafts Group Cornell basketball vs. Purchase College 	8	9 Tai Chi	10	11
12	13 Movie at Cinemapolis	14 Crafts & Conversation Group	15 Northside/Southside Annual MLK Luncheon at the SSCC	16 Tai Chi	17	18 MLK Community Breakfast 
19	20 MLK, Jr. Day— GIAC Closed	21 Crafts & Conversation Group	22 Choose one day to attend the Birthday Lunch	23 Tai Chi	24 Concert in Honor of Martin Luther King, Jr. at IC 	25
26	27 Tour of Library 	28 Crafts & Conversation Group	29 Steering Committee lunch at the Sunset Grill 	30 Tai Chi	31 Senior Breakfast 	

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

Tuesday, January 7th, 7 pm Cornell Basketball vs. Purchase College

Check out Cornell's men's basketball team against this downstate rival while the students are out of town; **free**.

Monday, January 13th, tba Movie at Cinemapolis: "Little Women"

Directed by Greta Gerwig, this is the story of four sisters come of age in America in the aftermath of the Civil War; **\$6** (pay at door).

Wednesday, Jan. 15th 11:30 am-2 pm MLK Annual Luncheon, Southside

An annual program put on by the Northside/Southside Program of Lifelong...join us for a lunch catered by Mrs. Tucker and a guest speaker; **\$20**, (paid at door, or \$18 in advance...you make the payment arrangements).

Saturday, January 18th, 9-11:30 am MLK Community Breakfast, BJM gym

The annual Dr. Martin Luther King Jr. Community Breakfast is a great community event; **\$4 senior price** (pay at the door).

(1) Wednesday, January 22th, 11 am-2 pm Birthday Lunch, Ciao!

(2) Thursday, January 23th, 11 am-2 pm Birthday Lunch, Ciao!

Features Italian food and pasta starting at \$8 (pay for your own). Because of our large group, we'll be going in two groups...please choose **one** day (Wednesday or Thursday or) and specify when you make your reservations.

Friday, January 24th, 7:30 pm Concert in Honor of Martin Luther King, Jr. at IC, Ford Hall

Ithaca College's annual event to honor Dr. King; **free**.

Monday, January 27th, 10 am-noon Tour of the Library

This is an opportunity to visit the Tompkins County Library and explore some of the special services they have available for adult patrons. Particularly, we will learn about the library's Makerspace and the Digital Lab (read the newsletter for a description of each). Anyone that does not have a library card can bring proof of address to obtain a new library card too. We will stop at the new Collegetown Bagel location after our visit for a bit of lunch before we head home.

Wednesday, January 29th, 11 am-1 pm Steering Committee at Sunset Grill

We'll gather at the Sunset Grill for our quarterly meeting on future programming. Meals are generally between \$5-8 (pay on your own), all program participants are welcome to give feedback/ suggest future trips.

Friday, January 31th, 9-11 am Senior Breakfast, GIAC

Join us for French toast, bacon, eggs, and all the usual fare and fun; **\$3** (pay at door), featuring Carranne Wilson, Associate Program Director for the Alzheimer's Association, Central New York Chapter. She will talk about the organizations and provide education on Alzheimer's disease as well as local resources and supports.



News and Notes – January 2018 GIAC Senior Program



Welcome new members: Gary Van Houten and Maria & Malia Hall

Happy New Year everyone and onwards to a great 2018! It has definitely cooled off and winter is here in earnest. For the next few months we will mostly stay close to home and we will be conservative when it comes to difficult travel conditions. Even still, Ithaca has a lot to offer and we will be able to stay busy.

Of course, Martin Luther King, Jr. Day is always celebrated in January and there are numerous activities organized around commemorating him. First, the Northside/Southside Committee of Lifelong will be organizing their annual luncheon at the Southside Community Center. Then, on the Saturday, GIAC sponsors our regular MLK Breakfast at BJM, featuring Ithaca College's recently named president, Shirley Collado. The third event on our schedule is the Concert in Honor of ML King, Jr. at Ithaca College. These all represent ways to honor the life of this remarkable leader, as well as opportunities to remain active and involved in our community (do not give in to the impulse to hibernate all winter!).

For January, we will visit Joe's Italian Restaurant for the Birthday Lunch and the Royal Court for our quarterly Steering Committee (bring me all your spring and summer trip ideas and I will get busy planning them!) Breakfast will be back after the holiday break; I am still working on the guest. Any of you that are interested in the San Antonio trip next October, please put January 18th on your calendar...attending the meeting does not put you under any obligation to go on the trip, feel free to show regardless of your level of interest. Finally, the movie of the month is *I, TONYA*, which tells the story of disgraced figure skater Tonya Harding.

There are two exceptions to our strategy of staying in town...a relatively modest trips to Auburn for a play and an outing to Cortland to visit the college's art gallery. If the weather seems "unfriendly" we will cancel these trips (and reschedule the visit to Cortland). The play, *March*

of the Big-Eared Nasties, is a family comedy with a message apropos for the current political climate. Art galleries are destinations I like to visit on occasion; we have been through the Johnson Museum at Cornell, the Handwerker Gallery at IC, as well as several others out of town, but SUNY Cortland also features a gallery. Our visit will coincide with the opening of a new exhibit, “Loop: connecting to the beginning” (the description follows in the newsletter), which should be interesting. I hope many of you will join us for both of these outings.

There is a good likelihood that I will be taking the first couple weeks of January off of work for a family trip. There are only a couple of trips that fall into that time period; I anticipate that the GIAC office staff and I (working remotely) will be able to process your requests and answer any questions that arise. If you need transportation to attend either the MLK Luncheon at Southside or the MLK Breakfast at BJM, please communicate that to the front office. Things should be back to normal after the Martin Luther King Holiday.

A special thanks to all the members of the Craft Group for the fund raising they have done during December. Through sales at the Titus Craft Sale, our holiday party, and other times, they have raised \$166 for the program to be used on future trips and activities. **Thanks so much!** If anyone else has an interest in crafts and joining a welcoming social group, consider attending the weekly meeting on Tuesdays, from noon to 2 pm here at GIAC. Everyone is welcome!

Thanks for everyone that already registered for 2018. If you still have not, please take care of it as soon as possible. As always, installment payment plans are available if necessary; here are several options:

- **One-time payment** of \$55 (*preferred*),
- **Two months:** \$30 in January and \$25 in February, or
- **Three months:** \$20 in January, \$20 in February, and \$15 in March.

If you are unable to pay the full amount, scholarships are available—*no one will be turned away because of an inability to pay (although we do ask that you pay a portion of the fee)*. Call me if you would like to discuss a scholarship or an alternative payment structure. Please also share with other seniors that might be interested in joining...word of mouth is the most effective way to generate a strong membership base.

Reminder of the month: Please be courteous of others during concerts, presentations, and other performances...it can be distracting for both the performers and others in the audience if people are carrying on conversations and making noise. Every now and then, people raise this issue; this time specifically in reference to disruptions at the holiday party and during the breakfast...please keep in mind that others are probably trying to hear and might be distracted by the chatter of neighbors.

December Events – Expanded Descriptions

Tuesday, December 2nd, 9th, 16th, 23rd & 30th noon-2 pm Arts & Crafts

Thursday, December 4th, 11th, 18th & 25th 10:30-11:30 am Tai Chi

Monday, December 8th, 9 am-noon Volunteer at Loaves & Fishes

- Kevin Ferguson of Collette will visit to describe the upcoming trip to San Antonio and answer your questions. Here's a reminder of the itinerary: **Spotlight on San Antonio.** October 14-18, 2018 and Per Person Rates are: Double \$1,999; Single \$2,349 including (5 Days • 6 Meals: 4 Breakfasts • 2 Dinners) Roundtrip Group Transfer from Ithaca to Syracuse, Roundtrip Airfare from SYR, Air Taxes, Airport-Hotel Transfers + Collette Guide. Highlights of the trip are Mission San Jose • The Alamo • El Mercado • Choice of South Texas Heritage Center or San Antonio Botanical Gardens • LBJ Ranch Fredericksburg • Paseo del Rio Cruise Olive Orchard. Everyone that is even remotely interested is invited.
- Founded in 1967, the **Dowd Gallery** presents up to seven exhibitions each year featuring work primarily by nationally and internationally acclaimed contemporary artists and maintains a permanent collection of over 500 objects dating from the 13th through the 21st centuries. The gallery's mission is to enrich and intellectually broaden viewers' notions about the nature of art and to display, interpret, collect and preserve art for the benefit of the SUNY Cortland community and the New York State region. The exhibit will be **Loop: connecting to the beginning** (January 22 – February 16) The theoretical framework for this project focuses on animation and the looping sequence through a variety of art forms.

Featured artists include Eric Dyer, Juan Fontanive, Laura Heit, Ondrej Janek, and Anna Vasof. Their works explore a wide range of media and technical approaches that demonstrates high- and low-tech versions of the moving image. These contemporary works are juxtaposed with photographs by Harold E. Edgerton and Eadweard J. Muybridge to provide historical context for this study of motion.

- ***March of the Big-Eared Nasties*** - The family musical show, “March of the Big-Eared Nasties,” written by Beverly Miller is an allegory based on the true story of the 1993 Nazi march in Auburn, NY and the lessons that were learned about how love can conquer hate. Performed by 10 adults, with a 12-year-old boy as the hero, the show is full of laughs and music, but has a very serious underlying message. The action takes place in Friendlytown, USA. In Friendlytown, people with ears of all sizes live in peace together. In the nearby kingdom of the Nasties, everyone has big ears, and Dictator Dumbo is committed to promoting Big Ear Supremacy. He plans a march through Friendlytown proclaiming the superiority of big ears. Earnest, a 12-year-old citizen of Friendlytown, has one big ear and one small ear, and fears that a fight will ensue, with himself in the middle of it. Earnest goes to Minerva Lou, the town wise woman, and together they plan a Parade of Love, based on Edwin Markham’s poem: “He drew a circle that shut me out; Heretic, rebel, a thing to flout; But love and I had the wit to win; We drew a circle that took him in.” On the day of the march, love proves stronger than hate. The show’s conclusion is based on the lessons of the Auburn march. Instead of responding with hate, the community chose to celebrate diversity. There were church services and vigils, and most people decided not to give the Nazis an audience. They chose to use the occasion to affirm their own values of human diversity and the power of love to overcome hate. The Nazis made several brief appearances but soon left town ignominiously. An Auburn Citizen headline described it as “The Day Auburn Stood Firm Against the Neo-Nazis.”
- ***I, TONYA*** – Biography, Drama • 1h 59m (rated R) Based on the unbelievable, but true events, *I, TONYA* is a darkly comedic tale of American figure skater, Tonya Harding, and one of the most sensational scandals in sports history. Though Harding was the first American woman to complete a triple axel in competition, her legacy was forever defined by

her association with an infamous, ill-conceived, and even more poorly executed attack on fellow Olympic competitor Nancy Kerrigan. Featuring an iconic turn by Margot Robbie as the fiery Harding, a mustachioed Sebastian Stan as her impetuous ex-husband Jeff Gillooly, a tour-de-force performance from Allison Janney as her acid-tongued mother, LaVona Golden, and an original screenplay by Steven Rogers, Craig Gillespie's *I, TONYA* is an absurd, irreverent, and piercing portrayal of Harding's life and career in all of its unchecked--and checkered--glory.

Of Interest to Seniors and the GIAC Community...

- **2018 MLK Jr. Day of Celebration.** Fiftieth Anniversary of the Poor Peoples' Campaign! Come together...Solidarity in action! Varied Youth Activities! Monday, January 15th, BJM Elementary School. New expanded program:
 - 11:30 am – 12 30 pm, Lunch and performance
 - 12:30 pm – 2:30 pm, Action Circles & Youth Activities
 - 2:30 – 3 pm, Debriefing, Community Dessert, Performances*Free and open to all.*

Important Notice about Scams Targeting Older Adults

- *If You've Already Been Scammed,*
 - Report scams to the New York State Attorney General by calling 1-800-771-7755.
 - Also, consider filing a scam report online with the Better Business Bureau at www.bbb.org/upstate-new-york. Click on "Get Consumer Help" and then select "BBB Scam Tracker" to report a scam.
 - (Note: You can file a complaint about an established business at the Attorney General's website: www.ag.ny.gov/complaint-formsor by calling the regional office in Binghamton, 607-251-2764. You can also write a consumer review or file a complaint about an established business on the BBB website.)
- *To Avoid Being Scammed,*
 - Before you hire an unfamiliar contractor to work at your home,

- Check the Better Business Bureau for reviews/ratings of the business. Visit www.bbb.org/upstate-new-york.
- Be very wary of offers that require an immediate decision on your part or a low-price offer for a repair because they have “just done a job nearby and have materials left over.”
- Various phone scams offer money, free devices, or pretend to be law enforcement officers, IRS officials, or relatives in distress.
- If you receive an unsolicited call, hang up without pressing a key.
- If you do answer the caller, do not give out personal information when asked. This includes your name (even if they seem to know it), date of birth, Social Security or Medicare numbers, and credit card or other financial information.
- Remember, often it is best for you to find businesses and services you need, rather than letting unsolicited callers find you. Although you may be on a “do-not-call” list, disreputable businesses may be willing to break the law.
- Technology today enables callers from other countries to phone you and have it appear that they’ve called from a phone number in a nearby town. It is often best to let calls from unfamiliar phone numbers go into your voice mail so you can screen the call first and decide whether you want to call back.
- Anytime you are asked to make a payment to receive a government grant, it is a scam. Anyone requesting payment by wire transfer or prepaid debit card should be regarded with suspicion. The IRS initiates first contact about unpaid taxes by mail, not by phone or email.
- Email can be from scammer sand others who may hijack your computer for their purposes
- Do not open attachments from strangers or even from relatives or friends that may be suspicious. Your relative’s computer may have been infected and sent you the email. If in doubt, send a separate email or message to the relative asking if it really was from them.
- Do not click on links or files in unfamiliar emails or electronic messages to avoid downloading malware that gives scammers access to your computer.

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