

March 2020



GIAC Senior Program

Zack Nelson, 272-3622 x 2233

301 W. Court St.

Ithaca, NY 14850

znelson@cityofithaca.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Yoga & Meditation	3 Crafts & Conversation Group	4	5 Tai Chi	6 Black History Month Community Talent Show at Ithaca High School 	7
8	9 Yoga & Meditation Movie at Cine-mapolis: <i>EMMA</i> .	10 Crafts & Conversation Group	11	12 Tai Chi	13 Sister Friends Event at IC 	14 Varick St. Patrick's Celebration 
15	16 Yoga & Meditation	17 Crafts & Conversation Group	18 Becker House Dinner 	19 Tai Chi	20	21 High School Gospel Music Invitational 
22	23 Yoga & Meditation	24 Crafts & Conversation Group	25 Birthday Lunch at Crossroads Grille 	26 Tai Chi	27 Senior Breakfast 	28 Senior Living Expo at The Clarion Inn 
29	30 Yoga & Meditation Intergenerational Prom at IC 	31 Crafts & Conversation Group	  Minimal walking, walker accessible  Moderate leisure walking  Long walks required  At least one flight of stairs, no elevator			

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

Friday, March 6th, 6-8 pm GIAC Black History Month Community Talent Show, Kulp Auditorium, Ithaca High School

Rescheduled from February, this is one of GIAC's special events we sponsor throughout the year, this event highlights local talent, singing, dancing, and much more...it's always a hit! **Free.**

Monday, March 9th, tba Movie at Cinemapolis: "EMMA"

Jane Austen's beloved comedy about finding your equal and earning your happy ending is reimaged in this delicious new film adaptation of EMMA; **\$6** (pay at door).

Friday, Mar. 13th 10 am-2 pm Sister Friends Luncheon, Ithaca College, Emerson Suites

This annual event to celebrate women features a Women's Market, cultural performances and an appearance by NYS Lieutenant Governor Kathleen Courtney Hochul; **\$20** checks (made out to GIAC) due **3/6**, **seating is limited** (make sure to sign up with me, tickets will sell out and may be gone before that date, so don't wait to contact me with a clear phone or email message).

Sat., March 14th, 11 am-3 pm St. Patrick's Celebration at Varick Winery

Enjoy wines paired with complimentary Irish fares such as Irish stew, potato leek soup, and scones. Toast the day with green wine and sample jellies, preserves, salsas, hot sauces, butters, and mustards. **Regular tasting fees apply.**

Wednesday, March 18th, 5-7 pm Becker House Dinner, Cornell

The students at the Carl Becker House have generously invited us to join them again for a free dinner and entertainment, free (seats are limited); please, no guests for this outing; **free.**

Saturday, March 21th, 8 pm High School Gospel Music Invitational at Ithaca College, Ford Hall

This year's festival will feature over 100 high school singers. The singers will be joined by the Ithaca College symphony orchestra, **free.**

Wed., March 25th, 10:30 am-2 pm Birthday Lunch at Crossroads Grille

Join us to celebrate the March birthdays! Sandwiches start at \$10, pay on your own.

Friday, March 27th, 9-11 am Senior Breakfast, GIAC

Join us for pancakes, bacon, eggs, and all the usual fare and fun; **\$3** (pay at door), local poet, storyteller, musician Jay Leeming will be our guest performer (*with grant support from the Community Arts Partnership in Tompkins County*).

Saturday, March 28th, 1:30 pm Senior Living Expo at The Clarion Inn

A **free** event with over 30 exhibitors, Stay Steady fall risk screening, and several talks.

Monday, March 30th, 5-8 pm Intergenerational Prom, IC, Emerson Suites

Project Generations presents the Eighth Annual Intergenerational Prom. This year's theme is *Candy Land*. There will be a full dinner served, various activities to engage in, as well as student performances such as Swing Dance Club; **free.**



News and Notes – March 2020 GIAC Senior Program



Welcome new member: June Carter, Mona Lederer and Mary Jacobs,

Deadlines to keep in mind:

- **March 6** (\$20) for SisterFriends at IC (trip on 3/13)
- **Yoga** is coming, every Monday, 10:30 to 11:30 am

“In like a lion, out like a lamb,” that’s what they say, right? While from my vantage here in mid-February, I cannot comment on the reality of that statement, I can say that the mild winter has transformed into something more formidable! In just the past several days, we have experienced a one foot plus snow fall and frigid temperatures. At this point, I would be just as happy is the new month both came in, and left, as the proverbial “lamb.”

March is Women’s History Month, and we will celebrate with the annual SisterFriends event. I have a set of tickets for SisterFriends; I am sure that they will be in demand, so do not procrastinate if you want to attend; sorry, no guests...the tickets I have are for members only. Also, I am to try a new way to knowledge the theme. I would like to create profiles of a few members, explaining what women’s history and rights mean to each of them. If you are interested in participating, please let me know. It should not take more than fifteen minutes of your time to share your information and thoughts.

An exciting development is the introduction to Yoga and Meditation, made possible by the Yoga Farm and a grant from the Social Service League. This is envisioned as way to follow up on the work some of you did with Marie Vitucci, this past year. This will be low impact yoga, totally comprise of seated or standing positions...do not worry, you will not be asked to get on the floor. We will try this yoga instruction for a few months, please come and see how you like it!

March is very much a mixed bag in terms of other dates. The BHM Talent show is a remnant of last month, when weather forced us to cancel

the originally scheduled performance. Of course, St. Patrick's Date falls in March; we have had good experiences at Varick Winery in the past, so I anticipate an enjoyable event on this occasion too. I make an effort to catch the High School Gospel Music Invitational as often as we can. I guarantee you that it will be one of the most energizing, inspiring shows that you see this year! If you have been before, I don't need to tell you. If it is new to you, then let me highly recommend it!

This is also the month for the County Office for the Aging Senior Living Expo. This event has a lot of great information and exhibitors. Let me know if you want to help represent/promote the program with me (please...I need a little help). The final one of this hodgepodge of events is the Intergenerational Prom. This party includes free food, drink, and entertainment ...why not check it out!?

That leaves only a few more dates. The students at Becker House have invited us for dinner as they do each spring...just a little earlier in the semester (usually the visit happens in April). Becker House puts on a nice spread and the students go to great lengths to make us welcome and comfortable. We will go up to the Crossroad Bar and Grille in Lansing for this month's Birthday Lunch. Finally, our guest for breakfast will be poet/storyteller/musician Jay Leeming. His appearance will lead into a visit next month to the Cherry Artspace for one of his shows in April.

March Events – Expanded Descriptions

**Yoga & Meditation: Monday, March 2nd, 9th, 16th, 23rd, and 30th;
10:30-11:30 am (at the GIAC gym)**

**Crafts and Conversation: Tuesday, March 3rd, 10th, 17th, 24th, & 31st;
noon-2 pm: bring your unfinished projects for help and moral support to finish them up!**

Tai Chi: Thursday, March 5th, 12th, 19th, and 26th; 10:30-11:30 am

- **EMMA** (2020) – Comedy, Drama 2h 4m · (PG) Directed by Autumn de Wilde and starring Anya Taylor-Joy, Tanya Reynolds, Josh O'Connor | Jane Austen's beloved comedy about finding your equal and earning your happy ending is reimagined in this delicious new film adaptation of EMMA. Handsome, clever and rich, Emma Woodhouse is a restless

“queen bee” without rivals in her sleepy little English town. In this glittering satire of social class, Emma must navigate her way through the challenges of growing up, misguided matches and romantic missteps to realize the love that has been there all along.

- **Kathy Hochul** is President of the NYS Senate and Chairs the Regional Economic Development Councils and NYS Women’s Suffrage 100th Anniversary Commemoration Commission. She Co-Chairs the NYS Heroin and Opioid Abuse Task Force and Community College Councils. Representing Governor Cuomo across the State, Hochul tours main streets, meets with local business owners, visits college campuses, and meets regularly with mayors, supervisors and other community leaders. The Lieutenant Governor builds support for the Governor’s initiatives including the minimum wage increase, paid family leave, ethics reform and infrastructure investment.
- **High School Gospel Music Invitational** - This year’s festival will feature over 100 high school singers from NYC, Boston, upstate New York, Baltimore, and Washington, D.C. The singers will be joined by the Ithaca College symphony orchestra, guest clinician D’Walla Simmons-Burke, and featured soloist Krista McKenzie.
- **Jay Leeming** is a performance storyteller who has spent years telling stories in classrooms and libraries, as well as to adult audiences in theaters and National Parks. The creator of the Crane Bag Storytelling Podcast, he is the author of two books of poetry and the recipient of a fellowship from the National Endowment for the Arts.
- Ithaca College's Project Generation club is hosting our **8th Annual Intergenerational Prom**. Individuals of all ages are welcome to come free of charge! They typically have 200 to 250 attendees, which includes college students, professors, and older adults from the surrounding communities. There will be a full dinner served, various activities to engage in, as well as several student performances such as Swing Dance Club. Prom is an opportunity to recognize the significance of older adults in our community and shows that people of all ages can unite in a positive environment.

Of Interest to Seniors and the GIAC Community...

- **Hat Show/ Fashion Show** at Calvary Baptist Church, 3/28 3-5 pm; \$10
- **Cornell Research Lab Seeking Participants for Jury Deliberation Study** -Interested in justice? Ever wanted to serve as a juror? Want to participate in research? We are conducting a mock jury study at Cornell Law School over the next few months. We are looking for people from the community to participate as mock jurors! Tell all your friends, and consider participating yourselves - you will be compensated \$50! For more information, you can contact LegalDecisionLab@gmail.com.
- The Ithaca College Gerontology Institute is seeking people over the age of 60 to participate in a **Service Learning Project** with students enrolled in Age Matters. Participants would be asked to meet one on one with an Ithaca College student 5-6 times for an hour. Meetings would take place on campus at a mutually agreed upon time. Visitor parking is available and the TCAT bus runs regularly to campus. Participation would include sharing life experiences. Participants will follow Story Corps suggestions for topics and process. “StoryCorps gives people of all backgrounds, typically two at a time, the opportunity to record meaningful conversations and archives the recordings at the Library of Congress.” The project culminates with a recorded interview that will be submitted to the Library of Congress. Want more information on Story Corps – visit their page at <https://storycorps.org/participate/> Students are required to finish the project by April 30. We hope to have students paired with older adults by the end of February. Please fill out this form to learn more about the program and potentially be matched with a student. Please contact Karen Brown at 274-1607 or kbrown19@ithaca.edu for questions.

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