

# April 2021



## GIAC Senior Program

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			3/31 The Many Lives of Stewart Park: Past & Present virtual presentation	1	2	3
4	5 Zoom mindfulness & meditation	6 Zoom Craft Group: meet artist Janet Shea	7 Zack's travel slides, part 2	8	9 Hot Tea & Poetry	10 Spring Chicken BBQ (delivery available)
11	12 Zoom mindfulness & meditation	13 Zoom Craft Group	14 Meet this public servant: City Manager Dan Cogan	15 Southside shopping	16 Movie discussion: <i>Jiro Dreams of Sushi</i>	17
18	19 Zoom mindfulness & meditation	20 Zoom Craft Group	21 Seward virtual presentation	22	23 Senior Breakfast with guest Rick Rogers	24
25	26 Zoom mindfulness & meditation	27 Zoom Craft Group	28 Becker House virtual concert	29 Outside dining lunch at NorthStar	30	

See reverse side for program details. See the newsletter for Mindfulness & Meditation and Arts & Crafts group.

**Wed., March 31<sup>st</sup>, 7 pm The Many Lives of Stewart Park: Past & Present**

Explore the rich history of Ithaca's favorite lakeside destination with those who know it best in this online event featuring four presenters: <https://livesofstewartpark.bpt.me> to register.

**Wednesday, April 7<sup>th</sup>, 1 pm Zack's travel slides, part 2**

I'll share another group of pictures of my travels through Asia: Meeting ID: 832 7883 4838, password: GIAC2021

**Friday, April 9<sup>th</sup>, 10 am Hot Tea & Poetry**

Join us to share both original and favorite poems and writings. Poems can be funny, sad, or just strike you as worth sharing. It's a friendly supportive atmosphere, everyone is welcome: Meeting ID: 892 6514 1455, password: GIAC2021

**Saturday, April 10<sup>th</sup>, 12 noon Spring Chicken BBQ (delivered or pick-up)**

The Masonic chapter is raising money for the chapter student scholarship fund with the help of the Eagles. Meals consist of half chicken, baked beans, salt potatoes, roll/butter & cookie. Please order with me by 4/7, \$10 paid at delivery or pick up.

**Wed, April 14<sup>th</sup>, 10 am Meet this public servant: City Manager Dan Cogan**

Dan has worked as the City Manager for the past five years. He is on the verge of retiring... here is your chance to hear about the position's responsibilities, his experiences, and current issues involving the city: Meeting ID: 846 8178 4711; Password: GIAC2021

**Thursday, April 15<sup>th</sup>, 11 am-1 pm Southside Shopping**

Shopping (your choice where) on the southside of town, call to get a pick-up.

**Friday, April 16<sup>th</sup>, 11 am Movie discussion: "Jiro Dreams of Sushi"**

YouTube has movies you can watch for free, search the title on YouTube and watch on your own. We'll get together to chat about our responses to the film. Check out the newsletter for details: Meeting ID: 839 2278 7380, password: GIAC2021

**Wednesday, April 21<sup>st</sup>, 2:30 pm Seward virtual presentation**

Join us for a virtual presentation of "Seward and the Sciences" with Zachary Finn of the Seward House Museum in Auburn: Meeting ID: 850 9712 5840; Password: GIAC2021

**Friday, April 23<sup>th</sup>, 10 am Virtual Senior Breakfast**

Join us for a performance by storyteller Rick Rogers, breakfast delivery is an option: Meeting ID: 812 6308 9402; Password: GIAC2021

**Wednesday, April 28<sup>th</sup>, 7 pm Becker House virtual concert**

Unfortunately, this year makes the second year in a row that we didn't get to join McGraw House for a dinner, always a highlight of the spring. The students there have a wide range of talents (singing & music) that they would like to share with us. Please join us for this virtual concert: Meeting ID: 882 3508 6844; Password: GIAC2021

**Thursday, April 29<sup>th</sup>, 12 noon Lunch at NorthStar House**

If it is nice, we will have an outdoor, socially distanced lunch; bring a folding chair--202 East Falls Street. If the weather does not cooperate, we'll try again next month.



## News and Notes – April 2021 GIAC Senior Program



I feel like spring is here in earnest...lovely feeling, every year!

**Many of you have contributed to the program, as I asked, but we still have not yet made the revenue requirements of the city. Please step up with a donation, this will ensure the program continues through the pandemic and can return to normal later this year.**

As the weather warms and a higher percent of our participants are vaccinated, we will start to consider in-person programming. Except for the lunch at NorthStar House and southside shopping, we are not quite ready for that...particularly using the city vans. I feel confident that soon, perhaps by summer, we will be able to use the vans or perhaps a charter.

- ***The Many Lives of Stewart Park: Past & Present Wed., March 31 7pm***  
Cayuga Nation fishing village of Neodakheat. Swampy farmland. Competitive rowing oasis. Trolley and amusement park. Home of Wharton, Inc. silent movie studio. And today, one of the area's most popular recreational and cultural hubs! One thing's for sure: Stewart Park is a special place. Explore the rich history of Ithaca's favorite lakeside destination with those who know it best in this free online event featuring: Friends of Stewart Park Executive Director Rick Manning; Executive Director of Wharton Studio Museum and FSP Board President Diana Riesman, Susan Holland of Historic Ithaca, and Bryan McCracken, the City's Historic Preservation Planner. Register (for this free virtual event) at: <https://livesofstewartpark.bpt.me>
- ***Mindfulness, Meditation & Chair Yoga, Mondays at 1 pm.*** The purpose of our class will be to calm and center our minds, to provide a way to manage stress, and have clarity and to use gentle movements to stretch. To participate: <https://us02web.zoom.us/j/88613136156?pwd=aEhKZVRpTXZyRDJ0L2pVM>

[0IYNXU5QT09](#), 1-929-436-2866 (for phone); Meeting ID: **886 1313 6156**;  
Password: **GIAC2020**

- **Zoom Craft Group, Tuesdays at 12 noon.** A group of 5-10 people have been getting together to talk crafts and just check in. Everyone is welcome. To join: <https://us02web.zoom.us/j/278922636?pwd=QTRXTStaR1dBcVRDRFIocUoxMjdVUT09>, 1-929-436-2866 (for phone) ; Meeting ID: 278 922 636; Password: 007992
- **On Tuesday, April 6 (12noon)** applique artist Janet Shea will join the Crafts group for a discussion of her work and technique. What is applique? Ornamental needlework in which pieces of fabric are sewn or stuck onto a large piece of fabric to form pictures or patterns. Everyone is welcome to join, just use the link/invite for the regular craft group (see above).
- **Zack's Virtual Slide Presentation, Wednesday, April 7 at 1 pm** – From 1998 to 2000, I spent two years in Nepal volunteering with the Peace Corps. On the way home from Nepal, I traveled by rail from Shang-Hai to Amsterdam, including on the Trans-Siberian Express. I recently digitized my slides and there are ways to combine Google maps and other websites to improve the show, I look forward to it! To participate on a computer: <https://us02web.zoom.us/j/83278834838?pwd=OGVQVk5ZalhKUXUzaU1rbU9pSUczZz09> : Meeting ID: **832 7883 4838**; Password: **GIAC2021**
- **Hot Tea and Poetry, Friday, April 9 at 10 am**– Grab a cup of your favorite beverage and enjoy listening to poems written by members and guests. Please feel free to share a favorite poem or one that you wrote yourself. It is a friendly supportive atmosphere, so join the fun. To participate on a computer: <https://us02web.zoom.us/j/89265141455?pwd=UkpReFVBU2syR1BaRG1pOUdjMmtVdz09> : Meeting ID: **892 6514 1455**; Password: **GIAC2021**
- **Eagles chicken BBQ delivered, Wednesday, April 10, 12 noon** – The Masonic chapter is raising money for the chapter student scholarship fund with the help of the Eagles. Meals consist of half a chicken, baked beans, salt potatoes, roll/butter and cookie, costs \$10 (due at delivery). **Please order with me by 4/7.**

- **Meet this public servant: City Manager Dan Cogan**, Wednesday, April 14 at 10 am – After five years at the position, City of Ithaca Chief of Staff Dan Cogan has announced that he is resigning his position, effective at the beginning of May. He was officially appointed the Chief of Staff on May 1, 2016, after having spent 10 years on Common Council and six years in the reserve Active Mayor role under former Mayor Carolyn Peterson. His profession at the time was as an engineer with Taitem Engineering. Here is your chance to hear about the position’s responsibilities, his experiences, and current issues involving the city:  
<https://us02web.zoom.us/j/84681784711?pwd=NE9UL00yK1dIYXBMSkpkcnkrczNSQT09> : Meeting ID: 846 8178 4711; Password: GIAC2021
- **Movie discussion: “Jiro Dreams of Sushi”**, Friday, April 16 at 11 am Jiro *Dreams of Sushi* is the story of 85-year-old Jiro Ono, considered by many to be the world's greatest sushi chef. He is the proprietor of Sukiyabashi Jiro, a 10-seat, sushi-only restaurant inauspiciously located in a Tokyo subway station. Despite its humble appearances, it is the first restaurant of its kind to be awarded a prestigious three-star Michelin Guide rating, and sushi lovers from around the globe make repeated pilgrimage, calling months in advance and shelling out top dollar for a coveted seat at Jiro's sushi bar. *Jiro Dreams of Sushi* is a thoughtful and elegant meditation on work, family, and the art of perfection, chronicling Jiro's life as both an unparalleled success in the culinary world and as a loving yet complicated father. To watch the film, search the title on YouTube and watch on your own, it is free. Our meeting:  
<https://us02web.zoom.us/j/83922787380?pwd=eFV5TTYyRUpyVWNKMldkS2xsMHdXQT09>: Meeting ID: 839 2278 7380; Password: GIAC2021
- **Virtual presentation: Seward and the Sciences**, Wednesday, April 21 at 2:30 pm – Join us for a virtual presentation of “Seward and the Sciences” with Zachary Finn of the Seward House Museum in Auburn. To participate on a computer:  
<https://us02web.zoom.us/j/85097125840?pwd=VkNYNl0xUm40czBVWHVPK2VOcWN6UT09> : Meeting ID: 850 9712 5840; Password: GIAC2021; To join by phone, call 1-929-205-6099, Enter Meeting ID: 850 9712 5840, Enter Passcode: 52846249

- **Zoom Breakfast with guest Rick Rogers: Friday, April 23, 10 am** - Spencerite Rick Rogers has done a lot in life. He's traveled all over the world and has lived in more places than many people have visited. Some of the places he has called home include the Ozark mountains, New Zealand, Florida, Nicaragua, Europe, and a number of different spots in upstate New York. Now, though, he's been settled in Spencer for a couple decades and is getting back into writing. His first book was called *Ballads and Tales of the Woods*, and it was followed by *Critters, Woods, and Water* and finally by *Earth Tales and Bird Song*. And this month, he's going to tell us a story!

As usual, we will deliver breakfast from Shortstop Deli to your door for \$4. You have the choice of an English muffin sandwich with egg & cheese, egg/cheese & bacon, or egg/cheese & sausage. Please **let me know your choice by 4/21**. To participate on a computer:

<https://us02web.zoom.us/j/81263089402?pwd=U0Myd1Rtckw4WHFiNGZBMDhDTGV3UT09> : Meeting ID: **812 6308 9402**; Password: **GIAC2021**

To join via your telephone: Dial 1-929-205-6099; Enter the Meeting ID and 27724197, followed by the “#” sign; Enter the “#” sign again to skip the participant ID.

- **Becker House virtual concert: Wednesday, April 28, 7 pm** – As you might expect, some of the students that live at Cornell's Becker House are skilled musicians. Since our usual meal at Becker House is not a possibility again this year, they would like to share their talents with you in a virtual concert. To participate on a computer:

<https://us02web.zoom.us/j/88235086844?pwd=VVRSYmRnb0FzVXJrZDVaTDgwa2xGQT09> : Meeting ID: **882 3508 6844**; Password: **GIAC2021**

To join via your telephone: Dial 1-929-205-6099; Enter the Meeting ID and 57485399, followed by the “#” sign; Enter the “#” sign again to skip the participant ID.

- **Grocery Delivery** – Since the beginning of the pandemic, I have been facilitating the delivery of groceries to members' homes. As of now, we are still providing the service. Interested participants should contact me. I will

submit your order through the Walmart website and set the delivery time (usually within two days). There is a \$35 minimum order for any delivery. I get a message when the delivery departs Walmart and I alert the recipient to be ready to meet the delivery. GIAC will bill you directly, there is no need for payment at the time of the delivery.

- **Help with COVID-19 vaccination** – Are there still some of you that would like to receive a vaccine, but have not been able to sign up yet? If so, please let me know...I would like to help you get your shots!
- **Where to watch for vaccination scheduling:**
- Tompkins County Health Department:  
<https://apps3.health.ny.gov/doh2/applinks/cdmspr/2/counties?OpID=50501047>
- Kinney Drugs: <https://secure.kinneydrugs.com/pharmacy/covid-19/vaccination-scheduling/ny/>
- Rite Aid: <https://reportsonline.queue-it.net/?c=reportsonline&e=RITEAIDNYS2021>
- TOPS: <https://www.topsmarkets.com/Covid19Vaccinations/>
- Other pharmacies without scheduling websites currently, but may soon: Wegmans, Walmart, Walgreens

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