










January 2023



GIAC Senior Program
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| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
|---------------------------|---|--|--|-----|---|---|--|
| 1 New Years Day | 2 New Years Day— City Holiday | 3 Crafts & Conversation Group | 4 | 5 | 6 | 7 | |
| 8 | 9 | 10 Crafts & Conversation Group with a possible update from Nepal | 11 | 12 | 13 CU Basketball vs. Yale at Newman Arena  | 14 | |
| 15 | 16 MLK, Jr. Day— GIAC Closed | 17 Crafts & Conversation Group | 18 Guided Hike at Cornell Botanical Gardens starting at Flat Rock  | 19 | 20 Poetry Group at GIAC | 21 | |
| 22 | 23 Southside Shopping | 24 Crafts & Conversation Group | 25 Birthday Lunch Applebee's  | 26 | 27 Senior Breakfast  Concert in Honor of MLK, Jr. at IC  |  | |
| 29 | 30 Explore the Cuisine of East Asia at Tai Chi Restaurant  | 31 Crafts & Conversation Group |  <p>Minimal walking, walker accessible Moderate leisure walking Long walks required Rough trail walking</p> | | | <p><small>United Way of Tompkins County Funded Partner</small></p>  <p>GREATER ITHACA ACTIVITIES CENTER</p> | |

See reverse side for program details.



News and Notes – January 2023 GIAC Senior Program



Happy New Year everyone! We're off and into a whole new year (or will be shortly). I hope that everyone had a good 2022, but here's to 2023 being better in every way! I hope to see you all regularly in the new year. The first order of business for the new year is the program's fee structure. Since the onset of the pandemic, we have wanted to maintain connections and provide services for senior citizens in the community, so program fees became a voluntary donation; appreciated, but not required. Thanks to so many of you who continued to make the donation, the program is on good financial footing, regardless. In 2023, we return to the pre-2020 model and ask you all to pay an annual registration fee. The good news is that we will cut the fee to an even \$50, back to what it was in 2017. Of course, if this is an obstacle to joining, scholarships are available...just contact me to work out details. Please also share about the program with your friends and family, the program has a solid core of members, both long-term and new, but we need to rebuild...the pandemic and related concerns about close social contacts, has affected our membership numbers.

During the last year, we encouraged participants to register on the RecDesk platform. It is user friendly, so give it a try if you are comfortable with computers. You'll be able to sign up and pay for programs with the ease of logging onto your computer. Google "giac.recdesk.com" to get started...help is available by calling the office, if you need.

I am planning to be on vacation for the first half of the month of January. As you can see on the calendar, we are less active than normal, but there are a few things scheduled none-the-less. To register for outings, contact Aleshia Akers at akers@cityofithaca.org or 272-3622 (x2229). She is helping to keep the program going in my absence. January is a pretty slow month, so you are not really

missing very much. We'll get back to normal at the end of the month once I return.

Earlier this year, former New York Times obituary writer Roger Segelken led a workshop called ***The Ultimate Last Word: Write Your Own Obituary***. Does this sound morbid to you? Actually, it was a lot of fun and a stimulating exercise. [Space is still available for this class.](#) The class will take place on four consecutive Tuesdays in January over Zoom from 2 to 4 pm (1/10, 1/17, 1/24, & 1/31); please make sure you can attend each class. Do you trust your next-of-kin to get your story straight? Roger will guide you through the process of documenting your life so far—while there still time! If you are interested, please contact me soon; there are only a limited number of spaces available.

January Events – Expanded Descriptions

- ***Zoom Craft Group, Tuesdays at 12 noon.*** A group has been getting together to talk crafts and just check in. Everyone is welcome; to join: <https://us02web.zoom.us/j/278922636?pwd=QTRXTStaR1dBcVRDRFI0cUoxMjdVUT09> ; Meeting ID: 278 922 636; Password: 007992
- ***Guided Hike at Fall Creek Valley Natural Areas starting at Flat Rock,*** Wednesday, January 18 at 11 am – This hike will be an exploration of the north and south sides of Fall Creek Valley near Flat Rock, in Natural Areas protected by the Cornell Botanic Garden. The habitat includes flood plain forest, areas of mature forest, a field, and early successional wetlands. Please wear sturdy boots, layered warm clothing, footwear traction devices (microspikes, stabilicers, etc.), and bring a snack. Trails will be mostly flat, with a few gentle uphill sections. We'll plan to hike 2-3 miles.
- ***Iced Tea & Poetry, Friday, January 20 at 10 am*** – We'll meet up in person at GIAC. Please feel free to share a favorite poem or one that you wrote yourself. It is a friendly supportive atmosphere, so join the fun. I'll still be out of town, but I'm sure that you can have a satisfying gathering without me...I'll be back in February!

- ***Southside Shopping, Monday, January 23*** – If you want to go shopping at any of the downtown shopping locations (Walmart, Wegmans, Lowes, Agway, etc.), let Jerry (the driver) know and he will arrange for your itinerary.
- ***Birthdays Lunch at Applebee's, Wednesday, January 25, 11:30 am*** – Located on at Triphammer with a tavern type menu.
- ***Senior Breakfast with guest Mimi Melegrito, Friday, January 27*** – Mimi arrived in Ithaca in 1979. In addition to her professional work at the Ithaca Youth Bureau, she has been a volunteer for numerous community organizations involved with social welfare, education, economic justice, and race relations. Mimi also helped establish several service organizations, including a multicultural after-school program and various senior citizen outreach programs. She has been a member of Ithaca Kiwanis since 1988 and was the first woman to serve as president of the club and later as lieutenant governor for the organization. She helped in chartering a Key Club at Spencer Elementary School and the founding of Circle K clubs at Cornell and Ithaca College, which are Kiwanis affiliates at high schools and colleges. She will demonstrate some traditional Filipino dance as part of our Asian Heritage celebration.
- ***Concert in Honor of MLK, Jr. at IC, Friday, January 27*** – The School of Music, Theatre, and Dance (SMTD) is excited to announce the 2023 concert honoring the life and legacy of Dr. Martin Luther King Jr. Concert attendees will experience the heart of the African-American musical experience, including spirituals, gospel, jazz, and popular. The Ithaca College Wind Symphony, Symphony Orchestra, Choir, Chorus, Treble Chorale, and Jazz Vocal Ensemble; the Dorothy Cotton Jubilee Singers; and SMTD alumni and faculty—including first year assistant voice professor Jean Bernard Cerin—will all perform. There will also be a reading of King's "Letter from a Birmingham Jail."
- ***Explore the Cuisine of East Asia at Tai Chi, Monday, January 30*** - January is the month that we celebrate Asian heritage at GIAC. Tai Chi (740 South Meadow St.) is a new(ish) Asian restaurant and they have invited us to visit

and learn about the food they serve (like ramen, poke, sushi, bubble tea, and more). They will talk about the origins of the dishes, ingredients, and cultural importance of the food on their menu, and they will provide us some free samples of many of the items to get a taste of their food. Afterwards, we'll stay for lunch (which you should plan on purchasing for yourself). **Please let me know if you will be joining us in advance so we will be prepared for the correct number.**

Of Interest to Seniors and the GIAC Community...

GIAC Martin Luther King Jr. Day Celebration is back in 2023, it is scheduled for January 14th at BJM (in-person). The event will include several educational workshops, a keynote address, continental breakfast, and lunch. Information about the time, speakers, cost, and other details will be announced soon. Watch social media and GIAC's website for more information.

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

Friday, January 13th, 5 pm CU Basketball vs. Yale at Newman

Apparently, CU is good this year. Join us for the most exciting Cornell team in years!
Free.

**Wednesday, January 18th, 11 am Fall Creek Valley Natural Areas
starting at Flat Rock**

Myra will lead us for this hike to exploration of the north and south sides of Fall Creek Valley near Flat Rock, in Natural Areas protected by the Cornell Botanic Garden.

Friday, January 20th, 10 am Poetry at GIAC

Join us to share both original and favorite poems and writings.

Monday, January 23th, 10 am Southside Shopping

Give me a call if you'd like to do some shopping anywhere on the southside of town.

Wednesday, January 25th 11:30 am Birthday Lunch at Applebee's

Join us to celebrate January's birthdays at Applebee's, come for the food, fun, and cake (sandwiches start at \$13).

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

Join us for pancakes, bacon, eggs, and the usual fare; \$4 (pay at door). Longtime friend of the program, Mimi Melegrito will join us and share a traditional Filipino dance.

Friday, January 27th, 7:30 pm at Ithaca College, Ford Hall

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