



GIAC Senior (Adult) Program Information Sheet



What is GIAC? The Greater Ithaca Activities Center (or GIAC) is a community center located in downtown Ithaca at the intersection of Court and Geneva Streets. GIAC has a broad mission and sponsors a wide range of activities and events. Although primarily focused on youth and children with programs like after-school care and summer camp, we also have programs for senior citizens, young adults, and the general community.

What is the GIAC Senior Program? The Senior Program is primarily an outing program for senior citizens in our community. Once a month, members receive a calendar of activities and outings to choose from. They can choose to attend as many or as few as they like. One of the unique features of the program is that transportation is provided to and from all of the events on the schedule—whether they take place at GIAC, somewhere in Ithaca, or out of town.

What types of activities and outings are offered? How often are they scheduled? Generally, there are program options available about two out of three days throughout each month. Some activities take place at GIAC facilities, while most are outings to locations throughout the city and region. Currently, recurring events include an Arts and Crafts group, Tai Chi, yoga and meditation, and a monthly birthday lunch and senior breakfast. A computer class has also been offered. Some trips may cost money (for example, participants might be responsible to purchase a theater ticket or admission to a concert), but many are of little or no cost.

There are a wide range of other options...generally, in addition to the recurring Tai Chi, exercise, and Arts & Crafts groups, every month's schedule includes at least one concert or music event, a play, the birthday lunch, senior breakfast, and two or three other programs. We attend music events of just about any genre; for example, in the recent past we have been to the Cortland Country Music Park's Grand Ole Opry Tribute, the Rochester Philharmonic, the Syracuse Jazz Festival, the Opera in Binghamton, the musical "The Lion King," etc. There are also opportunities to visit museums, historical places, and other cultural trips, as well as recreational meals, dinner theater, and activities such as bowling. We have even gone as far as NYC for a Yankees game and for the Radio City Christmas Show. We have a lot of fun!!

Who can join and how is it done? The Senior Program is open to anyone 60 years and above. The annual fee for membership is \$55, although scholarships are available if needed. The program is **not** limited to city residents, but those living outside the Town of Ithaca might be asked to drive to a central meeting place to meet a GIAC van for some outings.

Who can I talk to for more information about the GIAC Senior Program? Zack Nelson is the Senior Program Coordinator. He can be reached by calling GIAC during normal office hours (9 AM to 12:30 PM, 1:30 to 5 PM). GIAC's number is 607-272-3622 (ext. 233 for Zack) or email: znelson@cityofithaca.org.

Can members suggest outings and other program activities? Participants' ideas are welcome. Members are encouraged to participate in quarterly steering committee meeting (by attending, you are on the committee) or by simply returning the survey when it is emailed to the group after the meeting. Many of the trip ideas begin with the suggestion of group members.

Is transportation provided for outings? Yes, transportation is generally available to any of the events on the monthly calendar. Occasionally, all interested participants cannot be accommodated in the vans and must wait to see if a seat opens up. The program coordinator will be in touch in the rare instance that this happens.