

**Leisure Time Activities
For Seniors
In Tompkins County**

Tompkins County Office for the Aging
320 North Tioga Street
Ithaca, New York 14850
607-274-5482
www.tompkins-co.org/cofa

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“For age is opportunity no less
Than youth itself, though in another dress.
And as the evening twilight fades away
The sky is filled with stars, invisible by day.”

Henry Wadsworth Longfellow

INTRODUCTION

Contrary to popular belief, the majority of senior citizens remain healthy and active throughout most of their lives. Many leisure time activities are available for interested seniors in Tompkins County. This booklet provides an overview of opportunities in the areas of social and recreational, educational, volunteer, exercise and fitness, and employment. Information on leisure-related programs, benefits, associations and organizations is also provided. Readers are encouraged to contact individual programs for further information.

HAVE FUN!!!

SOCIAL and RECREATIONAL ACTIVITIES

ADULT DAY PROGRAMS

LONGVIEW'S ADULT DAY COMMUNITY

1 Bella Vista Drive

Ithaca, NY 14850

Marilyn Strassberg, Director of Resident Services 375-6320

www.ithacalongview.com

Longview's Adult Day Community provides personal supervision and recreational programs as well as a nutritious lunch in Longview's dining room. Hours of operation: 9 a.m.-3 p.m. Tuesday, Wednesday and Thursday. Program fee is \$38/day. Partial subsidy may be available to low-income clients.

BRIDGE CLUB OF ITHACA

609 West Clinton Street

Clinton Plaza 273-2022

Co-Manager—Barbara Lucas 257-5371

(Leave message, someone will call

back.)

Duplicate Games:

Monday	10:30 a.m.	Thursday	10:30 a.m.
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Friday	7:30 p.m.	Saturday	1:30 p.m.
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Lesson & instruction for beginners and intermediates:

Wednesday 10 a.m.-2 p.m. 257-7052

Membership \$15 annually.

THE COMMUNITY SCHOOL OF MUSIC AND ARTS (CSMA)

330 East State Street

Ithaca, NY 14850 272-1474

www.csma-ithaca.org

The Community School offers a 20% discount to participants age 65 and older and schedules classes in all the arts during daytime and evening hours for adults of all ages.

CONGREGATE MEALS PROGRAM (FOODNET)

2422 North Triphammer Road

Ithaca, NY 14850 266-9553

www.foodnet.org

The Congregate Meals Program is provided by Foodnet, a not-for-profit organization under contract with the Tompkins County Office for the Aging, to operate the nutrition programs for the county. Foodnet provides meals and social time Monday through Friday at midday. Nutrition counseling and education are provided to individuals and groups. The sites for meals are conveniently located throughout the county, and are open to everyone over 60 years of age. A donation is suggested for each meal, and food stamps are also accepted, but no one is denied a meal because of inability to make a donation.

The dining room locations are:

Ithaca (at Titus Towers)273-5297

Groton (at Center Village Court Senior Apts.) 279-9145

Trumansburg (at First Baptist Church) 387-3015

Lansing (at Woodsedge Senior Apts.)279-9146

Call Foodnet from 8 a.m.-3:30 p.m. or the dining rooms 10 a.m.-1:30 p.m.

PROJECT CARE/FRIENDLY VISITING VOLUNTEERS

Tompkins County office for the Aging

320 North Tioga Street

Ithaca, NY 14850

Katrina Schickel274-5491

www.tompkins-co.org/cofa

Tompkins County Office for the Aging coordinates a program whereby volunteers offer assistance to seniors and caregivers. Volunteers may provide friendly visiting, respite for a stressed caregiver, help with light housekeeping, errands or yard work.

GREATER ITHACA ACTIVITIES CENTER (GIAC)

ADULT/SENIOR CITIZENS' PROGRAM

318 North Albany Street

Ithaca, NY 14850 272-3622

The **Adult Program** provides educational, recreational and leisure programs for adults/senior citizens in the Ithaca community. The Senior Citizens' component of the program includes a monthly breakfast, birthday luncheons, day trips, an exercise programs.

The times and fees vary, so seniors who are interested in the program should contact GIAC for more information.

THE GOLDEN AGE CLUB

The Salvation Army

150 North Albany Street

Ithaca, NY 14850

Contact Person: Jan Palmer 273-2400

The Golden Age Club welcomes all senior citizens to look into and participate in the programs that they offer. Membership is \$5 per year. On Tuesdays at 11 a.m. is an exercise class and at 11:30 a.m. dance class. Bring your lunch, beverage and desert are supplied. There are also quarterly birthday parties, field trips and annual trip.

ITHACA QUILTERS GUILD

Women's Community Building

100 West Seneca Street

Ithaca, NY 14850 272-5895

Meets the 2nd and 4th Tuesday of the month at 7:30 p.m. For more information call Enid Zollweg at the above phone number.

LIFELONG

119 West Court Street

Ithaca, NY 14850 273-1511

www.tclifelong.org

Since 1952 **Lifelong** has worked to promote wellness in later life by celebrating our rich cultural values and unique experiences by strengthening connection with others through community life. Lifelong is a private non-profit organization committed to promoting wellness in later life through recreation, education, advocacy, and volunteering for persons aged 50 and over.

Some of Lifelong's activities include:

- Book Club
- Bridge Group
- Clay Class
- Coffee Hour
- Community Senior Group Meetings
- Community Writing Computer Classes
- Crafting Circle
- Gardening Group
- Handicraft Gift Shop
- Intergenerational Activities
- Lifelong Chorus
- Mahjong
- Men's Group
- Open Computer Lab
- Playwright Discussion Group
- Poetry Writing
- Senior LGBT Events
- Sunrise Rotary Luncheon
- Theater Troupe
- Tole Painting
- Travel Program
- Watercolor Class

Countywide activities offer a variety of social, informational and service programs. A primary focus is on health and wellness. Each spring and fall, the Walk Program offers a schedule of weekly walks along local trails. Beginning late spring and continuing weekly through the summer, the Women's Golf Program plays area golf courses. A gathering of residents from the city's Northside and Southside offers programs and information to these neighborhood's communities, with an emphasis on African American perspectives. The Countywide program collaborates with and assists a series of twelve units around the county that host local senior citizen programs and efforts. These are based in Caroline, Danby, Dryden, Ellis Hollow, Enfield, Groton, Lansing, Newfield, the Northeast, Trumansburg, and Varna, and a Retired Teachers unit.

Public Information activities provide all seniors with a weekly radio program LIFELONG aired on WHCU 870 AM at 9:15 a.m. every Saturday, a weekly calendar, and, in cooperation with the County Office for the Aging, the SENIOR CIRCLE newsletter.

WOMEN'S BARBERSHOP CHORUS/CAYUGA CHIMES

Director, Eric Bean
President, Daisy Sweet 273-0569
Contact Person-Jill Hughes 319-0836
The **Cayuga Chimes** welcomes new members. You do not need to be able to read music, you only need to love to sing. The Chimes perform

primarily in nursing homes, hospitals, etc. They meet Tuesdays from 6:45–9:15 p.m. at Boynton Middle School. In summer, call for rehearsal information.

EDUCATION OPPORTUNITIES

CAYUGA NATURE CENTER, INC.

1420 Taughannock Blvd.

Ithaca, NY 14850 273-6260

www.cayuganaturecenter.org

Cayuga Nature Center (CNC) is a private, not-for-profit organization that provides outdoor and nature education programs for all ages in all seasons, with one hundred thirty-five acres, a farm site, live animals, exhibits, and five miles of hiking trails. CNC is a wonderful place to learn and explore. Trails are open 365 days a year. Programs for seniors can be specially created on a variety of nature topics, with advance notice. The rustic lodge is available for parties, meetings, and family reunions. Cayuga Nature Center is located just six miles north of Ithaca on Route 89. Volunteers are welcome for indoor and outdoor activities.

COLLEGE FOR LIFE LONG LEARNING—DD ADULTS

The Tompkins County Office for the Aging

320 North Tioga Street

Ithaca, NY 14850

Katrina Schickel 274-5491

www.tompkins-co.org/cofa

The **College for Life Long Learning** seeks to provide opportunities for continuing education for adults with developmental disabilities. Courses are offered in the summer, fall and spring in areas of interest to adults with developmental disabilities, e.g. arts, music, dance, Tai Chi etc.

CORNELL'S ADULT UNIVERSITY

626 Thurston Avenue

Ithaca, NY 14850 255-6260

www.sce.cornelledu.cau

Cornell's Adult University sponsors some 50 seminars, workshops, and study tours each year. It offers more than 30 seminars on topics ranging from art to zoology on the Cornell campus each summer, plus a full program for youngsters age 3 through 16. It offers some 20 off-campus

weekend seminars, week-long programs, and multi-week study tours abroad each year. Most CAU programs are taught by members of the Cornell faculty or staff. Serving as Cornell's college for alumni and friends of the university, its programs are open to all who wish to attend. Information on registration costs, programs, subjects, dates, and locations is available at the above address.

CORNELL COOPERATIVE EXTENSION OF TOMPKINS COUNTY

615 Willow Avenue
Ithaca, NY 14850-3555272-2292

www.cce.cornell.edu

Cornell Cooperative Extension of Tompkins County is a research-based educational organization designed to disseminate information to meet local needs and priorities. Educational programs of interest to the senior population include: food and nutrition information on healthy eating, special diets, recipe modification, food buying, safe preparation and storage; consumer education on energy conservation, radon, lead and healthy home environments, consumer fraud, horticulture programs for lawn and gardens, private water systems, recycling, and composting; information on family relationships and intergenerational programs. There are also classes on Savings, Financial Management and Retirement. Cooperative Extension Helplines are available to answer consumer questions weekdays at 272-2292.

CORNELL LAB OF ORNITHOLOGY

159 Sapsucker Woods Road
Ithaca, NY 14850-1999 254-BIRD (2473)

FAX254-2415

www.birds.cornell.edu

Experience the sights and sounds of birds in the multimedia theater and other interactive exhibits. View paintings by renowned bird and wildlife artists. Enjoy views of Sapsucker Woods pond and bird feeding garden through an expansive wall of windows. Hike more than four miles of trails through the sanctuary. Donations accepted, membership appreciated.

CORNELL UNIVERSITY SUMMER SENIORS PROGRAM

B20 Day Hall

Cornell University

Ithaca, NY 14853-2801255-4987

The **Cornell University Summer Seniors Program** is for anyone at least 60 years of age who wants to enroll in Summer session classes at Cornell but does not want to earn college credit. No transcript, grade record or proof of class attendance is kept. A registration fee of \$90 per credit is due at the time of registration. For more information, contact the School of Continuing Education and Summer Sessions at the above address.

ELDERHOSTEL

11 Avenue de Lafayette

Boston, Massachusetts 02111-1746Registration (877)426-8056

www.elderhostel.com

Elderhostel is a special low-cost academic program offered to older adults at about 1,000 different colleges and universities both in the United States and in over 70 countries abroad. Elderhostel courses are in the Liberal Arts and Sciences. They are not for credit, and there are neither exams, grades, nor homework! No particular previous knowledge or study is presupposed. All that is needed is a lifetime of experience and an inquiring mind to enjoy the Elderhostel program of your choice.

Catalogues are available at the Office for the Aging, 320 North Tioga Street, and Lifelong, 119 West Court Street.

LIFELONG

119 West Court Street

Ithaca, NY 14850 273-1511

www.tclifelong.org FAX 272-8060

In the spring of 1998 Lifelong created a program known as Lifelong Learning which seeks to provide opportunities of intellectual and cultural exploration through collaborative learning workshops. Over the years Lifelong Learning has established the reputation for developing innovative

and volunteer-taught programs. Lifelong values an experience-centered learning environment, shared knowledge, and aims to link communities with one another.

Every year Lifelong offers over 150 classes on subjects ranging from:

- Computer Classes
- Nutrition
- Poetry
- Memoir Writing
- Houseplants
- Sports
- Online Dating
- Language
- Story Telling
- Improvisational Theatre
- Opera
- History
- Cooking Classes
- Health & Medical Issues
- Science
- Environmental Issues
- Cultural Exchanges

If you're interested in signing up to take a class or volunteer as an instructor contact Lifelong at 273-1511.

TOMPKINS CORTLAND COMMUNITY COLLEGE (TC3)

170 North Street, PO Box 139

Dryden, NY 13053-0139844-6580

www.sunytccc.edu

If you are 60 years of age or older, you may audit, free of charge, any courses at **Tompkins Cortland Community College** that has space available after regular registration. Seniors are requested to enroll on the last day of the registration period and must submit a certificate of residence from the County in which they reside. Course offerings involve business, photography, real estate, health, history, swimming, and foreign languages. A complete listing of courses is available through the college catalogue. Any course offered at TC3 can be taken simply for the pleasure of learning or to sharpen a particular skill.

For information on other educational opportunities see also:

The Community School of Music and Arts (p.6)

GIAC Adult/Seniors Citizens' Program (p.8)

The Golden Age Club (p.8)

LIBRARIES

FINGER LAKES LIBRARY SYSTEM

119 East Green Street

Ithaca, NY 14850273-4074 ext 28 or 30

www.flls.org

Large-print and regular-print books and magazines and recorded books and videos are available free through the Mail-It books-By-Mail service. In addition, information is available on Talking Books and Bi-folkal (memory) kit.

The following libraries are in the Finger Lakes Library System:

TOMPKINS COUNTY PUBLIC LIBRARY

101 East Green Street

Ithaca, NY 14850 272-4557

www.tcpl.org

Monday through Thursday	10 a.m. to 8:15 p.m.
Friday and Saturday	10 a.m. to 5 p.m.
Sundays –Call to check if open	1 p.m. to 5 p.m.

GROTON PUBLIC LIBRARY

112 East Cortland Street

Groton, NY 13073 898-5055

www.town.groton.ct.us.library

Monday through Thursday	2 p.m. to 5:30 p.m. 7 p.m. to 9 p.m.
Friday	10 a.m. to 7 p.m.
Saturday	10 a.m. to 2 p.m.
(Closed Saturdays July and August)	
(Call to check for Summer Hours)	

NEWFIELD PUBLIC LIBRARY

PO Box 154, Main Street

Newfield, NY 14867564-3594

www.flls.org/newfield

Monday through Thursday	2 p.m. to 8 p.m.
Saturday	10 a.m. to 2 p.m.

ULYSSES PHILOMATHIC LIBRARY

74 Main Street, PO Box 705

Trumansburg, NY 14886 387-5623

www.trumansburglibrary.org

Monday and Friday 10 a.m. to 5 p.m.
Tuesday and Thursday Nights 7 p.m. to 8:30 p.m.
Saturday 10 a.m. to 2 p.m.

CAROLINE COMMUNITY LIBRARY

Town Hall, 2670 Slaterville Road

Slaterville, NY 14881539-3395

www.tcpl.org/tcpllibraries/caroline.html

Monday - Thursday 6:30 p.m. to 8:30 p.m.
Friday Noon to 3 p.m.
Saturday 10 a.m. to Noon
Sunday 1 p.m. to 3 p.m.

DANBY COMMUNITY LIBRARY

Town Hall

Danby, NY 14850277-4788

www.tcpl.org/tcpllibraries/danby.html

Volunteer opportunities available. Computers available to use. Nice selection of large-type and books on tape.

Tuesday and Thursday 3:30 p.m. to 5:30 p.m.
Saturday 9:30 a.m. to 2:30 p.m.

SOUTHWORTH LIBRARY

24 West Main Street

Dryden, NY 13053 844-4782

www.southworthlibrary.org

Monday through Wednesday 1:30 p.m. to 7:30 p.m.
Thursday 11 a.m. to 5:30 p.m.
Friday 11 a.m. to 7:30 p.m.
Saturday 10 a.m. to 2 p.m.

LANSING COMMUNITY CENTER LIBRARY

27 Auburn Road

Lansing, NY 14882533-4939

www.lansingtown/librarycenter.html

Monday and Wednesday	3 p.m. to 8 p.m.
Tuesday	10 a.m. to 2 p.m.
Thursday	6 p.m. to 8 p.m.
Friday	9 a.m. to Noon
Saturday	9 a.m. to 1 p.m.
(Check for summer hours)	

MUSEUMS

DEWITT HISTORICAL SOCIETY

401 East State Street

Ithaca, NY 14850 273-8284

www.lakenet.org/dewitt FAX 273-6107

The **Society** collects and preserves artifacts, operates the Tompkins County Museum, offers reference access, and the education program offers guided tours of current exhibits to schools and other groups such as arts or antique clubs. Educational resources such as slide shows, collections of photographs, etc. can be loaned to community groups.

Tuesday, Thursday and Saturday 11 a.m. to 5 p.m.

HERBERT F. JOHNSON MUSEUM OF ART

Cornell University

Ithaca, NY 14852-4001 255-6464

www.museum.cornell.edu

The **Herbert F. Johnson Museum of Art**, Cornell's art museum, is the visual arts center of the Finger Lakes region. Open Tuesday through Sunday, 10 a.m. to 5 p.m., with no admission charge, the museum provides visitors with spectacular views of the University, Ithaca, Cayuga Lake, and the surrounding countryside from its fifth floor.

Designed by world-renowned architect I.M. Pei, the museum houses collections that span forty centuries and six continents and is particularly strong in Asian, American, graphic, and contemporary arts. Special exhibitions as well as a variety of public programs for all ages, including educational workshops, tours, lectures, film and video series, and concerts are scheduled throughout the year.

**MUSEUM OF THE EARTH AT THE PALEONTOLOGICAL
RESEARCH INSTITUTION**

1259 Trumansburg Road

Ithaca, NY 14850-1398 273-6623 Extension 33

www.museumoftheearth.org

The Museum of the Earth at the Paleontological Research Institution (PRI) offers everyone an opportunity to explore the history of life on earth dating back 550 million years. The museum displays over 650 specimens from PRI's world-class fossil collection including the 44-foot skeleton of the Right Whale #2030 and the Hyde Park Mastodon, one of the most complete skeletons ever found! Audio-visual presentations and hands-on exhibits bring the ancient past of New York to life, while programs and activities engage families, fossil and shell enthusiasts, and serious collectors of all ages!

Museum tours are available Monday, Wednesday, & Friday at 11:30 a.m. and Saturday at 11 a.m. Call for dates and lecture information regarding Natural History @ Noon, Artist-in-Residence, and other exciting program series.

Volunteers are always welcome and make a substantial impact on the Museum's success!

Winter Hours: Labor Day through Memorial Day

Monday, Wednesday-Saturday	10 a.m.-5 p.m.
Sunday	11 a.m.-5 p.m.
Tuesday (Closed)	

Summer Hours: Memorial Day through Labor Day

Monday -Saturday	10 a.m.-5 p.m.
Sunday	1 a.m.-5 p.m.

VOLUNTEER OPPORTUNITIES

CAYUGA MEDICAL CENTER AT ITHACA

101 Harris B. Dates Drive

Ithaca, NY 14850274-4323

www.cayugamed.org

Volunteers are utilized in almost every department, flexible hours. Contact Cal Wood at the above number for details.

BROOME DDSO

1257 Trumansburg Road

Ithaca, NY 14850273-0811

www.omr.state.ny.us/index.jsp

Broome DDSO provides adult day services and supervised residential care for eligible persons of any age. Volunteers are welcome to help with these programs. Contact person is Mark Stuart.

PROJECT CARE/FRIENDLY VISITING VOLUNTEERS

The Tompkins County Office for the Aging

320 North Tioga Street

Ithaca, NY 14850

Katrina Schickel274-5491

www.tompkins-co.org/cofa

Refer to page 7 of this booklet.

THE LEARNING WEB

515 West Seneca Street

Ithaca, NY 14850275-0122

www.learning-web.org

The **Learning Web** is a countywide program serving youth from 12 to 25 years of age. This program provides an opportunity to share professional or vocational skills as a mentor for a volunteer youth apprentice and has proven to be valuable to the apprentice as well as rewarding for the mentor. Those who would like to work in a more direct program support function, such as helping to develop new mentors, work with community relations, or provide administrative or fund raising support, would also be welcome.

TOMPKINS LEARNING PARTNERS

124 West Buffalo Street

Ithaca, NY 14850 277-6442

www.tlpartners.org

Operating Hours: Monday through Friday 9 a.m. to 4:30 p.m.

Tompkins Learning Partners provides local adults, including parents, with free, confidential small-group learning, computer-assisted learning, and individual tutoring. Instruction is offered in Adult Basic Education, which includes reading, writing, basic math, and pre-GED preparation. Instruction is also offered in English as a Second Language.

Volunteer opportunities: Tompkins Learning Partners trains and supervises volunteers who work as teaching assistants, computer lab resource people and, with training and experience, as small group facilitators and individual tutors. There are a variety of other ways, in addition to teaching, that volunteers can use their skills.

RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP)

121 West Court Street

Ithaca, NY 14850 273-1511

www.tclifelong.org

RSVP is a national program sponsored locally by Lifelong. The program helps people age 55 and older put their skills and life experience to work in their community. RSVP volunteers serve locally in more than 100 organizations, providing much needed assistance in areas such as health & nutrition services, educational services, adult and child care services, community & economic development services, environmental services, public safety services, disaster relief & emergency assistance services.

RSVP volunteers can contribute their time and talents through a wide range of opportunities. Many non-profit agencies have critical needs for volunteers to serve in capacities such as tutors, instructors, mentors, counselors, drivers and escorts, office assistants, receptionists, caregivers, museum and library aides, shop aides, and to help in areas such as maintenance and gardening, crafts, food collection, meal delivery, data entry, visitation and much more.

RSVP works to enrich the lives of seniors by enabling them to utilize their skills and life experiences in much needed areas of their community, while at the same time discovering for themselves the rewards and satisfaction of volunteering.

EXERCISE AND FITNESS PROGRAMS

THE CITY HEALTH CLUB AND PHOENIX FITNESS

402 West Green Street

Ithaca, NY 14850 273-8300

www.cityhealthclub.com FAX 277-5886

www.phoenixfitnessithaca.com

A full service club offering three types of classes for those interested in low impact options for exercise. Pilates, which increases abdominal and lower back strength, increases flexibility and improves posture. LIFE series (Low impact for everyone) offers a cardio, combo and muscle sculpt option that is results oriented. Body Pump increases overall strength building lean muscle mass and increases bone density.

CAYUGA MEDICAL CENTER AT ITHACA

101 Harris B. Dates Drive

Ithaca, NY 14850 274-4898

www.cayugamed.org

The Silver Service Program at Cayuga Medical Center at Ithaca is a membership organization for the 65+ generation. For a one-time \$4 fee, membership entitles seniors to a variety of services and discounts.

Silver service sponsors a lecture series featuring medical professions as guest speakers who discuss various health issues that affect seniors. Lectures are held the second Friday of the month, from 1 to 2 p.m. at Kendal. All lectures in the series are free and open to people of all ages.

ISLAND HEALTH AND FITNESS

310 Taughanock Boulevard

Ithaca, NY 14850 277-3861

www.islandhealthfitness.com

Island Health and Fitness, in partnership with Cayuga Medical Center, provides for community fitness, wellness, and clinical rehabilitation along with a day spa and physician offices. The facility offers three pools, strength training equipment, cardio equipment, group fitness classes as well as personal exercise programming customized for the individual. Every new member is offered personal health risks assessment, consultation with an exercise physiologist, and tailored instruction.

LIFELONG

119 West Court Street
Ithaca, NY 14850 273-1511
www.tclifelong.org FAX 272-8060

Lifelong is a private non-profit organization committed to promoting wellness in later life through recreation, education, advocacy, and volunteering for persons aged 50 and over. We offer a wide variety of wellness opportunities that increase a person’s health and overall wellbeing.

Some of our programs include:

- English County Line Dancing
- Enhance Fitness
- Health& Wellness Workshops
- Hop Dance Classes
- International Folk Dancing
- Line Dancing
- Scottish Dancing
- * Square, Round, Line & Polka Dancing
- *Strength Training
- *Tai Chi
- * Walking Group
- * Women’s Golf Group
- * Yoga Classes

For a complete list of wellness classes and the current schedule, call lifelong.

YMCA OF ITHACA AND TOMPKINS COUNTY

Graham Road West
Ithaca, NY 14850 257-0101
www.ithacaymca.com

The **YMCA** is a full facility open to both women and men, youth and families, which includes a pool, racquetball courts and weight-lifting equipment. Aerobic and aquatic classes are offered. Classes of special interest to seniors include “Senior W.A.T.E.R. Program” and “Aquacize” (aquatics). A senior membership is available for individuals or husbands and wives. Call and get a free tour and class.

Ithaca Branch, Taoist Tai Chi Society-USA

1201 North Tioga Street
Ithaca, NY 14850 277-5491
www.ithaca.newyork.usa.taoist.org

Taoist Tai Chi Society Taijiquan (Tai Chi) is a gentle art that promotes

health and well-being in people of all ages and health conditions. Regular practice increases strength, flexibility, balance and mental focus. Back pain and many stress-related illnesses such as arthritis may be alleviated. Some classes are especially geared to older people. There are also health recovery classes for those with limited mobility. Seniors or those with financial need receive a reduced membership rate. The International Taoist Tai Chi Society is a world-wide non-profit organization based on Taoist principles of compassion.

Classes are also offered in Newfield and Trumansburg. The class schedule is listed on our website. People are also welcome to stop by and visit when a class is in session. Open Houses are held three times a year with new classes starting after each Open House, but beginning classes and health recovery classes are always open to new students.

EMPLOYMENT OPPORTUNITIES

WORK FORCE NEW YORK CAREER CENTER

171 East State Street
 Center Ithaca Building, The Commons
 Ithaca, NY 14850272-7570

www.tompkinsworkforceny.org

Job seekers have resource room available. Services include skill matches with current jobs available. Other services, as required, given by staff.

Programs operating out of the Work Force Center include:

Experience Works 272-7570 ext. 110

Experience Works is an agency that provides part-time community service employment, training and job search to low-income persons age 55 and older.

TOMPKINS COUNTY OFFICE FOR THE AGING

320 North Tioga Street
 Ithaca, NY 14850 274-5482

www.tompkins-co.org

Title V Employment Program

The Office for the Aging sponsors the Title V Employment Program, providing for the support and placement of income eligible individuals 55 years of age and older in community service employment. Participants receive on the job training skills while working, allowing them to be more competitive in the search for unsubsidized employment.

LEISURE-RELATED PROGRAMS/BENEFITS

GADABOUT TRANSPORTATION SERVICE

737 Willow Avenue

Ithaca, NY 14850273-1878

Gadabout is a volunteer transportation service for people aged 60 and over and for disabled residents of Tompkins County which offers door-to-door service. Most buses are equipped to take wheelchair passengers. For best results, please call two days in advance. It may be possible to accommodate later requests but not guaranteed. Minimal fare of \$1.50 for rides in the city limits and \$2 outside the city limits. One way trips are available and you can use GadaBucks (available at the Gadabout office) for payments.

TCAT

Tompkins Consolidated Area Transit Center

737 Willow Avenue

Ithaca, NY 14850277-RIDE

www.tcatbus.com

TCAT provides bus service for City of Ithaca and Tompkins County. Bus schedules are available at City Hall, Lifelong and other places. All buses are handicap accessible. Call for information.

If you are 60 or over you can purchase 1/2 fare tickets at Lifelong or Ithaca City Hall.

ADA PARATRANSIT SERVICE

Tompkins Consolidated Area Transit Center

737 Willow Avenue

Ithaca, NY 14850277-9388, Ext. 450; TTY 277-9766

www.tcatbus.com

ADA Paratransit Service is specialized transportation to serve persons with disabilities which prevent them from riding a fixed route bus. Those who qualify receive a card allowing them to use the service, which covers a 3/4 mile-wide corridor on either side of regular bus routes, and operates within the same time frame as public bus service.

GOLDEN PARK PROGRAM

State Parks

Albany, NY 12238 (518) 474-0456
(TDD) (518) 486-1899

www.parks.state.ny.us/info/gld_park.asp

On any weekday (except holidays), New York State residents 62 years of age or older can obtain free vehicle access to state parks and arboretums, fee reduction to state historic sites, and a fee reduction for state-operated swimming, golf, tennis and boat rentals. The procedure is simply to present a current valid New York State Driver’s License or New York State Non-Driver’s Identification Card issued by the Motor Vehicle Bureau.

HANDICAPPED PARKING PERMIT

Parking Permits for individuals with temporary or permanent disabilities are issued through your local city, town, or village clerk’s office (e.g., if you live in the City of Ithaca, you obtain the permit from the City Clerk’s office, 108 E. Green St., Ithaca). The Department of Motor Vehicles (DMV) does **NOT** issue these permits.

To obtain a permit you must complete Part I of the application and have your physician, podiatrist, or nurse practitioner complete Part II, the medical certification.

EMPIRE STATE SENIOR GAMES

1 Empire State Plaza, 14th Floor

Albany, NY 12238

Empire State Games(518) 474-8889

John Doherty-Senior Games Director (212) 694-3618

www.empirestategames.org/senior

The **Games** is an annual organized sports and leisure program for participants 50 years of age and older. The program provides recreational and competitive opportunities for seniors, combines sports and games with fitness, fun and fellowship, encourages fitness as a life-long activity, and promotes the positive public image of seniors. Competitors may qualify for national competition including the National Senior Games.

The Empire State Senior Games are held late spring. Advance registration and a fee are required.

ASSOCIATIONS AND ORGANIZATIONS

AARP

601 E Street, NW

Washington, DC 20049(202) 434-2277

Membership1-888-687-2277

www.aarp.org

Founded in 1958, **AARP** is a non-profit, non-partisan organization for individuals age 50 and over. Nationally and through local chapters, the Association advocates for the rights of older Americans, assists with tax and Medicare forms, updates the skills of older drivers, and teaches crime prevention. AARP also offers pharmacy service, health insurance plans, a money market fund, a motoring plan and the “Modern Maturity” magazine.

LEAGUE OF WOMEN VOTERS OF TOMPKINS COUNTY

Maria Eisner, Membership277-4404

www.wvtompkins.14850.com

The **League of Women Voters of Tompkins County** promotes informed participation of citizens in government. The League is a non-profit, non-partisan organization. Its committees study national, state and local issues and act on them. Current local concerns are immigration, and young children in poverty in Tompkins County, national popular vote, and voter service (voter registration, voter information). Results of the studies are presented in open meetings. ‘Outside’ speakers are invited to address current issues.

All are welcome to join. For more information, please call 273-8350.