

Recreation and Education Resources for Older Adults in Tompkins County



**Tompkins County Office for the Aging
214 W. Martin Luther King Jr./State St.
Ithaca, New York 14850
(607) 274-5482
www.tompkinscountyny.gov**

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Recreation and Education Resources for Older Adults in Tompkins County

Titles in the booklet series:

1. Housing for Seniors in Tompkins County
2. Long Term Support Services in Tompkins County
3. Recreation and Education Resources for Older Adults in Tompkins County
4. Resources for Caregivers in Tompkins County
5. Tompkins County Fall Prevention Resource Guide

This entire set of resource guides is also available online at:

www.tompkinscountyny.gov

Acknowledgements

This booklet was prepared by the Tompkins County Office for the Aging.

Unless otherwise stated, services and price levels described in this booklet are those scheduled to be in effect as of October 2012 and are subject to change.

Latest Update: November 2012

Introduction

Many activities are available for older adults in Tompkins County. Opportunities are constantly expanding or changing. This overview focuses on recreation, education, volunteer, exercise and fitness programs. Information on federal, state, not-for-profit, organizational, and business discount benefits for older adults is also provided.

Readers are encouraged to visit individual program web sites, email or phone programs for changes and additional detail.

Enjoy!

Note:

The language referring to aging individuals is changing. Among the programs included, terms such as "senior," "senior citizen," "older adult," "elder," "older people," are used interchangeably in order to refer to individuals who are within one of the age groups beginning at 50, 55, 60, 62, 65, or 70 years of age. All of these terms carry meanings and connotations that may be acceptable to some people and not to others. The Office for the Aging recognizes and welcomes diverse perspectives and seeks to be as inclusive as possible by using these terms.

Social and Recreational Activities

Inclusive Recreation Resource Center Online Database

www.InclusiveRec.org

Focuses information about physical access and social inclusion of parks and recreation sites and programs around New York State. Online database is searchable by recreation activity, town, region or name of the recreation resource.

Bridge Club of Ithaca

609 West Clinton Street, Clinton Plaza

Ithaca 14850. . . . (Leave message if no one answers). . . . 273-2022

For those who have played in the past and active players; new players welcome. Costs \$3 per game.

Monday: 10:30 a.m. Duplicate Bridge Game; bring a sandwich; call Barb 257-5371 (if no answer, call Bill at 539-6169).

Tuesday: 7:00 p.m. Duplicate Bridge Game; call Courtney at 273-5949 (Anne 257-7052).

Wednesday: Beginners and Novices; practice playing hands, with lessons as required; call Anne at 257-7052.

Thursday: 10:30 a.m. Duplicate Bridge Game; bring a sandwich; call Betty at 257-0978 (if no answer, call Bill at 539-6169).

Cayuga Trails Club

www.cayugatrailsclub.org/index.php

The Cayuga Trails Club is a volunteer organization, founded in 1962 "to explore, enjoy, and preserve wild lands and places of natural beauty and interest through informal study of the natural and historical features of the out-of-doors by walks and related activities." Individual membership \$12 annually.

Community School of Music and Arts (CSMA)

330 East State Street

Ithaca 14850272-1474

www.csma-ithaca.org/index.html

CSMA has many different classes and events for all ages. CSMA offers a 20% discount to participants age 65 and older.

**Congregate Meals Program
(Foodnet/Meals on Wheels)**

2422 North Triphammer Road
Ithaca 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 - Friday at noon. Meals are provided to everyone over 60 years of age. Nutrition counseling and education are offered to individuals and groups. Suggested contributions are \$3 per hot meal and \$4 for a sandwich plus hot meal; food stamps (SNAP) are accepted. No one is denied a meal because of inability to make a contribution.

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 one day in advance if possible to ensure a serving. Foodnet from 8 a.m.-3:30 p.m. or the individual dining rooms from 10 a.m.-1:30 p.m.

Discovery Trail

www.discoverytrail.net/

Nine organizations collaborate to sponsor this site in order to make it easier to navigate the wealth of information through notices and web links. The resources and information are relevant to everyone, although many activities are tailored for youth and school groups. Each organization has its own web site as well. They are:

Cayuga Nature Center. 273-6260
<http://www.cayuganaturecenter.org/>

Cornell Lab of Ornithology. 254-2473
<http://www.birds.cornell.edu/Page.aspx?pid=1478>

Cornell Plantations. 255-2400
<http://www.cornellplantations.org/>

The History Center 273-8284
<http://www.thehistorycenter.net/>

Johnson Museum of Art255-6464
<http://museum.cornell.edu/>

Museum of the Earth. 273-6623
<http://www.museumoftheearth.org/>

Sciencenter. 272-0600
<http://www.sciencenter.org/>

Tompkins County Library.272-4557
<http://tcpl.org/>

Ithaca Lesbian Gay Bisexual Transgender Task Force

<http://www.ilgbtff.org/>

Provides information and social activities to create a social and cultural environment that nurtures a wide range of gender, sexuality, and family arrangements.

Project Care/Friendly Visiting Volunteers

Tompkins County office for the Aging
320 North Tioga Street
Ithaca 14850

Katrina Schickel274-5491

www.tompkins-co.org/cofa

Volunteers offer regular assistance to people 55 and older or caregivers. Volunteers provide friendly visiting, respite for a caregiver, help with light housekeeping, errands or yard work.

Project Generations at Ithaca College and Cornell University provide on-campus resources and coordination for student volunteers.

Greater Ithaca Activities Center (GIAC)

Adult/ Senior Program

301 West Court Street

Ithaca 14850 272-3622

www.ci.ithaca.ny.us/departments/giac/index.cfm

The Adult Program (60+) 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, restaurant visits, day trips to museums, concerts, theatre, festivals, exercise programs, and other social outings. Some transportation provided.

Annual membership is \$50 with scholarships available and no cost to 90+. Contact GIAC for more information.

Salvation Army Golden Agers Programs

The Salvation Army
150 North Albany Street
Ithaca 14850

Contact Person: Major Barbara Carvill273-2400
Salvation Golden Agers (50+) welcomes all senior citizens. Member-
ship costs \$10 per year. On Tuesdays at 11 a.m. is an exercise class
followed by lunch. Events include quarterly birthday parties, field
trips, senior camp, and annual trip.

Lifelong

119 West Court Street
Ithaca 14850 273-1511

www.tclifelong.org

Lifelong (50+), a not-for-profit organization, promotes health and
wellness, recreation, education, travel, life planning, and volunteer
programs. Check their web site and online catalog for events and
classes.

Public Information activities provide a weekly on-line calendar of
activities, and, in cooperation with the County Office for the Aging,
the quarterly SENIOR CIRCLE newsletter, mailed to members and
widely available in hard copy.

Local Educational Opportunities

Cornell University's Adult University

626 Thurston Avenue

Ithaca 14850 255-6260

www.sce.cornell.edu/cau/index.php

Cornell's Adult University sponsors seminars, workshops, and study tours each year, on campus as well as around the world.

Cornell Cooperative Extension of Tompkins County

615 Willow Avenue

Ithaca 14850-3555 272-2292

www.cce.cornell.edu

CCE TC offers research-based information to meet local needs and priorities. On-line resources, written handouts, workshops, classes, and frequent community events provide practical tools and tips for home energy savings, gardening, nutrition, consumer issues, 4-H, and much, much more. Cooperative Extension Helplines are available to answer consumer questions weekdays at 272-2292.

Cornell University Summer Seniors Program

B20 Day Hall

Cornell University

Ithaca 14853-2801 255-4987

www.sce.cornell.edu/CUSS

The **Cornell University Summer Seniors Program** is for anyone 60+ who wants to enroll in Summer session classes at Cornell and does not want to earn college credit. Instructor approval and a fee of \$65 per credit are necessary for registration. For more information, contact the School of Continuing Education and Summer Sessions at the above address.

Ithaca Community Radio, 88.1 FM

103 West Seneca Street

Ithaca 14850

<http://ithacaradio.org/>

Radio for the community, by the community. Workshops are offered to teach radio editing basics.

Lifelong

119 West Court Street
Ithaca 14850273-1511
www.tclifelong.org FAX
273-1511

Check the web site for current activities and classes.

If you would like to volunteer as an instructor contact Lifelong.

Museums— see page 6— Discovery Trail

Cayuga Nature Center. 273-6260
<http://www.cayuganaturecenter.org/>

Cornell Lab of Ornithology.254-2473
<http://www.birds.cornell.edu/Page.aspx?pid=1478>

Cornell Plantations.255-2400
<http://www.cornellplantations.org/>

The History Center 273-8284
<http://www.thehistorycenter.net/>

Johnson Museum of Art255-6464
<http://museum.cornell.edu/>

Museum of the Earth. 273-6623
<http://www.museumoftheearth.org/>

Sciencenter. 272-0600
<http://www.sciencenter.org/>

Tompkins County Library.272-4557
<http://tcpl.org/>

Silver Service Lecture

<http://www.cayugamed.org/cmccalendar.cfm>

Cayuga Medical Center in Ithaca sponsors this series of no cost lectures about health and fitness. The location of the lectures is the Dewitt Clinton Auditorium at Kendal at Ithaca, 2230 North Triphammer Drive, Ithaca.

Tompkins Cortland Community College (TC3)

170 North Street, PO Box 139

Dryden 13053-0139844-6580

www.tc3.edu

People age 60 and over may audit credit courses tuition free (fees may apply) if there is space available after the regular registration period. A complete listing of courses is available through the college catalog. TC3 courses 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.5)

GIAC Adult/Seniors Citizens' Program (p.7)

The Golden Age Club (p.8)

Local Libraries

Finger Lakes Library System

119 East Green Street

Ithaca 14850 273-4074 or 800-909-3557

www.flls.org

Serves Cayuga, Cortland, Seneca, Tioga, and Tompkins Counties, including 33 independently governed libraries. Materials from any one library can be requested to be loaned to your most local partner library through the inter-library loan services of the [Finger Lakes Library System](#). Large type, regular print, and e-books can be found, as well as unabridged audio books, music CDs and many DVDs. For homebound individuals, the Mail-It program is an option. See <http://tcpl.org/services/visually-impaired.php>

Applications for the Talking Book and Braille Library are also available. See <http://www.nysl.nysed.gov/tbbl/>

The following libraries in Tompkins County collaborate within the Finger Lakes Library System:

Tompkins County Public Library [Main Library]

101 East Green Street

Ithaca 14850 272-4557

www.tcpl.org

Caroline Community Library

Caroline Town Hall, 2670 Slaterville Road

Slaterville 14881 539-6400 ext.5

<http://tcpl.org/libinfo/community-libraries-caroline.php>

Danby Community Library

Danby Town Hall, 1830 Danby Road

Danby 14850 277-4788

<http://tcpl.org/libinfo/community-libraries-danby.php>

Groton Public Library

112 East Cortland Street

Groton 13073 898-5055

<http://www.flls.org/groton/>

Lansing Community Center Library

27 Auburn Road

Lansing 14882533-4939

<http://www.lansinglibrary.org/>

Newfield Public Library

198 Main Street, P.O. Box 154

Newfield 14867564-3594

<http://www.newfieldpubliclibrary.org/>

Ulysses Philomathic Library

74 Main Street

Trumansburg 14886387-5623

www.trumansburglibrary.org

Southworth Library

24 West Main Street

Dryden 13053844-4782

www.southworthlibrary.org

Durland Alternatives Library

Cornell University, 127 Anabel Taylor Hall

Ithaca, NY 14853

<http://www.alternativeslibrary.org/>

Resources on contemporary issues and ideas as well as philosophical and spiritual studies usually unavailable in research and public libraries. Books, periodicals, and audio and video materials are available for circulation to both the academic and greater Ithaca community.

Volunteer Options

There are an immense number of volunteer opportunities available in Tompkins County. Since it is impossible to provide a comprehensive listing of all of these opportunities, the following is a list of clearing-houses where volunteer opportunities throughout the County are continuously updated.

Long Term Care Ombudsman Program

Tompkins County Office for the Aging
214 W. Martin Luther King Jr./State St.
Ithaca 14850

Suzanne Motheral 274-5498

www.tompkinscountyny.gov

A long term care ombudsman is a certified volunteer serving as an advocate to address concerns expressed by, or on behalf of residents of adult homes and nursing homes.

Project Care/Friendly Visiting Volunteers

Tompkins County Office for the Aging
214 W. Martin Luther King Jr./State St.
Ithaca 14850

Katrina Schickel 274-5491

www.tompkinscountyny.gov

Volunteers offer regular assistance to people 55 and older or caregivers. Volunteers provide friendly visiting, respite for a caregiver, help with light housekeeping, errands or yard work.

Project Generations at Ithaca College and Cornell University provide on-campus resources and coordination for student volunteers.

Retired and Senior Volunteer Program (RSVP)

121 West Court Street

Ithaca 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.

Contact Lifelong for current opportunities.

United Way of Tompkins County

313 North Aurora Street

Ithaca 14850 272-6286

<http://www.uwtc.org/Volunteer>

This regularly updated web site is a clearinghouse for local volunteer opportunities. You can sort by multiple categories: by date of activity, not-for-profit organization, volunteer opportunities for students, family volunteering, not-for-profit board opportunities, and campaigns for donated items. You can register as a user so that your searches will be saved for the next time that you want to volunteer. You can set criteria for volunteer opportunities that you would prefer, and you will receive email when those criteria are matched with a volunteer event.

Volunteer Match

<http://www.volunteermatch.org/>

A national database of opportunities searchable by zip code, for individual or group activities, by suitability for volunteer age-range, by type of need addressed. Also included are "virtual" volunteer opportunities which can be accomplished anywhere at any time, and some do not require use of a computer.

2-1-1 Information and Referral

<http://www.hsctc.org/index.php?page=211-volunteer-links>

Managed by the Human Services Coalition of Tompkins County. This is a Tompkins-Cortland County area database searchable by area of interest, activity, not-for-profit agency, on-going activity, keyword.

Exercise and Fitness

City Health Club

402 West Green Street
Ithaca 14850 319-4663
www.cityhealthclub.com

Since 1983, a full service club with parking in the City of Ithaca. Offers the Silver Sneakers Muscular Strength and Range of Motion (MS & ROM) Fitness Program with participating fitness centers in the U.S. for those who travel.

Cornell Community Sailing

1000 East Shore Drive
Ithaca 14850.277-9307
<http://sailing.athletics.cornell.edu/lessons.html>

Lessons for groups or individuals, Adult Sailing Camp.

Dance Classes

See page 5— Community School of Music and Arts

<http://www.csma-ithaca.org/>272-1474

Explore—these links may not be active but you can Google

<http://www.csma-ithaca.org/>
<http://ithacaacademyofdance.com/page1.php>
<http://www.ithacadance.com/id-schedule.html>
http://salsadanza.tripod.com/ballroom_dance_classes_ithaca/
http://salsadanza.tripod.com/latin_salsa_dance_classes_ithaca/
http://salsadanza.tripod.com/ithaca_swing_lindy_hop_dance_classes/

Empire State Senior Games

State Office Building
163 W 125th St 17th Floor
New York, NY 10027. 800-859-2227
<http://www.nyseniorgames.com/>

The National Senior Games Association is a non-profit member of the United States Olympic Committee. They are organized to provide health and fitness activities for adults 50+.

Finger Lakes Cycling Club

http://flcycling.org/?page_id=7
April—October sponsored rides, plus other events.

Finger Lakes Fitness Center

171 East State Street
Ithaca 14850 256-3532

<http://fingerlakesfitness.com/>

Located in Center Ithaca, with 24 hour access. Services include group fitness, personal training, personal yoga sessions.

Ice Skating

The Rink

1767 East Shore Drive
Lansing 14882 277-7450

<http://www.therink.org/index.html>

A community not-for-profit with year-round classes and practice schedules. Skate rental and pro shop.

<http://www.ci.ithaca.ny.us/departments/iyb/cass/rink.cfm#LTS>

Municipal facility open October-March with lessons, skate rentals and sharpening.

Island Health and Fitness

310 Taughannock Boulevard [Main location]
Ithaca 14850 277-3861

and

Community Corners Shopping Plaza, 903 Hanshaw Road
Ithaca 14850 319-0149

www.islandhealthfitness.com

In partnership with Cayuga Medical Center, provides for community fitness, wellness, and clinical rehabilitation along with a day spa, Pilates, and physician offices. Kid’s Cove Child Care Center available for a fee at both locations, by reservation only, for certain hours.

Lifelong

119 West Court Street
Ithaca 14850 273-1511

www.tclifelong.org

Lifelong (50+), a not-for-profit organization, promotes health and wellness, recreation, education, travel, life planning, and volunteer programs. Also on pages 7 and 10. An Enhanced Fitness Program is offered at different locations around the County, strength training, Taiji class, different types of dancing. Contact Lifelong for details.

Music and Outdoor Exercise:

www.canaaninstitute.org

Blog posts of a variety of events involving music and outdoor exercise with contra dance music. There is a hosted weekly session, and a newsletter you can subscribe to via the website.

Planet Fitness, Ithaca

40 Catherwood Road (in the Ithaca Mall)

Ithaca 14850 319-0763

<http://www.planetfitness.com/gyms/NY/Ithaca>

Use of facilities at any franchise location nationwide; open and staffed 24 hours, 7 days a week; fitness training. Low cost membership, Judgement Free Zone® philosophy.

YMCA of Ithaca and Tompkins County

Graham Road West

Ithaca 14850 257-0101

www.ithacaymca.com

The **YMCA** is open to both women and men, youth and families. A lower rate is charged for 60+. Many different types of fitness classes offered, including Active Older Adult classes.

Taoist Tai Chi Society-USA, Ithaca Branch

Fall Creek Studios

1201 North Tioga Street

Ithaca 14850 277-5491

<http://ithaca.newyork.usa.taoist.org/index.htm>

An internationalist organization offering Taoist Tai Chi™ internal arts classes held at five different locations in Tompkins County, including two senior residential complexes.

Outdoor Activity Discounts

Federal Senior Pass

<http://www.nps.gov/findapark/passes.htm>

For US citizens or permanent residents 62+, a lifetime pass for access to 2000 federal sites, plus reduced fees for some facility and service uses such as camping, swimming, boat launch. Costs \$10 in person or \$20 via mailed application.

NYS Golden Park Program

State Parks

Albany, NY 12238(518) 474-0456

<http://nysparks.com/admission/golden-park-program.aspx>

On weekdays except holidays, NYS residents 62+ can present a valid NYS Driver's License or NYS Non-Driver's Identification card at NYS parks and arboretums, and boat launches. Fees are reduced at most NYS historic sites and golf sites.

NYS Sporting License

<http://www.dec.ny.gov/permits/6395.html>

Annual \$10 fee for Senior Sportsman for ages 70+ with the same qualifications and restrictions as a Sportsman License.