



Lifelong

Lifelong Catalog

Summer 2017

A vibrant, active community center for Learning, Activities, and Social Groups for adults age 50 and over.

119 West Court Street, Ithaca, NY 14850

Phone: (607) 273-1511 Fax: (607) 272-8060 Website: www.tclifelong.org

Summer Hours

There will be no Lifelong Learning or Lifelong Activities on-site for the dates below as Lifelong will be closed.

Mondays July 3rd through August 14th

July 4th

The week of August 14th - August 18th

LAVENDER HILL

GLACIAL HISTORY

NSSS Picnic

BASICS OF SALSA DANCE

Taughannock

Austin Bunn

Kitchen Theatre

MOVIES

“Lifelong offers a lot of nice & interesting classes.”

Game Night

“Convenient and appropriate location.”

PICNICS

Intergenerational Offerings

JOY IN ELDER CARE

New!  LGBT Offerings

Writing - Zee Zahava

BEANS BINGO

SELF-DEFENSE

Medicare

IMPROVING SLEEP

Microsoft Excel

IN THE HOLLOW

This catalog is available online at

www.tclifelong.org

General Information for Lifelong Learning

Fees: No one will be denied participation because of an inability to pay registration fees. A limited number of need-based scholarships are available. If you need and are eligible for a scholarship, fill out the box on the back of the Membership/Waiver/Donor Form on page 13-14.

A Note on Lifelong Course Fees: Course fees are indicated by the series number:

- **(000) series are free**
- **(100) series are \$10**
- **(200) series are \$20**
- **(300) series are \$30**
- **(400) series are \$40 or 3 courses for \$100**

(E) Courses: Series number courses followed by an E are held in the evening and open to non-members. Walk-ins are welcome, but we encourage pre-registration to ensure we have sufficient enrollment. Any fees can be paid at the door.

NS/SS Courses: Courses with NS/SS are offered at Lifelong under the Northside/Southside Program and are free to those who attend.

LGBT Courses:  Any offering that has an LGBT focus will be indicated with the logo. All are welcome to attend.

Course Location: All Lifelong Learning classes are held at Lifelong, 119 West Court St., unless indicated otherwise.

Cancellation Policy: Lifelong reserves the right to cancel programs due to lack of enrollment or unforeseeable circumstances. If a class is cancelled or rescheduled, we will do our best to notify you in advance. If you cancel your registration in a class & request a refund, an administrative fee of \$5 will be deducted from the amount paid if cancelled one week prior to the class start date. No refund will be given for cancellations less than a week prior to the course start date. If you paid \$100 for 3 courses and cancel your registration in 1 or more of the courses, your fees for the remaining courses will revert back to \$40 each. Your refund will be calculated accordingly, including a \$5 administrative fee per cancelled course.

Parking: Limited parking is available in the front and back parking lots for participants on a first-come, first-served basis and **only when participating in a Lifelong program or function**. Our rear parking lot consists of the two rows of spaces closest to Lifelong. If you park in any other space, your vehicle may be towed at your expense. Metered parking is available on W. Court Street and Buffalo Street. There are non-metered spots on Geneva Street, Cascadilla Street, Farm Street, and Plain Street.

Cell Phone Policy: Please turn off your cell phone or put it in silent mode while participating in Lifelong programs.

Guest Policy: We want your friends to learn what great things are going on here at Lifelong, and so we encourage you to bring an occasional guest with the following provisions: Please be sure you have the instructor's permission, have the guest check in at the front desk, and pay the single class fee of \$10. Guests who wish to return should join Lifelong as a member.

Advertising: If you're interested in advertising in a future Lifelong Learning Catalog, please contact Tammy Dunn, Program Director at tdunn@tclifelong.org or call (607) 273-1511.

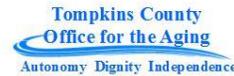
Disclaimer: Lifelong is not affiliated with any political organization or party or with any particular religious faith. The opinions and views expressed by class instructors are their own and do not necessarily reflect the views of Lifelong. Lifelong does not allow any trading or selling of goods on the premises.

Lifelong Staff

- ▶ Lucia Sacco, Executive Director – lsacco@tclifelong.org
- ▶ Tammy Dunn, Program Director & Northside/Southside Coordinator – tdunn@tclifelong.org
- ▶ Mary Pat Dolan, Program Assistant – TCE – mpdolan@tclifelong.org
- ▶ Elizabeth Schneider, HIICAP Coordinator – eschneider@tclifelong.org
- ▶ Robin Tuttle, Business Manager – rtuttle@tclifelong.org
- ▶ Joyce Billing, Administrative Assistant – jbilling@tclifelong.org
- ▶ Karen Koyanagi, Program Assistant – kkoyanagi@tclifelong.org
- ▶ Ken Kleist, Custodian

THANK YOU!

Lifelong is a very important part of this community and all that we do is only possible through the support of our members, volunteers, instructors, generous funders, Board of Directors and dedicated staff.



ARTS & FILMS

(401-3166) Basics of Salsa Dancing – Lori Freer Wednesdays, May 31 – June 21, (1:30pm-2:30pm)

- **Description:** In this class you will learn the foundational footwork and styling of Salsa to uplifting and energizing Latin rhythms. Instruction is geared toward total beginners, but experienced Salsa dancers who enjoy dancing will have just as much fun! This is great for exercise, balance, coordination, energy and socializing! Please note that no partner is needed in order to participate.
- **Bio:** Lori Freer has studied Salsa in Costa Rica and locally. In addition to sharing her enthusiasm for Salsa, she teaches Yoga, Laughter Yoga, and Plant-based Nutrition to all ages.

(3059) Offbeat Films – Ron Krieg Tuesdays, June 6 – June 30, (1:30pm-4:30pm)

Join us for a viewing of the last three unique, eccentric films! If you aren't already enrolled in the Offbeat Films series from the Spring Semester, you can see them each for a \$10 drop-in fee.

- **June 6: Night of the Hunter – 1955, Charles Laughton:** A religious fanatic marries a gullible widow whose young children are reluctant to tell him where their real daddy hid \$10,000 he'd stolen in a robbery.
- **June 13: Zardox – 1974, John Boorman:** In the distant future, a savage trained only to kill finds a way into the community of bored immortals that alone preserve humanity's achievements.
- **June 20: Wise Blood – 1979, John Huston:** A Southerner—young, poor, ambitious but uneducated – is determined to become something in the world. He decides that the best way to do that is to become a preacher and start up his own church.

Kitchen Theatre: Clean Alternatives By Brian Dykstra, Directed by Margaret Perry (104-3167) – Clean Alternatives Lecture Wednesday, June 14 (1:00pm-3:00pm) (3168) – Matinee Thursday, June 15 (2:00pm), (Matinee Tickets \$17)

- **Description:** A businesswoman turned environmentalist takes on a pollution-spewing megacorporation in this satire of environmental politics and corporate America. Funny, dark, and relevant, Dykstra's play won a Fringe First Award in Edinburgh in 2006. (Ages 14+)

(105-3169) Food Memories: A Creative Workshop – Zee Zahava Monday, June 19, (10:00am-12:00pm)

- **Description:** Whether you choose to describe a family meal from years ago, or write about last night's dinner, come write and share food memories. Bring a notebook and pen. This group is limited to 12 participants.
- **Bio:** Zee Zahava has been leading writing circles in her downtown Ithaca studio since 1994. She is the 2017 Poet Laureate of Tompkins County.

(402-3170) Black and White Art Class (for beginner to advanced artists) – Betty Goetz Tuesdays, July 18 – August 8, (4 sessions), (10:00am-11:30am)

- **Description:** Sharing my techniques to develop three dimensional images is my goal. We will create images of your choice (and mine) using graphite (pencil) or charcoal on tinted paper with the magic of values, and further develop your style of expression. Class limit is 8 participants. Call for supply list.
- **Bio:** B.J. Goetz, a new resident of Ithaca, is a Midwestern artist who owned and operated an Art Studio for over 45 years in Michigan. She is self-taught and has instructed art classes since 1959. B.J. is experienced in most media.

FINANCE

(010E-3171) Medicare Basics – Sarah Jane Blake

Thursday, July 20, (5:30pm-7:30pm)

- **Description:** This session is designed for those approaching age 65 and/or new to Medicare. Topics included will be: Medicare Parts A, B, & D and EPIC. Other topics will include Medigap plans, Medicare Savings Plans, Extra Help, and discount drug cards. We will also discuss how Medicare works with other health insurance. Reducing the cost of health care is the objective.
- **Bio:** Sarah Jane Blake (BA, English, University of Maine; JD, Franklin Pierce Law Center, NH) is the Tompkins County Outreach Coordinator for New York Statewide Senior Action Council. She has been a counselor and advocate for seniors, senior programs, and policies affecting seniors for over 10 years. Previously she was HIICAP Coordinator for Tompkins County and Retirement Services Coordinator at Lifelong.

GARDENING & OUTDOORS

(106-3172) A Brief & Interesting History of Taughannock Falls State Park – Josh Teeter

Tuesday, July 11, (10:00am-11:00am), Presentation is at Lifelong

Tuesday, July 18, (10:00AM-12:00PM), Guided walk at Taughannock

- **Description:** Hotels, tighrope walking, a stone man and much more will be covered in a look at the unique history of Taughannock Falls State Park.
- **Bio:** Josh Teeter is the environmental educator for the Finger Lakes Region of the New York State Office of Parks, Recreation and Historic Preservation. He has a master's degree in the management of parks, is a graduate of Wilderness Awareness School and has taught a variety of classes at local colleges.

(302-3173) The Glacial History of the Ithaca Area: Alternative Facts – Dan Karig

Tuesdays, July 25 – August 8, (3 sessions), (1:00pm-2:00pm)

- **Description:** The scenery around Ithaca is largely a result of glaciation and it's interesting to understand a bit more about how the glaciers advanced and retreated here. Recent field work has cast doubts on some parts of the glacial history that has been given to the public for years. In this series of lectures I will review this work and present a radically different story of how the ice advanced and retreated here.

(Depending on the audience and the logistical situation there may be a field trip to see a few of the more accessible examples of things that led to this new paradigm, date to be determined)
- **Bio:** Dan Karig is a retired Cornell geology professor who has done worldwide research, both on land and at sea, but who, in retirement, took a look at the geology in his back yard and realized that what he had taught for many years was wrong. That led to almost 2 decades of field work that overturned many of the ideas that he started out with.

HUMANITIES

(101E-3174) Finding Joy in Elder Care – Fay Bunnell

Tuesday, June 6, (5:00pm-7:00pm)

- **Description:** Few of us are prepared for long-term elder care when the need becomes evident. Is there a way to do this that could be more joyful and feel more like a journey of adventure?
- **Bio:** Fay Bunnell, RN, MS, Elder Care Coach at Elder Frontiers will facilitate the session to explore lessons learned in 39 years of caregiving. She will discuss creative ways to lighten the load of the caregiver and light up the life of your elder.

(102E-3175) Introduction to Self-Defense - Kyoshi Gail A. Lajoie

Tuesday, June 6, (5:30pm-7:00pm)

- **Description:** This session is designed to present an array of mental, verbal, and physical skills that help participants increase their awareness, improve their confidence, and feel safer in their environment. The class will be a mix of group discussion, role plays, and physical drills and activities.
- **Bio:** Since 2012, Gail has been teaching self-defense classes and seminars that help empower people with the physical and mental skills to keep themselves safe. She is certified by the American Women's Self Defense Association as an instructor of self-defense, and by Resolution Group International in conflict resolution and ethical protection. She has also been an instructor of traditional martial arts for 21 years.

SCIENCE & TECHNOLOGY

(301-3176) Microsoft Excel Basic Introduction – Barbara Hulbert

Wednesdays, May 31 – June 14, (3 sessions), (2:00pm-4:00pm)

- **Description:** The class will cover topics such as: Entering and Editing data, Customizing the Quick Access Toolbar, Formatting Data, Understanding Formulas and other topics from the most simple to more detailed tasks. If there is time we will also review Google docs spreadsheets. For the first class, participants MUST BRING A LIST OF AT LEAST 10 – 15 ITEMS TO BE ENTERED INTO A SPREADSHEET. The list must have multiple columns – for example here is a 6 column list: 1. Name, 2. Street address, 3. City, 4. State, 5. Zip, 6. Phone. There will not be any time given to make up the list during class. Prerequisite: basic computer competency including use of mouse and keyboard.
- **Bio:** Barbara Hulbert, an educator for 30+ years, worked as a math teacher and middle school principal, mostly in Tompkins County. Since retiring, she has been an educational consultant and Intern Supervisor for SUNY Cortland. Active with several local not-for-profits, she served on the Lifelong Board for 6 years. Barbara used computer technology extensively in her work and considers no question silly.

WELLNESS & HEALTH

(103-3177) Improving Sleep – Nathan Walkz

Monday, June 12, (1:30pm-2:30pm)

- **Description:** Do you ever wake up exhausted? Is your battery running low by noon? Learn what you can do to have a great night's sleep. In this wellness session you will learn the #1 cause of poor sleep, the best habits for great sleep, the best foods to eat & foods to avoid, and supplements that support sleep.
- **Bio:** Nathan Walz, founder of Journey to Optimal Health, provides Corporate Wellness expertise and teaches individuals how to have more energy, less stress, better sleep, and improved mental performance. After a long battle with chronic Lyme disease, Nathan turned his health around and made it his personal mission to help others feel their best and reach their full potential.

Beans Bingo – Tina Snyder

(000-3178) Mon, June 12, (10:00am-11:00am) -- OR -- (008-3179) Thurs. July 13, (1:00pm-2:00pm)

- **Description:** If you're looking for a way to stretch your budget and improve your nutrition, look no further. Consider adding beans to your menu. They're convenient, versatile and lend themselves to many tasty dishes. Beans are a rich source of protein, fiber, vitamins and minerals. Join us to play a fun and informative game called Bean Bingo. Plus try a sample of our famous Black Bean Brownies!
- **Bio:** Tina Snyder has been employed at Cornell Cooperative Extension for 28 years as a Nutrition Program Educator, is credentialed in Family Development, a certified lactation counselor, and is currently working toward a degree in Public Health. She has worked with many people helping them

improve their health by teaching them how to prepare foods for themselves that are nutritious, inexpensive and tasty too.

(107-3196) Experience Nature's Pure Essence with Essential Oils – Elaine Hulse and Amy Jacobs Thursday, August 10, (1:00pm-3:00pm)

- **Description:** Essential oils have enhanced lives for years, introducing many to emotional, physical, and spiritual wellness that can be truly life-changing. From the sweet aroma of lavender to the stimulating fragrance of eucalyptus, Young Living essential oils ignite your senses and enliven your body! Join us as we introduce you to a core group of all-natural, chemical-free, essential oils.
- **Bio:** Elaine and Amy, mother and daughter, are members of the Newfield Community. Following years of illnesses and negative side effects with prescription medications and over the counter drugs, both have developed a strong desire to find all natural ways to help themselves and their loved ones.

Monthly Happenings

Lifelong's Walk Program

Lifelong's Walk Program is a great way to explore the surrounding areas while increasing your strength, improving your balance, and enjoying the company of your fellow walkers. The group meets at 1:15pm in the lounge at Lifelong and the walks start promptly at 1:30pm. If interested in participating contact Elke Schofield at 272-9476 or email elke.schofield@icloud.com.

Lifelong Walk Program Requirements

* (Forms are available at the front desk at Lifelong)

- Complete a Participant Waiver* form before first walk.
- Lifelong membership* is now required to participate
- Must be able to walk 1-2 miles with own aide (if needed) & be capable of keeping up with the group.
- When it is necessary to carpool, a \$1-\$2 fee will be required for gas & parking, payable to the driver.

June

June 7: Stewart Park with artist Christi Sobel
June 21: Boiceville with guide

July

July 5: Wayne Myer's Garden & Mill
July 19: Calvary Baptist Church

August

August 2: Sapsucker Woods & visit to Gift Shop
August 16: Arboretum
August 30: Game Farm

Health & Wellness & Creative & Language Arts

Mahjong

SAIL – Fitness Program

CLAY

YOGA

Strength Training

WATERCOLOR

ZUMBA GOLD

Modern Dance

The Play's The Thing

Computer Lab

SQUARE DANCE

Knitting

Viva la Vegan

Men's Group

TAI-CHI

Women's Spirit Circle

Don't forget, these programs continue throughout the summer!

Call 273-1511 for times and locations or visit our website:

www.tclifelong.org

Monthly Summer Movie Series

Come enjoy a good movie, popcorn, Lifelong Family AND the air conditioning!

(004-3181) LAVENDER HILL – Austin Bunn

Wednesday, June 28, (1:30pm-3:30pm)

- **Description:** This 23 minute documentary reveals the rich and complex history of this experiment in intentional living, from its theoretical beginnings in the Gay Liberation Front, to its realization in 1973 and finally to its twilight during the AIDS crisis. Lavender Hill, located outside West Danby, was one of the few gay and lesbian communes in the Back to the Land Movement, in a time when over a dozen “straight” communes thrived outside Ithaca. The voices of former commune members and gay and lesbian activists and historians are featured, along with rare archival 8mm film of the commune during its heyday. Funded, in part, by the Cornell Council for the Arts.
- **Bio:** Austin Bunn is a writer, screenwriter, and professor. His work has appeared in *The New York Times Magazine*, *The Atlantic*, *Zoetrope*, *The Pushcart Prize*, *Best American Science and Nature Writing*, and elsewhere. His award-winning short documentaries, "Lavender Hill" and "In the Hollow," have screened nationally and internationally. He is a graduate of Yale and the Iowa Writers' Workshop and teaches at Cornell University.

(003-3182) La La Land

Wednesday, August 2, (1:30pm-4:00pm)

- **Description:** Sebastian (Ryan Gosling) and Mia (Emma Stone) are drawn together by their common desire to do what they love. But as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart. (PG-13, 2016 – Drama Film/Romance, 2h 8m)
- **Bio: Damien Sayre Chazelle** is an American director and screenwriter. The 2016 film *La La Land* received critical and commercial acclaim, winning all 7 of its Golden Globe nominations, including Best Picture - Musical or Comedy, Best Director and Best Original Screenplay. It also received a record-tying 14 Academy Award nominations, winning six including Best Director, with Chazelle becoming the youngest person in history to win the category at age 32.

(017-3183) IN THE HOLLOW – Austin Bunn

Wednesday, August 30, (1:30pm...till)

- **Description:** In May 1988, girlfriends Claudia Brenner and Rebecca Wight were attacked while hiking the Appalachian Trail by a ‘mountain man’ named Stephen Roy Carr. Combining documentary and narrative material, IN THE HOLLOW tells the story of the shooting, Wight’s death, and Brenner’s desperate survival (and later transformation into an advocate for hate crime legislation in the U.S.) as she returns to the trail for the first time since the shooting. Director Austin Bunn combines documentary materials and narrative film elements, using the actual locations on the trail and dramatizations co-written by Claudia Brenner based on her testimony.
- **Bio:** See bio above under Lavender Hill.

Social / Special Events

(002E-3184) Game Night: Wednesday, June 14, (5:30pm-7:00pm) 
Who’s got game? Come to Lifelong and find out! This first evening bring along your favorite board game(s). Expect this first night to discuss what to play and plan for future gatherings. Light refreshments will be provided. All are welcome to attend!

Dish-to-Pass Picnics at Lifelong: (2nd Wednesday of the month), (11:30am-12:30pm)

Lifelong will provide the meat, drinks & paper products. Bring your favorite summer dish and enjoy some time with your Lifelong Family! We encourage you to register and RSVP with the number of people attending so we can plan food accordingly. (NS/SS)

- (001-3185) June 14 • (007-3186) July 12 • (015-3187) August 9

(003-3188) Volunteer Fair – Thursday, June 22, (10:00am-12:00pm)

Are you interested in becoming a volunteer? Are you looking to meet new people, make new friends, do something new, and don't know where to turn? Join Volunteers Connected at our volunteer fair. *Representatives of local organizations seeking volunteers will be onsite and available to talk with you.* Any questions can be directed to Joyce Billing at jbilling@tclifelong.org



First Friday Night Social – Friday, July 7th and August 4th, (5:00pm-8:00pm) 
(005E-3189) July 7th --- and/or --- (014E-3190) August 4th

Meet at Lifelong at 5:00pm, enjoy the show in our gallery, partake in some light refreshments and at 6:00pm, travel as a group to other downtown galleries on Ithaca's Art Trail. All are welcome to attend!

First Friday Night Gallery

The Lifelong Gallery exhibits the work of artists associated with our growing community. Each show opens during Ithaca Gallery Night on the First Friday of the first month of a two month exhibition period.

May and June features the artwork of Susan Stolov, titled Life in a Different Art. Working in watercolor and acrylic, this is Susan's first public exhibition of her visual art.

July and August, the gallery will feature the work of Thomas Deluca, Sr., father-in-law of Karen Koyanagi, Lifelong Program Assistant, and father of the late Robert Deluca, former Tompkins County Commissioner of Mental Health. Tom's work reflects his memories and experiences from over seven decades, and includes paintings in various media as well as whimsical three-dimensional constructions made from whatever is at hand. A World War II veteran, he had a successful career as a display designer, eventually running his own business, and expressed his love of music by drumming in a jazz band, and teaching himself to play jazz piano. Tom turns 99 in June. This is the first exhibition of his work.

**Monday Afternoon
Book Club**

**2nd Monday of the Month
11:00am-1:00pm**

We will decide as a group which books we read each month. Hope to see you there!

(Julia Bentley-MacDonald)

Chess

**1st Thursday of the month
(1:00pm- 2:00pm)
Starting June 1st**

Come play a game or two.
Open to all levels.

(Carol Santucci)

**Piano Playing or other Musical
Instrument**

**3rd Thursday of the month
3:00pm-5:00pm**

For those who love playing the piano or any other instrument and for those who enjoy listening. All levels from beginners to advanced, and everything in between, are welcome. Don't be shy!!

(MarieAnne Krieg)

Reiki Circle

**1st & 3rd Wednesday of the month
(2:00pm- 3:30pm)**

Share, meditate, and experience deep relaxation through gentle touch led by certified Reiki practitioners.

(Dianne Ferris & Lucy Hassinger)



Social Groups!

Lifelong Membership is required but registration is not, unless otherwise noted. There is a \$2 per person per session fee for social groups during Lifelong's regular business hours.

Northside/Southside Program

Northside/Southside is a multicultural program open to all seniors, providing opportunities to participate with their peers in daily activities like shopping and dining as well as special events that promote cultural education and awareness. Activities are free unless otherwise noted. Lifelong membership is not required. We are grateful to the Tompkins County Office for the Aging for their continued support and funding of some of our programs.



(009-3191) NS/SS Annual Picnic: Wednesday, July 19, (11:30am – 1:30pm)

Sponsored by Northside-Southside, GIAC, and Lifelong

Entertainment provided by

Johnny Russo!



- **WHERE:** Titus Towers Picnic Pavilion
- **WHAT:** Bring a dish-to-pass AND a friend
- **NOTE:** Hot dogs, hamburgers, table ware, and beverages will be provided.



CoffeeHouse Events

Sponsored by Lifelong and NSSS (FREE)

(012-3192) Folk Music – Alex Delfini – Tuesday, June 27, (2:00pm-3:00pm)

Alex Delfini returns to Lifelong to provide an afternoon of traditional American, English, Scottish, and Irish Folk Songs! Come clap your hands, stamp your feet, sing along, and even join in with rhythm sticks, bongos or maracas!

(018-3193) GIAC Jumpers – Tuesday, August 1, (2:00pm-3:00pm)

Greater Ithaca Activities Center program has a group of youth that have learned African dancing and double dutch jump-roping. Come watch them perform!

NSSS Gatherings: 2nd Wed. of the Month, (2:00pm-3:00pm)



Time spent together to socialize, enjoy a light snack, share ideas for future programming and plan for special events. Each session there will be a topic of discussion!

**June 14 – McGraw House
July 12 – Titus Towers
August 9 – Lifelong**

Northside Southside Program --- We want you to be involved!

Do you know of someone who could benefit from a friendly visit or involvement in learning opportunities, exercise and social gatherings? If so, spread the word about all that Lifelong and NSSS have to offer.

Are you interested in becoming part of the Advisory Committee to help plan special events? Please reach out to Tammy Dunn, Program Director and Northside Southside Coordinator at tdunn@tclifelong.org or call 607-273-1511

Lifelong Learning & Activities Payment Form – Summer 2017 Semester

Please Print (Registration is also available online)

Date: _____ Name: _____ Current Member: Yes Expires: _____ No

Phone: _____ Email: _____

Calculate your payment below

A. Membership Fee (Member Form on pg. 13, \$25/Individual or \$40/Household) _____

B. Activity Fees (from Activities Fee Worksheet below) _____

C. 400-level courses (\$40 each x _____) and/or (3 for \$100 _____)
(400-level Course #'s _____)

D. 300-level courses (\$30 x _____ courses)
(300-level Course #'s _____)

E. 200-level courses (\$20 x _____ courses)
(200-level Course #'s _____)

F. 100-level courses (\$10 x _____ courses)
(100-level Course #'s _____)

G. Materials' fee and/or theater tickets _____

H. FREE courses (Course #'s _____) N/A

(A+B+C+D+E+F+G) = Amount Due: \$ _____

Amount Enclosed: \$ _____

Lifelong Activities Fee Worksheet	
Lifelong Activities Registration for Health & Wellness (H&W)	Lifelong Activities Registration for Creative & Language Arts (CA)
<input type="checkbox"/> \$30 per month for unlimited H&W Activities Month (s) paying for: _____ <input type="checkbox"/> \$90 for the Summer Semester of unlimited H&W Activities (June-Aug) Total (transfer to B above) _____	<input type="checkbox"/> \$30 per month for unlimited CA Activities Month (s) paying for: _____ <input type="checkbox"/> \$90 for the Summer Semester of unlimited CA Activities (June-Aug) Total (transfer to B above) _____

Payment Method: Cash Check# _____ Amount _____ MC VISA Discover AmEx

Card Number: _____ **Exp. Date:** ___/___/___ **V-Code:** _____

Signature: _____ **Date:** ___/___/___

I would like a scholarship (scholarships are limited to 3 course offerings, and any donation is appreciated). By checking this box I attest that I make less than \$1400 monthly gross income per single household or less than \$1900 monthly gross income for a two person household.

Please return completed payment form and membership form, if applicable, to Lifelong at 119 W. Court Street, Ithaca, NY 14850.
Please Note: Lifelong stops making financial transactions at 3:30PM. A \$5.00 Administration Fee will be charged for any refund requests due to cancellations by participants.

Lifelong Course Selection Form – Summer 2017

000 SERIES - FREE		
	000-3178	Beans Bingo, (10:00am-11:00am), June 12
	012-3192	NSSS CoffeeHouse: Folk Music, (2:00pm-3:00pm), June 27
	008-3179	Beans Bingo, (1:00pm-2:00pm), July 13
	010E-3171	Medicare Basics, (5:30pm-7:30pm), July 20
	018-3193	NSSS CoffeeHouse: GIAC Jumpers, (2:00pm-3:00pm), Aug. 1
Summer Movies - FREE		
	004-3181	Lavender Hill, (1:30pm-3:30pm), June 28
	013-3182	La La Land, (1:30pm-4:00pm), August 2
	017-3183	In The Hollow, (1:30pm-...till), August 30
Summer Picnics - FREE		
	001-3185	Dish-To-Pass at Lifelong, (11:30am-12:30pm), June 14
	007-3186	Dish-To-Pass at Lifelong, (11:30am-12:30pm), July 12
	009-3191	NS/SS Annual Picnic, Titus Towers Pavilion, (11:30am-1:30pm), July 19
	015-3187	Dish-To-Pass at Lifelong, (11:30am-12:30pm), August 9
Special Events (FREE unless indicated otherwise)		
	002E-3184	Game Night, (5:30pm-7:00pm), June 14
	003-3188	Volunteer Fair, (10:00am-12:00pm), June 22
	005E-3189	First Friday Night Gallery Social, (5:00pm-8:00pm), July 7
	3194	Intergenerational Carnival at Lifelong, (1:30pm-3:30pm), <i>(Donations appreciated)</i> , July 11
	014E-3190	First Friday Night Gallery Social, (5:00pm-8:00pm), August 4
	3195	NYS Fair Trip (<i>\$35 Member / \$40 Non-Member</i>), August 28
	016-3180	Fall Semester Preview, (5:30pm-7:00pm), August 29
100 SERIES - \$10 PER CLASS		
	101E-3174	Finding Joy in Elder Care, (5:00pm-7:00pm), June 6
	102E-3175	Introduction to Self-Defense, (5:30pm-7:00pm), June 6
	3059	Offbeat Films – Night of the Hunter, (1:30pm-4:30pm), June 6
	103-3177	Improving Sleep, (1:30pm-2:30pm), June 12
	3059	Offbeat Films: Zardox, (1:30pm-4:30pm), June 13
	104-3167	Kitchen Theatre “Clean Alternatives” Lecture , (1:00pm-3:00pm), June 14
	3168 (<i>\$17</i>)	“Clean Alternatives” Matinee , (2:00pm), (at Kitchen Theatre), June 15
	105-3169	Food Memories: A Creative Workshop, June 19, (10:00am-12:00pm), June 19
	3059	Offbeat Films: Wise Blood, (1:30pm-4:30pm), June 20
	106-3172	History of Taughannock Falls State Park, (10:00am-11:00am), July 11, / Guided Walk (10:00am-12:00pm), July 18
	107-3196	Essential Oils, (1:00pm-3:00pm), August 10
300 SERIES - \$30 PER COURSE		
	301-3176	Microsoft Excel, Wednesdays, May 31-June 14, (2:00pm-4:00pm), (3 sessions)
	302-3173	Glacial History of the Ithaca Area., Tuesdays, July 25-August 8, (1:00pm-2:00pm), (3 sessions)
400 SERIES - \$40 PER COURSE		
	401-3166	Basics of Salsa Dancing, Wednesdays, May 31 – June 21, (1:30pm-2:30pm), (4 sessions)
	402-3170	Black and White Art Class, Tuesdays, July 18 – August 8, (10:00am-11:30am), (4 sessions)



119 W. Court Street, Ithaca, NY 14850
 phone: (607) 273-1511
 fax: (607) 272-8060
 online: tclifelong.org

Lifelong Membership Application Waiver/Donation Form

Expires _____

Personal Information
 Please Print

Name (1) _____ Date of Birth _____
 Names (2) _____ Date of Birth _____
 Address _____ City _____ State _____ Zip _____
 Home Phone # _____ Cell Phone # _____
 Email: _____ CHECK if contact info has not changed
Municipal Resident:
 Caroline Danby Dryden Enfield Groton Lansing Newfield Ulysses
 City of Ithaca Town of Ithaca Other _____ County _____

Demographic Information
 (Helpful & Optional)

Do you consider yourself to be?
 White or Caucasian Black or African American Hispanic Multi-Ethnic
 Asian or Pacific Island American Indian or Alaska Native Other _____
 Do you identify as any of the following?
 Person with a disability Veteran Disabled Veteran Vietnam Veteran

Emergency
 Contacts

Name: _____ Relationship: _____
 Address _____
 Home Phone # _____ Cell Phone # _____ Work # _____
 Check if this person listed above is your Health Care Proxy

Health
 Information

Are there any health issues you would like us to be aware of? If so, what _____
 Do you have any allergies? (e.g. food or medications) _____
 If you have a Primary Care Physician, please list his/her contact information:
 Name: _____ Phone # _____

I am interested
 in ...

Membership: Individual - \$25 Household (2 person) - \$40 New Member Renewal
 Health and Wellness Creative Arts Travel Walk Golf Swim
 Lifelong Learning Courses (**Attach Registration Form**)
Donation Amount: \$ _____ Anonymous
 In Memory of _____ In Honor Of _____

Payment

Payment Method: Cash _____ Check Amt. _____ Check # _____ PayPal _____
 Credit Card: MC / VISA / Am Ex / Disc **Amt.** _____ **Card #** _____ **Exp. Date** _____

Received by _____

Continued on the Reverse Side

Membership Benefits

Each Member is eligible to receive:

- Enrollment into fee-based Lifelong Learning Courses & Activities held at 119 West Court Street.
- \$5.00 discount on Lifelong travel registrations.
- Free Borg-Warner swim passes (when available)
- Free parking only for your visit to Lifelong (on a first-come, first-served basis)

Scholarship Information

A limited number of Scholarships are available. I would like a scholarship for _____ (by checking this box I attest that I make less than \$1400 monthly gross income per single household or less than \$1900 monthly gross income for a two-person household and will notify Lifelong if my income changes to above that income level). When possible I will make a contribution to Lifelong.

Acknowledgement of Risk and Liability

I, the undersigned, hereby apply to participate in activities (classes, programs, events, and trips) to be conducted by LIFELONG and acknowledge the following: I fully understand and acknowledge that there are inherent risks and dangers in my participation in the activities and my participation in said activities and use of any equipment or materials related to such activities may result in my injury, illness or death and damage to or loss of my personal property. I understand other participations, accidents, forces of nature or other causes may cause these risks and dangers and I hereby fully acknowledge and accept these risks and dangers. I am in good health and I am able to participate in any strenuous physical activity associated therewith. I understand and agree it is my responsibility to get any medical clearance or approval from my medical health professional to participate.

I herewith release, forever discharge and waive any right of recovery or subrogation against LIFELONG, its officers, directors, employees and volunteers from any and all liability whatsoever for any illness or injury, including death or damage to or loss of my personal property that I may sustain while I am participating in this program. This shall be binding on my heirs, successors, assigns, administrators and executors. Any claims or disputes arising out of my participation in the activity shall first be submitted to arbitration and/or be venued in the Supreme Court of the State of New York of Tompkins County.

I HAVE READ THE ABOVE OR I ACKNOWLEDGE THAT I HAVE HAD THIS DOCUMENT READ TO ME AT MY REQUEST AND BY SIGNING IT I AGREE IT IS MY INTENTION TO PARTICIPATE IN ACTIVITIES, AND I UNDERSTAND AND ACCEPT ALL RISKS INVOLVED.

NAME (PRINT): _____

SIGNATURE: _____ **DATE:** ____/____/____

Photo Release

Photo Release: For good and valuable consideration herein acknowledged as received, *I hereby grant* Tompkins County Senior Citizens Council, Inc. (dba Lifelong), its legal representatives and assigns, those for whom said corporation is acting, and those acting with its authority and permission, the absolute right to copyright and use, reuse, publish and republish any or all video/audio tapes, photographs, negatives, or prints taken of me by representatives of said corporation, without restriction as to changes or alterations from time to time, in conjunction with my name or a fictitious name in any medium for art, advertising, trade, or any other purpose whatsoever. I hereby waive any right that I may have to inspect or approve the finished product or products or advertising copy or printed or electronic matter that may be used in connection therewith or the use to which it may be applied. I hereby release, discharge and agree to save harmless Tompkins County Senior Citizens Council, Inc., its legal representatives or assigns, and all persons acting under its permission or authority or those for whom it is acting, from any liability by virtue of any blurring, distortion, alteration, optical/audio illusion, or use in composite form that may occur or be produced in the creation and production of any of these materials. I hereby warrant I am of full age and have every right to contract in the above regard. I state further that I have read the above authorization, release and agreement, prior to its execution, and I am fully familiar with the contents thereof.

Name _____ Date _____

Summer 2017 Offerings in Date Order - FOR REFERENCE ONLY

May 31-June 14	Microsoft Excel, (2:00pm-4:00pm), (3 sessions), (Wednesdays), page 7	11-Jul	History of Taughanock Falls State Park, (10:00am-11:00am), page 6
May 31- June 21	Basics of Salsa Dancing, (1:30pm-2:30pm), (4 sessions),(Wednesdays), page 5	11-Jul	Intergenerational Carnival at Lifelong, (1:30pm-3:30pm), page 16
6-Jun	Finding Joy in Elder Care, (5:00pm-7:00pm), page 6	12-Jul	Summer Dish-to-pass lunch, (11:30am-12:30pm), page 10
6-Jun	Introduction to Self-Defense, (5:30pm-7:00pm), page 7	13-Jul	Beans Bingo, (1:00pm-2:00pm), page 7
6-Jun	Offbeat Films – Night of the Hunger, (1:30pm-4:30pm), page 5	18-Jul	Taughanock Guided Walk, (10:00AM-12:00PM), page 6
7-Jun	Lifelong Walk: Stewart Park with artist Christy Sobel, (1:15pm), page 8	July 18 – Aug. 8	Black and White Art Class, (10:00am-11:30am), (4 sessions), (Tuesdays), page 5
12-Jun	Improving Sleep, (1:30pm-2:30pm), page 7	19-Jul	Lifelong Walk: Calvary Baptist Church, 507 N. Albany St., (1:15pm), page 8
12-Jun	Beans Bingo, (10:00am-11:00am), page 7	19-Jul	NS/SS Annual Picnic, Titus Towers Pavilion, (11:00am-1:30pm), page 11
13-Jun	Offbeat Films: Zardox (1:30pm-4:30pm), page 5	20-Jul	Medicare Basics, (5:30pm-7:30pm), page 6
14-Jun	Summer Dish-to-Pass Lunch, (11:30am-12:30pm), page 10	July 25 – Aug. 8	Glacial History of the Ithaca Area..., (1:00pm-2:00pm), (3 sessions), (Tuesdays), page 6
14-Jun	Kitchen Theatre “Clean Alternatives” Lecture, (1:00pm-3:00pm), page 5	1-Aug	NSSS CoffeeHouse: GIAC Jumpers, (2:00pm-3:00pm), page 11
14-Jun	Game Night, (5:30pm-7:00pm), page 9	2-Aug	Lifelong Walk: Sapsucker Woods with visit to Gift Shop, (1:15pm), page 8
15-Jun	“Clean Alternatives” Matinee at Kitchen Theatre, (2:00pm), page 5	2-Aug	Movie: La La Land, (1:30pm-4:00pm), page 9
19-Jun	Food Memories: A Creative Workshop, (10:00am-12:00pm), page 5	4-Aug	First Friday Night Social, (5:00pm-8:00pm), page 10
20-Jun	Offbeat Films - Wise Blood, (1:30pm-4:30pm), page 5	9-Aug	Summer Dish-to-pass lunch, (11:30am-12:30pm), page 11
21-Jun	Lifelong Walk: Boiceville with guide, (1:15pm), page 8	10-Aug	Essential Oils, (1:00pm-3:00pm), page 8
22-Jun	Volunteer Fair, (10:00am-12:00pm), page 10	16-Aug	Lifelong Walk: Arboretum, (1:15pm), page 8
27-Jun	NSSS CoffeeHouse - Folk Music, (2:00pm-3:00pm), page 11	28-Aug	NYS Fair Trip, page 16
28-Jun	Movie: Lavender Hill, (1:30pm-3:30pm), page 9	29-Aug	Fall Semester Preview, (5:30pm-7:30pm), page 16
5-Jul	Lifelong Walk: Wayne Myer's Garden & Mill with guide, (1:15pm), page 8	30-Aug	Lifelong Walk: Game Farm, (1:15pm), page 8
7-Jul	First Friday Night Social, (5:00pm-8:00pm), page 10	30-Aug	Movie: In The Hollow, (1:30pm-...till), page 9



Movie
Picnic
Trip/Offsite
Walk

Lifelong Learning

Hope to see you this Summer!



LET'S GO TO THE FAIR!
Senior Day at the NY State Fair
Monday, August 28th, 2017
(3195)

The fee covers transportation to and from the fair.
 Admission to the fair for seniors is FREE! Lunch is on your own.
 If you are a Lifelong member the cost is \$35.
 Non-Members are welcome to attend and the fee is \$40.

Plan your day at the Fair

Check out the NYS Fair website and search for specific events

<https://nysfair.ny.gov/>

Schedule

8:00am pick-up behind Ramada Inn / 8:30am pick-up at Lifelong
 Bus Departs Lifelong at 8:45am for the fair
 5:30pm Bus departs Fair for Ithaca

Call Lifelong at 273-1511 to register by August 1st!

Not a Lifelong Member?

This is the perfect time to come see all that Lifelong has to offer!

(016E-3180) Fall Semester Preview - August 29 - 5:30pm-7:00pm

The Fall Semester for 2017 is in the works and we are holding a course overview just before the courses begin. Please join us to learn more about the fall courses being offered, chat with some instructors and staff and enjoy some light refreshments.

(3194) - Intergenerational Carnival - Tuesday, July 11th

Enjoy the program with, and through, the eyes of a child! Bring in your grandchild or a child and make memories together! A great time is to be had by all that attend.

Animal Adaptations - Savannah Wilson

Spend time with an educator from the Cayuga Nature Center and a few animal ambassadors!



Festive Face Painting by Cami

"Paint makes everything more fun. Glitter makes life sparkle while rhinestones, and gems make it rock!" Cami

**Juggling & Magic
Mike Stanley**

Cool tricks and big fun!



Anna Banana - Clown with appeal - Heidi Goldstein

Spreading joy, love and laughter as well as expanding creativity and imagination in a child's life!

1:30pm-3:30pm

(Donations appreciated)