

# GILLAM GRANT COMMUNITY CENTER



November / December 2010

[gillamgrant.org](http://gillamgrant.org)

(585) 494-1621

## FREE Family Concert

Wednesday, November 10th At Gillam-Grant



Join us on **November 10 at 6:30pm** for a special performance by the area's local award winning entertainers, Bart & Kevin. Bart & Kevin have been professional songwriters and performers for over 20 years. They will present for us a family event that is designed for the enjoyment of all ages, from young children to grandparents. Bart & Kevin will feature all their favorites including "I Wish I were a Dinosaur". Bring the kids out for a free and FUN time!

*This program is made possible with funds from the Decentralization Program, a re-grant program of the NYS Council of the Arts, administered by the Genesee-Orleans Art Council.*

## Terrific Turkey Time Activity Night

**November 22nd from 6:30 to 8:00pm**

Come get ready for the Thanksgiving holiday as kids play games in preparation for the traditional turkey dinner. The kids' wacky games will include "stuffing the turkey", "roasting the bird" and "tossing vegetables," just to name a few! After the kids are done "preparing the dinner", they can enjoy refreshments. Suggested for Pre-school to grade 2. Registration required. Cost: \$3 per person (parents and children). Kids under one are free.

## Dodgeball is BACK!

Form a team for this fun game of teamwork and strategy! Played with rubber coated foam balls, this game can be played by ANYONE! Get off your couch and get a workout in a fun competitive way! Play Format: 6v6 with a max of 10 persons per roster. Must be at least 18 yrs of age. Teams may be co-ed, but there is no required ratio. \$150.00 per team for all 6 weeks! Refs provided. Dates of Play: Saturdays - Jan. 15, 29, Feb. 5, 12, 19, & 26 from 6:30pm-8:30pm. Teams will be taken on a first come basis, so register ASAP! Forms are available at the Center. Call 494-1621. The League received **OUTSTANDING** reviews, so we look forward to another great experience.

**Gillam-Grant Community Center will be CLOSED beginning December 24th and will re-open after the holidays on January 3rd.**

## First Annual Gingerbread House Contest

Let visions of sugarplums dance in your head... while the smell of gingerbread wafts through your kitchen as you prepare your creative entry! Registrations will be accepted on a first come, first serve basis with a limit of 50 entries. Rules and information will be available beginning October 29th, including registration forms and prize information. Entry fee \$10 members/\$12 non-members of Gillam-Grant. Gingerbread houses will be displayed at Santa's Workshop and prizes awarded in each category on December 4th at Santa's Workshop.



6966 West Bergen Rd.  
Bergen, NY 14416

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Bergen, NY 14416

# BOXHOLDER

## Senior Evening Meal

**November 15th ~ 5:30pm** - Chef Brandan Smith will prepare a turkey dinner. Enjoy entertainment by the LeRoy Town Band.

Cost: \$8M/\$9NM

Reservations & payment requested by November 12 at Noon.

Join us for our  
**Holiday Celebration Dinner**  
**December 13th ~ 5:30pm**

Chef Brandan will prepare a beef dinner with all the fixings. **Skip Roberts will return to perform a Crooners Christmas.** Everyone loves an Old Fashioned Christmas! Let Skip take you down memory lane with classic holiday favorites by Nat King Cole, Burl Ives, and Bing Crosby, just to name a few. Skip will round out the program by walking you through a winter wonderland of contemporary and traditional Christmas carols.

Cost: \$10M/ \$11NM

**Reservation & payment deadline 12/10.**

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**November 12th at 10:15 am**

**Decoupage Fall Votives** - Join us as we create a beautiful fall votive. This will make an elegant addition to your Thanksgiving celebration or use it as a gift for your Thanksgiving host. We will enjoy a baked apple treat and great conversation!

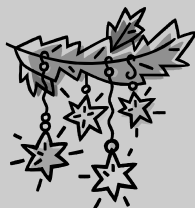


**December 15th 10:15 am-** Come enjoy the Christmas spirit, reminisce about Christmas traditions and eat some sweet treats! We will also have a Christmas surprise!

**Primetimers Programs are FREE but registration is required for supply purposes.**

*Primetimers* is a senior program that offers the opportunity to socialize within the community. A wide range of programming is offered for your enjoyment. This program occurs about once a month, is free and is open to all seniors.

Made possible by a grant from the Genesee Senior Foundation Inc., funded by the RACF's Muriel H. Marshall fund for the Aging.



## Holiday Luncheon at D & R Depot

On December 7th, celebrate the season with us. Dive into the holiday spirit as you step into the festive wonderland of D & R Depot. Enjoy the creative holiday display while you dine. Lunch choices include, the Conductor's special-chicken pot pie & salad, open face roast beef sandwich with potato & salad or sliced turkey sandwich with a steaming cup of soup. Finish off the meal with a delicious slice of homemade apple pie. After lunch we will stop at Country Hill in Pavilion for some Christmas shopping. Bus transportation leaves at noon and will return around 4:00pm. Reservation deadline Dec. 1st. Cost: \$23M/\$27NM

Transportation made possible in part by a grant from the Genesee Senior Foundation, Inc. Social Transportation Program, funded by the RACF's Muriel H. Marshall Fund for the Aging.



Village Fitness of LeRoy, in partnership with the GGCC, offers this senior fitness program. Classes run on Mondays, Wednesdays & Fridays from 9-10am at The Center. Call for details and eligibility requirements. Gillam-Grant Members qualify!

**QUILTERS CLUB:** Join us on **Thursdays from 9:30 until noon** in the parlor. FREE.

**Bible Study:** meets every **Friday from 11:30am-12:30** in the parlor. Everyone is invited to attend.

## GEVA Theatre *Carry It On*

**Wednesday, November 10th.**

Transportation leaves at noon. Grammy Winner Maureen McGovern performs a moving musical memoir that chronicles a generation of songs by the Beatles, Joni Mitchell, Paul Simon and others that are given a fresh rendition against the backdrop of her very personal story.

Cost: \$24 M/\$29 NM. Reservations and payment by Wed. November 3rd at noon.



### Pre-Registration and payment are required for all classes.

Offered in cooperation with the Byron-Bergen School District. Register by mail, by phone (494-1621) or in-person at Gillam-Grant Community Center. Registration and payment with GGCC is required 1 week prior to the program, unless otherwise indicated. *GGCC reserves the right to cancel programs for any reason including lack of participation. Decisions to cancel classes due to low enrollment are made 1 week prior to the start date. If a class within a given program is cancelled, Gillam-Grant will make every effort to reschedule the class on a similar day, at a similar time. If this is not possible, the class may need to be made up on a different day and/or time. Registration fees will only be reimbursed to those with a physician's medical excuse one week prior to the start of class.*

#### AARP Safe Driving Course

Two day course on **Dec. 14th and 16th from 9am-1pm**. Bring a small bag lunch or snack. Attendance at both classes is required. Primary drivers aged 50 and older can receive a 10% reduction off their insurance premium (liability & collision) & may reduce up to 4 points on their driving record. Certificate given at completion of program is good for 3 years. Instructor: Kenneth MacGregor. Fee: \$12 if AARP member, \$14 non AARP member. Check payable to AARP at 1st class.

#### Total Body Fitness

The class includes body sculpting with weights & ball to achieve a healthy balance. Starts **Tuesday**, Nov. 9th-Dec. 7th from 6-7pm. Bring a water bottle & floor mat. Certified instructor Jane Slack. Walk-ins are available for \$7.50.  
**Next session will begin January 4th.**

#### Defensive Driving

Save some money on car insurance. A 10% reduction in collision and liability after you successfully complete both days of this course. Individuals may also reduce up to 4 points on their driving record at the completion of this course. The 2 day course runs **Nov. 8 & 11 from 6:30 - 9:30pm both nights**. Instructor is Robert Penepent. Fee: \$35 M / \$40 N M. Fees are based on Gillam-Grant membership.

#### Water Aerobics

**Saturday ~ Nov. 6th-Dec. 11th**

(no class 11/27)

8-9am Fee: \$28 M / \$33 NM

**Wednesdays ~ Nov. 10th- Dec. 15th**

(no class 11/24)

5:30-6:30 Fee: \$28 M / \$33 NM

Bring a pool noodle to class. Instructor: Jane Slack. Walk-ins: \$8 per class with pre-reg. & payment at the Center.

**Next session begins Wednesdays: Jan. 5 and Saturdays: Jan. 8**

#### Fitness/Exercise Room

The session in progress is Sept 9th-Dec. 22nd at BB High School. Open Mon., Wed., & Fri. evenings 6-8pm, except school holidays. **A usage card is required**, please pick up at the center. Fee: \$35

#### Waistline Survival During the Holidays

Enjoy the holiday season more than ever before while whittling your waist and feeling great in your body. Make this years' holidays the best ever with tips, handouts, recipes, and tastings in a fun research-based class. Join Dr. Amy Mercovich for this class on **Tuesday, November 16th from 7:30- 9:00pm**. Cost: \$24 M/ \$29 NM

#### Zumba Exercise Class ~ 6-7:15pm

Zumba combines easy to follow dance moves to Latin rhythms to achieve a great body sculpting, toning and aerobic fitness incorporating Latin and International music & dance movements, which creates a dynamic, exciting, and effective exercise program. This class is for non-dancers and dancers alike on Wednesdays. **Next session begins Dec. 8th for 6 Wednesdays** for 6 Wednesdays. Instructor: Marilyn Slentz. Cost \$35M/\$40NM. Walk-ins: \$7.50 per class.

#### Pilates Exercise Class

Focus on your core muscles to improve balance, strength and support. This exercise class runs at Gillam-Grant on Tuesdays and Thursdays from 4pm-5pm with instructor April Schwenebraten. Beginners welcome. Bring floor mat and hand weights. Walk-ins welcome at \$7.50 per class. Call the center for pricing details, based on number of sessions in month.

#### Individual Bass, Guitar or Banjo

5 sessions for ages 7 & up-beginner or intermediate. Classes available Tues., Wed. & Thurs. from 3pm to 6pm. Call to schedule a session. \$60M/\$65NM

#### Men's Basketball

This great exercise will begin again on October 6th from 7:30-9:30pm at the Byron-Bergen Elementary School gym until the middle school gym is available. Program coordinated by Rick Muscarella. Cost: \$25 for 10 week session, paid at the first session or \$4 per day to be paid at the door weekly. Program will run until at least March 2, 2011 on days when Byron-Bergen School is in session.

## Gillam-Grant Office Hours

Mon, Tues, Thurs, & Fri 9am - 4:30pm, Wed 9am - 7pm

Gillam-Grant Events and Activities are posted on our website calendar at [gillamgrant.org](http://gillamgrant.org). **Check it Out.**

## Tour the Seneca Wine Trail

On Saturday, **January 15th**, join us as we tour around the beautiful Seneca Lake Wine trail. Educate yourself as each winery pairs their wines with a delicious pasta dish. In addition to the Pasta & Wine event that we will be attending, Seneca Lake Wine Trail will be the midst of its Annual Bargain Bash! Participating wineries take the opportunity to clean out their inventory and drop prices on select items, consisting of everything from wine, to wine glasses, clothes and other retail items. Take advantage of the sales and stock up for those cold winter nights yet to come! Bus transportation leaves the Center at 8:30am and will return around 6:30pm. Cost: \$58M/ \$63NM which includes the wine tour ticket and transportation. The wine tour ticket continues to be valid through Sunday, January 16th if you would like to visit the wineries that we missed on your own. Reserve your spot today! **Deadline is December 20th.** Gift Certificates are available.



## Fun in Candy Land

Join us as we play and have fun in "Candy Land"! On Friday, **January 14 from 6:30-8:00pm**, throw snowballs in the peppermint forest, do the limbo with Lord



Licorice, ring a lollipop with Lolly and make an ice cream sundae with Princess Frostine! Suggested for Pre-School to grade 4. Registration required. Cost: \$5 per person (parents and children). Children under one free.

## Turkey Day Power Yoga Thursday, November 25th

Burn a few calories before you hit the Thanksgiving Day Feast! Bring your yoga mat and a water bottle for a 75 minute power yoga session beginning at 8:00am.



No pre-registration needed. \$10 fee at the door. Instructed by Amy Mercovich, D.C.

## Swimming Lessons Rescheduled

**SATURDAYS ~ Nov. 6th— Dec. 18th**  
(no class 11/27)

**6 week session.** Beginner, Intermediate and Advanced lessons under the direction of Coordinator Danielle Carson. Registration forms are available at Gillam-Grant & sent home with children at BB Elementary. Call 494-1621 for more information. Registration required prior to the start date of class. First come basis. Fee: \$30M/ \$35NM

## Creative Storytelling Workshop

**Thursday, November 18th from 6:30-7:30pm**

Using a variety of lively and entertaining stories, games and activities, students are encouraged to be creative in storytelling during this workshop. This class is suggested for students in grades 3-5.

Registration deadline: November 10th.

Cost: \$5M/\$7NM

*This program is made possible with funds from the Decentralization Program, a re-grant program of the NYS Council of the Arts, administered by the Genesee-Orleans Art Council.*



## '10-'11 Gillam-Grant After-School Program

The Kid Zone Program is a supervised after-school program. The program is coordinated to offer children in Kindergarten through 5<sup>th</sup> grade an environment of social, recreational, and instructional opportunity. Kid Zone is open based on the school calendar. It runs week days from 2:30-5:45 pm. Call GGCC for additional information at 494-1621.

## Snowman Table Topper January 15 ~ 11:30am-3:30pm

Join us for this fun quilting project instructed by Donna Schalge. This square table topper project measures 22.5" by 22.5". The design has 4 corner snowmen complete with a top hat and scarf on a blue background with evergreen trees. The border design is a two toned blue checkerboard with red cornerstones. Snowmen are appliquéd using the raw edge technique. Easy stitch-in-the-ditch quilting is all you need to finish the project. Each participant will need their own sewing machine and supplies. The supply list is available at the Center upon registration. Cost: \$20M / \$25 NM



## Story Time

Come have some fun! Toddler story time is every **Monday** at 10:30-11am. Each week there will be entertaining stories and snack. No registration needed.



There are two lasting bequests we can give our children. One is roots. The other is wings.

~Hodding Carter, Jr.



### 'Busy Bees' Toddler Playgroup

The BUSY BEE Toddler playgroup offers children and parents the opportunity to interact with other toddlers and parents in a playful environment. Children learn to share, play and socialize with others. Session begins December 8th and runs thru February 16th. Appropriate for 2 to 3 year olds. 10 week session: \$50/M \$55/NM



Thank you to the South Byron Volunteer Fire Company. The pre-school kids learned all about fires, firemen, and fire trucks from Fireman, Jeff Starowitz.



On September 23rd, 14 students attended the Glowing Goo After-School Program. All the participants learned about atoms, electrons, neutrons, protons, the nucleus, and how phosphorescence works in an atom. In the end, each student successfully made their very own GLOWING GOO!

## Christmas CRAFT TIME

December 8th ~ 3:35-5:00pm

Kids grades K-5 are invited to decorate their very own table top Christmas tree. Using various decorative items, the kids can use their own creative style to make their tree sparkle! Students can ride the Kid Zone bus after school to Gillam-Grant! Pick up is at 5:00pm.

Call Gillam-Grant to register and be sure to send a note to school with your child, on the day of the event, indicating the bussing change!



**\$6.00** Members  
**\$6.50** Non-Members  
 Call 494-1621 to register.

## Family Portraits *For the Holidays*

### November 6th, 2010

Mark Kulikowski, of *Southside Photography Portrait Studio*, offers our community the opportunity to have family pictures taken on November 6th at the Gillam-Grant Community Center. Many package choices are available at reasonable rates and will be returned to you prior to the Christmas holiday, so that you can share them with family and friends. The sitting fee is only \$12 per family and will be donated to the community center. Call Southside Photography at (585) 813-4248 to schedule a sitting or for questions.

## 2010-11 Annual Appeal

What a unique gift we have in the Gillam-Grant Community Center! Our Byron, Bergen, and surrounding communities all have access to the wonderful activities and programs at the Center. For some, it's about the recreational opportunities for children and adults...for others, it's about the educational opportunities and fitness programs...and for many it's about the camaraderie that comes along with the many trips, plays, concerts and other social events. Help preserve these opportunities, and the financial stability of the Center for future generations by participating in the Annual Appeal.

The 2010-2011 Annual Appeal begins in November. Consider the positive impact you can make, right here in your own community this holiday season. Please give to the Gillam-Grant Community Center Annual Appeal as you make your end-of-year charitable gifts.



### **Gillam-Grant Visits Washington, D.C.**

In September, 36 individuals took an exciting trip to our nation's capital. It was an experience to remember.

The trip included visits to the WWII Memorial, Capital Hill, Embassy Row, The Korean War Veterans Memorial, The Smithsonian, Lincoln Memorial, and more.

**Mission Statement:** The Gillam-Grant Community Center addresses and supports our rural population's ever changing needs by providing traditional and unique opportunities for service, education and recreation to sustain and enhance quality of life.

#### **Gillam-Grant Hall & Tent Rentals**

Are you planning a birthday, anniversary, family reunion or graduation party? Consider using the Gilliam-Grant Hall. Or, if you are looking for party tents, we have two 20x20 white tents available. Hall Rental - \$125.00 or Hall & Kitchen - \$150.00 Tent Rental - \$150.00. Pavilion Rental - \$50. All rentals require a completed rental form and 1/2 of rental fee (non-refundable) to hold the day/tent and a \$50 refundable security deposit. Call Della during office hours for information!

#### **Focus on...Pregnancy & Back**

Back pain during pregnancy is adding to insult to injury, don't you think, Ladies?! Due to rapid development, laxity of ligaments, and shifting weight balance, back pain is very common during pregnancy. There is help! Gentle, safe, and natural chiropractic care can do wonders for keeping you more comfortable and pain-free. Call us today and stop the suffering!

*Check out Dr. Amy's Blog at [BergenChiro.com](http://BergenChiro.com)*



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### **COMMUNITY NEWS**

**November 14th:** Stone Church Presbyterian Church Raffle drawing for Cub Cadet Snow Blower. Tickets \$2 or 3/\$5. Call Deb 494-2153.

**United Way Donor Options** Please consider choosing Gilliam-Grant (donor option # 1319) as your donor option when contributing to the United Way. Donors who contribute over \$30 receive free memberships to the GGCC. Contribution forms are available at Gilliam-Grant if you would like to become a United Way contributor.

*Committed to providing a higher level of service to my community.*

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### Gillam-Grant Donation Wish List:

Jenga Blocks  
Dominoes  
gardening tools  
everyday tools  
new or gently used toddler & preschool age toys

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Gilliam Grant Community Center

Also, check out our youth programming or  
book your child's next birthday party in  
our gymnasium!

6966 West Bergen Rd., Bergen NY 14416  
across from Byron Bergen High School.

Gillam-Grant Santa's Workshop presents...

# A Christmas Carnival

Saturday, December 4th

Carnival Games for the Kids ALL DAY LONG!

Visits with

**SANTA**

**11:30-1:30**



Special Christmas Show performance this year by Glenn Colton at 10:30am.



The Favorites are Back!

**KID'S STORE...** Secret shopping for the kids. No peeking parents! Items range from \$.25 to \$5.00. Parents help make the list and set the budget. 9am-3pm

**Even MORE CRAFT VENDORS...** Original and unique Christmas gifts. Get your gift list ready!

**RAFFLES...** Lots of great raffles for kids and adults!

## *Santa's Workshop Events Include:*

9:00am Donuts and Milk

9:30am Pre-School Performances

10:30am Glenn Colton Performs

12:00-1:30pm Christmas Entertainment

1:30pm Gingerbread House Awards Presentation

2:30pm Annual Karate Demonstration