

GILLAM GRANT COMMUNITY CENTER



January 2010

gillamgrant.org

(585) 494-1621

A Unique Opportunity Right Here in
YOUR Community!!!

GREASE

The All-American musical based on the sub-cultures of high school life in the 1950s. Hear your favorite songs: "Summer Nights," "Greased Lightnin'," and "We Go Together" as well as "Grease," "Hopelessly Devoted to You" and "You're the One That I Want."

**Gillam-Grant has tickets for
the 7pm show at the
Rochester Auditorium on
Sunday, March 21st.**

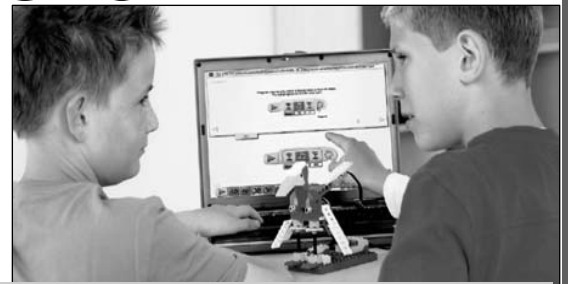
Seats start in Row A! Sign-up early for best seating. Cost: \$70M/ \$75 NM includes bussing that leaves at 5:30. One-half the ticket price, non-refundable deposit required for sign-up.

The Gillam-Grant Annual Membership Meeting will be held on January 20th at 7:00pm. All members of the Gillam-Grant Community Center are invited to attend.

Special recognition will be given to Chris Perrin, Library Manager, for her past years of dedicated service to the Gillam-Grant Library.

LEGO Robotics Camp

Hands-On
Experience!



Using **LEGO WeDO** robotics software, activity packs, and construction kits, *very young students* can build their own robots and also learn basic programming skills.

Working in teams, the children design their own solutions by building a LEGO model along with programming it to perform a certain task. Cause and effect learning is enhanced by the models remaining tethered to a computer and, similar to scientists working in labs, children can test and adjust their programming in real time. After reflecting on what did and did not work, students can consult with peers, adapt programming, adjust models, or begin again. This robotics program is a great way to introduce young students to the exciting world of engineering and robotics!

Course taught by highly qualified and NY State Certified teachers. Suggested for grades 2nd-4th.

**Friday, March 12th from 6:30-8:30pm,
Saturday, March 13th from 12:30-4:30pm,
and Sunday, March 14th from 12:30-5:00pm.**

All equipment and supplies for the program provided. Students are asked to bring a healthy snack for Sat. & Sun. Cost: \$130M/ \$135NM

Gift Certificates for LEGO Robotics Camp available !

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.*

Zumba Exercise Class

Zumba is one of the fastest growing dance-fitness trends in the country. This class combines easy-to-follow dance moves to Latin rhythms to achieve a great body sculpting and toning and aerobic fitness. It incorporates Latin and International music and dance movements, which creates a dynamic, exciting, and effective exercise program. This class is for non-dancers and dancers alike. It's so much fun you will forget you are in an exercise class! Class dates are: Wednesdays **Jan. 6, 13, 20, 27, Feb. 3, & 10**. The class will meet from 6 -7:15pm. Instructor: Marilyn Slentz. Cost \$35M/\$40NM. Walk-ins welcome at \$7.50 per class.

Healthy Cooking Classes

Chef Eric and Dr. Amy Mercovich have more great classes coming up in the spring. Look for more information in our next Newsletter.

Water Aerobics

Wednesdays ~ Jan. 6 - Feb. 24

5:45-6:45pm Fee: \$44 M / \$49 NM

Saturday ~ Jan. 9 - Feb. 27

8:00-9:00am Fee: \$44 M / \$49 NM

Bring a pool noodle to class. Instructor: Jane Slack. (\$5 Sr. discount) Walk-ins welcome: \$8 per class with pre-registration & payment at GGCC.

Acrylic Painting for Adults

6 Thursdays: Jan. 14th—Feb. 18th from 6:30-8:30pm. Whether you are a novice or more advanced, this class offers you the opportunity to find or enhance your artistic abilities. Instructor and artist Lorie Longhany. Fee: \$50M/\$55N M *Walk-ins at \$10 available once class minimums are met.*

Pilates Exercise Program

This class continues with April Schwenebraten at the Gillam Grant Community Center **every Tues. & Thurs. from 4:00—5:00 pm**. Cost of class varies by the month according to number of classes scheduled. Walk-ins welcome for \$7.50 once class minimums are met. Current December session running, walk-ins welcome. Students should provide your own hand weights & floor mat.

Toddler Playgroup Wednesdays

New session begins Jan. 13th from 10:30-11:45am. This group 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. Parents participate and supervise their children during the playgroup. 10 sessions cost: \$45M/\$50NM.

Total Body Fitness

Includes body sculpting all muscle groups with weights & ball to achieve a healthy balance. **Pre-register at Gillam-Grant for class Tuesdays starting Jan. 5th-Feb. 23rd from 6-7pm.**

Cost:\$44M/\$49NM.

Walk-ins are available for \$7.50 session once class minimum is met. Bring a water bottle & floor mat. Certified instructor Jane Slack.

Gillam-Grant Office Hours

Monday thru Friday
9:00 am - 4:30 pm

Gillam-Grant Events and Activities are posted on our website calendar at gillamgrant.org. **Check it Out.**

Fitness/Exercise Room

New session begins Jan. 4th—Apr. 30th at BB High School. Open Mon. Wed., & Fri. evenings 6-8pm, except school observed holidays. **A usage card is required**, please pick up at the center. Fee: \$35

Music Lessons

Individual Bass, Guitar or Banjo

5 sessions for ages 7 & up-beginner or intermediate. Classes available Tues. and Wed. from 3pm to 6pm & Thurs. 3 to 8pm. Call the Center to schedule a session. Fee: \$60M/\$65NM

Flute Lessons

Heather Bowman, instructor, is classically trained, degreed in flute instruction and conducts the Flute Choir at B-B school. Half hour sessions are available by appointment. Cost for 4 sessions \$40M / \$45NM

Piano Lessons

Piano lessons for new and continuing students on Mondays, Tuesdays & Wednesdays between 2:35 and 5:35 at the Center. Beginner lessons are available for senior citizens on week-day mornings. Call for more details.

Swimming Lessons

SATURDAYS ~ Feb. 6th— Mar. 20th (no class on 2/13) a **6 week session**. Beginner, Intermediate and Advanced Lessons under the direction of Coordinator Danielle Harris. 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, first serve. Fee: \$30M / \$35NM

Wednesday Night Men's Basketball

Men's Basketball began on October 7 from 7:30-9:30pm at the Byron-Bergen Middle School gym. Program coordinated by Mark Chase & Rick Muscarella. Cost: \$25/for a 10 week session paid at first session or \$4 per session to be paid at the door weekly. Program will run until at least February 24th. No session on Nov.11th, Nov. 25th or Jan. 27th.

Gillam-Grant NOW OFFERS the payment options of cash, check, Visa, and MasterCard.



Karate

ISSHIN RYU KARATE

Session starts **Saturday, Jan. 9th**

Jan. 9, 16, 23, 30 ; Feb. 6, 13, 20 & 27; Mar. 6 & 13

At the B-B Elementary School Gym and Cafetorium Karate, a martial art, promotes physical fitness and gives improved coordination. It builds confidence and self esteem. The program includes conditioning exercises for stamina and strength. Karate promotes discipline and mental focus and is a fun activity in which the whole family can participate. Open to students ages 5 and older, teens and adults. Age 5 is accepted on a trial basis.

ADULT BEGINNER CLASS BEGINNING Oct.. 3rd!

Have you always wanted to try a martial art? Is it time to do something for yourself? Start with this beginner ADULT class. Take this OPPORTUNITY! Class time 10:15 -11:15am.

KARATE FOR BEGINNERS All ages 10:15-11:15am \$35
 WHITE BELTS 10:15am - 11:15am \$35 M/\$40 NM
 YELLOW / ORANGE BELT 11:30am - 12:30pm \$40M/\$45 NM
 GREEN/BROWN /BLUE /BLACK BELTS 9 -10am \$40M/\$45NM
 KALI (stick) IAIDO (sword) 12:45pm - 2:00pm \$40M /\$45 NM

Supervised and instructed by Shihan Cyndy Jones.
REGISTRATION FORMS ARE AVAILABLE AT GILLAM-GRANT OR at CLASS ON SAT. Jan 9th.

NYS Pre-licensing Class

January 13th and 20th, you must have a NYS Learner's Permit to take this class and bring it to the Center when you register and pay. Class size is limited. Report to class at 3:20pm; class begins promptly at 3:30 to 5:30. Anyone who is late will NOT be admitted and no refund will be granted to late comers. Bring your own snacks or beverage for break. Cost: \$25M / \$30NM.

Meditation Made Easy

Learn how easy it is to cultivate peace and a sense of well-being in your body and mind with traditional meditation practices. Join us on Thursday, **March 18th from 7:00-8:30pm** and we will explore Insight, Guided Relaxation, and Chanting meditation styles. Bring a mat and a pillow. Adults and mature teens welcome. Teacher: Dr. Amy Mercovich. Cost: \$18M / \$23NM



January 22nd at 10:15am

Celebrate famous January Birthdays. Refreshments will be served.

February 12th at 10:15

A Valentine's Celebration with refreshments.

PrimeTimers is a Senior Program that is open to all seniors at no cost. Registration is requested - call 494-1621.

Senior Evening Meals

January 11th 5:30pm - Chef Brandan Smith will prepare Caesar salad and rolls, beef stew with buttermilk biscuits, and ice cream with cookie for dessert. Entertainment with Ben Sheridan will follow the meal. Cost: \$8M/\$9NM.

Next Senior Meal Feb. 8th. Enjoy dinner and then enjoy entertainment by "For Singing Sake" musical group.

Silver Sneakers is Here...

Village Fitness of LeRoy in partnership with the GGCC offers this popular senior fitness program. Classes run on Mondays, Wednesdays and Fridays from 9-10 am. Call or visit the center for details. MVP Members and GGCC Members accepted.

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 ~ *Almost Mine* **Wednesday, Feb. 3rd.** On a cold, moonless night in Almost, Maine the residents find themselves falling in and out of warmth and love in unexpected, hilarious, heart-filled ways. True love comes knocking. Did you answer? Will they? Cost: \$23M/\$28 NM. Reservations and payment

United Way Donor Options

Please consider choosing Gillam-Grant (donor option # 1319) as your donor option when contributing to the United Way. Donors who contribute over \$35 receive free memberships to the GGCC. Contribution forms are available at Gillam-Grant if you would like to become a United Way contributor.

Blood Drive + "Give the Gift of Life"



A Special Blood Drive is scheduled for
Saturday
January 30, 2010
9am-1pm

In Memory of Matthew Kota

Before the world lost Matthew Kota, he had become a volunteer of the Red Cross and he anticipated the day he would become a gallon blood donor. In his memory, the 2nd Annual Blood Drive, will be held at the Gillam-Grant Community Center.

Matthew would have turned 19 on February 1, 2010. As a birthday present to him, please give the gift of life and donate blood. The blood bank runs low this time of year, so this drive will make a great impact. Can you think of a better birthday tribute to an amazing young man?

Appointment or Walk-In Accepted. Please contact the Red Cross at 1-800-GIVELIFE to schedule a time.

Baseball & Soccer

Registrations for the '10 season are distributed in January. Please watch for the deadline dates. Check out gillamgrant.org to download registrations.

Gillam-Grant is **Closed** from December 24th thru January 3rd. Merry Christmas and Happy New Year from the Staff and Board of Directors at Gillam-Grant.

6966 West Bergen Rd.
Bergen, NY 14416

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