

GET YOUR LAUGH ON!

Upcoming Social Suppers:

February 12th Gathering at 5:30pm

February's Menu:

Beef Barley Soup

Meat Loaf

Mashed Potatoes & Corn

Bread

And for dessert...Cookies! After dinner please stay for the Byron Bergen Musical Preview!

Cost: \$10M/\$15NM

****Deadline to register for February's Dinner is by noon on February 9th.**

March 12th Gathering at 5:30pm

March's Menu:

Salad

Mac & Cheese

Peas

Bread

And for dessert...Ice Cream Sundaes! After dinner please enjoy the Irish tunes of Kathy McGrath!

Cost: \$10M/\$15NM

****Deadline to register for March's Dinner is by noon on March 9th.**

**These programs are made possible with funds from the Decentralization Program, a regrant program of the New York State Council on the Arts with the support of Governor Cuomo and the New York State Legislature and administered by the Genesee - Orleans Regional Arts Council, GO ART!

go'art!

Don't feel like making dinner or too busy with the kids crazy schedules? Want to get take-out, but trying to make better food choices? You can get a three course home cooked meal from our Social Meals. Don't feel like staying? We offer take outs! Just register the Friday before one of the above meals and you can pick up your meals at 6:00pm!

FYI!

Gillam-Grant Community Coach Transportation Service



Gillam-Grant offers transportation for weekly grocery shopping. Bus reservation MUST be made by NOON the day before the scheduled trip. Round trip fee: \$3 donation. Call the Center for details at 494-1621.

Scheduled weekly trips: TUESDAY: Brockport ~ Wal-Mart / Wegman's

Quilters Gather: Thursdays from 9:30am to 12:00pm! Come work on projects & share ideas.

LUNCH CLUB

Once a month go to a restaurant to enjoy lunch & socialize. Transportation leaves the Center at 11:30am. Cost: \$5M/\$7NM with lunch on your own.

Monday, January 22nd ~ Leaf and Bean
Monday, February 26th ~ Jine's Restaurant
Please sign up online a week prior to lunch date.

SilverSneakers

Classes on Mon, Wed, & Fri from 9-10am at the Gillam-Grant Center! MVP Members are FREE. \$5/month for Gillam-Grant Members.

AARP Safe Driving Course - Thursday Jan 25th

Class from 9am-3:30 pm. Primary drivers can receive premium & point reduction off insurance. Bring lunch or snack. Instructor: Dick Cina.

Check should be made payable to AARP and brought to class the morning of.

Fee: \$20 AARP members/\$25 non-members of AARP.

Pre-registration required.



MARTIAL ARTS PROGRAMS

Jan 6, 13, 20, 27 Feb 3, 10, 17, 24 Mar 3, 10

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 for the whole family. Open to students ages 5 and older, teens and adults. At the B-B Elementary School Gym and Cafetorium.

REGISTER ONLINE TODAY!

Supervised and instructed by Hanshi Cyndy Jones.
 Cost: \$45M/\$60NM

ADULT/YOUTH BEGINNER CLASS

Have you always wanted to try a martial art? Start with this beginner ADULT and YOUTH class.

Class time 10:15-11:15am. Cost: \$40 for new beginners!

WHITE/YELLOW/ORANGE/JUNIOR GREEN BELT

10:15am - 11:15am

GREEN/BROWN/BLUE/BLACK BELTS 9:00am - 10:00am

KALI (stick) IAIDO (sword) 11:30 - 12:45pm

JEET KUNE DO/KUNG FU (ages 10 and up)

1:00pm - 2:00pm

Yoga

Tuesdays and Thursdays from 4:30-5:30pm

Yoga is designed to increase flexibility, build strength, and melt away tension. Yoga is a great way to exercise linking breathing with movement. All ages & levels of experience and fitness welcome.

6 week session. Certified Instructor: Kathy Merritt, RYT1. Cost for either class: \$32M/ \$42NM per session.

Tuesday Night Class:

Current Session:

Jan 2 - Feb 6

Next Session:

Feb 13 - Mar 27 (No Class
2/20)

Thursday Night Class:

Current Session:

Jan 4 - Feb 8

Next Session:

Feb 15 - Mar 29 (No Class
2/22)

Fitness/Exercise Room ~ Jan 3 - Apr 30 at BB High

School. Open Mon, Wed, & Fri evenings 6-8pm, except school holidays. **SIGN UP NOW!** Fee: \$50M/\$55NM

Total Body Fitness

Wednesdays 6-7pm

This class offers body sculpting for all muscle groups with weights & ball to achieve a healthy balance. Bring a water bottle & floor mat. Certified Instructor: Jane Slack.

Next Session: Jan 3 - Feb 28 (8 weeks, No Class 2/21)

Cost: \$42M/\$52NM

NEW DAY!

Once class minimums are met, walk in pricing for all Fitness Classes not including Karate, Cycling, or Fitness Room is: \$8M/\$10NM. We recommend you let us know your name and phone number so if class cancels for any reason we can contact you. Or you can e-mail Brittany@gillamgrant.org with that information.

INDOOR CYCLING CLASSES

WHY CYCLING?? This is an excellent lower body and core workout that will burn large amounts of calories in one class. You will not only tone your legs and help get those abs you always wanted, but also it will help to strengthen your heart and lungs! Have joint problems? No problem! This type of workout will get your heart pumping and body sweating all while having a low-impact workout which is great for weak joints.



Bring a towel and water bottle! Please be 15 minutes early if this is your first class to go over data sheets.

6 week session (2x Week) with Certified Instructor: Brittany. **Cost: \$25M/\$35NM.**

Limited availability - Only 11 participants per class - Registration is required.

Current Session: Nov. 28th - Jan. 11th (No Class 12/26 or 12/28)

Next Session: Jan. 16th - Feb. 22nd

BEGINNER/SENIOR CLASS - NEW	MONDAY AND WEDNESDAY MORNING	7:30 AM - 8:15 AM
BEGINNER/SENIOR CLASS	TUESDAY AND THURSDAY MORNING	7:30 AM - 8:15 AM
TEEN/ADULT CLASS	TUESDAY AND THURSDAY AFTERNOON	3:45 PM - 4:30 PM
ADULT CLASS	TUESDAY AND THURSDAY EVENING	6:00 PM - 6:45 PM

**GGCC has been awarded a grant to host Indoor Cycling Classes! We have 12 NEW indoor cycling bikes. Because of this grant we are able to provide Indoor Cycling Classes at a VERY reduced rate! As a component of the grant award, we are required to collect anonymous data on the health benefits of indoor cycle classes and keep records of progress made by each participant. Data collection will be kept private and no names will be required on the data sheets. Data includes distance, calories burned, heart rate, etc. We will go over information needed the first day of class.

The GGCC has made every effort to prepare this newsletter as accurately as possible. However, errors may occur. There may be circumstances where adjustments may need to be made to program dates, times, fees, etc. The Center reserves the right to make any changes as necessary. The GGCC also reserves the right to charge a \$40 fee for returned checks.

THE LEARNING CENTER AT GILLAM-GRANT

We offer Academic Services to Kindergarten - 12th grade

★ Tutoring ★ Homework Help ★ Clubs, Camps, and Classes

Tutoring



Tutoring is available throughout the year to help your student when classes get tough. Open 2:30pm-8:00pm M-F by appointment only.

Cost: \$30/hour or prepay 10 sessions for \$270.

SAT Prep Class

Students need to perform well on the SAT for college acceptance and for some scholarships. Help them do their best by taking a prep class! This class will teach students the format of the test and test taking strategies. Students will practice taking the test to implement those strategies.

Math Prep

Mondays - March 5, 12, 19, 26 from 6:30-8:00 with Instructor Loy Gross.

English Prep

Mondays - April - 9th, 16, 23, 30 from 6:30-8:00 with Instructor Michelle Buckland-Seward.

Cost: \$40M/45NM for one subject \$70M/\$80NM for both.

Drop in Math Tutoring

Tuesdays

5:30-7:30pm

Every Tuesday the Center has a professional math tutor, Loy Gross, available to help students with Algebra, Geometry, Trig and Calculus. Suitable for 7th grade and up. Call the center for more information. Only \$5/visit.

Scholarships are available. NO REGISTRATION REQUIRED!



Homework Help for Grades 1 - 12

HoMework HeLp



Monday-Thursday 2:30 to 4:30
\$8/hour session or prepay 10 sessions for \$60.

It's not too late to sign up! If

homework is a struggle we can help. We help with daily homework assignments and weekly packets. We encourage good study habits and teach students how to be more independent. Students may come everyday or just the days you need it due to busy schedules. **Need childcare after Homework Help? Special pricing package available!!** Go to Kid Zone after Homework

Help for an additional \$5 each day.

HH Scholarships are available.



NYS Pre-licensing Class

Saturday, January 20th

9:00am-2:00pm

This 5 hour class is required for new drivers to get their license. Students must have NYS learner's permit to attend. Registration is required. Class begins promptly at 9:00am. Late students will not be admitted. NO refunds given. Bring your own snack/beverage for break. Cost:\$30M/\$35NM.



Wednesday Preschool Story Time

Story time is every Wednesday from 10:30-11:00am. Each week there are entertaining stories, activities and snack. Ages 2-4 years attend with a parent/caregiver. No registration needed. Program is FREE. Marilyn Pocock, story teller.

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NEW 2018 MAKERS SERIES

Robot Obstacle Course Challenge

Come have fun racing your robot through various obstacle course challenges. Partners will build robots to complete various challenges that include going through tunnels, crossing bridges or maneuvering through difficult terrain. Class meets on Saturdays February 3, 10, 17, 24 9:00am-12:00. Class is for all age kids through adult. Ages 6-10 must register with an adult. Cost:\$50/\$30 for the adult family member.



Digital Media Lab



Do you have old family videos or slides sitting at home? Would you like to convert them to digital form? As part of our new Makerspace Series, we are excited to announce our Digital Media Lab. Our lab features many tools that we would like to make available to the community. These include CD/DVD Duplication, Cassette Tape to Digital Recording Conversion, Record to Digital Recording Conversion, VHS Cassette to Digital Recording Conversion, and using our digital scanner to convert 35mm Negatives, 35mm Slides, and 3x5, 4x6, and 5x7-inch pictures to digital media. Community Members need to be trained on how to use these tools. Then you may sign up to use them at your convenience. Contact our Learning Center Coordinator, Tracey at Tracey@gillamgrant.org or call the office to attend a training session. Then start enjoying all your old family memories once again. Training sessions are January 23rd and February 27th at 6:00pm.

2018 Lego Building Club

Lego Building Club (3rd-6th Grade) 3:30pm-5:00pm

Jr. Lego Building Club (1st-2nd grade) 3:30pm-5:00pm
\$10 for each month

Themes: January 12 & 19 (Jr.) - Tallest Tower
February 9 & 23 (Jr.) - Pet

Byron Bergen Lego Bees advance to the New York State Qualifiers!!!

Byron-Bergen Lego Bees Robotics team competed in the Finger Lakes Qualifier. They won the **Champions Award** which allowed them to advance to the next FLL round. They competed at the **New York State Qualifiers** at the University of Rochester on December 10th. The community is so proud of this team and their great accomplishment! In addition to the **robot building** and **programming** the Lego Bees learned, the team designed a **Natural Disaster Water Filtration Kit**. This system can be used in hurricane and flood hit areas without electricity. A battery operated or windmill operated pump was designed by the Bees that can filter dirty lake, pond or flood water. It comes out clean enough to drink until other options are available. The design can be made to scale for individuals and communities. Components for a 55 gallon system can be purchased for \$200.

A big thank you goes out to all the adults that helped us have a great season. Thanks also to Village of Bergen employees, Kirk Roberts and Gary Zawodzinski, who helped us make a working prototype of our filtration system. FLL Volunteers Include:

Darla Barnum, FLL Coordinator

Shari Dressler, FLL Coach

Bill Wittman, FLL Coach

Kristin Williams, Room & Pit Parent

Brandy Lundfelt, Room & Pit Parent

Ben Chaback, FTC Mentor

Jared Barnum, FTC Mentor

Steve Tanner, Expert & Field Trip Organizer

Barb Zinter, Field Trip Organizer

Robyn Brookhart, Field Trip Organizer



Back row-Zach, Jackson, Sawyer, Abbi, Kendan.
Front row- Martin, Hannah, Rhys, Carter





Atlantic City, Cape May & Philadelphia June 25-29, 2018

This trip has something for everyone - an exciting mix of Picturesque Cape May, Historic Philadelphia and Atlantic City. See the Victorian homes of Cape May including the Cape May Lighthouse, guided tour of Philadelphia and a free day in Atlantic City! Double Occupancy: \$605 (member, add \$60 for non-member) Call for more details.

COMMUNITY NEWS

St. Brigid Holy Name Society Pancake Breakfast. 18 Gibson Street, Bergen, NY. 14416. Sunday February 11th, 2018 8:30 till 11:30 . All you can eat. Melt in your mouth Buckwheat and Buttermilk Pancakes. Real Maple Syrup. Sausage Patties, Scrambled Eggs, Baked Goods, Coffee, and Juice. \$25, \$50, and \$100 Raffles. Adults \$5.00, Children \$3.00, Children under 3 are free.

Think of Gillam-Grant Community Center, as you make your United Way giving decisions.

Use Gillam-Grant's code (1319) on your United Way paperwork to direct your giving.



Gillam-Grant Donation Wish List

Upright Freezer
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Thank You!

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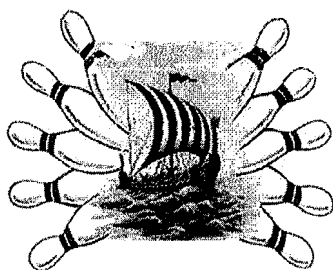
E-Mail: cfavata@nothnagle.com



**Gillam-Grant Community Center
Annual Membership Meeting
February 21st
7:00pm**



**Mike MacDonald
Video & Photography
(585) 794-0129**



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Volunteer Shout Outs!

Thank you to our November Social Meal Volunteers Chris Skomski, Heidi Ball, Amy Phillips, and the Girl Scouts: Kendall, Cassidy, Lilly, and Olivia!

Thank you to our December Volunteers Chris Skomski, Anna Hersom, Becky Senf, Amy Phillips, and the Girl Scouts: Kendall, Mackenzie, Cassidy, Julia, and McKenna!

Thank you to our Santa's Workshop volunteers Shirley Wade, John & Dee Prospero, Gina Lathan, Dan Jenson, Adam Swapceinski, Johnny Lathan, Josh Phelps, Josh Bush, Jonah Bower, Kendall & Amy Phillips, Morgan Fuller, Brooke Jarkiewicz, Lexi & Abby Vurraro, Hayley Hoehn, Ella & Jenn VanValkenburg, Siomara Caballero, Adam Drake, Emily Leone, Ava Vescovi, Anna Rebisz, Kevin Dallimore and the GGCC Staff that volunteered that day!

Thank you to our volunteer drivers Michelle Clare, Martin LaMay, and Nancy Rhoda!

WE COULDN'T DO IT WITHOUT YOU!



Pre-School Performance at Santa's Workshop

What a GREAT performance by our Pre-School students! And oh boy were they surprised when the jolly man, in the bright red suit, made his appearance!

He'll be back again next year!



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For more information about advertising in the GGCC Newsletter call Brittany Kessler at (585) 494-1621 or E-Mail her at Brittany@gillamgrant.org.

Hall & Tent Rentals

Are you planning a birthday, anniversary, family reunion or graduation party? Consider using the Gilliam-Grant hall or pavilion. We are now booking for Graduations!

Or, if you are looking for party tents, we have two 20x20 white tents available.

Call Della at GGCC during office hours for information!



Just as a reminder!

If the school is closed due to bad weather, Gillam Grant will be closed as well.



Congratulations to the winner of the Snowman Building Contest!

Cathy Hilchey

Start thinking of ideas for next year!

Red Cross Blood Drive

January 19th at Gillam-Grant

www.redcrossblood.org

Donors receive a Dunkin Donuts Gift Card!
Help Save Lives and Donate.

YOUTH RECREATION

All Youth Recreation will
be available online in
January! Keep an eye on
our website for more
information!



INSPIRE FITNESS

NEW DAY!

Whatever your goals, be it weight loss, fitness or just feeling your best, this class will have a solution for you! It is a combination of Pilates, Yoga, Circuit & Interval training all in one class! This class is great for all fitness levels because you set your own pace. This class not only helps you reach your fitness goals, but your nutrition goals as well! At the end of each class Nicole has some helpful hints and tips on how to eat healthier.
6 week session. Certified Instructor: Nicole Cummings.
Cost for either class: \$37M/\$47NM per session.

Tuesdays 7:00pm – 8:00pm:

February 6, 13, 20, 27, March 6, 13

Thursdays 7:00pm – 8:00pm:

February 8, 15, 22, March 1, 8, 15

Saturdays 9:30am – 10:30am:

February 10, 17, 24, March 3, 10, 17

NYS PISTOL PERMIT CLASS

Saturday, January 20th, 2018

9am-Noon



The New York State Pistol Permit Class – also known as the “Concealed Carry Permit Class” or the “Firearms Safety Course”, is required to be completed before applying for the Erie, Niagara, Orleans & Genesee County NYS Pistol Permit process.

The NYS Pistol Permit class (Concealed Pistol Permit Class) is certified to apply for a New York State Pistol permit in many counties. The focus of this course is SAFETY. Subtopics covered include: Article 35 and NY laws pertaining to the use and carry of your Pistol, safe handling of a handgun in your home & on the range. This class is taught by Certified NRA Instructor, Cheryl Schenne. 3 hour course includes materials and a Certificate of Completion (*required for Erie, Niagara, Orleans & Genesee County Pistol Permit application process*). **Cost: \$60.00. Pre-Registration Required / 17yrs & older**

GILLAM-GRANT CONTACTS (585) 494-1621

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