



# Gillam Grant Community Center

*Moving Forward Together*

**Winter 2019**

## TAKE OUR ANNUAL TRIP TO ANGELICA, NY.



**March 20th**

Enjoy unlimited buckwheat pancakes with a serving of ham, sausage and beverage. Cost includes meal, gratuity and transportation. We will stop at Lantz's Bulk food Store after breakfast to shop for a wide variety of foods. Leaving at 8:45am and returning around 3pm. **Reservation and payment due by March 8th. Limited space available.**

Cost: \$30M/\$35NM.



## Mauritius

**Sunday, April 7th**

Join us for an AMAZING production at the **Blackfriars Theatre** in Rochester NY.

What's the show all about?

Stamp collecting is far more risky than you think. After their mother's death, two estranged half-sisters discover a book of rare stamps that may include the crown jewel for collectors. One sister tries to collect on the windfall, while the other resists for sentimental reasons. In this gripping tale, a seemingly simple sale becomes dangerous when three seedy, high-stakes collectors enter the sisters' world, willing to do anything to claim the rare find as their own. Shuttle transportation included. Departing at 1:00pm and returning around 4:00pm. Cost: \$50M/\$60NM. **Registration is Due by February 25th!**

## ANNOUNCING GILLAM-GRANT 2019 EXTENDED TRIPS

### The Canadian Island of Coudres & Quebec City June 22-27

Embrace the rustic charm on this pristine island nestled between the St. Lawrence River and the Laurentian Mountains. Set sail on the smooth waters of the Baie-Saint-Catherine and enjoy the breathtaking scenery and perhaps you will see one of the huge variety of large marine mammals who make these waters their summer home. Visit St. Anne De Beaupre shrine along the St. Lawrence River and marvel at the artistic beauty and history of this site. Soak up the French charm of Old Quebec and take in the stunning beauty of the city, a truly unique land in North America, with multifaceted geography and rich history. Unplug from your busy life and travel with us to this well-kept secret, tucked away in the heart of Canada! **Cost: Double Occupancy Member \$785 (add \$60 for non-member) \$100 non-refundable deposit upon signing up.**



### Mount Rushmore & The Black Hills of South Dakota Aug 30– Sept 9

You'll stand before Mt. Rushmore and witness the awe-inspiring Crazy Horse Memorial two of our nation's grandest icons in the mystical Black Hills of South Dakota. Delight in the open ranges and ponderosa pine forests as you tour Custer State Park's wildlife Loop. Follow in the footsteps of legends like Bill Hickok and Calamity Jane as you explore the beauty and rich history of Deadwood. Visit spectacular Badlands National Park and stop off at the amazing Wall Drug Store. Explore the unique collections at the Journey Museum which tell the incredible story of the Western Great Plains. As we travel, you will enjoy stops at the Corn Palace, Des Moines Botanical Center, Das Dutchman Essenhaus, Amana Heritage Museum and Midwest Museum of American Art. **Cost: Double Occupancy Member \$1,100 (add \$60 for non-member) \$100 non-refundable deposit.**



### Miami & Key West Oct 26 - Nov 3

Dip your toes in the turquoise water of the Atlantic at South Beach. Enjoy an unforgettable cruise on Biscayne Bay featuring "Millionaire's Row." Head to Florida's beautiful city of Key West, America's southern most point. Explore the scenic surroundings and experience a unique blend of southern charm and Caribbean flavor. In Miami visit Fairchild Tropical Botanic Gardens and Hollywood Beach's famous boardwalk. All this and more! **Cost: Double Occupancy Member \$965 (add \$60 for non-member) \$100 non-refundable deposit upon signing up.**



## UPCOMING MONDAY SOCIAL MEALS

Once a month we offer a three course meal featuring live entertainment on the dates shown below. All meals start at 5:30pm and the menus include coffee, teas, water or lemonade as well as bread and butter. Cost: \$11M/\$16NM.

Date	Register By	Menu	Entertainment
*February 11	February 8	Soup, Chicken Parmesan and Pasta, Brownies	Byron Bergen Musical Preview
*March 11	March 8	Salad, Corn Beef and Cabbage, Potatoes and Carrots, Cheesecake	TBA
April 8	April 5	Full Ham Dinner	The Swooners

\*This program made possible in part by a grant from the Genesee Senior Foundation Inc. with funds from the Rochester Area Community Foundation's Muriel H. Marshall Fund for the Aging in Genesee County.

## QUILTERS GATHER

Thursdays from 9:30am to 12:00pm. Come work on projects and share ideas.

## LUNCH CLUB

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

Date	Location
*January 28	*The Arlington Dining Room
February 25	Peppermints
March 25	Monroe's Restaurant

\*This program made possible in part by a grant from the Genesee Senior Foundation Inc. with funds from the Rochester Area Community Foundation's Muriel H. Marshall Fund for the Aging in Genesee County. FREE transportation, but must register in advance.

## 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.

Weekly trips: TUESDAY: Brockport - Wal-Mart / Wegmans

## UNITED HEALTH CARE PRESENTATIONS

Jacky Smith, a licensed representative will be available to answer questions about Medicare Health Insurance and specific questions about United Health Care Medicare Option. **FREE PROGRAM.**

**Wednesday, January 23** from 6:00pm - 7:00pm.

Understanding your Medicare Advantage plan with UnitedHealthcare.

**Wednesday, February 20** from 6:00pm - 7:00pm. What is Open Enrollment vs. Annual Enrollment.

**Wednesday, March 20** from 6:00pm - 7:00pm. Reviewing Medicare Advantage options with UnitedHealthcare.

## ALZHEIMER'S ASSOCIATION PRESENTATIONS

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Have questions or concerns about the disease? Come to one of the presentations below to find out more information. **FREE PROGRAM.**

**Thursday, February 21st** at 2:00pm: Understanding Alzheimer's Disease and Dementia

**Thursday, April 25th** at 2:00pm: Understanding and Responding to Dementia Related Behaviors

## AARP SAFE DRIVING CLASSES

Primary drivers can receive premium & point reduction off insurance. Bring lunch or snack. **Check should be made payable to AARP and brought to class the morning of.** Limited spots, Pre-Registration required.

Day	Time	Fee AARP M/NM
April 18	9:00am - 3:00pm	\$20/\$25

## SILVER SNEAKERS



Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support. Must be a member of the community center or registered through Leroy Physical Therapy.

Day	Time	Monthly Fee
Mon, Wed, Fri	9:00am -10:00am	Free for MVP/\$5M

## WINTER MARTIAL ARTS PROGRAM

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 strengthens 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.

Supervised and instructed by Hanshi Cyndy Jones.

**Winter Session Dates: Jan 5, 12, 19, Feb 2, 9, 16, 23, Mar 2, 9, 16**

**Spring Session Dates: Mar 30, Apr 6, 13, 27, May 4, 11, 18, June 1, 8, 15**

Class Name	Day	Time	Fee M/NM
Beginner Class	Saturday	10:15am - 11:15am	\$40
White/Yellow/Orange/Jr. Green	Saturday	10:15am - 11:15am	\$45/\$60
Green/Brown/Blue/Black	Saturday	9:00am - 10:00am	\$45/\$60
Kali (stick) Iaido (sword)	Saturday	11:30am - 12:45am	\$45/\$60
Jeet Kune Do/Kung Fu	Saturday	1:00pm - 2:00pm	\$45/\$60

## YOGA

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. Certified Instructor: Kathy Merritt, RYT1.

Dates	Day	Time	Fee M/NM
1/8 - 2/12	Tuesday	4:30pm - 5:30pm	\$32/\$42
2/26 - 4/2	Tuesday	4:30pm - 5:30pm	\$32/\$42
1/10 - 2/14	Thursday	4:30pm - 5:30pm	\$32/\$42
2/28 - 4/4	Thursday	4:30pm - 5:30pm	\$32/\$42

**Once class minimums are met, walk in pricing for all Fitness Classes (not including Karate, Indoor Cycling is dependent on availability) \$8M/\$10NM.**

## INDOOR CYCLING

**WHY CYCLING??** You will define and lean out your legs. Go at your own pace so beginners are welcome. It's indoors so you can go all year round. It's weather proof so no excuses! And the icing on the cake? You will enhance your cardiovascular fitness and burn a large amount of calories in one class. Weak joints? No problem, these classes are low impact! **Bring a towel and water bottle.**

Dates	Day	Time	Fee M/NM
1/22 - 3/5 (No class: 2/5)	Tues/Thurs	6:00pm - 6:45pm	\$58/\$68
3/12 - 4/18	Tues/Thurs	6:00pm - 6:45pm	\$58/\$68
1/5 - 2/9	Sat	9:00am - 9:45am	\$29/\$39
2/23 - 3/30	Sat	9:00am - 9:45am	\$29/\$39



**MAKE A POWER MOVE.** PiYo combines the muscle-sculpting, core-strengthening benefits of Pilates with the strength and flexibility of yoga movements. You'll perform a series of high-intensity, low-impact moves that will work every single muscle. No weights. No jumps. Just hardcore results! Bring a mat and towel.

Dates	Day	Time	Fee M/NM
1/15 - 2/26 (No Class 2/5)	Tuesday	7:00pm - 7:45pm	\$32/\$42
3/5 - 4/9	Tuesday	7:00pm - 7:45pm	\$32/\$42
1/17 - 2/28	Thursday	7:00pm - 7:45pm	\$32/\$42
3/7 - 4/18	Thursday	7:00pm - 7:45pm	\$32/\$42

## INDIVIDUAL/SMALL GROUP DANCE LESSONS

Have an event coming up that requires you to sharpen up those dance skills? Or just want to get moving and grooving and have some fun with some friends? Rebecca Phelps will be offering individual/small group dance lessons by request. Call the center at (585) 494-1621 and ask for Brittany for further details or to set up an appointment.



We offer Academic Services to Kindergarten - 12<sup>th</sup> 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 TUTORING

4 hour package available upon request.

## HOMEWORK HELP

For grades 1 - 12. Monday - Thursday 2:30pm to 4:30pm. **Students may join the program anytime during the school year** 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. Cost: \$8/hour session or prepay 10 sessions for \$60.

## NYS PRELICENSING CLASS

Offered on scheduled Saturdays throughout the school year. This 5 hour class is required for new drivers to get their license. Students must have a 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.

Date	Time	Cost M/NM
January 19	9:00am - 2:00pm	\$30/\$35
April 6	9:00am - 2:00pm	\$30/\$35

## 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.

## 2018 - 19 LEGO BUILDING CLUBS

Build a Lego creation using our blocks. Lego Club meets on the 2nd Friday of each month and is for grades 3 - 6. Jr. Lego Club meets on the 4th Friday of each month and is for grades 1 - 2. . Must register 1 week prior to meeting. Same day registrations will NOT be accepted. Cost: \$10/month.

Theme	Lego Date	Jr. Lego Date	Time
Catapult	January 11	January 18	3:30 - 5:00pm
Something Useful	February 8	February 15	3:30 - 5:00pm
Marble Run	March 8	March 22	3:30 - 5:00pm

## DROP IN TUTORING - NEW FORMAT

Get ready for Mid-terms and finals by getting help with all your math questions. Stop in as often as you want. Available to 7th-12th grade/Math subjects include algebra, geometry, trig, calculus. **Call 494-1621 to reserve your spot. Mid-term drop in:**

Date	Time	Cost
January 15	7:00pm-9:00pm	\$5
January 16	7:00pm-9:00pm	\$5
January 17	7:00pm-9:00pm	\$5
January 18	7:00pm-9:00pm	\$5

## MATH BOOT CAMP

Need a refresher mini-course to get you ready for an upcoming test? Just want to improve your knowledge in a certain area? Join us at one of the events below to kick that brain into gear! Call 494-1621 to reserve your spot!

Date	Topic	Time	Cost
March 4	Algebra	7:00pm-9:00pm	\$5
March 5	Geometry	7:00pm-9:00pm	\$5
March 6	Algebra	7:00pm-9:00pm	\$5
March 7	Geometry	7:00pm-9:00pm	\$5
March 8	Algebra II	7:00pm-9:00pm	\$5





## Valentine Treats

February 12 3:30-5:00pm  
Grades 3-6

Chocolate truffles anyone?

Students will make a plateful of chocolate treats including chocolate truffles and individual flour-free chocolate cakes. Students learn so much math and science from cooking as they work with fractions and measuring and states of matter. Shh! don't tell them they are learning!

Registration and payment **due February 5th**.  
Cost \$20M/\$30NM

Drop your kids off for.....

## SUMO Saturday's

March 2, 9, 16, 23 from 9am-12noon  
Grades 4-7

Students will build and program their own robot preparing to compete against other SUMO robot builders. Two autonomous robots are placed in a ring. The robots try to push their opponent out of the ring, while they avoid being pushed out of the ring by their opponent. The robots will continue to battle until one robot leaves the ring or becomes disabled.

**Competition on March 30<sup>th</sup>**

Cost: \$50M/\$60NM

## Coding Club

January 30-April 10th  
Wednesdays 3:30-5:00

Students will learn code using Tynker's block based visual language. They will learn basic concepts like sequencing loops, conditional logic and algorithmic thinking through self guided game based activities. Then graduate to text coding languages as they gain confidence in their new abilities. Students will create their own game of animation. Club ends with **Demo day**, just like the tech industry, to show off their work to friends and family. Transportation provided by BBCS for registered students.

*Participants must register one week before start date.*

Cost: \$55\*

\*partially funded grant program



## CARDBOARD CHALLENGE

*Is it really "just" cardboard?*

## IMAGINATION CREATION

Full Day Event

**JANUARY 25th 9am - 3:30pm**

Your creativity is unlimited with so many possibilities. Build a structure, a game, a toy, a decoration, or even a piece of furniture. LUNCH & SNACK INCLUDED. Cost: \$30 M / \$35 NM

## ARCADE GAMES

Full Day Event

**MARCH 15th 9am- 4:30pm**

Inspired by Caine's Arcade, you will be building your own games. From 4:30-5:30pm your parents and fellow builders will have the opportunity to play at the arcade. LUNCH & SNACK INCLUDED.



## STEAM IN ACTION!

**April 6-14 is National Robotics week!**  
**Check out our robotics programs.**

**SAVE THE DATE:**

**LEGO WeDo Racing Car**  
April 4<sup>th</sup> & 5<sup>th</sup>  
Afterschool  
Grades 1-3



**SAVE THE DATE:**

**LEGO Dog Bot**  
April 25<sup>th</sup> & 26<sup>th</sup>  
Afterschool  
Grades 4-6



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## KIDS NIGHT OUT

When kids need a break from their parents! This would be a great time for parents to run errands or enjoy some time to themselves! Kids will be able to enjoy the theme for the night or enjoy a movie, the maker space area, or the gym (if available)! Pizza and juice will be included! For grades Pre-K - 6.

Date	Time	Theme	Cost M/NM
February 15	6:00pm - 9:00pm	Lego/Nerf Wars	\$15/\$25
April 12	6:00pm - 9:00pm	Glow in the Dark Easter Egg Hunt	\$15/\$25

## AFTER SCHOOL ARTS AND CRAFTS

Does your child love to craft or be creative? Sign them up for one of the scheduled craft days below, right after school! Classes run 3:30pm - 5:00pm and transportation from school is available.

Grade	Date	Project	Cost M/NM
K - 6	February 4	Lil Love Monsters - Make these adorable Valentine's creatures!  All kinds of colors and all kinds of fun!	\$8/\$13
K - 6	March 18	Make your own Bubble Gum- There's Science and FUN in making your own Bubble Gum. We will learn all about it! And try some too. Take home what you create!	\$12/\$17
K-6	April 8	Easter Ceramic Painting  Hop Hop Hop.... Use your creativity to paint two ceramic bunnies!	\$12/\$17

## SLIME FOR THE HOLIDAYS

That's right! Come on over after school and make holiday themed slime all year round! We have hearts for Valentine's Day, and eggs for Easter. Classes run 3:30pm - 4:30pm and transportation from school is available.

Grade	Date	Holiday	Cost M/NM
K - 6	February 14	Valentine's Day	\$8/\$13
K - 6	April 11	Easter	\$8/\$13

## YOUTH RECREATION

All 2019 Summer Youth Recreation will be available online in January! Keep an eye on our website for more information!



## 2019 SUMMER DAY CAMP

Mark your calendar! The Gillam-Grant Community Center's Summer Day Camp registration will be opening soon! Here are the weeks to plan for:

- Week 1: July 8 - 12
- Week 2: July 15 - 19
- Week 3: July 22 - 26
- Week 4: July 29 - August 2
- Week 5: August 5 - 9



## PRESCHOOL+ PROGRAM

Registration will be open soon! Keep an eye on our website for more information!

## KID ZONE PROGRAM

### Before and After School

Kid Zone is a drop in before and after school program. That means you can sign your child up and come just when needed, once paperwork is completed.



### Full Day Options

We are open all day (6:30am-6:00pm) on superintendent days- **January 25<sup>th</sup>** and **March 15<sup>th</sup>**. Visit our website to download the Kid Zone registration form. Registration and payment required 1 week in advance of date attending. Drop off, mail, email or fax the completed form to Gillam-Grant office.

Grade	Date	Cost M/NM
PreK - 6	January 25 Full day	\$28 first child/\$22each additional sibling
PreK - 6	March 15	\$28 first child/\$22each additional sibling

## Bobsled Challenge

**Friday, February 1st 3:30-5:30 Grades 2nd-6th**

Learn about friction, forces, and the engineering design process by building and testing miniature bobsleds to see which can race down an "icy slope" either the fastest or slowest. Students will plan, design, and build a bobsled using maker space materials. They will then compete with each other to see whose sled is the fastest, while keeping all the passengers in the sled. Who would like to take on this CHALLENGE? *Must register one week prior to the event date.* Transportation available from BBSC. Cost: \$15M/\$20NM



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### Every Gift Counts!



*One person can make a difference.  
You can make a difference.*

When you give to Gillam Grant, you invest in the community.

- Helping children succeed at our Learning Center
- Providing transportation to those in need

Every dollar you give helps expand the reach of Gillam Grant's important services and programs not only for you and your family but for your neighbors as well.

**We can't do this important work without you and we are grateful for your support!** Please make your gift today.

**Thank you to all our supporters!**



*Great memories are made on extended-day trips!*



*Dancing is so much fun with Miss Becca!*



*Gillam Grant is a fun place for friends to gather.*



**Join the family, make a donation to Gillam-Grant Community Center today!**

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

☐ Enclosed check for: \$200\_\_\_\_ \$100\_\_\_\_ \$75\_\_\_\_ \$50\_\_\_\_ \$25\_\_\_\_ Other amount \$\_\_\_\_\_

Please charge my gift: Acct#: \_\_\_\_\_ CCV# \_\_\_\_\_ Exp. Date: \_\_\_\_\_

☐ One time gift \$ \_\_\_\_\_

☐ Charge my credit card monthly in the amount of \$ \_\_\_\_\_ for \_\_\_\_\_ number of months.

☐ Ongoing \$ \_\_\_\_\_ Making a sustaining monthly donation, your help will be impacting lives daily!

Signature: \_\_\_\_\_

To make a gift online visit [gillamgrant.org](http://gillamgrant.org) and click the donate tab.



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## Volunteer Shout Outs!

Thank you to...

Social Meal volunteers,  
Chris and David Skomski  
Shuttle driver, Michelle  
ClareStorytime, Marilyn  
PocockDance Asst. Cierrah Evert  
FLL Coaches: Darla  
Barnum, Bill Denson, Bill  
Wittman, Chris Deleo,  
Brandy Lundfelt and  
Kristin Williams

**THANK YOU TO  
ALL OUR SANTA'S  
WORKSHOP  
VOLUNTEERS!!!**

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WITHOUT YOU!**

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#### COMMUNITY NEWS

**St. Brigid's Pancake Breakfast****February 17, 2019 8:30am-11:30am**

All you can Eat—\$6 Adults, Kids \$3, Under 3 Free

18 GIBSON ST. BERGEN NY

## NYS PISTOL PERMIT CLASS

**Sunday, March 10th****1pm-4pm**

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**

**Just as a reminder! If the school is closed due to inclement weather, Gillam Grant is closed as well.**

**6966 West Bergen Rd.  
Bergen, NY 14416**Non-Profit Organization  
U.S. Postage Paid  
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