



# Gillam Grant Community Center

NEWSLETTER FALL 2024

GILLAMGRANT.ORG



**June 23-27, 2025**  
**5 Days-4 Nights**

This tour includes:

- ◆ Scenic Narrated Cruise on Lake Sunapee
- ◆ 1.3 Mile Gondola Ride to the Summit of Loon Peak
- ◆ Wright World War II Museum
- ◆ Narrated Trolley Tour of Wolfeboro
- ◆ 2.5 mile Train Ride at Clark's Trading Post
- ◆ Live Bear Show & The Chinese Acrobats Show
- ◆ 4 Breakfasts, 1 Lunch and 4 Dinners
- ◆ 4 Nights Lodging

A \$100 non-refundable deposit is required to hold your seat on this exciting trip.

\$935\* pp/double occupancy.

\*Add \$60 for non-members



**Check Out our New Fitness Class**

## Chair Yoga

**Classes start September 4th**

Wednesday mornings join Tammy Reding, Certified Yoga Instructor. Chair yoga brings all the physical and mental benefits of traditional yoga without having to get on the floor. You will twist and bend in the chairs while breathing mindfully. You will leave feeling stretched and relaxed.



Session/Dates	Day	Time	Fee M/NM
Fall Session 1: 9/4/24-10/9/24	Wednesday	9:30am-10:30am	\$42/\$52
Fall Session 2: 10/16/24-11/20/24	Wednesday	9:30am-10:30am	\$42/\$52

## SPECIAL THANKS

John Prospero has served the Gillam-Grant Board of Directors for nearly 20 years and half of that tenure he guided the Center as President of the BOD. John is now looking forward to new



adventures. Our new Board President is Molly Chapman. Molly is greatly involved in the Center's programs and activities and has served as a BOD and Development Committee member. Congrats to both of you!

## Byron-Bergen Sting Soccer 2024-2025 Season

The Byron-Bergen Sting Travel Soccer Club has announced registration for the 2024-2025 travel season. The Byron-Bergen Sting Soccer Club provides an opportunity for Boys and Girls from the ages of 8 to 17 to play competitive travel soccer with an emphasis on player development. Our club is affiliated with the Rochester District Youth Soccer League (RDYSL) and New York State West Youth Soccer Association (NYSWYSA). The travel club is open to all members of the community. Try-out dates, if necessary, will be announced by coaches. Registration is available online at [gillamgrant.org](http://gillamgrant.org).

Player Fee: \$250 by August 31st. \$50 late fee.

## TAI CHI QUAN IS NOW ON TUESDAY



**Starting September 10th**

Tai Chi Quan is an ancient Chinese form of exercise designed to maintain and improve flexibility, strength, and balance. It is also known to improve mental relaxation and alertness.

Session/Dates	Day	Time	Fee M/NM
Fall Session 1: 9/10/24-10/15/24	Tuesday	9:30am-10:30am	\$42/\$52
Fall Session 2: 10/22/24-11/26/24	Tuesday	9:30am-10:30am	\$42/\$52

### Social Meals

Social Meals are home style lunches or dinners featuring a program or entertainment. The menu includes coffee, tea, water, or lemonade and dessert. Cost \$13 M / \$18 NM

#### Monday, September 16th, 5:30pm

Chicken Marsala with Brussel Sprouts, Chocolate Cake and Ice Cream for dessert  
Entertainment: Pianist Debbie Sorenson

#### Monday, October 21st, 5:30pm

Beef Stew with Mini Cheesecakes for dessert  
Entertainment: Warsaw Barbershop Chorus

#### Monday, November 18th, 5:30pm

Turkey with gravy and a biscuit with mashed potatoes. Apple Crisp for dessert.  
Entertainment: Acoustic Duo Shane & Korinne

*\*"This project is made possible with funds from the Statewide Community Regrant Program, a regrant program of the New York State Council on the Arts with the support of the office of the Governor and the New York State Legislature and administered by GO ART!"*

*\*\*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.*

### Holiday Coffee and Craft for Seniors\*\*

#### Tuesday, December 10th 10:00 am

Create unique Christmas ornaments using the fun pour painting technique. Enjoy pastries and a warm drink while getting into the spirit with your friends at Gillam Grant. All supplies included.



Please note ornaments will need time to allow for drying and will need to be picked up at a later date.

Fee: \$5 Register by December 5th

**Program Registration Policy** Registration and payment with GGCC is required one week prior to the program, unless otherwise indicated. GGCC reserves the right to cancel programs for any reason including lack of participation. Gillam-Grant adheres to a no-refund policy unless otherwise indicated specific to a program. Gillam-Grant reserves the right to charge a \$40 returned check fee.

### LUNCH CLUB

Once a month go to a restaurant to enjoy lunch and socialize. Transportation leaves the Center at 11:30 am. Lunch is on your own. Fee: \$10M/\$12NM Registration is required.

Date	Location
Tuesday, Sept. 24, 2024	Charcoal Corral, Perry, NY
Tuesday, Oct. 15, 2024	The Old Stone Tavern, Rochester, NY
Tuesday, Nov. 12, 2024	Rohrbach's, Chili, NY
Tuesday, Dec. 17, 2024	Pane Vino on the Avenue, Pittsford, NY

### AARP SAFE DRIVING CLASS

#### Wednesday, October 2nd 9:00am-3:30pm

Primary drivers can receive premium & point reduction off insurance. Bring current AARP card. Bring a lunch, snack & drink. **Limited spots.**  
**\$35 AARP Members / \$40 Non-AARP Members**  
Service fee included in cost.

### Pumpkin Wall Hanging Craft for Seniors\*\*



#### Thursday, October 3rd 1:00pm-3:00pm

Enjoy an afternoon of painting and crafting with Sheila Woodrich as she takes you through the steps to create this whimsical Pumpkin Wall Hanging . All supplies included. \$12M / \$15NM  
Register by September 26th

### Learn to Play the Ukulele Mondays 10:30am-11:15am

Instructor: Dan DeLuca

This is a great opportunity to learn ukulele skills, play songs, and enjoy the music-making process. With a little bit of effort, anyone can learn to play the ukulele. Ukuleles and music are provided for every class.  
Register early as class size is limited.

Session/Dates	Day	Time	Fee M/NM
Sept. 16-Oct. 28	Monday	10:30-11:15 am	\$42/\$52
Nov. 4-Dec. 16	Monday	10:30-11:15 am	\$42/\$52



## Laser Cut Wood Crafting

Saturday, October 19th 10:00am



Using Laser Cut wood pieces and paint Kimberly Palmer will walk you through each step to create this cute Football Gnome. All supplies are included. Adult program. Register by October 11th. Fee: \$35M / \$40NM

## Simple Macrame Angels\*\*

Thursday, November 14th 1:00pm-3:00pm

Learn how to make adorable macrame angels. You don't need any experience in macrame to make this easy beginner project.

The instructor will take you through each step, so you will go home with a cute decoration to give as a gift or keep for yourself. All supplies are included.

Fee: \$12M / \$15NM

Register by November 8th



## POUR AND POUR PAINTING

\*goarts!



Friday, October 4th 6:00pm

Pour Painting has become super popular. When acrylic paints along with a pouring medium are used, amazing paintings can be the result! Pouring results in a smooth, glossy paint film that is perfectly even and blemish free. It is particularly popular with beginners as it allows artists to create paintings with dramatic, contemporary results. **We will be using a new technique each class.** Class includes all materials. Grab your friends for a FUN night out. Bring your own snacks and beverages! Adult Class 21 and older. Registration due one week prior to class.

Fee: \$38M / \$43NM



## Adult Make and Take Buffalo Bills Doormat



Saturday, September 21st 10:00am

Spruce up your front porch with this "make and take" doormat project for adults. We provide the blank doormat, stencils and paint and the instructor will give you step by step instructions to create this great Buffalo Bills doormat.

Fee: \$25M / \$30NM

Register by Sept. 16th

## Glass and Resin Christmas Trees

Saturday, November 16th 11:00am



Learn how to use Glass and Resin on Canvas to create 2 beautiful Christmas Trees to keep or give as a gift. In this class you will design a

Christmas tree using crushed glass and baubles to decorate and then finish with resin to hold it all together. All supplies are provided, however, you are welcome to bring along small pieces of jewelry, pendants or chains to personalize your tree.

Registration due one week prior to class.

Fee: \$30M / \$35NM



## Day Trip to the Lockport Locks

## Fall Day Trip to the Southern Tier

Tuesday, October 1st 9:30am

Travel to the Southern Tier on the Gillam Grant Shuttle and enjoy the Fall Colors as we go.



1st Stop: Sprague's Maple Farm in Portville, NY for lunch or breakfast if you choose.\*



2nd Stop: Cuba Cheese Shoppe to browse their huge selection of cheeses from around the world.

3rd Stop: Lantz's Bulk Foods in Warsaw, NY to restock the staples for your pantry.

Bus leaves at 9:30am, returning around 4:30pm.

Fee: \$25M / \$30NM

Fee covers transportation only.

\*Meal is on your own.

## Christmas Store of New York

Wednesday, November 6th  
10:15am



Take a trip with us to Lyon's, NY to the only year-round Christmas shopping experience in Upstate New York. The store boasts 7,000 square feet of everything Christmas in three connected historic buildings.

Before shopping we will stop for lunch\* at Parker's Grill and Taphouse in Newark, NY.

Shuttle bus leaves the Center at 10:15am returning around 4:00pm.

Fee: \$20M / \$25NM

Fee covers transportation only.

\*Lunch is on your own.

## Del Lago Casino Outings

Thurs. September 26th

Thurs. December 5th

Grab some friends for a fun day at Del Lago Casino. Shuttle transportation leaves the Center at 9:30am. Enjoy some playing time and lunch on your own. Limited seating. Shuttle departs casino at 3:00pm.

Fee: \$20M / \$25NM



## VOLUNTEERS NEEDED

In search of high school students in need of volunteer hours. Gillam Grant has several opportunities for students to volunteer throughout the year. If

interested contact Amy at  
585-494-1621

amy@gillamgrant.org

## COMMUNITY NEWS

### Foodlink - abundance shared

Free Outdoor Food Distribution at Bergen Evangelical Presbyterian Church on Rte 19 - 4PM

September 19, October 17, November 14. Please bring a cart or wagon for collecting and carrying your food items to your car.

Everyone is welcome to attend all Foodlink Events.



For grades K - 5th

**Bergen Pack 6031**



Sign up Online at:  
beascout.org

or contact us at  
585-502-8601

### THE MUSTARD SEED FOOD PANTRY IS OPEN TO ALL!

Located at the Bergen United Methodist Church  
27 South Lake Ave. Bergen, NY

Open the 2nd Thursday of the month  
5:00pm-8:00pm

And the Last Saturday of the Month  
9:00am-12:00pm

Upcoming dates:

Thursday, Sept. 12th and Oct. 10th  
Saturday, Sept. 28th and October 26th





## Gillam-Grant/Collamer Jones Karate competes at Master Kichiro Shimabuku's Isshinryu World Karate Tournament

Members of the program under Hanshi Cyndy Jones traveled to Pittsburgh, PA. to compete in Master Kichiro Shimabuku's Isshinryu World Karate Tournament (IWKA) on August 3, 2024. The team members (all ages and ranks) worked very hard practicing for this international tournament. They were successful and won 14 medals (2 gold, 8 silver and 4 bronze). Miller Menzie, age 8 the youngest member of the team won a gold medal in kata and a silver medal in sparring. Competitors came from all over the world. Due to the pandemic, it had been over five years since the last IWKA Tournament (London, England) was held. The School was honored at opening ceremonies with a special appreciation award for supporting the tournament.



Miller Menzie

### MARTIAL ARTS PROGRAM

#### Saturdays - 10 Week Session

Karate, a martial art, promotes physical fitness and gives improved coordination, builds confidence and self esteem. Karate promotes discipline and mental focus and is a fun activity for the whole family. Open to all ages 5 through adults. Held at Byron-Bergen Elementary Gym. Instructed by Hanshi Cyndy Jones.

Spring Session Dates: Sept. 7, 14, 21, 28, Oct. 5, 12\*, 19, 26, Nov. 2, 9\* **\*Please Note: Oct. 12th & Nov. 9th classes will be held at Gillam-Grant.**

Late Registrations accepted.

Class Name	Time	Fee M/NM
Beginner 5 & 6	11:00am - 11:50am	\$60/\$70
White/Yellow/Orange/Jr. Green	11:00am - 11:50am	\$60/\$70
Green/Brown/Blue	11:00am - 11:50am	\$60/\$70
Black Belts	10:00am - 10:50am	\$60/\$70
Kali (stick)	9:00am - 9:50am	\$60/\$70
Iaido (sword)	12:00pm - 12:50pm	\$60/\$70
Jeet Kune Do/Kung Fu	8:00am - 8:50am	\$60/\$70

### HIIT Cycling (High Intensity Interval Training)

Bursts of effort integrated with free weight segments and followed by recovery, these rides challenge the mind and strengthen your body inside and out. Expect a new class and a new playlist every time!

Session/Dates	Day	Time	Fee M/NM
Fall Session 1: 9/3/24-10/8/24	Tuesday	6:00pm - 6:45pm	\$42/\$52
Fall Session 1: 9/5/24-10/10/24	Thursday	6:00pm - 6:45pm	\$42/\$52
Fall Session 2: 10/15/24-11/26/24	Tuesday	6:00pm - 6:45pm	\$42/\$52
Fall Session 2: 10/17/24-12/5/24	Thursday	6:00pm - 6:45pm	\$42/\$52

### VINYASA "FLOW" YOGA

This gentle vinyasa practice focuses on the breath. Class begins with meditation then moves into a 40 minute, soft flow vinyasa practice which consists of flowing movement in coordination with the breath. You will finish in savasana and reflect on the practice. Vinyasa yoga is great for beginners. Participants bring a yoga mat and water and are can bring any props that will help them deepen their practice.

Session/Dates	Day	Time	Fee M/NM
Fall Session 1: 9/4/24-10/9/24	Wednesday	6:00pm - 7:00pm	\$42/\$52
Fall Session 2: 10/16/24-11/20/24	Wednesday	6:00pm - 7:00pm	\$42/\$52

**WALK-IN FITNESS  
WALK-INS AVAILABLE ONCE MINIMUMS ARE  
MET \$10M/\$12NM PER CLASS**



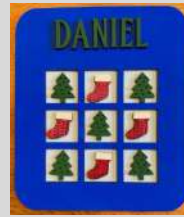
**Paint With Lorie**  
**Thursday, October 17th**  
**Grades 3-8**  
**3:30-5:00 pm**  
**Paint Like Monet**

Apple trees look magical when we paint like Monet!

Using pointillism and swirly strokes lets create an apple tree full of the magic of Impressionism. Explore texture and vibrant colors using q-tips, sponges and a pallet knife.

\*go Art!

Register by Oct. 11th  
 \$20M/\$25NM



**Laser Cut Wood Crafting for Kids**  
**Wednesday, Nov. 20th**  
**3:30pm-5:00pm**

Using Laser Cut wood pieces students will create personalized Tic Tac Toe Boards. They will create the board and three sets of "X's and O's". Bees and Hives; Christmas Stockings and Trees; and Turkeys and Acorns.



All supplies are included.

Grades 2-6.

**Register by Nov. 15th**  
 Fee: \$20M/ \$25NM



**Date Night Drop Off**  
**Halloween Party**  
**Friday, October 18th**



**6:00pm-8:30pm** Grades K-6

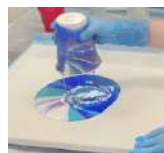
Parents take the night off and send the kids to Gillam Grant for a good old fashioned Halloween Party. We will bob for apples, wrap the mummy, and play other Halloween theme games and do a fun Halloween Craft.



Pizza Dinner and Dessert included.  
 Register by Oct. 14th

\$30 per child/\$5 discount for each additional child.

**Kids Pour Painting Class**  
**Tuesday, October 8th**  
**3:30pm-5:00pm - Grades K-3**



Pour Painting is so much FUN! Pour painting is a fun creative painting method that gives you an amazing and different art piece each time you create. Kids will learn two techniques of pour painting in this class. This abstract art is for all skill levels!

Register by Oct. 2nd  
 Fee: \$20M/\$25NM



**FIRST Lego League**  
**Robotics Teams**  
**2024-2025**



**Make Waves in the Upcoming SUBMERGED<sup>SM</sup> Season**

What is FIRST Lego League? It's a competitive team sport! It's designing, building, and programming robots! It's researching solutions to real world problems! It's making friends and learning teamwork! During the 2024-2025 ocean-inspired robotics season *FIRST<sup>®</sup> DIVE<sup>SM</sup>* presented by Qualcomm, students will use their STEM skills and creativity together to innovate for a better world with healthy oceans. The *FIRST LEGO League SUBMERGED* season will challenge teams to explore the layers of the ocean and "sea" into the future!

Teams are open to students in grades 4-8 during the 2024-2025 school year. First Team Meeting will be **Thursday, September 19th at 6:00pm.**

Fee: \$100 M/\$125 NM

Register by September 13th

**NAILED IT! Cake Challenge**  
**Crazy Like a Fox**  
**Saturday, October 26th**  
**Grades 3-8 9:00am-11:30am**



Let's have some cake decorating FUN! Join Pam Johnson in a fun spirited cake decorating challenge. Learn or perfect techniques for piping, edging, flower making, smoothing, and more.

**Register by October 18th. Class fills quickly!**

Fee: \$35M/\$40NM

**TO REGISTER GO TO**  
**GILLAMGRANT.ORG**  
**QUESTIONS? CALL 585-494-1621**

**LEGO BUILDING CLUB**

**Sr. Lego Club Grades 3 - 6**  
**Jr. Lego Club Grades K - 2**







Build a Lego creation using our blocks. Kids are challenged with a themed project each session. While applying creativity and engineering skills, participants have fun mastering their project.  
 Cost: \$12M/\$15NM

Theme	Sr. Lego	Jr. Lego	Time
Back to School	Sept. 17	Sept. 25	3:30-5:00pm
Scary Build	Oct. 10	Oct. 24	3:30-5:00pm
Lego Marble Run	Nov. 7	Nov. 19	3:30-5:00pm

**KIDS CRAFT TIME**

Does your child love to craft or be creative? Sign them up for one of the craft days below, right after school! Classes run 3:30 pm - 5:00 pm. Transportation from school is available. All supplies included.  
 Grades K-6. Fee: \$15M/\$20NM

Date	Project	
Wednesday Sept. 18th	Let's Make a Peacock	
Wednesday Oct. 16th	Mason Jar Pumpkin	
Wednesday Nov. 13th	Sock Turkeys	
Wednesday Dec. 11th	Stained Glass Ornaments	

**STORY TIME**  
**Returns on Sept. 25th**  
**Wednesday Mornings**  
**10:30 a.m.**



Each week join Marilyn Pocock for story hour in the Community Room! Children will enjoy entertaining stories, activities, and a snack! Appropriate for children ages 2+ with a parent/caregiver. Storytime follows the BBCSD School Calendar.  
 No registration necessary.

**TUTORING**

Tutoring is available throughout the year to help your student when classes get tough. Open 2:30 pm to 8:00 pm Monday thru Friday, by appointment only. Call 494-1621 and speak with Amy to register and schedule sessions. Cost dependent on needs.

**MUSIC LESSONS**



**Piano - Guitar - Harp**

Half hour lessons are offered on Mondays or Thursdays. Instructed by Deborah Sorenson. Please call for availability. Cost is \$25M/\$27 NM per person, per lesson. Sibling discount available.

**PRE-SCHOOL PROGRAM**

Registration is now OPEN

Early Pre-School (3-4 year olds) Pre-School+ (4-5 year olds)

The Gillam-Grant Pre-School is a non-profit educational program for 3 and 4 year old's. We offer both Early Pre-K for 3 year old's and Pre-School+ for 4 year old's. Our focus is to provide a quality program that gives each student a strong start in school & life. Our program grows as your child grows. The Pre-School+ class is challenged with more advanced learning opportunities & experiences, setting the students up for success in Kindergarten. Call for registration forms.



**BEFORE & AFTER**  
**SCHOOL PROGRAM**  
**REGISTRATION IS OPEN**  
**FOR THE 2024-25 SCHOOL YEAR**

The Kid Zone program runs weekdays from 6:30-8:45am and 2:30-6:00pm. The program is coordinated to offer children in Pre-Kindergarten through 6<sup>th</sup> grade an environment of social, recreational, and instructional opportunity. Kids stay busy through a variety of child-directed activities in a safe and secure environment.

Students have the opportunity to:

- ® Create new things in our Makerspace area.
- ® Discover new books in the book corner.
- ® Enjoy STEM projects.
- ® Explore technology with the computer lab and smartboard.
- ® Enjoy time on the outdoor playground.
- ® Relax playing board or Wii games.

Bussing to and from school is provided by BBCS. Parent handbooks and registration forms are available at [gillamgrant.org](http://gillamgrant.org).





6966 West Bergen Rd.  
Bergen, NY 14416

Non-Profit Organization  
U.S. Postage Paid  
Permit #17  
Brockport, NY 14420

# BOXHOLDER

## 34th ANNUAL GILLAM-GRANT GOLF TOURNAMENT

Thank you to everyone that supported the 34th Annual Golf Tournament!  
We thank our sponsors, players, and volunteers for an amazing day!

**EAGLE SPONSOR**  
**THE KHARI SABB TEAM**  
*Your Property, Our Priority*



**EAGLE SPONSOR**  
**Daniel P. Ireland**  
 Proud Supporter of Gillam Grant Community Center.

**EAGLE SPONSOR**  
**Rob Chapman**  
 585-494-6329



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**BERGEN C-STORE**  
 Bergen NY 585-494-0017

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