



# Community Center

NEWSLETTER WINTER 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



## NEWSLETTER ANNOUNCEMENT

**Do you want to keep receiving our newsletter?**

In an effort to reduce waste, we will be re-analyzing our current mailing list for those that are not members of Gillam-Grant or Boxholders in South Byron, Byron, or Bergen. If you receive a newsletter with a mailing label specific to your household and would like to continue to be on our mailing list, please cut the label out and send it back to us or email Lynn@gillamgrant.org. We will keep you on the list! If you are a member or receive a Boxholder labeled newsletter, you do not need to do anything. You will continue receiving a newsletter. Our newsletter is also available on the gillamgrant.org website.

Mail to: Gillam-Grant Community Center  
6966 West Bergen Rd., Bergen NY 14416

# Santa's Workshop

**Saturday, December 14th**

Everyone is invited for a FUN Holiday event at Gillam-Grant.  
Music, Activities, Crafts, and Kid's Secret Shopping!

9:30am Pre-School & Kid Zone Performance

10:00am \*Glenn Colton's Holiday Show

10:45-12:45pm Santa Visits

10:00am-1:30pm Santa's Secret Shop  
*Secret shopping for kids only. Bring your list.*

10:45am-1:30pm Kid's Christmas Crafting

11:30am-12:30pm Cookie Decorating

12:00pm Christmas BINGO



All activities are free, excluding Santa's Secret Shop.

# Holiday Open House

December 18, 2024 ~ 7pm-9pm

Come and share some holiday cheer with friends and neighbors at Gillam-Grant. Enjoy complimentary hors d'oeuvres, music, and spirits.

*Join Us*

Wishing you a wonderful holiday season!

### 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 \$15 M / \$20 NM

#### Monday, January 13th, 5:30pm

Chicken & stuffing with gravy. Blueberry pie for dessert. Entertainment: Side by "Slide" Christine DeValder-Trombone Entertainment

#### Monday, February 3rd, 5:30pm

Sesame Chicken over white rice. Banana bread with vanilla ice cream.

Entertainment: Lawrence Tallman

#### Monday, March 10th, 5:30pm

Our famous Corned Beef and Cabbage or Irish Chicken (a seasoned rub), potatoes, and maple glazed carrots.

Entertainment: No Blarney!! \* goArt!

*\*"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 require drying time. They 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, Dec. 17, 2024	Pane Vino on the Avenue, Pittsford, NY
Tuesday, Jan. 28, 2025	Olive Garden, Henrietta, NY
Tuesday, Feb. 25, 2025	Rudy's Soda Bar & Café, Medina, NY
Tuesday, Mar. 25, 2025	Flaherty's 3 Flags Inn, Webster, NY

### AARP SAFE DRIVING CLASS

Tuesday, April 1st 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.

### Adult Craft Time

Button Heart Sign

Wednesday, January 29th  
1:00pm



Join us for an afternoon of crafting for adults. We will walk you through the steps to create this whimsical button heart sign. Make it to display for Valentines Day or to display throughout the year. Please note we will be using hot glue guns for this project.

All supplies are included.

Fee: \$12M/\$15NM

\* goArt!

### Macrame Gnomes

Wednesday, March 26th  
1:00pm



You don't need any experience in macrame to make this easy beginner project. Choose different techniques to add character to your gnome. 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 included. Register by March 21st

Fee: \$12M/\$15NM

\* goArt!



Adult Make and Take  
**SNOWMAN DOORMAT**  
 Saturday, January 4th 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 Winter doormat.

(similar to picture)  
 Fee: \$25M / \$30NM  
 Register by Jan. 1st.

**POUR PAINTING**  
 Friday, January 24th  
 6:00pm - 9:00pm



Pour Painting has become super popular. When acrylic paints along with a pouring medium are used, amazing paintings can be the result! It is particularly popular with beginners as it allows artists to create paintings with dramatic, contemporary results. **We use a new technique each class.** This class will focus on a vase pour and fairy garden. Class includes all materials. Grab your friends for a FUN night out. Bring your own snacks and beverages. Adult Class. Registration due one week prior to class. Fee: \$38M / \$43NM



\* goArt!

**Del Lago Casino Outings**  
 Thurs. Dec. 5th  
 Thurs. Feb. 20th



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



**Take a Trip with Us to Cartwright's Maple Tree Inn**  
 Tuesday, March 4th

Enjoy unlimited buckwheat pancakes with a serving of ham and sausage and beverage. Cost includes meal, maple sundae dessert, gratuity and transportation. We will stop at Lantz's Bulk food Store after breakfast to shop for a wide variety of foods. **Leaving at 9:30am and returning around 4pm.** Register by Feb. 27th. Limited space available. Fee: \$35M/\$40NM.

**St. Patrick's Day CAKE DECORATING**  
 Friday, March 7th - 6:00pm

This is a great “evening out” adult activity for friends! Join instructor Pam Johnson in a fun spirited cake decorating challenge. Learn techniques for piping, edging, flower making and smoothing while laughing and socializing. The theme of the challenge is St. Patrick's Day. (Bring your own beverages and snacks.) All supplies included. Register by March 1st. Fee: \$35 M / \$40 NM



\* goArt!

**Laser Cut Wood Crafting For Adults**  
 Saturday, March 1st 10:00am



Using Laser Cut wood pieces and paint, Kimberly Palmer will walk you through each step to create an adorable Gnome or Leprechaun. You get your choice between a Leprechaun holding a mug or a gnome holding a pot of gold. All supplies are included. Adult program. Register by February 23rd. Fee: \$35M / \$40NM

**Gillam Grant Membership makes a great gift!**

Give your family and friends the opportunity to receive member discounts on their favorite programs. Year long memberships are offered for family, individual and senior levels. **Gift Certificates are also available for programs and activities.**

## 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
Jan. 6-Feb. 24	Monday	10:30-11:15 am	\$42/\$52
Mar. 3-Apr. 7	Monday	10:30-11:15 am	\$42/\$52



## Laser Cut Wood Crafting

Kids-Tic Tac Toe

**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



## Christmas Martial Arts Demo

Presented by the Gillam Grant

Karate, Kali, Iaido, and JKD students on

**Sat. Dec. 7th from 10:30 to 11:30 at Byron-Bergen**

**Elementary School. All Invited!** Complimentary

refreshments will be served.

Open to the public

## FREE ENTRY INTO RAFFLE FOR LOCAL PRODUCTS OR SERVICES



## BERGEN BYRON HEALTH FAIR

Gillam Grant Community Center

6966 W Bergen Rd, Bergen, NY 14416

**NOVEMBER 22, 2024**

**10AM - 2PM**

Learn about local health-related services

Meet holistic health providers

Healthy food recipes

Chair massages

For more info contact Jen 585-748-8225

[jennyasawyer@gmail.com](mailto:jennyasawyer@gmail.com)



## KID ZONE BEFORE & AFTER SCHOOL PROGRAM

The Kid Zone program runs weekdays from 6:30-8:45am and 3:30-6:00pm. 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: <sup>®</sup>Create new things in our Makerspace area. <sup>®</sup>Discover new books in the book corner. <sup>®</sup>Enjoy STEM projects. <sup>®</sup>Explore technology with the computer lab and smartboard. <sup>®</sup>Enjoy time on the outdoor playground. <sup>®</sup>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).

**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.

**VISIT GILLAMGRANT.ORG TO REGISTER - FOR INFORMATION CALL 585-494-1621**

## Chair Yoga

### WEDNESDAY MORNINGS



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
Winter Session 1: 12/4/24-1/22/25	Wednesday	9:30am-10:30am	\$42/\$52
Winter Session 2: 1/29/25-3/5/25	Wednesday	9:30am-10:30am	\$42/\$52

## VINYASA "FLOW" YOGA

### Wednesday Evenings

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
Winter Session 1: 12/11/24-1/29/25	Wednesday	6:00pm -7:00pm	\$42/\$52
Winter Session 2: 2/5/25-3/12/25	Wednesday	6:00pm- 7:00pm	\$42/\$52

## 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
Winter Session 1: 12/3/24-1/21/25	Tuesday	6:00pm - 6:45pm	\$42/\$52
Winter Session 1: 12/12/24- 1/23/25	Thursday	6:00pm - 6:45pm	\$42/\$52
Winter Session 2: 1/28/25-3/4/25	Tuesday	6:00pm - 6:45pm	\$42/\$52
Winter Session 2: 1/30/25-3/6/25	Thursday	6:00pm - 6:45pm	\$42/\$52

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

## TAI CHI QUAN

### TUESDAY MORNINGS



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
Winter Session 1: 12/3/24-1/21/25	Tuesday	9:30am-10:30am	\$42/\$52
Winter Session 2: 2/4/25-3/11/25	Tuesday	9:30am-10:30am	\$42/\$52

## 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.

Winter Session Dates: Saturdays Nov. 23\*, Dec. 7, 14, 21\*, Jan. 4, 11, 18\*, 25, Feb. 1, 8 **Please Note: 11/23, 12/21 and 1/18 classes will be held at Gillam-Grant.**

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

***The classes below are complete programs independent of Karate. Karate experience is not required to participate in these programs.***

Kali (stick)—uses many different weapons, most notably bamboo sticks. Ages 12 and Up	9:00am - 9:50am	\$60/\$70
Iaido (sword)—It is taught with a bokken (wooden sword) at the beginner level and a Katana (specially made Iaido sword) for more advanced students. Ages 10 and up	12:00pm - 12:50pm	\$60/\$70
JKD/Kung Fu—features kicking, punching, trapping, grappling, flow sparring, and is based on principles made popular by Bruce Lee. Ages 7 and up	8:00am - 8:50am	\$60/\$70





## Winter Friends Cookie Decorating

Saturday, December 7th  
9:00am-11:00am  
Grades 3 and up

Learn the easy technique of wet on wet to make impressive royal iced cookies. You will learn how to pipe cookies, do wet on wet details and how to apply royal iced transfers. Students will have beautifully decorated, great tasting cookies to share with family! Instructor: Tracy from Thee Byron Bakehouse Register by Dec. 1st  
Fee: \$35M/\$40M



## Paint With Lorie Winter Animal Landscape

Tuesday, January 28th  
3:30-5:00 pm Grades 3-8

Winter is long, winter is cold. Let's paint a landscape and put an animal in our creation. Birds, rabbits and deer all survive through the long, cold winter months. Let's capture

their endurance with  
'Life in a Winter Landscape'.

Register by Jan. 24th  
Fee: \$20M/\$25NM



## Kids Pour Painting Lunar New Year Dragons

Monday, January 20th  
1:00-4:00pm ~ Grades 2-6

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. In this class we will be pouring over a ceramic dragon onto the canvas. Kids will make 2 art pieces. Art pieces can be picked up when dry. This abstract art is for all skill levels!

Register by January 13th.

Fee: \$22M/\$27NM

\* goArt!

**A Fun Activity on a day off of school!**



## Special Valentine Craft Time Candy Making

Wednesday, February 12 Grades 3-6  
Thursday, February 13 Grades K-2  
3:30pm-5:00pm

Let's make some candy for your special valentine. The kids will create their own valentine treats and then create a special package for displaying their yummy creations. This is a messy process, so please send an old shirt or art smock with your child that day. Spots are limited, register early. Fee: \$15M/\$20NM

## Cupcake Fun

### Valentine Love Monsters

Wednesday, February 5th  
Grades 2-6 3:30-5:00 PM

Let's have some cupcake decorating FUN! Join in a fun spirited cupcake decorating challenge. Learn or perfect techniques for piping, spreading, smoothing, and more.

**Register by Jan. 31st. Class fills quickly!**

Fee: \$25M/\$30NM



## Laser Cut Wood Crafting for Kids Silly Snowmen

Thursday, Jan. 16th  
3:30pm-5:00pm Grades 2-6

Using Laser Cut wood pieces students will make and personalize their very own snowman out of wood. Class is taught by Kim Palmer. All supplies are included.



Register by  
Jan. 11

Fee: \$20M/ \$25NM



## Teen Cake Challenge

Saturday, January 11th  
Grades 6-12 9:00am-11:30am

Let's have some winter cake decorating FUN! Join Pam Johnson in a cozy cake challenge to create a snowman sweater cake. Learn or perfect techniques for piping, edging, smoothing, and more. **Register by January 6th. Class fills quickly!**

Fee: \$35M/\$40NM

**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.

Fee: \$12M/\$15NM




Theme	Sr. Lego	Jr. Lego	Time
Christmas Fun	Dec. 4th	Dec. 17th	3:30-5:00pm
Build a Bridge	Jan. 8th	Jan. 22nd	3:30-5:00pm
Leprechaun Traps	Mar. 5th	Mar. 12th	3:30-5:00pm

**KIDS CRAFT TIME** Grades K-6

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.

Fee: \$15M/\$20NM

Date	Project	
Wednesday Jan. 15th	Abominable Snowman Fork Painting	
Feb. 12th Gr. 3-6 Feb. 13th Gr. K-2	Valentine Candy Making (see page 6 for more details)	
Wed. March 19th	Funny Bunnies	

**STORY TIME** Wednesday Mornings

**10:30 a.m.** No registration necessary.



**Date Night Drop Off**

**Hawaiian Style**

**Friday, March 28th**

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



Parents take the night off and send the kids to Gillam Grant for a fun night playing games, doing a Hawaiian theme craft and maybe some hula dancing! Pizza & Chicken Finger Dinner with Dessert included.

Register by Mar. 21st.

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

**Let's EXPERIMENT on**



**Wednesday, February 26th - 3:30-5:30PM**  
**Grades 3-6**

FOG FILLED BUBBLES YOU CAN HOLD IN YOUR HANDS? And then Poof, they are gone! This will be a fun filled science after school program that explores experiments using dry ice! We might use words like sublimation, gas laws, states of matter, and color chemistry but we won't even know how much we are learning because it is SO COOL! We will make giant boo bubbles of gas pop, silverware scream, and a cool bubbly dry ice concoction. This will be an experience you don't want to miss! Register by Feb. 19th.

Fee: \$22 M / \$25 NM



**TUTORING**

Tutoring is available throughout the year to help your student when classes get tough. Currently offering tutoring in Math (grades 7-12), Biology, Chemistry and Elementary grades. 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.

## Thank you to our 2023-24 Annual Appeal Donors

Baker, Deb and Gil	Mech, James
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**The 2024-25 Annual Appeal is currently underway. Look for your mailing in November or check our website for information. We can't thank you enough for the support.**

6966 West Bergen Rd.  
Bergen, NY 14416

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

# BOXHOLDER

**GILLAM-GRANT OFFICE HOURS**  
**MONDAY-THURSDAY 9:00AM-4:00PM**  
CLOSED November 27th thru 29th  
December 23rd thru January 1ST

## Thank you to our 2024 GALA Sponsors



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INDUSTRIAL TECHNOLOGIES, INC.™



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