

# THE WALTHAM BOYS AND GIRLS CLUB PROGRAM REPORT

SEPTEMBER - OCTOBER 2015



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## SEPTEMBER & OCTOBER AT A GLANCE

### September

Member ADA = 121

Club opened for School Year Program on September 8

Club was open 20 days in September

Other Youth Served: 245

### October

Member ADA = 135

Club was open 23 days in October

Columbus Day Challenge Club Event with over 50 kids participating

Halloween Penny Carnival had over 200 attendees

Other Youth Served: 351

## General Club Highlights & Special Events

**Bentley Volunteers:** The Service Learning group of volunteers from Bentley are back again this fall!

A group of 4 different students volunteer every Monday—Thursday at the Club and assist our staff with homework help, programs in the gym, games room, ASP and assist with food prep and serving with our dinner program.

**Brandeis Volunteers:** Volunteers from Brandeis Kids' Connection have been volunteering each Tuesday at the Club in the Arts and Crafts Room running various art based and science based activities for children 12 and under. Some of the activities they have run this session are leaf printing, pumpkin painting, making flubber and lava lamps.

**Programs with Volunteer Joan Sands:** Joan is back again running 2 great programs with our members!

***Power Girls*** is a group of girls in grades 3 - 5 that meet every Thursday 4:30—6:00 where they discuss a range of topics through hands-on activities. Joan's curriculum is developed from the Boys and Girls Club's Smart Girls program combined with her experience in social work. The group has covered topics such as family, feelings, hygiene, group building, creativity and making good choices. Currently there are 5 girls participating in this program

***Cool Boys Group*** is a group of boys ages 6 - 9 that meet every Wednesday 5—6:30 that also discusses a range of age appropriate topics through group activities. This session the group has covered being kind vs. being mean, competition and collaboration, decision making, and self esteem. There are currently 9 boys participating in Cool Boys.



**Healthy Waltham Cooking Classes:** The Club has partnered with Chef Reba of Healthy Waltham to provide a series of 4 cooking classes to kids ages 8 -12 this fall. The goal of these classes is to promote healthy lifestyles and well-being through teaching our members healthy cooking options. So far this fall our members have learned to cook veggie quesadillas with pineapple salsa and granola parfaits. There are currently 10 members enrolled in these classes.

**The Columbus Day Challenge:** The club was open 9:30 - 5:30 for members on Columbus day, October 4th and the staff organized an all day club-wide event called the Columbus Day Challenge. Members ages 12 & under were placed on 4 teams that represented 4 countries that Columbus explored. Members 13 and over were either team captains or staff assistants for the days events. Teams participated in activities, contests, challenges, games, and educational quizzes to gain points for their teams. There was a heavy emphasis placed on participation, teamwork and sportsmanship. Individuals were awarded ribbons for placing top 3 in any of the days events, and each member was awarded a medal at the closing ceremonies at the end of the day based on team ranking. 50 members participated

in our first ever Columbus

Day Challenge!



## The Annual Halloween Penny Carnival



The club hosted our annual Halloween themed event on Saturday October 31. This open to the public family friendly event had a variety of carnival inspired games, contests, raffles, a bounce house, a cookout, rock climbing and activities for all ages. We were joined at the event by several of our community partners: Launch, Comcast, New York Life, Communities Untied, Basement Crew, the police department, the fire department, Mayor McCarthy and Bentley University. Hanaford and O'Hara's donated the food for the cookout and FedEx donated candy. There were over 200 people that participated in this event this year.

This great community family event allows new families to see what our club is all about and solicit new members, promote upcoming events and programs. This year we were able to showcase our new rock climbing wall!

**Food Program** The Food Program is off to a great start this school year! We continue to partner with Lovin' Spoonfuls, a food rescue organization that donates healthy, fresh food to us weekly. This allows us to cut our food expense cost by ordering less products from suppliers. In September we served 752 meals/44 per day and in October we served 1148 meals/ 52 meals a day.



### Music Studio Clubhouse

**Music Lessons:** Informal music lessons have been a key piece of attracting younger members to the studio. Mostly piano based, these lessons focus on youth learning an entire song as quickly as possible to foster a real desire to learn more. One young musician has set a great standard for the outcomes of these high-yield lessons and performed for the first time ever at last week's open mic night. **Total Participants: 22**

**Recording Studio Projects:** Projects in the Recording Studio continue to be the centerpiece of the music program at the Club. As younger members become interested in making music, their enthusiasm grows exponentially when they are able to record and listen to themselves. One highlight is a yet unnamed group of 10 and 11 year old girls who identify as a 90's vocal group, singing many 90's R&B classics. **Total Participants: 21**

**Open Mic/Jam Nights:** While auditorium renovations have prevented us from bringing in bands and larger groups, these performances have become very welcoming and less intimidating to our less-experienced performers due to the relocation of these events to the Teen Center. We continue to serve many of the same regular performers, but have also been able to encourage new participants who previously had been too timid to participate in a live performance. **Total Participants: 12**

**Higher Level Music:** A new goal for the music program here at the club has been to foster a culture of members teaching members. This need has been addressed by the creation of a "record label" called Higher Level Music. Older members who are currently working on more advanced, serious projects are required to dedicate a portion of their time to working with younger members on learning songs, recording, and sometimes just being an older role model figure. These older members are then rewarded for their efforts with the opportunity to create music videos with help from the Waltham Channel. Currently, we are finishing up our first music video featuring the Club group 3SG's cover of "Skinny Love" **Total: 14**

## Social Recreation

**Power hour**, a daily homework program has a total of 24 children participating.

**Weekly tournaments:** Our weekly tournaments have again been very popular this year. Members have participated in dance central, foosball, team foosball, bumper pool, and connect four tournaments.

**Games Room Leaders:** Our Games Room Leader Group currently has 6 dedicated children participating. Leaders are the members who have decided to take more of a leadership role in the social recreation department. Leaders help younger members with homework, assist in the cleaning and organization of the room, managing games and equipment, and helping to enforce some of the rules in the program area. This group meets every Friday 6pm-7pm, we discuss field trip opportunities, ways to improve the games room, and our obligations and duties throughout the week. The children seem to enjoy their roles and having an influence on the direction that the games room can go in. Recently the leaders planned, organized and completed a movie night fund raiser for kids 6and up. They showed the movie inside out, and during the event sold snacks and beverages. The group earned \$62 that will be used towards their next field trip.



## Aquatics

**Swim Lessons (Fall I Session)**- Our swim lesson program is designed to develop swimming ability for kids ages 3 years and over. There are 7 different levels available. Each level is used to help add to the swimmers abilities in the water. Swim lessons this fall are just about at max capacity with 96 students enrolled out of 99 available spots.

**The Waltham Tiger Shark Swim Team:** The Swim Team opened up their 2015-16 season with a victory against Watertown on Halloween. The team currently has 70 members with 15 of them being brand new swimmers. The group is a talented bunch and looks to be competitive in the swim league.



*5 former members of the Tiger Shark Swim team compete in a college meet this fall*

## Sports & Fitness

**U13 (Boys) & U14 (Girls) Travel Floor Hockey Teams:** Our two travel floor hockey programs began play in September and both teams' seasons ran through the month of November. The U14 girls travel team had a winning record and qualified for the playoffs, losing to a very good Chelsea team. Members from both teams enjoyed the excitement of traveling to various clubs throughout Massachusetts and New Hampshire, showed excellent teamwork and sportsmanship, and had a great time visiting other clubs they wouldn't typically have the opportunity to visit. **Total Participants: 28**

**Basketball 101:** Our basketball 101 had a tremendous response this year with both sessions being filled to the 30 child capacity. This program focuses on the fundamentals of basketball taught progressively leading to gameplay. Each session runs for 6 weeks. The program was such a hot commodity that we added an additional Saturday session that is running now—December.

**Triple Play Leadership Group:** The Triple Play Leadership Group is a small-group of youth leaders that promote leadership, health and wellness, and community involvement in the Club and community. Part of BGCA's Triple Play: A Game Plan for the Mind, Body and Soul program, Triple Play Leadership Clubs specifically promote the importance of good character and wellness among Club members. **Total Participants: 10**

**High School Futsal and Basketball Open Run:** Our older members have been participating in a revolving schedule of open soccer and basketball Tuesday – Friday evenings. Recently our futsal program has had upwards of 50 member's participating on some nights.

### **After School Program**



As of Wednesday November 17th there are 37 youth enrolled in the After School Program. Of those children, 28 are full time and 9 are part time. Transportation is provided to members within the Waltham School District for children ages 5-12. The program also provides a nutritious snack that meets the Elementary and Secondary Education Food Standards. A 5:00pm educational curriculum is implemented to encompass all components of a healthy and well-rounded lifestyle. Our program hours are 2:30-6:00pm daily and 7:30am-5:30pm when school is not in session.

*Some of the programs our ASP members are participating in this fall are:*

**Imagination Playground** is offered to youth ages 5-8 where members are able to think about how to put foam pieces together and create objects such as roller coasters, castles and forts. This activity incorporates imagination and engineering to produce a fun and kid-friendly way to learn about construction.

**Rocket Readers** is offered to youth ages 5-8 and is designed to encourage members to participate in reading and learn about literacy. The activity is structured where a themed story is read to the children, followed by discussion and a small art project.

**Super Science** is offered to youth ages 9-12. It's designed to teach children about the different sciences, including physical science, engineering, chemistry and anatomy. Members perform small, hands-on experiments that get our youth thinking about how things are made, why different reactions occur, and how things interact with each other.

**Music Makers** is offered to members ages 5-8 where they engage in basic musical activities to learn about different sounds and instruments. Ex. Members making maracas out of toilet paper roll

**Non Cook Cooking** teaches children how to create healthy, simple snacks that they can use throughout their daily lives. We also incorporate math, reading and science by reading the recipe out loud, teaching youth how to mix ingredients together and how to measure out different ingredients, to create the perfect snack.

**Image Makers** is offered to youth ages 9-12 in the Technology Center.

**Music Studio** is offered to members ages 9-12 where they learn how to play various instruments such as the keyboard, guitar and drums.

**Arts & Crafts** projects are designed to enable children to display their creativity and express their emotions through various unique projects. Art plays a vital role in self-expression and imagination. A total number of 31 members participated in activity.

**Power Hour** is conducted daily for all members from 2:30-4:00pm. All of our 37 members partake in this program. Each group leader is assigned a group of children to whom they are responsible for making sure those children complete their homework assignments. The monthly leader gets a prize for completing the most homework assignments. Students from Bentley University volunteer and assist with homework help.

**Halloween Party:** On Thursday, October 29<sup>th</sup>, the After School Program hosted its annual Halloween Party. Parents were encouraged to attend the event, as well as donate food, beverages, etc. Aside from providing food for our youth, we also implemented some fun Halloween games and activities!

### Teen Program

**Torch Club:** Our Torch Club currently has 14 members. Torch members have been learning about group dynamics and learning to become positive and respectful leaders. They are currently planning a movie night for a fund raiser and will be heading to an area assisted living complex to help decorate for the holidays as a community service project. Members in Torch club are required to take part in our Big Me Little You mentoring program where they are partnered up with a young member aged 5—7. Torch members meet with their “little” once a week for an hour to play games, hang out and do activities together.

**Keystone Club:** Our Keystone Club currently has 11 members in their group. The Keystone members did an excellent job assisting the staff at our Halloween Penny Carnival this year. Each member is also involved in Jr. Staff, where they volunteer for a minimum of 1 hour a week in a program area to help staff. Many of our Keystone members help out with activities in the games room, in the gym with Basketball 101, in the music room with younger member programs and in the ASP helping Margie with the 5 & 6 year old groups.

### Technology Programs

In the technology center we have been tackling STEM programming in various challenges and group projects through a new program called the Building Blocks Program. Through this program members learn about different technology based careers, they build city models and create innovations to everyday problems. Many of these projects revolve around reusing and repurposing items that would typically end up in the trash. 20 kids are currently enrolled in the Building Blocks Program.

Members are also learning coding and we are planning an hour of code event with volunteers from CURAspan in December.

Younger members are learning strategies online (ages 6 & up) so they are learning the correct ways to navigate the internet, how to find information and teaching them via educational games and challenges.

Image Makers is a class that teaches members digital arts through various programs. We run this class 2 times a week, one for the ASP and the second for general club members 12 & under with about 20 total kids enrolled in the programs.



### 14 - 18 years old

**Luke Curtin:** Luke, a sophomore at Waltham High comes to the Boys & Girls Club on a daily basis eager to get involved in as many leadership opportunities as possible. Luke is highly involved in various program areas at the club, and has recently joined the Triple Play Leadership Club. The Triple Play Leadership Group aims to provide individuals with opportunities to refine, and strengthen their leadership skills through service and fitness within the Club and community. Luke also is a familiar face in the club's Music Studio. Luke spends hours every week working on his own projects, as well as collaborating with others on projects as a beat producer and rapper. Luke also recently signed onto the club's Record Label and leadership program called Higher Level Music. As a member of this program, Luke provides one on one mentorship to younger members, participates in community service, and is working on the release of his first single and music video.

**Rachel Cosgrove:** Rachel attends the Club daily and is an active member of the Keystone Club, the Club's teen leadership group. Rachel is often found doing her homework in the teen room, helping staff members with younger members, mentoring members, and being a positive leader by example and attitude. Each week Rachel volunteers by assisting staff in the ASP program, the club's EEC certified after school childcare program. She takes her role at the ASP seriously and is a great help for the program.

### 10 - 13 years old

**Juillacy Rivera:** Juillacy is a member who shows a consistent positive attitude, with tremendous enthusiasm and engagement in programming. While involved in a variety of different activities, Juillacy has shown a particular interest in programming in the music studio. A natural leader, Juillacy came with a small group of friends who have since been working almost every day to improve their singing, learn to record each other, and become better overall musicians. She gives positive feedback, a supportive attitude, and a natural talent of her own.

**Adessa Rivera** has been elected October member of the month for her positive attitude, involvement in programs, and a great sense of initiative in getting other members to actively participate in the programs that she loves. Adessa is an extremely talented singer who spends a great deal of time practicing her music, writing songs, and recording music in the studio. A natural performer, Adessa loves to dance, sing, and tell stories with her friends and club staff. Adessa is also great at helping other members with tasks in the technology center by explaining a concept or logging into computer applications. She is very sociable and great at encouraging and including other members who may be a bit timid to participate.

### Ages 6 - 9

**Edgar Campos:** Edgar is a pleasure to be around and he is always excited to take part in any program he can. Edgar is really into art and likes to play pool and foosball. He shows excellent sportsmanship when he is competing in game room tournaments. Edgar is very consistent in the Club's power hour home work program always focusing on his assignment until it is completed before he begins any other activities. He is very respectful and kind to the staff and always asks politely when he needs something. Towards the end of everyday he is always looking forward to assisting the staff in helping clean up the games room. He has come to consider it his job. He also participates in other programs such as "The Cool Boys" group and art classes.

**Layla Kulch:** Layla joined the Tiger Shark Swim Team in September after years of swim lessons at the Club. Layla is very driven to be the best swimmer she can be, and has become one of the best swimmers in the 8 and under age group. In her first official Meet against Watertown, Layla cut 4 seconds off her 25 yard Breast Stroke time and 5 seconds from her 25 yard Free Style time. Layla has developed friendships with many swimmers on the team, both close to her age, and older. She has bonded with fellow team member Connie Lee, 17, who was Layla's swim teacher when Layla took swim lessons at the Club. Layla always offers to help the swim team coaches, often showing up early before practice to help get the pool ready for team practice.





**WALTHAM  
BOYS & GIRLS CLUB**

The Waltham Boys & Girls Club

*Great Futures Start Here!*

**We Need You!**  
**How you can help the Club!**

**BE GREAT**



**Our Mission:**

The mission of the Waltham Boys & Girls Club is to inspire and enable all young people especially those who need us most, to realize their full potential as productive, responsible and caring citizens.

The Club is growing and we need your help! In order for us to continue to provide services to the children in our community **that need us most** we need your continued patronage and support. There are several ways that you can help us in providing amazing programs, activities and events for our youth!

- ◆ By making a tax-deductible monetary or in kind donation
- ◆ By promoting the Club's message on your social media outlets
- ◆ By spreading the message why you support the Club
- ◆ By attending our fundraisers (information below)
- ◆ By volunteering at the Club (Subject to CORI background check) email: [ncacciolfi@walthambgc.org](mailto:ncacciolfi@walthambgc.org)

**How to make a donation:**

- ◆ online: <http://www.walthambgc.org/portal/ways-to-give>
- ◆ By phone with a credit card: 781-893-6620
- ◆ By mail with a check made out to The Waltham Boys and Girls Club. 20 Exchange Street, Waltham MA 02451.
- ◆ In person during club operation hours

*Did you know? You can donate appreciated stock to the Waltham Boys and Girls Club and claim 100% as a tax deduction and the club receives 100% of the stock value with no tax implications! Call us for more information.*

**Support the Club at the following events!**

Nov. 24: Not your Average Cause

Nov. 25 & Dec. 26: Full Moon Madness @ Margaritas

Dec. 1: Women's Breakfast

March 2016: Beer Tasting

April 28, 2016: Gala

September 2016: Golf Tournament



THE CRAZIEST PARTY OF THE MONTH!  
**WEDNESDAY NOV 25** **SATURDAY DEC 26**  
5% OF LOUNGE SALES ON THESE NIGHTS WILL GO TO A LOCAL CHARITY.  
**WIN PRIZES** **HAVE FUN**  
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**UPCOMING EVENT**

**2nd Annual Women's Breakfast**

**December 1, 2015**

**8:30am-10:00am**

You will hear from two inspiring youth, who will share their journey as they become strong, confident and successful young women with the help and support of the Waltham Boys & Girls Club.

This is a no fee event. *For more information or to register call 781-893-6620, or email [lisalimo@walthambgc.org](mailto:lisalimo@walthambgc.org)*

20 Exchange Street  
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