



**JFK FRIENDSHIP CENTER**

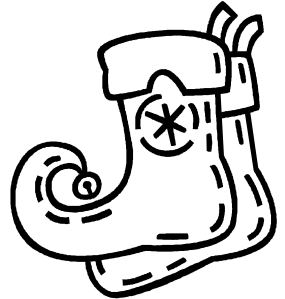
# Activities Program

December 2011 / January 2012

Dear Members, liebe Mitglieder,

We wish all our members and their families as well as our friends and sponsors **warm and joyous gatherings and a happy New Year.**

Wir wünschen allen unseren Mitgliedern und Ihren Familien sowie allen Freunden und Förderern unseres Vereins **gesegnete Festtage und einen guten Rutsch ins neue Jahr.**



**Registration for our preschools** has started and runs through the end of February. If you would like to register your child, please contact the Directors:

For Kita Am Fichtenberg, Am Fichtenberg 16: Wed. 13:00-15:00, Tel. 79 01 83 31;

For Kita Lucky Kids, Von-Luck-Str. 24: Mon. 14:30-16:00, Tel.: 80 49 62 70.

A warm thank you to all members who have paid their **membership fees** for 2011/2012.

We ask all other members to transfer their membership fee as soon as possible (for families 45,- €, for single persons 35,- €). For bank details please refer to the last page.

Wir bedanken uns bei allen Mitgliedern, die Ihren **Beitrag für 2011/2012** schon entrichtet haben und bitten all diejenigen, bei denen der Beitrag noch offen ist, ihn möglichst bald zu entrichten (für Familien 45,- €, für Einzelpersonen 35,- €). Unsere Bankverbindung finden Sie auf der letzten Seite.

## **Neu-New – Neu-New – Neu-New – Neu-New – Neu-New:**

In conjunction with the JFKS Guidance office, Gerardo M. Fernandez would like to offer to the 11<sup>th</sup> – 13<sup>th</sup> graders a College/University **personal safety seminar**. This weekend seminar will provide a safe and fun environment to build participants' capacity in protective intuition, risk avoidance, threat de-escalation, fear management, and (when all else fails) effective physical responses. Our goal is to help those of you preparing to go to college/university have a strong base in personal safety training before you leave JFKS. (For more information about the need for this training for college-aged adults, please refer to <http://www.cdc.gov/ViolencePrevention/sexualviolence/index.html> and <http://www.oneinfourusa.org/statistics.php> .) For any questions about this and other EMPOWER! Training opportunities, please feel free to contact Gerardo M. Fernandez at [i.empower.me@gmail.com](mailto:i.empower.me@gmail.com)

**The John F. Kennedy Friendship Center e.V.**  
**Diverse, dynamic, distinct. Be a part of our unique community!**

**Tel.: 818 40 00, Fax 804 96 273**

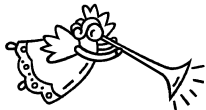
E-mail: [info@jfkfc.org](mailto:info@jfkfc.org)

[www.jfkfc.org](http://www.jfkfc.org)

## Language Classes – Sprachunterricht

### German for Foreigners

Fun course program for beginners and intermediate with a native. Call or mail Marika Nehls 0176-80 19 71 05 or marikanehls@yahoo.de



### German for Adults

Intermediate level. Course Wed. 11.30 - 13.00. Call Petra Rose at 03329-696 90 46

### English Lessons

Can you keep up with your kids? Brush up your conversation with experienced teacher. Call or mail Judith Sterk at 54 81 21 18, e-mail judith-sterk@t-online.de

## Music, Dance – Musik, Tanz

### Ballet and Contemporary Dance for Preschool Children

A fun combination of ballet, contemporary and street dance. Dance promotes group interaction and social skills. Ballet steps give grace, posture, control and expressive release to the body. Dance is set to popular music from their favorite children's movies. Steps will be synced to music and children learn to sing along to the songs and to act along with the lyrics. Native English speaker. Call Pearl Heneghan 0176-38 57 04 46 or e-mail pearlheneghan@hotmail.com

### Flute (Suzuki Method) for Ages 3 and up

Students will have both: a private lesson and a group class each week. Free trial lesson! Contact Kelly Watson-Woelffer at Kelly@SuzukiFlute.de, www.SuzukiFlute.de or 0178-535 59 23

### Violin and Viola Lessons

Individual lessons for students ages 4 and up with the option of an additional group class. Free trial lesson, adult students welcome! Call Marla Hansen at 0176-57 32 20 61 or berlinviolinlessons@gmail.com

### Scottish Country Dancing

Dance to Scottish music. Everyone is welcome, all ages and all levels. Fridays 20:00-21:45 in the gym of Droste-Hülshoff-Schule. Call Angelika McLarren at 79 70 65 23

### Kindermusik

English language music and movement classes. You and your child will experience a variety of musical concepts through singing, dancing, instrument exploration and musical story time. Different courses for ages New Born up to 7 years of age. Call Amy at 80 92 21 74 or aheaton@kindermusik.com

**Ballet classes** with the Southwest School of Ballet at JFK Elementary School. From Entrance class and up. Friday afternoon from 13:00. Contact Kim Lonsdale at 81 49 09 89 or sobberlin@aol.com

### Breakdance

Finally ... something for the guys! Learn the coolest moves with Felix Lobrecht. Power training and Breakdance battles. Monday and Friday evenings. Check us out on [www.breakdance-berlin.de](http://www.breakdance-berlin.de) and contact us for further information at 81 49 09 89 or Sobberlin@aol.com. Girls welcome, too

### Musical Theater / Hip Hop

Inspired by a mixture of several dance styles. Good sounds, sweat and 'Spaß' await you with Melanie. Make your own 'High School Musical'. Friday afternoons. Further information at 81 49 09 89 or mail us Sobberlin@aol.com

## Body and Health – Körper und Gesundheit

### **Jazzercise**

Move. Jazzercise delivers all the intensity without the monotony. Push your body – find your beat. 60 minutes - 600 calories. Combine Cardio and Strength Training. Dance. Sculpt your curves. Contact Michaela Hoehner, certified Jazzercise Instructor: 0172 875 5549 or michaela.hoehner@gmx.net

### **Karen's Fit5 Fitness and Weight Management Programs**

Personal Training – Individual Weight Management Programs – Segmental Body Composition Analysis – Group fitness classes at Friendship Center on Von-Luck-Str. 24. Free trial class. Please contact Karen Kalleja, Certified Personal Trainer at 802 90 02 or e-mail k.kalleja@t-online.de

### **Fussball für Kinder / Soccer for Kids**

Let your kid enjoy the fun that soccer offers. In a group of max. 8 kids we will learn early technics and methods of handling the ball with our feet. I am a licensed Trainer for Kids and would love to introduce your child to the most popular sports in the world. Kids from ages 3-7 are welcome to participate. Please contact: Stephen Evans at evanstebe@googlemail.com or 0176-64 95 82 65

### **Yoga for Kids**

Through fun-filled yoga poses, movement and breathing exercises, children will gain self-confidence, increased flexibility and body awareness in a non-competitive environment. We will play games that encourage coordination, balance and strength. Yoga for kids will create good habits and a foundation for well being, essential in today's hectic environment. Contact Athanasia Tsavalas at 0176-57 41 22 33 or athanabanana@gmail.com

### **Balanced KidZ**

In this course children will have the chance to develop a greater understanding of their natural urges for exercise and movement, and in turn teach them how to balance and direct this energy in positive ways. Through diverse playful activities and creative games which explore movement, perception, and relaxation, this course aims to give children the knowledge and experience for managing their energy, attitude, and mood during their busy schedules. Please bring comfortable clothes. Mondays 15:00-16:00 at FC gym on Von-Luck-Str. 24. Contact: Christina König at christina.konig@gmail.com or 0157-83 54 97 35

## Friendship Center Social - Gruppentreffen

### **Sunshine Group**

For children 16 months and older. Gradually preparing them for Day Care. To register call Inge L.-Broeker at 033203-709 01 or inge.libor-broeker@web.de

### **Late Birds**

13:00-16:00 every afternoon (Mo - Fr) for JFK-School children only. Call Petra Rose at 03329-696 90 46

### **Bilingual Playgroup**

for parents and children to play and actively participate:

#### **“Cheeky Chums”**

For children ages 2–6 years on Wed. 16:15-18:15. Call Isil Tuganli at 0176-22 78 82 90 or isil\_tuganli@yahoo.de

#### **“Sweet Peas”**

For children ages 0–3 years on Mon. 9:30-11:30. Call Véronique Knobloch at 033203-870 20



## Art, Drama – Kunst, Theater

### Zeichnen & Malen für alle Klassenstufen

Unter fachkundiger Anleitung zeichnen und malen wir Tiere, Portraits und Landschaften. Mittwochs in der JFKS nach dem Unterricht. Ulla Attenberger unter Tel. 78 95 77 26 oder ulla-al@web.de.



### Arts and Crafts for Kids

We will enjoy the full spectrum of Arts and Crafts every Tuesday. In a group of max. 9 kids we will spend an hour's time to chat, craft and have fun. One of the goals of this course is also to give your child more safety in the use of the English language. For more information please contact: Stephen Evans at evanstebe@googlemail.com or 0176-64 95 82 65

## Better Learning Co-op - BLC

### Konzentriert Lernen

Training für Kinder mit Aufmerksamkeitsstörungen nach dem Programm "Attentioner" von Claus Jacobs und Franz Petermann. Mit dem Programm soll v.a. die Aufmerksamkeitssteuerung verbessert und die Ablenkbarkeit deutlich vermindert werden. Info unter 80 90 68 55 oder 84 70 79 03

### A group of specialists

are available, offering diagnostic and therapeutic support for bilingual children/youth experiencing difficulties in school due to ADD/ADHD, learning disabilities or emotional distress. Contact Karin von Rosen at 80 48 48 18 or BLC-KVR@t-online.de

## Special Activities

### Bilingual Speech and Language Therapist / Zweisprachige Logopädin

offers assessment and therapy for German and English speaking children. If your child is experiencing speech or language difficulties of any kind, e.g. with articulation, language and communication, resonance or fluency, e-mail tanyalucas@web.de or call 0177-421 28 98. For more information see www.speechandlanguage.de

**Guided City Tours in English or German**  
Sightseeing for new Berliners. Berlin and its history are best experienced by foot. Get to know your new hometown with a trained tour guide. Marika Nehl's tours cover all the main sites and are great fun. Book your insider tour now. Contact Marika Nehls – Tel. 0176-80 19 71 05 or marikanehls@yahoo.de



**JFK Friendship Center e.V., Von-Luck-Str. 24, 14129 Berlin, Tel.: 818 40 00**

Bank f. Sozialwirtschaft, Kto.-Nr. 3378100, Bankleitzahl: 100 205 00

Yearly Membership fees 2011/2012: € 45,- per family; € 35,- per single person

Die inhaltliche Verantwortung der Kurse obliegt den jeweiligen Lehrern/Referenten und repräsentiert nicht unbedingt die Meinung des Vereins.

Teachers are responsible for the content of their courses which does not necessarily reflect the opinion of the club.