



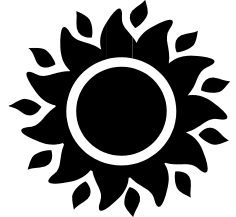
JFK FRIENDSHIP CENTER

Activities Program

June 2010

Dear Members, liebe Mitglieder,

Summer Camp: The Late Birds are offering a Summer Camp from July 5th-July 16th from 9:00-15:00. Individual day bookings are possible. If you are interested, please contact Petra Rose Tel: 033 28-331 22 61 or 0171-425 59 82.



Neu-New – Neu-New – Neu-New – Neu-New

Violin and Viola Lessons (Suzuki Method): The Suzuki Method has revolutionized the teaching of violin. It uses what Suzuki called the Mother Tongue system, including parents in lessons so that children learn music the way they learn their first language. Movement and Rhythm games are also included to enhance general musical knowledge. Beginners welcome from age 3 and older. Adult beginning students also welcome. Lessons available in English and Spanish (basic German and Mandarin Chinese also spoken). Contact Anne Lanzilotti for more information at: alanzilo@gmail.com, 0176- 54 68 48 70

Karen's Fit5 Fitness and Weight Management Programs: Fun and Effective - For those of you who are serious about change! Group Fitness Classes (indoor and outdoor) - offered every day except Sundays, Personal Training, Weight Management Programs (individual and group) - balanced approach to weight loss emphasizing mindful diet and lifestyle choices so that weight loss is long term, Segmental Body Composition Analysis. Remember that bathing suit which has been collecting dust in your drawer? It's not too late to see results before the day comes when you'll be wearing it! A toned body and/or a few pounds less may make your summer a little more enjoyable! Don't wait a day longer! For more information call Karen Kalleja, Certified Personal Trainer (030) 802 90 02 or e-mail k.kalleja@t-online.de.

We hope you enjoy the **summer break** and start the new club year healthy and refreshed!



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
www.jfkfc.org

Language Classes – Sprachunterricht

German for Foreigners

Welcome to Berlin - Welcome to German Courses. Fun course program for beginners and intermediate. Practice the German language with a native and make new friends. Call or mail Marika Nehls 815 15 57 or marikanehls@yahoo.de

German for Adults

Intermediate level. Course Wed. 11.30-13.00. Call Petra Rose at 03328-331 22 61

English Lessons

Can you keep up with your kids? Brush up your conversation with experienced teacher. Call or mail Judith Sterk at 817 84 94, e-mail Judith.dorothea@t-online.de

Music, Dance – Musik, Tanz

Kindermusik

English language music and movement classes for children. In these classes, you and your child will experience a variety of musical concepts through singing, dancing, instrument exploration and musical story time.

Ages 0-1.5 years (Village) Mo 9:30-10:15 or Fr 11:15-12:00

Ages 1.5-3 years (Our Time) Mo 10:45-11:30 or Fr 10:00-10:45

Ages 3-5 years (Imagine That) Thursdays 15:00-15:45

Family Time ages 0-7 years Thursdays 16:15-17:00

Babies under 6 months only pay the cost of the materials for the first 8 Lessons.

Semester of 15 lessons, all lessons 45 min.

For all Kindermusik classes contact Alexandra Reece at 43 66 16 23 or www.kids-studio-berlin.de

Creative Dance

In a fun-filled environment, children will expand on their physical and imaginative skills through movement exercises, partner work and different themes to create their own movement and dances. We will also incorporate some yoga to help develop concentration and relaxation. For more information contact Fiona Edwards at 0177-307 72 47 or Fiona.edwards@online.de

Suzuki Method for Flute (Querflöte) for Ages 3 and up:

Suzuki Method is a “mother-tongue approach” to learning a musical instrument and is founded in the notion that all children can learn to play music, just as they learn their own language. Suzuki Method teaches music through loving encouragement and a friendly, fun environment. Students will have both: a private lesson and a group class each week. Free trial lessons offered! Contact Kelly Watson-Woelffer for more info. Kelly@SuzukiFlute.de, www.SuzukiFlute.de, 0178 535 59 23.

Friday Afternoon Dance Classes at JFKS Ballet I & Ballet II Entrance class - 3rd grade. Instructor: Sandrine Battut
Jazz & Modern Movement from 3rd to 6th grade & 7th grade and up. Please contact Donald Muldrow Griffith at Tel/Fax 786 34 66 or e-mail: BICDance@aol.com

Scottish Country Dancing

Do you like to dance? Do you enjoy Scottish music? Everyone is welcome, all ages, beginners and advanced. Bring soft shoes. Fridays 20:00-21:45 in the sports hall of Droste-Hülshoff-Schule. For more info call Angelika McLarren at 79 70 65 23

Body and Health – Körper und Gesundheit

Yoga for Kids

Through fun-filled yoga poses and breathing exercises, children will gain self-confidence, increase flexibility and body awareness in a non-competitive, playful environment. For more information contact Athanasia Tsavalas at 22 43 72 23 or athanabanana@gmail.com

Active & Mindful Meditation for Students:

Meditation is effective in building concentration, focus, attention and balance.

Meditation increases physical and mental performance and school performance, decreases anxiety, improves relationships and self-confidence.

It is fun, relaxing and energizing. It provides life-long tools to connect mind-body-spirit.

Classes are after school at JFKS for grades E-13, teachers and parents. Alternative location at the Friendship Center is possible. Register now to reserve a space: Lori Lassen, Tel.: 03329-690 26 82, mindfulness@t-online.de.

Jazzercise

is a 60-minute group fitness class combining cardio, strength and stretch moves for a total body workout. Come to "dance" and tone your muscles in this fun fitness class! All ages, levels, and sizes welcome. Try it for free! Call Ms. Hoeher at 0172 875 55 49 or e-mail Michaela@Jazzercise.de

Jazzercise Lite, z.B. für unsere Generation 55plus. Diese leichtere Version von Jazzercise bietet moderates aerobisches Training und Übungen, die Kraft, Gleichgewicht und Beweglichkeit verbessern. Geeignet für alle, die nicht mehr zu den Jüngsten gehören, es lieber etwas langsamer mögen oder einen leichten Einstieg suchen. Kontakt s.o.

Get Fit! Make the Time!

Please refer to article on front page.

Friendship Center Social - Gruppentreffen

Lady Bugs

If your child is up to three years old, we are just what you are looking for! With the help of music and movement, we will have fun exploring our world through the eyes of our children. Meeting every Tue./ Wed. 9:45 - 11:15. If you are interested in joining, you are welcome to come along and have a free trial lesson now. Contact Andrea Otto at 86 38 74 44 or e-mail: andrea.otto@gmail.com

Sunshine Group

For children 18 months and older. An opportunity to expose your child to both languages, Germ. and Engl., and gradually prepare them for Day Care. If you are interested – we are looking forward to seeing you for a visit and any questions. To register call Inge L.-Broeker at 033203-709 01

Bilingual Playgroup

for parents and children. A time to play, get to know one another and actively participate:

"Peanuts"

For children ages 3 – 6 years on Wed. at 16:00.

Call Birte Berghausen at 22 68 27 46

"Sweet Peas"

For children as 0 – 3 years. If you are interested, please call the office at Tel.: 818 40 00

Late Birds

13:00-16:00 every afternoon (Mo - Fr) for JFK-School children only.

Call Petra Rose at 03328-331 22 61

Art, Drama – Kunst, Theater

Hexen und Zaubertiere

Malkurse für Kinder mittwochs nach dem Unterricht in der JFKS. Ulla Attenberger 78 95 77 26 oder ulla-al@web.de

Introduction to Painting / Art Appreciation for Adults

An introduction to painting through project based research (sketchbook work, collage, sculpture) and art appreciation (art history, critical thinking). The class is held by Ms. Brouder - an Irish/Canadian artist based in Berlin. Jessica has participated in exhibitions in Germ., Can., Engl., U.S.A and Irel. after completing an MFA at Central Saint Martins College of Art and Design in London. Contact jessicabrouder@yahoo.co.uk or 0175 102 23 17

Circus for Children

For kids between 6 and 10 years who enjoy learning new activities and get fun out of doing them. The kids will get the feeling of being an artist by practicing simple techniques in the field of juggling, unicycling, etc.. Info: Stefan Süßkow at 81 00 34 11 or stefan.suesskow@web.de

Drama for children

Worth doing, worth learning, worth experiencing. Drama themes introduce children to drama in a fun, easy and creative way.

Dramaclub für Erwachsene: Auf bilinguale Weise erarbeiten wir uns ein anspruchsvolles Play in englischer Sprache. For all Drama classes please contact Marika Nehls at 815 15 57

Better Learning Co-op - BLC

Konzentriert Lernen

Die Lerntherapeutinnen Julia Dorsch-Stojan und Heike Lindemann-Müller bieten Kurse für Grundschul Kinder an: **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.

Mehr 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 / Logopädin offers assessment and therapy for German and English speaking children. Please call Ms. Lucas at 69 04 12 89 or tanyalucas@web.de.

Chess for Children – Schachkurs
Kurs unter Leitung des internationalen Meisters und lizenzierten Trainers des Weltschachbundes Michael Richter. Anmeldung unter 32 51 35 44 o. info@schachausbildung.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 2009/2010: € 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.