



JFK FRIENDSHIP CENTER

Activities Program

February / March 2020

Dear Members,
liebe Mitglieder,



Registration for our preschools has started and runs through the end of March.
Please refer to www.jfkfc.org for more information.

Anmeldungen für unsere Kitas können Sie noch bis Ende März bei uns einreichen.
Bitte schauen Sie unter www.jfkfc.org, um weitere Informationen zu erhalten.

Bitte beachten Sie, dass die **Teilnahme an Kursen** ausschließlich Mitgliedern des JFK Friendship Centers vorbehalten ist.

Only members of the JFK Friendship Center can join **our courses**.



Happy Valentine



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

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

Happy St. Patrick's Day

Dance – Tanz

Ballet Classes

from Entrance class and up on Friday afternoons.

Please contact Kim Thompson at (030) 81 49 09 89 or tanz-zehlendorf@hotmail.com
www.tanz-zehlendorf.com

Line Dance

Come and join Michaela's line dance classes. It is a fun way to meet new people, learn choreographies and stay in shape. Line dance is usually practiced on modern country and western music, but also on today's pop music. Its steps are simple and don't involve dancing with a partner, so line dancing is also ideal for singles and non-dancers. Get your heels clicking and join the fun! Registration and info at michaelaslinedance@gmail.com or www.michaelas-linedance.de

Scottish Country Dancing

We do the traditional ceilidh and ball dances, the reels, jigs and strathspeys. Everyone is welcome. Bring soft shoes. Fridays 20:00-21:45 in the old gym of the Droste-Hülshoff-Schule, Schönower Str. 12. Call Angelika McLarren at 79 70 65 23 or mail to scdsberlin@gmail.com.
www.scds-berlin.de



Body and Health – Körper und Gesundheit

Yoga for Kids

Through fun-filled yoga poses, movement and breathing exercises, children will gain self-confidence, increased flexibility and body awareness. 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. Call Athanasia Tsavalas at 0176-57 41 22 33 or e-mail athanabanana@gmail.com

Yoga for Teens

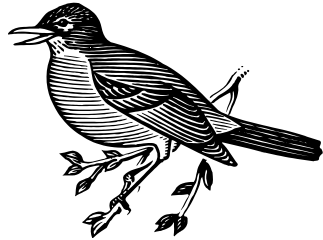
A super fun Yoga class just for teens, focusing on happy minds, bodies, and attitudes. Yoga helps promote flexibility, strength and coordination while incorporating healthy activity into daily life. Come by for a trial lesson! For more details contact Athanasia Tsavalas at 0176-57 41 22 33 or e-mail athanabanana@gmail.com

Yoga for Adults

Improve your overall well-being, increase energy flow, strength and happiness, calm your mind, bring your awareness inward and find your breath with Sunrise Vinyasa Yoga Tuesdays, Wednesdays and Fridays at 8:30am in English at the Von-Luck Kita gym with Melissa Cattarius, certified Yoga instructor, melsqc@googlemail.com

Fitness

Join us for exercises in balance, strength training and flexibility! Thursday evening at Von-Luck-Straße Gym. Contact Trainer: Sonia Weese at 0179-397 49 73 or email: weese@buero-kult.de



Special Activities

Robotics for kids - the exciting world of robots and coding. Robotics classes offered by Smart Kids Academy at JFKS. Based on LEGO Mindstorms robot kits, the classes promote computational thinking together with creative problem solving and teamworking skills. But most importantly: It is great fun to tinker with the LEGO parts, motors and sensors to find solutions to small challenges in the world of robots!

The classes take place on Tuesdays (JFKS Hort, 2.30 pm and 3.45 pm) and Wednesdays (Main school building, 2.15 pm and 3.30 pm). The ongoing format of the classes allows children to join anytime.

For more information or registration please contact Dr. Alexander Graf (alex@smak-academy.de) or refer to www.smak-academy.de.

Positive Discipline Parent Workshops at JFKS

Discover how to effectively and respectfully guide your child to become more responsible, co-operative and empowered in the long term. In fun, experiential based workshops you'll have the opportunity to share specific challenges you are experiencing and explore lasting solutions. Leave encouraged, energized and equipped with the tools to handle even the difficult parenting challenges. More information at www.parentingtools.de

Guided City Tours in English or German

Sightseeing for new Berliners. Berlin and its history are best experienced by foot with a trained tour guide. Marika Nehl's tours cover all the main sites and are great fun. Book your tour now. Call 0176-80 19 71 05 or e-mail to marikanehls@yahoo.de

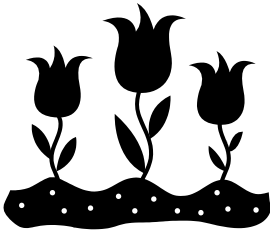


Special Needs - Lernförderung

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 difficul-

ties of any kind, e.g. with articulation, language and communication, resonance or fluency, contact tanyalucas@web.de or 0177-421 28 98. More info at www.speechandlanguage.de

Job Offers - Stellenangebote



Informationen zu unseren Stellenausschreibungen finden Sie auf unserer Website unter:

<https://jfkfc.org/de/stellenangebote/>

Bewerbungen bitte per e-mail an info@jfkfc.org

Wir freuen uns auf Ihre Bewerbung!

Donations - Spenden

Bitte denken Sie bei **online-Einkäufen** daran, dass Sie die Kitas und den Hort mittels des **Fundraisingportals Bildungsspender** - für Sie völlig kostenfrei - unterstützen können.

<https://www.bildungsspender.de/luckykids>
<https://www.bildungsspender.de/kitaamfichtenberg>
<https://www.bildungsspender.de/jfkhort>

Ihre amazon-Einkäufe können Sie über **smile amazon** kostenfrei zu unserem Nutzen abwickeln. Das Friendship Center ist registriert und erhält für jeden Ihrer online-Einkäufe eine Spende – sofern Sie diesen Zugang nutzen: <https://smile.amazon.de/ch/27-636-50789>

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

Bank f. Sozialwirtschaft, IBAN DE80 10020500 0003378100, BIC BFSWDE33BER

Yearly Membership fees 2019/2020: € 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.