



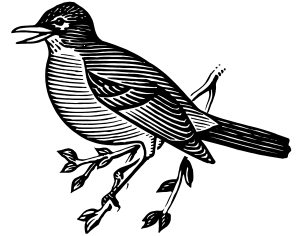
JFK FRIENDSHIP CENTER

# Activities Program

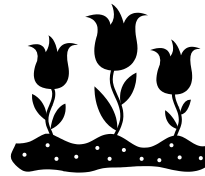
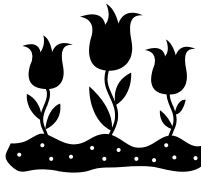
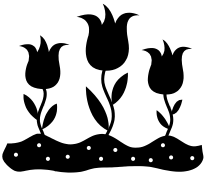
March 2024

Dear Members,  
liebe Mitglieder,

wir hoffen, dass Sie alle gut ins neue Jahr gestartet sind. Unser Kursangebot erweitert sich langsam wieder: Neben dem kürzlich schon beworbenen **Boxkurs** bieten wir nun auch einen **Kurs „Mindfulness“** nach den Osterferien für Kinder der 1.-4. Klassen der JFK Schule an. Bitte lesen Sie dazu auf der zweiten Seite nach.



Schon heute bitten wir Sie, sich den **30.05.2024** in Ihrem Kalender vorzumerken: Unsere **Mitgliedervollversammlung** findet an diesem Abend um **19:30** in der Kita Am Fichtenberg statt.



Kleine Erinnerung: Unsere **Kurse** stehen nur **unseren Mitgliedern** offen.  
Please note that **only members** of the JFK FC can join our courses.

## 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>

The John F. Kennedy Friendship Center e.V.  
Diverse, dynamic, distinct. Be a part of our unique community!  
Tel.: 818 40 00, [info@jfkfc.org](mailto:info@jfkfc.org), [www.jfkfc.org](http://www.jfkfc.org)

# Kursprogramm

## **New -Neu: Mindfulness**

### **12 week course for 1<sup>st</sup>/2<sup>nd</sup> and 3<sup>rd</sup>/4<sup>th</sup> graders**

It's easy to spend our time absorbed in the past or the future. And in our fast-paced performance-oriented society children learn early to get lost there, too. Children can benefit from mindfulness practice by learning to tune into themselves and whatever is present in this moment, which is the only place where we can shape our lives and connect with who we are and what we need. This course will give an introduction to mindfulness practices and encourage the children to get in touch with their body, mind, and feelings. Mondays, starting April 8, 2024. Call 0157 33 08 30 75 or write to [angelina@mind-and-heart.com](mailto:angelina@mind-and-heart.com) [www.mind-and-heart.com](http://www.mind-and-heart.com).

## **New -Neu: Boxen für Kinder**

Boxtraining für eine bessere Ausdauer und Kraft. Schulung von Konzentration, Aufmerksamkeit und Reaktionsvermögen, was den Kindern im Schulalltag zugutekommt. Kurs Mi nachmittags. Please contact [thorsten.m.schwarz@gmx.de](mailto:thorsten.m.schwarz@gmx.de)

## **Ballet Classes**

The classes of Maggie Towe are available to Entrance class, and grades 1 & 2 (including some 3<sup>rd</sup> graders), Fridays after school in the Reha Gym. Please contact phone 0176 7471 4093 or e-mail [info@tanz-zehlendorf.de](mailto:info@tanz-zehlendorf.de) for more details and to book your trial class. [www.tanz-zehlendorf.com](http://www.tanz-zehlendorf.com)

## **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](mailto: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 Fridays at 8:30 a.m. in English at the Von-Luck Kita gym with Melissa Cattarius, certified Yoga instructor [melsgc@googlemail.com](mailto:melsgc@googlemail.com)

## **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](mailto:scdsberlin@gmail.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](mailto:michaelaslinedance@gmail.com) or [www.michaelas-linedance.de](http://www.michaelas-linedance.de)

## **JFK Friendship Center e.V., Von-Luck-Str. 24, 14129 Berlin**

Sozialbank, IBAN DE84 3702 0500 0003 3781 00, BIC BFSWDE33XXX

Yearly Membership fees 2023/2024: € 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.