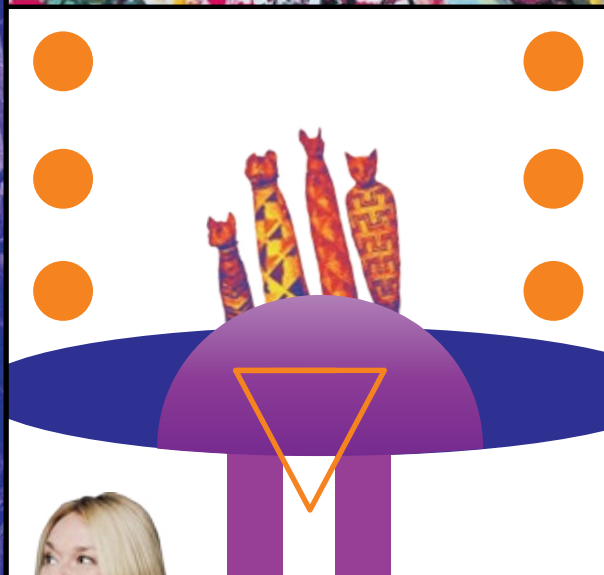


October 2019



10.





October at the SNFCC

In October, the Stavros Niarchos Foundation Cultural Center once again creates special moments and experiences through a rich and varied program of events.

The month begins with the major retrospective exhibition by Jannis Psychopedis, *POETICAL WORKS: Painting Meets Poetry*, featuring large groups of works that reference, were inspired by, and engage with poets and their poetics. A series of lectures and educational programs have been designed to complement the exhibition.

In our continued focus on the visual arts, in October, we celebrate the 100th anniversary of the Bauhaus School: SNFCC and Goethe-Institut Athen are launching a joint project exploring the iconic school of architecture, art and design.

October marks the launch of Parabases, SNFCC Reader's Theater, on 13/10. Under the supervision of this season's director, Dimitris Karantzas, one of the most important directors of the new generation, Parabases revisit pioneering voices in literature, theater and poetry, focusing on women. The season opens with *Kassandra and the Wolf* by Margarita Karapanou.

On 11/10, the SNFCC presents the Greek version of *The Quiet Volume*, an autoteatro performance by the British artists Ant Hampton and Tim Etchells, which engages the audience in a unique experience in a library reading room.

Music constantly echoes in different parts of the SNFCC, inviting the public to discover different styles and artists. On 14/10, the legendary jazz orchestra Sun Ra Arkestra lands at the SNFCC for a memorable show at the Stavros Niarchos Hall, as part of their European celebration tour for the 95th birthday of Marshall Allen, the Arkestra's saxophonist and musical director.

On 22/10, the Stavros Niarchos Hall changes mood, hosting the acclaimed Sir Simon Rattle and renowned mezzo-soprano Magdalena Kožená. The two artists, companions in life and art, will give a unique recital – a rare opportunity to enjoy Sir Rattle on the piano, accompanying Kožená.

SNFCC's Music Escapades and Jazz Chronicles pursue their exploration of exciting music styles, with Larry Gus intricately layering vocals, drums and electronics at the Labyrinth's Dome, on 05/10; saxophonist Yiannis Kassetas and pianist Menanto Chamberlain are the genre-defying duo Southern Alliance, which performs at the Lighthouse on 27/10.

Finally, SNFCC Sessions come back with a vengeance, featuring legendary filmmaker, DJ and music artist Don Letts for a DJ Set, preceded by an open discussion with journalist Panagiotis Menegos.

Moreover, environmental events and a wealth of sports and wellness activities hosted at the Stavros Niarchos Park invite visitors to discover them.

Last but not least, enjoy the dazzling sequences of the Dancing Fountains on the Canal, set to music favorites by Skalkottas, Shostakovich, Hadjidakis and Bizet, in a new, expanded program that started the previous month.

Admission to SNFCC's October events is free of charge, or with a reasonable fee, thanks to the exclusive grant from the Stavros Niarchos Foundation.

Exhibition

Jannis Psychopedis: POETICAL WORKS

Painting Meets Poetry

09/10/19 - 12/01/20 | 09.00-22.00 —————> 4TH FLOOR ATRIUM NLG 11

The Stavros Niarchos Foundation Cultural Center is staging a major retrospective exhibition dedicated to Jannis Psychopedis, featuring large groups of works that reference, were inspired by, and engage with poets and their poetics.

Jannis Psychopedis’ relationship with poetry is profound, long-lasting, systematic, continuous and tested down the years; it is a core element of his oeuvre.

The exhibition includes works of mixed techniques and media, as well as a large series of drawings, watercolours and oil paintings portraying poets.

A visual conversation with Homer and his Odyssey, Parmenides, Herodas, Calvos, Byron, Palamas, Cavafy, Karyotakis, Lorca, Seferis, Elytis, Ritsos, Embirikos, Sachtouris, Dimoula, Fostieris, Vlavianos, Kyparissis, Metaxas and Siotis.

“In the early 1980s, he embarked on a vibrant visual-poetic dialogue which continues to bring two autonomous expressive idioms together, each seeking to lose itself in the other but also retains the characteristics that makes them unique.

As they engage, painting draws its creative juices from the rhythms, peaks and silences, the distinct sense and inner feeling of poetry. Jannis Psychopedis sets out to engage more profoundly with a poet's verse, and lets it engage freely with his own poetic mode, his way of seeing and experiencing the world, so that the image of language and the language of image together bring forth, on equal terms, a new truth.

Which is why the painterly vocabulary changes and a new artistic trail is blazed every time painting essays a new approach to poetry, a new version of form, a new encounter with feelings and jolts to the psyche, so different and yet so closely related, at the very core of his expression: drawing, colour and discourse”.

Lili Pezanou, exhibition curator



Free admission



As part of the exhibition, a series of workshops are taking place at the SNFCC. Discover more on p. 12 & 13.

Biographical note

Jannis Psychopedis was born in Athens in 1945. He studied printmaking at the Athens School of Fine Arts (1963-1968) and then painting on a German state scholarship at the Academy of Fine Arts in Munich (1970-1976).

He was a member of the “A” group of artists in the 1960s and on the visual arts team of the *Epitheorisi Technis* [Art Review]; a founder member of the “New Greek Realists” (1971-73); a founder member of the Visual Arts Centre (Athens, 1974-1976) and a member of the “10/9” art group in Munich (1975). Furthermore, he was invited to the DAAD Artists-in-Berlin Program in West Berlin (1977).

He has lived and worked in Berlin (1977-1986) and in Brussels (1986-1992). In 1994, he was appointed to a professorship at the Athens School of Fine Arts, where he taught until 2012. In 2013, he was awarded the title of Professor Emeritus.

Since 1966, he has staged a number of solo exhibitions in Greece and abroad. He has also taken part in important group shows in galleries and museums in Greece and other countries including France, Germany, Luxembourg, Spain, Ireland, Albania, Japan, Belgium, Algeria, Cyprus, Sweden, Israel, Iran, Turkey, the UK, Canada, Romania, Egypt, Poland, the Netherlands, Italy, the US and China.



Cosmos
Magdalena Kožená & Sir Simon Rattle

A classical song recital (Lieder)

Tuesday 22/10 | 20.30 —————> STAVROS NIARCHOS HALL 13

The Czech mezzo-soprano and the current music director of the London Symphony Orchestra are partners in life and in art; for the latter to take his seat at the piano as accompanist, however, is a rare event.

The couple’s performance at the SNFCC will be embracing the music heritage of Kožená’s Czech homeland, while offering contrasting responses to Shakespeare’s troubled *Ophelia*.

Kožená and Rattle’s recital opens with composer Ernest Chausson’s last completed work and goes on to include works of Stravinsky, Ravel, R. Strauss και Brahms as well us Czech composer Antonín Leopold Dvořák’s evergreen “Songs my mother taught me”, arranged especially for the occasion by English composer and conductor Duncan Ward. The duo will also perform Czech composer Leoš Janáček’s irresistible “Říkadla”, in a rare arrangement created for voice, piano and clarinet.

Sir Simon Rattle was Principal Conductor and Artistic Adviser of the City of Birmingham Symphony Orchestra from 1980 to 1998, before moving to Berlin in 2002 to hold the positions of Artistic Director and Chief Conductor of the Berliner Philharmoniker – from which he stepped down in 2018. He became Music Director of the London Symphony Orchestra in September 2017 and spent the 2017-18 season at the helm of both ensembles. He has received numerous international awards, including a Grammy in 2009, while he maintains longstanding relationships with the leading orchestras in London, Europe and the US. Rattle regularly conducts the Wiener Philharmoniker, next to being a Principal Artist of the Orchestra of the Age of Enlightenment and Founding Patron of Birmingham Contemporary Music Group.

Kožená has worked with many of the world’s leading conductors as well as distinguished recital partners performing at such prestigious venues as Carnegie Hall, Wigmore Hall, Alice Tully Hall, the Concertgebouw, Amsterdam, as well as at the Aldeburgh, Edinburgh and Salzburg festivals. She has been awarded major prizes both in the Czech Republic and internationally and has worked with many of the world’s leading conductors, including Claudio Abbado, Pierre Boulez, Gustavo Dudamel, Sir John Eliot Gardiner, Bernard Haitink, Nikolaus Harnoncourt, Mariss Jansons, Sir Charles Mackerras and Sir Roger Norrington. Her latest album, a collection of scenes from secular cantatas on tragic love, was released in May 2019.

Magdalena Kožená and Sir Simon Rattle are coming to the SNFCC for a recital filled with soulful vocals and soothing piano melodies.

Line-up:
Magdalena Kožená, mezzo-soprano
Sir Simon Rattle, piano
Giovanni Guzzo, violin
Rahel Rilling, violin
Amihai Grosz, viola
Dávid Adorján, cello
Kaspar Zehnder, flute
Andrew Marriner, clarinet

Tickets €25, €15 & €10
Reduced-rate ticket €5

More information at SNFCC.org
For ages 6+

Presale starts on 24/09 for the public

This is an event funded by the grant from the Stavros Niarchos Foundation (SNF). Alongside the core program of free-admission events, provided free of charge thanks to SNF grants, the Stavros Niarchos Foundation Cultural Center organizes a series of events for which a low admission fee applies, helping SNFCC to diversify its income sources while ensuring its long-term financial robustness.



Cosmos
Sun Ra Arkestra

Monday 14/10 | 20.30 —————> STAVROS NIARCHOS HALL 13

Legendary jazz orchestra Sun Ra Arkestra lands at the SNFCC for a memorable show at the Stavros Niarchos Hall in October, as part of their celebratory European tour for saxophonist and musical director Marshall Allen’s 95th birthday.

Blending elements of free jazz, African-style percussion, classic big band swing, electronics, theatrical performance and cosmic philosophy, the Sun Ra Arkestra was originally formed in the mid-1950s by Sun Ra, a pioneering figure in the context of jazz music and Afrofuturism.

Following Sun Ra’s passing in 1993, the Sun Ra Arkestra continues to perform under the leadership of alto saxophonist Marshall Allen, who assumed the position of Arkestra Musical Director in 1995. As a member of the Arkestra, Allen pioneered the free jazz movement of the early 1960s, having remarkable influence on the leading voices in the avant-garde.

Now in his 60th year of continuous activity with the Arkestra, Allen continues to be committed to the study, research, and development of Sun Ra’s musical legacy while writing fresh arrangements of Sun Ra’s music and composing new music and arrangements for the Arkestra.

Line-up:
Marshall Allen, director, alto-sax, flute
Elson Nascimento, percussion
Emmett Orvictor Mc Donald, trombone
Wayne A. Smith, drums
Tara Middleton, vocals
Stephen Tyler Mitchell, bass
Cecil H. Brooks, trumpet
Vincent Chancey, French horn
George Burton, piano
Noel Scott, saxes
Danny Ray Thompson, bar-sax
James E. Stewart, tenor-sax

Tickets €15 & €10
Reduced-rate ticket €5

More information at SNFCC.org
For ages 6+

Presale starts on 17/09 for the public

This is an event funded by the grant from the Stavros Niarchos Foundation (SNF). Alongside the core program of free-admission events, provided free of charge thanks to SNF grants, the Stavros Niarchos Foundation Cultural Center organizes a series of events for which a low admission fee applies, helping SNFCC to diversify its income sources while ensuring its long-term financial robustness.

The Quiet Volume

Ant Hampton & Tim Etchells

Starting on Friday 11/10
and daily at 18.00, 19.00, 20.00 —> NLG 2ND FLOOR: READING ROOM 11

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In October, the Stavros Niarchos Foundation Cultural Center presents, for the first time in Greece, *The Quiet Volume*, an “Autoteatro” performance by the British artists Ant Hampton and Tim Etchells.

The term “Autoteatro” describes a series of small-scale performances – specially designed for specific spaces – that come to life with the participation of members of the audience.

A combination of silence and concentration, *The Quiet Volume* exposes the strange magic at the heart of the reading experience, allowing aspects of it we think of as deeply internal to lean out into the surrounding space, and to leak from one reader's sphere into another's.

Having been performed in 12 countries to date, *The Quiet Volume* creates a unique experience for library visitors/readers and explores the particular tension common to any library worldwide.

In the second floor of the National Greek Library Reading Room, two participants, seated at a table, have headphones on, with a red and a yellow notebook and a few volumes of books before them. As they hear whispered cues on their headphones, they silently read excerpts from the small stack of books.

The Greek version of *The Quiet Volume* for SNFCC was especially produced under the guidance of Ant Hampton.

Free admission by preregistration at SNFCC.org



Ant Hampton is a British artist and performance maker based in Germany. His performance works are diverse in content and tone, yet consistently explore the tension between fixed, formal or structural elements and the improvised ones that come about in the moment. For 20 years now, he has been developing new modes of performance, guiding people through unrehearsed performance situations. Other works such as *Hello for Dummies*, *GuruGuru*, *Cue China*, *OK OK*, *This is Not My Voice Speaking* and *The Extra People* continue to tour widely, in over 60 different language versions.

Tim Etchells is an artist and writer based in the UK, whose work shifts between performances, visual art creations and works of fiction. He is the leader of the world-renowned Sheffield-based performance group Forced Entertainment. Exhibiting and presenting work in significant institutions all over the world, he is currently Professor of Performance & Writing at Lancaster University. Etchells’ work has been shown recently at Tate Modern, Cubitt, Hayward Gallery and Bloomberg SPACE in London, at Turner Contemporary, The Grundy and Compton Verney in the UK, as well as at Witte de With, Rotterdam, and MUHKA (Antwerp).

Blindness by José Saramago, translated into Greek by Athina Psylia (2013), courtesy of Kastaniotis Editions

Ágota Kristóf, *The Notebook and The Third Lie*, translated into Greek by Chryssa Tsamadou (Exandas Editions, 1986 & 1995), and *The Proof*, translated by Agni Metaftsi (Exandas Editions, 1990), courtesy of the translators

Kazuo Ishiguro, *When We Were Orphans*, translated into Greek by Athina Psylia (2019), courtesy of Kastaniotis Editions

Parabases: SNFCC Reader’s Theater Kassandra and the Wolf by Margarita Karapanou

Sunday 13/10 | 17.00 —> LIGHTHOUSE 14

In the 2019/2020 season, Parabases – SNFCC Reader’s Theater returns to the Lighthouse, staged by a leading Greek theater director of the new generation, Dimitris Karantzias.

Under his direction, Parabases revisit pioneering voices in literature, theater and poetry. Women writers and poets who left their mark through their trailblazing work, iconic female fictional and dramatic characters come alive in the Parabases literary salon.

“As we were leaving, I put my arm out of the window and waved goodbye to my friends, and to the ladies and gentlemen, who also waved to and fro.”

Kassandra and the Wolf:

Kassandra and the Wolf is a bizarre and, at times, grim novel that explores childhood and the growing pains of adulthood. Published to international acclaim, Margarita Karapanou’s literary debut takes us into Kassandra’s dark world, where realism is masterfully intertwined with dream, making for a deliciously puzzling read.

Kassandra writes letters to her mother and, through the stories she recounts, we experience her quest for love and closeness in a complex mother-child relationship.

Maria Kehayioglou and Elina Rizou, two acclaimed female actors from two different generations, give voice to the mother and the daughter, constantly exchanging roles in an attempt to put a finger in the wound once again.

Director:
Dimitris Karantzias

Cast:
Maria Kehayioglou, Elina Rizou

Music:
Yorgos Poullos

Tickets €5

More information at SNFCC.org
For ages 15+

Presale starts on 01/10 for the public

This is an event funded by the grant from the Stavros Niarchos Foundation (SNF). Alongside the core program of free-admission events, provided free of charge thanks to SNF grants, the Stavros Niarchos Foundation Cultural Center organizes a series of events for which a low admission fee applies, helping SNFCC to diversify its income sources while ensuring its long-term financial robustness.

The novel is kindly provided by Kastaniotis Editions

Music Escapades
Larry Gus

Saturday 05/10 | 21.00 —————> DOME @ LABYRINTH 4



Known for his energetic performances that blend multiple layers of vocals and electronics, Larry Gus presents his upcoming album as well as tracks from his previous releases in October’s Music Escapades.

Musician Panagiotis Melidis has been active in the Greek alternative music scene since 2006, when he ventured into solo electronic music production after the dissolution of his punk duo Ginger. Stemming from the Greek word *larigas*, which roughly translates into throat or larynx, *Larry Gus* served as an interesting enough wordplay to act as a banner for his new sound.

Larry Gus’ music combines sample-based sound constructions with psychedelic pop melodies. His earliest sample-based recordings were featured in TV commercials, eventually giving way to live shows that included improvised looping and on-the-spot construction of kaleidoscopic beats. Following a slew of appearances on compilations, remixes, and online tracks, Larry Gus released his first complete album *Silent Congas* digitally in 2012, followed by *Years Not Living* in 2013. His third album, *Subservient*, is slated for release by DFA.

Line-up:
Larry Gus, vocals, electronics

Free admission

Jazz Chronicles
Southern Alliance
Yiannis Kassetas & Menanto Chamberlain

Sunday 27/10 | 21.00 —————> LIGHTHOUSE 14



Hot on the heels of their first live performances in South Africa and Athens, the subversive ensemble of Southern Alliance arrives at the SNFCC Lighthouse to entice us to their exciting blend of jazz and classical music.

Since summer 2018, saxophonist Yiannis Kassetas and South African pianist Menanto Chamberlain have been synthesizing imaginative sounds together, fusing vibrant jazz rhythms with the disciplined tranquility of classical music. They perform music by Mozart, Beethoven, Debussy, Satie, Gershwin and other composers in novel arrangements, often improvised but always respectful of the melodic development of the original works. Their program also features compositions by the musicians themselves, in the tone that characterizes the rich blend of jazz and classical music.

A very active member of the Greek jazz scene, Yiannis Kassetas has released no less than five albums since 2007. Menanto Chamberlain has partnered with the Namibian State Orchestra at major national festivals and has been awarded the “Loft Gallery Trophy for music and arts”.

At their SNFCC concert, Southern Alliance will be joined onstage by Loukia Palaiologou on vocals and Giannis Papagiannoulis on percussion.

Line-up:
Yiannis Kassetas, saxophone | Menanto Chamberlain, piano
Loukia Palaiologou, vocals | Giannis Papagiannoulis, percussion

Free admission

SNFCC Sessions
Don Letts

Sunday 20/10

19.30: Open discussion with Panagiotis Menegos —————> BOOK CASTLE 11

21.00: DJ Set —————> LIGHTHOUSE 14



A multifaceted artist who has been active from the late 1970s through the 80s and 90s well into the millennium; nowadays he produces the weekly show *Culture Clash Radio* on BBC Radio 6. As a DJ, he single-handedly turned a whole generation of punks onto reggae. It was back in 1977, whilst a DJ at The Roxy, the legendary punk club, that Don adopted the punk D.I.Y. ethic and began to make his first film, *The Punk Rock Movie*, a unique documentary on the U.K. punk scene.

This led to a period directing over 300 music videos for an eclectic mix of diverse artists ranging from Public Image Ltd to Bob Marley; he was the main videographer of The Clash, even appearing on the iconic cover of their album *Black Market Clash*. He then moved into documentary work, covering the likes of Gil Scott-Heron, The Jam, Sun Ra, George Clinton, and most recently Paul McCartney. His films have been screened at The Kitchen NYC, Institute of Contemporary Art, and BFI Southbank in London. He has been featured at Brooklyn’s BAM festival and Milan Film Festival.

Besides the DJ scene, from the punk rock era to the present, Don has always been drawn towards music projects, as well. He formed the band Big Audio Dynamite, with Mick Jones (The Clash), released a single with members of John Lydon’s PiL, managed the Slits and collaborated with members of Trouble Funk. In the mid-90s, he formed the group Screaming Target, whose debut performance at Transmusicales Festival in France received rave reviews.

In late 2007, Don presented *Speakers Corner*, in collaboration with Arts Council England, featuring several spoken word artists, poets and rappers. A contemporary response to the 200th anniversary of the abolition of the British slave trade, the event toured the U.K.

In October, SNFCC Sessions open for the season presenting the legendary Don Letts, DJ, musician and filmmaker.

Don has also released several compilation albums – from *Time Warp Dub Clash* in 1996 to *Dread Meets the Punk Rockers Uptown Volume 2* in 2015. He continues to DJ nationally and internationally, playing strictly old and new school dub reggae. His sets reflect the spirit of his time as DJ at London’s legendary The Roxy club back in 1977.

Discussion with Don Letts will be coordinated by journalist and radio producer Panagiotis Menegos.

Free admission



Bauhaus at 100: Legacy of Modernity

In October, the SNFCC collaborates with the Goethe-Institut Athen to celebrate the 100-year anniversary of the Bauhaus School, through a series of activities and events that include talks, screenings and art workshops for children and adults.

“Bauhaus at 100” explores the legacy of the 20th century’s most iconic art & design school in the fields of architecture, industrial design, the arts, dance and education.

Under the guidance of architect and Bauhaus founder Walter Gropius, the training at the Bauhaus School sought to overcome the division of arts and crafts. The goal of the School was the molding of a new type of artist, who was meant to connect architecture and design for the purpose of mass-producing standardized, yet aesthetic goods of everyday use. This is because beyond being merely an art school, the Bauhaus has also remained widely known for its socio-political ideas.

Bauhaus Talks: Karin Wilhelm Back to the Roots: Walter Gropius and the Founding Years of Bauhaus in Weimar and Dessau.

This talk examines some aspects of the socio-political and architectural theory debates that substantially shaped the early years of the Bauhaus in Weimar under the guidance of architect and founder of the Bauhaus School, Walter Gropius. During the discussion, we’ll search for the traces of buried emancipatory design approaches, which are evident in the architecture of the Bauhaus building in Dessau, the Master’s Houses, and the Dessau-Törten Housing Estate. In characterizing objects and buildings as “Bauhaus Style”, the ideas and basic rules of these modern design methods accompany us to this day.

Karin Wilhelm is Professor Emerita of History and Theory of Architecture and City at the Technical University of Braunschweig.

Thursday 17/10, 19.00

BOOK CASTLE 11

The talk will be conducted in German, with real-time translation into Greek and Greek Sign Language.

Bauhaus Workshop for Families: Light and Shade

The Bauhaus art school has pioneered an experimental pedagogical approach to design and material exercises. Based on these teachings, families are invited to celebrate the 100-year anniversary of the Bauhaus by bringing colorful sculptures to life. Parents and their children will create fantastic figures made from metal, wood, glass and paper, while learning all about the effects of light, shade, color and perspective.

No previous knowledge is required – everybody can take part and become a Bauhaus student.

Design-Implementation:

Nikoletta Stathopoulou & Kleri Siakagianni, teachers

Sunday 13/10, 12.00-14.00

KIDS LAB 11

For children aged 8-12 and their adult chaperones

(up to 12 children and 12 adult chaperones by preregistration at SNFCC.org)

Giorgos Seferis: The sound of meaning

Thursday 24/10 | 19.00-20.30 → **BOOK CASTLE** 11



Dionysis Kapsalis on Giorgos Seferis

With the Jannis Psychopedis SNFCC exhibition as a starting point, a new series of lectures is launched, focusing on major Greek poets and their work through the eyes of a different distinguished speaker each month.

In October, author and director of National Bank of Greece Cultural Foundation (MIET) Dionysis Kapsalis will talk about Giorgos Seferis’s “auditory imagination”; the sounds and cadences of his poetry, where “senses and mind meet upon a word,” and meaning is united with “an ancient magical order”. Kapsalis will speak of the need to go back and listen to the intimate voice of Seferis’s poetry, to enunciate it so that we may hear it, sparkling clear now, as it has always been, and reach below the sediment of time and habit to allow it to surprise us yet again.

Simultaneous translation into the Greek Sign Language will be provided.



DIALOGUES Animal Welfare

Wednesday 30/10 | 18.30 → **DOME @ LABYRINTH** 4

This October, on the occasion of World Animal Day, the SNF DIALOGUES open a discussion on the important issue of animal welfare.

On Wednesday, October 30, we discuss troubling patterns of abuse and cruelty toward “man’s best friends” encountered in various parts of Greece, including illegal fighting and betting, as well as the impact of social media.

The DIALOGUES are moderated and curated by **Anna-Kynthia Bousdoukou**.

DIALOGUES are free and open to the public. Participants must preregister online, and on a first-come, first-served basis.

For more information visit [SNFCC.org](https://www.snfcc.org)

Discovering the World of Visual Arts, inspired by the artworks of Jannis Psychopedis

With Jannis Psychopedis' SNFCC exhibition as a starting point, we journey through portraits of poets, transform faces with our own colors and media, sail through seascape paintings; we get to know the art of printmaking, and try our hand at different techniques as we create our own, original works of art. Join SNFCC’s new educational workshops and be inspired by Jannis Psychopedis’ work!

We Create Art All Together: 3D Stories in Conversation

We produce sculptures inspired by Jannis Psychopedis’ works!

Using air-dry clay, which does not need firing, we will draw, carve and paint a sculptural detail, an excerpt from an imaginary story inspired by both Federico García Lorca and Andreas Embiricos’ poetry and Jannis Psychopedis’ vibrant art.

This sculptural complex, consisting of landscapes, interiors, figures of animals, humans and plants, will be painted with tiny multicolor tesserae and ceramic pigments.

Finally, we will build colorful three-dimensional mosaics, which together will form a large-scale assemblage, a unified narrative complex.

Saturday 12/10
11.30-12.30, 12.30-13.30, 13.30-14.30

KIDS LAB 11
For children 7+, young people and families, with or without disabilities

(up to 25 participants per hour, on a first-come, first-served basis)

Design–Implementation: Theodoros Zafeiropoulos, Artist, assistant professor, NTUA
Elisavet Chelidoni, Artist – Special education teacher

The Art of Portraiture

Greek and European art provide an infinite source of inspiration for Jannis Psychopedis’ creative explorations. From Goya to Renoir and Hadjikyriakos-Ghika to Bouzianis, Jannis Psychopedis observes how human figures are conveyed, in interplay with the landscape and tradition, and creatively transforms them into his own distinctive works.

In these workshops, we will take a creative journey through Jannis Psychopedis’ art; we will explore the genre of portraiture and discover key principles of drawing (proportion, light and shade). We will create our own portraits of our loved ones, whether from life or from a photo, using mixed drawing and painting media, with water-soluble paints.

Wednesday 23/10, 19.00-21.00

KIDS LAB 11
For adults
(up to 15 participants by preregistration at SNFCC.org)

Design–Implementation: Georgia Hatzivasiliadi, Artist – MA Athens School of Fine Arts, MFA UCL



POETICAL WORKS: Engraving Lab Inspired by Giorgos Seferis

Starting out with Jannis Psychopedis' *POETICAL WORKS*, we will explore how poetry, and the figures of poets themselves, morph into images.

In two workshop sessions each month, participants learn about the history, styles and basic techniques of engraving. They experiment on linoleum (a surface commonly used in engraving) and create works inspired by iconic poems that triggered Jannis Psychopedis' creative process.

October is dedicated to Giorgos Seferis and his poems *Eleni* and *Memory II*.

We will produce as many impressions as there are participants. Our works will be bound in book form, in as many copies as there are participants, with a cover artwork designed by the workshop leader, their sequence forming a collective narrative created by the group.

The workshop concludes in two sessions.

Wednesday 09, 16/10
18.00-21.00

KIDS LAB 11
For adults

(up to 20 participants by preregistration at SNFCC.org)

Design–Implementation: Maro Michalakakou, Artist
Creative Support: Marilena Aligizaki, Artist

Looking at the Sea

In this SNFCC workshop, we look at the sea through paintings by Jannis Psychopedis, inspired by the poetic gaze of Yannis Ritsos in his poem *The March of the Ocean*.

Stories and secrets of the sea unfold before our eyes, delighting our every sense. With the SNFCC exhibition *POETICAL WORKS* as our starting point, children and adults engage in fun, movement-based activities; they participate in theater games and music education activities, and take a deeper look at the artist's work surrounded by live music and art.

Finally, they wander around the works of Jannis Psychopedis, taking away their own, original work of art.

Thursday 10, 17, 24, 31/10, 17.00-18.00 & 18.30-19.30

KIDS LAB 11
For children aged 2-4 and their adult chaperones

(up to 10 children and 10 adult chaperones by preregistration at SNFCC.org)

Design–Implementation: Spyridoula Chroni, Museum Educator | Yannis Psariotis, Music artist

Step by Step in Art: Explosions of color and scent A sensory play lab

Drawing inspiration from the Jannis Psychopedis exhibition, this workshop invites you to an initiation into materials, colors and scents.

Together, we will discover how to open up channels of communication between the worlds of children and grown-ups through play.

In our first October meeting, you are cordially invited to play with things we normally eat, to explore step by step the characteristics of miniatures, and bring to life components taken straight off of the artist's paintings at various stops.

In our second meeting, we will make paints from edible substances and use them to make our own prints, using improvised natural stamps.

Monday 14, 21/10
17.00-18.00 for infants aged 3 months to 1 year
18.30-19.30 for babies aged 1 to 2 years

KIDS LAB 11
For children aged from 3 months to 2 years and their adult chaperones

(by preregistration at SNFCC.org)

Design–Implementation: Arts in the Mixer!

Teens Art Studio

In dialogue with the Jannis Psychopedis exhibition and focusing on painting as a means for expressing personal ideas and forms, participants will experiment with different techniques and try their hand on a variety of art media and everyday materials.

This month, poems by Kostas Karyotakis and Kiki Dimoula will inspire us to create paintings using novel materials, such as plastic, PVC, acrylic and familiarize ourselves with the "narrative" qualities of the two-dimensional surface.

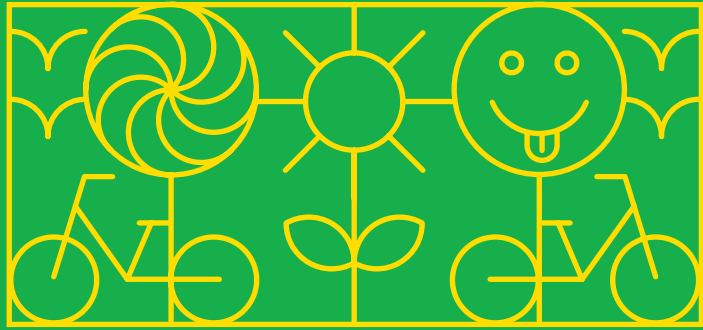
Preceded by a guided tour to the Jannis Psychopedis exhibition, *POETICAL WORKS: Painting Meets Poetry*.

Saturday 26/10, 17.00-19.30

KIDS LAB 11
For children aged 11+

(up to 15 participants on a first-come, first-served basis)

Design–Implementation: Very Young Contemporary Art (VYCA)



Weekends at the SNFCC

Greek Folk Dance Classes for children

Greek folk dance classes for children with teachers from the Dora Stratou Dance Theater.

Children learn popular dances from all regions of Greece, in their most authentic form, while also discovering the region, occasion, music, costume and other folklore elements associated with each dance.

Saturday 12, 26/10
12.00-14.00

SOUTHERN WALKS 3

For children aged 10-12

(up to 30 participants on a first-come, first-served basis)

Design-Implementation:
Dora Stratou Dance Theater

Aromatic Herbs in the Garden and Balcony: Sclerophyll Vegetation

This alternative workshop is designed to fulfill big-city inhabitants' need to be close to nature and is meant to expand your taste palette through new scents, textures and colors. Engaging with aromatic herbs gives us pleasure and promotes health and well-being.

Join us for an introduction to the magical world of aromatic herbs. Through experiential activities, participants will have the opportunity to gain a complete overview of cultivating aromatic herbs and plants in the garden or balcony.

Sunday 06/10
11.00-14.00

VEGETABLE GARDEN 20

For adults

(up to 30 participants on a first-come, first-served basis)

Design-Implementation:
Stavroula Katsoyanni,
Agronomist – Landscape Architect,
Stamatis Kavassilis,
Agronomist – Soil Specialist

October weekends at the SNFCC combine nature, sports, music and dance! How about learning how to grow fresh vegetables and herbs in your garden or balcony? Or perhaps improve your bike riding skills? Are you ready to dance to the rhythms of traditional music, or to play percussion, making your own kinetic melodies, sounds and songs? Your favorite programs await you!

More information on our regular events on the following pages.



Cycling Classes for Children and Adults

Children are introduced by experienced trainers to simple techniques that enable them to enjoy cycling without training wheels, while also helping those who already know how to ride to improve their skills.

For adults who wish to learn how to ride a bike, specially designed classes are available.

Sunday 06/10
11.00-15.00

VISITORS CENTER 23

For children aged 3-10 and their adult chaperones, and adults

(on a first-come, first-served basis)

Design-Implementation:
MBike

Percussion Circle for Families

Rhythm toys accompany metal-plate musical instruments, producing kinetic melodies, sounds and songs. Join the circle and learn how to make music on pentatonic scales while dancing to percussive rhythms.

Sunday 27/10
11.00-13.00

SOUND GARDEN 9

For children 5+ years old and their families, with or without disabilities

(up to 40 participants on a first-come, first-served basis)

Design-Implementation:
QUILOMBO LAB



Gardening for the Family

In addition to being a fun hobby, gardening is also relaxing and helps both kids and adults to develop their skills, enhance their sense of responsibility and boost their self-confidence.

In this new SNFCC workshop series, children and adults learn the value and importance of gardening, they discover its secrets, and talk about how plants grow and develop, and what their needs are.

We work in teams to create a beautiful and productive vegetable garden in the Stavros Niarchos Park garden beds: Prepare it, make planting beds and gradually plant seasonal vegetables. We experience gardening tasks, including seeding, planting, watering, nutrition, protection, hoeing and weeding.

Bugorama: The World of Insects

In our October meeting, we discover the world of insects – the friends and enemies of our garden. We observe live insects up close through the magnifying glass and the stereoscope, and attempt to construct a “hotel” for them.

Sunday 20/10
11.00-13.00

VEGETABLE GARDEN 20

For children aged 5-12 and their adult chaperones

(up to 30 participants, 15 children and 15 adult chaperones, on a first-come, first-served basis)

Design-Implementation: Panagiotis Papadopoulos, Agronomist MSc

A Walk in The Park

Staging: Georgina Kakoudaki
This month's guide: Argyris Pantazaras

Saturday 19/10 | 12.00, 13.00, 14.00 **Meeting Point:** VISITORS CENTER 23

Whether you are already familiar with the Stavros Niarchos Park or not, this guided tour series will make you see the landscape in a different light.

Having a different artist as a guide each time, visitors enjoy a walk in which nature, history, poetry and personal storytelling make for a new experience every time, crafted by director and dramaturg Georgina Kakoudaki.

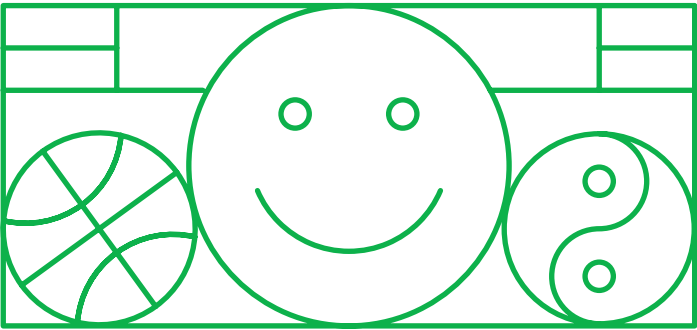
In October, our guide will be actor and director Argyris Pantazaras.

Argyris Pantazaras received the 2016 “Dimitris Horn” Award for best new actor.

He is a graduate of the Drama School of the National Theater of Greece. He has collaborated with a multitude of directors such as Tomaz Pandur, Bob Wilson, Cezaris Grauzinis, Dimitris Papaioannou, Lefteris Voyatzis, Michail Marmarinos, Yannis Houvardas, Nikos Karathanos, Viktor Arditis, Dimitris Karantzas, Ektoras Lygizos, Roula Pateraki, Katerina Evangelatos and Lydia Koniordou.

(up to 20 participants per guided tour)

Free admission by preregistration at SNFCC.org



An ideal location for sports, the Stavros Niarchos Park invites everyone to join our Sports & Wellness programs.

Sports & Wellness

Cross-training in the Park

Would you like to see your body change in a holistic way? The fitness series based on cross-training continues in October at the SNFCC.

A variety of exercises using belts, bars, resistance bands, free weights and kettlebells engage different muscle groups, reduce imbalance and maximize total strength, flexibility and speed.

Tuesday 01, 08, 15, 22, 29/10
Wednesday 02, 09, 16, 23, 30/10
Thursday 03, 10, 17, 24, 31/10
Friday 04, 11, 18, 25/10
Monday 07, 14, 21/10
08.00-10.00

RUNNING TRACK 6

For adults

(on a first-come, first-served basis)

Design-Implementation:
Regeneration & Progress

Fitness for everyone

Experienced physical education instructors are available at the outdoor gym and the running track to offer advice and training recommendations, and provide your personal fitness evaluation.

Tuesday 01, 08, 15, 22, 29/10
Wednesday 02, 09, 16, 23, 30/10
Thursday 03, 10, 17, 24, 31/10
Friday 04, 11, 18, 25/10
Monday 07, 14, 21/10
18.00-21.00

RUNNING TRACK 6

For adults

(on a first-come, first-served basis)

Design-Implementation:
Regeneration & Progress

Yoga in the Park

Yoga helps coordinate physical movement and mental processes through gentle practice involving breathing, asana postures, and relaxation. Through gentle, controlled breathing, participants gain peace of mind, self-control and concentration, and develop positive thinking.

Participants should bring their own yoga mat and wear comfortable clothes.

Tuesday 01, 08, 15, 22, 29/10
Thursday 03, 10, 17, 24, 31/10
08.00-09.30

Friday 04, 11, 18, 25/10
Monday 07, 14, 21/10
18.00-19.30

GREAT LAWN 1

For adults

(up to 30 participants on a first-come, first-served basis)

Design-Implementation:
Regeneration & Progress

Tai Chi

An ancient Chinese martial art evolved into a pleasant and low-intensity form of exercise. Slow, focused movement and deep breathing help to reduce stress and anxiety, while increasing flexibility and balance. Tai Chi is suitable for all ages and all fitness levels.

Beginners
Tuesday 01, 08, 15, 22, 29/10
18.00-19.15

Saturday 05, 12, 19, 26/10
08.30-09.45

Advanced
Friday 04, 11, 18, 25/10
19.00-20.15

GREAT LAWN 1

For adults

(up to 30 participants on a first-come, first-served basis)

Design-Implementation:
Regeneration & Progress

Mat Pilates – Beginners

A creative way to keep in shape, Pilates helps us to strengthen our core and improves flexibility and balance. Performed on a mat, the workout is suitable for people of all ages and levels.

Participants should bring their own pilates mat and wear comfortable clothes.

Tuesday 01, 08, 15, 22, 29/10
Thursday 03, 10, 17, 24, 31/10
18.00-19.00

Wednesday 02, 09, 16, 23, 30/10
Friday 04, 11, 18, 25/10
08.45-10.00

Monday 07, 14, 21/10
07.30-08.45

GREAT LAWN 1

For adults

(up to 30 participants on a first-come, first-served basis)

Design-Implementation:
Regeneration & Progress

Mat Pilates – Advanced

A dynamic pilates course for advanced students that emphasizes on flow and rapid change of positions. Changing positions is done in a way that strengthens the muscles, enhancing the body's resilience.

Participants should bring their own pilates mat and wear comfortable clothes.

Friday 04, 11, 18, 25/10
07.30-08.45

Monday 07, 14, 21/10
08.45-10.00

GREAT LAWN 1

For adults

(up to 30 participants on a first-come, first-served basis)

Design-Implementation:
Regeneration & Progress

Fitness and Memory

A cognitive and physical exercise program aimed at people aged 60+ who experience mild to moderate memory impairment and/or other cognitive decline, as well as people in the same age group who wish to engage in activities for prevention.

Tuesday 01, 08, 15, 22, 29/10
Thursday 03, 10, 17, 24, 31/10
18.00-19.00

MAKER SPACE 11

For ages 60+

(up to 8 participants on a first-come, first-served basis)

Design-Implementation:
Regeneration & Progress

Sports for Seniors

Exercise is the most powerful tool for preventing and treating chronic conditions, including diabetes, heart disease and obesity. This program benefits adults over 65 as well as younger persons who suffer from chronic ailments.

Sports Excellence staff (physical education teachers, physiotherapists, cardiologists) design and implement custom-tailored programs featuring walking, yoga, resistance bands, dumbbells and ground exercises. Each participant's weekly activity will be recorded, and their physical condition will be evaluated every three months.

A certificate of fitness issued by a pathologist or cardiologist is required.

Wednesday 02, 09, 23, 30/10
10.00-10.50

MULTIFUNCTIONAL SPACE 2 11

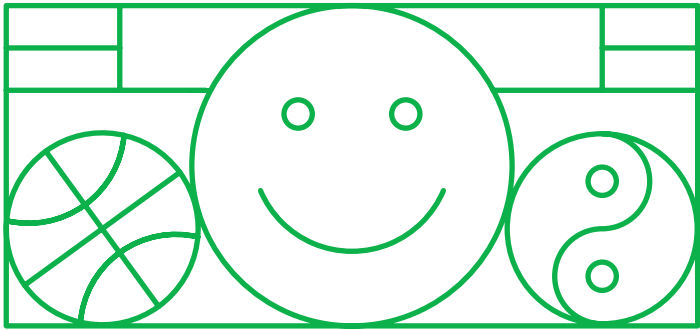
Friday 04, 11, 18, 25/10
Monday 07, 14, 21/10
10.00-10.50

MAKER SPACE 11

For ages 60+

(up to 8 participants on a first-come, first-served basis)

Design-Implementation:
Regeneration & Progress



Qigong 50+

Age-old Chinese practice suitable for all fitness levels, in a program designed specifically for people over 50. Qigong combines mild, slow, repetitive movement with kinesthetic concentration, meditation, and breathing control.

Wednesday 02, 09, 16, 23, 30/10
Thursday 03, 10, 17, 24, 31/10
18.00-19.15

GREAT LAWN 1

For ages 50+

(up to 30 participants on a first-come, first-served basis)

Design-Implementation:
Regeneration & Progress

Kayaking the Canal

This course aims to familiarize children and adults with kayaking. Enjoying water sports in the Canal is a great way to get to know the SNFCC!

Saturday 05, 12, 19, 26/10
Sunday 06, 13, 27/10
16.30-19.00

CANAL 16
(at the side of the Visitors Center)

For children aged 8+ and adults*

(up to 20 participants per 30' by preregistration at SNFCC.org)

**Children under 16 years old must be accompanied by an adult chaperone*

Design-Implementation:
Regeneration & Progress

Pétanque

Relatively unknown, pétanque is a sport that combines accuracy, coordination and concentration. Competitors, playing either one on one or in teams, try to get as close as possible to a target, by throwing boules.

Sunday 06, 13, 20, 27/10
12.00-14.00

ESPLANADE 17

For children aged 9+ and adults

(on a first-come, first-served basis)

**Children must be accompanied by an adult chaperone*

Design-Implementation:
Regeneration & Progress

Family Games

An entertaining activity with games specially designed for the whole family. Parents and adult chaperones are encouraged to play and collaborate with their children in the Park, sharing their educational stimuli and developing their imagination.

Saturday 05, 12, 19, 26/10
13.00-14.30

GREAT LAWN 1

For children aged 5+ and their adult chaperones

(up to 50 participants on a first-come, first-served basis)

Design-Implementation:
Regeneration & Progress

First-Aid Course

A non-certified training is offered for heart attack and drowning incidences, as well as the use of an Automated External Defibrillator.

Participants will also have a hands-on experience with the use of specifically designed models/preforms.

Wednesday 16/10
17.30-19.00
19.00-20.30

MAKER SPACE 11

For adults

(up to 20 participants on a first-come, first-served basis)

Design-Implementation:
Regeneration & Progress

SNFCC Running Team

The Park's running aficionados join forces in a team that trains every Tuesday and Saturday under the guidance of experienced endurance coaches. The goal is to improve individual performance through group training and support.

Tuesday 01, 08, 15, 22, 29/10
Saturday 05, 12, 19, 26/10
18.30-20.00

RUNNING TRACK 6

For ages 15+

(up to 50 participants on a first-come, first-served basis)

**Teenagers aged 15-17 must have written parental/guardian consent and supervision to participate*

Design-Implementation:
Regeneration & Progress

Mini Volley

Invented in 1895 in Massachusetts, U.S.A., volleyball is a major Olympic sport, mainly characterized by three features on which children will practice: (a) the overhand pass; (b) the forearm pass; (c) the underhand serve.

Tuesday 01, 08, 15, 22, 29/10
Thursday 03, 10, 17, 24, 31/10
17.00-19.00

OUTDOOR GAMES AREA 25

ages 5-7: 17.00-17.30
ages 5-7: 17.30-18.00
ages 8-12: 18.00-18.30
ages 8-12: 18.30-19.00

For children aged 5-12

(up to 10 participants per 30' session by preregistration at SNFCC.org)

Design-Implementation:
Regeneration & Progress

Team Playing (Football Skills)

Fun ball sports activities that foster team building and sportsmanship, while developing skills without grading, through the guidance of experienced trainers.

Wednesday 02, 09, 16, 23, 30/10
Friday 04, 11, 18, 25/10
Monday 07, 14, 21/10
17.00-20.00

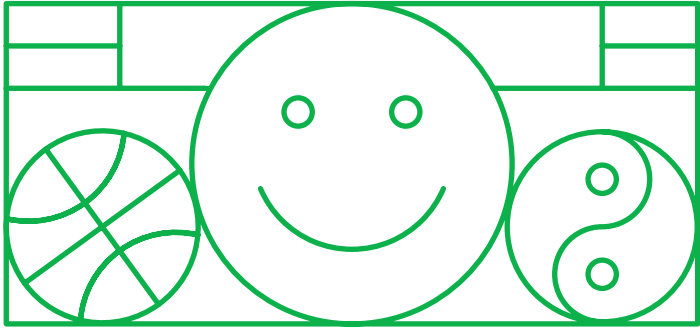
OUTDOOR GAMES AREA 25

ages 5-7: 17.00-17.30
ages 5-7: 17.30-18.00
ages 8-10: 18.00-18.30
ages 8-10: 18.30-19.00
ages 11-13: 19.00-19.30
ages 11-13: 19.30-20.00

For children aged 5-13

(up to 12 children per 30' session on a first-come, first-served basis)

Design-Implementation:
Regeneration & Progress



Street Soccer 5X5

Football match events suitable for children aged 6-13, in five-member teams.

Saturday 05, 12, 19, 26/10
Sunday 06, 13, 20, 27/10
10.00-13.00

OUTDOOR GAMES AREA 25

ages 6-7: 10.00-10.30
ages 6-7: 10.30-11.00
ages 8-10: 11.00-11.30
ages 8-10: 11.30-12.00
ages 11-13: 12.00-12.30
ages 11-13: 12.30-13.00

For children aged 6-13

(up to 10 children per 30' session on a first-come, first-served basis)

Design-Implementation:
Regeneration & Progress

Artistic Gymnastics

Doing somersaults, running, and turning, all help the body to develop properly, and improve flexibility and motor coordination. Through artistic gymnastics, coupled with play and fun, kids get to know their bodies and their potential.

Saturday 05, 12, 19, 26/10
11.45-13.00

RUNNING TRACK 6

For children aged 3-6

(up to 20 participants on a first-come, first-served basis)

Design-Implementation:
Regeneration & Progress



Mini Tennis

Children learn to love tennis through a fresh, fun method based on playing and suitable activities.

Saturday 05, 12, 19, 26/10
Sunday 06, 13, 20, 27/10
16.00-19.00

OUTDOOR GAMES AREA 25

For children aged 4-12, age group categories 4-7 & 8-12

(up to 8 children per 30' session by preregistration at SNFCC.org)

*On Sundays Mini Tennis turns to Blind Tennis for vision-impaired and blind persons

Design-Implementation:
Regeneration & Progress

Introduction to Handball

Children will have the opportunity to play the Olympic team game handball.

Saturday 05, 12, 19, 26/10
Sunday 06, 13, 20, 27/10
13.00-15.00

OUTDOOR GAMES AREA 25

ages 6-9: 13.00-13.30
ages 6-9: 13.30-14.00
ages 10-13: 14.00-14.30
ages 10-13: 14.30-15.00

For children aged 6-13

(up to 12 participants per 30' session on a first-come, first-served basis)

Design-Implementation:
Regeneration & Progress

Sports Games

A recreational activity for children in the Park, aimed at fostering sporting spirit. Action, interactive and musical movement games take the form of team sports, providing opportunities to collaborate, communicate and exercise.

Saturday 05, 12, 19, 26/10
17.00-18.15

GREAT LAWN 1

For children aged 5-10

(up to 20 participants on a first-come, first-served basis)

Design-Implementation:
Regeneration & Progress

Sporting Duels

Action games for fun and fitness in the Park. Put on your running shoes and join the fun!

Sunday 06, 13, 20, 27/10
17.00-18.15

RUNNING TRACK 6

For children aged 5-10

(up to 20 participants on a first-come, first-served basis)

Design-Implementation:
Regeneration & Progress

Mini Basket

Being a team sport, basketball improves children's social and team-working skills, while also benefitting their physical abilities. In this activity, children will have the opportunity to discover basketball through team play, while developing and enhancing their motor skills.

Tuesday 08, 15, 22, 29/10
Thursday 10, 17, 24, 31/10
19.00-21.00

OUTDOOR GAMES AREA 25

ages 8-10: 19.00-19.30
ages 8-10: 19.30-20.00
ages 11-13: 20.00-20.30
ages 11-13: 20.30-21.00

For children aged 8-13

(up to 10 children per 30' session by preregistration at SNFCC.org)

Design-Implementation:
Regeneration & Progress

Family Adventure Park

In this activity, parents and children form teams (consisting of one parent/ adult chaperone and one child each) and are invited to complete sporting tasks that improve balance, aim, coordination and cooperation. Each pair can compete with another pair, if they wish, or race against the timer!

Saturday 12/10
17.30-19.00

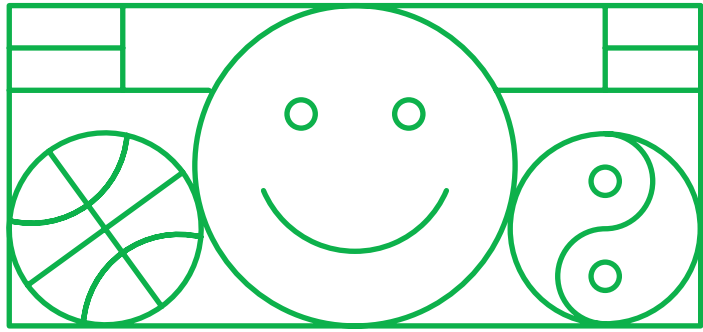
ESPLANADE 17

For children aged 6+ and their adult chaperones

(on a first-come, first-served basis)

Design-Implementation:
Regeneration & Progress





Sports & Wellness

Dynamic Duathlon

SNFCC's new sport activity, the Dynamic Duathlon, combines laser target practice and running for fitness. Moreover, target practice is a great opportunity for children to improve their concentration and focus.

Saturday 12, 19, 26/10
16.00-17.15

RUNNING TRACK 6

For children aged 10-15

(up to 12 participants by
preregistration at SNFCC.org)

Design-Implementation:
Regeneration & Progress

Sup & Kayak Demos

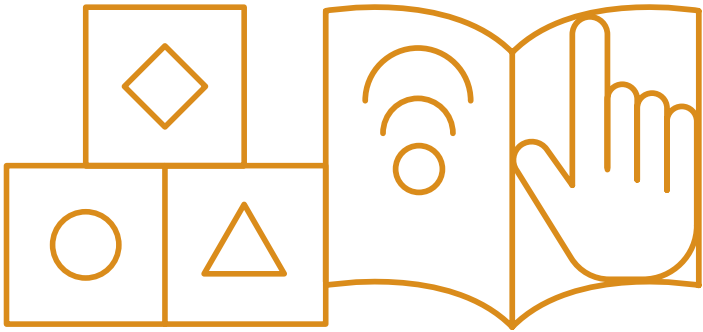
The Hellenic Canoe-Kayak Federation organizes Canoe Kayak and Sup demonstration competitions for Federation athletes, aiming to promote the sport and familiarize SNFCC visitors with it.

Sunday 20/10
10.00-13.00

CANAL 16

(at the side of
the Visitors Center)

Design-Implementation:
Regeneration & Progress



Education

Running Races: 5K | 2K Race Walking | Kids

A 5K race for running fans on a specially designed route in the Stavros Niarchos Park. Concurrently, there will be a 2K race walking event, as well as a 1K max. running race for children aged 6-12.

Sunday 27/10
10.00-13.00

RUNNING TRACK 6

5K race: Up to 400 participants

(200 men & 200 women by
preregistration at SNFCC.org)

Starting Time: 10.00

2k Race Walking: Register for Race Walking at the track and field secretariat (opening hours: 08.30-09.45).

Starting Time: 10.00

Kids Race: For children aged 6-9 the race distance is 600m; for children 10-12 the distance is 1K.

Register at the track and field secretariat
(opening hours: 10.00-10.45)

Starting Time: 11.00

Design-Implementation:
Regeneration & Progress



Computer Courses for persons aged 65+

Introductory courses in digital skills, intended for users with no previous experience who seek to familiarize themselves with using a computer and learn how to perform basic tasks, such as word processing or web browsing – skills that will enable them to carry out everyday tasks.

*Using simple and practical learning steps, this course is geared towards novice users aged 65+ as well as everyone wishing to gain a basic mastery of the subject.

Monday-Friday
11.00-12.00, 12.30-13.30, 14.00-15.00

PC LAB 11

(up to 16 participants on a first-come,
first-served basis)

*On 28/10 there will be no scheduled
classes.

Vincenzo Bellini

La sonnambula

Opera

11, 13, 16, 18, 20, 25, 27, 29/10

Starts at:
20.00
(Sundays: 18.30)

GNO STAVROS NIARCHOS HALL 13

Italian Opera Cycle

A co-production of the Vienna State Opera and the Royal Opera House (2000/2001)

One of Bellini’s most popular operas, *La sonnambula*, returns to the Greek National Opera after 40 years. To the opera’s storyline, which unfolds in the symbolic “snow white” innocence of the Alps and is inspired by the world of classical dance, Bellini responded with a music of exceptional poetry: especially the last scene of the protagonist ranks among the most tender and sensitive ones in the repertoire. The legendary production of lofty aesthetics, directed by Marco Arturo Marelli, is considered as one of the most interesting readings of Bellini’s masterpiece and has been presented in Vienna, London, Paris and Barcelona.

Conductor: Philippe Auguin
Director, sets, lighting designer: Marco Arturo Marelli

With the GNO Orchestra, Chorus and Soloists

Tribute to Kostas Paskalis

Concert

24/10

Starts at:
20.00

GNO STAVROS NIARCHOS HALL 13

Free admission upon priority vouchers

The GNO honours Kostas Paskalis, one of the greatest Greek baritones. He set out on his path from the GNO chorus, and in 1951 he starred in Rigoletto. In 1958 he began his international career at the Vienna State Opera, where he continued to appear for 25 years. He also appeared at major theatres and festivals. In 1988/89 he served as General Director of the GNO.

Conductor: Lukas Karytinios
Curator: Marina Krilovici

With the GNO Orchestra and celebrated Soloists

Lena Platonos

The emperor’s nightingale

Opera for children and youth

20, 23/10

Starts at:
11.00

GNO STAVROS NIARCHOS HALL 13

In collaboration with the Animasyros International Animation Festival + Agora

After having impressed children and adults at the Alternative Stage, Lena Platonos’ musical fairy tale *The emperor’s nightingale* will be presented during the 2019/20 season on the big stage of the Stavros Niarchos Hall. It is an impressive production in which opera engages in a dialogue with animation. Hans Christian Andersen’s tale of the same title is transformed into a parable about the relationship between art and technology, which nowadays is more topical than ever.

Orchestration: Lena Platonos - Stergios Tsirliagos
Libretto: Giorgos Voloudakis
Director: Katerina Petsatodi



Recital with works by Manos Hadjidakis

Concert

04 & 05/10

Starts at:
20.30

GNO ALTERNATIVE STAGE 13

Manos Hadjidakis Cycle

Artistic curator: Giorgos Hadjidakis

The Manos Hadjidakis Cycle continues on the GNO’s Alternative Stage with three programmes for voice and piano featuring the composer’s emblematic works. It starts with the famous Recital, a programme designed by Manos Hadjidakis himself, which he used to present with the baritone Spyros Sakkas. This programme for piano and voice will now be performed by the GNO’s baritone Dionysis Sourbis and pianist Thodoris Jovanakis (piano), who will interpret songs from *The C.N.S. Cycle*, *the Caucasian Chalk Circle*, *Captain Michalis*, *Magnus Eroticus* etc.

Singing: Dionysis Sourbis
Piano: Thodoris Jovanakis

Dimitra Trypani

The silent one - A modern chorale

Music theater

11, 12, 13/10

Starts at:
20.30

GNO ALTERNATIVE STAGE 13

A co-production with the Paxi Festival

Dimitra Trypani’s *The silent one* is based on real events that happened in a poor mountain village of Greece around 1850. A young woman, Milia, is murdered by her father and brothers to “wash away the family’s shame”, after the groom finds out she is not a virgin on her wedding night. The story unfolds in an atemporal setting, in a Dantean limbo, a place inhabited by forgotten souls. There, the characters coexist without meeting each other, racing with their memory, wrath, guilt and sorrow.

By taking responsibility for their hideous act, they are led to repentance and self-forgiveness. The work is an alternative requiem; like an ancient chorale. The story’s heroes find their way to forgiveness and redemption, singing dirges and lamenting over themselves.

Composition: Dimitra Trypani
Libretto: Pantelis Boukalas

Thomas Adès

Powder her face

Opera

25, 27, 31/10

Starts at:
20.30

GNO ALTERNATIVE STAGE 13

Greek premiere

The masterly scandal-based opera *Powder her face* (1995) of the British music scene’s enfant terrible and Grammy and Laurence Olivier award-winner, Thomas Adès, will receive its Greek premiere at the GNO Alternative Stage.

The work is based on the scandalous life of Margaret Campbell, Duchess of Argyll, who in 1963 shocked the English audience with her sexual excesses. The Duchess’ true and bold story, her love affairs, passions, divorces and tragic death, are wonderfully portrayed through the enrapturing music of charismatic composer Thomas Adès - considered by many as Benjamin Britten’s successor – and Philip Hensher’s libretto with its peculiar language and provocative love scenes.

Libretto: Philip Hensher
Conductor: Nikos Vassiliou
Director: Alexandros Efklidis

Guided Tours



Want to know more about the SNFCC? We offer daily **guided tours of its award-winning building complex**, home to the new premises of the Greek National Opera (GNO) and the National Library of Greece (NLG), designed by the Renzo Piano Building Workshop. Discover public areas and go backstage in the two buildings. We will visit the rehearsal spaces, the Stavros Niarchos Hall and the Greek National Opera’s Alternative Stage, and stroll through the Library’s Public Section, Reading Rooms and Vaults.

Guided tours of the Stavros Niarchos Park, which has received the first prize at the European Garden Awards and is the largest public Mediterranean garden in the world, are conducted daily.

An example of state-of-the-art landscape architecture, the city’s new Park is designed according to sustainability principles, with respect for the ecosystem and the challenges of an ever-changing environment. A welcoming, open space, whose vegetation and overall design capture the essence of the Mediterranean landscape, is open for visits daily.

- **To find out more information, see the guided tours schedule and preregister, please visit [SNFCC.org/tours](https://snfcc.org/tours).**
- The guided tours follow a continuous walking route on the SNFCC premises, including the use of stairs and elevators.
- Please note that the Stavros Niarchos Park guided tours are subject to weather conditions.
- Discover the series of guided tours, A Walk in the Park, on page 15.

Group tours

For more information on group tours please contact us at tours@SNFCC.org

Permanent Exhibit

Monday-Sunday
06.00-00.00

SNFCC LOBBY 18

Spyros Louis Cup

Conceived and designed by Michel Bréal for the champion of the first Marathon race – the Greek runner Spyros Louis – the Silver Cup was awarded at the first modern Olympic Games in Athens in 1896; today, it is on permanent display at the SNFCC.

This historic item was acquired by the Stavros Niarchos Foundation when it became available for sale by the runner’s grandson at Christie’s. As soon as the Cup was acquired, the SNF committed to making it accessible to the public, keeping it permanently on display at the SNFCC.

Monday-Sunday
06.00-00.00

2nd FLOOR NLG 11

Afea, George Zongolopoulos

Greek artist George Zongolopoulos presented the sculpture Afea at the XXe Salon de la Jeune Sculpture in Paris in 1968, while it also featured at an open-air exhibition at Palais Royal in the same year. The sculpture is one of the few works in which the artist chooses to paint the metal he uses.

Being a painter himself, but also sharing the same studio with his wife, painter Eleni Paschalidou-Zongolopoulou, George Zongolopoulos was very keen on experimenting with ways to translate a sculpture into a sketch or painting, and vice versa.

The sculpture is exhibited courtesy of the George Zongolopoulos Foundation.

Useful Info

October opening hours

- **Stavros Niarchos Park:**
Monday - Thursday: 06.00-00.00
Friday - Sunday: 06.00-02.00
- **Agora, Lighthouse:** 06.00-00.00
- **Info Point at the SNFCC Lobby:** 08.00-22.00
- **Info Point at the Visitors Center:** 08.30-22.00

Event attendance

For some events, preregistration is required due to limited seating.

Accessibility

- The Stavros Niarchos Foundation Cultural Center is fully accessible to all.
- All entrances, lifts and the Running Track area are accessible to mobility-impaired persons.
- SNFCC provides parking spaces for mobility-impaired persons on the ground floor of the car park building, as well as wheelchairs for moving inside buildings.
- Wheelchair-accessible restrooms are located at the Visitors Center, the Park Kiosk and the Agora.
- Guide strips are available on all pathways leading to SNFCC premises and Stavros Niarchos Park.
- Guide dogs and hearing dogs are welcome in all SNFCC areas.

Pets

Pets are welcome at all SNFCC’s outdoor areas except the Great Lawn, the Labyrinth, and the playgrounds. Pets must always be accompanied by their guardian, who must keep them under direct and constant supervision and clean up after them.

Wi-Fi

Free Wi-Fi is offered at SNFCC. Computers for public use are available on the premises of the National Library of Greece.

Free digital access to newspapers

Visitors can enjoy free access to over 5,000 newspapers and magazines in 60 different languages in digital form on pressreader.com.

Photography

Photography on SNFCC premises is permitted exclusively for private use. For any commercial/promotional photo request, please email us at info@snfcc.org. Use of drones is prohibited.

ATM

Piraeus Bank and National Bank of Greece ATMs are located at the SNFCC Lobby.

First-Aid

First-aid and medical facilities staffed by health professionals are available.

Please refer to the map on the next page.

Food & Drink

The following food & drink service points operate:

- **δ / Delta Restaurant** (5A level of GNO)
Brunch: Sunday 11.00-16.00
à la carte Sunday 16.00-00.00
- **Agora Bistro** (at the Agora)
Monday-Sunday 08.00-00.00
- **Canal Café** (at the Visitors Center by the Canal)
Monday-Sunday 08.30-00.00
- **Pharos Café** (at the Lighthouse)
Monday-Sunday 09.00-00.00
Pharos Café’s operating hours may change depending on events taking place at the Lighthouse.
- **Park Kiosk** (in the Park)
Monday-Sunday 08.00-00.00
- **Park Kiosk - Souvlaki** (by the Great Lawn)
Monday - Sunday 12.00-22.00
- **Coffee & Juice Vans on Tour** (at the Agora)
Monday - Sunday 09.00-21.00
- **Ice Cream Van on Tour** (at the Agora)
Monday - Friday 10.00-22.00
Saturday - Sunday 11.00-23.00

SNFCC members have a 10% discount at all F&B points.

SNFCC Store

Monday-Sunday 09.00-22.00

The SNFCC Store offers a broad and constantly evolving collection of design objects.

SNFCC Members enjoy a 10% discount.

Environmental Management

SNFCC earned the Platinum LEED certification as a green building – the highest distinction for environmental and sustainable buildings. LEED certification is regarded as the highest possible distinction for environmentally friendly, sustainable buildings. It certifies that a building has been designed and constructed following rigorous principles of sustainable construction and environmentally innovative practices that focus on water and energy efficiency, reduction of CO₂ emissions, indoor environment quality, the rational management of resources. SNFCC is the first cultural project of this scale to earn the LEED Platinum Certification in Europe.

Smoking

Based on the requirements of the LEED certification program earned by SNFCC, smoking is prohibited in all SNFCC indoor areas and within 8 meters of any building opening. In all other SNFCC outdoor areas, smoking is not prohibited; visitors are asked to use the floor ashtrays available in the area. We encourage visitors to refrain from smoking while enjoying the Park.

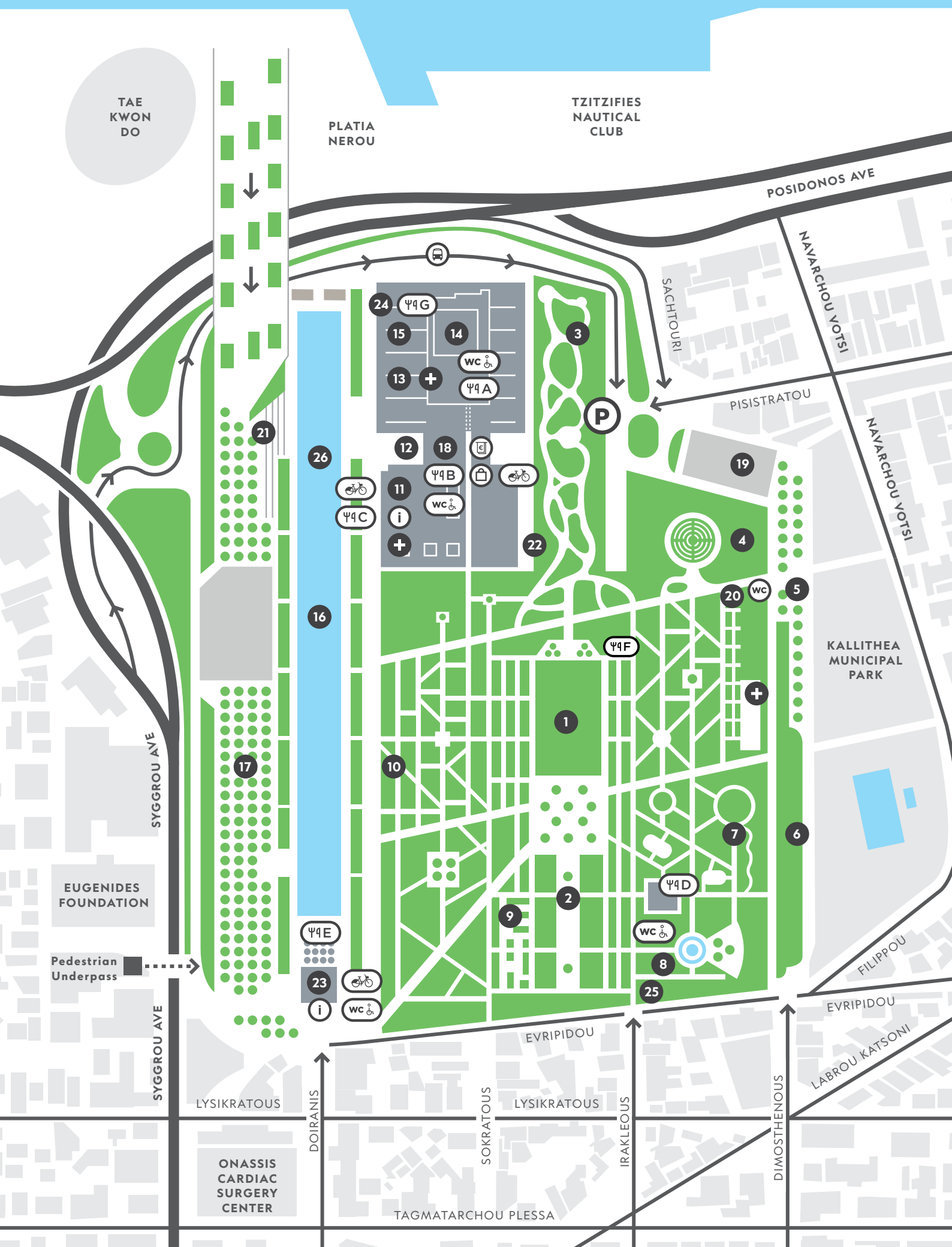
Bicycles

SNFCC offers a bike rental system for children and adults. Please visit [SNFCC.org/bikes](https://snfcc.org/bikes) for additional information, or inquire at the Visitors Center.

Furthermore, in collaboration with BP as its Mobility Partner, the SNFCC has installed bicycle repair stations by the Canal and the Visitors Center, where you can tune up your bike and find out more about its maintenance.

Mobility Partner





Map

Use the corresponding numbers on the map to locate a venue.

- 1 Great Lawn
 - 2 Pine Grove
 - 3 Southern Walks
 - 4 Dome @ Labyrinth
 - 5 Outdoor Gym
 - 6 Running Track
 - 7 Playground
 - 8 Water Jets
 - 9 Sound Garden
 - 10 Mediterranean Garden
 - 11 National Library of Greece
 - 12 Agora
 - 13 Greek National Opera
 - 14 Lighthouse
 - 15 Panoramic Steps
 - 16 Canal
 - 17 Esplanade
 - 18 SNFCC Lobby
 - 19 Bus Parking Lot
 - 20 Vegetable Garden
 - 21 Canal Steps
 - 22 Buffer Zone
 - 23 Visitors Center
 - 24 Delta Hall
 - 25 Outdoor Games Area
 - 26 Dancing Fountains
- Icons: SNFCC Bike Rental, SNFCC Store, Shuttle Bus Stop, First Aid, ATM, Info Point

- Icons: Pharos Café, Agora Bistro, Coffee & Juice Vans on tour, Park Kiosk, Canal Café, Park Kiosk - Souvlaki, δ / Delta Restaurant

Access

Public Transport

Buses

- **130: Piraeus – Nea Smyrni**
(Tzitzifies Stop from Piraeus; Delta Stop to Piraeus)
- **217: Piraeus – Dafni Station**
(Tzitzifies Stop from Piraeus; Delta Stop to Piraeus)
- **550: Kifissia – Faliro**
(Evgenideio Stop, Syggrou Avenue northbound, Onassio Stop southbound)
- **860: Palaio Faliro – Schisto**
(Tzitzifies Stop from Piraeus; Delta Stop to Piraeus)
- **A1: Piraeus – Voula**
(Tzitzifies Stop from Piraeus; Delta Stop to Piraeus)
- **B1: Piraeus - Ano Glyfada**
(Tzitzifies Stop from Piraeus; Delta Stop to Piraeus)
- **B2: Academia – Agios Kosmas**
(Evgenideio Stop, Syggrou Avenue northbound, Onasseio Stop southbound)

Trolleybus

- **10: Chalandri - Tzitzifies**
(Epaminonda Stop)

Tram

- **Tzitzifies Stop**

Metro

- **Faliro Station**
SNFCC is not responsible for any modifications on the public transportation's routes.

Free Shuttle Bus

For convenient access to and from SNFCC, daily transportation by shuttle bus is available to visitors free of charge. A shuttle bus bearing the SNFCC logo departs from Syntagma Square (intersection with Ermou Street), with a stopover at the Syggrou-Fix Metro station (Syggrou Avenue), and arrives at the SNFCC.

Every Sunday, between 10.30-12.30, the shuttle bus rides only between SNFCC and the Syggrou-Fix Metro Station since Syntagma is not accessible because of the Change of Guard ceremony.

In case of special traffic regulations the timetable may change.

The shuttle bus is accessible to people in wheelchairs, following prior scheduling via phone.

For further information and timetables visit SNFCC.org or call at 216 8091000.

BP, as SNFCC's Mobility Partner, supports the operation of the shuttle bus.

Mobility Partner



Parking

The SNFCC offers parking facilities for cars, motorbikes and bicycles. including dedicated spots for persons with disabilities.

Pricelist:

Cars
00.00-19.00: €1,50/ hour
19.00-00.00: €1,50/ hour
with a maximum charge of €5

Monthly Offer:
Monday-Friday 07.00-19.00:
€100/ month

Motorcycles
€0,70/ hour

SNFCC members enjoy a 10% discount

More information:
SNFCC.org

You can now make payments quickly and easily using major debits and credit cards, at the parking payment stations. Contactless payments are also accepted.

OCT 2019

Starting on Wednesday 09/10 and daily thereafter, the SNFCC presents *POETICAL WORKS: Painting Meets Poetry*, a major exhibition by Jannis Psychopedis.

Every Day

06.00-08.00	Spyros Louis Cup	p. 26
10.00-19.30	Guided tours of the Stavros Niarchos Park and the SNFCC	p. 26
09.00-22.00	Jannis Psychopedis Exhibition: POETICAL WORKS	p. 02

• For events marked with *, preregistration at SNFCC.org is required.

• Events marked with ** are ticketed

• Online reservations for workshops or sports events will be cancelled if you have not arrived at the venue 15 minutes before starting time.

• For events on a first come, first served basis, please arrive at the event venue 30 minutes before starting time.

Photo credits
Angelos Christofilopoulos, Nikos Maliakos, Magdalena Kožená_Soirée, Sun Ra Arkestra, Lorena Fernandez, Dimitris Karantzas, Larry Gus, Yiannis Kassetas, Don Letts, Dionysis Kapsalis, Nikos Pantazaras, Nikos Karanikolas, Pelagia Karanikola, Tsagkari Maritzeni, GNO Eirini Vianelli

Monday

07		
07.30-08.45	Mat Pilates - Beginners	p. 17
08.00-10.00	Cross-training in the Park ..	p. 16
08.45-10.00	Mat Pilates - Advanced ...	p. 17
10.00-10.50	Sports for Seniors	p. 17
11.00-15.00	Computer Courses for persons aged 65+	p. 23
17.00-20.00	Team Playing (Football Skills)	p. 19
18.00-19.30	Yoga in the Park	p. 16
18.00-21.00	Fitness for everyone	p. 16

14		
07.30-08.45	Mat Pilates - Beginners	p. 17
08.00-10.00	Cross-training in the Park ..	p. 16
08.45-10.00	Mat Pilates - Advanced ..	p. 17
10.00-10.50	Sports for Seniors	p. 17
11.00-15.00	Computer Courses for persons aged 65+	p. 23
17.00-19.30	Step by Step in Art: Explosions of color and scent*	p. 13
17.00-20.00	Team Playing (Football Skills)	p. 19
18.00-19.30	Yoga in the Park	p. 16
18.00-21.00	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
18.00-21.00	Fitness for everyone	p. 16
20.30	Cosmos: Sun Ra Arkestra**	p. 05

Tuesday

01		
08.00-09.30	Yoga in the Park	p. 16
08.00-10.00	Cross-training in the Park ..	p. 16
11.00-15.00	Computer Courses for persons aged 65+	p. 23
17.00-19.00	Mini Volley*	p. 19
18.00-19.00	Fitness and Memory	p. 17
18.00-19.00	Mat Pilates - Beginners ..	p. 17
18.00-19.15	Tai Chi - Beginners	p. 16
18.00-21.00	Fitness for everyone	p. 16
18.30-20.00	SNFCC Running Team	p. 18

08		
08.00-09.30	Yoga in the Park	p. 16
08.00-10.00	Cross-training in the Park ..	p. 16
11.00-15.00	Computer Courses for persons aged 65+	p. 23
17.00-19.00	Mini Volley*	p. 19
18.00-19.00	Fitness and Memory	p. 17
18.00-19.00	Mat Pilates - Beginners ..	p. 17
18.00-19.15	Tai Chi - Beginners	p. 16
18.00-21.00	Fitness for everyone	p. 16
18.30-20.00	SNFCC Running Team	p. 18
19.00-21.00	Mini Basket*	p. 21

15		
08.00-09.30	Yoga in the Park	p. 16
08.00-10.00	Cross-training in the Park ..	p. 16
11.00-15.00	Computer Courses for persons aged 65+	p. 23
17.00-19.00	Mini Volley*	p. 19
18.00-19.00	Fitness and Memory	p. 17
18.00-19.00	Mat Pilates - Beginners ..	p. 17
18.00-19.15	Tai Chi - Beginners	p. 16
18.00-21.00	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
18.00-21.00	Fitness for everyone	p. 16
18.30-20.00	SNFCC Running Team	p. 18
19.00-21.00	Mini Basket*	p. 21

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Wednesday

02		
08.00-10.00	Cross-training in the Park ..	p. 16
08.45-10.00	Mat Pilates - Beginners ..	p. 17
10.00-10.50	Sports for Seniors	p. 17
11.00-15.00	Computer Courses for persons aged 65+	p. 23
17.00-20.00	Team Playing (Football Skills)	p. 19
18.00-19.15	Qigong 50+	p. 18
18.00-21.00	Fitness for everyone	p. 16

09		
08.00-10.00	Cross-training in the Park ..	p. 16
08.45-10.00	Mat Pilates - Beginners ..	p. 17
10.00-10.50	Sports for Seniors	p. 17
11.00-15.00	Computer Courses for persons aged 65+	p. 23
17.00-20.00	Team Playing (Football Skills)	p. 19
18.00-19.15	Qigong 50+	p. 18
18.00-21.00	POETICAL WORKS: Engraving Lab*	p. 13
18.00-21.00	Fitness for everyone	p. 16

16		
08.00-10.00	Cross-training in the Park ..	p. 16
08.45-10.00	Mat Pilates - Beginners ..	p. 17
11.00-15.00	Computer Courses for persons aged 65+	p. 23
17.00-20.00	Team Playing (Football Skills)	p. 19
17.30-20.30	First-Aid Course	p. 18
18.00-19.15	Qigong 50+	p. 18
18.00-21.00	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
18.00-21.00	Fitness for everyone	p. 16
18.00-21.00	POETICAL WORKS: Engraving Lab*	p. 13

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Thursday

03		
08.00-09.30	Yoga in the Park	p. 16
08.00-10.00	Cross-training in the Park ..	p. 16
11.00-15.00	Computer Courses for persons aged 65+	p. 23
17.00-19.00	Mini Volley*	p. 19
18.00-19.00	Fitness and Memory	p. 17
18.00-19.00	Mat Pilates - Beginners ..	p. 17
18.00-19.15	Qigong 50+	p. 18
18.00-21.00	Fitness for everyone	p. 16

10		
08.00-09.30	Yoga in the Park	p. 16
08.00-10.00	Cross-training in the Park ..	p. 16
11.00-15.00	Computer Courses for persons aged 65+	p. 23
17.00-19.00	Mini Volley*	p. 19
17.00-19.30	Looking at the Sea*	p. 13
18.00-19.00	Fitness and Memory	p. 17
18.00-19.00	Mat Pilates - Beginners ..	p. 17
18.00-19.15	Qigong 50+	p. 18
18.00-21.00	Fitness for everyone	p. 16
19.00-21.00	Mini Basket*	p. 21

17		
08.00-09.30	Yoga in the Park	p. 16
08.00-10.00	Cross-training in the Park ..	p. 16
11.00-15.00	Computer Courses for persons aged 65+	p. 23
17.00-19.00	Mini Volley*	p. 19
17.00-19.30	Looking at the Sea*	p. 13
18.00-19.00	Fitness and Memory	p. 17
18.00-19.00	Mat Pilates - Beginners ..	p. 17
18.00-19.15	Qigong 50+	p. 18
18.00-21.00	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
18.00-21.00	Fitness for everyone	p. 16
19.00-21.00	Mini Basket*	p. 21
19.00	Bauhaus Talks: Karin Wilhelm	p. 10

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Friday

04		
07.30-08.45	Mat Pilates - Advanced ...	p. 17
08.00-10.00	Cross-training in the Park ..	p. 16
08.45-10.00	Mat Pilates - Beginners ...	p. 17
10.00-10.50	Sports for Seniors	p. 17
11.00-15.00	Computer Courses for persons aged 65+	p. 23
17.00-20.00	Team Playing (Football Skills)	p. 19
18.00-19.30	Yoga in the Park	p. 16
18.00-21.00	Fitness for everyone	p. 16
19.00-20.15	Tai Chi - Advanced	p. 16

11		
07.30-08.45	Mat Pilates - Advanced ..	p. 17
08.00-10.00	Cross-training in the Park ..	p. 16
08.45-10.00	Mat Pilates - Beginners ...	p. 17
10.00-10.50	Sports for Seniors	p. 17
11.00-15.00	Computer Courses for persons aged 65+	p. 23
17.00-20.00	Team Playing (Football Skills)	p. 19
18.00-19.30	Yoga in the Park	p. 16
18.00-21.00	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
18.00-21.00	Fitness for everyone	p. 16
19.00-20.15	Tai Chi - Advanced	p. 16

18		
07.30-08.45	Mat Pilates - Advanced ..	p. 17
08.00-10.00	Cross-training in the Park ..	p. 16
08.45-10.00	Mat Pilates - Beginners ...	p. 17
10.00-10.50	Sports for Seniors	p. 17
11.00-15.00	Computer Courses for persons aged 65+	p. 23
17.00-20.00	Team Playing (Football Skills)	p. 19
18.00-19.30	Yoga in the Park	p. 16
18.00-21.00	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
18.00-21.00	Fitness for everyone	p. 16
19.00-20.15	Tai Chi - Advanced	p. 16

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Saturday

05		
08.30-09.45	Tai Chi - Beginners	p. 16
10.00-13.00	Street Soccer 5X5	p. 20
11.45-13.00	Artistic Gymnastics	p. 20
13.00-14.30	Family Games	p. 19
13.00-15.00	Introduction to handball ..	p. 20
16.00-19.00	Mini Tennis*	p. 20
16.30-19.00	Kayaking the Canal*	p. 18
17.00-18.15	Sports Games	p. 21
18.30-20.00	SNFCC Running Team	p. 18
21.00	Music Escapades: Larry Gus	p. 08

12		
08.30-09.45	Tai Chi - Beginners	p. 16
10.00-13.00	Street Soccer 5X5	p. 20
11.30-14.30	We Create Art All Together: 3D Stories in Conversation	p. 12
11.45-13.00	Artistic Gymnastics	p. 20
12.00-14.00	Greek Folk Dance Classes for children	p. 14
13.00-14.30	Family Games	p. 19
13.00-15.00	Introduction to handball ..	p. 20
16.00-17.15	Dynamic Duathlon*	p. 22
16.00-19.00	Mini Tennis*	p. 20
16.30-19.00	Kayaking the Canal*	p. 18
17.00-18.15	Sports Games	p. 21
17.30-19.00	Family Adventure Park	p. 21
18.00-21.00	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
18.30-20.00	SNFCC Running Team	p. 18

19		
08.30-09.45	Tai Chi - Beginners	p. 16
10.00-13.00	Street Soccer 5X5	p. 20
11.45-13.00	Artistic Gymnastics	p. 20
12.00-15.00	A Walk in The Park*	p. 15
13.00-14.30	Family Games	p. 19
13.00-15.00	Introduction to handball ..	p. 20
16.00-17.15	Dynamic Duathlon*	p. 22
16.00-19.00	Mini Tennis*	p. 20
16.30-19.00	Kayaking the Canal*	p. 18
17.00-18.15	Sports Games	p. 21
18.00-21.00	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
18.30-20.00	SNFCC Running Team	p. 18

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Sunday

06		
10.00-13.00	Street Soccer 5X5	p. 20
11.00-14.00	Aromatic Herbs in the Garden and Balcony: Sclerophyll Vegetation ..	p. 14
11.00-15.00	Cycling classes for children and adults	p. 14
12.00-14.00	Pétanque	p. 19
13.00-15.00	Introduction to handball ..	p. 20
16.00-19.00	Mini Tennis*	p. 20
16.30-19.00	Kayaking the Canal*	p. 18
17.00-18.15	Sporting Duels	p. 21

13		
10.00-13.00	Street Soccer 5X5	p. 20
12.00-14.00	Bauhaus Workshop for Families: Light and Shade*	p. 10
12.00-14.00	Pétanque	p. 19
13.00-15.00	Introduction to handball ..	p. 20
16.00-19.00	Mini Tennis*	p. 20
16.30-19.00	Kayaking the Canal*	p. 18
17.00	Parabases**	p. 07
17.00-18.15	Sporting Duels	p. 21
18.00-21.00	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06

20		
10.00-13.00	Street Soccer 5X5	p. 20
10.00-13.00	Sup & Kayak Demos	p. 22
11.00-13.00	Gardening for the Family ..	p. 15
12.00-14.00	Pétanque	p. 19
13.00-15.00	Introduction to handball ..	p. 20
16.00-19.00	Mini Tennis*	p. 20
17.00-18.15	Sporting Duels	p. 21
18.00-21.00	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
19.30	SNFCC Sessions: Don Letts	p. 09

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OCT 2019

Starting on Wednesday 09/10 and daily thereafter, the SNFCC presents *POETICAL WORKS: Painting Meets Poetry*, a major exhibition by Jannis Psychopedis.

Every Day

06.00-08.00	Spyros Louis Cup	p. 26
10.00-19.30	Guided tours of the Stavros Niarchos Park and the SNFCC	p. 26
09.00-22.00	Jannis Psychopedis Exhibition: POETICAL WORKS	p. 02

Discover the daily program of the Dancing Fountains at SNFCC.org

• For events marked with *, preregistration at SNFCC.org is required.

• Events marked with ** are ticketed

• Online reservations for workshops or sports events will be cancelled if you have not arrived at the venue 15 minutes before starting time.

• For events on a first come, first served basis, please arrive at the event venue 30 minutes before starting time.

Monday

21

07.30-08.45	Mat Pilates - Beginners	p. 17
08.00-10.00	Cross-training in the Park ..	p. 16
08.45-10.00	Mat Pilates - Advanced ..	p. 17
10.00-10.50	Sports for Seniors	p. 17
11.00-15.00	Computer Courses for persons aged 65+	p. 23
17.00-19.30	Step by Step in Art: Explosions of color and scent*	p. 13
17.00-20.00	Team Playing (Football Skills)	p. 19
18.00-19.30	Yoga in the Park	p. 16
18.00-21.00	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
18.00-21.00	Fitness for everyone	p. 16

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18.00-21.00	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
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Tuesday

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08.00-10.00	Cross-training in the Park ..	p. 16
11.00-15.00	Computer Courses for persons aged 65+	p. 23
17.00-19.00	Mini Volley*	p. 19
18.00-19.00	Fitness and Memory	p. 17
18.00-19.00	Mat Pilates - Beginners ..	p. 17
18.00-19.15	Tai Chi - Beginners	p. 16
18.00-21.00	Fitness for everyone	p. 16
18.00-21.00	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
18.30-20.00	SNFCC Running Team	p. 18
19.00-21.00	Mini Basket*	p. 21
20.30	Cosmos: Magdalena Kožená & Sir Simon Rattle**	p. 04

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08.00-10.00	Cross-training in the Park ..	p. 16
11.00-15.00	Computer Courses for persons aged 65+	p. 23
17.00-19.00	Mini Volley*	p. 19
18.00-19.00	Fitness and Memory	p. 17
18.00-19.00	Mat Pilates - Beginners ..	p. 17
18.00-19.15	Tai Chi - Beginners	p. 16
18.00-21.00	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
18.00-21.00	Fitness for everyone	p. 16
18.30-20.00	SNFCC Running Team	p. 18
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Wednesday

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08.00-10.00	Cross-training in the Park ..	p. 16
08.45-10.00	Mat Pilates - Beginners ..	p. 17
10.00-10.50	Sports for Seniors	p. 17
11.00-15.00	Computer Courses for persons aged 65+	p. 23
17.00-20.00	Team Playing (Football Skills)	p. 19
18.00-19.15	Qigong 50+	p. 18
18.00-21.00	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
18.00-21.00	Fitness for everyone	p. 16
19.00-21.00	The Art of Portraiture*	p. 12

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08.00-10.00	Cross-training in the Park ..	p. 16
08.45-10.00	Mat Pilates - Beginners ..	p. 17
10.00-10.50	Sports for Seniors	p. 17
11.00-15.00	Computer Courses for persons aged 65+	p. 23
17.00-20.00	Team Playing (Football Skills)	p. 19
18.00-19.15	Qigong 50+	p. 18
18.00-21.00	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
18.00-21.00	Fitness for everyone	p. 16
18.30	SNF DIALOGUES*	p. 11

Thursday

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08.00-10.00	Cross-training in the Park ..	p. 16
11.00-15.00	Computer Courses for persons aged 65+	p. 23
17.00-19.30	Looking at the Sea*	p. 13
17.00-19.00	Mini Volley*	p. 19
18.00-19.00	Fitness and Memory	p. 17
18.00-19.00	Mat Pilates - Beginners ..	p. 17
18.00-19.15	Qigong 50+	p. 18
18.00-21.00	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
18.00-21.00	Fitness for everyone	p. 16
19.00-20.30	Talk Giorgos Seferis: The sound of meaning	p. 11
19.00-21.00	Mini Basket*	p. 21

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08.00-09.30	Yoga in the Park	p. 16
08.00-10.00	Cross-training in the Park ..	p. 16
11.00-15.00	Computer Courses for persons aged 65+	p. 23
17.00-19.00	Mini Volley*	p. 19
17.00-19.30	Looking at the Sea*	p. 13
18.00-19.00	Fitness and Memory	p. 17
18.00-19.00	Mat Pilates - Beginners	p. 17
18.00-19.15	Qigong 50+	p. 18
18.00-21.00	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
18.00-21.00	Fitness for everyone	p. 16
19.00-21.00	Mini Basket*	p. 21

Friday

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07.30-08.45	Mat Pilates - Advanced ..	p. 17
08.00-10.00	Cross-training in the Park ..	p. 16
08.45-10.00	Mat Pilates - Beginners	p. 17
10.00-10.50	Sports for Seniors	p. 17
11.00-15.00	Computer Courses for persons aged 65+	p. 23
17.00-20.00	Team Playing (Football Skills)	p. 19
18.00-19.30	Yoga in the Park	p. 16
18.00-21.00	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
18.00-21.00	Fitness for everyone	p. 16
19.00-20.15	Tai Chi - Advanced	p. 16

Saturday

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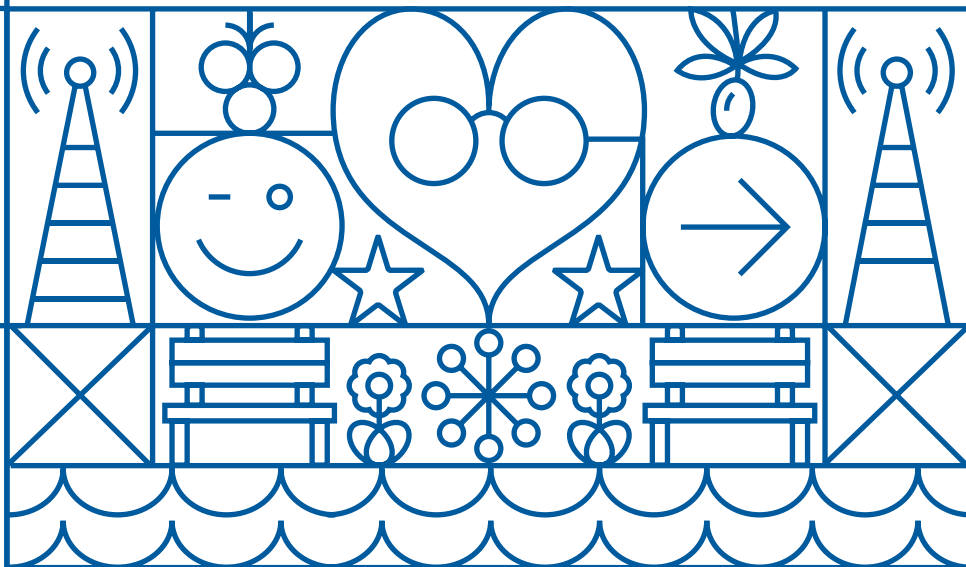
08.30-09.45	Tai Chi - Beginners	p. 16
10.00-13.00	Street Soccer 5X5	p. 20
11.45-13.00	Artistic Gymnastics	p. 20
12.00-14.00	Greek Folk Dance Classes for children	p. 14
13.00-14.30	Family Games	p. 19
13.00-15.00	Introduction to handball ..	p. 20
16.00-17.15	Dynamic Duathlon*	p. 22
16.00-19.00	Mini Tennis*	p. 20
16.30-19.00	Kayaking the Canal*	p. 18
17.00-18.15	Sports Games	p. 21
17.00-19.30	Teens Art Studio	p. 13
18.00-21.00	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
18.30-20.00	SNFCC Running Team	p. 18

Sunday

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10.00-13.00	Street Soccer 5X5	p. 20
10.00-13.00	Running Races: 5K, 2K Race Walking, Kids*	p. 22
11.00-13.00	Percussion Circle for Families	p. 14
12.00-14.00	Pétanque	p. 19
13.00-15.00	Introduction to handball ..	p. 20
16.00-19.00	Mini Tennis*	p. 20
16.30-19.00	Kayaking the Canal*	p. 18
17.00-18.15	Sporting Duels	p. 21
18.00-21.00	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
21.00	Jazz Chronicles: Southern Alliance	p. 08

Events for SNFCC Members Only



Members' Tuesdays

POETICAL WORKS: Engraving Lab Inspired by Giorgos Seferis

Starting out with Jannis Psychopedis' exhibition *POETICAL WORKS*, we will explore how poetry, and the figures of poets themselves, morph into images.

In two workshop sessions, participants learn about the history, styles and basic techniques of engraving. They experiment on linoleum (a surface commonly used in engraving) and create works inspired by iconic poems that triggered Jannis Psychopedis' creative process.

October is dedicated to Giorgos Seferis and his poems *Eleni* and *Memory II*.

We will produce as many impressions as there are participants. Our works will be bound in book form, in as many copies as there are participants, with a cover artwork designed by the workshop leader, their sequence forming a collective narrative created by the group.

The workshop concludes in two sessions.

Tuesday 15, 22/10
18.00-21.00 | KIDS LAB 11

For adults | (up to 20 participants)

Design-Implementation: Maro Michalakakou, Artist
Creative Support: Marilena Aligizaki, Artist

SNFCC Members enjoy exclusive access to specially curated events, as a token of SNFCC's appreciation towards Members.

Practical Info

All Member events require preregistration.

Preregistration for Member events starts every Monday.

Preregistration links are provided to **Members** via the **SNFCC Members** newsletter.

Telephone support line for Members only:
+30 216 809 1010

Are you a member?

Share with us your photos from your visit at the SNFCC, using the hashtag **#SNFCCmembers**



Using your **SNFCC Member** card you enjoy **10% discount** at:

- the F&B outlets
- parking
- SNFCC Store



The Membership Program is supported by:

In collaboration with:

The Art of Portraiture

Greek and European art provide an infinite source of inspiration for Jannis Psychopedis' creative explorations. From Goya to Renoir and Hadjikyriakos-Ghika to Bouzianis, Jannis Psychopedis observes how human figures are conveyed, in interplay with the landscape and tradition, and creatively transforms them into his own distinctive works.

In these workshops, we will take a creative journey through Jannis Psychopedis' art; we will explore the genre of portraiture and discover key principles of drawing (proportion, light and shade). We will create our own portraits of our loved ones, whether from life or from a photo, using mixed drawing and painting media, with water-soluble paints.

Wednesday 30/10
19.00-21.00 | KIDS LAB 11

For adults (up to 15 participants)

Design-Implementation: Georgia Hatzivasiliadi, Artist – MA Athens School of Fine Arts, MFA UCL

Aromatic Herbs in the Garden and Balcony: Sclerophyll Vegetation

This alternative workshop is designed to fulfill big-city inhabitants' need to be close to nature and is meant to expand your taste palette through new scents, textures and colors. Engaging with aromatic herbs gives us pleasure and promotes health and well-being. Join us for an introduction to the magical world of aromatic herbs.

Through experiential activities, participants will have the opportunity to gain a complete overview of cultivating aromatic herbs and plants in the garden or balcony.

Sunday 13/10
11.00-14.00 | VEGETABLE GARDEN 20

For adults | (up to 30 participants)

Design-Implementation:
Stavroula Katsoyanni, Agronomist – Landscape Architect
Stamatis Kavassilis, Agronomist – Soil Specialist

Priority Presale for Members

Cosmos: Sun Ra Arkestra

Monday 14/10
20.30 | STAVROS NIARCHOS HALL 13

One-day presale priority for Members + Guest: up to 400 seats
Information on p. 05

Cosmos: Magdalena Kožená & Sir Simon Rattle

A classical song recital (Lieder)

Tuesday 22/10
20.30 | STAVROS NIARCHOS HALL 13

One-day presale priority for Members + Guest: up to 400 seats
Information on p. 04

Parabases

Kassandra and the Wolf by Margarita Karapanou

Sunday 13/10
17.00 | LIGHTHOUSE 14

One-day presale priority for Members + Guest: up to 100 seats
Information on p. 07

In collaboration with GNO

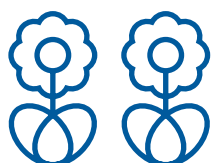
Concert: Tribute to Kostas Paskalis

Thursday 24/10
20.00 | STAVROS NIARCHOS HALL 13

Reserved for Members + Guest | Up to 200 seats

One-day early access to ticket presales for second-quarter GNO events

Thursday 31/10



Learn more about the Membership Program at the exclusive Members Info Point at the NLG lobby.

SNFCC Members enjoy exclusive access to specially curated events, as a token of SNFCC's appreciation towards Members.

Practical Info

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Preregistration links are provided to Members via the SNFCC Members newsletter.

Telephone support line for Members only: +30 216 809 1010

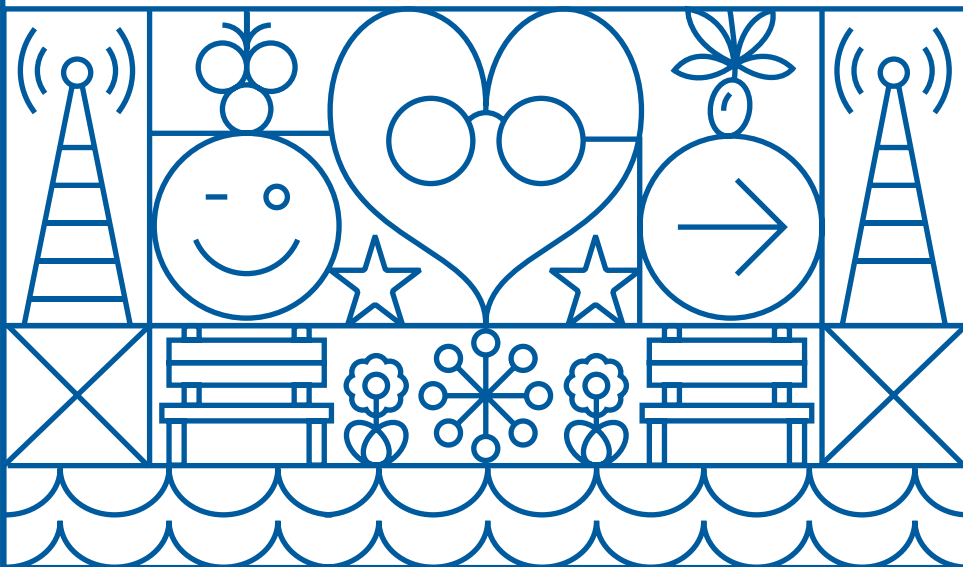
Are you a member?

Share with us your photos from your visit at the SNFCC, using the hashtag #SNFCCmembers



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- SNFCC Store



Fit Members

A dynamic interval training workout, designed in stations, based on strength training, balance, and aerobic fitness training. The activity emphasizes flow and fast succession during a routine that is aimed at strengthening the muscles and enhancing strength and endurance through a fun workout.

Wednesday 02, 09, 16, 23, 30/10
08.30-09.45 | RUNNING TRACK 6

For Members only | Up to 30 participants per session | For ages 18-65

Design-Implementation: Regeneration & Progress

I am quite athletic.
I am 65 and loving it.
I am a student.
I am in a row, seat 12.
I am at the Lighthouse.
I am a novice gardener.
I am at the concert, will you join me?
I am the one with the beagle.
I am starting to learn yoga.
I am at the Park with my family.
I am a neighbor.
I am an opera lover.
I am in the seventh grade.
I am at the SNFCC all the time.
I am doing well.
I am a bookworm.
I am a Member.

The Membership Program is supported by:

In collaboration with:

October at the SNFCC

10.

From 09/10, the pictorial world of Jannis Psychopedis unfolds in a major exhibition where painting meets poetry. 13/10: Dimitris Karantzas stages this season's Parabases, which focuses on women and launches with *Kassandra and the Wolf* by Margarita Karapanou. ***"The slow speed of a finger running along a line of text starts to bend time; slowing it, doubling it, stretching it."*** ***The Quiet Volume, an autoteatro performance by Ant Hampton and Tim Etchells, invites you to immerse yourselves in the feeling of reading in a library ambiance, from 11/10.*** Naturally, Music Escapades continue unabated, with Larry Gus mixing samples into psychedelic pop harmonies, on 05/10. ***"Somebody else's idea of things to come, need not be the only way to vision the future."*** **The legendary jazz orchestra Sun Ra Arkestra performs at the Stavros Niarchos Hall on Monday 14/10.** On 20/10, SNFCC Sessions welcome the legendary filmmaker, DJ and music artist, Don Letts. ***"Když mne stará matka zpívát, zpívát učivala."*** **On 22/10, the Czech classical music tradition meets Shakespeare in the form of a recital, through the magnificent voice of Magdalena Kožená and Sir Simon Rattle on piano.** The month culminates in Jazz Chronicles, featuring Southern Alliance, on 27/10: Yiannis Kassetas and Menanto Chamberlain in a balancing act between vibrant jazz rhythms and the tranquility of classical music. **Last but not least, Bauhaus at 100: A new collaboration with Goethe-Institut Athen launches in October, with a series of events in tribute to the Bauhaus School.**