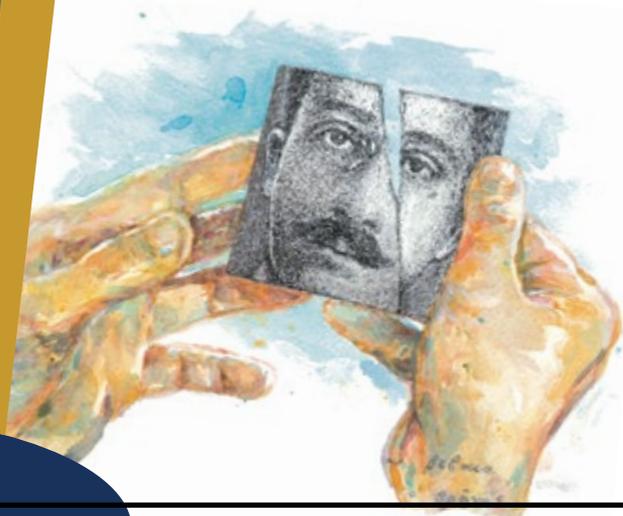




November 2019



11.



November at the SNFCC

November starts off strongly at the Stavros Niarchos Foundation Cultural Center, with the magnificent sounds of Beethoven's 6th and 7th Symphonies performed by Camerata – The Friends of Music Orchestra under the baton of George Petrou, on 04/11.

The month's music pursuits continue with Mikael Delta's electronic sound canvases; the artist returns to the SNFCC to present his new album, *Elation*, on 16/11; two women artists, Maria-Christina Harper and Georgina Jackson become *The Women of Jazz*, in the form of a dynamic duet at the Lighthouse on the last Sunday of the month.

One day later, on 25/11, Echo Collective re-introduce us to the music of Jóhann Jóhannsson, performing his composition *12 Conversations with Thilo Heinzmann*, in a musical journey that touches the heart and mind of all listeners.

In the participatory Autoteatro performance *The Quiet Volume*, taking place at the open reading room on the 2nd floor, everyone is invited to an extraordinary experience of reading.

In November's Parabases, on Sunday 10/11, great actress Reni Pittaki becomes Molly Bloom in what may well be the most important interior monologue in the history of literature, staged by Dimitris Karantzias.

Painting Meets Poetry in Jannis Psychopedis's *POETICAL WORKS* exhibition on the 4th floor, through the artist's visual conversations with poets. In November, two unmissable lectures and various creative workshops accompany the exhibition.

The SNFCC and the Goethe-Institut Athen continue to explore, within the framework of Bauhaus at 100, the legacy of the iconic School through new workshops and lectures. Moreover, a variety of sports and environmental activities await you to join them at the Stavros Niarchos Park, where you can also take a walk with actor Mihalis Sarantis.

Finally, in November, the Dancing Fountains feature two new pieces by Giorgos Koumendakis and Antonín Dvořák.

Admission to all of SNFCC's November events is free of charge, or with a reasonable fee, thanks to an exclusive grant from the Stavros Niarchos Foundation (SNF).

The SNFCC Volunteering Program starts on November 1st.

November marks the launch of the Stavros Niarchos Foundation Cultural Center's Volunteering Program.

Our first wave of volunteers join us on November 1st, contributing their smiles and positive energy to our visitors' unique experience as well as our school visits and programs.

If you'd like to live the SNFCC experience, find out more at SNFCC.org/Volunteers

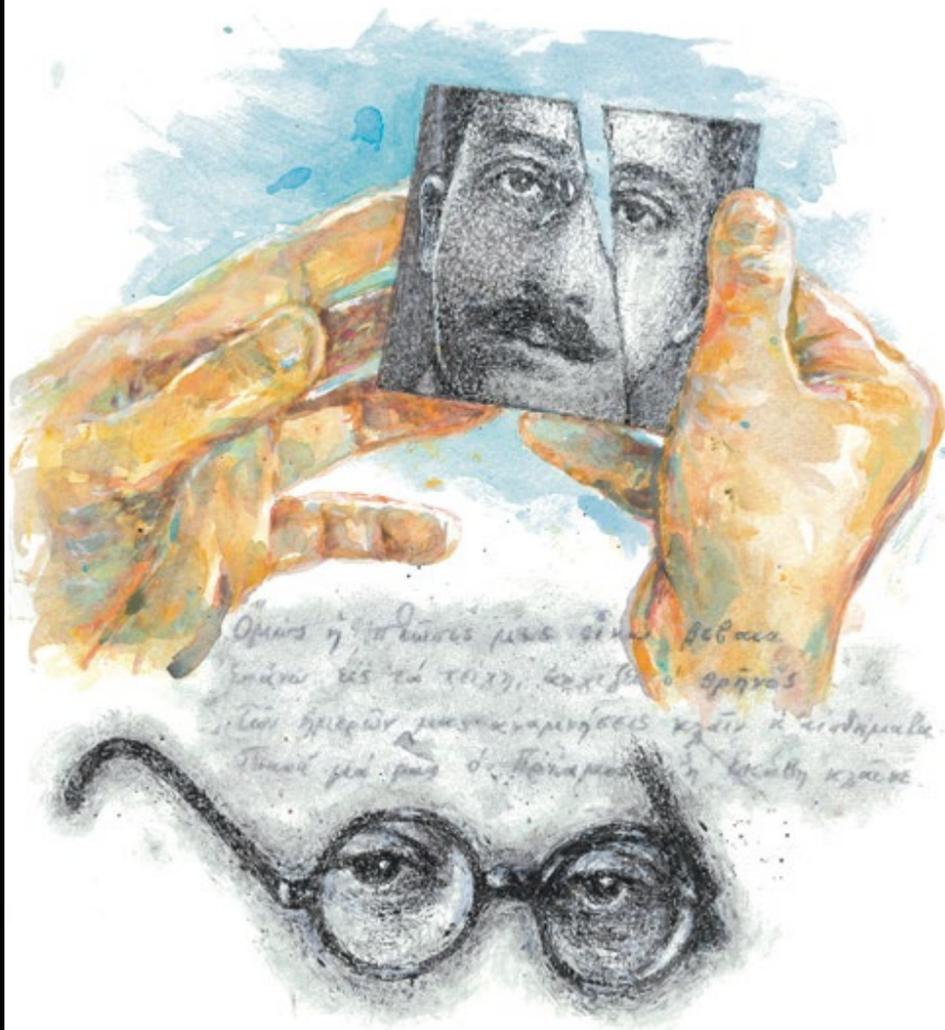
Exhibition

Jannis Psychopedis: POETICAL WORKS Painting Meets Poetry

09/10/19 - 12/01/20 | 09.00-22.00

→ 4TH FLOOR ATRIUM NLG 11

In November, the major retrospective exhibition dedicated to Jannis Psychopedis continues at the Stavros Niarchos Foundation Cultural Center, 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.

The exhibition experience is augmented by an audio tour. The voices of Amalia Moutoussi and Nikos Kouris take us on a journey through Jannis Psychopedis's world of art. Just scan the QR codes in the exhibition using your smartphone and enjoy the tour on your headphones.

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

Free admission

Jannis Psychopedis converses with Denys Zacharopoulos

Wednesday 13/11 | 19.00-21.00 → BOOK CASTLE 11

Art historian and art critic Denys Zacharopoulos talks with artist Jannis Psychopedis about the latter's works of the exhibition *POETICAL WORKS: Painting Meets Poetry*.

The talk revolves around questions at the intersection of poetry and history, posed by the exhibition's artworks and informed by these lines from Cavafy's *Ithaka*:

"Laistrygonians and Cyclops
wild Poseidon – you won't encounter them
unless you bring them along inside your soul,
unless your soul sets them up in front of you."

What lies behind a face? How to read a face at the intersection of the language of painting and the written word? How to decipher a face between history and poetry? How does an image convey the painter's relationship with the poet's words, or the poet's relationship with the historical time, which makes the written word and image either more poignant or more impersonal?

The constant observation of faces pervades Jannis Psychopedis's body of work – from the nameless person in the street or a photograph, to the person that looks familiar, like someone we know. Yet, beyond these images, the artist arrives at faces that



remain secret and mysterious, as the poetic word keeps them always at a distance, preventing familiarity.

Thus, the reader, and the painter in the capacity of reader, must look behind the image to discover what keeps a face, even a faded one, alive.

Simultaneous translation into the Greek Sign Language will be provided.

Free admission

Cosmos

Beethoven

Camerata - The Friends of Music Orchestra

Monday 04/11 | 20.30 → STAVROS NIARCHOS HALL 13



The Musicians of the Camerata - The Friends of Music Orchestra and the celebrated conductor George Petrou perform two key works from the international symphonic repertoire, Ludwig van Beethoven's Sixth and Seventh symphonies, in the Stavros Niarchos Hall.

The Pastoral Symphony, one of the great composer's best-loved symphonies, is a characteristic programmatic work. A work awash with images, sounds and emotions conveyed by the instruments and the playing of the orchestra, the music conveys the polyrhythm, movement and contentment of nature, the soothing sound of the babbling brook but then, too, the storm as it erupts amidst strident orchestral outbursts. Its music encompasses all of Beethoven's love for nature and, as he used to say himself, it is more an expression of feeling than painting.

A very different work from the Pastoral, the Seventh symphony is triumphal in nature. Considered by many to be the composer's best symphony, its Allegretto made such an impact at the work's première that the audience demanded that it be encores. Wagner described the Seventh as the "apotheosis of dance".

George Petrou and the Camerata have received rave reviews for their Beethoven in the international Press, while their release of the composer's ballet "The Creatures of Prometheus" is set as a reference recording.

Among the most distinguished conductors of his generation, **George Petrou** is considered one of the most important contemporary interpreters of 18th-century music, with a wide repertoire, with emphasis on historically informed performance and opera.

He has been artistic director of the Camerata - The Friends of Music Orchestra since September 2012. Petrou was nominated for a Grammy in 2018 in the Best Opera Recording category, while he is the recipient of the ECHO Klassik prize, the 2018 Grand Music Prize of the Union of Greek Theatre and Music Critics, and has been made a "Chevalier de l'ordre des Arts et des Lettres" by the French Government and an "Associate" (ARAM) of the Royal Academy of Music, London.

The Camerata - The Friends of Music Orchestra, which is known internationally as the Armonia Atenea (a name which reveals its Athenian origins), is considered one of the most important historically-informed performance ensembles in the world, and is a regular invitee at major international festivals.

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

More information at SNFCC.org

For ages 6+

Presale starts on Tuesday 15/10 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.

Cosmos

Echo Collective: Jóhann Jóhannsson

12 Conversations with Thilo Heinzmann

Monday 25/11 | 20.30 → STAVROS NIARCHOS HALL 13



Echo Collective, in a concert dedicated to Jóhann Jóhannsson, bring their own distinctive sound to the piece *12 Conversations with Thilo Heinzmann*, introducing us to a musical journey, where every listener could individually experience something meaningful and personal.

Founded by Neil Leiter and Margaret Hermant, Echo Collective is a diverse group of classically trained musicians who bring their knowledge of classical music to a broad range of musical genres.

They take on challenges set by others and put their own mark on them, they dig for the musical motifs that work for them. In short, track by track, performance by performance, they are evolving into a musical act with a distinct voice of their own.

Such a challenge is **Jóhann Jóhannsson's *12 Conversations with Thilo Heinzmann*, a twelve-movement string quartet** to be presented at the SNFCC. This project, is the result of a long and unlikely journey that began with a question by British Richard Thomas: is the creative process fundamentally the same for the composer writing music and the visual artist painting a picture?

In order to answer that, Thomas collected the work of the German painter Thilo Heinzmann, and asked the artist if there were a composer he'd be interested in working with. Heinzmann immediately suggested Jóhann Jóhannsson and that's how, a twelve-movement string quartet was born; a new project involving an Icelandic composer, a German painter, a British catalyst, and subsequently Echo Collective, a Belgium-based collaborative ensemble.

After the premiere in London on April 16, 2016, Jóhannsson decided he wanted to revise the piece and invited longtime live collaborators Echo Collective to work jointly through the process. Echo Collective and Jóhann built up a deep musical understanding and common vision.

After he had suddenly passed away in February 2018, the members of Echo Collective finally had a chance to play through the original score and it became clear that the piece was in fact complete.

"The first time I heard them play it," Thomas recalled, "it was like Jóhann was sitting next to me."

Tickets €10
Reduced-rate ticket €5

More information at SNFCC.org
For ages 6+

Presale starts on Wednesday 30/10 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 Quiet Volume

Ant Hampton & Tim Etchells

Monday-Sunday | 18.00-21.40
(the sessions start every 20 minutes and last one hour)

NLG 2ND FLOOR:
READING ROOM 11



In November, *The Quiet Volume*, the participatory performance - reading experience by British artists Ant Hampton and Tim Etchells, continues at the SNFCC.

On the second floor of the NLG Open Reading Rooms, two participants, seated at a table, have headphones on, with a red and a green 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.

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.

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

Greek version:
Translated by Giannis Vogiatzis
First voice: Yorgos Kritharas
Child's voice: Panagiotis Lekkas
Third voice: Aliko Alexandraki

English version:
First voice: Ant Hampton
Child's voice: Seth Etchells
Third voice: Jenny Naden

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.

Tim Etchells is Professor of Performance & Writing at Lancaster University and the leader of the world-renowned Sheffield-based performance group Forced Entertainment. His work that shifts between performances, visual art creations and works of fiction has been exhibited and presented in significant institutions all over the world.

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 Argyro Mantoglou (2019), courtesy of Psychogios Publications

Free admission by preregistration at SNFCC.org



Parabases: SNFCC Reader's Theater James Joyce: Ulysses Molly Bloom's soliloquy

Sunday 10/11 | 17.00 → LIGHTHOUSE 14

In November, *Parabases – SNFCC Reader's Theater* - continue at 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.

"...and then I asked him with my eyes to ask again yes and then he asked me would I yes to say yes my mountain flower and first I put my arms around him yes and drew him down to me so he could feel my breasts all perfume yes and his heart was going like mad and yes I said yes I will Yes."

Molly Bloom's soliloquy

In November's *Parabases*, the great theater actress Reni Pittaki performs what is perhaps the most important interior monologue in the history of literature, Molly Bloom's soliloquy from James Joyce's *Ulysses*.

A landmark of modernist literature, *Ulysses* recounts the adventures of modern-day Odysseus, Leopold Bloom, on 16 June 1904 in Dublin.

In the last "rhapsody" (Episode 18: Penelope), Joyce's Penelope, Molly Bloom, considers her various admirers, revisits the day's events, reminisces about her childhood days and failed stage career, in eight long paragraphs without any punctuation.

The obscenity of *Ulysses* is one of the main reasons why the novel was originally banned in several countries.

Director:
Dimitris Karantzias

Performed by Reni Pittaki

Audio environment:
Yorgos Poullos

Tickets 5€

More information at SNFCC.org
For ages 15+

Presale starts on Wednesday 30/10
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.

James Joyce's Ulysses, translated into Greek by Sokratis Kapsaskis, courtesy of Kedros Publishers.



Music Escapades Mikael Delta Elation

Saturday 16/11 | 21.00 → LIGHTHOUSE 14

Mikael Delta returns to the SNFCC to present his latest album, *Elation* – a tour de force of contemporary electronica, with new collaborations that bring together Greece, Germany and Poland.

With their vivid sound colors and vibrant rhythms, Mikael Delta and a group of important musicians will take us on a journey through the sonic images of *Elation*, where the urban landscape converses with nature and humanness encounters eerie atmospheres.

Electronica, ambient and techno music canvases augmented by prepared piano, sustained cello notes and heavenly vocals make up the fresh, powerful and sensitive electronic sound of Mikael Delta.

Line-Up:

Mikael Delta, keyboards
Marilena Orfanou, keyboards, piano
Stavros Parginos, cello

Free admission



Jazz Chronicles Georgina Jackson & Maria-Christina Harper Women of Jazz

Sunday 24/11 | 21.00 → LIGHTHOUSE 14

Hot on the heels of their performance at London's legendary 606 Club, jazz singer and trumpet player Georgina Jackson and experimental harpist Maria-Christina Harper present their new project *Women of Jazz* in the form of a dynamic duet at the SNFCC Lighthouse.

The jazzy sonics of Georgina Jackson's trumpet and distinctive voice are the perfect fit for the unexpected sounds of Maria-Christina's electric harp. The two artists, who first worked together in the *Irving Berlin: From Rags to Ritzes* musical production, which toured the United Kingdom, are coming to the SNFCC to present their new project, *Women of Jazz*, featuring their own compositions and numbers by well-known artists.



Georgina Jackson, resident vocalist of Ronnie Scott's Jazz Orchestra, has performed in major jazz venues and festivals in Europe, and has collaborated with some of the greatest artists, from Arturo Sandoval to Nancy Sinatra. She has earned the Malcolm Arnold Brass Prize and the Goff Richards Jazz Award, while the single "Change Partners" from her album *Watch What Happens* shot to the top of the iTunes Jazz charts.

Influenced by traditional Greek, experimental, and jazz music, Maria-Christina Harper uses pioneering musical techniques to make the instrument emulate bass and guitar like tunes. She studied at the Royal Academy of Music in London and won first prize at Whales International Harp Competition and Festival with her band, MC & the Seven Pedals. She has performed at the Montreal Jazz Festival and at major cultural spaces in Greece, including the Stavros Niarchos Foundation Cultural Center, while she recently released her album *Gluten Free*. Harper has worked with many leading artists – from Katie Melua and Soft Cell to Psarantonis.

Line-Up:

Georgina Jackson, vocals, trumpet
Maria-Christina Harper, harp

Free admission



Bauhaus at 100: Legacy of Modernity

In November, the SNFCC's collaboration with the Goethe-Institut Athen, in view of the 100-year anniversary of the Bauhaus School, continues, through 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.



Bauhaus Talks: Panayotis Tournikiotis The Bauhaus in Greece Myth and Reality

The ideas and methods of the Bauhaus, and of its most renowned masters and teachers, reached Greece early on, during the interwar period. Architects Fred Forbat and Ioannis Despotopoulos spread these ideas, which had a small, yet important, influence on other architects and artists. The interest in the Bauhaus increased even more during the 1960s and was both a source of inspiration and a myth for future generations. Today, after 100 years, we can review and evaluate this creative exchange of ideas.

Panayotis Tournikiotis is professor of architectural theory, and the director of the History and Theory of Architecture Lab at the National Technical University of Athens, School of Architecture.

Thursday 14/11, 19.00-21.00

BOOK CASTLE 11

Simultaneous translation into the Greek Sign Language will be provided.

Bauhaus Workshop for Families: Utopia in My City

Through this new, interactive workshop you will explore the societal aspects of the Bauhaus design school, as well as its utopian spirit. Children, together with their adult chaperones, are invited to incorporate Bauhaus' ideas of an improved living space into their everyday life and their city.

What do they want to change in their city and their surroundings? What can they themselves change in their environment through design? What role do colors, shapes, and materials play in this? And what mood do they create?

Sunday 10/11, 12.00-14.00

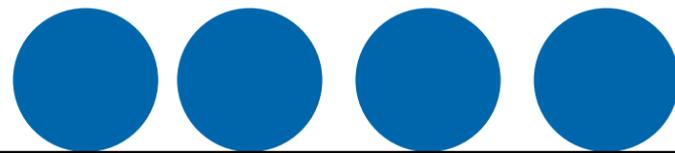
KIDS LAB 11

For children aged 8-12 and their adult chaperones

(up to 15 children and 15 adult chaperones by preregistration at SNFCC.org)

Design-Implementation:

Nikoletta Stathopoulou & Kleri Siakagianni, teachers



Bauhaus Workshop for Adults: Back to the Studio

The architect Walter Gropius, founder of the Bauhaus School, laid out the basic principles of art in his manifesto: art must return to the workshop; there should be no barriers separating applied art, sculpture, and painting—all dwell in unity under the same roof.

The training at the Bauhaus was based on practical activity in the workshops, where artisans and artists collaborated to create a new world. Geometric forms, lines, typographies, and colours are the elements we will work with to create new compositions in the style of the Bauhaus. We will become both artists and artisans at the same time and seek to combine the discipline of craftsmanship with the freedom of art in a single work.

Thursday 21/11, 19.00-21.00

MULTIFUNCTIONAL SPACE 11

For adults

(up to 25 participants by preregistration at SNFCC.org)

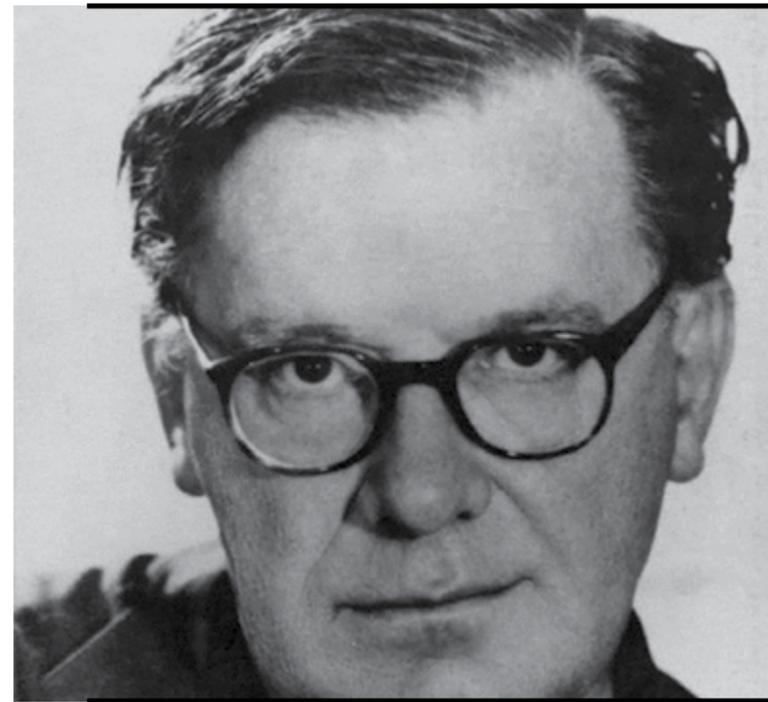
Design-Implementation:

MNP & Katerina Papanagiotou, MNP founding member, creative director & workshop leader

The Forgotten City of Nikos Engonopoulos

Wednesday 20/11 | 19.00-21.00

BOOK CASTLE 11

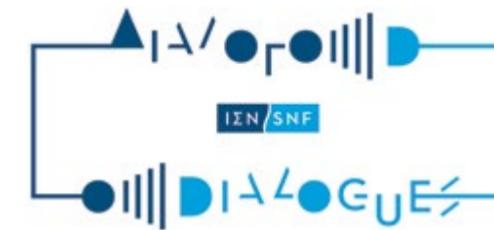


Giorgos Koropoulos talks about Nikos Engonopoulos

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

In November, writer and columnist Giorgos Koropoulos attempts a fresh reading of the poetry of Nikos Engonopoulos. The preeminent exponent of the Surrealist movement in Greece, alongside Andreas Embirikos, Nikos Engonopoulos divided his life between two art forms: poetry and painting. Giorgos Koropoulos traces the exciting fusion of the modernity of surrealism and the folk tradition in Engonopoulos' poetry: medieval romances with folk rhymes, Konstantinos Dapontes and Hadji Sehreti, Cavafy and Embirikos, next to a nonsensical sense of humor that never fails to reinforce his lyricism. The quest for total freedom, stretching poetic license to the limit, in his subversive verses in fact harnesses huge memory reserves: an almost forgotten tradition that both restrains and empowers the freedom of his poetry.

Simultaneous translation into the Greek Sign Language will be provided.



DIALOGUES Live-Streaming at the SNFCC

Wednesday 27/11 | 18.30

MULTIFUNCTIONAL SPACE 11

The SNFCC presents the DIALOGUES of the Stavros Niarchos Foundation in live-streaming.

Through its monthly series of events, entitled DIALOGUES, the Stavros Niarchos Foundation presents individuals and representatives of civil society who inspire others through their work, actions and vision, coming from different fields, backgrounds, and countries. DIALOGUES delve into different themes that cut across the key pillars of the Foundation's work: Arts and Culture, Education, Health and Sports, and Social Welfare.

Through this series of events, which are free and open to the public, the SNF seeks to catalyze conversations around critical issues, create a platform for the exchange of ideas, present individuals who inspire a new way of thinking, and encourage collaboration among individuals and organizations across the globe. The events follow a flexible format, which is subject to change based on the theme of each event, featuring panel discussions, one-on-one conversations and presentations, among others.

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

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

For more information visit SNF.org



We Create Art All Together: Fluid Landscapes

One of the most characteristic qualities of Jannis Psychopedis' artistic output is the gestural randomness and the fluidity of his palette, which give his artworks an ethereal quality, full of striking juxtapositions of color and form.

In this workshop, we will be introduced to dripping and layering – techniques in which liquid paint and ink spread on the paper surface, create interesting and unpredictable effects.

We will try our hand at creative techniques and exciting new media, such as salt, silicone and sponge, to create imaginary landscapes.

Saturday 09/11
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 (2nd cycle)

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.

During the second cycle of our workshops, we continue our creative journey fueled by the artworks of Jannis Psychopedis. We further explore portraiture and elements of drawing (proportions – light and shadow), and finally we create our own portraits of our loved ones, whether from life or from photographs, using mixed drawing and painting media, with water-soluble paints.

Wednesday 20/11, 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



Step by Step in Art: Interplay Sensory play lab

Prompted by Jannis Psychopedis's exhibition currently on view at the SNFCC, this month we continue to explore how playing opens up avenues of communication between the worlds of little ones and grown-ups, and how babies can familiarize themselves with art and its endless possibilities.

With November comes rain, and we play with water, mixing materials and observing the effects. In our second meeting, we learn about the wind and its sounds, while the interplay of light and shadow comes next. We turn on our lamps and torches to explore the effect of light and shadow on different materials.

In this month's last session, we experiment with solid materials, combining them with all the elements that we discovered in our earlier meetings. The result? Our own visual story, featuring air and water, light and shadow, liquids and solids.

Monday 04, 11, 18, 25/11
17.00-18.00 for infants aged 3 months to 1 year
18.30-19.30 for infants aged 1 to 2 years

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

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

Design-Implementation: Arts in the Mixer!



Walking in the Footsteps of Grown-ups

In November a new workshop is launched, aiming to familiarize children with their grandparents' life stories.

Our starting point will be Cavafy's poem "Very Seldom" and Psychopedis's artworks inspired by the poet's oeuvre.

Children and adult chaperones engage in fun, movement-based activities, join drama games and music education activities, which facilitate a deeper look into the artist's practice.

Finally, they wander around the artworks of Jannis Psychopedis's exhibition and take home their own, original works of art.

Thursday 07, 14, 21, 28/11, 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, Preschool Teacher – Museum Educator
Yiannis Psariotis, Music Artist – Music Educator

POETICAL WORKS: Engraving Lab Inspired by Odysseus Elytis

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

In the two monthly 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.

November is dedicated to Odysseus Elytis and his poems "To Anoint the Repast," from his collection *The Little Seafarer*, and "Gift Silver Poem," from *The Light-Tree* and *the Fourteenth Beauty*.

Each participant produces a print featuring images inspired by the poem's lyrics; then, all together, they compose a sequence that forms the collective narrative of the group.

Prior to the workshop, there will be a short visit to the exhibition.

Wednesday 06, 13/11, 18.00-21.00 | KIDS LAB 11
For adults

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

(Meeting point: The exhibition space)

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

Teens Art Studio

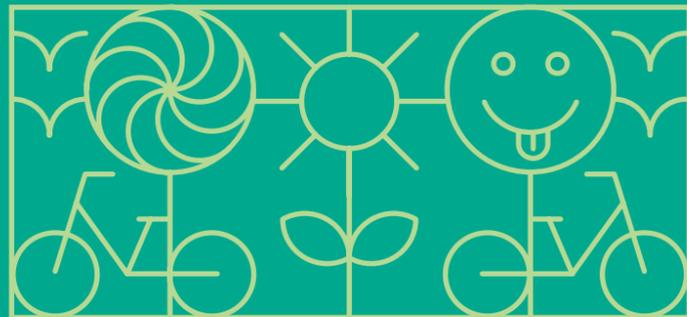
In dialogue with the Jannis Psychopedis exhibition and focusing on painting as a means for expressing personal ideas and forms, participants will experiment with different techniques and try their hand on a variety of art media and everyday materials.

In November, they find inspiration in Odysseus Elytis's poem *The Monogram* and try their hand at pyrography, an age-old method of decorating materials, mainly wood. Using fire, rather than ink, they produce their preferred design on wood employing electrical pyrography tools.

Preceded by a guided tour to the exhibition.

Saturday 23/11, 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)



November weekends at the SNFCC combine nature, sports and music! Would you like to learn how to make compost or grow fresh vegetables and plants in your garden? Or perhaps improve your bike riding skills? Are you ready 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.



Weekends at the SNFCC

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.

Participants are encouraged to bring their own bicycle.

Sunday 10/11
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

We make our own compost - we select the suitable soil for our plants

Climate and soil are the two deciding factors in choosing the plant species and varieties to grow in a garden.

This workshop aims to help amateur gardeners make informed decisions in selecting the suitable soil for each plant, as well as learn how to improve it in an easy and affordable manner, and how to apply their own home-made composting products.

Sunday 03/11
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, Stamatias Kavassilis, Agronomist - Soil Specialist

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.

The wonderful world of seeds: In November's meeting, we learn about seeds and observe the cycle of growth, from dormancy and germination until the seedling grows true leaves and is ready to transplant.

Sunday 17/11
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:
Med Culture - Panagiotis Papadopoulos, Agronomist MSc

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.

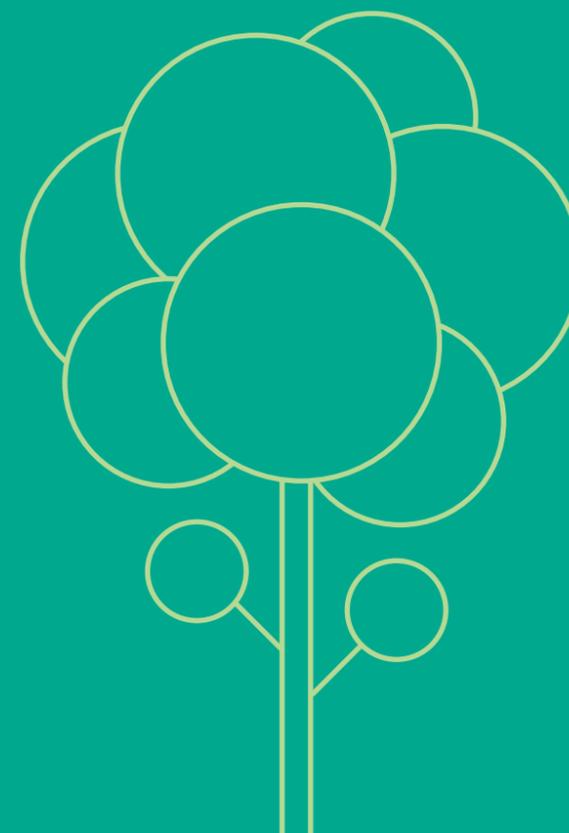
Sunday 24/11
11.00-13.00

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



A Walk in The Park

Staging: Georgina Kakoudaki

This month's guide: Mihalis Sarantis

Saturday 23/11 | 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.

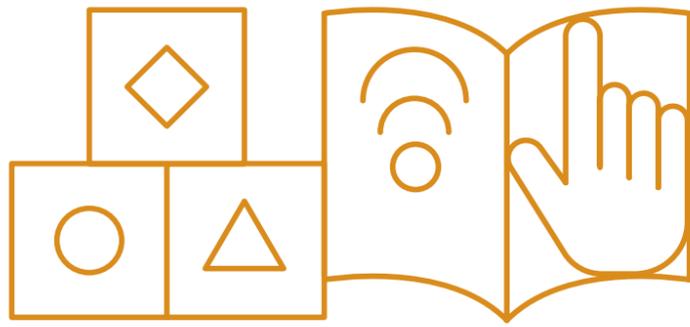
In November, our guide will be actor Mihalis Sarantis.

Mihalis Sarantis graduated from the Greek Art Theater Drama School; in 2015, he received the "Dimitris Horn" Award for Best Actor.

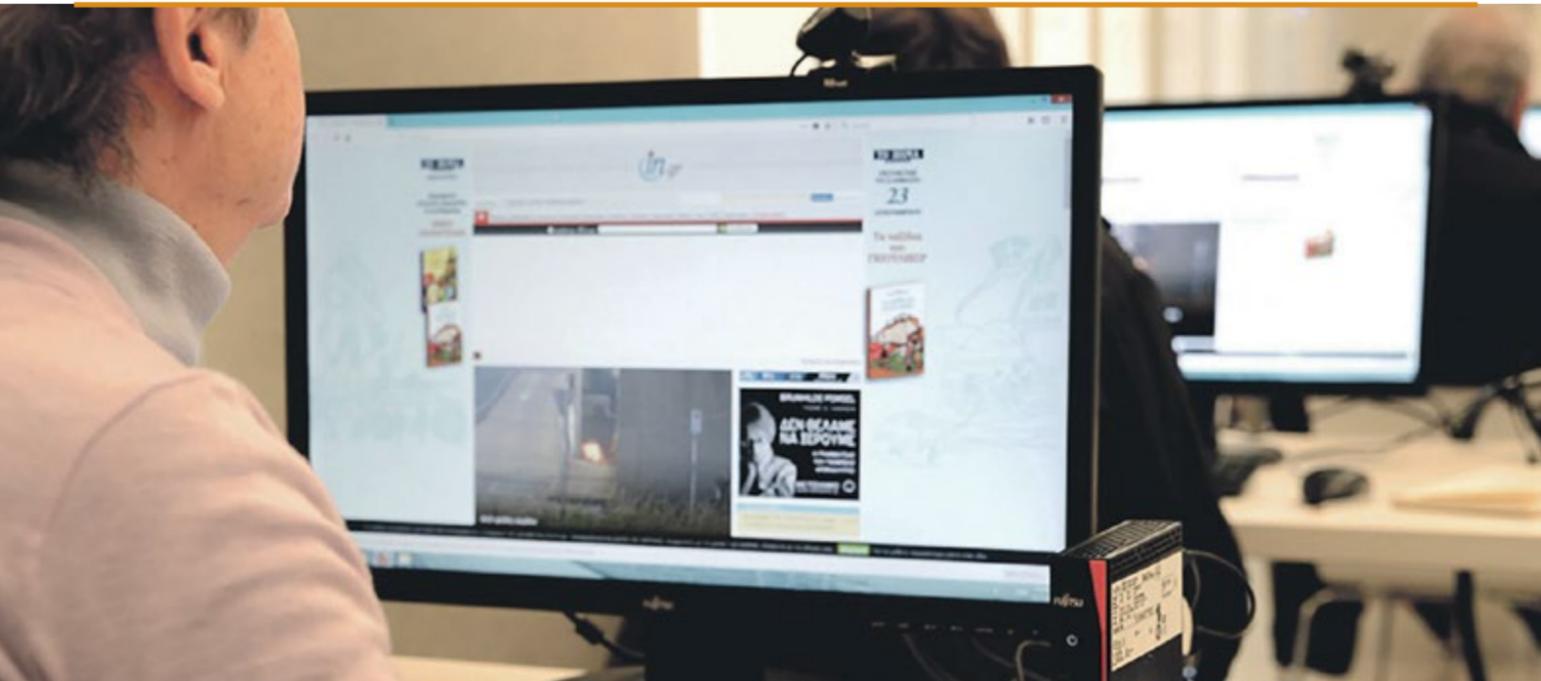
He has worked with Nikos Mastorakis, Dimitris Lignades, Vassilis Papavassileiou, Thomas Moschopoulos, Zoe Hadjiantoniou and Lydia Koniordou, while his recent theatrical collaborations include Nikos Karathanos, Dimitris Karantzias, Emiliios Chilakis and Manolis Dounias. He has taken part in various productions such as *Rob* by Efthymis Filippou, *Antigone* by Sophocles, Ibsen's *Ghosts*, Shakespeare's *A Midsummer Night's Dream* and currently, *Ajax* by Sophocles.

(up to 20 participants per guided tour)

Free admission by preregistration at SNFCC.org



Education



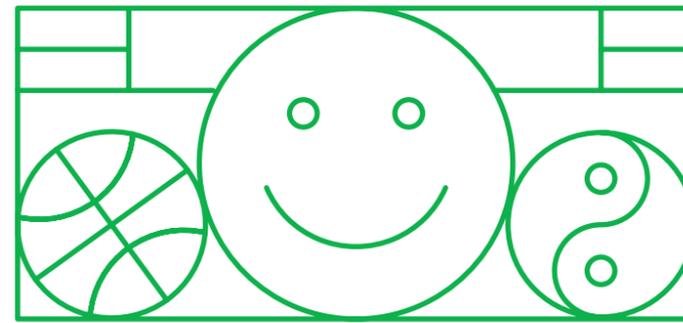
Computer Courses for persons aged 65+

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.

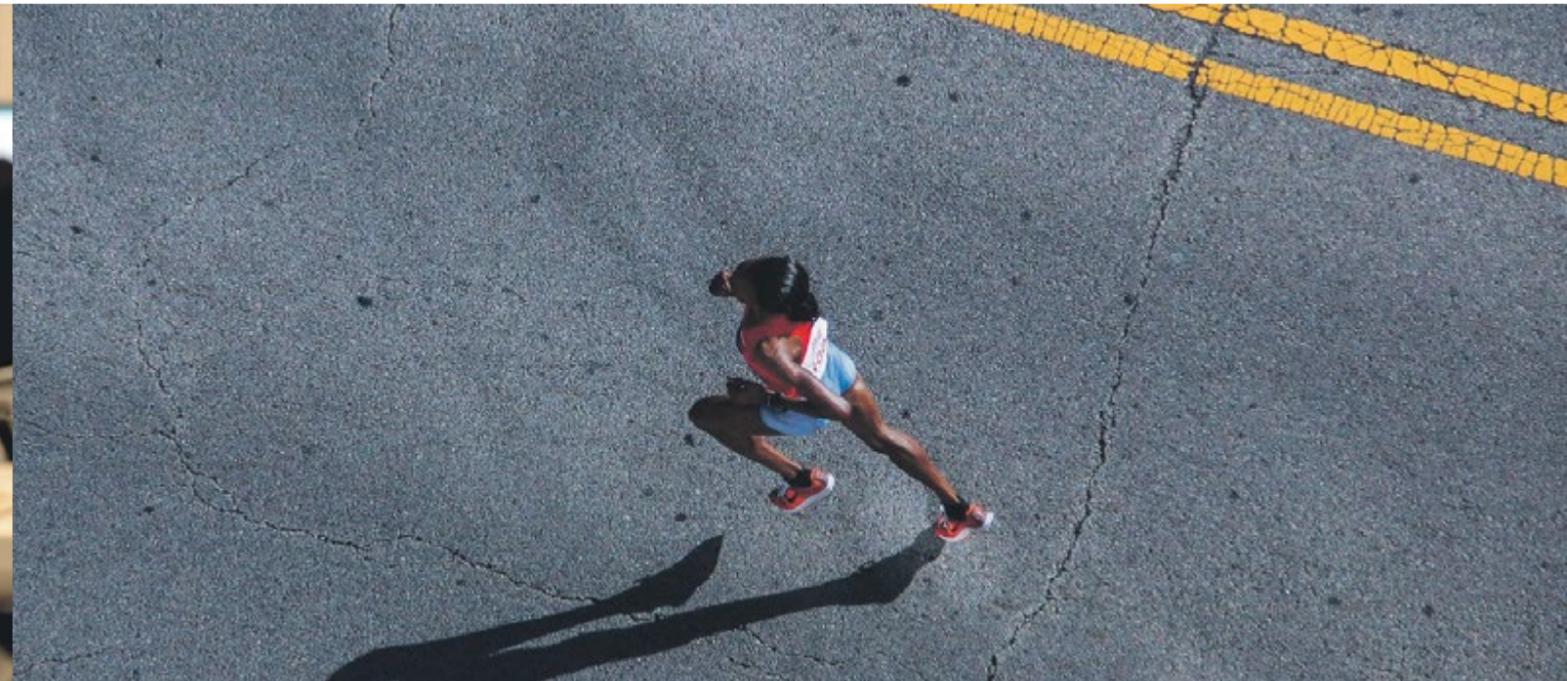
*Using simple and practical learning steps, this course is geared towards novice users aged 65+ as well as everyone wishing to gain a basic mastery of the subject.

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)



Sports & Wellness



Sports Conference All about Marathon

Thursday 07/11
15.00-21.00

BOOK CASTLE 11

The All about Marathon sports day-conference is organized for the fourth consecutive year by the Stavros Niarchos Foundation Cultural Center. Scientists and academics will talk about preparation, performance and recovery of long-distance and marathon runners.

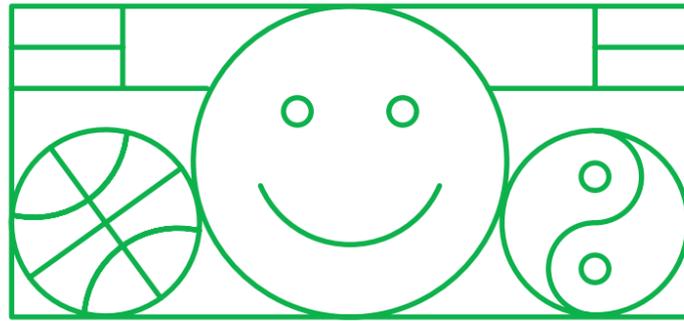
Moreover, there will be workshops providing expert, hands-on advice and presenting endurance performance evaluation methods.

The event is jointly realized by the 1st Orthopedic Clinic, School of Health Sciences, University of Athens, as well as the Sports Excellence unit in collaboration with the Regeneration & Progress non-profit organization.

The Sports Excellence unit was established by a grant from the Stavros Niarchos Foundation

(SNF) and is implemented by the Regeneration & Progress NGO, with supervision by the 1st Orthopedic Clinic, School of Health Sciences, University of Athens.

For more information on the conference program, workshops and speakers, please visit 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 November 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.

Friday 01, 08, 15, 22, 29/11
Monday 04, 11, 18, 25/11
Tuesday 05, 12, 19, 26/11
Wednesday 06, 13, 20, 27/11
Thursday 07, 14, 21, 28/11
 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 trainers are available in the outdoor gym and the track to offer advice and training recommendations, and provide your personal fitness evaluation.

Moreover, you can sign up for a custom-designed group fitness program, including aerobic exercise, muscle enhancement, flexibility exercises and rehabilitation.

Friday 01, 08, 15, 22, 29/11
Monday 04, 11, 18, 25/11
Tuesday 05, 12, 19, 26/11
Wednesday 06, 13, 20, 27/11
Thursday 07, 14, 21, 28/11
 18.00-21.00

RUNNING TRACK 6

For adults
(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 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.

Friday 01, 08, 15, 22/11
Monday 04, 11, 18, 25/11
 10.00-10.50 | 10.50-11.40

For ages 60+

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

MAKER SPACE 11

Wednesday 06, 13, 27/11
 10.00-10.50 | 10.50-11.40

Design-Implementation:
 Regeneration & Progress

MULTIFUNCTIONAL SPACE 11

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.

Friday 01, 08, 15, 22, 29/11
Monday 04, 11, 18, 25/11
 18.00-19.30

Tuesday 05, 12, 19, 26/11
Thursday 07, 14, 21, 28/11
 08.00-09.30

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.

Friday 01, 08, 15, 22, 29/11
 08.45-10.00

Monday 04, 11, 18, 25/11
 07.30-08.45

Wednesday 06, 13, 20, 27/11
 07.45- 09.00

Tuesday 05, 12, 19, 26/11
Thursday 07, 14, 21, 28/11
 18.00-19.00

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 01, 08, 15, 22, 29/11
 07.30-08.45

Monday 04, 11, 18, 25/11
 08.45-10.00

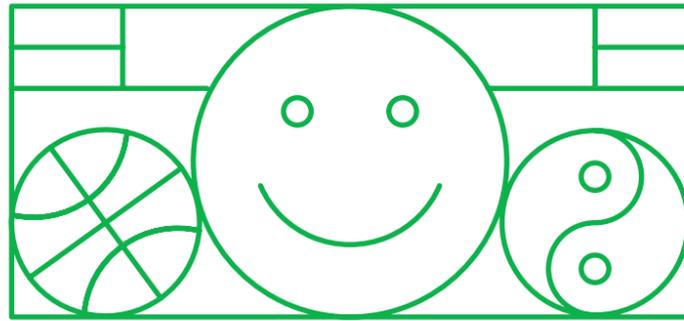
GREAT LAWN 1

For adults

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

Design-Implementation:
 Regeneration & Progress





Sports & Wellness

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
Saturday 02, 09, 16, 23, 30/11
 08.30-09.45
GREAT LAWN 1

Wednesday 06, 13, 20, 27/11
 18.00-19.15
RUNNING TRACK 6

Advanced
Friday 01, 08, 15, 22, 29/11
 19.00-20.15
RUNNING TRACK 6

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 05*, 12, 19, 26/11
Thursday 07, 14, 21, 28/11
 18.00-18.50
 19.00-19.50

MAKER SPACE 11
For ages 60+

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

Design-Implementation:
 Regeneration & Progress

*On Tuesday 05/11, the activity will take place in the Multifunctional Space 2.

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.

Saturday 02, 09, 16, 23, 30/11
 08.30-10.00

Tuesday 05, 12, 19, 26/11
 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

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 20/11
 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



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.

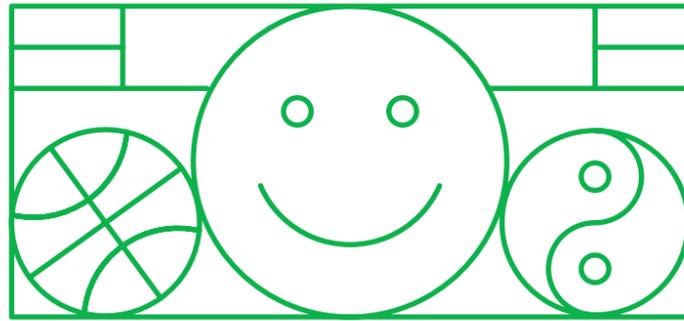
Tuesday 05, 12, 19, 26/11
Thursday 07, 14, 21, 28/11
 17.00-18.15

GREAT LAWN 1
For ages 50+

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

Design-Implementation:
 Regeneration & Progress





Sports & Wellness

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 02, 09, 16, 23, 30/11
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

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 03, 10, 17, 24/11
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

Street Soccer 5X5

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

Saturday 02, 09, 16, 23, 30/11
Sunday 03, 10, 17, 24/11
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

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.

Friday 01, 08, 15, 22, 29/11
Monday 04, 11, 18, 25/11
Wednesday 06, 13, 20, 27/11
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



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.

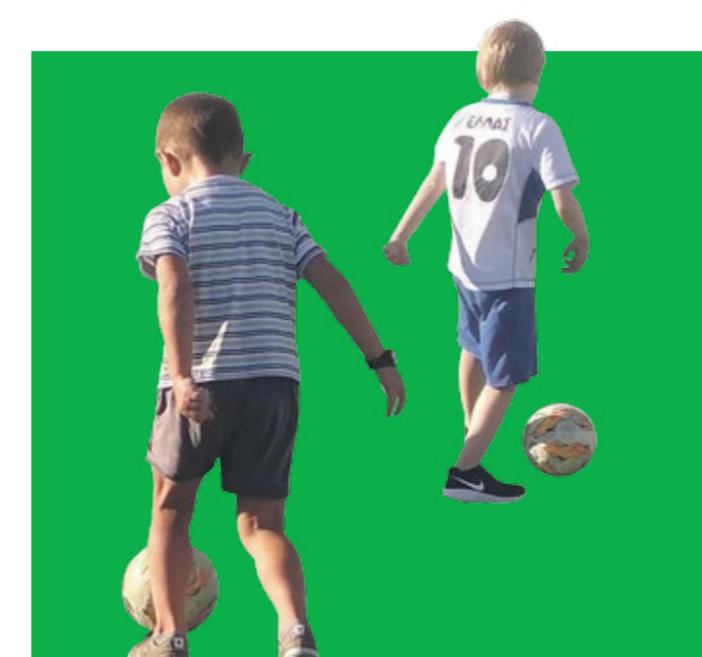
Saturday 02, 09, 16, 23, 30/11
16.00-17.15

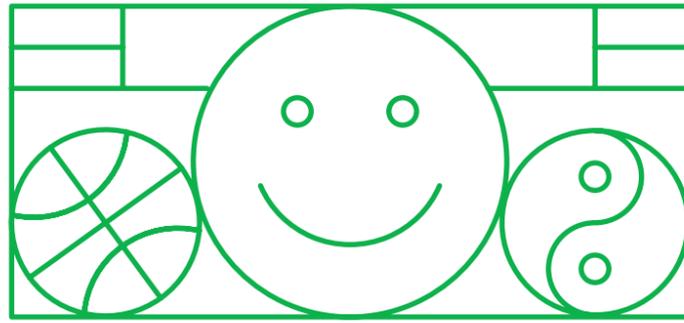
RUNNING TRACK 6

For children aged 10-15

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

Design-Implementation:
Regeneration & Progress





Sports & Wellness

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 02, 09, 16, 23, 30/11
16.00-17.15

GREAT LAWN 1

For children aged 5-10

(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 02, 09, 16, 23, 30/11
Sunday 03, 10, 17, 24/11
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 or Soundball Tennis for vision-impaired and blind persons*

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 03, 10, 17, 24/11
16.00-17.15

RUNNING TRACK 6

For children aged 5-10

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

Design-Implementation:
Regeneration & Progress

Mini 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 05, 12, 19, 26/11
Thursday 07, 14, 21, 28/11
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

Artistic Gymnastics

Through artistic gymnastics, coupled with play and fun, kids get to know their bodies and their potential, whilst improving flexibility and motor coordination.

Saturday 02, 09, 16, 23, 30/11
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 Handball

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

Saturday 02, 09, 16, 23, 30/11
Sunday 03, 10, 17, 24/11
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

Mini Basket

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

Tuesday 05, 12, 19, 26/11
Thursday 07, 14, 21, 28/11
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



Lena Platonos

The emperor's nightingale

Opera for children and youth

03, 19, 20/11

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**



Great Romantic Concertos

Concert

14/11

Starts at:
20.00

GNO STAVROS
NIARCHOS HALL 13

Free admission upon
priority vouchers

Three of the most popular concertos for piano and orchestra of the Romantic period shall be presented as part of the 2019 Piano Festival of the GNO Alternative Stage, which will be held in collaboration with the Thessaloniki Piano Festival. The works are Johannes Brahms' *Concerto No 1*, Pyotr Ilyich Tchaikovsky's *Concerto No 1* and Sergei Rachmaninov's *Concerto No 2*.

Conductor: **Daniel Smith**
Piano: **Karolos Zouganelis, Stefanos Thomopoulos, George-Emmanuel Lazaridis**

With the **GNO Orchestra**

Manos Hadjidakis

Dance with my own shadow

Ballet

09, 10, 16, 17, 24/11

Starts at:
20.00

Sundays: 18.30

GNO STAVROS
NIARCHOS HALL 13

Manos Hadjidakis Cycle
Artistic curator: **George Hadjidakis**

The GNO Ballet director realizes one of his greatest artistic dreams and choreographs four major works of Manos Hadjidakis - *The C.N.S. cycle*, *Captain Michalis*, *The accursed serpent*, *Gioconda's smile* - in one single interlocking performance, as part of the Manos Hadjidakis three-year cycle.

Choreographer-sets: **Konstantinos Rigos**
Conductor: **Lukas Karytinis**
Soloist: **Dionysios Sourbis**

With a **music ensemble** and the **GNO Principal Dancers, Soloists, Demi-Soloists** and **Corps de ballet**

Thomas Adès

Powder her face

Opera

02, 07, 09/11

Starts at:
20.30

Sunday: 19.00

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. 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: **Nicolas Vassiliou**
Director: **Alexandros Efklidis**

Patari Project

Four Seasons

Music theater for children and youth

03, 05, 06, 07, 10, 22,
24, 26, 27, 28, 30/11

Starts at:
11.00

GNO ALTERNATIVE
STAGE 13

Based on Antonio Vivaldi's work
of the same title
GNO Alternative Stage commission

Four Seasons, a performance based on Antonio Vivaldi's timeless masterpiece, will be presented as the main music theater production for children and youth of the GNO Alternative Stage. A work of huge artistic value which praises nature, *Four Seasons* comes to life in a unique, playful and entertaining way, while developing children's ecological awareness and artistic education.

The work will be staged by the Patari Project under the guidance of the talented director Sophia Paschou, a company whose performances in the last years have become a point of reference for children and young people's theater audiences. The idea of recycling lies at the heart of this particular project's concept.

Music composition: **Nikos Galenianos**
Director: **Sophia Paschou**

2019 Piano Festival of the Alternative Stage Romanticism Recital

05, 06, 26, 27/11
04/12

Starts at:
20.30

**GNO ALTERNATIVE
STAGE** 13

Artistic curator: **Charalambos Angelopoulos**

**In collaboration with the Thessaloniki
Piano Festival**

The 2019 Piano Festival of the GNO Alternative Stage, a great celebration for the "king of instruments", returns for a third year with a program aiming at the heart of the piano repertoire: Romanticism. Piano's melodic sounds will flood GNO Alternative Stage.

The five recitals of world-class celebrated pianists that will be presented at the Alternative Stage will include some of the most important works of the Romantic piano repertoire.

The Festival's parallel activities will include a three-day masterclass, two afternoon concerts of up-and-coming soloists, a concert by the award-winners of the 4th Panhellenic Piano Contest of the Thessaloniki Piano Festival and two concerts of young artists selected by audition.

Opening remarks: **Kostas Chardas**

Dimitris Toufexis (05/11)
Titos Gouvelis (06/11)
Lilia Boyadjieva (26/11)
Nefeli Mousoura (27/11)
Thodoris Tzovanakis (04/12)

21, 22, 23, 24, 28, 29,
30/11

Starts at:
20.00

Sundays: 19.00

**GNO ALTERNATIVE
STAGE** 13

Alan Jay Lerner & Frederick Loewe My Fair Lady Musical

Alan Jay Lerner & Frederick Loewe's "perfect musical" *My fair lady*, one of the most successful and much-loved Broadway musicals, is presented for the first time in Greece in its full unedited version by the GNO Alternative Stage. The romantic story of a linguistics professor in early-20th century London who tries to transform a flower girl into a refined upper-class lady comes to life conducted by Stathis Soulis, directed by Giannos Perlegkas (who also plays Professor Higgins) and Dimitris Dimopoulos (lyrics), with the participation of an excellent cast of GNO soloists.

Conductor: **Stathis Soulis**
Director: **Giannos Perlegkas**

GNO LEARNING & PARTICIPATION ACTIVITIES

All GNO Learning and participation programmes are free of charge.

Registration is required.

Major donor of the GNO learning & participation:

ΙΣΝ/SNF ΙΔΡΥΜΑ ΣΤΑΥΡΟΣ ΝΙΑΡΧΟΣ
STAVROS NIARCHOS FOUNDATION

Every Monday
18.30-20.00

GNO FACILITIES 13

**Information/
Registration:**
213 088 5752
(Monday - Friday,
10.00-18.00)
education@nationalopera.gr

Intercultural Choir

In the fourth year since its formation, the GNO Alternative Stage's Intercultural Choir continues its thrilling multicultural journey into the four corners of the world. Songs of imperishable melodic richness from the traditional music of the countries of origin of its members (it already numbers more than 25 members) make up its repertoire which is constantly enriched with new material. Each meeting is a unique musical experience!

Choir Conductor: Vassula Delli

Every Monday
18.00-21.00

GNO FACILITIES 13

**Information/
Registration:**
213 088 5752
(Monday - Friday,
10.00-18.00)
education@nationalopera.gr

Intercultural Orchestra

In October 2018 a special journey into the music world began, as the Alternative Stage in collaboration with the GNO's Learning & Participation launched a new ensemble, the Intercultural Orchestra. With the goal of embracing people and music, languages and melodies from different countries of the world, the Orchestra continues for a second year to serve as a hub of equal participation and interaction, and as a platform of communication between different perceptions and cultures.

Orchestra Manager: Harris Lambrakis

Every Monday
16.00-18.00

GNO FACILITIES 13

**Information/
Registration:**
213 088 5742
(Monday - Friday,
10.00-15.00)
education@nationalopera.gr

Choir 65+

"The chorus is for women and men over 65 who want to share the joy of music. For those who have a secret wish to experiment with different songs - known or unknown. For those who want to unite their voices with the voices of other people. For those who need to sing. For those who feel the time has come to be heard." - Dimitra Papastavrou

Chorus Conductor: Dimitra Papastavrou
Piano: Kostas Papatymnios

Free participation on a first-come, first-served basis



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.
- 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

November opening hours

- **Stavros Niarchos Park:**
Monday - Thursday: 06.00-22.00
Friday - Sunday: 06.00-00.00
- **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 your participation in the SNFCC workshops, you are advised to be on-site 30 minutes prior to the event, while for some events, preregistration is necessary 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 7,000 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-Thursday 06.00-22.00
Friday-Sunday 06.00-00.00
- **Park Kiosk - Souvlaki** (by the Great Lawn)
Monday-Friday 12.00-20.00
Saturday-Sunday 12.00-22.00
- **Coffee & Juice Vans on Tour** (at the Agora)
Monday - Sunday 08.00-21.00

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 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
- SNFCC Bike Rental
- SNFCC Store
- Shuttle Bus Stop
- First Aid
- ATM
- Info Point
- 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: Syggrou-Fix – Agios Kosmas (Evgenideio Stop, Syggrou Avenue northbound, Onassio 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.

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

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.

Συνεργάτης Κινητικότητας



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.

The major exhibition by Jannis Psychopedis *POETICAL WORKS: Painting Meets Poetry* continues in November at the SNFCC.

Every Day

- 06.00-00.00 Spyros Louis Cup p. 30
- 10.00-19.30 Guided tours of the Stavros Niarchos Park and the SNFCC p. 30
- 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

Dimitris Iatrou, Jannis Psychopedis, George Petrou, Echo Collective, Pinelopi Gerasimou, Reni Pittaki, Mikael Delta, Georgina Jackson, Maria-Christina Harper, MNP Design, Yiorgos Kaplanidis, Maritzeni Tsagkari, Maria-Eva Mavridou, Nikos Karanikolas, Pelagia Karanikola, GNO Andreas Simopoulos, GNO K. Drakoti

Monday

04

- 07.30-08.45 Mat Pilates - Beginners ... p. 18
- 08.00-10.00 Cross-training in the Park p. 18
- 08.45-10.00 Mat Pilates - Advanced ... p. 18
- 10.00-11.40 Sports for Seniors p. 19
- 11.00-15.00 Computer Courses for persons aged 65+ p. 16
- 17.00-19.30 Step by Step in Art: Interplay* p. 13
- 17.00-20.00 Team Playing (Football Skills) p. 23
- 18.00-19.30 Yoga in the Park p. 19
- 18.00-21.00 Fitness for everyone p. 18
- 18.00-21.40 The Quiet Volume: Ant Hampton & Tim Etchells* p. 06
- 20.30 Cosmos: Beethoven/Camerata - The Friends of Music Orchestra** p. 04

11

- 07.30-08.45 Mat Pilates - Beginners ... p. 18
- 08.00-10.00 Cross-training in the Park p. 18
- 08.45-10.00 Mat Pilates - Advanced ... p. 18
- 10.00-11.40 Sports for Seniors p. 19
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- 18.00-21.40 The Quiet Volume: Ant Hampton & Tim Etchells* p. 06

Tuesday

05

- 08.00-09.30 Yoga in the Park p. 19
- 08.00-10.00 Cross-training in the Park .. p. 18
- 11.00-15.00 Computer Courses for persons aged 65+ p. 16
- 17.00-18.15 Qigong 50+ p. 20
- 17.00-19.00 Mini Volley* p. 25
- 18.00-19.00 Mat Pilates - Beginners ... p. 18
- 18.00-19.50 Fitness and Memory p. 20
- 18.00-21.00 Fitness for everyone p. 18
- 18.00-21.40 The Quiet Volume: Ant Hampton & Tim Etchells* p. 06
- 18.30-20.00 SNFCC Running Team ... p. 21
- 19.00-21.00 Mini Basket* p. 25

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- 08.00-09.30 Yoga in the Park p. 19
- 08.00-10.00 Cross-training in the Park .. p. 18
- 11.00-15.00 Computer Courses for persons aged 65+ p. 16
- 17.00-18.15 Qigong 50+ p. 20
- 17.00-19.00 Mini Volley* p. 25
- 18.00-19.00 Mat Pilates - Beginners ... p. 18
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- 18.00-21.00 Fitness for everyone p. 18
- 18.00-21.40 The Quiet Volume: Ant Hampton & Tim Etchells* p. 06
- 18.30-20.00 SNFCC Running Team ... p. 21
- 19.00-21.00 Mini Basket* p. 25

Wednesday

06

- 07.45-09.00 Mat Pilates - Beginners p. 18
- 08.00-10.00 Cross-training in the Park .. p. 18
- 10.00-11.40 Sports for Seniors p. 19
- 11.00-15.00 Computer Courses for persons aged 65+ p. 16
- 17.00-20.00 Team Playing (Football Skills) p. 23
- 18.00-19.15 Tai Chi - Beginners p. 20
- 18.00-21.00 POETICAL WORKS: Engraving Lab* p. 13
- 18.00-21.00 Fitness for everyone p. 18
- 18.00-21.40 The Quiet Volume: Ant Hampton & Tim Etchells* p. 06

13

- 07.45-09.00 Mat Pilates - Beginners p. 18
- 08.00-10.00 Cross-training in the Park .. p. 18
- 10.00-11.40 Sports for Seniors p. 19
- 11.00-15.00 Computer Courses for persons aged 65+ p. 16
- 17.00-20.00 Team Playing (Football Skills) p. 23
- 18.00-19.15 Tai Chi - Beginners p. 20
- 18.00-21.00 POETICAL WORKS: Engraving Lab* p. 13
- 18.00-21.00 Fitness for everyone p. 18
- 18.00-21.40 The Quiet Volume: Ant Hampton & Tim Etchells* p. 06
- 19.00-21.00 Jannis Psychopedis converses with Denys Zacharopoulos p. 03

Thursday

07

- 08.00-09.30 Yoga in the Park p. 19
- 08.00-10.00 Cross-training in the Park p. 18
- 15.00-21.00 Sports Conference: All about Marathon p. 17
- 11.00-15.00 Computer Courses for persons aged 65+ p. 16
- 17.00-18.15 Qigong 50+ p. 20
- 17.00-19.00 Mini Volley* p. 25
- 17.00-19.30 Walking in the Footsteps of Grown-ups* p. 13
- 18.00-19.00 Mat Pilates - Beginners p. 18
- 18.00-19.50 Fitness and Memory p. 20
- 18.00-21.00 Fitness for everyone p. 18
- 18.00-21.40 The Quiet Volume: Ant Hampton & Tim Etchells* p. 06
- 19.00-21.00 Mini Basket* p. 25

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- 08.00-09.30 Yoga in the Park p. 19
- 08.00-10.00 Cross-training in the Park .. p. 18
- 11.00-15.00 Computer Courses for persons aged 65+ p. 16
- 17.00-18.15 Qigong 50+ p. 20
- 17.00-19.00 Mini Volley* p. 25
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- 18.00-19.00 Mat Pilates - Beginners .. p. 18
- 18.00-19.50 Fitness and Memory p. 20
- 18.00-21.00 Fitness for everyone p. 18
- 18.00-21.40 The Quiet Volume: Ant Hampton & Tim Etchells* p. 06
- 19.00-21.00 Bauhaus Talks: Panayotis Tournikiotis p. 10
- 19.00-21.00 Mini Basket* p. 25

Friday

01

- 07.30-08.45 Mat Pilates - Advanced ... p. 18
- 08.00-10.00 Cross-training in the Park p. 18
- 08.45-10.00 Mat Pilates - Beginners ... p. 18
- 10.00-11.40 Sports for Seniors p. 19
- 11.00-15.00 Computer Courses for persons aged 65+ p. 16
- 17.00-20.00 Team Playing (Football Skills) p. 23
- 18.00-19.30 Yoga in the Park p. 19
- 18.00-21.00 Fitness for everyone p. 18
- 18.00-21.40 The Quiet Volume: Ant Hampton & Tim Etchells* p. 06
- 19.00-20.15 Tai Chi - Advanced p. 20

08

- 07.30-08.45 Mat Pilates - Advanced ... p. 18
- 08.00-10.00 Cross-training in the Park p. 18
- 08.45-10.00 Mat Pilates - Beginners ... p. 18
- 10.00-11.40 Sports for Seniors p. 19
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- 07.30-08.45 Mat Pilates - Advanced ... p. 18
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- 18.00-21.40 The Quiet Volume: Ant Hampton & Tim Etchells* p. 06
- 19.00-20.15 Tai Chi - Advanced p. 20

Saturday

02

- 08.30-09.45 Tai Chi - Beginners p. 20
- 08.30-10.00 SNFCC Running Team p. 21
- 10.00-13.00 Street Soccer 5X5 p. 23
- 11.45-13.00 Artistic Gymnastics p. 24
- 13.00-14.30 Family Games p. 22
- 13.00-15.00 Mini Handball p. 24
- 16.00-17.15 Dynamic Duathlon* p. 23
- 16.00-17.15 Sports Games p. 24
- 16.00-19.00 Mini Tennis* p. 25
- 18.00-21.40 The Quiet Volume: Ant Hampton & Tim Etchells* p. 06

09

- 08.30-09.45 Tai Chi - Beginners p. 20
- 08.30-10.00 SNFCC Running Team p. 21
- 10.00-13.00 Street Soccer 5X5 p. 23
- 11.30-14.30 We Create Art All Together: Fluid Landscapes p. 12
- 11.45-13.00 Artistic Gymnastics p. 24
- 13.00-14.30 Family Games p. 22
- 13.00-15.00 Mini Handball p. 24
- 16.00-17.15 Dynamic Duathlon* p. 23
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16

- 08.30-09.45 Tai Chi - Beginners p. 20
- 08.30-10.00 SNFCC Running Team p. 21
- 10.00-13.00 Street Soccer 5X5 p. 23
- 11.45-13.00 Artistic Gymnastics p. 24
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- 16.00-17.15 Dynamic Duathlon* p. 23
- 16.00-17.15 Sports Games p. 24
- 16.00-19.00 Mini Tennis* p. 25
- 18.00-21.40 The Quiet Volume: Ant Hampton & Tim Etchells* p. 06
- 21.00 Music Escapades: Mikael Delta p. 08

Sunday

03

- 10.00-13.00 Street Soccer 5X5 p. 23
- 11.00-14.00 We make our own compost p. 14
- 12.00-14.00 Pétanque p. 22
- 13.00-15.00 Mini Handball p. 24
- 16.00-17.15 Sporting Duels p. 25
- 16.00-19.00 Mini Tennis* p. 25
- 18.00-21.40 The Quiet Volume: Ant Hampton & Tim Etchells* p. 06

10

- 10.00-13.00 Street Soccer 5X5 p. 23
- 11.00-15.00 Cycling Classes for Children and Adults p. 14
- 12.00-14.00 Bauhaus Workshop for Families: Utopia in My City* p. 10
- 12.00-14.00 Pétanque p. 22
- 13.00-15.00 Mini Handball p. 24
- 16.00-17.15 Sporting Duels p. 25
- 16.00-19.00 Mini Tennis* p. 25
- 17.00 Parabases** p. 07
- 18.00-21.40 The Quiet Volume: Ant Hampton & Tim Etchells* p. 06

17

- 10.00-13.00 Street Soccer 5X5 p. 23
- 11.00-13.00 Gardening for the Family p. 14
- 12.00-14.00 Pétanque p. 22
- 13.00-15.00 Mini Handball p. 24
- 16.00-17.15 Sporting Duels p. 25
- 16.00-19.00 Mini Tennis* p. 25
- 18.00-21.40 The Quiet Volume: Ant Hampton & Tim Etchells* p. 06

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

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Monday

18

07.30-08.45	Mat Pilates - Beginners	p. 18
08.00-10.00	Cross-training in the Park	p. 18
08.45-10.00	Mat Pilates - Advanced	p. 18
10.00-11.40	Sports for Seniors	p. 19
11.00-15.00	Computer Courses for persons aged 65+	p. 16
17.00-19.30	Step by Step in Art: Interplay*	p. 13
17.00-20.00	Team Playing (Football Skills)	p. 23
18.00-19.30	Yoga in the Park	p. 19
18.00-21.00	Fitness for everyone	p. 18
18.00-21.40	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06

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07.30-08.45	Mat Pilates - Beginners	p. 18
08.00-10.00	Cross-training in the Park	p. 18
08.45-10.00	Mat Pilates - Advanced	p. 18
10.00-11.40	Sports for Seniors	p. 19
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18.00-19.30	Yoga in the Park	p. 19
18.00-21.00	Fitness for everyone	p. 18
18.00-21.40	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
20.30	Cosmos: Echo Collective - Jóhann Jóhannsson**	p. 05

Tuesday

19

08.00-09.30	Yoga in the Park	p. 19
08.00-10.00	Cross-training in the Park	p. 18
11.00-15.00	Computer Courses for persons aged 65+	p. 16
17.00-18.15	Qigong 50+	p. 20
17.00-19.00	Mini Volley*	p. 25
18.00-19.00	Mat Pilates - Beginners	p. 18
18.00-19.50	Fitness and Memory	p. 20
18.00-21.00	Fitness for everyone	p. 18
18.00-21.40	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
18.30-20.00	SNFCC Running Team	p. 21
19.00-21.00	Mini Basket*	p. 25

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08.00-09.30	Yoga in the Park	p. 19
08.00-10.00	Cross-training in the Park	p. 18
11.00-15.00	Computer Courses for persons aged 65+	p. 16
17.00-18.15	Qigong 50+	p. 20
17.00-19.00	Mini Volley*	p. 25
18.00-19.00	Mat Pilates - Beginners	p. 18
18.00-19.50	Fitness and Memory	p. 20
18.00-21.00	Fitness for everyone	p. 18
18.00-21.40	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
18.30-20.00	SNFCC Running Team	p. 21
19.00-21.00	Mini Basket*	p. 25

Wednesday

20

07.45-09.00	Mat Pilates - Beginners	p. 18
08.00-10.00	Cross-training in the Park	p. 18
11.00-15.00	Computer Courses for persons aged 65+	p. 16
17.00-20.00	Team Playing (Football Skills)	p. 23
17.30-20.30	First-Aid Course	p. 21
18.00-19.15	Tai Chi - Beginners	p. 20
18.00-21.00	Fitness for everyone	p. 18
18.00-21.40	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
19.00-21.00	Talk: Giorgos Koropoulos The Forgotten City of Nikos Engonopoulos	p. 11
19.00-21.00	The Art of Portraiture (2nd cycle)*	p. 12

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07.45-09.00	Mat Pilates - Beginners	p. 18
08.00-10.00	Cross-training in the Park	p. 18
10.00-11.40	Sports for Seniors	p. 19
11.00-15.00	Computer Courses for persons aged 65+	p. 16
17.00-20.00	Team Playing (Football Skills)	p. 23
18.00-19.15	Tai Chi - Beginners	p. 20
18.00-21.00	Fitness for everyone	p. 18
18.00-21.40	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
18.30	SNF DIALOGUES: Live-Streaming at the SNFCC	p. 11

Thursday

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08.00-09.30	Yoga in the Park	p. 19
08.00-10.00	Cross-training in the Park	p. 18
11.00-15.00	Computer Courses for persons aged 65+	p. 16
17.00-18.15	Qigong 50+	p. 20
17.00-19.00	Mini Volley*	p. 25
17.00-19.30	Walking in the Footsteps of Grown-ups*	p. 13
18.00-19.00	Mat Pilates - Beginners	p. 18
18.00-19.50	Fitness and Memory	p. 20
18.00-21.00	Fitness for everyone	p. 18
18.00-21.40	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
19.00-21.00	Bauhaus Workshops for Adults: Back to the Studio*	p. 10
19.00-21.00	Mini Basket*	p. 25

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08.00-09.30	Yoga in the Park	p. 19
08.00-10.00	Cross-training in the Park	p. 18
11.00-15.00	Computer Courses for persons aged 65+	p. 16
17.00-18.15	Qigong 50+	p. 20
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18.00-21.40	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
19.00-21.00	Mini Basket*	p. 25

Friday

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07.30-08.45	Mat Pilates - Advanced	p. 18
08.00-10.00	Cross-training in the Park	p. 18
08.45-10.00	Mat Pilates - Beginners	p. 18
10.00-11.40	Sports for Seniors	p. 19
11.00-15.00	Computer Courses for persons aged 65+	p. 16
17.00-20.00	Team Playing (Football Skills)	p. 23
18.00-19.30	Yoga in the Park	p. 19
18.00-21.00	Fitness for everyone	p. 18
18.00-21.40	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
19.00-20.15	Tai Chi - Advanced	p. 20

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07.30-08.45	Mat Pilates - Advanced	p. 18
08.00-10.00	Cross-training in the Park	p. 18
08.45-10.00	Mat Pilates - Beginners	p. 18
11.00-15.00	Computer Courses for persons aged 65+	p. 16
17.00-20.00	Team Playing (Football Skills)	p. 23
18.00-19.30	Yoga in the Park	p. 19
18.00-21.00	Fitness for everyone	p. 18
18.00-21.40	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
19.00-20.15	Tai Chi - Advanced	p. 20

Saturday

23

08.30-09.45	Tai Chi - Beginners	p. 20
08.30-10.00	SNFCC Running Team	p. 21
10.00-13.00	Street Soccer 5X5	p. 23
11.45-13.00	Artistic Gymnastics	p. 24
12.00-15.00	A Walk in the Park with Mihalis Sarantis*	p. 15
13.00-14.30	Family Games	p. 22
13.00-15.00	Mini Handball	p. 24
16.00-17.15	Dynamic Duathlon*	p. 23
16.00-17.15	Sports Games	p. 24
16.00-19.00	Mini Tennis*	p. 25
17.00-19.30	Teens Art Studio	p. 13
18.00-21.40	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06

30

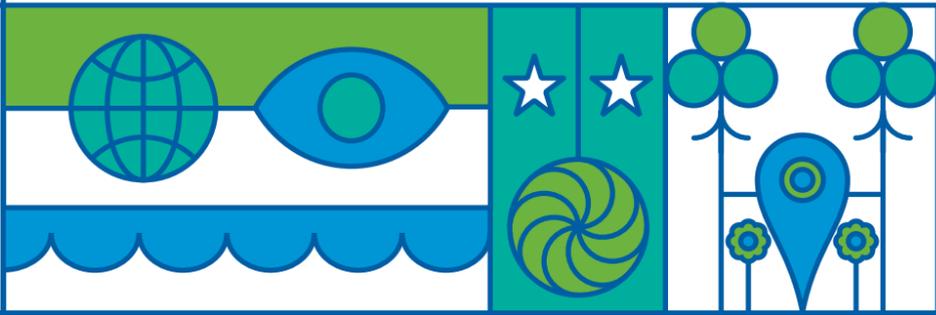
08.30-09.45	Tai Chi - Beginners	p. 20
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16.00-17.15	Dynamic Duathlon*	p. 23
16.00-17.15	Sports Games	p. 24
16.00-19.00	Mini Tennis*	p. 25
18.00-21.40	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06

Sunday

24

10.00-13.00	Street Soccer 5X5	p. 23
11.00-13.00	Percussion Circle for Families	p. 15
12.00-14.00	Pétanque	p. 22
13.00-15.00	Mini Handball	p. 24
16.00-17.15	Sporting Duels	p. 25
16.00-19.00	Mini Tennis*	p. 25
18.00-21.40	The Quiet Volume: Ant Hampton & Tim Etchells*	p. 06
21.00	Jazz Chronicles: Women of Jazz	p. 09

Events for SNFCC Members Only



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



Members' Tuesdays

POETICAL WORKS: Engraving Lab Inspired by Odysseus Elytis

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

In the two monthly 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.

November is dedicated to Odysseus Elytis and his poems "To Anoint the Repast," from his collection *The Little Seafarer*, and "Gift Silver Poem," from *The Light-Tree and the Fourteenth Beauty*.

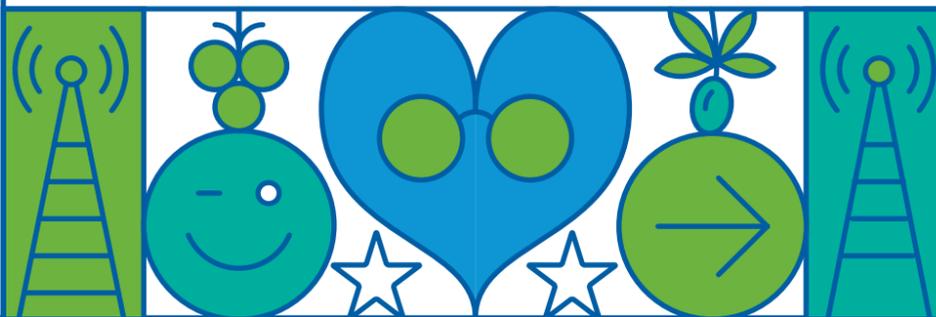
Each participant produces a print featuring images inspired by the poem's lyrics; then, all together, they compose a sequence that forms the collective narrative of the group.

Prior to the workshop, there will be a short visit to the exhibition.

Tuesday 05, 12/11
18.00-21.00 | KIDS LAB 11

For adults | up to 20 participants
(Meeting point: The exhibition space)

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



The Membership Program is supported by:



In collaboration with:

Εθνική Βιβλιοθήκη της Ελλάδος (NB) National Library of Greece



The Art of Portraiture (2nd cycle)

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.

During the second cycle of our workshops, we continue our creative journey fueled by the artworks of Jannis Psychopedis. We further explore portraiture, elements of drawing (proportions - light and shadow), and finally we create our own portraits of our loved ones, whether from life or from photographs, using mixed drawing and painting media, with water-soluble paints.

Wednesday 27/11
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



We make our own compost - we select the suitable soil for our plants

Climate and soil are the two deciding factors in choosing the plant species and varieties to grow in a garden.

This workshop aims to help amateur gardeners make informed decisions in selecting the suitable soil for each plant, as well as learn how to improve it in an easy and affordable manner, and how to apply their own home-made composting products.

Sunday 10/11
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: Beethoven
Camerata - The Friends of Music Orchestra
Monday 04/11
20.30 | STAVROS NIARCHOS HALL 13

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

Cosmos: Echo Collective- Jóhann Jóhannsson
Monday 25/11
20.30 | STAVROS NIARCHOS HALL 13

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

Parabases: James Joyce: Ulysses Molly Bloom's soliloquy
Sunday 10/11
17.00 | LIGHTHOUSE 14

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

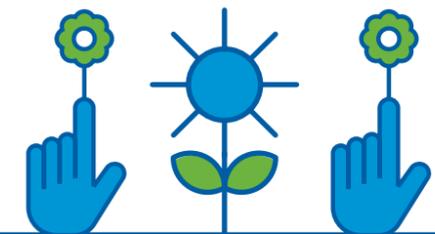
Fit Members

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 06, 13, 20, 27/11
08.30-09.45 | RUNNING TRACK 6

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

Design-Implementation: Regeneration & Progress



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

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In Collaboration with GNO

GNO Ballet Dress Rehearsal: Dance with my own shadow

Friday 08/11
19.00 | STAVROS NIARCHOS HALL 13

Exclusively for Members + Guest | up to 100 seats

Great Romantic Concertos

Thursday 14/11
20.00 | STAVROS NIARCHOS HALL 13

Exclusively for Members + Guest | up to 100 seats

Piano Festival of the GNO Alternative Stage - 50% off ticket prices

Tuesday 05, 26/11 & Wednesday 06, 27/11
20.30 | GNO ALTERNATIVE STAGE 13

Tickets can be purchased (limited number of seats) from the GNO Box Office at the SNFCC (09.00-21.00) subject to availability.

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.

November at the SNFCC

11.

The month takes off on 04/11, with Beethoven by the Camerata – The Friends of Music Orchestra under the baton of acclaimed conductor George Petrou. “...and then I asked him with my eyes to ask again yes and then he asked me would I yes to say yes...”: **On 10/11, Reni Pittaki becomes Molly Bloom from James Joyce’s Ulysses in Parabases** – SNFCC Reader’s Theater, under the direction of Dimitris Karantzas. “Finally, you realize that you read. You turn page”: Daily, **The Quiet Volume, the Autoteatro performance of Ant Hampton and Tim Etchells, introduces us to a unique experience of reading and encourages us to discover one another.** In November’s music pursuits, **we travel through the electronica, ambient and techno soundscapes of Mikael Delta (16/11) while trumpet player Georgina Jackson and harpist Maria-Christina Harper join forces in their new project Women of Jazz,** creating a dynamic duet of exciting jazz sounds at the SNFCC Lighthouse (24/11). “...this is music that allows people to let go and feel their own true emotions – which can sometimes lead to some very intense responses”: **On 25/11, Echo Collective, who infuse a wide variety of music styles with their classical sensibilities, perform 12 Conversations with Thilo Heinzmann, a composition by Jóhann Jóhannsson. Bauhaus at 100,** SNFCC’s latest collaboration with Goethe-Institut Athen keeps on giving, with new lectures and workshops, exploring the legacy of the Bauhaus School. **POETICAL WORKS: In November, the journey into the pictorial world of Jannis Psychopedis continues, with a major exhibition in which painting meets poetry.**

**And, of course, the countdown for the SNFCC Christmas World begins!
Stay tuned!**

Exclusive donor:



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