



STAVROS
NIARCHOS
FOUNDATION
CULTURAL
CENTER

ΚΕΝΤΡΟ
ΠΟΛΙΤΙΣΜΟΥ
ΙΔΡΥΜΑ
ΣΤΑΥΡΟΣ
ΝΙΑΡΧΟΣ

CALENDAR OF EVENTS

10.2018



**Happy birthday,
Mr Hadjidakis**



READERS THEATER
Anton Chekhov:
The Lady with the
Dog & Kashtanka



JAZZ CHRONICLES
**Christos
Tambouratzis**
Cargo



Kyriakos Sfetsas
& Greek Fusion Orchestra



Giorgis Christodoulou
Storytelling

MUSIC ESCAPADES
Dirty Fuse



Η πιο ωραία εκδρομή που έχω πάει ποτέ

ΕΙΝΑΙ ΑΠΛΑ

ΤΕΧΕΣ

Μηρούνο

Τα πέλασα τόσο ωραία που ήταν
η αξιολόγηση μου ήρεμα.

SNFCC School Programs for All Ages



Stavros Niarchos Foundation Cultural Center (SNFCC) welcomes the new school year with a series of specially designed programs for all educational levels, inviting pupils to discover SNFCC and learn by playing.

Focusing on architecture, the arts, sustainability, as well as wellness and health, SNFCC's school programs introduce children to architectural design, renewable energy sources, robotics, writing and movement, using fresh, creative approaches.

Since the SNFCC opening, in 2016, school programs have been an integral part of its agenda. Up to today tens of thousands of pupils have participated with their schools thanks to an exclusive grant of the Stavros Niarchos Foundation.

School program reservations are made online at snfcc.org.

For more information, please call +30 216 8091005, or email schools@snfcc.org.

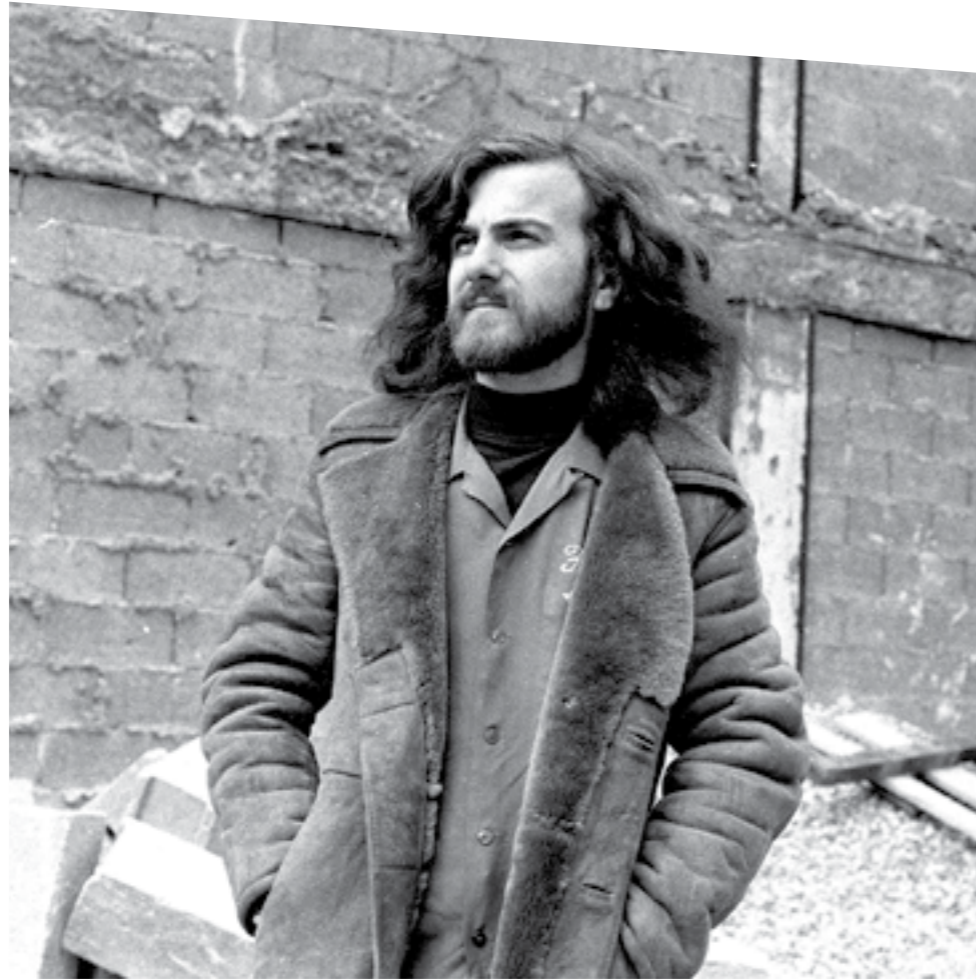
Πέρασα καταπληκτικά και είχα να θυμηθώ
από εκεί και καταπληκτική δουλειά και
πολύ αβρασιμική εργασία,

ΑΓΓΕΛΟΣ

Highlights

The majority of the SNFCC October events are free and open to all, thanks to an exclusive grant of the Stavros Niarchos Foundation.

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& Greek Fusion Orchestra
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Kyriakos Sfetsas & Greek Fusion Orchestra

Tuesday 16/10 | 20.30 —————> GNO STAVROS NIARCHOS HALL 13

On 16/10, Kyriakos Sfetsas and the Greek Fusion Orchestra (GFO) present a masterful progressive jazz-fusion collection of captivating compositions in intricate arrangements, casting a fresh glance at Greek traditional music.

An internationally acclaimed composer of symphonic, chamber and solo music, as well as ballet, film, theater, electronic and jazz music, in 1976, one year after he had returned from France to Greece in the aftermath of the military junta, Kyriakos Sfetsas formed GFO. He was soon invited by Manos Hadjidakis to work as an independent producer for the Greek National Radio's Third Program; in 1982-1993, he went on to become the radio station's director.

The GFO served as a vehicle for the composer to attain an ambition dating back to his avant-garde period in the 1960s in Paris: to create music pushing the boundaries of Greek traditional music.

The Greek Fusion Orchestra never played live back then. Yet, in 2018, 41 years later, the band began to perform before audiences, with Dimitris Marinakis (an original member) joined by young musicians picked by Kyriakos Sfetsas.

Featuring:

George Palamiotis, bass
Sakis Tsinoukas, electric guitar
George Bereris, piano
Spyros Nikas, clarinette, alto saxophone
David Lynch, flute, tenor saxophone

Free admission by online pre-registration at SNFCC.org

Appropriate for children aged 6+

At events without intermission, late seating can be only allowed in case of a pause.



No other Greek 'avant-garde' composer's return to tradition was more impressive than that of Sfetsas

Giorgos Leotsakos, Music Critic

Parabases – SNFCC's Readers Theater

For the new season, Parabases, the Stavros Niarchos Foundation Cultural Center's Readers Theater returns to the Lighthouse, this time staged by Katerina Evangelatos and focusing on short-form writing, with short stories by Greek and international writers.

The Lighthouse is transformed into a literary salon, where audiences have the opportunity to enjoy famous actors semi-staged performances of short stories by great writers, from Edgar Allan Poe to Giorgos Ioannou. Six Sunday afternoons are dedicated to six masters of short-form writing, in six rehearsed readings designed for modern audiences, approaching a classic genre in a fresh and original way.



Anton Chekhov: The Lady with the Dog & Kashtanka

Sunday 14/10 | 19.00 —————> LIGHTHOUSE 14

First in line, Anton Chekhov, one of the world's greatest short-story writers and a leading exponent of 19th-century Russian realism. Actors **Maria Nafpliotou** and **Nikos Kouris** bring to life two short stories by the great Russian writer, *The Lady with the Dog* and *Kashtanka*.

The Lady with the Dog is perhaps Chekhov's best-known story – an unforgettable tale of love, filled with romance and heartache, in which the author expertly evokes the two characters' emotions and actions.

Kashtanka, on the other hand, is the story of a cute little mongrel that gets lost and winds up in a circus act, Living with people learns about affection, cruelty, fear and gratitude.

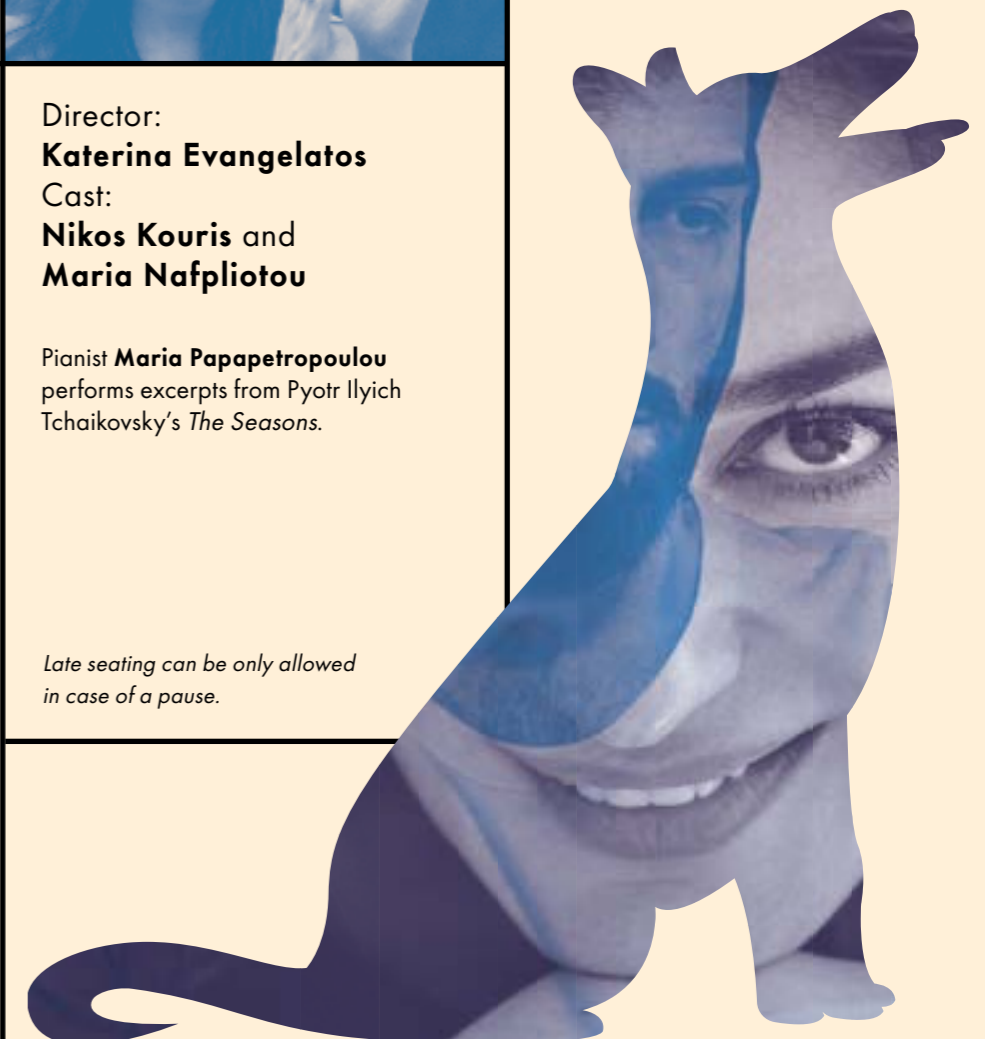


The short stories, published in *Love and 32 Other stories* (2013), transl. Vassilis Dinopoulos, are used with the kind permission of Hestia Publishers.

Director:
Katerina Evangelatos
 Cast:
Nikos Kouris and
Maria Nafpliotou

Pianist **Maria Papapetropoulou** performs excerpts from Pyotr Ilyich Tchaikovsky's *The Seasons*.

Late seating can be only allowed in case of a pause.



Happy birthday, Mr Hadjidakis

Tuesday 23/10
GNO STAVROS NIARCHOS HALL | GNO ALTERNATIVE STAGE | AGORA

Artistic supervisor: **George Hadjidakis**

A concert with transcriptions of Manos Hadjidakis' works by the vocal quartet *Yasemi*

17.00 - 17.35 —→ GNO ALTERNATIVE STAGE 13

A programme with vocal adaptations of orchestral compositions from *Gioconda's Smile* and a compilation of songs from the complete works of Manos Hadjidakis, like, "Away on the misty river" and "Peribanou (Noble Dame)". Yasemi Quartet's approach to Manos Hadjidakis' work is based on the idea that the melodies of his works can be imprinted on memory in a way that an average listener without being particularly educated can reproduce them by humming the orchestral outbursts. This special characteristic seems to have served as a catalyst for the imprint of Hadjidakis' work on the collective memory.

Yasemi Vocal Quartet consists of: **Eirini Derebei, Maria Melachrinou, Martha Mavroidi, Tasos Poulis**. Singers and musicians all at once, treat the voice as a multifaceted musical instrument.

On Manos Hadjidakis' birthday, the Greek National Opera and Stavros Niarchos Foundation Cultural Center present a day-long tribute to the music of the great Greek composer, who, this year, would have turned 93.

Dora Bakopoulos, piano works

18.00 - 18.40 —→ GNO ALTERNATIVE STAGE 13

The celebrated pianist and emblematic interpreter of Manos Hadjidakis' works performs the great piano works: *Ionian suite*, *Solitude*, *Six popular paintings*.

Lyric signers perform his songs

19.00 - 19.45 —→ GNO STAVROS NIARCHOS HALL 13

Greek National Opera's protagonists interpret great songs of Manos Hadjidakis with piano accompaniment. With the participation of: **Vassiliki Karayanni** (soprano), **Lydia Angelopoulou** (mezzo-soprano), **Stamatis Beris** (tenor), **Dimitris Paksoglou** (tenor), **Nikos Stephanou** (tenor), **Tassis Christoyannis** (baritone), **Dimitris Tiliakos** (baritone), **Petros Magoulas** (bass), Piano: **Frixos Mortzos**

The GNO Children's Chorus discovers children's Manos

20.00 - 20.15 —→ AGORA 12

The Greek National Opera Children's Chorus interprets songs of children's Manos. From the *Era of Melissanthi* to *Magnus Eroticus* and from "Goldfish" to "Little Donkey", Hadjidakis' songs engage in a dialogue with children's innocence and travel through Manos' musical universe across the generations.

Conductor: **Vassoula Delli**

Yota Nega interprets Manos' songs

20.30 - 21.30 —→ GNO STAVROS NIARCHOS HALL 13

One of the most interesting popular voices of the younger generation, Yota Nega, makes her Manos Hadjidakis' works debut, by interpreting songs from the movies, the theatre and song cycles. From "Bring me a mandolin" to "Come to me", and from "The North Wind Came, the South Wind Came" to "Athanasia (Immortality)" and "Let's Ride To The Moon", Yota Nega will attempt to give a new interpretation of Manos' songs we all have hummed.

Piano: **Lefteris Michalopoulos**

Captain Michalis with Dionysios Sourbis

21.30 - 21.50 —→ GNO ALTERNATIVE STAGE 13

GNO's acclaimed baritone Dionysios Sourbis interprets one of the greatest song cycles, *Captain Michalis*, written for the theatrical adaptation of Nikos Kazantzakis' novel, which was mounted by the Greek Popular Theatre in 1966 and directed by Manos Katrakis. Following the emblematic first interpretation of Giorgos Romanos, Dionysios Sourbis breathes new life into the work.

Piano: **Theodore Tzovanakis**

Schoolwave bands "rework" his songs and music

22.00-23.15 —→ GNO STAVROS NIARCHOS HALL 13

"That short and fat gentleman is our dark hero. He was born 80 years ago, and he never died. He continues to stay up all night and hang out with tramps, poets and naughty students". That was the caption we wrote next to Hadjidakis' photo in the tribute we had prepared for him in the fifth issue of our magazine, "Schooligans" (October 2005). Naturally, most of our readers, 16 and 17 year olds, didn't know who he was. It was a chance for them to discover him. A chance just like the one offered now by this tribute which will feature high school and university students' bands from the Schoolwave festival. A few months ago, most of them hadn't played Hadjidakis before. Some of them had not even listened to his music. But in their ignorance, they carried him inside them. And when they bowed over his songs and started "reworking" them, they discovered a relative in him. And as far as this "reworking" is concerned, unorthodox as it may sound, it is certain that Hadjidakis himself would enjoy it. He had even said that himself once in a radio comment: "My songs teach disobedience".

Christos Ioannidis,

Schooligans magazine manager/Schoolwave Festival

With the participation of Schoolwave bands:

Boulevard, Alternative Rock (high school students) band from Athens

Mysterios Typos, Hip Hop (students) band from Athens

Gis Madiam, traditional polyphonic (high school students) band from Serres

Astrarot, Metal (students) band from Thessaloniki

Special participation of the **Hellenic Navy Band** at a time and place to be announced in due time.

Free admission

For the hours and participation please visit www.nationalopera.gr or www.SNFCC.org



Reflections on an ancient line of verse: Dionysios Solomos and Homer's shade

Friday 12/10 | 19.00-20.30 —→ NLG BOOKCASTLE 11

A series of lectures on Modern-Greek poetry begins in October at SNFCC. Emmanouela Kantzia, PhD in Comparative Literature, invites us to a unique journey into the lives and works of three major Modern Greek poets who converse with ancient Greek tradition, also illuminating the historical context and major art movements of their times.

The series takes off with Dionysios Solomos and his poems: "Homer's Shade," "Lambros" (fragment) and "The Free Besieged" (fragment). The body of work of the Greek poet laureate manifests his desire to fuse classical and romantic elements - from the poems of his youth, written in either Italian or Greek, to the supreme fragments of his mature period ("The Free Besieged," "Lambros," "The Cretan," and "Porfyra"), "Homer's shade" returns constantly.

Forthcoming lectures:

Wednesday 14/11 | 19.00-20.30, NLG BOOKCASTLE 11

Cavafy Reading Plutarch

Poems: "The God Abandons Antony," "King Demetrius," "Myris: Alexandria, A.D. 340"

Friday 21/12 | 19.00-20.30, NLG BOOKCASTLE 11

Seferis's black Eumenides

Poems: Excerpts from *Mythistorama*: 12 [Bottle in the Sea], 16 [The name is Orestes], 17; "The King of Asini"

Greek Sign Language interpretation will be provided

Mystery Night: The Disappearance of John Balomenos

For the first time, on the initiative of the mayor of Athens Georgios Kaminis, the Athens Culture Net and its members, organise, the ACN Culture Night, a night full of cultural events, in the framework of Athens 2018 World Book Capital - City of Athens. Publishers, magazines, writers, poets, and organisations not previously associated with the Network, take part in this event.

Part of ACN Culture Night and Athens 2018
World Book Capital - City of Athens

Friday 05/10 | 18.50 → STAVROS NIARCHOS PARK

Starting times: 18.50, 19.50, 20.50, 21.50
(up to 50 participations per session)
Free admission by online pre-registration at www.SNFCC.org

A special night of mystery at the Stavros Niarchos Park. Accept the challenge and become the detective to solve a case.

"Everything starts at the Stavros Niarchos Foundation Cultural Center and everything will end here". These seem to have been the last words of literature critic John Balomenos, before his traces are lost in the neighborhood of Kallithea, according to his daughter.

Witnesses are ready to give their own version of the disappearance of the stern critic, and you are called to figure out what happened.

Riddles, suspects and a mystery game in an evening that invites you to tour the SNFCC and solve unexpected cryptic disappearance.

Mystery Night is part of the ACN Culture Night and of Athens 2018 World Book Capital - City of Athens.



Text-Idea: **Dimitris Simos-Vagelis Giannisis**
Direction: **Yannis Sarakatsanis & "Find the Murderer" Troupe**

Actors:
Soso Chatzimanoli, Kimon Fioretos, Manos Kannavos, Alexandra Ousta, Christos Pitsas, Yannis Sarakatsanis, Thanasis Zeritis and six more actors.

ΝΥΧΤΑ ΠΟΛΙΤΙΣΜΟΥ
ATHENS CULTURE NET

ΤΕΧΝΕΣ & ΑΦΗΓΗΣΗ

Αθήνα 2018 Παγκόσμια Πρωτεύουσα Βιβλίου
Δήμου Αθηνών

5 Οκτωβρίου

ATHENS
CULTURE
NET

ΕΠΙΧΕΙΡΗΣΙΑΚΟ ΠΡΟΓΡΑΜΜΑ
ΕΥΡΩΠΑΪΚΗΣ ΕΝΩΣΗΣ
ΕΠΙΧΕΙΡΗΣΙΑΚΟ ΠΡΟΓΡΑΜΜΑ
ΕΥΡΩΠΑΪΚΗΣ ΕΝΩΣΗΣ



ΔΗΜΟΣ ΑΘΗΝΑΙΩΝ



ΔΗΜΟΣ ΑΘΗΝΑΙΩΝ

Giorgis Christodoulou: Telling Stories of Interwar Music

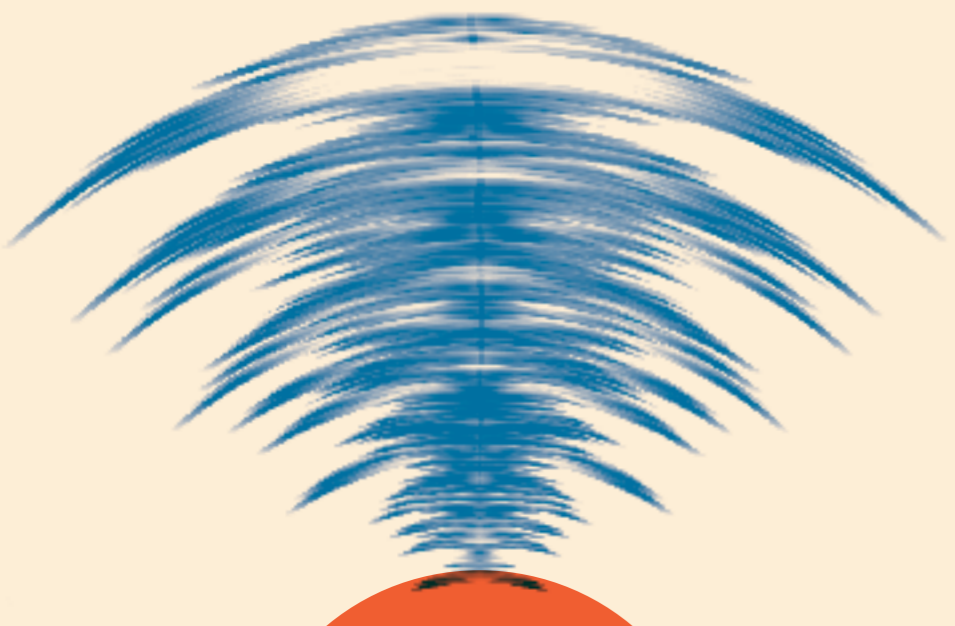
Sunday 28/10 | 21.00 → LIGHTHOUSE 14

In the guise of a modern-day storyteller, singer and actor Giorgis Christodoulou performs unforgettable songs from the interwar period and tells the stories behind them.

- *Why did a song by Kostas Giannidis take ten years to become a hit?*
- *Did talent shows exist in Athens even before 1950? If so, what were they like?*
- *Which smashing hit, which never stopped getting new covers ever since it was released, had originally been rejected by the record company, and why?*
- *Why did Attik's Mandra music club close down in 1940?*
- *How did a contemporary pop hit of the time come to be famous as satire of Mussolini?*
- *Which was the first Greek song, even before "Never on Sunday," that rose to international fame?*

The answers to these and more questions are revealed in an interactive musical performance featuring Giorgis Christodoulou's warm voice performing timeless favorites, with drama, wit and depth of emotion. He is joined by two very special musical artists, Haris Stavrakakis on piano and accordion, and Kostas Klangos on double bass.

Giorgis Christodoulou has collaborated with Greek artists including Arleta, Nena Venetsanou, Nikos Xydakis, Notis Mavroudis, Dimitra Galani, Andriana Babali, Iro and Dionysis Savvopoulos. He has released eight solo albums, including Kantada, featuring covers of songs by Attik, Giannidis, Raptis, Theofanidis, and other famous Greek interwar composers, which received critical acclaim. Since 2003, Christodoulou has composed music for the theatre and many television series and collaborated with Lakis Lazopoulos, Thodoris Atheridis, and Dimitris Lignades. In summer 2016, he and his musical associates presented in premiere Attik's previously lost, never-recorded French-language songs, in a sold-out Athens Festival live concert.



Music Escapades

Surf music is the meaning of the sounds of the waves.

Dick Dale, King of the Surf Guitar

Jazz Chronicles



The events are open to public on a pre-registration basis at www.SNF.org

Dirty Fuse

Saturday 13/10 | 21.00 → PANORAMIC STEPS 15

On Saturday 13 October, shortly before the onset of winter, Music Escapades, SNFCC's alternative music series, brings us the sounds of the waves in a surf music party featuring Dirty Fuse, who will go surfing on their instrumental boards on the Panoramic Steps.

Since 2008, Dirty Fuse have been exploring the wild world of surf rock. Influenced by Dick Dale, The Ventures, The Atlantics, The Ramones and Television, their music leans heavily on 1960's old-school surf, performed with genuine garage and punk-rock energy.

Featuring:

Christos Kogios, drums
Manos Kissamitakis, saxophone
Giannis Drakos, bass
Eri Kapetanaki, guitar

Christos Tambouratzis Cargo

Sunday 21/10 | 21.00 → LIGHTHOUSE 14

In October, Jazz Chronicles welcome the guitarist and composer Christos Tambouratzis for the official launch of his latest recording release, *Cargo*, in Greece.

Comprising five instrumental and four vocal tracks, the album is already rising in popularity in Europe, buoyed by "Love's Got Me," performed by Bill Kalantzakos, which gets a lot of airtime.

This is the composer's fourth album, after *Mirror*, *Back Seat* and *Symmetry of Mind*, the latter of which earned a bronze Global Music Award in 2016.

In a groovy mood, Christos Tambouratzis and his dynamic band will perform funky, jazz and rock selections from his recent albums and back catalogue.

Featuring:

Dimitris Antoniadis, drums | **Christos Kechris**, bass
Fivos Bozas, saxophone | **Alekos Roupas**, percussion
George Bereris, keyboards | **Nassia Gofa**, vocals
Bill Kalantzakos, vocals

Presented by radio producer Ilan Solomon



DIALOGUES Greek Oktoberfest

Friday 19/10 | 17.30 → LIGHTHOUSE 14

Stavros Niarchos Foundation is inviting you to the 11th event of the monthly series DIALOGUES that will take place on the occasion of Germany's renowned Oktoberfest celebration. The DIALOGUES event will discuss the relationship between Greece and Germany, the customs of the two countries, the prevailing stereotypes surrounding the two nations and their citizens, and also what unites us, at an event for the "Greek Oktoberfest". Renowned speakers will retrace the past, focusing on landmark historical moments, which have acted as milestones for the relationship between the two European countries, as well as explore the basis for cooperation, now and in the future.

Following the event, we will bring a little taste of Munich to the SNFCC's Lighthouse, setting up our own celebration, full of German delicacies, music and, of course, an ample amount of beer!



A journey to six cities: Six lectures on architecture

Wednesday 10/10 & 17/10
19.00-21.00 → NLG BOOKCASTLE 11

A series of lectures in which Andreas Giacomacatos, professor of history, critical analysis and theory of architecture, Faculty of Theory and History of Art, Athens School of Fine Arts, invites us to a tour of the urban, architectural and social environments of six cities, discussing their global relevance in terms of both architecture and culture at large.

1. Wednesday 10 October:
Florence, A Renaissance City

2. Wednesday 17 October:
Rome, A Baroque City

Forthcoming topics and cities:

Munich: A Neoclassical City

Chicago: A City of the American Avant-garde

Athens: A Modern City and Architecture

Tokyo: A Contemporary City and Architecture

Greek Sign Language
interpretation will be provided



EXTENDED

Sophia Vari: Forms & Contradictions

01/10 - 31/10 → AGORA 12

The exhibition Forms & Contradictions by the sculptor Sophia Vari remains present at the SNFCC Agora till the end of October. Sixteen monumental, black and white sculptures populate the Agora and converse with the SNFCC building and the Greek light.

The sixteen sculptures of the exhibition Forms and Contradictions, having been created within the last decade, constitute the most mature work of the artist. Vari sees herself as a sculptor that paints and makes collages, therefore her work evolves around matters of light and volume, strongly influenced by Cycladic Arts and Olmecs in Mexico. It is in her sculptures that one can see the harmonious bridging of contradictions: heavy versus weightless, solid versus motion, light versus shadow and massive versus delicate.

The artist's decision to make use of a strict black and white palette for this specific exhibition stems from her fascination with the Greek sunlight and the characteristics of the building.

Free Admission – SNFCC Production



SNFCC FENCE



SNFCC through Your Lens! Photography Exhibition

Designed and organized in collaboration with New York-based United Photo Industries (The Fence public photography installations), the exhibition is realized thanks to an exclusive grant by the Stavros Niarchos Foundation. Admission is free.

To mark two years from its first day of operation, the Stavros Niarchos Foundation Cultural Center presents a large-scale group photography exhibition sprawling over 400m on SNFCC's perimeter.

Taken by amateurs and professionals alike, these photographs capture moments in the life of SNFCC, every season of the year and in different parts of the Park and the building complex. More than 2300 entries were submitted by 777 individuals from 12 countries.

The photographs on display have been selected by a jury composed of:

Yiorgis Yerolymbos, Architect – Photographer; Manolis Moresopoulos, Director, Athens Photo Festival; Harris Pressas, Visual Artist – Professor, Faculty of Applied Arts & Culture, University of West Attica; Gabriella Triantafyllis, Programming and Production Director, SNFCC.

Activities for Adults

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SPORTS & WELLNESS

Monday 01, 08, 15, 22, 29/10
 Tuesday 02, 09, 16, 23, 30/10
 Wednesday 03, 10, 17, 24, 31/10
 Thursday 04, 11, 18, 25/10
 Friday 05, 12, 19, 26/10

08.00-10.00
 18.00-21.00

RUNNING TRACK 6

Fitness for everyone

Experienced physical education teachers are available at the outdoor gym and the running track daily to offer training recommendations tailored to your personal fitness level. Personalized programs include aerobic exercise, muscle enhancement, flexibility exercises and rehabilitation for adults.

Design-Implementation: Regeneration & Progress

Monday 01, 08, 15, 22, 29/10
 Friday 05, 12, 19, 26/10
 18.00-19.30
 Tuesday 02, 09, 16, 23, 30/10
 Thursday 04, 11, 18, 25/10
 08.00-09.30

PANORAMIC STEPS 15

Yoga in the park

With yoga you align your body and spirit, through gentle practice involving breathing, asana postures and relaxation, in order to control your breathing and relax your minds, while gaining strength and improving flexibility.

Design-Implementation: Regeneration & Progress

Monday 01, 08, 15, 22, 29/10
 07.30-08.45
(up to 30 participants on a priority basis)

Friday 05, 12, 19, 26/10
 08.45-10.00

PANORAMIC STEPS 15

Mat Pilates advanced

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

Practitioners must wear comfortable clothing and bring their own pilates mat.

Design-Implementation: Regeneration & Progress

Monday 1, 8, 15, 22, 29/10
 08.45-10.00
(up to 30 participants on a priority basis)

Tuesday 02, 09, 16, 23, 30/10
 18.00-19.00

Wednesday 03, 10, 17, 24, 31/10
 Friday 5, 12, 19, 26/10
 07.30-08.45

Thursday 04, 11, 18, 25/10
 18.00-19.00

PANORAMIC STEPS 15

Mat Pilates

A creative way to keep in shape, Pilates helps us to maintain correct body posture and improves flexibility and balance. Suitable for men and women of all ages, practice takes place on a mat.

Practitioners must wear comfortable clothing and bring their own pilates mat.

Design-Implementation: Regeneration & Progress

Wednesday 03, 10, 17, 24, 31/10
 Thursday 04, 11, 18, 25/10
 17.00-18.15
 For ages 50+
(up to 30 participants on a priority basis)

LABYRINTH 4

Qigong yia 50+

Qigong is an age-old Chinese well-being practice, suitable for all fitness levels. This program is designed specifically for people over 50. Qigong combines mild, slow, repetitive movement with kinesthetic concentration, meditation, and breathing control.

Design-Implementation: Regeneration & Progress

For beginners
 Saturday 06, 13, 20, 27/10
 08.30-09.45
 Advanced
 Friday 05, 12, 19, 26/10
 19.00-20.15

RUNNING TRACK 6

GREAT LAWN 1
(up to 30 participants on a priority basis)

Tuesday 02, 09, 16, 23, 30/10
 18.00-19.15

RUNNING TRACK 6

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.

Design-Implementation: Regeneration & Progress

If you are taking part in an outdoor activity during the day, we encourage you to wear a hat and bring an insect repellent with you.

Saturday 06, 13, 20, 27/10
 Sunday 07, 14, 21/10
 Sunday 28/10

CANAL 16

09.00-10.00 ; ages 6-9 & 6-14 mentally impaired*	11.00-12.00 ; ages 17+ & adults
10.00-11.00 ; ages 9-12	12.00-13.00 ; ages 17+ & adults & 14+ mentally impaired*
11.00-12.00 ; ages 17+ & adults	13.00-14.00 ; ages 6-9 & 6-14 mentally impaired*
12.00-13.00 ; ages 12-17	14.00-15.00 ; ages 9-12
13.00-14.00 ; ages 17+ & adults & 14+ mentally impaired*	15.00-16.00 ; ages 12-17

(up to 15 participants per 60' by pre-registration at SNFCC.org)

*Participants should be accompanied

Sailing the Canal

The Kalamaki Yacht Club presents a series of interactive sailing events on different types of boats, both in the Canal and on shore, featuring innovative educational activities for children and adults.

Design-Implementation: Kalamaki Yacht Club

Saturday 06, 13, 20, 27/10
 Sunday 07, 14, 21, 28/10
 16.30-19.00
 For children aged 10+ & adults
(up to 15 participants per 30' by pre-registration at SNFCC.org)

CANAL 16

*Children under 15 years old must be accompanied by an adult.

Kayaking the Canal

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

Participants are advised to bring a second pair of clothes with them.

Design-Implementation: Regeneration & Progress

NEW PROGRAM

Monday 01, 08, 22, 29/10
 Wednesday 03, 10, 24, 31/10
 Friday 05, 12, 26/10
 10.00-10.50
 For ages 60+
(up to 10 participants on a priority basis)

MAKER SPACE 11

Monday 15/10
 Wednesday 17/10
 Friday 19/10
 10.00-10.50

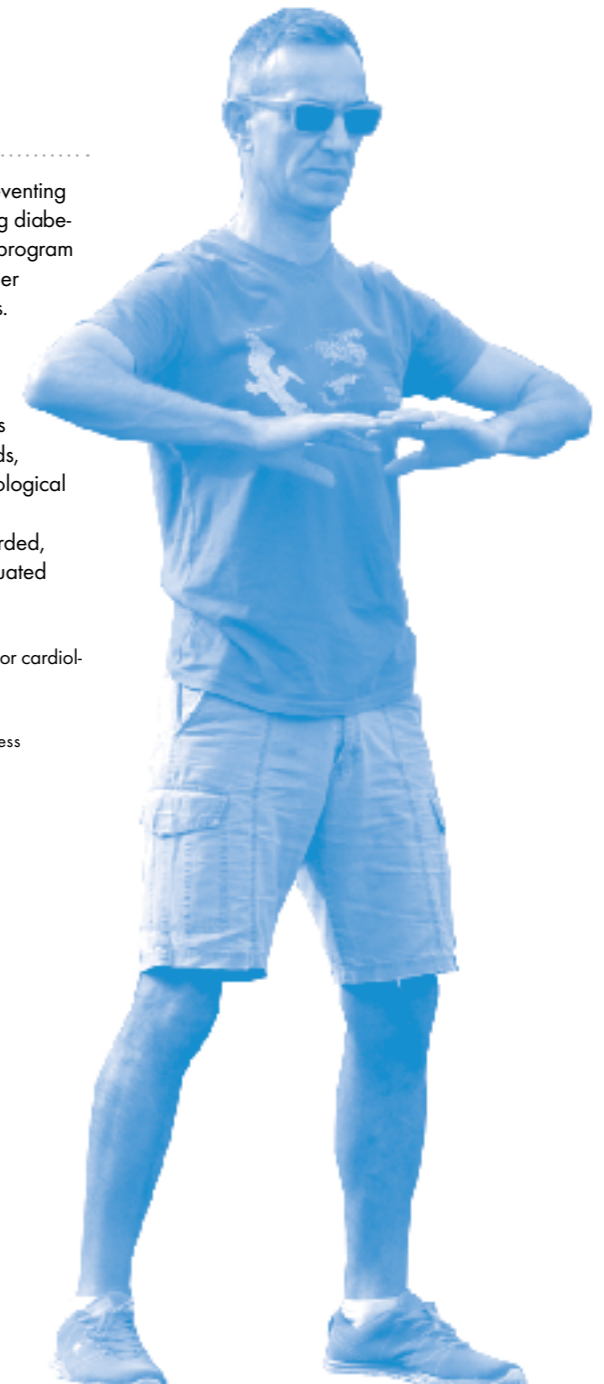
NLG MULTIFUNCTIONAL ROOM 11

Sports for Seniors

Exercise is the most powerful tool for preventing and treating chronic conditions, including diabetes, heart disease and obesity. This new program benefits adults over 65 as well as younger persons who suffer from chronic ailments. Sports Excellence (sportexcellence.gr) staff (physical education teachers, physiotherapists, cardiologists) design and implement custom-tailored programs featuring walking, yoga, resistance bands, dumbbells and ground exercises; psychological support will be offered regularly. 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.

Design-Implementation: Regeneration & Progress



SPORTS & WELLNESS

Saturday 06, 13, 20, 27/10 For people aged 15-70 (up to 50 participants)

RUNNING TRACK 6 *Teenagers aged 15-18 must have parental/guardian consent to participate

SNFCC Running Team

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

Design-Implementation: Regeneration & Progress

Sunday 07, 14, 21, 28/10 (on a priority basis) 12.00-14.00

ESPLANADE 17

Pétanque

Relatively unknown, pétanque is a sport that combines aiming 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.

Design-Implementation: Regeneration & Progress

Saturday 06, 20/10 16.00-18.00

SOUTHERN WALKS 3

The seminar is addressed to people with or without motor disabilities and their companions

(up to 30 participants on a priority basis)

Percussion Circle

A musical encounter to unite and unleash the creative energy of a powerful group. In a playful mood, the group comes into contact with rhythm, singing and movement through relaxation exercises, breathing techniques and music movement games.

Design-Implementation: QUILOMBO LAB

NATURE

Saturday 06, 13, 20, 27/10 13.00-14.30 (up to 30 participants on a priority basis)

VEGETABLE GARDEN 20

The Greenfingers

Participants learn everything they need to take good care of their plants. Engaging with gardening contributes to mental balance and well-being, in addition to raising environmental awareness.

October's activities involve plant propagation methods, seed harvesting, cuttings, grafts, transplantation, bulbs and aquatic gardens.

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

Sunday 07/10 11.00-14.00 (up to 30 participants on a priority basis)

VEGETABLE GARDEN 20

Talking about the Park's Plants: The Park's herbs

Participants talk about the most important medicinal and aromatic plants in Greece and the Mediterranean, many of which are hosted in Stavros Niarchos Park. Participants also learn about medicinal and aromatic plants, their properties and uses as herbal remedies, growing tips, how to collect them and employ them.

Design-Implementation: Panagiotis Papadopoulos, Agronomist MSc - Med culture

TECHNOLOGY

Monday-Friday 11.00-12.00 12.30-13.30 14.00-15.00 (up to 16 participants on a priority basis)

NLG PC LAB 11

Computer Courses for people 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.

Sunday 14/10 12.00-16.00 For children aged 10+ and their parents

VISITORS CENTER 23

Cycling classes for children and adults

Trainers introduce children to simple techniques that enable them to enjoy cycling without training wheels and help those who already know how to ride to improve their skills.

Special classes for adults who don't know how to ride -but always wanted to learn how- will be available.

Design-Implementation: MBike

Saturday 20/10 17.00-19.00 For ages 4+ (Open admission)

ESPLANADE 17

Aim Games

How well do you aim? Calmness, concentration, stability, good vision and confidence in decision-making will be the key qualities required to achieve your goals in this tournament through fun aim games for individuals.

Design-Implementation: Regeneration & Progress

Wednesday 24/10 17.30-19.00 19.00-20.30 (up to 20 participants on a priority basis)

NLG MULTIFUNCTIONAL ROOM 11

First-aid course

A non-certified training is offered for heart attack and drowning incidences, as well as for the use of an Automated External Defibrillator. Lastly, participants will have a hands-on experience with the use of specifically designed models/preforms.

Design-Implementation: Regeneration & Progress



Activities for Adults

ARTS & CRAFTS

Wednesday 03/10
18.00-21.00
*(up to 18 participants
by pre-registration at
SNFCC.org)*

RECEPTION OF NLG 11

Wednesday 17, 24/10
18.30-21.30
*(up to 20 participants
by pre-registration at
SNFCC.org)*

NLG KIDS LAB 11

Saturday 27/10
12.00-13.00
13.00-14.00
14.00-15.00
For children aged 7+,
with or without disabilities
*(up to 25 participants per
hour on a priority basis)*

NLG KIDS LAB 11

Wearable Sculpture: Microsculpture & Jewelry

A workshop inspired by Sophia Vari's large-scale sculptures and wearable microsculptures. After a first-hand experience of the artist's abstract geometric artworks in SNFCC's Agora, participants will produce abstract microsculptures using lost wax casting. Black and white, figurative and non-figurative, male and female, union and boundaries, form and geometry – these are some of the creative concepts to be explored.

After being sent to the foundry, the microsculptures will be returned to the participants cast in metal.

Design-Implementation: Very Young Contemporary Art (VYCA) in collaboration with jewelry designer Katerina Iliopoulou

Ebru Lab: Painting on Water

Ebru is a Turkish art of marbling. Ebru means "water surface." Participants in these workshops will explore the traditional ebru technique, creating colorful patterns on water and experimenting in paper marbling.

Design-Implementation: Katerina Momitsa, Artist

We create art all together: Glossaries of Surrealism

Surrealism (from the French words sur [above, in excess] and réalisme) is a 20th-century literary movement that exerted a far-reaching influence in the arts and politics. This workshop begins with an introduction to Surrealism, followed by discussion of poems by Greek surrealists.

This workshop aims to facilitate the production of works using the collage technique, whose main qualities are freedom in form, the absence of a subject, of rationality and control through bold associations of arbitrary, random images and words, fusing imagination with dream.

Design-Implementation: Theodore Zafeiropoulos, Artist
Elisavet Chelidoni, Artist,
Special Education Teacher

Activities for Adults

NEW PROGRAM

Sunday 07/10
12.00-15.00
Sunday 21/10
17.30-20.30
*(up to 20 participants
by pre-registration at
SNFCC.org)*

NLG KIDS LAB 11

NEW PROGRAM

Friday 26/10
Wednesday 31/10
10.30-12.30
*(p to 20 participants
on a priority basis)*

LABYRINTH 4

Upcycling Carpets: Alternative Weaving

Traditional rural communities transformed useless materials into elegant handicrafts. The modern creative recycling movement known as "upcycling" brings back to life this beneficial practice in decorative arts.

In these workshops, traditional handicraft techniques are revisited, adding new use and value to old artifacts (textile, carpet, knitting, weaving, macramé, basketmaking, and more).

This month, left-over yarns and materials are being upcycled by the participants, who create handmade decorative woven rugs, using two different traditional weaving techniques.

Design-Implementation: Very Young Contemporary Art (VYCA)

Drama Games in the Park 65+

A creative activity program for seniors 65+. Drama games, improvisation techniques, music and dancing exercises, increase the participants' creative expression potential in the conducive environment of Stavros Niarchos Park.

Each session focuses on a different topic.

Topics:
26/10 Humans and Nature
31/10 Commemoration of 28 October

Design-Implementation:
Vicky Kyriakoulakou, Actor –
Film director Anastasia Stylianidi, Actor

TECHNOLOGY

Monday 01, 08, 15, 22, 29/10
18.30-20.30
*(up to 16 participants
by pre-registration at
SNFCC.org, αυτοτελείς
συναντήσεις)*

NLG PC LAB 11

Sunday 28/10
12.00-15.00
*(up to 30 participants per
lab on a priority basis)*

MEDITERRANEAN
GARDEN 10

Introduction to mobile photography

Familiarize yourself with the basics of composing a photo as well as using a mobile phone to shoot professional-quality photos.

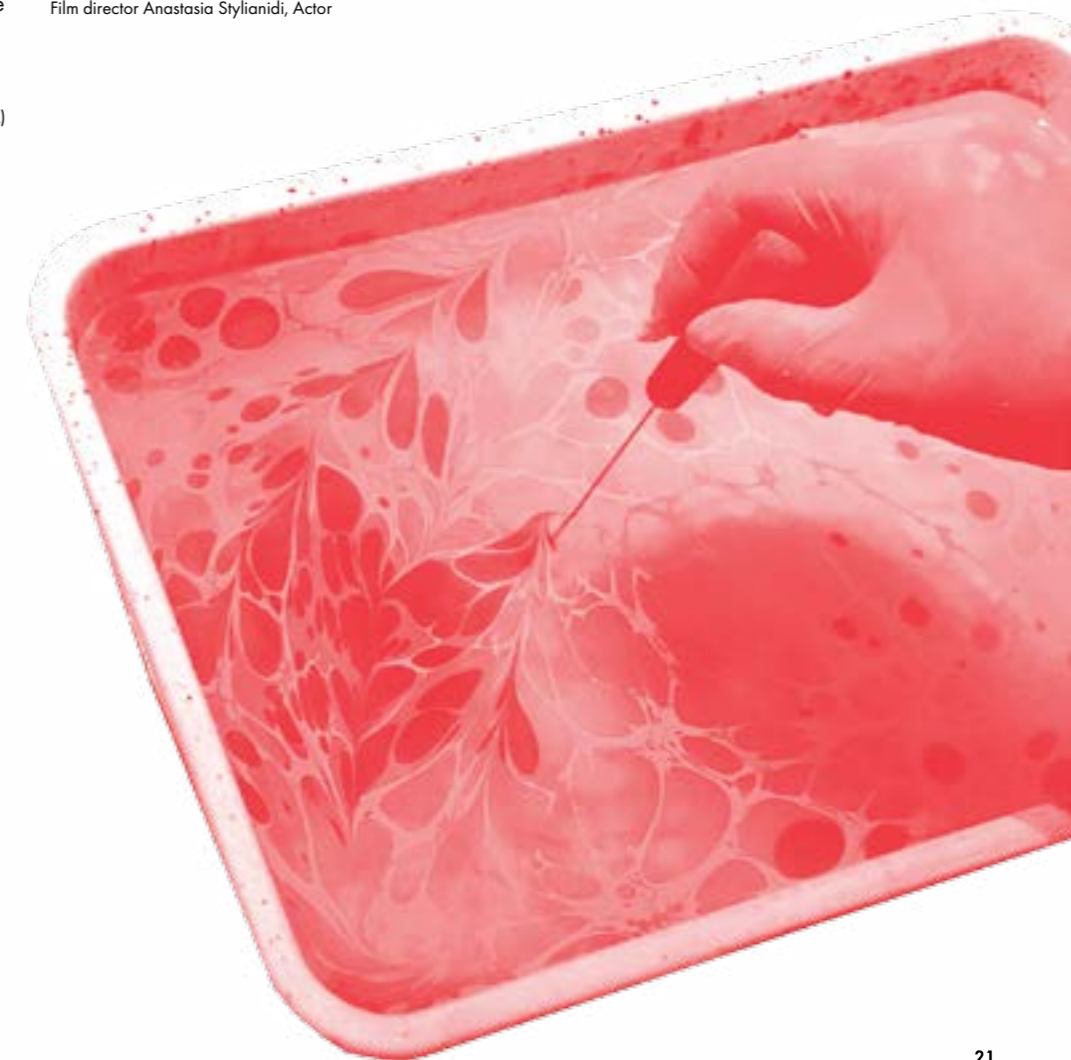
Design-Implementation: Foundation

*Familiarity with a mobile phone and basic familiarity with the camera app required.

Introduction to Soap Making

The workshop covers the main principles and steps in the preparation of natural, hand-made soap, the use of essential oils and other additives, and presents the basic equipment and safety measures. Participants make their own soap and learn how to deal with common problems.

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



SNFCC KIDS

Picnic with Paul Klee & friends!
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Roller Skates for Kids
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Four Seasons at SNFCC:
Exploring the Garden
p.27



Street Soccer
p.25



Little Large Sculptures
p.28



Mistake Labs:
See Paper Differently
p.28

The Park's Little Gardeners
p.27



Kids Yoga
p.26

SPORTS & WELLNESS

Monday 01, 08, 15, 22, 29/10 For children aged 6-12
Wednesday 03, 10, 17, 24, 31/10 (up to 10 or 12 children per 30' session by pre-registration at SNFCC.org)
Friday 05, 12, 19, 26/10 17.00-20.00

OUTDOOR GAMES AREA 25

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.

Design-Implementation: Regeneration & Progress

Tuesday 02, 09, 16, 23, 30/10 For children aged 6-15
Thursday 04, 11, 18, 25/10 (on a priority basis) 17.00-20.00
Saturday 06, 13, 20, 27/10
Sunday 07, 14, 21/10 13.00-14.30

OUTDOOR GAMES AREA 25

Fun Sports Games in the Park

German football and a basketball shoot around await children in the new outdoor game area at Stavros Niarchos Park.

Design-Implementation: Regeneration & Progress

Saturday 06, 13, 20, 27/10 For children aged 4-9 and parents
 13.00-14.30 (up to 50 participants on a priority basis)

GREAT LAWN 1

Family games

An entertaining activity that's all the rage, with games specially designed for both young and old. Parents are encouraged to play and collaborate with their children in the Park, sharing their educational stimuli and developing their imagination.

Design-Implementation: Regeneration & Progress

If you are taking part in an outdoor activity during the day, we encourage you to wear a hat and bring an insect repellent with you.

Saturday 06, 13, 20, 27/10 For children aged 5-10
 17.00-18.15 (up to 20 participants on a priority basis)

GREAT LAWN 1

Sports games

A recreational activity for children and teenagers in the Park, aimed at fostering the sporting spirit. Interactive and musical movement games in the form of team games provide opportunities to collaborate, communicate and stimulate physical well-being.

Design-Implementation: Regeneration & Progress

Saturday 06, 13, 20, 27/10
Sunday 07, 14, 21/10 **Sunday 28/10**

CANAL 16

09.00-10.00 ; ages 6-9 & 6-14 mentally impaired*
 10.00-11.00 ; ages 9-12
 11.00-12.00 ; ages 17+ & adults
 12.00-13.00 ; ages 12-17
 13.00-14.00 ; ages 17+ & adults & 14+ mentally impaired*
 11.00-12.00 ; ages 17+ & adults
 12.00-13.00 ; ages 17+ & adults & 14+ mentally impaired*
 13.00-14.00 ; ages 6-9 & 6-14 mentally impaired*
 14.00-15.00 ; ages 9-12
 15.00-16.00 ; ages 12-17

(up to 15 participants per 60' by pre-registration at SNFCC.org)

*Participants should be accompanied

Sailing the Canal

The Kalamaki Yacht Club presents a series of interactive sailing events on different types of boats, both in the Canal and on shore, featuring innovative educational activities for children and adults.

Design-Implementation: Kalamaki Yacht Club

NEW PROGRAM

Tuesday 02, 09, 16, 23, 30/10 For children aged 6-15
Thursday 04, 11, 18, 25/10 (up to 20 participants on a priority basis)
Saturday 06, 13, 20, 27/10 17.00-18.15

RUNNING TRACK 6

Developing Young Athletes

Structured athletic programs benefiting from the equipment and guidance of experienced physical education teachers in accordance with the scientific advice of Sports Excellence. This program seeks to encourage young children to practice sport, as well as to foster a sporting culture.

Design-Implementation: Regeneration & Progress

Saturday 06, 13, 20, 27/10 For children aged 10+ & adults
Sunday 07, 14, 21, 28/10 (up to 15 participants per 30' by pre-registration at snfcc.org) 16.30-19.00

CANAL 16

*Children under 15 years old must be accompanied by an adult.

Kayaking the Canal

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

Participants are advised to bring a second pair of clothes with them.

Design-Implementation: Regeneration & Progress

Saturday 06, 13, 20, 27/10 For children aged 3-6
Sunday 07, 14, 21/10 (up to 20 participants on a priority basis) 12.00-13.15

RUNNING TRACK 6

Artistic Gymnastics

Through artistic gymnastics coupled with games and fun, children get to know their bodies and abilities, while they improve flexibility and motor coordination.

Design-Implementation: Regeneration & Progress

Saturday 06, 13, 20, 27/10 For children aged 6-12
 11.15-12.30 (up to 20 participants on a priority basis)

VISITORS CENTER 23

Group Missions

Children learn the value of co-operation by creating teams that aim to complete a unique mission. To achieve this, they need to show trust and harness each team member's capabilities. Through non-competitive games, communication, and team exploration, kids will realize that joy lies not only in the victory itself.

Design-Implementation: Regeneration & Progress

Saturday 06, 13, 20, 27/10 For children aged 6-12
Sunday 07, 14, 21/10 (up to 10 children per 30' session on a priority basis) 10.00-13.00

OUTDOOR GAMES AREA 25

Street Soccer 5x5

Free football match events suitable for schoolage children (6-12) in five-member teams.

Design-Implementation: Regeneration & Progress

Saturday 06, 13, 20, 27/10 For children aged 4-10
Sunday* 07, 14, 21/10 (up to 8 children per 30' session by pre-registration at SNFCC.org) 17.00-20.00

OUTDOOR GAMES AREA 25

*Blind Tennis or Soundball Tennis for children with or without vision-impaired or blind persons.

Mini Tennis

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

Design-Implementation: Regeneration & Progress



SPORTS & WELLNESS

Sunday 14/10
17.00-19.00
Sunday 28/10
15.30-17.30

For children aged 6-12
(up to 15 participants
on a priority basis)

VISITORS CENTER 23

Roller Skates for kids

Recreation, exercise, or transport? Skates are all of these at the same time! Children see for themselves and practice their balance in these self-contained introductory classes.

No prior experience is required. Participants are requested to bring their own equipment (skates, helmet, knee pads).

Design-Implementation: Powerskate.eu Skate Academy
Yiannis Kousparis, certified instructor (ICP levels 1, 2, 3)

Sunday 07, 14, 21/10
10.45-11.45

For children aged 4-12
(up to 30 participants
on a priority basis)

LABYRINTH 4

Kids Yoga

A child-centered, play-based approach, focusing, not on perfect execution, but on teaching children how to control their bodies, breathing and thinking, and how to relax even as they gain strength, flexibility and self-confidence to control their breathing and relax their minds, while gaining strength and improving flexibility.

Participants should bring their own yoga mat.

Design-Implementation: Regeneration & Progress

NEW PROGRAM

Sunday 07, 14, 21/10
13.30-14.45

For children aged 3-6
(up to 20 participants
on a priority basis)

RUNNING TRACK 6

Be Aware of your Skills

Walk, run, fall, get up, jump, throw - simple, everyday movements form the basis for developing children's kinetic skills. In this program, preschoolers explore their skills and become familiar with their bodies.

Design-Implementation: Regeneration & Progress

Sunday 07, 14, 21/10
17.00-18.15

For children aged 5-10
(up to 20 participants
on a priority basis)

RUNNING TRACK 6

Sporting duels

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

Design-Implementation: Regeneration & Progress

Sunday 21/10
17.00-18.30

For children aged 4-12
(Open admission)

RUNNING TRACK 6

Park games

An activity full of fun games that increase motor and cognitive skills. Children play in teams and entertain themselves in the Park with the animators' help and guidance.

Design-Implementation: Regeneration & Progress

Sunday 28/10
11.00-12.15
12.30-13.45

For children aged 6-12
and their parents
(80 children max. per
session)

GREAT LAWN 1

Fall Treasure Hunt

In the heart of autumn, young and old watch for changes in nature and mood. They solve puzzles, run, move to the rhythm of the leaves and look for clues to help them find the great treasure. An autumn-themed activity aimed at promoting collaboration and teamwork among participating children and their parents.

Design-Implementation: Regeneration & Progress

Sunday 14/10
12.00-16.00

For children aged 10+
and their parents

VISITORS CENTER 23

Cycling classes for children and adults

Trainers introduce children to simple techniques that enable them to enjoy cycling without training wheels and help those who already know how to ride to improve their skills.

Special classes for adults who don't know how to ride -but always wanted to learn how- will be available.

Design-Implementation: MBike

Saturday 20/10
17.00-19.00

For children aged 4+
(Open admission)

ESPLANADE 17

Aim Games

How well do you aim? Calmness, concentration, stability, good vision and confidence in decision-making will be the key qualities required to achieve your goals in this tournament through fun aim games for individuals.

Design-Implementation: Regeneration & Progress

NEW PROGRAM

Sunday 21/10
12.00-16.00

For children aged 12-18
(on a priority basis)

VISITORS CENTER 23

BMX Lessons at SNFCC

"Should I remove my pegs? Should I ride brakeless? Which size to get: 19- or 21-inch? One brake or two?"

Join us to have all your questions answered, and find out all about BMX bikes and the best bike for the perfect BMX ride; tips on correct body posture and how to set up your bike according to your level. And enjoy new and old tricks while we're at it.

All BMX bike classes will be available to compare and find out which particular one suits you best.

Participants may bring their own BMX bikes.

Design-Implementation: MBike

SCIENCE

NEW PROGRAM

Sunday 14/10
17.00-20.00

NLG KIDS LAB 11

MEDITERRANEAN GARDEN 10, CANAL 16
NLG 11

For children aged 8-10
(up to 25 participants
on a priority basis)

Four Seasons at SNFCC: Exploring the Garden

Revolving around the open-air, sunny Mediterranean Garden, this environmental education program is structured into three sections (exploration, solution and storytelling), featuring activities that encourage children to explore, solve problems and tell stories, discovering the flora of the Park in each season, familiarizing themselves with the arts of animation, illustration and scriptwriting, and creating a short film.

Design-Implementation:
Polyeco Contemporary Art Initiative (PCAI)

Friday 19/10
18.30-19.30

NLG KIDS LAB 11

For children aged 4-5
(up to 20 participants
by pre-registration at
SNFCC.org)

A Robot in the Park

Programming a little Bee-Bot robot, children step into the world of education robotics, learning to think in terms of algorithms and work in teams. On specially designed tracks, they hone their orientation skills and look for shortcuts and ways to avoid obstacles and reach their destinations. A game of discovery on the Bee-Bot track in Stavros Niarchos Park!

Design-Implementation: STEM

NATURE

Saturday 06, 13, 20, 27/10
10.30-12.00

VEGETABLE GARDEN 20

For children aged 5-9
(up to 30 participants
on a priority basis)

The Park's Little Gardeners

Along with September's early rains, the Park's little gardeners discover ripe fruit and learn about its value, collect the peanuts they planted during the summer and plant cabbage, cauliflower, carrots, onion and lettuce; they care for the vegetable garden and build a scarecrow using natural materials in the vegetable garden, in an exciting journey of fun, exploration and discovery in the Park.

Participants are advised to wear hat and sunscreen.

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

ARTS & CRAFTS

Friday 05/10
17.30-18.30
18.30-19.30

Sunday 07/10
17.00-18.00
18.00-19.00

NLG KIDS LAB 11

For children of all ages and their parents
(up to 20 participants on a priority basis)

NEW PROGRAM

Saturday 06/10
17.00-20.00

Saturday 13, 27/10
17.00-20.00

NLG MULTIFUNCTIONAL ROOM 11

For teenagers aged 12-16, closed participation per workshop series

NLG KIDS LAB 11

(up to 15 participants per Workshop on a priority basis)

Friday 12, 26/10
17.00-18.00
18.00-19.00
19.00-20.00

Saturday 06, 20/10
17.00-18.00
18.00-19.00
19.00-20.00

NLG KIDS LAB 11

For children of all ages and their parents
(up to 15 participants per workshop on a priority basis)

Saturday 27/10
12.00-13.00
13.00-14.00
14.00-15.00

For children aged 7+, young people and families, with or without disabilities

NLG KIDS LAB 11

Tuesday 23, 30/10
17.00-18.00 ;
18.30-19.30 ;
for 12-24 months old babies

(up to 10 babies and 10 parents per session by electronic pre-registration at SNFCC.org)

NLG KIDS LAB 11

Little Large Sculptures

In these workshops, the three dimensions, different scales, solid bodies and sculptures meet, with exciting results. Participants will explore the interplay of mass and light, form and color, abstraction and classicism, inspired by Sophia Vari's diverse range of sculptures, on display in the Agora.

Design-Implementation: Christina Tsinisizeli, Artist

A Month of Video Art Labs
A workshop circle for video-art

A workshop aimed at acquainting adolescents with the cinema and the language of editing, featuring a historical overview of the medium, with examples of how visual artists ranging from Maya Deren to Tony Oursler have used video. In the first course, teenagers will be introduced to the different types of shots and the functions they serve, camera movement and editing techniques, such as sequence and transition, including split screens and jump cuts, the function of sound and the use of found footage.

Required equipment: a video-capable digital camera

Design-Implementation: Very Young Contemporary Art (VYCA) in collaboration with visual artist Yiannis Isidorou

Mistake Labs:
See Paper Differently

Before being thrown into the bin, newspapers, magazines, posters and leaflets decide to be transformed, cut, glued together and play creatively! Children are inspired by contemporary paper artworks and recycling into boosting their creativity sky-high.

Design-Implementation: Christina Tsinisizeli, Artist

We Create Art
All Together:
Glossaries of Surrealism

Surrealism (from the French words sur [above, in excess] and réalisme) is a 20th-century literary movement that exerted a far-reaching influence in the arts and politics. This workshop begins with an introduction to Surrealism, followed by discussion of poems by Greek surrealists.

This workshop aims to facilitate the production of works using the collage technique, whose main qualities are freedom in form, the absence of a subject, of rationality and control through bold associations of arbitrary, random images and words, fusing imagination with dream.

Design-Implementation:
Theodore Zafeiropoulos, Artist
Elisavet Chelidoni, Artist-Special Education Teacher

I've got a great idea!

Natural materials, colors, fabrics and multifunctional objects become invaluable companions in early childhood travels. Exciting music, sounds and light that stimulate abstract thinking, games that improve coarse and fine motor skills, and exploratory play are some of the ways we will experiment in a workshop aimed at infant interaction and socialization.

Participants should wear comfortable clothes and bring a second pair of clothes with them.

Design-Implementation: abariza

Sunday 07, 14, 21/10
10.30-13.00

Sunday 28/10
11.30-14.00

GREAT LAWN 2

For children aged 4+ and their parents
(up to 15 children and 10 parents per 30' session by priority)

Picnic with Paul Klee & friends!

A colorful picnic at the Great Lawn in the Park! Instead of fruit and vegetables, we fill our baskets with colored papers, markers, scissors, paper tapes, and many other materials. The game starts when everyone is seated on the lawn – the magic basket will open and help us discover the worlds of Paul Klee, Henri Matisse, and Piet Mondrian.

Design-Implementation: Playroom

Sunday 07/10
16.00-18.00

Sunday 28/10
12.30-14.30

SOUTHERN WALKS 3

For children aged 5+ and their families
For people with or without disabilities
(up to 40 participants on a priority basis)

Home-made Percussion Circle
Bring your own from home

Parents, grandparents and children bring their imagination to join in a creative music partnership that refreshes their communication. Families bring along cherished or ordinary objects to compose a common rhythmic story and get to know each other anew in an environment of familiar or excitingly new sounds.

Design-Implementation: QUILOMBO LAB

Thursday 11, 18, 25/10
18.00-18.45
19.00-19.45

NLG KIDS LAB 11

For children aged 1-3 and their parents
(up to 10 babies and 10 parents per session by pre-registration at SNFCC.org)

Ready! Steady! Recycle!

The "Recycling Lady" arrives at SNFCC, inviting young children to play with a variety of toys from recyclable materials. A workshop of sensory and visual education featuring plenty of music, mime, dancing and creativity, where everyday materials are transformed into the most imaginative toys and decorative items for the children's room.

Design-Implementation:
Irene Persidou, Art Historian, Educational Entertainer
Assistant: Christina Meimaridi, Museum Educator



Leoš Janáček *Jenůfa*

Opera

14, 19, 21, 24, 27/10
& 02/11

Starts at:
20.00
(Sundays at 18.30)

**GNO STAVROS
NIARCHOS HALL** 13

Major Donor: SNF

Janáček Cycle / 20th Century Cycle

The Greek National Opera starts the season with the national premiere of one of the most important lyric works of the 20th century, Czech composer Leoš Janáček's *Jenůfa*. It tells the grim story of an infanticide in the Moravian country during the 19th century: a stepmother kills the newborn baby of her stepdaughter thinking that this way she can help her be happy. *Jenůfa* will be directed by German director Nicola Raab, one of the most important opera directors in Europe; she is internationally acclaimed for the special sensitivity of her readings and her insistence on the dreamlike visualization of the works she directs.

Conductor: Lukas Karytinovs
Director: Nicola Raab
With the **GNO Orchestra, Chorus and Soloists**



Lena Platonos *The emperor's nightingale*

Opera for children and youth

17, 18, 21, 23/10

Starts at:
11.00

**GNO ALTERNATIVE
STAGE** 13

The musical fairy tale of the great Lena Platonos *The emperor's nightingale*, a work that "has never been presented live, due to its technical difficulties and operatic structure", as she herself has mentioned, will be presented by the Alternative Stage of the Greek National Opera as its main opera production for children and youth, for 30 performances. It is an impressive production combining opera with animation. A collaboration with the Animasyros festival!

Libretto: Giorgos Voloudakis
Director: Katerina Petsatodi
Animation: Eirini Vianelli

For more information regarding Greek
National Opera events and tickets please visit
www.nationalopera.gr

Frogs

based on Aristophanes' play

Musical theatre

13, 14/10

Starts at:
20.30

**GNO ALTERNATIVE
STAGE** 13

A co-production with the Opera Chaotique and the Merlin Puppet Theatre company

The Alternative Stage of the Greek National Opera launches the 2018/19 season with a special adaptation of Aristophanes' comedy *Frogs* presented from the surreal perspective and with the utterly subversive humour of an eccentric duet: the Opera Chaotique and the renowned Merlin Puppet Theatre company - which creates and animates puppet worlds in Greece and abroad since 1995. The comedy's adaptation, transferred in the modern age, approaches serious issues through humour and generates hope and optimism.

Music: Opera Chaotique
Puppet - Mask construction - Animation:
Merlin Puppet Theatre
Adaptation-Direction-Set-Costume design:
Opera Chaotique & Merlin Puppet Theatre

Paramyfiko

Musical Theatre

19, 20/10

Starts at:
20.30

**GNO ALTERNATIVE
STAGE** 13

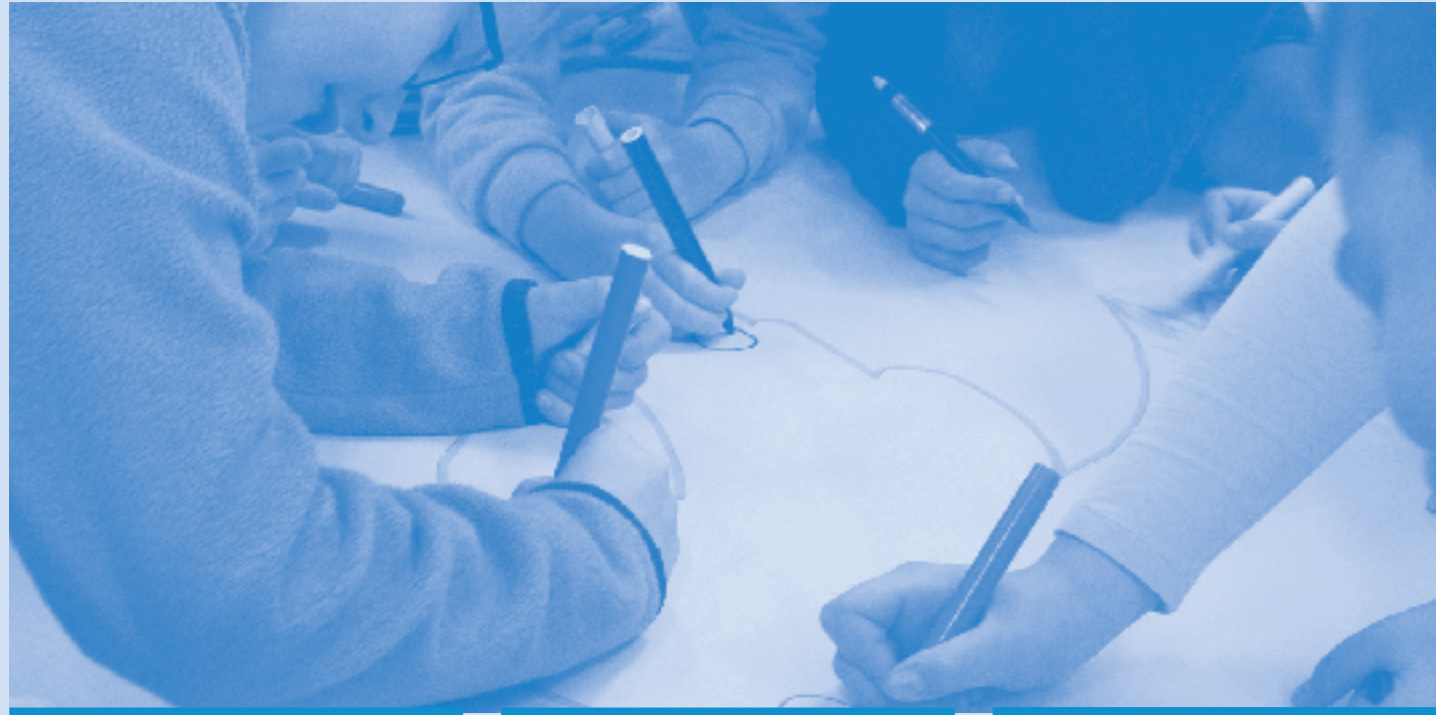
A co-production with S.Mou.Th. (Synergy of Music Theatre, Larissa)

A huge wedding dress and a nowhere-to-be-seen, mythic bride. A wedding celebration that turns into a carnivore carnival. A dreamy ceremony that evolves into a nightmare. These are the structural elements of *Paramyfiko*, the most emblematic production of the Larissa Synergy of Music Theatre, that was first presented in 2013 and is now revived in a more complete and renewed version, as a co-production with the Alternative Stage of the Greek National Opera.

Concept - Texts - Director: Costas Lamproulis



All GNO Learning and Participation programmes are free of charge.



13, 14, 20, 21/10
11.00-14.00

Information / Registration:
213 088 5742

Every Tuesday
& Wednesday
11.00-13.00

Information / Registration:
213 088 5742

GNO Facilities 13

Maximum number of participants: 15 participants aged 9-12

GNO Facilities 13

The Nightingale whispered to me

An animation workshop inspired by the GNO Alternative Stage's production *The emperor's nightingale*

While children and adults will be getting enthralled by the great Lena Platonos's musical fairy tale *The emperor's nightingale* at the GNO Alternative Stage, something equally magical will be happening at the GNO's Studio B on the 5th floor. There, little children participating in the exciting animation workshop *The nightingale whispered to me* will create their own original performance, in which the set will not consist of ordinary objects but unique motion pictures!

Design/Implementation Animasyros International Festival & Motion Pictures Market, Eirini Vianelli

Guitar express

It is never too late to learn the guitar. The successful programme Guitar express continues through a new cycle of workshops for people over 65 years of age who have never hidden their adoration for Jimmy Hendrix or Paco de Lucia. In this programme, guitar becomes the vehicle for beginners' fast and easy access to music and the process of learning a musical instrument. Since singing along is not only fun but helps developing ones' performing skills, this program will also focus on basic voice techniques. A joyous, cheerful company is accepting new members. Guitar express, company express.

Design-Implementation: Kiki Kerzeli

KOSTAS ZAFEIROPOULOS "THE FOWLS, PORTRAITS ATHENS 2017"

NATIONAL LIBRARY OF GREECE- 4TH FLOOR 11

24/09 - 25/11/2018

Opening hours: Monday to Sunday 09.00 - 21.00
Free admission.

The National Library of Greece hosts the photography exhibition "THE FOWLS, PORTRAITS ATHENS 2017" by poet Kostas Zafeiropoulos.

The opening of the exhibition will be on **Monday 24 September at 20:30** and will run from **September 25 to November 25 2018**, seven days a week from 9 a.m. to 9 p.m. on the fourth floor of the National Library of Greece at the **Stavros Niarchos Foundation Cultural Center**.

The exhibition features photographic portraits, accompanied by the specially created for the occasion electro-acoustic composition of Kostis Kilymis. Through these portraits the poetic sensitivity of the artist captures the expressive faces of people who live under adverse conditions, always focusing on their eyes. Eyes that reveal their inner pain, anguish and experience, without requiring our emotional involvement.

The exhibition starts with an overview of Athens as a chaotic city and continues with a picture of a wounded pigeon. Kostas Zafeiropoulos ingeniously moves his lens from the fowl of the air to the "fowls" of the city, people whose genuine countenances and weathered faces attract the viewers' attention.

Organisation: National Library of Greece
Curator: Stavros Zoumboulakis
Electro-acoustic composition: Kostis Kilymis

Guided Tours

Want to know more about 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 was recently won the first prize at the European Garden Awards and is the largest public Mediterranean garden in the world, are also 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 pre-register, please visit SNFCC.org/events.

• 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



Group tours

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



Useful Info

NEW HOURS

> Opening hours

- (Till 31/10):
- Stavros Niarchos Park: 06.00 - 02.00
 - Agora, Lighthouse 06.00-00.00
 - Visitors Center 09.00-22.00

> Admission

Admission to all events is free of charge thanks to an exclusive grant from the Stavros Niarchos Foundation. For participation in workshops, 30' waiting time is necessary, while for some of the events, due to limited seating, a preregistration at snfcc.org/events is required.

> 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. They should always be accompanied by their guardian, who must keep them under direct and constant supervision and clean up after them.

> Wi-Fi

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

> Free digital access to newspapers

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

> Photography

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

> ATMs

Piraeus Bank and National Bank of Greece ATMs operate in SNFCC reception area.

> First-Aid

First-Aid and medical facilities staffed by health professionals are available for use by visitors on the premises.

> Food & Drink

Four food & drink service points are in operation in SNFCC:

Agora Bistro (Agora)
Monday-Sunday 08.00-00.00

Canal Café (Visitors Center)
Monday-Sunday 09.00-00.00

Pharos Café (Lighthouse)
Monday-Sunday 09.00-00.00

**Operating hours subject to change when the Lighthouse is hosting events*

Park Kiosk (Park)
Monday-Sunday 08.00-00.00

Coffee, Juice & Ice Cream Vans on Tour (Agora) 09.00-21.00

SNFCC members have a 10% discount on food & drink

> 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.

> 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.

Exhibitions

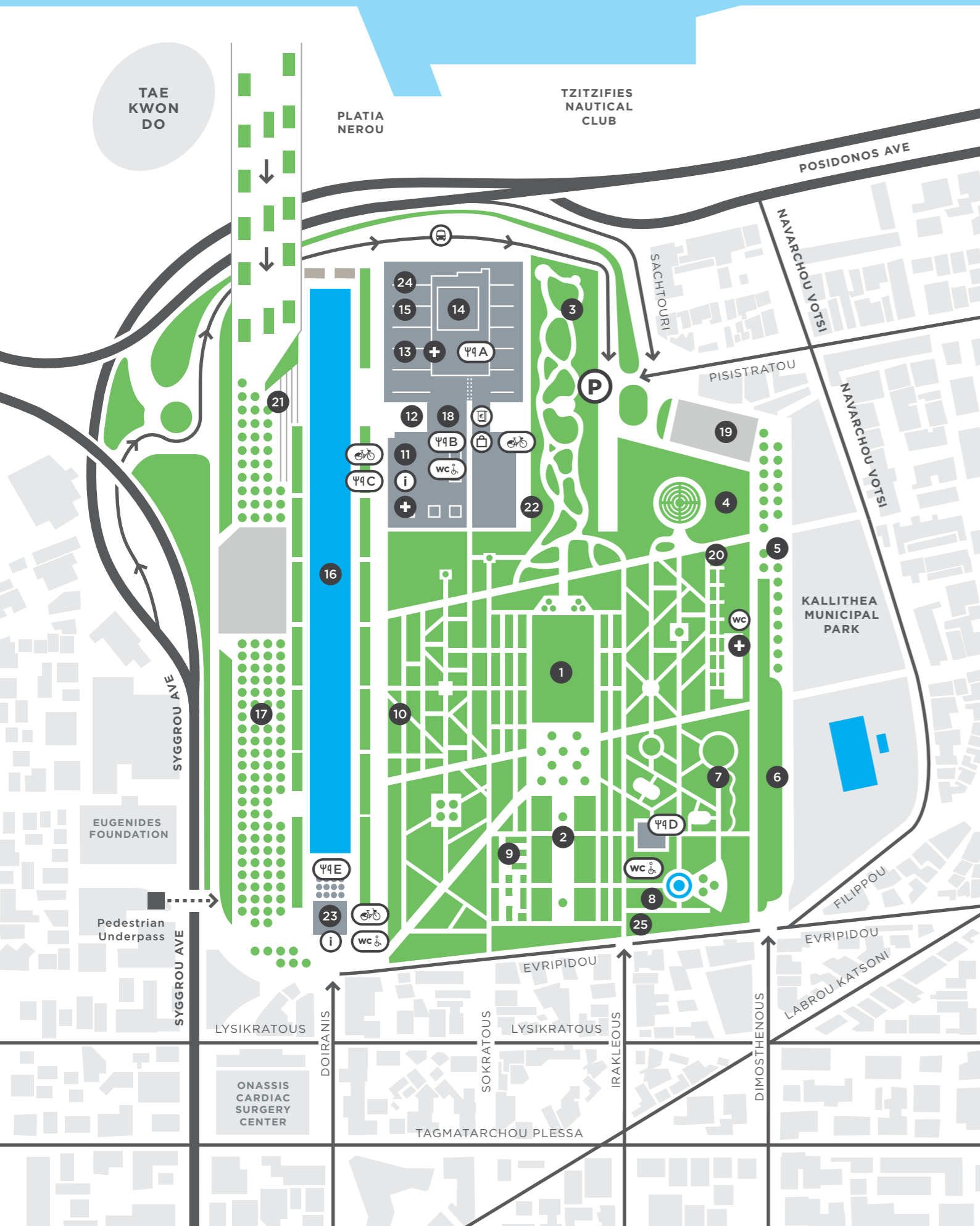
Monday-Sunday
06.00-00.00

SNFCC LOBBY 1B

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, SNF committed to making it accessible to the public, keeping it permanently on display at the SNFCC. Until then, over 3.5 million visitors had already admired the Cup when it was displayed at the Acropolis Museum in Athens and at the Olympic Museum in Lausanne.





Map

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

- | | | |
|-------------------------|---------------------------------------|-----------------------|
| 1 Great Lawn | 11 National Library of Greece | 20 Vegetable Garden |
| 2 Pine Grove | 12 Agora | 21 Canal Steps |
| 3 Southern Walks | 13 Greek National Opera | 22 Buffer Zone |
| 4 Labyrinth | 14 Lighthouse | 23 Visitors Center |
| 5 Outdoor Gym | 15 Panoramic Steps | 24 GNO Level 5A |
| 6 Running Track | 16 Canal | 25 Outdoor Games Area |
| 7 Playground | 17 Esplanade | 🚲 SNFCC Bike Rental |
| 8 Water Jets | 18 SNFCC Lobby | 🏪 SNFCC Store |
| 9 Sound Garden | 19 Bus Parking Lot | 🚌 Shuttle Bus Stop |
| 10 Mediterranean Garden | ΨA Pharos Café | 🏠 First Aid |
| | ΨB Agora Bistro | 🏧 ATM |
| | ΨC Coffee & Juice & Ice Cream on tour | 📍 Info Point |
| | ΨD Park Kiosk | |
| | ΨE Canal Café | |

Getting to the SNFCC using public transportation

Buses

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

B1: Piraeus - Ano Glyfada

(Tzitzifies Stop from Piraeus; Delta Stop to Piraeus)

B2: Academia – Agios Kosmas

(Evgenideio Stop, Syggrou Avenue northbound, Onasseio Stop southbound)

Trolleybus

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

Tram

- **Tzitzifies Stop**

Metro

- **Faliro Station**

SNFCC is not responsible for any modifications on the public transportation's routes.

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 10.30-13.00, 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.

Parking

The SNFCC has a 1000 car parking garage

Pricelist:

Cars

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

Motorcycles

€0,70/hour

SNFCC members enjoy a 10% discount

More information: SNFCC.org

Now you can make your payments quickly and easy via credit or debit card at the parking's payment stations. Also accepting contactless payments.

The shuttle bus is accessible to people in wheelchairs, following prior scheduling via phone. To best accommodate visitors that would like to make use of this service we kindly ask that they let us know in advance via phone (216 8091000).

For further information and timetables visit SNFCC.org or call at 2168091000.

DAILY

06.00-00.00 **Spyros Louis Cup** p. 35
 06.00-00.00 **Sophia Vari: Forms & Contradictions** p. 12
 10.00-19.30 **Guided Tours at Park & SNFCC*** p. 34
 06.00-00.00 **SNFCC FENCE** p. 13

* Events with * require pre-registration at SNFCC.org/events
 * For workshops and sports activities with electronic reservations note that these are automatically being canceled 15' prior to the start of the event.
 * For events with priority booking, we kindly ask you to be on site 30' prior to starting time.

01 **M**
 07.30-08.45 **Mat Pilates advanced** p. 16
 08.00-10.00 **Fitness for everyone** p. 16
 08.45-10.00 **Mat Pilates** p. 16
 10.00-10.50 **Sports for Seniors** p. 17
 11.00-15.00 **Computer Courses for people 65+** p. 19
 17.00-20.00 **Team Playing (Football Skills)** p. 24
 18.00-19.30 **Yoga in the park** p. 16
 18.00-21.00 **Fitness for everyone** p. 16
 18.30-20.30 **Introduction to mobile photography*** p. 20

02 **T**
 08.00-09.30 **Yoga in the park** p. 16
 08.00-10.00 **Fitness for everyone** p. 16
 11.00-15.00 **Computer Courses for people 65+** p. 19
 17.00-18.15 **Developing Young Athletes** p. 25
 17.00-20.00 **Fun Sports Games in the Park** p. 24
 18.00-19.00 **Mat Pilates** p. 16
 18.00-19.15 **Tai Chi** p. 16
 18.00-21.00 **Fitness for everyone** p. 16

03 **W**
 07.30-08.45 **Mat Pilates** p. 16
 08.00-10.00 **Fitness for everyone** p. 16
 10.00-10.50 **Sports for Seniors** p. 17
 11.00-15.00 **Computer Courses for people 65+** p. 19
 17.00-18.15 **Qigong 50+** p. 16
 17.00-20.00 **Developing Young Athletes (Football Skills)** p. 24
 18.00-21.00 **Fitness for everyone** p. 16
 18.00-21.00 **Wearable Sculpture: Microsculpture & Jewelry*** p. 20

04 **T**
 08.00-09.30 **Yoga in the park** p. 16
 08.00-10.00 **Fitness for everyone** p. 16
 11.00-15.00 **Computer Courses for people 65+** p. 19
 17.00-18.15 **Qigong 50+** p. 16
 17.00-18.15 **Developing Young Athletes** p. 25
 17.00-20.00 **Fun Sports Games in the Park** p. 24
 18.00-19.00 **Mat Pilates** p. 16

05 **F**
 07.30-08.45 **Mat Pilates** p. 16
 08.00-10.00 **Fitness for everyone** p. 16
 08.45-10.00 **Mat Pilates advanced** p. 16
 11.00-15.00 **Computer Courses for people 65+** p. 19
 10.00-10.50 **Sports for Seniors** p. 17
 17.00-20.00 **Team Playing (Football Skills)** p. 24
 17.30-19.30 **Little Large Sculptures** p. 28
 18.00-19.30 **Yoga in the park** p. 16
 18.00-21.00 **Fitness for everyone** p. 16
 19.00-20.15 **Tai Chi advanced** p. 16
 18.50 **Mystery Night** p. 08

06 **S**
 08.30-09.45 **Tai Chi** p. 16
 08.30-10.00 **SNFCC Running Team** p. 18
 09.00-14.00 **Sailing the Canal*** p. 17
 10.00-13.00 **Street Soccer 5x5** p. 25
 10.30-12.00 **The Park's Little Gardeners Group Missions** p. 24
 11.15-12.30 **Artistic Gymnastics** p. 24
 13.00-14.30 **Fun Sports Games in the Park** p. 24
 13.00-14.30 **The Greenfingers** p. 19
 13.00-14.30 **Family Games** p. 24
 16.00-18.00 **Percussion Circle** p. 18
 16.30-19.00 **Kayaking the Canal*** p. 17
 17.00-18.15 **Developing Young Athletes** p. 25
 17.00-18.15 **Sports games** p. 25
 17.00-20.00 **Mistake Labs: See Paper Differently** p. 28
 17.00-20.00 **A Month of Video Art Labs** p. 28
 17.00-20.00 **Mini Tennis*** p. 25

07 **S**
 09.00-14.00 **Sailing the Canal*** p. 17
 10.00-13.00 **Street Soccer 5x5** p. 25
 10.30-13.00 **Picnic with Paul Klee & friends!** p. 28
 10.45-11.45 **Yoga Kids** p. 26
 11.00-14.00 **Talking about the Park's Plants:** p. 19
 12.00-13.15 **Artistic Gymnastics** p. 24
 12.00-14.00 **Pétanque** p. 18
 12.00-15.00 **Upcycling Carpets: Alternative Weaving*** p. 21
 13.00-14.30 **Fun Sports Games in the Park** p. 24
 13.30-14.45 **Be Aware of your Skills** p. 26
 16.00-18.00 **Home-made Percussion Circle** p. 28
 16.30-19.00 **Kayaking the Canal*** p. 17
 17.00-19.00 **Little Large Sculptures** p. 28
 17.00-18.15 **Sporting duels** p. 27
 17.00-20.00 **Mini Tennis*** p. 25

08 **M**
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 08.00-10.00 **Fitness for everyone** p. 16
 08.45-10.00 **Mat Pilates** p. 16
 10.00-10.50 **Sports for Seniors** p. 17
 11.00-15.00 **Computer Courses for people 65+** p. 19
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 18.00-21.00 **Fitness for everyone** p. 16
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09 **T**
 08.00-09.30 **Yoga in the park** p. 16
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 18.00-21.00 **Fitness for everyone** p. 16

10 **W**
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 11.00-15.00 **Computer Courses for people 65+** p. 19
 17.00-18.15 **Qigong 50+** p. 16
 17.00-20.00 **Team Playing (Football Skills)** p. 24
 18.00-21.00 **Fitness for everyone** p. 16
 19.00-21.00 **Six lectures on architecture** p. 12

11 **T**
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 08.00-10.00 **Fitness for everyone** p. 16
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 17.00-18.15 **Qigong 50+** p. 16
 17.00-18.15 **Developing Young Athletes*** p. 25
 17.00-20.00 **Fun Sports Games in the Park** p. 24
 18.00-19.45 **Ready! Steady! Go! Recycle!*** p. 28
 18.00-19.00 **Mat Pilates** p. 16

12 **F**
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 17.00-20.00 **Team Playing (Football Skills)** p. 24
 17.00-20.00 **Mistake Labs: See Paper Differently** p. 28
 18.00-19.30 **Yoga in the park** p. 16
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 19.00-20.30 **Reflections on an ancient line of verse** p. 07

13 **S**
 08.30-09.45 **Tai Chi** p. 16
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 11.15-12.30 **Artistic Gymnastics** p. 24
 13.00-14.30 **Fun Sports Games in the Park** p. 24
 13.00-14.30 **The Greenfingers** p. 19
 13.00-14.30 **Family Games** p. 24
 16.30-19.00 **Kayaking the Canal*** p. 17
 17.00-18.15 **Developing Young Athletes** p. 25
 17.00-18.15 **Sports games** p. 25
 17.00-20.00 **A Month of Video Art Labs** p. 28
 17.00-20.00 **Mini Tennis*** p. 25
 21.00 **Dirty Fuse** p. 10

14 **S**
 09.00-14.00 **Sailing the Canal*** p. 17
 10.00-13.00 **Street Soccer 5x5** p. 25
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 10.45-11.45 **Yoga Kids** p. 26
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 12.00-14.00 **Pétanque** p. 18
 12.00-16.00 **Cycling classes for children and adults** p. 18
 13.00-14.30 **Fun Sports Games in the Park** p. 24
 13.30-14.45 **Be Aware of your Skills** p. 26
 16.30-19.00 **Kayaking the Canal*** p. 17
 17.00-18.15 **Sporting duels** p. 27
 17.00-19.00 **Roller Skates for Kids** p. 26
 17.00-20.00 **Mini Tennis*** p. 25
 17.00-20.00 **Four Seasons at SNFCC** p. 27
 19.00 **Parabases** p. 05

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 08.00-10.00 **Fitness for everyone** p. 16
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 10.00-10.50 **Sports for Senior** p. 17
 11.00-15.00 **Computer Courses for people 65+** p. 19
 17.00-20.00 **Team Playing (Football Skills)** p. 24
 18.00-19.30 **Yoga in the park** p. 16
 18.00-21.00 **Fitness for everyone** p. 16
 18.30-20.30 **Introduction to mobile photography*** p. 20

16 **T**
 08.00-09.30 **Yoga in the park** p. 16
 08.00-10.00 **Fitness for everyone** p. 16
 11.00-15.00 **Computer Courses for people 65+** p. 19
 17.00-18.15 **Developing Young Athletes** p. 25
 17.00-20.00 **Fun Sports Games in the Park** p. 24
 18.00-19.00 **Mat Pilates** p. 16
 18.00-19.15 **Tai Chi** p. 16
 18.00-21.00 **Fitness for everyone** p. 16
 20.30 **Kyriakos Sfetsas & Greek Fusion Orchestra** p. 04

17 **W**
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 08.00-10.00 **Fitness for everyone** p. 16
 10.00-10.50 **Sports for Seniors** p. 17
 11.00-15.00 **Computer Courses for people 65+** p. 19
 17.00-18.15 **Qigong 50+** p. 16
 17.00-20.00 **Team Playing (Football Skills)** p. 24
 18.00-21.00 **Fitness for everyone** p. 16
 18.30-21.30 **Ebru Lab: Painting on Water*** p. 20
 19.00-21.00 **Six lectures on architecture** p. 12

18 **T**
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 18.00-19.45 **Ready! Steady! Go! Recycle!*** p. 28
 18.00-19.00 **Mat Pilates** p. 16
 18.00-21.00 **Fitness for everyone** p. 16

19 **F**
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 08.00-10.00 **Fitness for everyone** p. 16
 08.45-10.00 **Mat Pilates advanced** p. 16
 10.00-10.50 **Sports for Seniors** p. 17
 11.00-15.00 **Computer Courses for people 65+** p. 19
 17.00-20.00 **Team Playing (Football Skills)** p. 24
 18.00-19.30 **Yoga in the park** p. 16
 18.00-21.00 **Fitness for everyone** p. 16
 18.30-19.30 **A Robot in the Park*** p. 27
 19.00-20.15 **Tai Chi advanced** p. 16
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20 **S**
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 16.30-19.00 **Kayaking the Canal*** p. 17
 16.00-18.00 **Percussion Circle** p. 18
 17.00-18.15 **Developing Young Athletes** p. 25
 17.00-20.00 **Mistake Labs: See Paper Differently** p. 24
 17.00-18.15 **Sports games** p. 25
 17.00-19.00 **AIM Games** p. 18
 17.00-20.00 **Mini Tennis*** p. 25

21 **S**
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 10.30-13.00 **Picnic with Paul Klee & friends!** p. 28
 10.45-11.45 **Yoga Kids** p. 26
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 12.00-14.00 **Pétanque** p. 18
 12.00-16.00 **BMX Lessons at SNFCC** p. 26
 13.00-14.30 **Fun Sports Games in the Park** p. 24
 13.30-14.45 **Be Aware of your Skills** p. 26
 16.30-19.00 **Kayaking the Canal*** p. 17
 17.00-18.30 **Park games** p. 27
 17.00-18.15 **Sporting duels** p. 27
 17.00-20.00 **Mini Tennis*** p. 25
 17.30-20.30 **Upcycling Carpets: Alternative Weaving** p. 21
 21.00 **Christos Tambouratzis** p. 11

22 **M**
 07.30-08.45 **Mat Pilates advanced** p. 16
 08.00-10.00 **Fitness for everyone** p. 16
 08.45-10.00 **Mat Pilates** p. 16
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31 **W**

Exclusive events for SNFCC Members

As part of Member benefits and as a token of our appreciation towards them, SNFCC Members have access to events exclusively curated for them

Talks for Members:

Talks on Greek Gastronomy with chef Gogo Delogiannis

October-December 2018

A journey to the cultural and financial traits of Greek society, over time, demonstrated by the most direct and everyday way of communication, gastronomy.

Monday 15/10

Greek olive oil and yeasts | Preregistration starts on: 9/10

Monday 29/10

Greek cheese | Preregistration starts on: 18/10

19.00-21.00 | NLG BOOKCASTLE 11

For Members + Guests - up to 150 participations per talk
Design-Implementation: Gogo Delogiannis, chef

Morning sports activities for Members, every Wednesday!

Improving Fitness:

03/10: Aerobic Exercise | Preregistration starts on: 28/9

10/10: Flexibility | Preregistration starts on: 28/9

17/10: General strengthening exercises

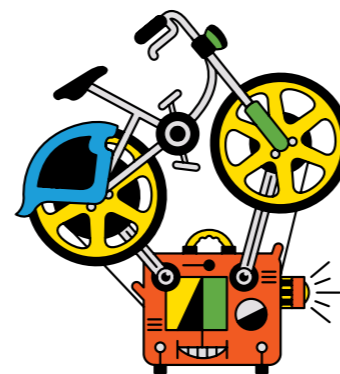
| Preregistration starts on: 9/10

24/10: Proprioception | Preregistration starts on: 18/10

31/10: Aerobic Exercise | Preregistration starts on: 18/10

08.30-09.45 | RUNNING TRACK 6

Events for Members only - up to 30 participations per activity
Design-Implementation: Regeneration & Progress



Workshops for adults:

Wearable Sculpture: Microsculpture & Jewelry

On the occasion of Sophia Vari's exhibition at SNFCC

Thursday 04/10 & Tuesday 09/10

18.00 - 21.00 | NLG RECEPTION 11 (meeting point)

Events for Members only - up to 18 participations per workshop | Preregistration starts on: 28/9
Design-Implementation: Very Young Contemporary Art (VYCA)
in collaboration with jewelry designer Katerina Iliopoulou

The use of new technologies by children:

What we should be afraid of and what not

Every Tuesday:

02 & 9/10 | Preregistration starts on: 28/9

16/10 | Preregistration starts on: 9/10

23 & 30/10 | Preregistration starts on: 18/10

18.30-20.30 | NLG COMPUTER LAB 2nd FLOOR 11

Events for Members only - up to 18 participations per workshop
Design-Implementation: Foundation

Talking about the Park's Plants:

PENULTIMATE WORKSHOP

The Park's herbs - Medicinal & Aromatic plants

Sunday 14/10

11.00-14.00 | VEGETABLE GARDEN 20

Introduction to Soap Making

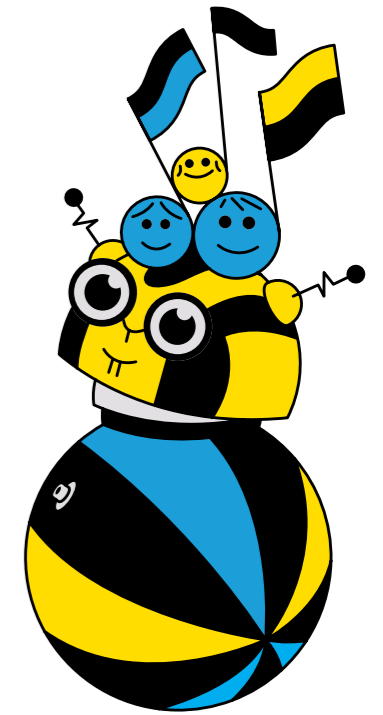
Sunday 21/10

11.00 - 14.00 | MEDITERRANEAN GARDEN 10

Events for Members only - up to 30 participations | Preregistration starts on: 18/10

Design-Implementation:

Stavroula Katsoyanni, Agronomist - Landscape Architect, Stamatias Kavassilis, Agronomist - Soil Specialist



Are you a Member?

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



Priority seat reservation for Members:

Kyriakos Sfetsas & Greek Fusion Orchestra

Tuesday 16/10

20.30 | GNO STAVROS NIARCHOS HALL 15

Reserved seats for Members + Guests - up to 300 participations | Preregistration starts on: 08/10
Info available on p. 4

Happy birthday Mr Hadjidakis

Tuesday 23/10

• Lyric signers perform his songs

• Yota Nega interprets Manos' songs

• Schoolwave bands "rework" his songs and music

Reserved seats for Members + Guests - up to 500 participations per concert
Info available on p. 6



The Membership Program is supported by:

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OCTOBER AT SNFCC

You are invited to solve the case of a mysterious disappearance at SNFCC's **Mystery Night** on 05/10. The last waves of summer, with **Surf Rock** by **Dirty Fuse**, at the Panoramic Steps on 13/10. The moon shone dimly – peace made all, all of nature still. When Modern-Greek poetry converses with ancient Greek tradition, a new series of lectures begins. Dionysios Solomos and the Shade of Homer on 12/10. Parabases, SNFCC's Readers Theater, return to the Lighthouse with **Chekhov**, under the direction of **Katerina Evangelatos**. **Love's Got Me** with jazz notes by Christos Tambouratzis on 21/10. On 23/10, happy birthday, Mr. **Hadjidakis!** A day-long tribute to the great Greek composer. A journey to the architecture of Florence and Rome by professor **Andreas Giacumacatos** on 10 and 17/10. On 28/10 **Giorgis Christodoulou** tells stories of interwar Greek music at the Lighthouse. **Sophia Vari's** sculptures continue to converse with SNFCC's architecture. SNFCC's perimeter becomes a backdrop for the photography installation **SNFCC Fence**.

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