



STAVROS  
NIARCHOS  
FOUNDATION  
CULTURAL  
CENTER

ΚΕΝΤΡΟ  
ΠΟΛΙΤΙΣΜΟΥ  
ΙΔΡΥΜΑ  
ΣΤΑΥΡΟΣ  
ΝΙΑΡΧΟΣ

CALENDAR OF EVENTS

11.2018



READER'S THEATRE

**Gabriel  
García Márquez**

*The Incredible and Sad Tale  
of Innocent Eréndira and Her  
Heartless Grandmother*



MUSIC ESCAPADES

**Olga Kouklaki**

COSMOS

**Eleanor Friedberger**

Rebound



CINEMA

**A Two-day Tribute  
to Ingmar Bergman**



REFLECTIONS  
ON AN ANCIENT LINE OF VERSE:

**Cavafy Reading  
Plutarch**



JAZZ  
CHRONICLES

**Jazz  
Baroque**





## The Countdown to Christmas Begins!

Just like last year, on November 1st we start counting down to December 1st, when Stavros Niarchos Foundation Cultural Center (SNFCC) will become a magical Christmas destination, inviting people of all ages to enjoy memorable holiday moments, with a rich and varied program – as always, admission is free for all thanks to an exclusive grant by the Stavros Niarchos Foundation (SNF).

The countdown kicked off on November 1st, with the first of 30 unique video posts – one for each day – on SNFCC's social media, and continues until December 1st, when all the center's areas will be illuminated with Christmas lights. The ice rink will also be open every day during this year's holidays to welcome us at the Canal. And, of course, on New Year's Eve, we will say goodbye to the old year and welcome the new year 2019 with fireworks, a huge party and the popular SNF RUN race.

Naturally, many big surprises are in store for you all this year, too – so, stay tuned to find out!

**Until then, SNFCC November programming is as diverse as always: There is a lot of music, featuring Eleanor Friedberger, Olga Kouklaki, and the Jazz Baroque band; also, this season's second rehearsed reading; lectures; a tribute to cinema legend Ingmar Bergman; plus, a vast array of workshops, seminars and activities for everyone, thanks to an exclusive grant by the Stavros Niarchos Foundation (SNF).**





# Highlights

SNFCC November events are free and open to all, thanks to an exclusive grant by the Stavros Niarchos Foundation.



Reflections on an ancient line of verse:  
**Cavafy Reading**  
Plutarch  
p.08



↑ **Cosmos:**  
**Eleanor Friedberger:**  
Rebound  
p.04

← **Jazz Chronicles**  
**Jazz Baroque**  
p.07



↑ **Music Escapades**  
**Olga Kouklaki**  
p.06

← **A Two-day Tribute to Ingmar Bergman**  
p.08

→ **Parabases**  
**Gabriel García Márquez**  
*The Incredible and Sad Tale of Innocent Eréndira and Her Heartless Grandmother*  
p.05





# Cosmos

## Eleanor Friedberger: Rebound

Monday 26/11 | 20.30 → STAVROS NIARCHOS HALL 13

On 26/11 the talented Eleanor Friedberger presents in SNFCC her latest album *Rebound* which gets inspiration from Greece

After a month in Athens I asked my friend, the Greek musician Στέλλα, "What's one thing I have to do before I leave?" After some long and careful consideration she smiled and said, "you have to go to Rebound. It's a time warp; kind of an 80s goth disco; you'll love it... but it's only open on Saturdays after 3:00 AM. Rebound proved to be a revelation in terms of finding the sound and energy for my fourth album".

On *Rebound*, Eleanor Friedberger has created a subtle world that is a little fizzier, a little synthier- more cinematic, more meditative- than her previous three albums. In contrast to the sonic serenity of 2016's *New View*, which she arranged and recorded with her touring band, *Rebound* was recorded mostly on her own and with the producer Clemens Knieper. Programmed drums, a Juno synthesizer, and muted rhythm guitars dominate the landscape where influences range from Stereolab and Suicide to Lena Platonos and Yellow Magic Orchestra.

**For the first time, Friedberger is accompanied on stage by a string quartet in a unique musical performance of her electric sound.**

**Kostas Panagiotidis**, first violin  
**Argiro Sira**, second violin  
**Ali Basegmezler**, viola  
**Dimitris Travlos**, cello

Free admission by online preregistration at [SNFCC.org](http://SNFCC.org)

Suitable for children aged 6+

At events without intermission, late seating may only be possible in case of a pause.

"Deliciously droll electro pop"  
*The Guardian*

"Dark, exhilarating and life-affirming"  
*The Independent*



# Parabases – SNFCC's Reader's Theater

For the new season, Parabases, the Stavros Niarchos Foundation Cultural Center's Reader's Theater, transforms the Lighthouse into a literary salon, where audiences have the opportunity to enjoy famous actors in 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.



## Gabriel García Márquez

### *The Incredible and Sad Tale of Innocent Eréndira and Her Heartless Grandmother*

Sunday 18/11 | 17.00 → LIGHHOUSE 14

Staging:  
**Argyro Chioti**  
Featuring **Evi Saoulidou**

Music:  
**Alexis Karaiskakis-Nastos**, cello  
**Faidon Miliadis**, violin

In November, Parabases present Gabriel García Márquez, one of the greatest 20th-century literary authors and the most renowned exponent of magical realism, in a production directed by Argyro Chioti.

The short story *The Incredible and Sad Tale of Innocent Eréndira and Her Heartless Grandmother* is one of Marquez' finest works – a tragic, human story as well as a magical parable on abuse of power and social injustice by a masterful storyteller who captured the beauty and tragedy of Latin America.

Eréndira is a beautiful teenage girl who has mystical experiences. When her grandmother's home is destroyed in a fire caused by Eréndira, her grandmother forces her into prostitution to pay for the damage. She makes her grandmother rich, but manages to escape in her visions.



The short story is kindly provided by Nefeli Publishing, from *All short stories (2015)* translated into Greek by Klety Sotiriadou.

Free admission by online preregistration at [SNFCC.org](http://SNFCC.org).

Late seating may only be possible in case of a pause.



Music  
Escapades

**Olga Kouklaki**

Sunday 11/11 | 21.00 → LIGHTHOUSE 14

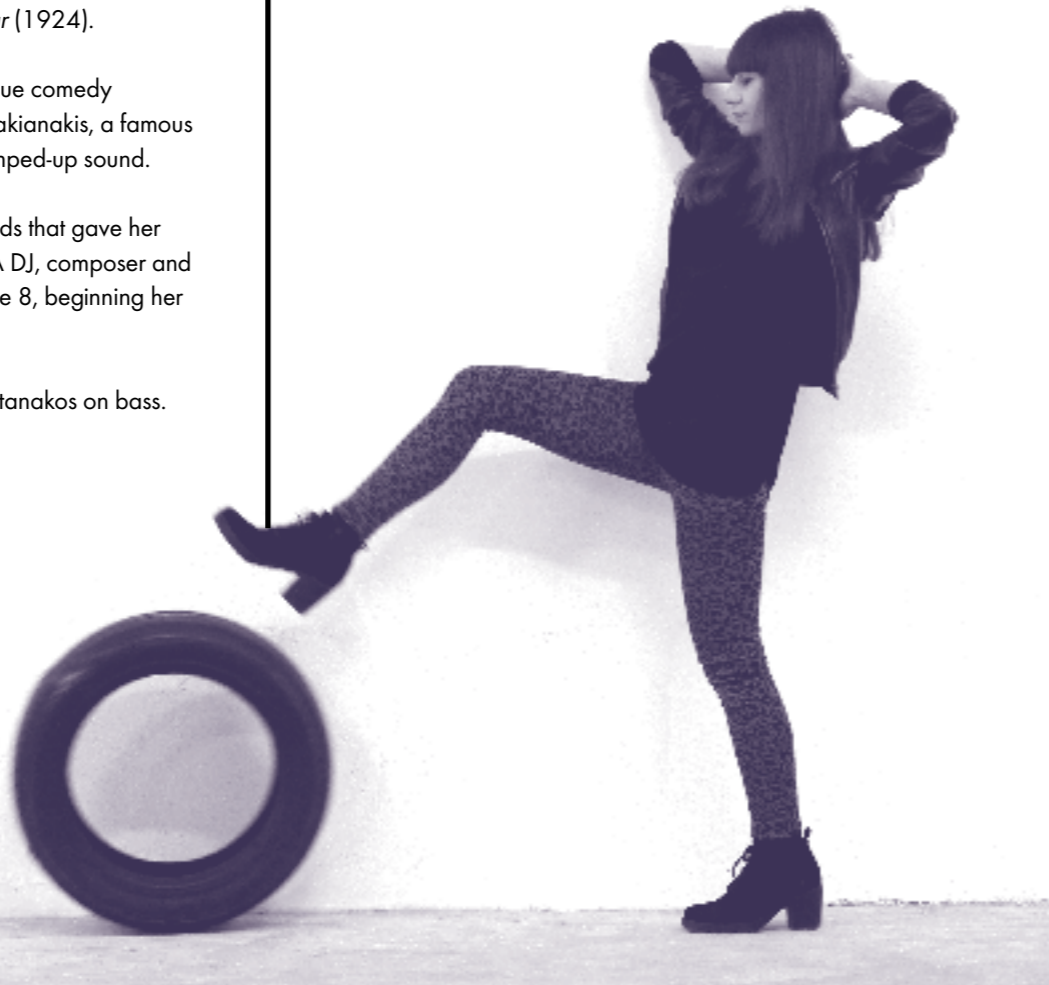
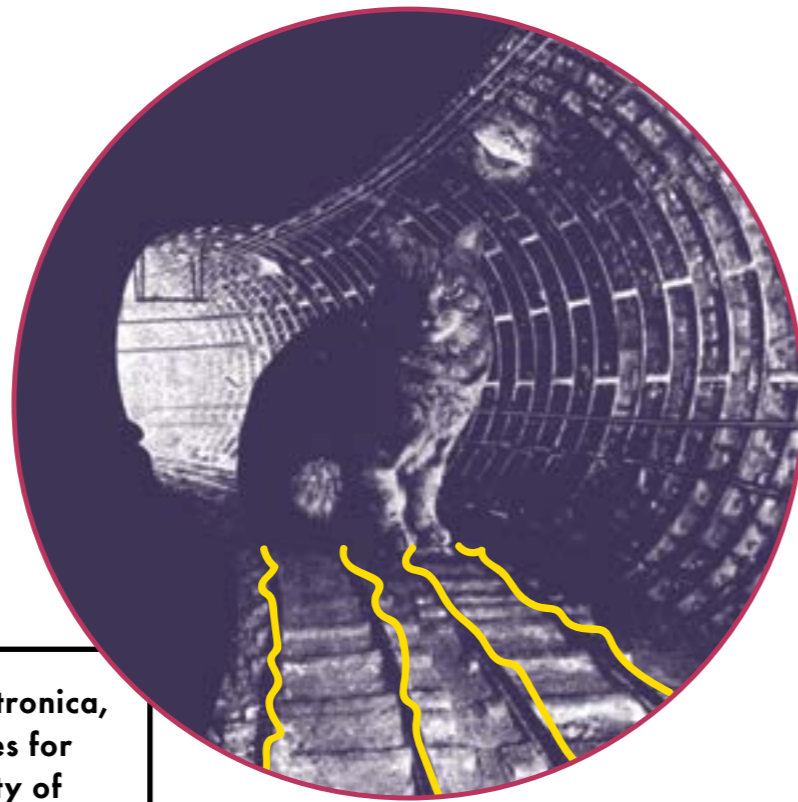
**Olga Kouklaki, the Greek diva of electronica, is invited to SNFCC by Music Escapades for a unique concert in her double capacity of composer and performer.**

In the first concert part, she presents her music score for the pioneering Greek film *The Adventures of Vilar* (1924).

The first surviving Greek fiction film, a burlesque comedy starring Vilar (the assumed name of Nikos Sfakianakis, a famous comedian), is given new life by Kouklaki's amped-up sound.

In the second part, Olga showcases the sounds that gave her the title of "Pythia of dark pop electronica." A DJ, composer and vocalist, Olga started to play the piano at age 8, beginning her lifelong involvement with music.

She will be in the company of Thodoris Kapetanakos on bass.



Jazz  
Chronicles



**Jazz Baroque**

Sunday 25/11 | 21.00 → LIGHTHOUSE 14

**SNFCC's Jazz Chronicles presents a concert by Jazz Baroque featuring an intriguing mix of classic and fusion jazz with Baroque music.**

Jazz Baroque began as a project when the founding members of GMG Trio – jazz guitarist and composer Tilemachos Moussas, vocalist Nassia Gofa and musical-saw player Nikos Youssef – were augmented by extraordinary musicians Alexander Trampas on double bass and Panos Iliopoulos on harpsichord and piano to blaze new musical trails, fusing jazz with Renaissance and Baroque music.

The basso continuo in music by Claudio Monteverdi, Henry Purcell, John Dowland and Giovanni Battista Pergolesi turns into a walking bass line; the musical saw takes on the role of the soprano, and improvisation comes to the fore. Mezzo-soprano Theodora Baka will be the special guest, for this evening only.

**Featuring:**

- Tilemachos Moussas**, electric guitar
- Nassia Gofa**, vocals
- Nikos Youssef**, musical saw
- Panos Iliopoulos**, harpsichord
- Alexander Trampas**, double bass
- Special guest: **Theodora Baka**, mezzo-soprano

# Ingmar Bergman: A Two-day Tribute

In collaboration with the Embassy of Sweden  
in Athens

Saturday 24/11 & Sunday 25/11 → BOOKCASTLE 11



## SATURDAY 24/11

**12.00**  
Maria Paradeisi: **Bergman in the History of Cinema**

The lecture delineates the personal style that established Bergman as a world-class auteur, with references to his multiple capacities and working methods, his well-defined subject matter and the evolution of his aesthetics over time.

Film historian Maria Paradeisi is an associate professor at the Department of Communication, Media and Culture of Panteion University; her subjects include film history, film theory, and an introduction to the scientific analysis of films.

**12.20**  
**Film screening:** *Persona*



Ilias Vlachos: **Persona, a Cry in Silence**

A psychiatric lecture inspired by Bergman's inaccessible – and therefore open to a wealth of interpretations – film that hovers between a psychological thriller, a poetic allegory and an existential drama about the limits of the self. An attempt to look behind the theatrical mask, or the Persona, which Carl Jung defined as the social side of each individual.

Ilias Vlachos is a psychiatrist–therapist, PhD, School of Medicine, National and Kapodistrian University of Athens. In addition to his medical degree, he has studied the German language and literature, and writes theater criticism.



**This two-day tribute to the great Swedish film auteur is part of the worldwide celebration of his jubilee.**

A screening program featuring *Persona* (1966), *The Seventh Seal* (1957), *Summer with Monica* (1953), *Bergman Island* (2004), a documentary by Marie Nyreröd, and *Ingmar Bergman 100* (an interactive film installation by the Swedish Institute featuring 32 rarely seen clips, interviews, behind-the-scenes clips, book quotations).

Eminent personalities from the fields of cinema, academia, philosophy and psychiatry attempt to highlight aspects of the work and personality of a filmmaker who asked hard questions about the world, the self and the others, god and death.

*The Ingmar Bergman 100, by the Swedish Institute, will be screened at 11.00 and 16.00 on each of the two tribute days.*



## SATURDAY 24/11

**17.00**  
Eva Stefani: **Bergman and the Self**

Thoughts on watching the documentary *Bergman Island*. Bergman directs himself, and viewers are invited to rediscover him.

Eva Stefani is assistant professor at the Faculty of Theater Studies, University of Athens; she has directed the documentary films: *Athene*, 1995; *Letters from Albatross*, 1995; *Visits to E.C. Gonatas*, 1998, *Acropolis*, 2001; *Abraham and Jacob*, 2002; *The Box*, 2004; *I Adeia*, *Housemates*, *What Time Is It?*, 2007.

**17.20**  
**Film screening:** *Bergman Island*  
Q&A with Eva Stefani



## SUNDAY 25/11

**12.00**  
**Film screening:** *The Seventh Seal*

**13.40**  
Christos Marsellos: **MEMENTO MORI**

Open questions inspired by *The Seventh Seal*. An attempt to approach a film that trains its lens on the deepest human agony. With this film, Bergman overcame his own death anxiety by conjuring an imaginary Middle Ages, possessing the potential to rattle the foundations of all certitudes, but also containing the seed of hope.

Christos Marsellos was born in Athens. He studied philosophy in Athens and Paris. He has authored many publications and participated in many conferences; he has also translated modern and contemporary philosophical works. His latest book: *Bergman, After the Rehearsal* (Greek translation), Perispomeni Publications, Athens 2018. He lives and works as a translator in Athens and Paris.

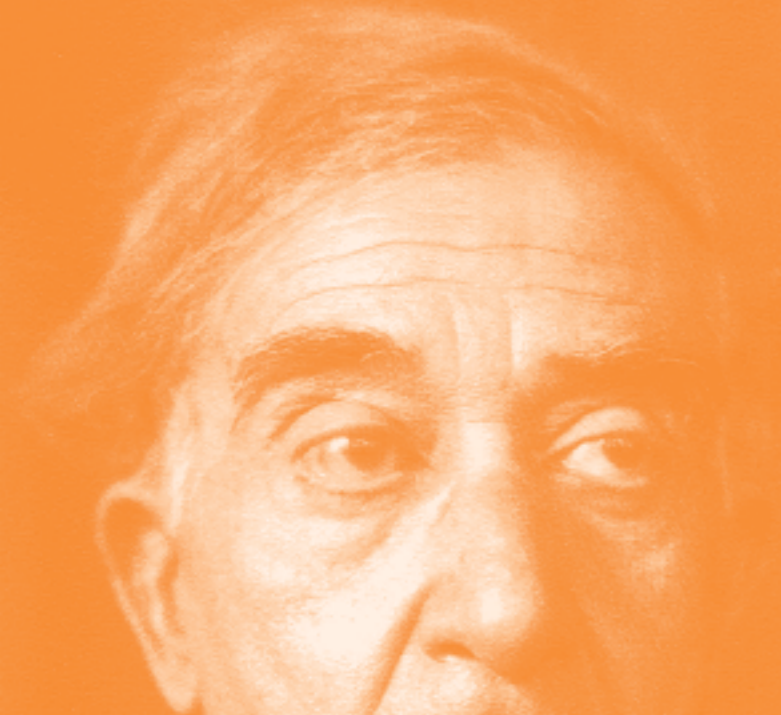
**17.00**  
Lucas Katsikas: **Ingmar, the person, behind Bergman, the artist**

Impressions and thoughts inspired by an exclusive visit to the place and the house where the filmmaker lived. Accounts by people who knew him, anecdotes, personal observations and photographs of his home, in an attempt to discover the person behind the great artist.

Since 1996, Loukas Katsikas has served as editor and later editor-in-chief and director of Cinema magazine. Since 2016, he has been the Artistic Director of the Athens International Film Festival and the Athens Open Air Film Festival.

**17.20**  
**Film screening:** *Summer with Monika*





## Reflections on an ancient line of verse: Cavafy Reading Plutarch

Wednesday 14/11 | 19.00-20.30 → BOOKCASTLE 11

The series of lectures on Modern-Greek poetry continues at SNFCC in November. 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. The second lecture is entitled Cavafy reading Plutarch.

C.P. Cavafy (1863-1933), a historical and erotic poet, often set his poems in the Hellenistic period. The material and poetic stimulus are often provided by Plutarch. The Alexandrian poet was especially fascinated by the Lives of Antony and Demetrius, details of which frequently form the basis of his poems ("Kaisarion," "Alexandrian Kings," "The God Abandons Antony," "King Demetrius"). In an ongoing conversation with Plutarch, he satirizes human weaknesses, observes the spectacle of everyday life, and studies death.

Forthcoming lecture:

**Friday 21/12**

Seferis's black Eumenides Poems

## A Journey to Six Cities: Six Lectures on Architecture

Wednesday 07/11 & 21/11 | 19.00-21.00 → BOOKCASTLE 11

This November two new cities are explored by Andreas Giacomacatos, professor of history, critical analysis and theory of architecture, Faculty of Theory and History of Art, Athens School of Fine Arts. These series of lectures invite 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 07 November:**

Munich: A Neoclassical City

**2. Wednesday 21 November:**

Chicago: A City of the American Avant-garde

Forthcoming topics and cities:

**Athens:** A Modern City and Architecture

**Tokyo:** A Contemporary City and Architecture

*Free admission by online preregistration at SNFCC.org*

Greek Sign Language interpretation  
will be provided

## Sports Excellence: Endurance Sports Conference

Thursday 01/11 | 16.00-20.45

Friday 02/11 | 10.00-21.15 → BOOKCASTLE 11

Following the scientific conference "All about the Marathon", organized over the past two years, this year Stavros Niarchos Foundation Cultural Center (SNFCC) organizes a **two day scientific conference** titled: **"Sports Excellence: Endurance Sports Conference."**

Prestigious Greek and foreign speakers, academics as well as distinguished coaches and athletes will talk on topics such as:

- *Applied Sports Medicine in Endurance Sports*
- *Aerobic Training for Endurance Sports*
- *Team Sports Specific Endurance Training*
- *Training intensity testing and recording for endurance athletes*
- *Use of Wearable Sensor Technology in sport performance monitoring and optimization*
- *Sports in Ancient Greece*
- *The scientific basis of training for a Sub2 marathon*
- *Holistic Approach for Olympic athletes*

Apart from the talks, scientific workshops of special interest will be organized by the Sub2 team.

The event is under the scientific supervision of the Sports Excellence of the 1st Orthopedic Clinic of the University of Athens, in collaboration with "Regeneration & Progress NGR".

"Sports Excellence" Unit is supported by the Stavros Niarchos Foundation, through the Foundation's grants in Health and Sports, and is implemented by the non-profit organization "Regeneration & Progress" under the scientific supervision of the 1st Orthopedic Clinic of the University of Athens.

*The full program and electronic preregistration links to workshops are available on SNFCC.org*

## SNFCC FENCE

## SNFCC through Your Lens! Photography Exhibition

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.

The photographs on display have been selected by a jury composed of: Gabriella Triantafyllis, Programming and Production Director, SNFCC; Yiorgis Yerolymbos, Architect - Photographer; Manolis Moresopoulos, Director, Athens Photo Festival; Harris Pressas, Visual Artist - Professor, Faculty of Applied Arts & Culture, University of West Attica.

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.



# Activities



→ **Team Playing (Football Skills)**  
p.20

↓ **SNFCC Running Team**  
p.15



← **Cycling classes for children and adults**  
p.16

↓ **I've got a great idea!**  
p.24



← **Running Races: 5K, 2K race walking, 800m Kids**  
p.16

↑ **Yoga in the park**  
p.14



SPORTS & WELLNESS

Monday 05, 12, 19, 26/11  
 Tuesday 06, 13, 20, 27/11  
 Wednesday 07, 14, 21, 28/11  
 Thursday 01, 08, 15, 22, 29/11  
 Friday 02, 09, 16, 23, 30/11

08.00-10.00  
 18.00-21.00

RUNNING TRACK 6

Monday 05, 12, 19, 26/11 (up to 30 participants on a priority basis)  
 07.30-08.45  
 Friday 02, 09, 16, 23, 30/11  
 08.45-10.00

PANORAMIC STEPS 15

Monday 05, 12, 19, 26/11 (up to 30 participants on a priority basis)  
 Friday 02, 09, 16, 23, 30/11  
 18.00-19.30

Tuesday 06, 13, 20, 27/11  
 Thursday 01, 08, 15, 22, 29/11  
 08.00-09.30

PANORAMIC STEPS 15

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

Monday 05, 19, 26/11 For ages 65+  
 Wednesday 07, 14, 21, 28/11 (up to 8 participants on a priority basis)  
 Friday 02, 09, 23, 30/11  
 10.00-10.50

MAKER SPACE 11

Monday 12/11  
 10.00-10.50

BOOK CASTLE 11

Saturday 03,10,17,24/11 (up to 15 participants per 60' by preregistration at SNFCC.org)  
 Sunday 04,11,18,25/11

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

\*Participants should be accompanied by an adult.

CANAL 16

Tuesday 06, 13, 20, 27/11 For people aged 15-70 (up to 50 participants)  
 18.30-20.00  
 Saturday 03, 10, 17, 24/11  
 08.30-10.00

RUNNING TRACK 6

\*Teenagers aged 15-18 must have parental/guardian consent to participate

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

Advanced Mat Pilates

A dynamic Pilates course for advanced students that emphasizes flow and rapid change of positions. This practice strengthens the muscles, enhancing the body's resilience.

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

Design-Implementation: Regeneration & Progress

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

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 (sportsexcellence.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

Sailing the Canal

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

Design-Implementation: Kalamaki Yacht Club

SNFCC Running Team

Fans of running 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

Wednesday 07, 14, 21, 28/11 For ages 50+ (up to 30 participants on a priority basis)  
 17.00-18.15  
 Thursday 01, 08, 15, 22, 29/11  
 09.00-10.15

RUNNING TRACK 6

Wednesday 07, 14, 21, 28/11 PANORAMIC STEPS 15 (up to 30 participants on a priority basis)  
 Friday 02, 09, 16, 23, 30/11  
 07.30-08.45  
 Monday 05, 12, 19, 26/11  
 08.45-10.00  
 Tuesday 06, 13, 20, 27/11  
 Thursday 01, 08, 15, 22, 29/11  
 18.00-19.00

For beginners Saturday 03, 10, 17, 24/11 08.30-09.45  
 Advanced Friday 02, 09, 16, 23, 30/11 19.00-20.15

RUNNING TRACK 6

RUNNING TRACK 6

Tuesday 06, 13, 20, 27/11 (up to 30 participants on a priority basis)  
 18.00-19.15

RUNNING TRACK 6

Qigong 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

Mat Pilates

A creative way to keep in shape focusing on strengthening the body's core, which helps us to maintain correct body posture and improves flexibility and balance. Pilates exercises help improve mood and eliminate stress. Suitable for men and women of all ages and levels. Pilates takes place on a mat.

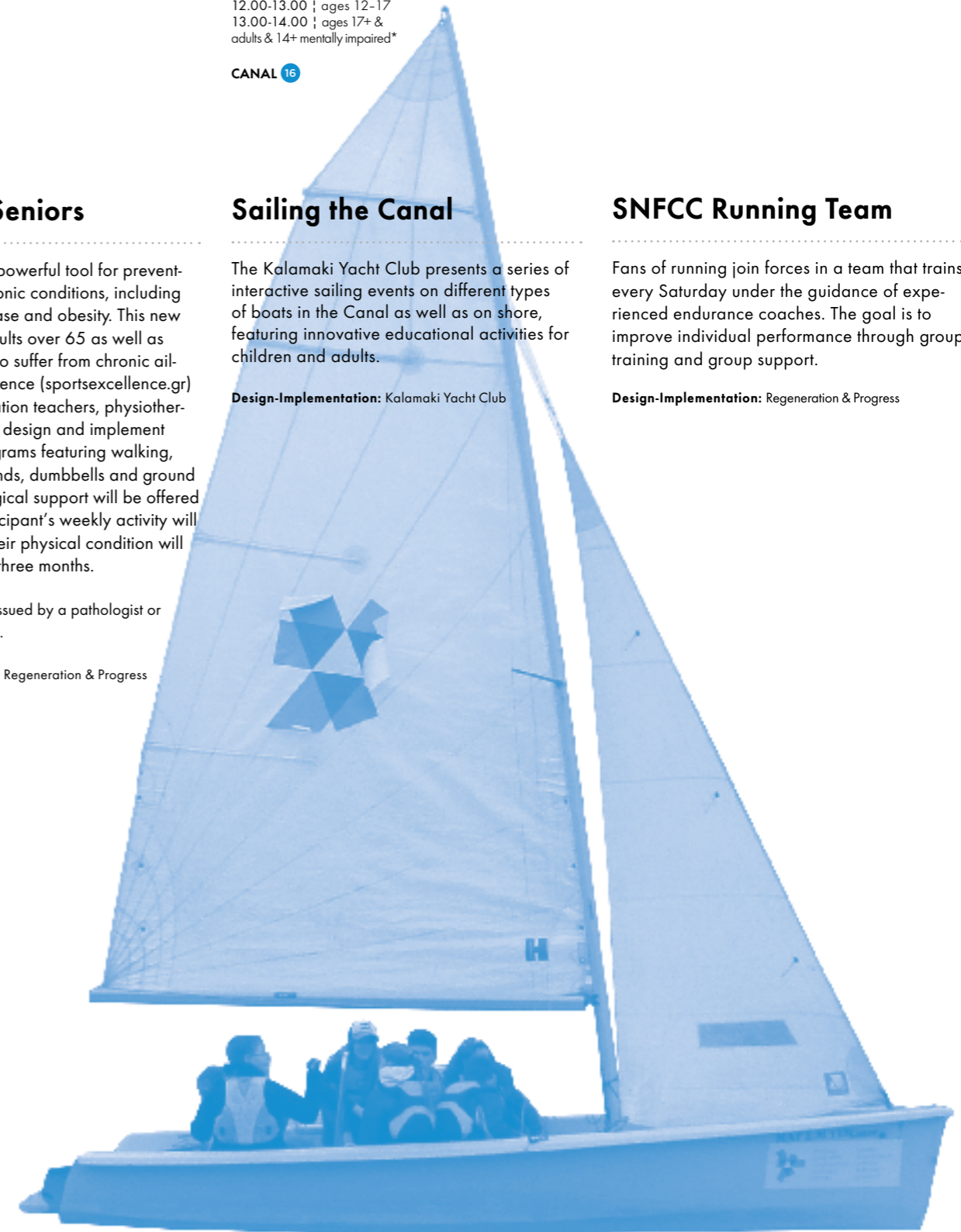
Practitioners must wear comfortable clothing and bring their own Pilates mat.

Design-Implementation: Regeneration & Progress

Tai-Chi

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

Design-Implementation: Regeneration & Progress





## Activities for Adults

### SPORTS & WELLNESS

**Sunday 04, 11, 18, 25/11** (on a priority basis)  
12.00-14.00

**ESPLANADE 17**

#### Pétanque

Though 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 10, 17, 24/11** For children aged 10+ & adults  
**Sunday 11, 18, 25/11** 14.30-17.00  
(up to 20 participants per 30' by preregistration at SNFCC.org)

**CANAL 16**

\*Children under 15 years of age 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 SNFCC!

Participants are advised to bring a change of clothes.

**Design-Implementation:** Regeneration & Progress

**Sunday 11/11** 12.00-16.00 For children aged 10+ and their parents & adults

**VISITORS CENTER 23** (on a priority basis)

#### 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

### NATURE

**Saturday 03, 10, 17, 24/11** (up to 30 participants on a priority basis)  
13.00-14.30

**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.

November topics include: designing and building a miniature garden, drying and arranging flowers and foliage, seeding vegetables and ornamental plants, grafted and non-grafted seedlings.

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

**Sunday 04/11** (up to 30 participants on a priority basis)  
11.00-14.00

**VEGETABLE GARDEN 20**

#### Talking about the Park's Plants:

##### The Olive Tree and Olive Oil

Surrounded by the Park's olive groves during harvest season, we talk about the olive tree – the iconic plant of the Greek and Mediterranean flora. We learn about the history, uses, and nutritional value of the olive tree and olive oil, about the soil and how to manage it in an environmentally friendly manner; finally, we explore the microcosm of friends and enemies that surrounds it and receive tips on cultivation.

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

**Sunday 18/11** 10.00-13.00

**RUNNING TRACK 6**

**Registration:**  
**For the 5K and 2K (max. 400 participants (200 men and 200 women):** electronic preregistration at SNFCC.org  
**For the Kid's Running Race (age 6-12):** at the Running Track desk

#### Running Races: 5K, 2K Race Walking, 800m Kids

A 5K race for running fans around the Park. Alternatively, there will be a 2K walking race as well as an 800m running race for children (age 6-12). During race walking, participants will enjoy the most scenic spots around the Park.

**Design-Implementation:** Regeneration & Progress

**Wednesday 21/11** (up to 20 participants on a priority basis)  
17.30-19.00  
19.00-20.30

**MULTIFUNCTIONAL ROOM 11**

#### First-aid Course

Learn how to provide an emergency first-aid response to heart-attack and drowning incidents and how to use an Automated External Defibrillator in this non-accredited training course. Participants will moreover get hands-on experience in using specifically designed models/preforms.

**Design-Implementation:** Regeneration & Progress

**Sunday 04/11 & 18/11** 12.30-14.30 The workshop is addressed to people of all ages, with or without motor disabilities, and their companions.

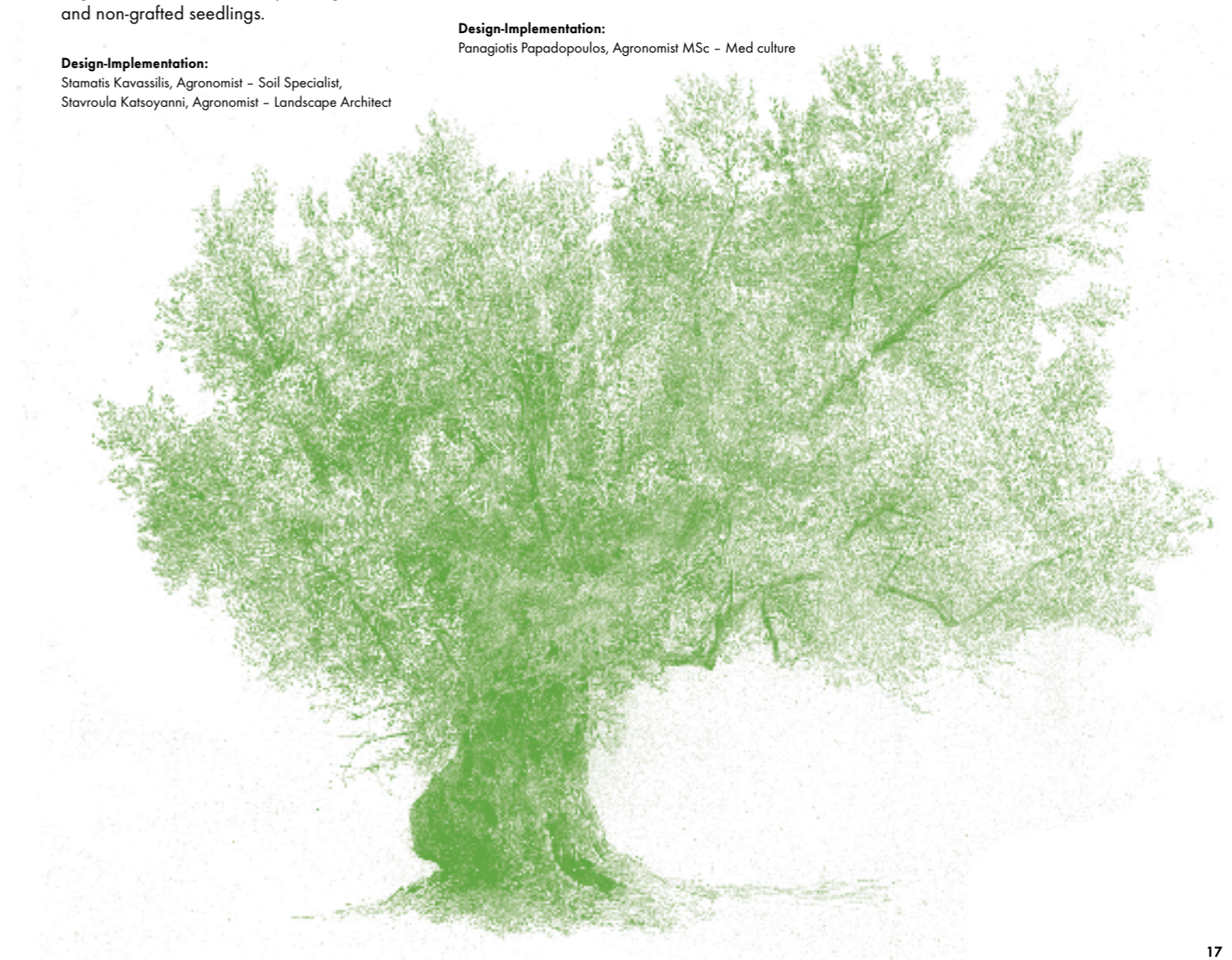
**MEDITERRANEAN GARDEN 10**

(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





TECHNOLOGY

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

(up to 16 participants on a priority basis)

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.

Monday 05, 12, 19, 26/11  
18.30-20.30

(up to 16 participants per lab by preregistration at SNFCC.org)

PC LAB 11

New Technologies & Children

This program educates parents and teachers on ways technology can become beneficial for children and discusses security and safety risks. It also introduces online platforms that can safely be used by the little web explorers!

Design-Implementation: Foundation

ARTS & CRAFTS

Sunday 04, 11/11  
17.00-20.00

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

KIDS LAB 11

Upcycling Carpets: Making a Loom

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, participants make an improvised loom using recyclable materials and weave original knitwear using two different techniques.

Design-Implementation: Very Young Contemporary Art (VYCA)

Sunday 11/11  
11.00-14.00

(up to 30 participants per lab on a priority basis)

MEDITERRANEAN GARDEN 10

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

Wednesday 14, 21/11  
18.30-21.30

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

KIDS LAB 11

Ebru Lab: Painting on Water

Ebru is the Oriental art of marbling. Ebru means "water surface." Participants will create colorful patterns on water and experiment in paper marbling. They will then print those patterns on color cardboard and envelopes to make cards and bookmarks.

Design-Implementation: Katerina Momitsa, Artist

Sunday 25/11  
17.00-18.00  
18.00-19.00  
19.00-20.00

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

KIDS LAB 11

(up to 25 participants per hour on a priority basis)

We Create Art All Together: Man is the Measure of All Things

November's workshop studies the magical proportions of the human body; participants will produce a 3D model of a human figure, using wooden straws. With references to Leonardo da Vinci's oeuvre, and Renaissance anatomy in general, as well as to Antony Gormley and the long sculptural tradition of armature, participants will design and re-arrange the individual pieces into a 3D sculptural assemblage – a model of the human figure.

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

Wednesday 07/11  
Friday 16/11  
10.30-12.30

(up to 20 participants per lab on a priority basis)

WATER JETS 8

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:

07/11 Humans and Nature  
In this session, participants will explore the changes that have occurred in the environment, in terms of both their own daily lives and the global community. An urban picnic in the Park, an outdoor creative event set in a green space in the heart of a large modern city.

16/11 Our Neighborhood  
In this session, which starts from the Labyrinth and ends at the Lighthouse, participants remember their childhood neighborhoods. Each story will inspire a brief reenactment by the participants, in which participants take turns as narrators in their own stories and as characters in the stories of others.

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





**SPORTS & WELLNESS**

**Tuesday 06, 13, 20, 27/11** For children aged 6-15  
**Thursday 01, 08, 15, 22, 29/11** (on a priority basis)  
 17.00-20.00  
**Saturday 03, 10, 17, 24/11**  
**Sunday 04, 11, 18, 25/11**  
 13.00-14.30

**OUTDOOR GAMES AREA 25**

**Tuesday 06, 13, 20, 27/11** For children aged 6-12  
**Thursday 01, 08, 15, 22, 29/11** (up to 20 participants on a priority basis)  
**Saturday 03, 10, 17, 24/11**  
 17.00-18.15

**RUNNING TRACK 6**

**Monday 05, 12, 19, 26/11** 17.00-17.30: ages 5-7  
**Wednesday 07, 14, 21, 28/11** 17.30-18.00: ages 5-7  
**Friday 02, 09, 16, 23, 30/11** 18.00-18.30: ages 8-10  
 18.30-19.00: ages 8-10  
 19.00-19.30: ages 11-13  
 19.30-20.00: ages 11-13

**OUTDOOR GAMES AREA 25**

For children aged 5-13 (up to 10 or 12 children per 30' session by preregistration at SNFCC.org)

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

**Saturday 03, 10, 17, 24/11** For children aged 6-12  
**Sunday 04, 11, 18, 25/11** (up to 10 children per 30' session on a priority basis)  
 10.00-13.00

**OUTDOOR GAMES AREA 25**

**Saturday 03, 10, 17, 24/11** For children aged 4-10  
**Sunday\* 04, 11, 18, 25/11** (up to 8 children per 30' session by preregistration at SNFCC.org)  
 17.00-20.00

**OUTDOOR GAMES AREA 25**

\* Blind Tennis or Soundball Tennis for children with or without vision impairment, including those who are blind.

**Sunday 04, 11, 18, 25/11** For children aged 5-10  
 16.00-17.15 (up to 20 participants on a priority basis)

**RUNNING TRACK 6**

**Fun Sports Games in the Park**

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

**Design-Implementation:** Regeneration & Progress

**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, and to foster a sporting culture.

**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.

**Design-Implementation:** Regeneration & Progress

**Street Soccer 5x5**

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

**Design-Implementation:** Regeneration & Progress

**Mini Tennis**

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

**Design-Implementation:** Regeneration & Progress

**Sporting Duels**

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

**Design-Implementation:** Regeneration & Progress

**Saturday 03, 10, 17, 24/11** For children aged 3-6  
**Sunday 04, 11, 18, 25/11** (up to 20 participants on a priority basis)  
 11.45-13.00

**RUNNING TRACK 6**

**Saturday 03, 10, 17, 24/11** For children aged 4-9 and their parents  
 13.00-14.30 (up to 50 participants on a priority basis)

**RUNNING TRACK 6**

**Saturday 03, 10, 17, 24/11** For children aged 6-12  
 11.15-12.30 (up to 20 participants on a priority basis)

**VISITORS CENTER 23**

**Sunday 04, 11, 18, 25/11** For children aged 4-12  
 10.45-11.45 (up to 30 participants on a priority basis)

**LABYRINTH 4**

**Sunday 04, 11, 18, 25/11** For children aged 3-6  
 13.30-14.45 (up to 20 participants on a priority basis)

**RUNNING TRACK 6**

**Artistic Gymnastics**

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

**Design-Implementation:** Regeneration & Progress

**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 educational stimuli and developing their imagination.

**Design-Implementation:** Regeneration & Progress

**Group Missions**

Children learn the value of co-operation by building 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

**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.

*Practitioners must bring their own mat.*

**Design-Implementation:** Regeneration & Progress

**Are you aware of your own 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





**SPORTS & WELLNESS**

**Saturday 03,10,17,24/11** \*Participants should be accompanied  
**Sunday 04,11,18,25/11**

09.00-10.00 † ages 6-9 & 6-14 mentally impaired\*  
 10.00-11.00 † ages 9-12  
 11.00-12.00 † 17+ & adults  
 12.00-13.00 † ages 12-17  
 13.00-14.00 † ages 17+ & adults & 14+ mentally impaired\*  
*(up to 15 participants per 60' by preregistration at SNFCC.org)*

**CANAL 16**

**Sailing the Canal**

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

**Design-Implementation:** Kalamaki Yacht Club

**Saturday 03, 10, 17, 24/11** For children aged 5-10  
 16.00-17.15 *(up to 20 participants on a priority basis)*

**RUNNING TRACK 6**

**Sports Games**

A recreational activity for children and teenagers 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.

**Design-Implementation:** Regeneration & Progress

**Sunday 04, 18/11** For children aged 6-12  
 15.30-17.30 *(up to 15 participants on a priority basis)*

**VISITORS CENTER 23**

**Roller Skates for Kids**

Recreation, exercise, or transport? Skates are all of these things 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)

**SCIENCE & TECHNOLOGY**

**Friday 16, 30/11** For children aged 4-5  
 18.30-19.30 *(up to 20 participants by preregistration at SNFCC.org)*

**KIDS LAB 11**

**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 in order to reach their destinations.

**Design-Implementation:** STEM

**Sunday 18/11** For children aged 6-12  
 17.00-20.00 *(up to 25 participants on a priority basis)*

**KIDS LAB 11**

**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, resolution 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.

**Topics:**  
 Exploration **14/10 (Research)**  
 Resolution **18/11 (Illustration)**  
 Storytelling **09/12 (Film-making)**

**Design-Implementation:**  
 Polyeco Contemporary Art Initiative (PCAI)

**NATURE**

**Saturday 03, 10, 17, 24/11** For children aged 5-9  
 10.30-12.00 *(up to 30 participants on a priority basis)*

**VEGETABLE GARDEN 20**

**The Park's Little Gardeners**

In November, the Park takes a deep breath after a hot and dry summer. Fruits are ripe, leaves turn colors, scents intensify, and the soft soil eagerly awaits to receive new seeds.

The Park's Little Gardeners discover the value of cereals; they sow wheat, barley, oats; they make flour, taste the season's vegetables and take care of the vegetable garden in a fascinating journey of exploration and discovery.

*Participants are advised to wear a hat and carry water with them.*

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

**Saturday 10, 17, 24/11** For children aged 10+ & adults  
**Sunday 11, 18, 25/11** 14.30-17.00  
*(up to 20 participants per 30' by preregistration at SNFCC.org)*

**CANAL 16**

**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 change of clothes with them.

**Design-Implementation:** Regeneration & Progress

**Sunday 11/11** For children aged 10+ and their parents  
 12.00-16.00 *(on a priority basis)*

**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

**Sunday 18/11** **RUNNING TRACK 6**  
 10.00-13.00

**Registration:**  
**For the 5K and 2K (max. 400 participants (200 men and 200 women):** electronic Track desk  
**For the Kid's Running Race (age 6-12):** at the Running Track desk  
 preregistration at SNFCC.org

**Running Races: 5K, 2K race walking, 800m Kids**

A 5K race for fans of running around the Park. There will also be a 2K walking race as well as an 800m running race for children (age 6-12). During race walking, participants will enjoy the most scenic spots around the Park.

**Design-Implementation:** Regeneration & Progress

**Sunday 25/11** For children aged 12-18  
 12.00-16.00 *(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 and have all your questions answered. 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 along with trainers  
 Yiorgos Kikos and Christos Kolomvatos





**ARTS & CRAFTS**

**Thursday 01, 08, 15, 22, 29/11**  
18.00-18.45  
19.00-19.45

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

**KIDS LAB 11**

**Saturday 03 & 17/11**  
17.00-18.00  
18.00-19.00  
19.00-20.00

**Friday 09 & 23/11**  
17.00-18.00  
18.00-19.00  
19.00-20.00

For children of all ages and their parents  
*(up to 15 participations per lab)*

**KIDS LAB 11**

**Tuesday 06, 13, 20/11**  
17.00-18.00 ; For 6- to 12-month-old babies  
18.30-19.30 ; For 12- to 24-month-old babies

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

**KIDS LAB 11**

**Saturday 10, 24/11**  
17.00-20.00

**Saturday 17/11**  
17.00-20.00

**KIDS LAB 11**

**MULTIFUNCTIONAL ROOM 11**  
*(up to 15 children per lab)*

For ages 12-16, limited participation per workshop series

**Sunday 11/11**  
12.30-14.30

**Sunday 25/11**  
12.30-14.30

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

**MEDITERRANEAN GARDEN 10**

**Sunday 25/11**  
17.00-18.00  
18.00-19.00  
19.00-20.00

For children aged 7+, young people and families, with or without disabilities  
*(up to 25 participants per hour on a priority basis)*

**KIDS LAB 11**

**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

**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 artworks from paper and recycled materials into boosting their creativity sky-high.

**Design-Implementation:** Christina Tsinisizeli, Artist

**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 change of clothes with them.

**Design-Implementation:** abariza

**A Month of Video Art Labs  
A workshop series for video-art**

A workshop aimed to acquaint 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.

**Road Movie**  
In the second course, starting in November, participants will explore the types and properties of shots, camera movement, and editing techniques including cutting on action, split screen and jump cuts. The role of sound and the use of found footage and voice-over will also be considered. Moreover, we discuss how to post this creative activity on social media (Instagram, Facebook, etc.). The ultimate goal of this workshop is to produce a road movie filmed in the SNFCC complex.

Required equipment: a video-capable digital camera

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

**Home-made Percussion  
Circle: Bring your own improvised  
percussion from home**

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

**Design-Implementation:** QUILOMBO LAB

**We Create Art  
All Together:  
Man is the Measure of All Things**

November's workshop studies the magical proportions of the human body; participants will produce a 3D model of a human figure, using wooden straws. With references to Leonardo da Vinci's oeuvre, and Renaissance anatomy in general, as well as to Antony Gormley and the long sculptural tradition of armature, participants will design and re-arrange the individual pieces into a 3D sculptural assemblage - a model of the human figure.

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







## Pyotr Ilyich Tchaikovsky Swan Lake

Ballet

10, 11, 16, 17, 18/11  
& 22, 28, 29/12

Starts at:  
20.00  
(Sundays: 18.30)

GNO STAVROS  
NIARCHOS HALL 13

The first choreography of the Greek National Opera's new Ballet Director, Konstantinos Rigos, constitutes a new reading of the most famous ballet of all times. Tchaikovsky's *Swan Lake* throughout the ages enraptures and moves the audiences while being the utmost career challenge for professional dancers, since the virtuosity and lyricism demanded for its comprehensive interpretation are almost beyond human limits. At the same time, it is an autonomous music work of great interpretative demands.

**Conductor:** Elias Voudouris  
**Choreography-director-sets:** Konstantinos Rigos with references to the choreographies of Petipa and Ivanov.

With the **GNO Orchestra**, **Principal dancers**, **Soloists**, **Demi-Soloists** and **Corps de Ballet**

## Leoš Janáček Jenůfa Opera

02/11

Starts at:  
20.00

GNO STAVROS  
NIARCHOS HALL 13

### 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 Karytinos  
**Director:** Nicola Raab  
With the **GNO Orchestra**, **Chorus** and **Soloists**

## Ernst Toch The princess and the pea Opera for children

25, 27, 28, 30/11  
& 14, 16, 18, 19/12

Starts at:  
11.00

GNO STAVROS  
NIARCHOS HALL 13

In co-production with **Stavros Niarchos Foundation Cultural Center**.

Hans Christian Andersen's fairy tale about the princess who was sensitive enough to be disturbed by a pea hidden underneath a huge pile of mattresses, inspired Austrian composer Ernst Toch to create an opera for children, first presented in 1927. The enchanting opera was an immediate success and it has ever since been integrated into the repertoire of most opera houses worldwide. Apostolia Papadamaki attempts to visualise Toch's music with the aim of creatively communicating it to children's audiences.

**Conductor-translation:** Nicolas Vassiliou  
**Director-choreography:** Apostolia Papadamaki

## Udo Zimmermann Weisse Rose

Contemporary repertoire opera

03, 04, 08, 10, 11, 15,  
17, 18/11

Starts at:  
20.30

GNO  
ALTERNATIVE STAGE 13

The famous opera *Weisse Rose* (1986) by the great German composer Udo Zimmermann receives its first Greek premiere at the GNO Alternative Stage, conducted by Nicolas Vassiliou and directed by Themelis Glynatsis, one of the most outstanding directors of his generation. Zimmermann creates a musical theatre work, where historical re-enactment gives its place to a heart-wrenching, deeply personal exploration of morality, death and political responsibility.

**Conductor:** Nicolas Vassiliou  
**Director:** Themelis Glynatsis

06, 07, 13, 20, 21,  
24, 25/11

Starts at:  
20.30

GNO  
ALTERNATIVE STAGE 13

## 2018 GNO Alternative Stage Piano Festival

Piano & Jazz

### A collaboration with the Thessaloniki Piano Festival

For a second year, the GNO Alternative Stage Piano Festival, in collaboration with the Thessaloniki Piano Festival, revisits a theme that has determined the course of "the king of instruments" over the 20th century: Piano & Jazz. The Festival's inclusive programme comprises five recitals by outstanding soloists with an international career and two major concerts dedicated to the top jazz composer, George Gershwin. The Festival's parallel actions include a three-day masterclass with members of the Piandaemonium ensemble, afternoon concerts of up-and-coming soloists, as well as concerts of young artists that have been selected through auditions.

### 06, 07, 13, 20, 21/11 Recital

Alexandra Papastefanou (06/11), Giorgos Kontrafouris (07/11), Nikolas Anadolis (13/11), Achilleas Wastor (20/11), Lola Totsiou (21/11)

### 24, 25/11 A tribute to George Gershwin

**With:** Antonis Anisegos, Charalambos Angelopoulos, Dimitris Theocharis (piano), Maria Mitsopoulou (soprano)

With the participation of select members of the **Athens Youth Symphony Orchestra**  
**Conductor:** Vladimiro Symeonidis  
**Artistic curator:** Charalambos Angelopoulos



## Lena Platonos The emperor's nightingale Opera for children and youth

04, 06, 08, 11, 13, 14, 15,  
18, 22, 23, 29/11

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

30/11, 02/12

Starts at:  
20.30

GNO  
ALTERNATIVE STAGE 13

## Francis Poulenc La voix humaine

### One-act opera based upon Jean Cocteau's monologue of the same title

A monologue about betrayed love and the absolute loneliness beyond gender, age and time. Elena Kelesidi, after the three hundred years of loneliness she experienced as Emilia Marty in Leoš Janáček's opera *Věc Makropulos*, is called upon this year to live the last forty minutes of a relationship and maybe of a life...

**Director:** Panaghis Pagoulatos  
In the role of Woman, Elena Kelesidi

## GNO LEARNING & PARTICIPATION

Every Monday  
18.00-20.00

Information/Registration:  
213 088 5752  
education@nationalopera.gr

GNO  
FACILITIES 13

### Intercultural Choir

From Athens to Papua New Guinea, from Kenya to Ukraine and from Slovakia to Tanzania, people from all four corners of the earth unite their voices, become one and sing songs straight from their hearts. This is the power of the GNO Alternative Stage's Intercultural Choir which continues its multicultural journey through the world's neighbourhoods. In the third year since its creation, the Intercultural Choir continues to offer unique moments and intense feelings to the audiences, and at the same time a unique experience to its members.

Choir leader: Vassula Delli

All GNO Learning and Participation programmes are free of charge. Registration is necessary.

Every Monday  
18.00-20.00

Information/Registration:  
213 088 5755  
education@nationalopera.gr

GNO  
FACILITIES 13

### Intercultural Orchestra

The Alternative Stage in collaboration with the GNO's Learning and Participation create a new Intercultural Orchestra. Permanent or temporary residents of Athens, professional and amateur musicians from all the communities of the city are called upon to participate, live a unique experience and create an intercultural repertoire from the musical traditions of the countries of origin. The Intercultural Orchestra aspires to bring the universal language of music closer to us and serves as a focal point for getting together and co-existing, fostering mutual understanding and accepting diversity.

Orchestra leader: Harris Lambrakis

Major donor of the GNO  
Learning & Participation: SNF

03, 04, 10, 11/11  
10.00-14.00

Maximum number of  
participants: 15 participants  
Information/Registration:  
213 088 5755

GNO  
FACILITIES 13

### Piano in Jazz: Accompaniment and Improvisation

The four-day workshop titled Piano in Jazz: Accompaniment and Improvisation is organized in collaboration with the outstanding pianist Spyros Manesis. The workshop targets jazz students and professional musicians who are interested in getting to know piano as a jazz instrument. The role of piano in jazz, improvisation and issues of technique are some of the basic aspects on which the seminar will focus. At the same time, an attempt will be made to get acquainted with the mainstream trends in the history of jazz, with emphasis placed on its aesthetical aspect.

Design-implementation: Spyros Manesis

Every Monday  
17.30-19.00

Information/Registration:  
213 088 5753  
education@nationalopera.gr

GNO  
FACILITIES 13

Movement workshop for a  
mixed group of people with  
or without sensory disabilities

### Visualizing Sound

In the Visualizing Sound movement workshop, people with or without sensory disabilities interact, express themselves, and use exclusively their body to produce music. This is body music, the most ancient form of music; a form of expression that combines rhythm, movement and music allowing the participants to live an unprecedented musical experience.

Design-implementation: Yiota Peklari (dancer, choreographer, dance teacher) in collaboration with Eva Karterou (dancer, educator) and Vicky Skordali (actress, dancer)  
Special collaborator: Thanos Daskalopoulos (body musician)

Εθνική  
Βιβλιοθήκη  
της Ελλάδος  
National  
Library  
of Greece



## SHARE YOUR STORY AT THE NATIONAL LIBRARY OF GREECE

The National Library of Greece and the Music Library of Greece "Lilian Voudouri" - The Friends of Music Society in response to the Europeana's (the EU digital platform for cultural heritage) invitation, co-host an event dedicated to population displacement and the way it is expressed through music and the arts. The event is part of the "Europeana Migration Collection Days" project, organized and coordinated by Europeana in cities across Europe. It will take place on **Saturday, November 10, 2018 from 10a.m. to 6p.m.** at the National Library of Greece at SNFCC, as a parallel event of the International Conference on "The Birth of Contemporary Europe: World War I, Music and the Arts". The focus will be on collecting stories, objects, musical instruments, photos and other items related to music and the arts.

The event can be attended by cultural organizations and individuals who are in possession of a related memento and want to share their story. Items will be received, digitized and then handed over to the owner on the ground floor of the National Library of Greece. At the same time, the owners will have the opportunity to share their own personal story about migration. The digitized content, as well as the personal stories, will be uploaded to the Europeana platform, making them visible and accessible to everyone.

## INTERNATIONAL CONFERENCE

"The Birth of Contemporary Europe:  
World War I, Music and the Arts"

09-11/11/2018



Within the framework of the European Year of Cultural Heritage 2018, the National Library of Greece in collaboration with the Directorate of Intangible Cultural Heritage of the Hellenic Ministry of Culture and Sports, the National and Kapodistrian University of Athens, the National Historical Museum, the Music Library of Greece "Lilian Voudouri" - The Friends of Music Society and Megaron, The Athens Concert Hall are co-hosting the three-day International Conference on "The Birth of Contemporary Europe: World War I, Music and the Arts", where artistic and cultural issues will be explored, focusing on music and the arts, during and after World War I.

Official language of the conference will be English.

Free admission, registration is required.  
For more information on the full programme, please visit [www.nlg.gr](http://www.nlg.gr)



## 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 recently won 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 pre-register, please visit [SNFCC.org/events](http://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](mailto:tours@SNFCC.org).



## Practical Info

### > Winter opening hours

- Stavros Niarchos Park: 06:00 - 20:00 Monday - Thursday  
06:00 - 22:00 Friday & Weekends
- 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](http://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. Pets must always be accompanied by their guardian, who must keep them under direct and constant supervision and clean up after them.

### > Wi-Fi

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

### > Free digital access to newspapers

Visitors can enjoy free access to over 5,000 newspapers and magazines in 60 different languages in digital form on [pressreader.com](http://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](mailto: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)

Sunday - Thursday 9:00 - 23.00

Friday & Saturday 9:00 - 00.00

#### Pharos Café (Lighthouse)

Monday-Sunday 09.00-00.00

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

#### Park Kiosk

Monday-Sunday 10.00-18.00

06:00 - 22:00 Friday & Weekends

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

#### Ice-cream Van on tour:

Monday - Friday 10.00-18:00

Saturday - Sunday 11:00-21:00

#### Hot-dog Van on tour

Saturday - Sunday 13.00-23.00

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 CO<sup>2</sup> 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

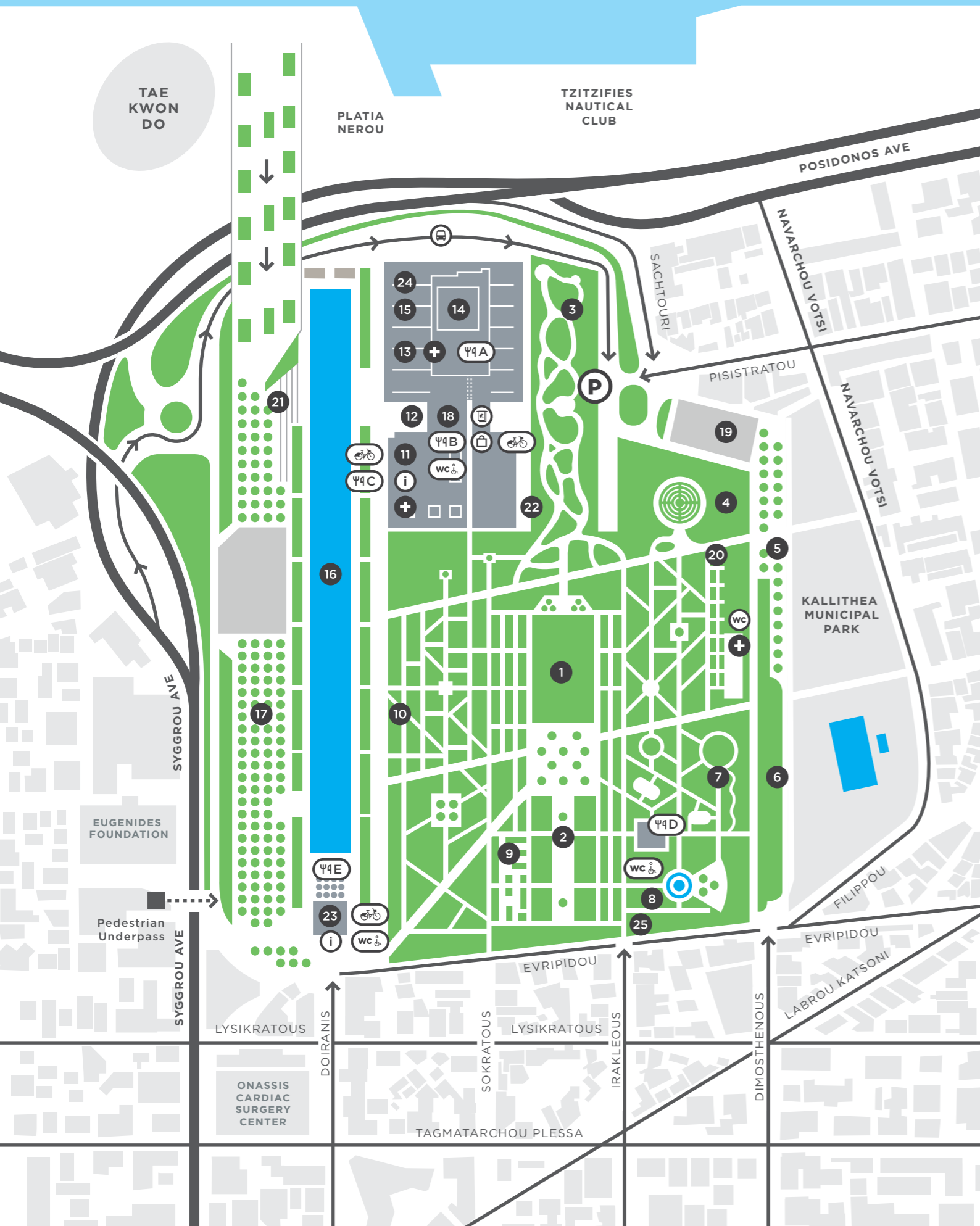
Monday-Sunday  
06.00-00.00

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
  - 2 Pine Grove
  - 3 Southern Walks
  - 4 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 GNO Level 5A
  - 25 Outdoor Games Area
- SNFCC Bike Rental
  - SNFCC Store
  - Shuttle Bus Stop
  - First Aid
  - ATM
  - Info Point
- Φ4A Pharos Café
  - Φ4B Agora Bistro
  - Φ4C Coffee & Juice & Ice Cream on tour
  - Φ4D Park Kiosk
  - Φ4E 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  
 with maximum charge of €5
- Motorcycles**  
 €0,70/hour

**SNFCC members enjoy a 10% discount**  
 More information: [SNFCC.org](http://SNFCC.org)

You can now make payments quickly and easily via credit or debit card at the parking payment stations. Contactless payments are accepted.

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](http://SNFCC.org) or call at 2168091000.



# November 2018

## DAILY

06.00-00.00	Spyros Louis Cup	p. 31
10.00-19.30	Guided Tours at Park & SNFCC*	p. 30
06.00-00.00	SNFCC FENCE	p. 11

\* Events with \* require preregistration 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.

<b>01</b>	<b>T</b>
08.00-09.30	Yoga in the park p. 14
08.00-10.00	Fitness for everyone p. 14
09.00-10.15	Qiqong 50+ p. 14
11.00-15.00	Computer Courses for people 65+ p. 18
16.00	Endurance Sports Conference p. 10
17.00-18.15	Developing Young Athletes p. 20
17.00-20.00	Fun Sports Games in the Park p. 20
18.00-19.00	Mat Pilates p. 14
18.00-19.45	Ready! Steady! Recycle!* p. 24
18.00-21.00	Fitness for everyone p. 14

<b>02</b>	<b>F</b>
07.30-08.45	Mat Pilates p. 14
08.00-10.00	Fitness for everyone p. 14
08.45-10.00	Mat Pilates advanced p. 14
09.30	Endurance Sports Conference p. 10
10.00-10.50	Sports for Seniors p. 15
11.00-15.00	Computer Courses for people 65+ p. 18
17.00-20.00	Team Playing (Football Skills)* p. 20
18.00-19.30	Yoga in the park p. 14
18.00-21.00	Fitness for everyone p. 14
19.00-20.15	Tai Chi p. 14

<b>03</b>	<b>S</b>
08.30-09.45	Tai Chi p. 14
08.30-10.00	SNFCC Running Team p. 15
09.00-14.00	Sailing the Canal* p. 15
10.00-13.00	Street Soccer 5x5 p. 21
10.30-12.00	The Park's Little Gardeners p. 23
11.45-12.30	Group Missions p. 20
11.45-13.00	Artistic Gymnastics p. 20
13.00-14.30	The Greenfingers p. 17
13.00-14.30	Family Games p. 20
13.00-14.30	Fun Sports Games in the Park p. 20
16.00-17.15	Sports games p. 23
17.00-18.15	Developing Young Athletes p. 20
17.00-20.00	Mistake Labs: See Paper Differently p. 24
17.00-20.00	Mini Tennis* p. 21

<b>04</b>	<b>S</b>
09.00-14.00	Sailing the Canal* p. 15
10.00-13.00	Street Soccer 5x5 p. 21
10.45-11.45	Kids Yoga p. 21
11.00-14.00	Talking about the Park's Plants p. 17
11.45-13.00	Artistic Gymnastics p. 20
12.00-14.00	Pétanque p. 16
12.30-14.30	Percussion Circle p. 16
13.00-14.30	Fun Sports Games in the Park p. 20
13.30-14.45	Are You Aware of your Skills? p. 21
15.30-17.30	Roller Skates for kids p. 22
16.00-17.15	Sporting Duels p. 21
17.00-20.00	Upcycling Carpets: Making a Loom p. 18
17.00-20.00	Mini Tennis* p. 21

<b>05</b>	<b>M</b>
07.30-08.45	Mat Pilates advanced p. 14
08.00-10.00	Fitness for everyone p. 14
08.45-10.00	Mat Pilates p. 14
10.00-10.50	Sports for Seniors p. 15
11.00-15.00	Computer Courses for people 65+ p. 18
17.00-20.00	Team Playing (Football Skills) p. 20
18.00-19.30	Yoga in the park p. 14
18.00-21.00	Fitness for everyone p. 14
18.30-20.30	New Technologies & Children p. 18

<b>06</b>	<b>T</b>
08.00-09.30	Yoga in the park p. 14
08.00-10.00	Fitness for everyone p. 14
11.00-15.00	Computer Courses for people 65+ p. 18
17.00-19.30	I've got a great idea! p. 24
17.00-18.15	Developing Young Athletes p. 20
17.00-20.00	Fun Sports Games in the Park p. 20
18.00-19.15	Tai Chi p. 14
18.00-19.00	Mat Pilates p. 14
18.00-21.00	Fitness for everyone p. 14
18.30-20.00	SNFCC Running Team p. 15

<b>07</b>	<b>W</b>
07.30-08.45	Mat Pilates p. 14
08.00-10.00	Fitness for everyone p. 14
10.00-10.50	Sports for Seniors p. 15
11.00-15.00	Computer Courses for people 65+ p. 18
10.30-12.30	Drama Games in the Park 65+ p. 19
17.00-18.15	Qiqong 50+ p. 14
17.00-20.00	Team Playing (Football Skills)* p. 20
18.00-21.00	Fitness for everyone p. 14
19.00-21.00	Six lectures on architecture p. 10

<b>08</b>	<b>T</b>
08.00-09.30	Yoga in the park p. 14
08.00-10.00	Fitness for everyone p. 14
09.00-10.15	Qiqong 50+ p. 14
11.00-15.00	Computer Courses for people 65+ p. 18
17.00-18.15	Developing Young Athletes p. 20
17.00-20.00	Fun Sports Games in the Park p. 20
18.00-19.00	Mat Pilates p. 14
18.00-19.45	Ready! Steady! Recycle!* p. 24
18.00-21.00	Fitness for everyone p. 14

<b>09</b>	<b>F</b>
07.30-08.45	Mat Pilates p. 14
08.00-10.00	Fitness for everyone p. 14
08.45-10.00	Mat Pilates advanced p. 14
10.00-10.50	Sports for Seniors p. 15
11.00-15.00	Computer Courses for people 65+ p. 18
17.00-20.00	Team Playing (Football Skills)* p. 20
17.00-20.00	Mistake Labs: See Paper Differently p. 24
18.00-19.30	Yoga in the park p. 14
18.00-21.00	Fitness for everyone p. 14
19.00-20.15	Tai Chi p. 14

<b>10</b>	<b>S</b>
08.30-09.45	Tai Chi p. 14
08.30-10.00	SNFCC Running Team p. 15
09.00-14.00	Sailing the Canal* p. 15
10.00-13.00	Street Soccer 5x5 p. 21
10.30-12.00	The Park's Little Gardeners p. 23
11.15-12.30	Group Missions p. 20
11.45-13.00	Artistic Gymnastics p. 20
13.00-14.30	The Greenfingers p. 17
13.00-14.30	Family Games p. 20
13.00-14.30	Fun Sports Games in the Park p. 20
14.30-17.00	Kayaking the Canal* p. 16
16.00-17.15	Sports games p. 23
17.00-18.15	Developing Young Athletes p. 20
17.00-20.00	Mini Tennis* p. 21
17.00-20.00	A Month of Video Art Labs: p. 25

<b>11</b>	<b>S</b>
09.00-14.00	Sailing the Canal* p. 15
10.00-13.00	Street Soccer 5x5 p. 21
10.45-11.45	Kids Yoga p. 21
11.00-14.00	Introduction to Soap Making p. 19
11.45-13.00	Artistic Gymnastics p. 20
12.00-14.00	Pétanque p. 16
12.00-16.00	Cycling classes for children and adults p. 16
12.30-14.30	Home-made Percussion Circle p. 25
13.00-14.30	Fun Sports Games in the Park p. 20
13.30-14.45	Are You Aware of your Skills? p. 21
14.30-17.00	Kayaking the Canal* p. 16
16.00-17.15	Sporting Duels p. 21
17.00-20.00	Mini Tennis* p. 21
17.00-20.00	Upcycling Carpets: Making a Loom p. 18
21.00	Olga Kouklaki p. 06

<b>12</b>	<b>M</b>
07.30-08.45	Mat Pilates advanced p. 14
08.00-10.00	Fitness for everyone p. 14
08.45-10.00	Mat Pilates p. 14
10.00-10.50	Sports for Seniors p. 15
11.00-15.00	Computer Courses for people 65+ p. 18
17.00-20.00	Team Playing (Football Skills) p. 20
18.00-19.30	Yoga in the park p. 14
18.00-21.00	Fitness for everyone p. 14
18.30-20.30	New Technologies & Children p. 18

<b>13</b>	<b>T</b>
08.00-09.30	Yoga in the park p. 14
08.00-10.00	Fitness for everyone p. 14
11.00-15.00	Computer Courses for people 65+ p. 18
17.00-19.30	I've got a great idea! p. 24
17.00-18.15	Developing Young Athletes p. 20
17.00-20.00	Fun Sports Games in the Park p. 20
18.00-19.15	Tai Chi p. 14
18.00-19.00	Mat Pilates p. 14
18.00-21.00	Fitness for everyone p. 14
18.30-20.00	SNFCC Running Team p. 15

<b>14</b>	<b>W</b>
07.30-08.45	Mat Pilates p. 14
08.00-10.00	Fitness for everyone p. 14
10.00-10.50	Sports for Seniors p. 15
11.00-15.00	Computer Courses for people 65+ p. 18
17.00-18.15	Qiqong 50+ p. 14
17.00-20.00	Team Playing (Football Skills)* p. 20
18.00-21.00	Fitness for everyone p. 14
18.30-21.30	Ebru Lab: Painting on Water* p. 19
19.00-20.30	Reflections on an ancient line of verse p. 10

<b>15</b>	<b>T</b>
08.00-09.30	Yoga in the park p. 14
08.00-10.00	Fitness for everyone p. 14
09.00-10.15	Qiqong 50+ p. 14
11.00-15.00	Computer Courses for people 65+ p. 18
17.00-18.15	Developing Young Athletes p. 20
17.00-20.00	Fun Sports Games in the Park p. 20
18.00-19.00	Mat Pilates p. 14
18.00-19.45	Ready! Steady! Recycle!* p. 24
18.00-21.00	Fitness for everyone p. 14

<b>16</b>	<b>F</b>
07.30-08.45	Mat Pilates p. 14
08.00-10.00	Fitness for everyone p. 14
08.45-10.00	Mat Pilates advanced p. 14
10.30-12.30	Drama Games in the Park 65+ p. 19
11.00-15.00	Computer Courses for people 65+ p. 18
17.00-20.00	Team Playing (Football Skills)* p. 20
18.00-19.30	Yoga in the park p. 14
18.00-21.00	Fitness for everyone p. 14
18.30-19.30	A Robot in the Park* p. 23
19.00-20.15	Tai Chi p. 14

<b>17</b>	<b>S</b>
08.30-09.45	Tai Chi p. 14
08.30-10.00	SNFCC Running Team p. 15
09.00-14.00	Sailing the Canal* p. 15
10.00-13.00	Street Soccer 5x5 p. 21
10.30-12.00	The Park's Little Gardeners p. 23
11.15-12.30	Group Missions p. 20
11.45-13.00	Artistic Gymnastics p. 20
13.00-14.30	The Greenfingers p. 17
13.00-14.30	Family Games p. 20
13.00-14.30	Fun Sports Games in the Park p. 20
14.30-17.00	Kayaking the Canal* p. 16
16.00-17.15	Sports games p. 23
17.00-18.15	Developing Young Athletes p. 20
17.00-20.00	Mistake Labs: See Paper Differently p. 24
17.00-20.00	Mini Tennis* p. 21
17.00-20.00	A Month of Video Art p. 25

<b>18</b>	<b>S</b>
09.00-14.00	Sailing the Canal* p. 15
10.00-13.00	Street Soccer 5x5 p. 21
10.00-13.00	Running Races p. 16
10.45-11.45	Kids Yoga p. 21
11.45-13.00	Artistic Gymnastics p. 20
12.00-14.00	Pétanque p. 16
12.30-14.30	Percussion Circle p. 16
13.00-14.30	Fun Sports Games in the Park p. 20
13.30-14.45	Are You Aware of your Skills? p. 21
14.30-17.00	Kayaking the Canal* p. 16
15.30-17.30	Roller Skates for kids p. 22
16.00-17.15	Sporting Duels p. 21
17.00-20.00	Four Seasons at SNFCC p. 23
17.00	Parabases p. 05
17.00-20.00	Mini Tennis* p. 21

<b>19</b>	<b>M</b>
07.30-08.45	Mat Pilates advanced p. 14
08.00-10.00	Fitness for everyone p. 14
08.45-10.00	Mat Pilates p. 14
10.00-10.50	Sports for Seniors p. 15
11.00-15.00	Computer Courses for people 65+ p. 18
17.00-20.00	Team Playing (Football Skills) p. 20
18.00-19.30	Yoga in the park p. 14
18.00-21.00	Fitness for everyone p. 14
18.30-20.30	New Technologies & Children p. 18

<b>20</b>	<b>T</b>
08.00-09.30	Yoga in the park p. 14
08.00-10.00	Fitness for everyone p. 14
11.00-15.00	Computer Courses for people 65+ p. 18
17.00-19.30	I've got a great idea! p. 24
17.00-18.15	Developing Young Athletes p. 20
17.00-20.00	Fun Sports Games in the Park p. 20
18.00-19.15	Tai Chi p. 14
18.00-19.00	Mat Pilates p. 14
18.00-21.00	Fitness for everyone p. 14
18.30-20.00	SNFCC Running Team p. 15

<b>21</b>	<b>W</b>
07.30-08.45	Mat Pilates p. 14
08.00-10.00	Fitness for everyone p. 14
10.00-10.50	Sports for Seniors p. 15
11.00-15.00	Computer Courses for people 65+ p. 18
17.00-18.15	Qiqong 50+ p. 14
17.00-20.00	Team Playing (Football Skills)* p. 20
17.30-20.30	First-aid course p. 16
18.00-21.00	Fitness for everyone p. 14
18.30-21.30	Ebru Lab: Painting on Water* p. 19
19.00-21.00	Six lectures on architecture p. 10

<b>22</b>	<b>T</b>
08.00-09.30	Yoga in the park p. 14
08.00-10.00	Fitness for everyone p. 14
09.00-10.15	Qiqong 50+ p. 14
11.00-15.00	Computer Courses for people 65+ p. 18
17.00-18.15	Developing Young Athletes p. 20
17.00-20.00	Fun Sports Games in the Park p. 20
18.00-19.00	Mat Pilates p. 14
18.00-19.45	Ready! Steady! Recycle!* p. 24
18.00-21.00	Fitness for everyone p. 14

<b>23</b>	<b>F</b>
07.30-08.45	Mat Pilates p. 14
08.00-10.00	Fitness for everyone p. 14
08.45-10.00	Mat Pilates advanced p. 14
10.00-10.50	Sports for Seniors p. 15
11.00-15.00	Computer Courses for people 65+ p. 18
17.00-20.00	Team Playing (Football Skills)* p. 20
17.00-20.00	Mistake Labs: See Paper Differently p. 24
18.00-19.30	Yoga in the park p. 14
18.00-21.00	Fitness for everyone p. 14
19.00-20.15	Tai Chi p. 14

<b>24</b>	<b>S</b>
08.30-09.45	Tai Chi p. 14
08.30-10.00	SNFCC Running Team p. 15
09.00-14.00	Sailing the Canal* p. 15
10.00-13.00	Street Soccer 5x5 p. 21
10.30-12.00	The Park's Little Gardeners p. 23
11.15-12.30	Group Missions p. 20
12.00	Bergman Tribute p. 08
11.45-13.00	Artistic Gymnastics p. 20
13.00-14.30	The Greenfingers p. 17
13.00-14.30	Family Games p. 20
13.00-14.30	

## Exclusive events for SNFCC Members

All Member events require preregistration. Reservation links are sent to Members via the **SNFCC Members Newsletter**.

Telephone support line for Members only:  
**+30 216 809 1010**  
[SNFCC.org/members](http://SNFCC.org/members)



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

### 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 effective way to communicate, gastronomy.

**Monday 12/11**

**The Greek Breakfast** | Preregistration starts on: 8/11

**Monday 26/11**

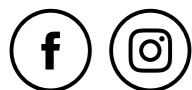
**Traditional food preservation methods** | Preregistration starts on: 19/11

19.00–21.00 | **BOOK CASTLE 11**

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

## Are you a Member?

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



## Morning sports activities for Members, every Wednesday

### Improving Fitness

**07/11: Aerobic Exercise** | Preregistration starts on: 02/11

**14/11: Flexibility** | Preregistration starts on: 08/11

**21/11: General strengthening exercises** | Preregistration starts on: 19/11

**28/11: Proprioception** | Preregistration starts on: 19/11

08.30–09.45 | **RUNNING TRACK 6**

Events for Members only – up to 30 participations per activity | For ages 18-65  
Design-Implementation: **Regeneration & Progress**

The Membership Program is supported by:



In collaboration with:

Εθνική Βιβλιοθήκη της Ελλάδος (National Library of Greece)



## Workshops for adults:

### Intro to LinkedIn as a tool to find the perfect job

**Every Tuesday in November**

**06/11** | Preregistration starts on: 02/11

**13 & 20/11** | Preregistration starts on: 08/11

**27/11** | Preregistration starts on: 19/11

18.30–20.30 | **PC LAB 2ND FLOOR 11**

For Members only – up to 18 participations per workshop  
Design-Implementation: **Found.ation**

### Talking about the Park's Plants: The Olive Tree and Olive Oil

**Sunday 11/11**

11.00–14.00 | **VEGETABLE GARDEN 20**

Events for Members only – up to 30 participations | Preregistration starts on: 08/11  
Design-Implementation: **Panagiotis Papadopoulos, Agronomist MSc**

## In collaboration with Greek National Opera:

### General Rehearsal Swan Lake

**Friday 09/11**

19.00 | **GNO STAVROS NIARCHOS HALL 13**

Reserved seats for Members + Guests – up to 300 participations  
Preregistration starts on: 01/11

### GNO Backstage Tour Swan Lake

**Sunday 11/11**

14.30–15.30 & 16.00–17.00 | **GNO LOBBY 13**

Up to 25 participations. Tour for Members only | Preregistration starts on: 01/11

### General Rehearsal Weisse Rose

**Friday 02/11**

20.30 | **GNO ALTERNATIVE STAGE 13**

Reserved seats for Members + Guests – up to 40 participations  
Preregistration starts on: 01/11

## Workshops for families:

### Fall Treasure Hunt

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.

**Saturday 03/11**

10.00–11.15 & 11.30–12.45 | **PINE GROVE 2**

Events for Members only + guests – up to 80 participations (children & parents) per session

Preregistration starts on: 31/10

Design-Implementation: **Regeneration & Progress**

## Priority seat reservation for Members:

### Eleanor Friedberger: Rebound

**Tuesday 26/11**

20.30 | **STAVROS NIARCHOS HALL 13**

Reserved seats for Members + Guests – up to 300 participations

Preregistration starts on: 19/11

More info: p.04



LAST WORKSHOP

With your Membership Card you enjoy a **10% discount** in all food and beverage spots, Parking and SNFCC Store!



# NOVEMBER AT SNFCC

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**Sports Excellence:** the month starts with a unique science conference on endurance sports on 01 & 02/11. **Music Escapades** welcome Olga Kouklaki, the Pythia of dark pop electronica, on 11/11. Cavafy meets Plutarch in lecture series **Reflections on an ancient line of verse** on 14/11, and on 07 & 21/11 prof. Andreas Giakoumakatos continues his architecture guided tours, now taking us to Munich and Chicago. **Parabases**, SNFCC's rehearsed readings enchant us with the magical realism of Gabriel García Márquez, staged by Argyro Chioti, on 18/11 at the Lighthouse. 24 & 25/11: Two days dedicated to **Ingmar Bergman** in celebration of the centennial of his birth. On 25/11, Jazz Baroque project mixes jazz and baroque music in **Jazz Chronicles**. "Make me song. Make me a sound. Vibrate, resonate." **Eleanor Friedberger's** dark, weird electropop fills Stavros Niarchos Hall on 26/11. SNFCC Fence photography exhibition transforms the Center's perimeter. **And, of course, the countdown to Christmas begins!**

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Εθνική Βιβλιοθήκη  
της Ελλάδος  National  
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