



ALL GIL

EXPAND YOUR KNOWLEDGE

2013-2014

A VARIETY OF COURSES
FOR ADULTS IN ENGLISH

October-June תשע"ד

Ginot Ha'Ir Community Council
Beit Yehudit, 12 Emek Refaim,
the German colony

www.GinotHair.org.il

**For information and
registration contact:**

talya@ginothair.org.il

0546650189

Ginot Ha'Ir office

02-5664144 #0

SUNDAY

**VIRTUAL TOUR
OF ISRAEL**
Asher Altshul
9:00-10:15

**NEW HEADLINE,
SAME OLD STORY**
Rabbi Larry Brown
10:30-11:45

EXERCISE TO MUSIC
Galia Cohen
12:00-13:15

MONDAY

**PAINTING
&
DRAWING**
Jeffry Alon
9:00-12:00

THE HISTORY-MAKERS
Dr. Jeremiah
Unterman
10:30-11:45

ISRAELI DANCING
Mimi Cogan
12:00-13:15

TUESDAY

**CONVERSATIONAL
HEBREW**
Cecilia Aranovich
Level 1
9:00-10:15
Level 2
10:30-11:45

**HEBREW LITERATURE
IN SIMPLE HEBREW
FOR OLIM**
Avigayil Cohen
10:30-11:45

**SHIRA BEZIBUR
ISRAELI SING ALONG**
Talya Kirsh
12:00-13:15

PILATES
Galia Cohen
12:00-13:15



CREATING YOUR SCHEDULE

All Gil program will run Sunday-Tuesday October-June 2013-2014

We have a variety of courses in the New ALL Gil program, all in English or Hebrew for new olim, and many more in the Hebrew **אל גיל** program.

You are wellcome to combine courses from the All Gil schedule as well as the **אל גיל** one.

PRICES:

1 course - 120 ₪ per month

2 courses - 160 ₪ per month

3 courses - 210 ₪ per month

4 courses - 260 ₪ per month

5th course or more - 40 ₪ a month per additional course

A registration fee of 50 ₪ will be collected upon registration

Save on the registration fee-

Sign up by the end of August 2013



Bus numbers 21. 4. 18

Park at the Nature Museum parking lot

- Number of participants is limited for each course.
- Courses will open depending upon number of people registered.
- The schedule may change if necessary
- Prices do not include special equipment/ tours-that will be discussed with participants
- Entry fee to sites during tours will be covered by participants
- Painting class is considered a Double class.

GET TO KNOW OUR TEACHERS & CLASSES:

NEW HEADLINE.... SAME OLD STORY

Rabbi Larry Brown

Are the issues facing our society today really novel and new? King Solomon wrote that there is "nothing new under the sun." An examination of current events with a historical and lateral slant.

Rabbi L Brown, born in Zimbabwe, and practiced as a rabbi in South Africa, New Zealand and Australia. Author of two novels about Jewish extremism and fundamentalism and Jewish history. Made aliyah with his wife Reeve and four children. Lives in Maale Adumim.

EXERCISE TO MUSIC

Galia Cohen

A dynamic fitness workout, beginning with a Warm Up, going through an Aerobic Section, followed by Muscle Strength and Endurance Training and ending with Flexibility exercises. the whole session will be performed to the beat of the music.

Galia Cohen (Layish) has been teaching Exercise to Music classes since 1993 in Belgium. She participated in numerous workshops in Belgium and Holland and later specialized in The Pilates Technique and Pilates Instruments (since 2003). Galia is teaching in the Emek Refaim Center since 2002

PILATES

Galia Cohen

A floorwork (mat) session of 'core' work, incorporating the principles of the Pilates Technique: breathing, pelvic / rib cage / head and cervical placement, scapular movement and stabilization. Intelligent exercise that is both safe and effective.

ISRAELI DANCING

Mimi Cogan

Come dance with us in a lively and joyful atmosphere.

We'll start with the first step and go much further with a variety of dances.

Mimi Cogan has been dancing from a young age and always from the heart.

Graduate military Israeli Dance trainer course in 1989. Since, she has been an Israeli dance instructor for all ages in various circles in Israel and abroad.

HEBREW LITERATURE IN SIMPLE HEBREW FOR OLIM

Avigayil Cohen

Join me in a guided tour in Hebrew poetry and literature. In simple Hebrew, We will open a window together to the backstage of Israeli culture. The classical Hebrew poets and writers and their work will enable us to unveil processes both in Israel's national history and the mysteries of one's life and soul.

Avigayil Cohen Has a B.A. in Psychology and Hebrew Literature, and an M.A. in Bibliotherapy. She is a teacher of Hebrew Literature, a Bibliotherapist and an authorized Group Director.

PAINTING & DRAWING

Jeffry Alon

During this course we will learn basic tools for sketching and, in time, the basis and understanding of oil painting. we will learn of the use of colors, correct perspective and composition

Jeffry Alon has extensive experience teaching drawing and painting. He has illustrated children's books, and designed Judaica.

VIRTUAL TOUR OF ISRAEL

Asher Altshul

Join us as we visit amazing sites around the country sitting in an armchair.

The geography, history, archaeology, and amazing stories of the country come to life.

From the Hermon Mountain to Eilat, no site is too far, too cold, or too hot to handle.

Asher Altshul is a licensed tour guide, a trained archaeologist, (ordained rabbi) and an experienced educator. Asher studied at the Hebrew University in Jerusalem earning an MA in Archaeology. He has guided throughout the country for over 15 years and today leads a Ministry of Tourism tour guide course.

"THE HISTORY-MAKERS"

Prof. Jeremiah Unterman

Who were the men and women who made the greatest contributions to Jewish civilization?

From Avraham to Naomi Shemer, we will explore the lives of extraordinary Jews who transformed Jewish history.

Prof. Jeremiah Unterman has authored a book on Biblical prophecy, along with some 40 scholarly articles and encyclopedia entries.

SHIRA BEZIBUR -ISRAELI SING ALONG

Talya Kirsh

Join us singing the beautiful old songs of Israel, and get a taste of the new ones.

Together we will sing the songs and through them experience the Hebrew language and the whole of Israel

Talya Kirsch -is a choirs conductor and a sing-along leader, Talya Graduated from the Jerusalem Music Academy and the Music Midrasha in Tel-Aviv

And specializes in contention choirs and musical education

CONVERSATIONAL HEBREW

Cecilia Aranovich

The purpose of the course is practicing Hebrew while expanding vocabulary and improving conversational skills.

The participants will be encouraged to talk freely about all aspects of life.

Cecilia Aranovich, A qualified language teacher with 25 years of experience in teaching languages: English, Spanish, Hebrew and Arabic. Cecilia has taught especially adults in various academies and language schools throughout Jerusalem.

Cecilia holds a B.A. in philosophy and linguistics from the Hebrew University.

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