

Aikido Kokikai

Who: Brad Dingman bmdingman@gmail.com

When: 9/29, 10/27, 11/24 6:30-8pm
Where: AHIMSA Yoga Studio, <http://www.ithacayoga.org>, Dewitt Mall 215 N. Cayuga St.

Aikido Kokikai is a way to develop greater inner peace, unify your mind and body, help you to be more calm and relaxed, realize your full potential, and maybe even enjoy life a bit more. It just happens to be disguised as a martial art. Most of us understand two ways of dealing with conflict: we either fight, or we run. But, in today's modern world, these two options just don't work. Kokikai is a gentle art of self-defense that relies on mind-body coordination and thus can be effective regardless of age, size, speed, or gender.

AcroYoga Beginner/Intermediate Intro Class and Jam

Who: Raven, Hannah 9178483769

When: 10/4 6pm, 10/20 1pm
Where: The Triangle Park, Stewart Park, Indoor Location if it's cold

AcroYoga is a practice that builds trust, communication and loving kindness between human beings and is a lot of fun to play with! The class will begin with some group activities then we will split off into groups of three to learn a few beginner AcroYoga poses. Hannah and I have been practicing together for some time now and will give some demonstrations for everyone to see. We are still pretty new to Acro but are excited to share what we know with whoever is interested. We welcome beginners as well as intermediate more advanced practitioners of AcroYoga to come learn and help us guide people. Come solo or with someone you're excited about learning with as a partner. After the class we will have time/space to explore and play more with new friends and knowledge. Please try to bring a mat or thick blanket.

Astrology Learning Group

Who: Jason Seymour; Tim Turecek stars@ a7xj.com, turecekt@gmail.com
When: 6:30-8pm 10/1, 10/15, 11/5, 11/19
Where: Crow's Nest Cafe, above Autumn Leaves Bookstore on Commons
Open discussions appropriate for beginners to experts. Come discover how fun, empowering, and (maybe, even) true astrology can be! (Free astrological charts are available at www.astro.com. Click on "Free Horoscopes," then click on "Horoscope Drawings and Calculations," then click on "Chart Drawing, Ascendent," and follow the simple directions from there).

Beekeeping Basics-inspecting the colony

Who: Michael Smith collegebeekeeper@gmail.com
When: 9/30 5:30pm (cancelled if rain or below 10C)
Where: Freese Rd, Ithaca
Durin this class, we will inspect a colony, to see what we can see. We'll be going for the basics: how do I inspect the colony, and what should I be looking for? This class is for anyone who is interested in bees and/or beekeeping, whether they have bees or not. No previous experience required. Please wear light colored clothing, closed toed shoes, and long sleeves. We can provide veils, but only up to 15 participants.

Capoeira Basic Aerobics

Who: Ramadan, Ramadan333@hotmail.com
When: Weds 6:30 -7:15pm
Where: City Health Club 402 West Green St.
Capoeira is best described as "a dance like a fight, a fight like a dance." An

Afro-Brazilian art form that combines elements of martial arts, music, and dance, it was created in Brazil by slaves brought from Africa. This class is an introduction to the basic movements, music, and culture of capoeira, with a focus on the "Sequences of Mestre Bimba" - attack and defense training combinations developed by the capoeira master who is considered the contender of modern "capoeira regional".

Circus in Ithaca Play Date

Who: Ithaca Circus Community
When: Saturday 4-6pm
Where: Triangle park next to gimme Cascadilla
Step right up for Ithaca's regular Circus skills play and share. Juggling, hooping, acro, poi, slackline etc etc etc. Bring equipment to play with and share, if you have it. All skill levels welcome. For updates join our facebook group "circus in ithaca", and/or contact us via email at circusinithaca@gmail.com. People do meet up casually on Saturdays but as it gets colder we might come up with another place/space/etc!

Community Radio: 1st Taste

Who: Jim Murphy murphy@ithacaradio.org
When: 1 visit: 10/8 -12/19 7am
Where: WRFI Clinton House 305
This is an one-shot invitation to visit the Ithaca Watkins Glen Morning Show, 7AM Tues.-Thurs., to see if you are a possible community radio volunteer. Sit in, I'll make the coffee and you watch the process. At 8AM we will listen to Amy G. and discuss all of the possibilities. Only one visitor per day so you will have undivided attention to ask your questions. This offer is ideally for those of you that have no experience but have some radio concepts that you would like to explore.

Constellation Exploration

Who: Tali Fridman tali.massage@gmail.com 607.793.1429
When: 11/6 & 11/20 7pm
Where: Near downtown Ithaca (RSVP for exact location)
Storytime, beneath the stars! Dress warmly and come enjoy the evening looking up at the sky while you learn to identify some constellations and hear stories about them. If you already know sky stuff, come share what you know! Or research a new-to-you constellation and then share your findings with the class while we gaze upwards. Bring your own mug - hot tea will be provided!

Experiments in Recording

Who: Matt Grodon mattgordon11@gmail.com
When: 10/2,10/16,10/30,11/13,11/27,12/18
Where: TBA - RSVP for location
This is a project-based class. Beginning with certain prompts we'll each work independently, or in small groups to record "songs" that incorporate experimental modes of sound-making/capturing. A number of shorter exercises will build toward a final recording project. Along the way, we'll meet to share what we've been working on, to talk about our processes and to get new ideas circulating. Lots of room for creative interpretation. Requirements: access to some means of recording sounds (handheld tape recorder, computer, mic, handheld digital recorder, phone, multitracker) and either knowledge of how to use your chosen device or willingness to experiment. RSVP to participate.

Exploring Oracle Arts

Who: Diane Dalton, Tim Turecek turecekt@gmail.com, dcdalton21@yahoo.com
When: 6:30-8pm 10/8, 10/22, 11/12,

11/26

Where: Crow's Nest Cafe, above Autumn Leaves Bookstore on the Commons
Open-ended facilitated discussions, following the interests of the group, drawing on traditions of Tarot, Sabian symbols, Medicine Cards, Runes, Dowsing, etc. Appropriate for beginners, skeptics and experienced practitioners who are invited to bring along your favorite decks, divination tools and books to share if you like.

FemSex Ithaca Adult Class

Who: Jessie Bonney-Burrill FemSexIthaca@gmail.com
When: TBA
Where: TBA
FemSex Ithaca is a nine-week female sexuality workshop that aims to explore aspects of female sexuality through peer-facilitated workshops. Femsex is open to people of all genders, sexes, and sexualities! Topics include: identity, gender, sex, sexuality, desire, relationships and communication, violation of boundaries, empowerment, and more. The workshop will meet one evening a week for two hours starting the first week on October. The day we meet will be based on participant availability. Email for more information and an application! Workshop applications due Sept. 25th.

FemSex Ithaca Teen Class

Who: Jessie Bonney-Burrill FemSexIthaca@gmail.com
When: 10/10, 10/17, 10/24, 11/7, 11/14, 11/21, 12/5, 12/12 6:30-7:30pm
Where: TBA
Are you interested in talking about female sexuality and everything that comes with it? Are you curious about topics like relationships and communication, body image, hook-up culture, sexuality and gender identity, and safer sex practices? Join FemSex Ithaca's workshop (offered in partnership with PPSFL) for young women ages 13-17 to discuss all of these topics and more. The workshop will run for eight classes starting Oct. 10th (no classes 10/31 or 11/28) from 6:30-7:30pm. There is limited space in the workshop. Please email femsexithaca@gmail.com for more information or an application for the workshop. Applications are due September 25th.

Food and Spirituality Discussion Group

Who: Anise Hotchkiss salvationoffood@gmail.com
When: 10/06, 10/27, 11/17, 12/15
Where: RSVP for location
This class is an opportunity to share the deeper meaning of food with others. In it we will look at the following topics through the lens of spiritual practice and experience: growing food, cooking, life cycles, eating and sharing, and community. Short readings will be assigned before each discussion. Participants are not required to actively be pursuing any spiritual or religious practice; only to have a love for food and inquiring mind towards the deeper meaning of life and interconnectedness of things. Because of space and in the interest of active participation, the # of participants will be limited.

Free Food Preservation Workshops

Ongoing with IthacaCan, check in at <http://www.ithacan.ning.com>, workshops posted throughout the season. IthacaCan is a web-based social network where home food preservers in Tompkins County organize food preserving events and share information.

Freeskool - Be An Organizer Meet

Who: Your Freeskool Organizers ithaca_freeskool@riseup.net
When: 10/23 6:30 pm
Where: Crow's Nest Cafe above Autumn

Leaves Bookstore in Commons

Come be part of the behind-the-scenes of Freeskool. We're looking for organizers to help find teachers, make art, distribute calendars and all the other Freeskool goings-on. Being part of the team means getting to know the community, learning programs like InDesign, making posters, being creative and radical. Come get a sense of what it's all about. Can't make the date? Get in touch and we can figure something out.

Hatha Yoga

Who: Jiling linjiling@gmail.com 626-344-9140
When: Thurs 10 - 11:30am RSVP please
Where: Foundation of Light (397 Turkey Hill Road)
Breathe deeply, feel fully, relax completely, emerge radiantly. Yoga is prayer, a movement meditation for inner and outer peace. Yoga is life; Hatha yoga includes breath, movement, chanting, and meditation practices. We emphasize breath, body, and mind awareness, through balancing mobility, stability, and effortlessness. This class mostly covers basic to intermediate Hatha/ vinyasa yoga, tailored for individual students' needs. All ages and experience levels, and drop-ins welcome. Namaste.

Healthcare-for-All Radio Show

Who: Jaimi Hendrix jaimi.hendrix@gmail.com
When: TBA
Where: Clinton House, Seneca St
Join a team of dedicated healthcare activists to produce a local radio show about single-payer healthcare on WRFI. No prior experience required as long as you are passionate about the topic. We'll teach you all the skills you need, one show at a time. Learning what's involved in producing a radio talk show has never been this easy!

High School Radio

Who: Jim Murphy 319-0980
When: 10/2, 10/9, 10/16 4pm
Where: WRFI Clinton House 305
On Wednesday 10/02 at 4PM, we will form an on-going HS Teen radio show that will be produced and hosted by HS students. NRCS is involved and LACS has been invited as has IHS. Any students that wish to part of this production through June 2014 needs to be in contact ASAP. Steps: Learning recording and editing; Topics for discussion, selecting guest experts, creating talk show formats. The studio tech: running the board, integrating music and pre-recorded segments etc. Important: FCC regulations: Languages and discussion limitations etc. All this and more....

Loaves and Fishes

Who: Loaves and Fishes
When: Monday, Wednesday, Fridays 12-1pm
Tuesday, Thursday 5:30-6:30
Where: 210 North Cayuga Street
Free nutritious meals & advocacy services provided Monday through Friday throughout the year. All are welcome. Come join our table. For 30 years, we have been building a caring community by sharing hospitality and friendship while enjoying free delicious meals.

Quitting Tobacco Support

Who: Ithaca Free Clinic 330-1253 outreach@ithacahealth.org
When: 10/10, 10/24, 11/14, 12/12, 12/19 5:30-6:30pm
Where: Ithaca Free Clinic 521 West Seneca St, Ithaca
Free support & info! Are you thinking about OR trying to quit tobacco? Walk-in (no appointment needed). Kathy Eljason, Registered Nurse & Tobacco Specialist, can help you: manage cravings, minimize withdrawal, understand your smoking triggers, prevent relapse, & provide continuous support. As a former tobacco user, Kathy understands the challenges involved in making significant lifestyle changes. Come once, twice or every time! Offered through a partnership between

ITHACA FREESKOOL Oct-Dec 2013

Ithaca Freeskool is a grassroots, all-volunteer community-building initiative that creates a platform for people to teach and attend classes with one another without cost. Primarily, but not exclusively geared towards adults, anyone can teach and anyone can attend.

Questions, ideas, etc.? Email us: ithaca_freeskool@riseup.net
Anyone can teach! For information go to: ithacafreeskool.wordpress.com

Love a Class or

Hate a Class

We want your Feedback. Ithacafreeskool.wordpress.com/feedback

Ithaca Health Alliance/ Ithaca Free Clinic and Cayuga Center for Healthy Living of Cayuga Medical Center.

Scratch Club

Who: Jennifer Colt jenncd@gmail.com
When: 10/27 and 11/24, 12-2pm
Where: Ithaca Generator 116 W Green St
Discuss and share your Scratch projects while learning from others! People making games, animations and art in Scratch are all welcome. Open to all ages. This is a club and while there will be demos and presentations, it is not a class. It is helpful if you have a laptop to bring so you can work on your projects during the club. Learn more about Scratch here: scratch.mit.edu

Seeing Naturally

Who: Daniel Kaiya kaiya@wildflowerfire.com
When: 1st and 3rd Fri of each month
Where: RSVP for location
A class to heal and strengthen vision. Share still and moving meditations to center a positive attitude and feel tensions unwind. Learn simple techniques to move our eyes and release excess strain. Do away with the need for corrective vision and move the eyes beyond normal awareness levels. My name is Daniel Kaiya. I have healed my vision one third of the way to normal in the past several years using these techniques. From -23.5 diopters in both eyes to hovering around minus 15 now. It is an incredible and rewarding journey on many levels. Come, learn, share. Beat me to 20/20!

Snail Mail Social

Who: Lauren laurenasalzman@gmail.com
When: 10/20, 11/17, 12/15 4pm
Where: TBD e-mail for more info
Did you ever have a pen pal? Do you lament about the the loss of personal feeling in electronic communications? Do you long for the romance of the US Postal Service and more intimate/creative/ expressive communication with far-away friends? Come spend some time decorating letterhead, crafting postcards, creating envelopes and writing to the people in your life that you hope will write back to you! Some information, stamps and materials will be provided. Please bring the address of the lucky recipient(s) of your written affection! Everyone is welcome, RSVP for location information.

Warrior Writers Veteran-Only

Who: Jenny Pacanowski 570 269 7528
When: 10/9, 11/13, 12/11 6:30-8pm
Where: TC Workers Center 115 The Commons above Autumn Leaves Books
Veterans can heal together through the process of expressing themselves with spoken or written word. Each week there are different writing prompts on veterans' issues and everyday struggles such as interpersonal relationships, addiction, loss, grief and suicide. Veterans can share their experiences from the military or what they do on any particular day of their life coping with the transition from military to civilian life. No writing experience needed. Veterans have the option to share their work with the group. Editing and collaborating is encouraged to complete the work for publication, poetry readings, or to keep for themselves.

Wine 101 - Introduction to Wine - Q&A

Who: Rachel 607-379-1087
When: TBA
Where: TBA
Rachel, your instructor, is an experienced industry professional. She has worked at wineries, wine stores, and now works for a distributor and importer - she has nearly 10

years of experience and 3 1/2 years with her European importer. Her passions include, of course, local Finger Lakes wines. She also has much experience and knowledge in French, Italian, and Spanish wines as well. Though she has immense knowledge, she tries to help everyone understand wine in the simplest way possible. Depending on the levels and interest, this class can be 101 even up to advanced. All questions will be answered. There is NO AGE REQUIREMENT for this class, as WINE will NOT be TASTED in the class. However, "field trips" as in local tastings or wine tours will be available for those of legal age. For example, great hang time tastings on Thursday evenings at Red Feet will be suggested "homework".

WRFI Community Radio News Service

Who: Chris Knight news@ithacaradio.org
When: Thursdays 5:30pm
Where: WRFI Studios - Room 305 Clinton House - 116 N. Cayuga St
WRFI Community Radio News offers a flexible non-competitive news production internship to members of our community with a passion for independent media and community service. Participants in our program are given the opportunity and capacity to produce their own radio journalism pieces and news stories with a common purpose. Finished productions will be aired to our audiences in Tompkins and Schuyler Counties as well as online at <http://www.wrfi.org>. There is no application process. You have nothing to lose and everything to gain from this unique experience in independent media. We have a small dedicated team of local volunteer writers, producers, and hosts. We focus our programming on local issues of social justice, environment, government, and mass-media /propaganda.

Žižek's Cabaret - Reluctantly

Who: Jaime Hendrix jaimi.hendrix@gmail.com
When: Monthly - TBA
Where: A Coffee Shop - TBA
Join 3 friends who meet for coffee monthly to experience the beauty of philosophy while talking about life in general. We reflect on the relation between thinking, writing/reading, talking/listening and experiencing/living/deciding. To join our conversation, we expect you to read and reflect on at least one philosophy book of your choice. If you have never read philosophy, we'll assign you something interesting.

Freeskool is run by all-volunteer staff. We can always use your help if you can give it. We accept donations online at www.freeskool.org and are always looking for organizers. Thanks, community!

Artwork by Tali Fridman ----->

Ithaca Freeskool



OCT. - DEC. 2013

ALL AGES!

ALL FREE!