

Casabe Arts • Culture • History • Education

C.A.C.H.É.

Casabe Houses proudly celebrates the culture, diversity and artistry within East Harlem by offering vibrant classes taught by professional artists, teachers and musicians from our community. For a limited time, all courses are **FREE** for young adults, seniors and families from El Barrio.

Fall Courses & Workshops:

- **Drawing & Painting**
- **Computers & Surfing the Web** (*offered in English & Spanish*)
- **Digital Photography & Photoblogging**
- **Folkloric Dance, Bomba, Plena & Danza**
- **Drumming Instruction: Afro-Puerto Rican Bomba**
- **Inter-generational Theater: Living History**
- **Puerto Rican Traditional Music & Cuatro Lessons**
- **Films on Puerto Ricans and other people of color**
- **Café Tertulias y Mas** (*includes NYC field trips*)
- **Kundalini Yoga**
- **“Exploring Our Past” Cultural History Classes:**
 - **Puerto Rican History**
 - **Oral History Project** (*including the creation of Video Diaries*)

Get the Course Schedule for Casabe Arts, Culture, History, Education Program:

Stop in to REGISTER on Monday, Tuesday and Thursday. Ask to meet with CACHÉ's Program Coordinator, Ms. Yolanda Sanchez • “Like” CACHÉ Program on Facebook!

CACHÉ Program at Casabe Houses, 150 East 121st Street @ Lexington Avenue, El Barrio • 212 410-6030 x 306



For three decades, **Casabe Houses** has been an innovative leader in our community connecting fabulous senior housing with active elder programming. Our **CACHÉ Program** has been extended beyond Casabe's residents, and is now offered to everyone in our community. By bringing together some of El Barrio's most exciting cultural artists, Caché provides an amazing array of inter-generational art, music, dance, film and history courses in appreciation of our culture stemming from Taino Indian, African and Spanish roots.

For More Information and to Register,
Call 212 410-6030 x 306 or send an email to:
cacheprogram@gmail.com

**Classes begin October 1st and
continue through January, 2012**

Sign Up Today - Space is Limited!



CLASS & WORKSHOP SCHEDULE - FALL 2011

at Casabe Houses: 150 East 121st Street at Lexington Avenue in El Barrio

To Register, Call (212) 410-6030 x 306 • Email: cacheprogram@gmail.com

MONDAY

10 am - Noon

**EDUCATION:
COMPUTERS
&
Surfing the Web**
(Taught in Spanish)

Basics of computer operations and the multifaceted uses of the Internet.

Learn how to create an email account, use social networks, attach documents, pictures and videos.

Open Lab:
For seniors with basic skills who wish to use a computer (with some supervision) but are not formally taking lessons.

TUESDAY

10:30 am - 12:45 pm

**EDUCATION:
KUNDALINI
YOGA**

Yoga classes for seniors and their families. Kundalini Yoga is a dynamic blend of postures, breathing, mantra, music & meditation to teach the art of relaxation, flexibility, self-healing and balancing.

No previous yoga experience is needed to achieve results with the very first class.

*Instructor:
Norma T. Lecaroz*

WEDNESDAY

(Evening Classes)

6:30 - 8 pm
**CULTURE:
CUATRO MUSIC
Workshop**

La Casa's Cuatro Music Lessons for beginners to advanced learners. Workshop provides introduction to the history and tradition of this century old form of musical interpretation, its construction. Learn to read & play music.

*Instructor:
Luis Rodriguez*

6:30 - 8 pm
For Youth:

BOMBAYO!
*@ La Casa de la Herencia
1230 Fifth Ave., Suite 458
Teens learn to sing, dance and drum in the rich Afro-Puerto Rican tradition of Bomba.*

*Instructor:
Jose Ortiz (Dr. Drum)*

THURSDAY

10 am - Noon

**ART:
PAINTING &
Creative Practice**

Focus on individual creativity, growth & development as a painting artist. Learn psychological color values, form & expression. Review art styles, primitive through modern.

Instructor: Eli Alvarado

(Every 3rd Thursday)
1:30 pm - 3:30 pm

**ART:
FILM CLASSICS &
Documentaries**

Films written, made by, and/or about Puerto Rican & other people of color.

4:30 - 6 pm

**EDUCATION:
COMPUTERS
&
Surfing the Web**
(Taught in English)

FRIDAY

10 am - Noon

**HISTORY:
PUERTO RICAN**

Workshop journeys through our major historical developments, culture, literature, music & other art forms. Celebrate the many pioneering contributions by Puerto Ricans living in NYC and beyond.

*Instructor:
Leticia Rodriguez*

(Evening Classes)

6:30 - 8 pm
**LIVING HISTORY
Theater**

Inter generational exchange combines theater, journaling, & oral history. Interviewing and theater exercises elicit creative self expression.

*Instructor:
Gloria Zelaya*

SATURDAY

2 pm - 4 pm

**CULTURE:
CAFE
TERTULIAS
Y Mas**

A creative journey into history, music, and dance with the added attraction of other expressive art forms including literature and poetry. To include cultural field trips in NYC.

*Instructor:
Leticia Rodriguez*

(Once per month)

6:00 - 8 pm

**ART:
FILM CLASSICS &
Documentaries**
Films written, made by, and/or featuring Puerto Rican & other people of color.

SUNDAY

1 pm - 3 pm

**EDUCATION:
DIGITAL
PHOTOGRAPHY
&
Photoblogging**

Learn techniques for taking great pictures using a digital camera. Create a photoblog (similar to a written journal except) with photos posted to share on the web.

*Instructor:
Judith Escalona*

(Every other Sunday)

1 pm - 4 pm
**CULTURE:
LOS ROBLES
de Casabe**

A special Bomba workshop where seniors, bearing the tradition & history of Bomba, perform this true Afro Puerto Rican art form.

*Instructor:
Jose Ortiz (Dr. Drum)*