February 2010 Events Notice

Submitted by: Helene Simkin Jara
Department: Tutorials
Event Title: 8 10’s at 8
Event Date: Jan 15th through Feb 14th
Time: Th-Sat. 8 pm. Sundays 3 pm
Location: Actors Theatre of Santa Cruz County
1001 Center St. Santa Cruz 95060

Description of Event: Annual 10 minute play contest winners. See the 8 winners each night. Thursdays and Sundays are 2 for $25.00. There were 140 entries this year from as far away as Russia. Helene Jara directed one and is performing in one as well. Go to brownpapertickets.com to reserve seats. We sell out every year.

Even Title: *Spring Staff Yoga Class (Cabrillo Extension-Section #Health and Fitness 01WLSY1-05)
Event Date: *Feb. 8-May 26, MW, 12:00-1:00pm
Cost:*$115 ( for a total of 29 yoga classes, less than $4.00 class)
Register for the class at this link: *http://www.cabrillo.edu/services/extension/fitness.html
For more information contact:* Helene Jara (x6470 or email hejara@cabrillo.edu)

Are you tired of sitting hours slumped over your computer keyboard?

Take a break from work! Align your body. Breathe and Relax. Meet other Cabrillo staff and faculty members.

Join the *spring staff yoga class taught by Paula Saraga, Cabrillo Extension, Section# Health and Fitness 01WLSY1-05, MW 12:00-1:00pm, Rm. 211. Feb. 8-May 26, 2010. Cost: $115 (includes a total of 29 yoga classes, only $4.00/class, what a deal!)

Register for the class at this link: http://www.cabrillo.edu/services/extension/fitness.html

For more information contact, Helene Jara, Tutorial Coordinator, at x6470 or by email: hejara@cabrillo.edu.
Submitted by: Sylvia Winder
Department: Library
Event Title: February Library Displays
Event Date: February
Location: Library

Three Cups of Tea: Information and display of cups created by local artists for the fundraiser for the Central Asia Institute, to promote and support community based education in remote regions of Pakistan and Afghanistan. [www.3-cups-of-tea-santacruz.com](http://www.3-cups-of-tea-santacruz.com)

Black History Month: Information, Book and Video display celebrating the milestones of Black Her/History.

The Year of the Tiger 2010: Information and display of Chinese Art and Calligraphy created by Cabrillo Instructor and students.