



DOWNSTATE
HEALTH SCIENCES UNIVERSITY

The Student Center presents:

Mini-Course Program

Fall 2025



**STUDENT CENTER
394 LENOX ROAD
BROOKLYN, NEW YORK 11203
718-270-2487**

Sponsored by the Student Center Governing Board

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REGISTRATION: (the fine print!)

Register through Monday, September 29 (or first class per instructor.)
at the Student Center Main Desk.

All payments must be made in full at time of registration.

NO SLOTS will be reserved without payment.

WHO'S ELIGIBLE TO ENROLL IN A MINI-COURSE?

Each participant must have an active membership at the Student Center.

Please bring your current SUNY Downstate ID card and your
Student Center membership card when you register.

Payments may be made in cash, check (payable to SAF), Mastercard, Visa or ApplePay

Note: Retain your receipt which is required for the first session of each class.

CLASSES/TIME SLOTS MAY FILL!

REGISTER EARLY TO AVOID BEING CLOSED OUT OF THE CLASS OF YOUR CHOICE.

REFUND POLICY: Refunds will **ONLY** be given
if a class is cancelled because it does not meet
its minimum enrollment.

NO OTHER REFUNDS WILL BE PERMITTED.

Please choose courses carefully.

No refunds will be issued due to academic conflict
or personal scheduling issues.

MONDAY

Intro to Knitting with Sophia

Learn how to knit a scarf and a hat!

Need a break from studying? Looking for new friends? Want to make your loved ones handmade gifts again? Join me for a fun-filled knitting class! Over six weeks you will learn how to handcraft a beautiful scarf and hat perfect for fall and winter accessorizing. Students of all levels are welcome.

All materials are included in cost of course!



Sophia Zweig is a fifth-year medical student and artist. She has been knitting for over 15 years and is happy to bring this class to Downstate for the fourth year in a row!

Note: If cost is prohibitive, please email me.

Questions? Contact:
Sophia.zweig@downstate.edu

Mondays

5:15 - 6:45

6 classes 9/29-11/10

\$35

Card Room

Min: 4/Max: 10

There will be no class on 10/13
for Columbus Day.

See next page for samples
and course outline.



Syllabus

Week 1: Introduction to the basics.

Learning the foundational stitches (knit and purl).

Week 2: Practicing the stitches and start working on scarves.

Week 3: Introduction to hat techniques and starting hats.

Weeks 4-6: Continue working on projects.



MONDAY

Intro to Basketball with Brian

This class will introduce basketball in a way that's both fun and fitness focused. We will begin with a classroom session covering basketball rules and officiating basics, then transition into the gym for practical skill-building. Participants will learn fundamentals such as lay-ups, shooting form, dribbling, passing, and defensive mechanics, along with team-based drills and light scrimmages. The course is designed to improve fitness, coordination, and game knowledge in an engaging, supportive environment.



My name is Brian Nwoke and I have been passionate about basketball throughout my entire life. I have coached, trained, and played basketball for many years, and I am also a certified basketball official(referee) with over 10 years of experience in officiating rules and mechanics at a high level. My teaching style is helpful, engaging, and fun, making basketball accessible for beginners and exciting for more experienced players. I emphasize both individual skill development and teamwork, while also highlighting the health benefits of basketball as a full-body workout.

Questions? Contact:
Brian.nwoke@downstate.edu

Mondays

5:30 - 6:30

6 classes 9/29-11/10

\$100

Card Room/Gym

Min: 6/Max: 20

There will be no class on 10/13
for Columbus Day.

TUESDAY

Junk Journaling with Sara

Capture memories in a creative, hands-on way!

Junk journaling is a therapeutic art form that turns scraps, mementos, and keepsakes into meaningful handmade journals. You do not have to be artistic! This class is about letting go of perfectionism and seeing where the scraps take you. Each week we'll explore a new journaling technique and by the end you'll have your own one-of-a-kind junk journal to keep filling with memories. Basic supplies are included; *students are welcome to bring personal items to make their journal truly special.*

Basic materials are included in cost of course!



Sara Sash is an MS1 from Brooklyn and has been junk journaling for about a decade. What started as a way to “justify hoarding scraps” has turned into a passion for creativity, memory-keeping, and embracing imperfection.

She believes anyone can be creative, even if they don't think of themselves that way, and loves teaching art in a way that feels fun and approachable. Her favorite things include stationery supplies, poetry, and spending time outdoors.

Questions? Contact:
Sara.sash@downstate.edu

Tuesdays

5:15 - 6:15

4 classes 10/21-11/18

\$25

Card Room

Min: 5/Max: 20

Note: Classes don't begin until 10/21.
There will be no class on 11/11
for Veteran's Day

See next page for samples
and course outline.



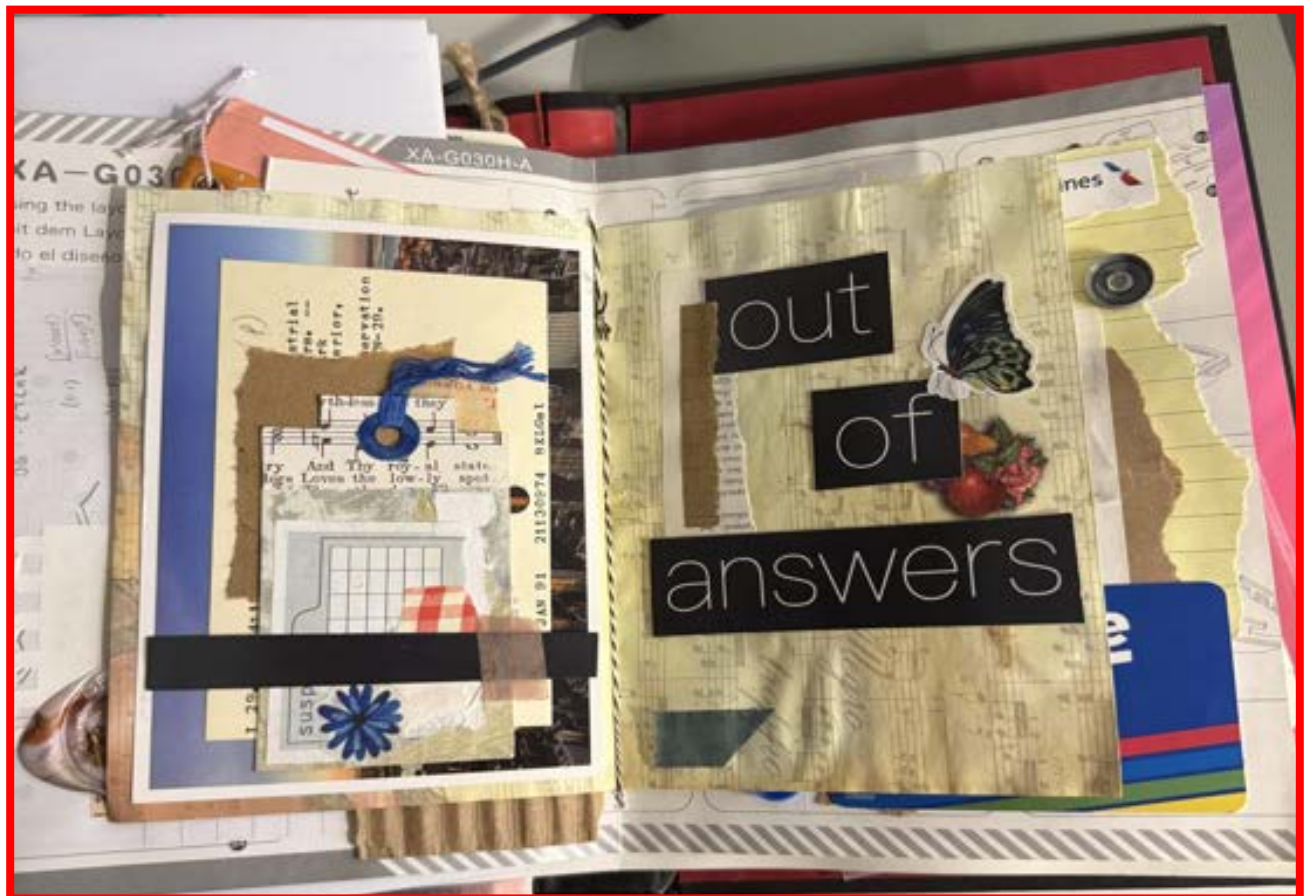
Syllabus

Week 1: Preparing journal pages and cover.

Week 2: Journal binding.

Week 3: Tuck spots, pockets, and interactive pages.

Week 4: Tags and ephemera



TUESDAY

Bollywood Dance with Surya

Ready to become the next Bollywood star? Welcome to a class teaching a series of Bollywood fusion dance classes. Bollywood is South Asia's most popular genre of music, derived mostly from extravagant Bollywood films – while Fusion is the free style of choreography for these fun-filled songs. And so, Bollywood Fusion is born! It's Fusion because the dance has elements of both Indian and Western moves. Each class will have a choreography to a different Bollywood song. You will learn the history behind the style, basic warm-up exercises, movements for arms and legs, and how to put steps together in a choreographed routine. These classes will help you get in shape with flexibility, coordination, and confidence. We hope to create an inclusive and judgment-free environment and we encourage participants from all cultures and backgrounds to join.

NO EXPERIENCE NECESSARY!



Day-of-class drop-ins are welcome for \$10 fee. Must be a student or Student Center Member.



Surya Thomas is an MS4 student who during undergrad was involved with competitive South Asian collegiate dance teams. She was also President of her undergraduate Desi Culture Club and has choreographed many dances.

Surya is a trained dancers with combined experience in classical Bharatanatyam dance, Bollywood fusion, and Bhangra. She is very excited to be able to teach others about this rich heritage and culture!

Questions? Contact:
Surya.thomas@downstate.edu

Tuesdays

6:30—7:30

5 classes 9/30-11/5

\$35

Gym Stage

Min: 1/Max:20

WEDNESDAY

Hip-Hop Dance with Gracie

Join this beginner hip-hop class and learn a routine that we will work on through the Fall. At the end of the 8 weeks, participants will have learned a whole dance (hopefully culminating in a performance!) Class will start with 15-20 minutes of warm up (all to pop music): stretching, light exercise, and a Zumba like "follow-along" dance to loosen up. Then we dance! Learning a routine accommodating to the level of the class. Each week, we will build on the previous week's choreography to create an elaborate dance! **All levels are welcome.** This will be a very fun, chill, open environment. People can "drop-in" for single classes, but please be aware we will be building upon a dance



Hello! My name is **Gracie Sclamberg** and I am an MS1 at Downstate. Originally from the suburbs of Chicago, I have been living in NYC for two years, which I love! I have been a hip-hop dancer my whole life, and for many years I have choreographed dancers of all levels (from 6 year-olds to my undergrad dance troop at UMich!) This class will not only be a good aerobic workout, but an opportunity to work toward a goal that is not related to academics. I am eager to teach anyone who wants to dance or just move their bodies to shake off the week's stress. I look forward to meeting and dancing with you all!



Day-of-class drop-ins are welcome for \$5 fee. Must be a student or Student Center Member.

Questions? Contact:
Gracie.sclamberg@downstate.edu

Wednesdays

5:15 - 6:15

7 classes 10/1-11/12

\$25

Gym Stage

Min: 5/Max:20

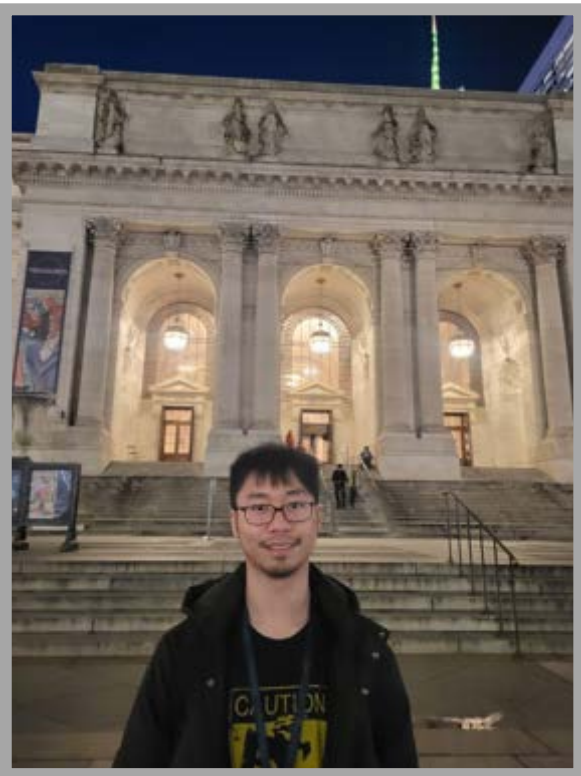
THURSDAY

Pencil Drawing with Vinh

Plenty of Shades of Fun!!

This is a beginner class on how to use pencil to shade a drawing. It will focus on the fundamentals of utilizing black and white for pencil drawing. No knowledge of drawing is needed – recommended for beginner. We'll spend around 20 minutes learning the most basics of pencil shading and the rest is all about fun, hands-on practice. It's a relaxing, self-focused session perfect for anyone looking to unwind and discover a new creative outlet. Every session is self-contained so gaining a new hobby is within your reach.

2B pencil and drawing paper included!



My name is Vinh Phan and I am an MS1. In a society of constant stress and worry, I often find myself with a drawing project. With a simple pencil, the act of shading allows me to quiet all the outside noise and regain my focus. Thanks to the simplicity and versatility of this hobby, I believe that this mini course would help many others find a new way to relax.

Questions? Contact:
Vinh.phan@downstate.edu

See next page for samples

Thursdays	5:30 - 6:30	6 classes 10/22-11/6
\$60	Recovery Room	Min: 2/Max: 10

DRAW WITH FRIENDS!

Sign up with a buddy and save!

\$45 each

if two or more sign up together

Day-of-class drop-ins
are welcome for \$15 fee.

Must be a student or
Student Center Member.



FRIDAY

Meditation with Lodrö Nyima

There will be a short introduction to meditation given from 5:00 to 5:20, followed by instructions on how to find the best and most comfortable posture (please feel free to bring a cushion, mat or anything that feels most comfortable for you).

Seated meditation sessions will run from 5:30 to 5:55 PM unless otherwise specified, with an emphasis on merging Shamatha & Vipassana meditation. Occasional walking meditation or Tonglen to be included intermittently to regulars.

Private sessions (with deeper meditation instructions)
available upon request.

Introduced to the Buddhist tradition of spiritual practices in his early twenties, **Lodrö Nyima** (Sun of Intellect) has been a meditation and Dharma instructor for over a decade, offering one on one sessions that merge Western psychology with Buddhist principles. Founder of two Sanghas (Buddhist communities) and currently residing in New York City, Lodrö dedicates his time offering a safe container (whether in group or in private sessions) to people interested in breathing work, meditation, life coaching, Dharma studies and more.

Questions? Contact:
Jalexander311@gmail.com
646-409-5261



Friday	5:00-6:00	6 weeks: 10/3–11/7
\$150	Squash Court	Min: 5/Max: 15