
Lectures

Nutrition Exercise & Your Immune System - lecture on Wednesday, March 02, from 11:30 am to 12:30pm
With Yael Dror. Learn how nutrition can positively affect your immune system while you are in the midst of exercising and training.

Oral Hygiene Awareness - Feb 17 from 11:30 am to 12:30 pm. With Priyanka Chokshi. We would have a brief sensation about what dentistry is, then discuss methods to brush and floss, and have an open Questions & Answers session.

Astronomy – A Journey through the Universe - Tuesdays (01/12- 02/09) from 10:15am to 11:15am

With Aurélie Ruyer. Starting from our Solar System, we'll explore the Milky Way, meet up with the intriguing black holes, discover other galaxies and finish our journey with learning more about the Big Bang.

Organize your entire home - workshop, Monday, Feb 8 from 9 am to 1 pm.

With Brasil Dobbin. In this workshop you will learn how to break big projects down into small tasks so what seemed impossible to organize becomes achievable!

Career and Transition

- **Professional Liaison Program - starts Jan 8, Fridays from 9:45 to 11 am.** With Henry Lum. Friday Morning classes will be continued and are dependent on the interest and needs of the applicants - mothers may bring their children to the class.
- **Film screening: Women in a new Land on Wednesday, March 02, from 5:30 to 7:30 pm.** Share your impressions during an informal discussion with Gwyn Dukes, who were involved in making the film & Ana Daria Androne & Mai Hasegawa who have both recently come to Stanford.
- **Workshop: Changes and Transitions on Wednesday, March 09, from 5:30 to 7:30 pm.** With Anna Fernandez. This workshop offers support to help international families and spouses to adjust to their new life in Stanford.
- **Personal development & life abroad - a psychological perspective: Wednesdays (Jan 13th through Feb 17th), from 3:15 - 4:45 pm.** With Ana-Daria Androne. In six weeks we will focus on different aspects of living abroad: cultural and personality differences, ability to adapt and preserve, and how to deal with challenges in different areas of life.
- **Job Search Networking Group - Tuesdays, from 12-1:30 pm.** With Irena Kortikova. Informal group for spouses in the job search process who would like to exchange their experiences.

Cooking Classes

(Max. 6 students. Various fees apply.)

- **Eastern European Cuisine - Thursdays, 10 classes from Jan 14th , from 2 to 5 pm**

With Anna Konopka. If you are passionate about food and cooking, curious to try out new cuisines, and want to learn new recipes which evoke the essence of Eastern Europe, this class is for you.

- **"A Sumptuous Fare" - Thursdays (Jan 21st and Jan 28th) from 10:30 am to 1:30 pm, and Mondays (Feb 22nd, 29th & March 7th, 14th, 21st) from 11 am to 2 pm**

With Amrita Kahaly. Amrita will resume with her successful cooking class in winter quarter and invites you to try her wonderful new recipes.

- **Eggless Cooking - Mondays, Jan 25th from 11am- 1 pm**
With Harsha Jain & Kalyani Boralkar. You'll learn how to bake delicious cookies and cakes without eggs.

- **The famous Hungarian Gulyas (gulyas leves) Wednesday, Jan 27th from 10 am to 1 pm**

With Eva Gaal. Join Eva's class to learn how to cook this traditional dish as her mum makes it!

- **American Foods Cooking Class - Jan 28, Feb 4, Feb 11 & Feb 28 from 11am to 2pm**

With Robert Paugh. This class will focus on dessert recipes: Mango pudding, apple spice cake, fresh pineapple upside down, homemade ice cream. **THIS CLASS TAKES PLACE OFF SITE IN PALO ALTO!**

- **Philippine Cooking Class - Tuesday, Feb 23rd from 11am to 1pm**

With Vida Revilla. Prepare with Vida a delicious Philippine holiday entree and dessert.

Exercise

- **YOGA for All - Vinyasa Flow Yoga - every Wednesday, from 10:15 am – 11:45 am.** With Yuko Ikeda. Learn fundamentals of Vinyasa Yoga Flow including sun salutations, standing poses, balancing poses, seated and reclining poses, backbends, core isolation and strengthening. Please bring own yoga mat. Free.
- **YOGA - Prenatal and Postnatal Yoga with Babies - every Wednesday. from 12:00 pm – 1:00 pm**

With Yuko Ikeda. This class supports both prenatal and postnatal women with their babies. Bring your own mat.

- **Dance Exercise - Feb 9, 23 & March 1st from 5:30 pm to 6:30pm**

With Vida Revilla. Various low-impact dances like jazz ballet, belly dancing, Bollywood, hip-hop will be viewed on screen and students follow.



Program for International Families at Stanford

Winter Quarter 2016

[January 4th - March 18th]

Friday Morning Coffee

Join us every Friday, between 10 am and noon here at the I-Center!

This informal gathering is an ideal way to meet other spouses, and to learn about the many options for enriching your stay in the Stanford area. Conversation tables offer an informal way to meet others, practice English and share experiences. We each bring a snack, fruit or juice to go with the coffee & tea provided by the I-Center. Volunteers are always needed to help set-up (at 9:30 am) and put away afterward! Everyone, with and without children, new and returning, is equally welcome!



- Jan 8th: "Meet the teachers" Friday Morning Coffee
- Jan 15th: CCIS Winter Swap during Friday Coffee
- Feb 5th: Chinese New Year Friday Morning Coffee
- Feb 12th: Valentine's Day themed Friday Coffee
- Mar 4th: International Women's day Friday Morning Coffee

Please note that all classes take place at the I-Center (584 Capistrano Way) unless specifically noted.

To sign up for a class and to get further information please check the bulletin board in the I-Center Lobby or email ragnak@stanford.edu

For current changes please check the I-Center web calendar and subscribe to our weekly newsletter.

Meet-up Groups & Activities for Children

Adult Choir - every Wednesday from 5:30 - 6:30 pm

With Isabelle Ang. Let's sing together and have fun! No experience required. We will be singing folk songs from around the world and beautiful pieces from classical to contemporary! Fee: \$5 for photocopies.

Book Club - on Monday (once a month), from 7:15 - 8:45 pm

With Isabel Santoro. The Bechtel Book Club meets for a friendly and informal discussion of a novel we have read:
Feb 1st - "The Elegance of the Hedgehog" by Muriel Barbery
March 7th - "The White Tiger: A novel" by Aravind Adiga

Women's Night Out - every 2nd and 4th Thursday of the month from 8 - 10 pm

With Isaline Jaccard & Emily Fayet. The Women's Night Out is an informal get-together for women & a wonderful way to exchange experiences with other international spouses at Stanford. For more information: wnostanford@gmail.com

Spring Quarter Planning Meeting - March 2nd, 9:30- 10:30 am

With Ragna. Do you want to help plan the Spouse Program spring quarter? Do you want to teach a class at the I-center? Come discuss your ideas.

FOR CHILDREN - PLEASE NOTE THAT PARENTS MUST STAY WITH THEIR CHILDREN AT ALL TIMES:

Singing Circle for Children - Friday from 11 - 11:30 am

With Nevin Alhaz. Come with your baby/toddler (older kids are welcome, too!) and join our singing circle every Friday as part of Friday Morning Coffee.

Baby and Toddler Group - every Monday 10:30am - 12 pm.

Address: 47 Olmsted Road - the room is in the back. With Sabrina Sargentini, Tamar de la Concepcion & Daniela Hotz. This is a great opportunity to meet other Bechtel parents and to have fun with the little ones! Come along to play and sing!

Language Classes

• Chinese Language Class - every Friday from 3 to 4:30 pm

With Jingying Cai. This class will introduce you to Chinese Mandarin Language and Culture. All levels welcome! Free.

• French Language Class - Tuesdays, from 12:15 to 1:45 pm

With Anne Effenberger. We will practice basic listening, speaking, grammar and vocabulary skills while working with contemporary French songs.

• Indonesian Language & Culture - Fridays from 2 to 3 pm

With Julia Zaeni. Let's learn about the incredible country of Indonesia by learning its language, commonly called *Bahasa Indonesia*.

• Italian conversation (beginners) - every Thursday, 3 to 4 pm

With Valentina Consolo. We will improve our vocabulary and reading skills by discussing articles & short stories.

• Italian conversation (advanced) - Thursdays, 1 to 2:30 pm

With Valentina Consolo. By reading some easy texts, we will improve the knowledge of Italian culture, vocabulary & grammar structures.

• Japanese Conversation & Culture for Beginners - every Wednesday from 2 to 3 pm (starts Jan 20)

With Yoko Ruckman. Learn conversation through Japanese culture (greetings, traveling, shopping, food recipes etc.). \$ 5 material fee.

• Japanese Conversation & Culture for intermediate students - every Wednesday from 1 to 2 pm (starts Jan 20)

With Yoko Ruckman. Learn conversation through Japanese culture (greetings, traveling, shopping, food recipes etc.). \$ 5 material fee.

• Korean language class - every Tuesday, 1 to 2 pm

With Sujin Cho. This class is for everyone who is interested Korean culture and language. You will learn the Korean alphabet and useful expressions for every day life.

• Spanish language class - every Thursday, 10:30 am to noon

With Sofia Gonzalez. ¡Bienvenidos a la clase de Español! You will learn basic grammar & vocabulary to express yourself with confidence in real life situations.

• Spanish language class - every Monday, 10 am to 11 am

With Julia Cortes. In this Beginners Spanish Class you will learn spelling, grammar, pronunciation and more. An easy and fun way to start with Spanish!

• Practicing French by Singing - ongoing every Friday, 1:30 - 3 pm, until January 22nd

You like to sing and you want to practice your French language? Basic French is recommended. Would you like to join the class, but you don't speak French at all? Join the preparatory course, every Friday 1 - 1:30 pm, before the Singing Class!

Arts & Crafts Classes/Workshops

Pearl Crafts workshop - Thursdays (Jan 14, 21, 28), 3 - 4 pm

With Harsh Jain. Open to everyone who is interested in learning beautiful pearl coasters, dining table mats etc. Pearls, fishing line will be provided, but please bring your own needle. Fee \$7.

Knitting group - every Monday, 12- 2 pm

Please note that the group meets in February on Feb 08 (from 12- 2 pm), and then on Thursdays (Feb 18, 25 and March 03) from 2:30-4 pm.

With Mine. This is an informal group meeting every Monday. Please bring your own knitting project.

Needlepoint Workshop - every Tuesday, from 2 pm - 4 pm.

With Judi Chun. Come & make a needlepoint Stanford souvenir keychain. No prior experience necessary. Keychain blank and thread will be provided, but please bring scissors if you have them. Cost for keychain blank is \$22.

Photoshop for beginners. Thursdays, from 6 - 7:30 pm

With Angelica de la Barra. Learn how to edit the image you want. Improve your pictures! Own laptop with Photoshop CC or CS installed is required.

Photography as a language - Wednesdays from 4:30 to 7:30 pm

With Christina Felschen. In each class you will get to know a different genre. You will go from taking photographs to making them and develop your personal style!

Basic Japanese Calligraphy - Thursdays (Jan 21st to Feb 25th) from 1 to 2 pm

With Tamae. We will practice Hiragana, Katakana and Kanji (Chinese character) using traditional brushes. First we will use water and special sheets, and after you become familiar, we will use traditional black ink and thin paper.

Japanese Art workshop - Mondays, (Feb 1st, Feb 8, Feb22 & Feb 29) from 1:30 to 3:30 pm and 3:30 to 5:30 pm

With Ayako & Satomi. You will learn how to create beautiful traditional hair accessories made of silk and paper. TSUMAMI-KANZASHI is a traditional Japanese craft creating hair accessories of a special silk.

Chinese New Year Decoration Workshop - Thursday, Feb 4th from 12 to 1 pm

Would you like to help creating paper decoration for our Chinese New Year Celebration during Friday Coffee? It's fun!