Upcoming events and important dates:

- 📆 Feb 12: Valentine’s Day themed Friday Morning Coffee
- 📆 Feb 15: I-Center closed President’s Day
- 📆 March 04: Friday Morning Coffee - International Women’s Day Potluck

RESOURCE CENTER FOR INTERNATIONAL FAMILIES

Be sure to stop by the Resource Center, located along the hallway that leads to the back lounge! Our advisers offer basic information for new arrivals, including the spouse handbook. We also have information on driver licenses, shopping, classes, schools, employment volunteering, and recreation. Whether you have just arrived at Stanford, or have been here for a while, we look forward to seeing you!

The Resource Center is located on the first floor of the I-Center and is open from 10:00 am - 12:00 pm on Wednesdays and Fridays.

February 5th

Chinese New Year Celebration

during Friday Morning Coffee from 10 am to 12 pm
Assembly Room, here at the I-Center
NEW AND ONGOING CLASSES THIS WEEK (Feb 01 - Feb 05):

<table>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td><strong>Spanish Language Class</strong></td>
<td><strong>Astronomy - A Journey through the Universe</strong></td>
<td><strong>Sports nutrition guidelines for athletes</strong></td>
<td><strong>Spanish for beginner/intermediate level</strong></td>
<td><strong>Professional Liaison Program</strong></td>
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<tr>
<td>Back Lounge 10:00 AM - 11:00 AM</td>
<td>Conference Room 10:15 AM - 11:15 AM</td>
<td>Conference Room 11:30 AM - 12:30 PM</td>
<td>Back Lounge 10:30 AM - 12:00 PM</td>
<td>Class for spouses Back Lounge 9:45 AM - 11 AM</td>
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<tr>
<td><strong>Baby and Toddler Group</strong> [off site - new location]</td>
<td><strong>Job Search Networking Group</strong></td>
<td><strong>Yoga for All - Vinyasa Flow Yoga</strong></td>
<td><strong>CANCELLED:</strong> Italian Advanced Level</td>
<td>10 am - 12 pm: Friday Morning Coffee</td>
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<tr>
<td>10:30 AM - 12:00 PM</td>
<td>Conference Room 12:00 PM - 1:00 PM</td>
<td>Assembly Room 10:15 AM - 11:45 AM</td>
<td>Conference Room 1:00 PM - 2:30</td>
<td>Assembly Room Chinese New Year Celebration</td>
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<tr>
<td><strong>CANCELLED:</strong> Eggless Baking</td>
<td><strong>French Language Class</strong></td>
<td><strong>Yoga Prenatal and Postnatal Yoga with Babies</strong></td>
<td><strong>Chinese New Year decoration workshop</strong></td>
<td>11 am - 11:30 am: Singing with children</td>
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<td>Kitchen 11:30 AM - 1:00PM</td>
<td>Post Room 12:15 PM - 1:45 PM</td>
<td>Assembly Room 12:00 PM - 1:00 PM</td>
<td>Back Lounge 12:00 PM - 1:00 PM</td>
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<td><strong>Knitting Group</strong></td>
<td><strong>Japanese Language &amp; Culture</strong></td>
<td><strong>Japanese Conversation &amp; Culture for Intermediate Students</strong></td>
<td><strong>Basic Japanese Calligraphy</strong></td>
<td><strong>Indonesian Language &amp; Culture</strong></td>
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<td>Post Room 12:00 PM - 2:00 PM</td>
<td>Back Lounge 1:00 PM - 2:00 PM</td>
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<td>Post Room 2:00 PM - 3:30 PM</td>
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<td><strong>Photoshop for Beginners</strong></td>
<td><strong>Needlepoint Class</strong></td>
<td><strong>Japanese Conversation &amp; Culture for Beginners</strong></td>
<td><strong>Basic Chinese &amp; Culture</strong></td>
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<td>Conference Room 2:00 PM - 3:30 PM</td>
<td>Back Lounge 2:00 PM - 4:00PM</td>
<td>Back Lounge 2:00 PM - 3:00 PM</td>
<td>Back Lounge 3:00 PM - 4:30 PM</td>
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<td><strong>Japanese Art workshop</strong></td>
<td><strong>Personal development &amp; life abroad - a psychological perspective</strong></td>
<td><strong>Eastern European Cuisine</strong></td>
<td><strong>CANCELLED:</strong> Italian Beginner/Intermediate Level</td>
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<td>Back Lounge 1:30 PM - 5:30 PM</td>
<td>Conference Room 3:15 PM - 4:45 PM</td>
<td>Kitchen 2:00 PM - 3:00 PM</td>
<td>Post Room 3:00 PM - 4:00 PM</td>
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<td><strong>Bechtel Book Club</strong></td>
<td><strong>Photography As A Language</strong></td>
<td><strong>Women's Night Out</strong></td>
<td><strong>Exercise</strong></td>
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<td>Living Room 7:15 PM - 8:45 PM</td>
<td>Conference Room 4:00 PM - 7:30 PM</td>
<td>starting at 7 PM</td>
<td><strong>Arts &amp; Crafts</strong></td>
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<tr>
<td><strong>Career, Education &amp; Information</strong></td>
<td><strong>Choir</strong></td>
<td><strong>Exercise</strong></td>
<td><strong>for children</strong></td>
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<tr>
<td><strong>Meet-up groups</strong></td>
<td>Living Room 5:30 PM - 6:30 PM</td>
<td><strong>Cooking class</strong></td>
<td><strong>Event</strong></td>
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<tr>
<td><strong>Language class</strong></td>
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<td><strong>Event</strong></td>
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Subscribe to the I-Center Spouse Programs Newsletter and receive regular email updates of I-Center classes and programs for spouses. To subscribe, send an email (blank) to:  
icenter-spouseprograms-join@lists.stanford.edu
OUR PROGRAM THIS WEEK:

MONDAY, FEB 01
• 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
• Baby and Toddler Group - every Monday 10:30am - 12 pm With Sabrina, Tamar & Daniela. This is a great opportunity to meet other Bechtel parents and to have fun with the little ones! Come along to play and sing!
• Eggless Cooking - cancelled
• Knitting group - every Monday, 12- 2 pm With Rainbow. This is an informal group meeting every Monday. Please bring your own knitting project.
• 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.
• Photoshop for beginners - Mondays (starts Jan 25th) from 2 to 3:30 pm. With Angelica. Learn how to edit the image you want. Improve your pictures! Own laptop with Photoshop CC or CS installed is required.
• Book Club - 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. Today: "The Elegance of the Hedgehog" by Muriel Barbery

TUESDAY, FEB 02
• Astronomy – A Journey through the Universe - from 10:15am to 11:15pm. With Aurélie. This class will be about the interstellar medium, gas and dust in our galaxy. Aurélie will introduce the Milky Way, and show you where we are in the Universe.
• Job Search Networking Group - from 12:1:30 pm With Irena. Informal group for spouses in the job search process who would like to exchange their experiences.
• French Language Class - from 12:15 to 1:45 pm. With Anne. We will practice basic listening, speaking, grammar and vocabulary skills while working with contemporary French songs
• Korean language class - from 1 to 2 pm: With Sujin. This class is for everyone who is interested in the Korean culture and language. You will learn the Korean alphabet and useful expressions for everyday life.
• Needlepoint Workshop - from 2 pm – 4 pm: With Judi. 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.

WEDNESDAY, FEB 03
Sports Nutrition Guidelines for Athletes - lecture on Wednesday, Feb 3rd from 11:30 am to 12:30 pm. With Yael Dror. This lecture will focus on the question: "What and when should I eat relative to type, time, and duration of activity in order to maximize physical performance and abilities?".
• YOGA for All - Vinyasa Flow Yoga - every Wednesday, from 10:15 am – 11:45 am: With Yuko. 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. This class supports both prenatal and postnatal women with their babies. Bring your own mat.
• Personal development & life abroad - a psychological perspective: Wednesdays (Jan 13th through Feb 17th), from 3:15 - 4:45 pm: With Ana-Daria. 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.
• Japanese Conversation & Culture for Beginners - every Wednesday from 2 to 3 pm (starts Jan 20) With Yoko. Learn conversation through Japanese culture (greetings, traveling, shopping, food recipes etc.).

THURSDAY, FEB 04
• Spanish language class - from 10:30 am to noon: With Sofia. ¡Bienvenidos a la clase de Español! You will learn basic grammar & vocabulary to express yourself with confidence in real life situations.
• 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.
• European Cuisine - Thursdays, 10 classes from Jan 14th, from 2 to 5 pm: With Anna. 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.
• Italian conversation (beginners) - cancelled this week
• Italian conversation (advanced) - cancelled this week
• Women’s Night Out - this Thursday 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

FRIDAY, FEB 05
• Professional Liaison Program - from 9:45 to 11: am: With Henry. 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.
• Morning Coffee - Join us every Friday, between 10 am and noon here at the I- Center!

This Friday with Chinese New Year Celebration!
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!
• Singing Circle for Children - Friday from 11 - 11:30 am: With Nevin. Come with your baby/toddler (older kids are welcome, too) and join our singing circle every Friday as part of Friday Morning Coffee.
• Indonesian Language & Culture - from 2 to 3 pm: With Julia. Let’s learn about the incredible country of Indonesia by learning its language, commonly called Bahasa Indonesia.
• Chinese Language Class - from 3 to 4:30 pm: With Jingying Cai. This class will introduce you to Chinese Mandarin Language and Culture. All levels welcome!

MONDAY, FEB 08
Organize your entire home - workshop 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!