Upcoming events and important dates:

- March 17: St. Patrick's Day
- March 21 - March 25: Spring Break - no classes
- March 25 (10:00AM - 12:00 PM): Friday Morning Coffee
- March 28: Begin Spring Quarter program
- April 01 (10:00 AM - 12:00 PM): Friday Morning Coffee
  Spring celebration

Join us this Friday
March 18, 2016
from 10 AM to 12 PM:

Friday Morning Coffee
with
Spring Quarter Program
sign up party &
Meet the Teachers!

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.

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
NEW AND ONGOING CLASSES THIS WEEK (March 14 - March 18):

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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| **Spanish Language Class**  
  Back Lounge  
  10:00 AM - 11:00 AM | **Yoga for All - Vinyasa Flow Yoga**  
  Assembly Room  
  10:15 AM - 11:45 AM | **Spanish for beginner/intermediate level**  
  Back Lounge  
  10:30 AM - 12:00 PM | **Professional Liaison Program Class for spouses**  
  Back Lounge  
  9:45 AM - 11 AM | **10 am - 1 pm:**  
  **Friday Morning Coffee**  
  Assembly Room  
  Meet the Teachers & sign up for classes |
| **Baby and Toddler Group**  
  OFF SITE [47 Olmsted Rd, on campus]  
  10:30 AM - 12:00 PM | **Yoga Prenatal and Postnatal Yoga with Babies**  
  Assembly Room  
  12:00 PM - 1:00 PM | **Italian Advanced Level**  
  Conference Room  
  1:00 PM - 2:30 PM | **11 am - 11:30 am:**  
  **Singing with children**  
  Back Lounge |
| **A Sumptuous Fare**  
  Kitchen  
  10:30 AM - 1:30 PM | **Job Search Networking Group**  
  Conference Room  
  12:00 PM - 1:30 PM | **Japanese Conversation & Culture for Intermediate Students**  
  Back Lounge  
  1:00 PM - 2:00 PM | **Indonesian Language & Culture**  
  Post Room  
  2:00 PM - 3:00 PM |
| **Knitting Group**  
  Post Room  
  12:00 PM - 2:00 PM | **French Language Class**  
  Post Room  
  12:15 PM - 1:45 PM | **Japanese Conversation & Culture for Beginners**  
  Back Lounge  
  2:00 PM - 3:00 PM | **Italian Beginner/Intermediate Level**  
  Post Room  
  3:00 PM - 4:00 PM |
| **A Sumptuous Fare**  
  Kitchen  
  2:00 AM - 5:00 PM | **Korean Language & Culture**  
  Back Lounge  
  1:00 PM - 2:00 PM | **Photography As A Language**  
  Conference Room  
  4:30 PM - 7:30 PM | **Basic Chinese & Culture**  
  Back Lounge  
  3:00 PM - 4:30 PM |
| **Needlepoint Class**  
  Back Lounge  
  2:00 - 4:00 PM | **Choir**  
  Living Room  
  5:30 PM - 6:30 PM | **Photoshop for Beginners**  
  Classroom  
  6:00 PM - 7:30 PM |
| **Career, Education & Information** | **Arts & Crafts**  
  for children | **Exercise** | **Meet-up groups** | **Language class**  
  Cooking class | **Event** |
OUR PROGRAM THIS WEEK:

MONDAY, March 14
• 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!
• Knitting group, 12 - 2 PM. With Mine. This is an informal group meeting. Please bring your own knitting project.
• A Sumptuous Fare Cooking Class - 2 classes! From 10:30AM to 1:30 PM and from 2 to 5 PM.

TUESDAY, March 15
• 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 Korean Culture and language. You will learn the Korean alphabet and useful expressions for every day 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.

WEDNESDAY, March 16
• 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.
• Japanese Conversation & Culture for Beginners - every Wednesday from 2 to 3 pm (starts Jan 20) With Yuko. Learn conversation through Japanese culture (greetings, traveling, shopping, food recipes etc.).
• Japanese Conversation & Culture for intermediate students - every Wednesday from 1 to 2 pm (starts Jan 20) •With Yoko. Learn conversation through Japanese culture (greetings, traveling, shopping, food recipes etc.).
• Photography as a language - from 4:30 to to 7:30pm, Jan 20 - Mar 23, 2016. With Christina. Get to know different genres & photographers and develop your personal style hands-on! SIGN UP now by joining this group: https://www.facebook.com/groups/PhotographyAsALanguage2016/
• Choir - from 5:30 - 6:30 pm: With Isabelle. 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.

THURSDAY, March 17
• 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.

• Eastern 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) - 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.

FRIDAY, March 18
• 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 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.