

# International Friends Michigan Class Schedule for 2025-2026

**International Friends**  
**St. Matthew Lutheran Church**  
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## MONDAY

**Moms and Tots (A and B)** - Jan Roth-Heikkinen, Certified Preschool Teacher. *(All English levels welcome)*  
Designed for American and International children and their moms. Enjoy toys, make new friends, do craft activities, sing songs, read books, and go on a few field trips. Easy English.

**Mom's & Tot's (A)** - 10:00 – 11:30 a.m.

**Mom's & Tot's (B)** - 1:00 – 2:30 p.m. *(No Childcare available for this class.)*

**Beginning English (A and B)** – Rebecca Masters *(English level 1-2)*

Practice basic English skills (pronunciation, vocabulary, listening) and learn about American customs to feel more comfortable in America.

**Beginning English (A)** - 10:00 – 11:30 a.m.

**Beginning English (B)** - 1:00-2:30 p.m. *(No Childcare available for this class.)*

## TUESDAY

**Conversation (A and B)** – Jan Roth-Heikkinen *(English level 3-5)*

Speak in small groups with 2-3 Americans at each table. Conversations about holidays, traditions, and American life. Enjoy a comfortable, fun atmosphere to meet new friends.

**Conversation (A)** -10:00-11:30 a.m.

**Conversation (B)** - 1:00-2:30 p.m. *(No Childcare available for this class.)*

## WEDNESDAY

**Sewing & Quilting Class** – Mamie Shotwell *(All English levels welcome)*

Learn sewing techniques and basic quilting skills. Sometimes we will do group projects. You will also have time to work on your own projects with help from experienced sewers. We have many binders of projects to pick from. Sewing machines and other tools are provided. If you want to bring your own, you are welcome to. All experience levels are welcome, beginners to advanced. You will have an opportunity to build on the skills you already know.

**10:00 – 11:30 a.m.** *(No Childcare available for this class.)*

**Survival (A and B)** – *(English level 2-4)*

Learn practical skills for survival in America. Talk about topics like doctors, shopping, travel, traffic laws, American holidays and more. Practice important conversations and phrases to feel comfortable communicating and living in America.

**Survival (A)** - 10:00 – 11:30 a.m.

**Survival (B)** - 1:00-2:30 p.m. *(No Childcare available for this class.)*

## THURSDAY

### **Toddler & Me (A) - Jan Roth-Heikkinen (All English levels welcome)**

Toddler and Me class is a time for your child to learn and play with other children. It is also a great opportunity for you to talk with other moms about parenting. Toys and table activities are provided for everyone to share. There will be a circle time with stories, songs, and fun activities.  
**10:15-11:00 a.m.**

### **Bible Class (A) - Rebecca Masters (All English levels welcome)**

Easy English discussion about the Bible and what Christians believe. Everyone welcome to join this class. Enjoy a relaxed, comfortable atmosphere with time for questions and answers. It's a good class if you've never studied the Bible before.

**10:00-11:30 a.m. (Childcare is FREE for this class.)**

### **Bible Class (B) - Rebecca Masters (English Level 3-5)**

Discussion about the Bible and what Christians believe. Everyone interested is welcome to join this class. Enjoy a relaxed comfortable atmosphere with time for questions. It is a good class to explore the Bible.

**1:00 - 2:30p.m. (Childcare is FREE for this class.)**

### **Men's Class - Fadi Gammou (All English levels welcome)**

This class is a good place for any man to come and practice his English. This class will meet once a month. Our main purpose each time we meet is to build friendships, discuss life issues & experiences, help men understand any English words they don't understand, learn everyday American expressions (i.e. Idioms), read a short story from the Bible and also share how Jesus impacts our everyday lives. A couple times during the year, we'll have an outing at a local sports bar for dinner and drinks in order to grow our friendships even more. We also would like to have family nights a couple of times where the families can attend to do something fun together.

**7:00 - 8:00 p.m. (No Childcare available for this class.)**

Dates Men's class meets: September 18, October 9, November 13, December 11, January 8, February 12, March 12, April 9, and May 14

## FRIDAY

### **Toddler & Me (B) - Jan Roth-Heikkinen (All English levels welcome)**

Toddler and Me class is a time for your child to learn and play with other children. It is also a great opportunity for you to talk with other moms about parenting. Toys and table activities are provided for everyone to share. There will be a circle time with stories, songs, and fun activities.

**10:15-11:00 a.m. (No Childcare available for this class.)**

### **Baby & Me - Fedaa Gammou (All English levels welcome)**

Age appropriate toys and activities for babies & moms. Enjoy play time with your baby and conversation with other moms. Learn traditional American songs with exciting actions to entertain and sing to your baby.

**10:15-11:00 a.m. (No Childcare available for this class.)**

### **American Cooking - Jan Roth-Heikkinen (All English levels welcome)**

Learn easy recipes you can make at home. Help prepare food during the class. Enjoy a relaxed "girlfriends in the kitchen" atmosphere. You will impress your family and friends with your American cooking.

**1:30 - 3:00 p.m. 2<sup>nd</sup> & 4<sup>th</sup> Fridays (No Childcare available for this class.)**

For people living in Michigan, classes are in person.

We also offer online Zoom classes for those who live in another state or another country. Please see:

#### **OUT OF STATE/COUNTRY CLASS REGISTRATION**

ミシガンにお住いの皆さんのクラスは対面になります。

別の州や国にお住いの皆さんに向けて、オンラインでZoomによるクラスが提供されます。詳しくは下記をご参照ください。

#### **州外/国外クラスレジストレーション**

미시간 거주자는 대면 수업입니다.

타주나 타국에 거주하는 학생에게 온라인 Zoom 수업도 제공합니다.

인터네셔널 프렌즈 타주/타국 수강 신청