



Autumn Term Program 2011

- Sept 20th** **Welcome to GEMS and getting to know you in small groups!**
- Sept 27th** **Small Group Discussion** – Your experience of life in Switzerland
- Oct 4th** **Speaker – Paul Luedtke** – Settling in to Switzerland: Tools for navigating the change of transition & adapting to a new culture.
- Oct 11th** **Speaker – Louise Whitehead** - author of children’s book
- Oct 18th & 25th** Vaud school holidays, no meetings
- Nov 1st** **Coffee morning & inspirational thought** – Alison Coulsen
- Nov 8th** **Speaker – Linann Muhlemann** – breathing, stretching & taking care of your body – Please wear comfortable clothes!
- Nov 15th** **Speaker – Catherine Pollard** – Living in Nyon.com What do you know about Nyon & the local area? Catherine will share her tips and knowledge as well as advice for those going back home for Christmas.
- Nov 22nd** **Coffee morning**
- Nov 29th** **Thoughts on Christmas (Lyn McChesney) & Small Group Discussion**
- Dec 6th** **Christmas Celebration** - White Elephant Gift Exchange in small groups & visit from Father Christmas for your little ones.