

# MOONLIGHTER SCHEDULE SFCLASSES SPRING JANUARY 9-MAY 30, 2023

REGISTRATION BEGINS MONDAY DECEMBER 12, 2022



WWW.PIEDMONTADULTSCHOOL.ORG

510-594-2655

## **GENERAL INFORMATION**

#### Spring Semester begins Monday, January 9, 2023 Registration begins Monday, December 12, 2022

#### **COURSE FORMAT**

Piedmont Adult School will be offering classes either in-person or online depending on the course and the instructor.

#### ELIGIBILITY

Anyone who is at least 18 years of age is welcome to register and attend classes. Piedmont Adult School reserves the right to refuse admission to anyone.

#### REGISTRATION

Registration is on a first-come first-served basis and pre-registration is a must. Classes are typically cancelled a few days before they are scheduled to begin if enrollment is too low. Don't wait—classes can fill quickly so enroll early!

**Online:** Visit www.piedmontadultschool.org , browse through our online catalog and register for classes online. Online and in-person registration begins at 9:00am on Monday, December 12, 2022.

**By Fax:** Fax the completed registration form provided in this catalog with your credit card information and signature to: (510) 595-8173.

Walk-in: Our office hours are Mon. through Thurs. 10:00am-7:00pm. Our office address, 760 Magnolia Ave., Piedmont, CA 94611, Room 49. (Millennium High School) By Mail: Mail the completed registration form to: Piedmont Adult School, 760 Magnolia

Ave., Piedmont, CA 94611.

#### We do not accept registrations by phone.

#### **REFUND AND CANCELLATION POLICY**

Please choose your classes carefully! No refunds or credits will be given for registration fees unless a class is cancelled by Piedmont Adult School. There are no refunds or credits on food fees. Piedmont Adult School reserves the right to cancel classes that do not meet the minimum enrollment. In these cases, refunds will be credited to bank debit or credit cards.

#### **CONFIRMATION OF CLASSES**

Confirmation of classes will be sent by email. For a printed confirmation of classes, send a self-addressed, stamped envelope to Piedmont Adult School, 760 Magnolia Ave, Piedmont, CA 94611. Confirmations will not be given by phone. Unless you receive a call or email cancelling a class, assume that you are registered in your class(es).

#### **PAYMENT INFORMATION**

Registration can be paid by check (payable to Piedmont Adult School), money order or credit card. We accept Visa and Mastercard. A \$25 fee will be charged on all returned and "stop payment" checks.

#### DISCOUNTS

All senior citizens (55 years and older) are eligible for a \$10 discount for all regular adult classes. This discount does not apply to seminars (2-8 hour classes), and special classes.

#### STATE SUPPORTED CLASSES S

This symbol is used to indicate classes that are state-funded. Students in these classes will be required to provide demographic information.

#### CAMPUS AND CLASSROOM RULES

No Smoking: The Piedmont Unified School District is a tobacco-free organization and all the school district's facilities are designated as tobacco free. Tobacco products are strictly prohibited. Food and Beverages: Eating and drinking are not allowed inside the classrooms.

#### Воокѕ

Books required for classes are available at bookstores or through online vendors such as amazon.com and barnesandnoble.com. We will provide ISBN information (book number) when possible so that students can find and purchase books easily.

#### **SPECIAL ACCOMMODATIONS DUE TO DISABILITIES**

Students who need special accommodations due to disabilities should call the school to make arrangements for accommodations.

#### **UNIFORM COMPLAINT PROCEDURES**

In accordance with state guidelines, the District has adopted Uniform Complaint Procedures. Contact the Piedmont Adult School Office for a copy of the policy.

#### GETTING HERE

Parking is limited. We recommend carpooling. Do not park in "Resident Permit" parking spaces. AC Transit's bus route #33 runs a few blocks away, Service to Piedmont. For further information, please call AC Transit at 510-477-0192, or visit www.transitinfo.org.

#### **OFFICE HOURS**

Monday through Thursday: 10:00am–7:00pm Closed Friday, Saturday and Sunday.

#### **CONTACT INFORMATION**

Address:	Piedmont Adult School
	760 Magnolia Ave
	Piedmont, CA 94611
Phone:	510-594-2655
Fax:	510-595-8173
Web:	www.piedmontadultschool.org
Email:	pas@piedmont.k12.ca.us

#### Adult School Staff

Shannon Fierro, Director of Adult Ed

Ron Mockel, Administrative Coordinator rmockel@piedmont.k12.ca.us

Michelle Lucas, Administrative Assistant, mlucas@piedmont.k12.ca.us

**Dan Bonnin,** Teacher on Assignment dbonnin@piedmont.k12.ca.us

#### Adult School Calendar

#### Spring Semester: January 9 - May 30

12/12/22	Registration Begins
1/9/23	Classes Begin
1/14-1/16	Martin Luther King Jr. Holiday
2/18-2/26	Presidents Day Holiday
4/8-4/16	School District Spring Break
5/27-5/29	Memorial Day Holiday

#### PIEDMONT UNIFIED SCHOOL DISTRICT DISTRICT PERSONNEL

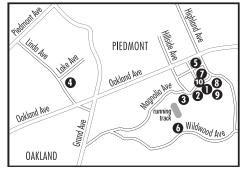
Dr. Donald Evans, Interim Superintendent Cheryl Wozniak, Asst. Superintendent

#### **BOARD OF EDUCATION**

Amal Smith, President Cory Smegal, Vice President Megan Pillsbury Hillary Cooper Veronica Anderson Thigpen

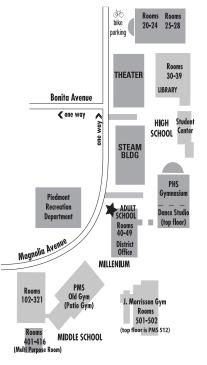
#### **ADVISORY COMMITTEE MEMBERS**

Amal Smith Cheryl Wozniak Katie Terhar Jacqui Birdsong-James Alycia Lai-Clemens Susan Galindo Marcos Molina



#### LOCATIONS / MAP OF CLASSES

- PAS-Piedmont Adult School 800 Magnolia Ave
- PHS—Piedmont High School 800 Magnolia Ave
- MHS–Millennium High School 760 Magnolia Ave
- PMS-Piedmont Middle School 740 Magnolia Ave
- BCH–Beach Elementary School 100 Lake Ave
- ED-Ellen Driscoll Playhouse / Havens 325 Highland Ave
- WWD AUD–Wildwood Auditorium
  301 Wildwood Ave
- VH–Veteran's Hall 401 Highland Ave
- IS-High School Dance Studio 800 Magnolia Ave
- STU CTR–Student Center 800 Magnolia Ave
- ST–STEAM Building 800 Magnolia Ave.



The Piedmont Adult School is a non-competitive adult learning environment dedicated to providing instruction that responds to the diverse needs, interests and learning goals of its students. Aligned with our value of service to community, Piedmont Adult School offers educational opportunities to self-motivated learners from the East Bay and beyond.

#### PIEDMONT ADULT SCHOOL **STUDENT LEARNING OUTCOMES**

At Piedmont Adult School a learner who participates in a course of study will:

#### **Continue Their Educational Journey**

- Initiate exploration of a variety of disciplines
- Set and meet personalized learning goals
- Develop personal and professional interests

#### **Establish Community Connections**

- Find support in the community around shared interests and values
- · Connect and learn from other curious adult learners
- Engage with the community at large

#### **Become Lifelong Learners**

- Develop a foundation for future education and career advancement
- Acquire the skills to pursue deeper learning and to follow passions
- Be inspired to learn more and to seek new challenges

#### 2023 Spring Academic Calendar

#### January

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
(15)	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February						
SUN	MON	TUE	WED	THU	FRI	SAT
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26	27	28				

March						
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26	27	28	29	30	31	

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SUN	MON	TUE	WED	THU	FRI	SAT
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16	17	18	19	20	21	22
<sup>23</sup> / <sub>30</sub>	24	25	26	27	28	29

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IVIC	y					
SUN	MON	TUE	WED	THU	FRI	SAT
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7	8	9	10	11	12	13
14		16		_	19	
21	22	23	24	25	26	27
28	29	30	31			

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SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

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**Creative Retirement** 

June

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## ARTS & CRAFTS

#### Art From the Heart / Kathleen Deyo

AA0060 \$88 5 meetings MON 1/9-2/13 6:30-8:30pm MHS47A limit 15 Do you need an antidote to our high-tech world? Unplug for a while and learn to tap into your expressive and creative side. This class will focus on drawing techniques that encourage you to turn off your analytical brain, observe closely, and let your creativity take over. We will look at the works of famous artists for ideas and inspiration. Classwork will include contour drawings and portraiture, using classmates as our models. "Anatomy for Artists" included in this class. Novices welcome! Materials: Bring a drawing pad, pencils, eraser, a pencil sharpener, and conte crayons.

#### Cultivating Joy: A Floral Workshop / Victoria Thompson @

AA0031 \$95 1 meeting SAT 2/4 10:00am-1:00pm MHS47B limit 12 AA0031A \$95 SAT 3/25 10:00am-1:00pm MHS47B limit 12 1 meeting Cultivate joy for yourself and others through floral design! Students will learn fundamentals of centerpiece design, including mechanics and storytelling, through an interactive tutorial and hands-on workshop, followed by sharing styling techniques. Each participant will have access to an array of seasonal flowers and leave with a beautiful arrangement of their own creation in a ceramic vessel. The goal is to learn something new, (re)connect with nature, and enjoy the company of fellow floral enthusiasts. \$65 materials fee included in registration.

#### Introduction to Hand Quilting: English Paper Piecing /

Eleanor Walker 💷

HK0011 \$69 2 meetings THU 5/4-5/11 6:00-9:00pm PHS42 limit 15

If you have ever wanted to try quilting, but don't want to invest in a lot of equipment, English paper piecing is an excellent entry point. Lending itself equally to simple and complex patterns, EPP is easy to pick up, and requires no previous experience. Across two class sessions we will complete a small project, and prepare students to tackle larger and more complex projects on their own. \$15 materials fee included with registration.

#### Learn to Crochet: Amigurumi / Eleanor Walker 💷

**HK0010 \$69 2** meetings **THU 3/16-3/23 6:00-9:00pm PHS42 limit 15** Learn to make adorable, cuddly friends in this class teaching the fundamentals of crochet. Amigurumi are three dimensional, crocheted dolls of varying sizes known for their cute and cheerful aesthetics. In this course we will learn how to read a crochet pattern, select appropriate materials, and create the various stiches needed for these straightforward designs. Across two classes we will make two amigurumi—one mini and one large critter. **\$15** materials fee included with registration.

## Teach for Piedmont Adult School!

## Do you have a skill or expertise that you would like to share with the community?

Piedmont Adult School is actively looking for new instructors, and we would love to have you on our team! Requirements: deep knowledge, interest and enthusiasm about your topic, and an ability to share that knowledge effectively with adult learners.

Please call (510) 594-2717 for more information.

#### Naturalist Illustration / Rachel Whitman

AA0007	\$128	6 meetings	WED	1/11-2/15	5:30-7:30pm	PHS42	limit 10

If you share my love of nature and would like to express your feelings through drawing, then please join (or rejoin) me for this beginning illustration class. We will we hone our observational skills and learn how to create detailed studies of natural subjects starting with eggs, leaves, shells and sticks, and progressing to include the basics of botanical illustration practices. Our class will be an introduction to drawing media, tools and the elements of art, line, color, shape, etc., and how you apply them using the "principles of design" to make an excellent illustration! We will talk through materials during the first class so it is ok to wait until the second class to get your supplies.

\*Note: All classes held in Room 42. Room 42 is located in Millennium High Building (lower floor).

#### Naturalist Illustration, Intermediate / Rachel Whitman

WED 3/1-4/5 **PHS42** AA0009 \$128 6 meetings 5:30-7:30pm limit 10 Do you still love nature and drawing? In this class we will we continue where we left off in Naturalist Illustration, the introductory class. We will continue to hone our observational skills and learn how to create detailed studies of natural subjects; however, we will start with more difficult subjects (more difficult than the egg?!) We will delve deeper into botanical illustration practices and create extended studies of the anatomy of animals. This course will also introduce you to many new media and supplies which are used in illustration including watercolor /gouache, pen and ink, and will include sampling a variety of papers (which I will provide.) No class 11/23. We will talk through materials the first class, so it is ok to wait until the second class to get your supplies. \*Note: All classes held in Room 42, Room 42 is located in Millennium High Building, 760 Magnolia Ave. (lower floor)

## **Open Art Studio: Naturalist Illustration Beginning and Intermediate** / *Rachel Whitman*

**AA0010 \$128 6** meetings WED **4/26-5/31 5:30-7:30pm STU CTR** limit **10** Calling all Naturalist Illustrators past and present! Come by and bring your unfinished illustrations to develop, refine and finish (including matting and framing suggestions). I will provide as much artistic nourishment and guidance as you would like in the form of demonstrations and suggestions about tools, techniques and resources to make your individual projects successful. For beginners, don't worry! I will provide basic instructions as your needs require, so that all drawing levels are welcome to this class.

#### Painting and Drawing Workshop / Barry Eagle

AA0002 \$138 8 meetings MON 7:00-9:30pm **2D ART ST02** limit 15 1/9-3/13 AA0002A \$153 9 meetings MON **2D ART ST02** limit 15 3/20-5/22 7:00-9:30pm Are you tired of working on your art alone? Come join our supportive art workshop space. Get personalized advice to move your work forward to the next level. Bring all necessary supplies for painting or drawing. Guidance available on materials, techniques, perspective, proportion, composition and the creation of form through values of light and shade. No class 1/16, 2/20, 4/10.

> All fees are non-refundable unless class is cancelled. Please read full course descriptions posted at **www.piedmontadultschool.org** before registering.

#### Painting in All Styles (Workshop) / Barry Eagle

AA0004	\$178	10 meetings	THU	1/12-3/23	7:00-9:30pm	2D ART ST02	limit 15
AA0004A	\$160	9 meetings	THU	3/30-6/1	7:00-9:30pm	2D ART ST02	limit 15

This class is primarily for returning students who wish to explore the painting style and approach of their choice. If you are not a returning student to this class, please call our office at (510) 594-2655 before registering. Common styles include landscapes, still life, portrait and abstraction. Techniques and guidance to address topics such as color and composition are provided 1 on 1 by the instructor in response to student need and request. Bring your materials and photo, object or sketchbook to use as subject matter. No class 2/24, 4/13.

#### Watercolor Fine Arts Style / Wendy Soneson

AA0025 \$240 14 meetings SAT 1/21-6/3 10:00am-1:00pm 2D ART ST02 limit 15 If you would like to learn watercolor from a fine arts perspective, that is, like in an art college, we will be focusing on techniques, color theory, composition, and other process oriented issues. Do not bring anything to first class, supplies will be discussed at first meeting. Kits are available and other means of getting correct supplies. Please watch these ten mini videos to get an idea of my approach before you sign up. https://watercolorweekly.weebly.com/watercolormini-lessons.html. Former students welcome of course! Also you can contact instructor at wendysoneson@gmail with questions. No class 1/28, 2/18, 2/25, 4/8, 4/15, 5/27.

#### Watercolor Pencil Painting / Kathleen Deyo

**AA0026 \$100 6 meetings THU 1/12-2/16 6:30-8:30pm 3D ART STO1 limit 15** Make a bridge from your drawing skills to working with a brush. Class open to beginners and returning students alike. Materials: Bring set of watercolors, watercolor pencils, large Strathmore watercolor pad, a jar for water, and a pencil sharpener.

#### BUSINESS

#### Financial Strategies for Successful Retirement / Chris Paganelli

TUE 3/14-4/4 **BB0006** \$80 4 meetings 5:30-7:00pm MHS45 limit 20 This course will provide you with the in-depth information you need to plan and enjoy a comfortable retirement. Find out how to increase your investment returns, maximize your retirement income and get the most out of your social security benefits. Discover strategies to protect your assets from inflation, estate and income taxes, and erosion due to long-term health care needs. Chris Paganelli is an Associate Vice President Financial Advisor at STIFEL in Walnut Creek. He has been sharing his knowledge as a financial advisor for over 10 years.

> All fees are non-refundable unless class is cancelled. Please read full course descriptions posted at **www.piedmontadultschool.org** before registering.

#### Managing Health Care Expenses in Retirement: Baby Boomers Need to Know Medicare/Long-Term Care / George Noceti

BB0050	\$25	1 meeting	THU	2/16	6:30-8:00pm	MHS46	limit 20
BB0050A	\$25	1 meeting	THU	4/20	6:30-8:00pm	MHS46	limit 20
Raby Reamore are acking: When do Leign up for Medicare? What does Medicare							

Baby Boomers are asking: When do I sign up for Medicare? What does Medicare cover? How much does it cost? Will I need other insurance? What about long-term care? At this workshop you will learn: How Medicare enrollment periods work and what you need to do to avoid late-enrollment penalties. How much you can expect to pay in health care costs after going onto Medicare. How Medicare works with private insurance to provide comprehensive coverage. Why most people pay too much for private insurance and how you can avoid excess costs. Why you must plan for higher health care costs in retirement, including the possibility of needing long-term care. You will also receive a copy of The Baby Boomer's Guide to Savvy Medicare Planning—a comprehensive reference addressing common questions and issues. Morgan Stanley, Walnut Creek Senior Advisor, George Noceti can be seen on KTVU, ABC, KRON as well as KCBS and KGO radio as a frequently financial news contributor.

#### Mortgages Demystified / Monica DiPerna 💷

**BB0077** \$60 2 meetings WTh 2/15-2/16 6:00-7:30pm MHS45 limit 15 Buying a house is one of life's most important financial events, but the mortgage process can be overwhelming and intimidating. Whether you are buying your first home, your retirement home, or helping out a child or grandchild, this class will empower you to approach the process with confidence. The first session will teach the "Math behind the Mortgages"-the critical ratios and requirements that lenders use to determine your mortgage. The second session will cover "Next Steps", such as how to prepare your finances, what to know about your credit report, and the impact of rental history, as well as the many ways to use your home equity, such as refinancing, home equity lines of credit, and reverse mortgages. Instructor Monica DiPerna is a loan advisor and has worked in the mortgage industry for 23 years.

#### Savvy Social Security Planning for Couples / George Noceti

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BB0037	\$25	1 meeting	WED	1/11	6:30-8:00pm	MHS46	limit 20
BB0037A	\$25	1 meeting	WED	3/15	6:30-8:00pm	MHS46	limit 20

At this 90 minute educational seminar you will learn: How much Social Security you and your spouse stand to receive over your joint lifetime Rules and guidelines for when spouses should apply for benefits How the decisions you make in your 60s can determine the amount of income you (or your surviving spouse) will have in your 80s and 90s How spouses with little or no prior earnings can take advantage of Social Security benefits The number-one most important thing all higher-earning spouses should do Two key things you need to know about Social Security survivor benefits How remarriage affects survivor benefits from a former spouse How to avoid mistakes at your Social Security office You will also receive a copy of The Baby Boomer's Guide to Social Security-a comprehensive reference addressing common questions and issues, including proposals for reform. Social Security is far more complicated than most people realize. The decisions you make now can have a tremendous impact on your retirement income. This informative seminar covers what you need to know about Social Security and reveals strategies for maximizing your benefits. Morgan Stanley, Walnut Creek, Senior Advisor, George Noceti can be seen on KTVU, ABC, KRON as well as KCBS and KGO radio as a frequently financial news contributor.

#### What You Need to Know About Reverse Mortgages / John Holmgren

BB0021 \$30 1 meeting SAT 2/11 9:00-11:00am MHS45 limit 20

Reverse mortgages are complex financial instruments that are commonly misunderstood by consumers and many financial advisors. This one-meeting class will provide an overview of available reverse mortgage products, including details on how they work, how to qualify, and information to enable participants to assess how this financial product relates to their situation. Topics include: Reverse mortgage types and uses, How benefits are determined and ways to access them, Reverse mortgage types and uses, Typical loan terms and costs, Eligibility criteria and loan process, Credit counseling and consumer safeguards, Obligations of the homeowner Loan repayment, Myths and facts, Alternatives to reverse mortgages.

### COMPUTERS

#### Adobe Acrobat: Create and Edit PDFs / Helen Nishikai

CC0017\$451 meetingSAT1/219:00am-1:00pmST127limit 12In this half-day beginner-level course, we will cover the basics of using AdobeAcrobat to create and edit PDF files. First, learn various ways to generate a PDFfile. Then, learn how to edit a PDF, including editing text and images, movingpages within one file or between files, renumbering pages, converting a PDF toa Word document, and more. Finally, we will cover basic management issues,such as reducing file size and password protection.

#### Creating a Website with WordPress / Helen Nishikai

CC0014\$801 meetingSAT4/229:00am-5:00pmST127limit 12In this one-day, introductory-level course, you will learn how to create and<br/>manage a basic website using WordPress. After we review concepts and site<br/>options, you will create a real website on WordPress.com that you can delete<br/>or continue to use after class. Then we will cover how to manage posts, pages<br/>and images, video/audio, plug-ins, themes, custom menus, and widgets.<br/>Prerequisites: Familiarity with browsers and viewing websites, and an email<br/>account that you can access in class using a browser or mobile device.

#### Creating a Website with WordPress: LAB SESSION / Helen Nishikai

**CC0015 \$35 1** meeting SAT **4/29 9:00am-12:00pm ST127** limit 12 This is an optional lab session for students who have attended the "Creating a Website using WordPress" class and who would like more hands-on practice in class. The instructor will be available to answer questions about your individual websites. Bring images and stories that you want to post to your website. You can use the school computers or bring your laptop to connect to the school wi-fi. Prerequisite: You must have attended the "Creating a Website using WordPress" class at Piedmont Adult School.

#### Get to Know Your Digital Camera / Dennis Mockel

**CC0041 \$73 1** meeting **SAT 3/4 10:00am-4:00pm ST126** limit **16** Students will work with the various controls on their camera to learn the function and how the control is used. Students must bring their digital cameras with memory cards. It will also be helpful (but not required) to bring the appropriate USB cable for downloading pictures and power supply/charger in case batteries discharge.

#### Google Drive / Deborah Brooks 📀

CC0010NoFee8 meetingsTHU2/2-4/64:30-6:00pmST206limit 20Learn to create documents and collaborate with others using Google Drive.We'll learn to create, edit, and share documents, spreadsheets, forms, and<br/>slideshows. Basic computer and mouse skills required. Consistent access to the<br/>internet required for the online course, and a Google email account (If you do<br/>not have one, visit Google site to set one up.)

#### How to Get the Most From Your Digital Camera / Dennis Mockel

**CC0042 \$84 3** meetings **THU 1/19-2/2 7:00-9:30pm ST127 limit 16** Are you tired of party photos that don't look "happy"? Do you want people to be drawn to really look at your photos rather than just glance at them? Do you want your child's sports photo to be something more than just a blur? The solution to these and other issues lies in those "other" buttons on your camera that you likely never touch. Bring your camera with a charged battery to this class and learn how to improve your photos.

#### I H8 Pa\$\$w0rds / Mike Matthews

CC0046 \$25 1 meeting TUE 2/7 7:00-9:00pm **ST206** limit 12 When we were kids, there were no ATMs. You had to go to a doctor's office for an appointment. And coins literally were the coin of the realm. Then along came the internet and with it a growing need for ever more security. And you know what that means: Passwords. The idea behind passwords is wonderful. But human beings, unfortunately, aren't very good at remembering passwords. Now's your chance to learn about password managers which can simplify your life even as it gets more complex. Make sure your Apple devices are updated to the latest versions of their operating system.

#### iPad 101 / Mike Matthews

CC0069\$1408 meetingsTW1/10-2/17:00-9:00pmST206limit 12iPad might be all the computer you need. In this eight-session class, we'll<br/>cover the basics of using your iPad. The beauty of the iPad is that it can<br/>become whatever you need it to be. It can be a book reader, music player, word<br/>processor, atlas, television, video camera, and more. It works with touch, but<br/>with many models of iPad you can add a pencil for drawing, a keyboard for<br/>extended typing, even a trackpad for cursor control. Bring your iPad (updated to<br/>iPadOS 16) and learn how to get more out of this magical device.

#### iPhone 101 / Mike Matthews 💷

**CC0054 \$140 8** meetings TWTh **5/2-5/17 7:00-9:00pm ST206 limit 12** In this eight-session class, we'll cover the basics of using your iPhone. Whether you want to make a phone call, use FaceTime to see who you're talking to, surf the web, send an email, make a grocery list, listen to music, or more, we'll touch on it in this class. Bring your iPhone (updated to the latest version of iOS) and your questions and get more out of your iPhone than you ever thought possible.

#### Maps-An Atlas in your Pocket / Mike Matthews

CC0062\$251 meetingWED2/8-2/87:00-9:00pmST206limit 12If only Columbus had had an iPhone. Learn how to get turn-by-turn directions, whether you're walking or driving. Create guides of favorite locations. Look inside shopping malls and airport terminals. Check BART schedules. Take fly-over tours of the world's largest cities. And get the lay of the land of many locations as if you were driving by it. Bring your Apple device updated to the latest version of its operating system.

#### Messages...and More / Mike Matthews

CC0047 \$25 1 meeting WED 4/19 7:00-9:00pm ST206 limit 12

Apple's Messages app is one of the many ways to keep in touch with people. It can do much more than just send text. You can include pictures, videos, handwriting, animated emoji (even one that looks like you!), and more. And new features allow you to edit and unsend recent messages as well as mark read messages as unread. Bring your Apple device updated to the latest version of its operating system and learn how to spruce up your messages.

#### Microsoft Excel: Beginning / Dennis Mockel

CC0020\$1306 meetingsTHU2/16-3/307:00-9:30pmST127limit 16Microsoft Excel is the industry standard for spreadsheet programs. In this<br/>beginning level course, students learn to: navigate the user interface; enter<br/>data and create simple formulas; use cell references in formulas; format text,<br/>numbers, and sheets; build charts and diagrams. Prerequisite: familiarity with<br/>Windows operating system.

#### Microsoft Excel: What-if Analysis and Forecasting / Helen Nishikai

CC0026\$451 meetingSAT13-May9:00am-1:00pmST127limit 12In this intermediate-level course, we will cover various techniques to perform<br/>what-if analysis and determine future values in Excel, such as using goal seek,<br/>solver, scenarios, trendlines in charts, future series, and forecasting formulas.<br/>Bring your questions! Prerequisites: Experience using formulas in Excel.

#### Microsoft Excel: Tables and Conditional Formatting / Helen Nishikai

CC0029 \$45 1 meeting SAT 2/11 9:00am-1:00pm **ST127** limit 12 In this half-day intermediate-level course, we will cover two key features for formatting and analyzing your Excel data. First, learn how Excel Tables can automatically convert your plain data list into a table with alternating color rows. Then, use Table tricks to easily manage the data list and insert formulas. Second, learn how Conditional Formatting can control which cells are automatically formatted to make important data stand out. We will cover basic conditional formatting plus advanced formatting with formulas. Prerequisites: Excel Beginning or equivalent experience.

#### Microsoft PowerPoint: Level 2 / Helen Nishikai

CC0031\$751 meetingSAT5/209:00am-4:30pmST127limit 12In this one day intermediate-level class, you will learn key features to take yourPowerPoint skills to the next level. We will cover transitions, animations, customdesign themes, and master slides. Then we will examine other useful featuressuch as action buttons, custom shows, rehearsed timings, and presentationshortcuts. Prerequisite: PowerPoint Level 1 or equivalent experience.

#### Microsoft Word: Reference and Collaboration Tools / Helen Nishikai

CC0038 \$75 SAT 5/6 9:00am-4:00pm **ST127** limit 12 1 meeting In this one-day intermediate-level course, learn how to create and manage various reference features in Microsoft Word, such as Table of Contents, Table of Figures, Table of Authorities, bibliography, footnotes, endnotes, dynamic cross-references and indexes. Then, we will cover features used for document review and collaboration, such as tracked changes, comments, and comparing and merging documents. Come with your guestions! Prerequisites: Microsoft Word Beginning or equivalent experience. Familiarity with styles and outlines is helpful but not required.

#### QuickBooks Online / Helen Nishikai

#### CC0052 \$177 3 meetings SAT 3/4-3/18 9:00am-4:00pm ST127 limit 12

QuickBooks is the leading accounting program for small business finances. In this course, we will use QuickBooks Online to learn about basic concepts, setting up company accounts, customer transactions, vendor transactions, and banking. NOTE: We will use the online version of QuickBooks, which is different from the desktop version. REQUIRED for the first day of class: "QuickBooks Online: Level 1, Academic Year 2022-2023 quot;, ISBN-13: 978-1-64061-374-4 (print + eBook \$74), ISBN-13: 978-1-64061-375-1 (eBook only \$42); OR "QuickBooks Online: Comprehensive, Academic Year 2022-2023", ISBN-13: 978-1-64061- 371-3 (print + eBook \$147), ISBN-13: 978-1-64061-372-0 (eBook only \$83). Please check price with publisher. We will cover Level 1 topics in class, but students may purchase the Comprehensive edition which includes additional chapters for further selfstudy. Books can be purchased from Labyrinth Learning (www.lablearning.com or 1-800-522-9746)

#### Remind Me Again / Mike Matthews

CC0049\$251 meetingTUE4/257:00-9:00pmST206limit 12Do you have lots of scraps of paper in your wallet, or on your desk, or on post-itnotes scattered throughout the house? Can't find the packing list that youknow was in the desk drawer? And who's got the grocery list? Bring your Appledevices, updated to the latest version of their operating system (iOS 13, iPadOS13, MacOS 10.15 or later), and we'll show you how Apple's Reminders app canhelp eliminate all the flying paper.

#### Sharing With iCloud / Mike Matthews

CC0071\$251 meetingTHU5/187:00-9:00pmST206limit 12If you have an Apple device, you're probably already using iCloud. In addition<br/>to storing and syncing your data, iCloud makes it easy to share things with<br/>other iCloud users or members of your family, such as calendars, reminder lists,<br/>photos, and subscriptions to Apple's various services. And with SharePlay, you<br/>can watch movies and listen to music simultaneously with friends through the<br/>internet. We'll run through the possibilities, so bring your Apple devices updated<br/>to the latest version of their operating system.

#### You Have Email / Mike Matthews 💷

CC0070\$251 meetingsTUE4/187:00-9:00pmST206limit 12Email is one of the internet's oldest services. In fact, chances are everyone you<br/>know has an email address. We'll cover the basics of using email and then delve<br/>into topics such as smart mailboxes, searching, organizing, and sorting your<br/>mail, threads, quoting, blocking unwanted mail, and dealing with junk mail.<br/>Bring your Apple device updated to the latest version of its operating system.

All fees are non-refundable unless class is cancelled. Please read full course descriptions posted at **www.piedmontadultschool.org** before registering.

## Cooking

#### Asian Chicken Dishes / Chat Mingkwan

**HC0052 \$80 1** meeting **SAT 4/29 10:30am-1:30pm STU CTR** limit 12 Chicken has been chosen as the most popular ingredient and all parts of the chicken have been utilized to make the best and most delicious dishes. We will make three popular chicken dishes from Asia with different cooking techniques, including Korean spicy chicken nuggets, Thai grilled peppered chicken, and sweet yellow chicken curry. Bring your sharp chef's knife or cleaver and a beverage. \$15 food fee included with registration.

#### Asian Noodles Workshop / Chat Mingkwan

HC0044 \$80 1 meeting SAT 3/4 10:30am-1:30pm STU CTR limit 12

Many Asian countries share similar values and histories, but their unique cuisines clearly show their differences. Noodles have become a mainstream Asian diet and their recipes have been modified to fit local palates by using local ingredients and techniques. Learn to use many varieties and make many versions of noodles, both meat and vegetarian, with influences from Asian countries. Learn new trends in noodle dishes that are popular worldwide and prepare a scrumptious meal, such as Hunan Crispy Noodles Salad, Nonyan Curried Noodles, and Thai Beef Rippon Noodles. Bring your sharp chef's knife or cleaver, cutting board, hand towel and beverage. \$15 food fee included with registration.

#### Boil Your Dough: Bagels and Pretzels at Home / Eleanor Walker 💷

HC0085\$801 meetingSAT4/810:30am-1:30pmSTU CTRlimit 12Enjoy the freshest versions of these classic treats by learning to make them at<br/>home. We will explore the how and why of mixing, shaping, boiling and baking<br/>these unique breads. Once you have the basics, the sky is the limit in terms of<br/>topping and variations you can explore! \$15 food fee included with registration.

#### Cupcake Decorating / Eleanor Walker 💷

HC0079\$851 meetingSAT2/2510:30am-1:30pmSTU CTRlimit 12Learn to decorate cupcakes like a pro in this fun, one day workshop! We will<br/>cover classic styles of piping including rosettes, swirls and stars, along with<br/>a variety of flowers and modern designs. We will practice our new piping<br/>techniques before decorating a box of cupcakes to take home and share with<br/>family and friends. \$20 food fee included in registration.

#### Dim Sum Workshop / Chat Mingkwan

HC0011 \$80 SAT 10:30am-1:30pm STU CTR limit 12 1 meeting 3/18 Dim Sum means "a little bit of heart," and these little savories and sweets surely gladden the heart and palate. Dim Sum can be served as an elegant and fun light appetizer, lunch, snack, or as a special treat. In this hands-on class, we will learn to use a variety of specialties to create popular items and learn techniques of filling and wrapping delicious dim sum. We will make three popular recipes such as Pork Shrimp Dumplings, BBQ Pork Buns, and Sesame Seed Balls. Bring your sharp chef's knife or cleaver, cutting board, hand towel, beverage, and a to-go box. \$15 food fee included in registration.

#### Fried Rice Workshop / Chat Mingkwan

HC0028	\$80	1 meeting	SAT	5/6	10:30am-1:30pm	STU CTR	limit 12
to a delic ingeniou one-of-a Rice, Pac and Gree	cious n Isly us -kind f dThai, en Cur	new dish. All e leftover ric ried rice. We Spicy Chicke ry Fried Rice	culture: e, addir e will ma en and E . \$15 fo	s with rid ng their u ake Yang Basil Frie od fee in	e for a transforma ce as a base stapl unique local ingre gchow Fried Rice, d Rice, Crab and I Included with regis , hand towel, and	e know how dients to pr Indonesian Pineapple Fi tration. Brir	r to oduce Fried ried Rice,

#### Healthy Stir-fry Workshop / Chat Mingkwan

HC0042	\$80	1 meeting	SAT	5/13	10:30am-1:30pm	STU CTR	limit 12
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The Chinese invented the wok and stir-fry cooking technique, and all Asian cuisines have adapted and modified this technique to call it their own. Stir-frying is a quick and easy method, using the freshest ingredients. We will make three delicious and popular stir-fry dishes such as Beef and Broccoli, Asian Eggplant and Thai Basil and Peppered Shrimp. Bring your sharp chef's knife or cleaver, cutting board, hand towel and beverage. \$15 food fee included with registration.

#### Korean Cooking / Chat Mingkwan

**HC0025 \$80 1 meeting SAT 3/11 10:30am-1:30pm STU CTR limit 12** Tasty and simple are Korean characteristics when it comes to food, not to mention the amount of garlic being used—it's intense! Join us and cook three popular Korean dishes. Learn to make PaJong (pancake), Chup Chae (bean noodles), and BBQ ribs, Bring your sharp chef's knife, apron, and beverage. \$15 food fee included in registration.

#### Paella / Carmen Chan 💷

HC0061\$801 meetingSAT2/1110:00am-1:30pmSTU CTRlimit 10The paella dish originates from Valencia. This popular one-dish feast was<br/>originally made with a variety of proteins such as chicken, rabbit, or a variety<br/>of beans. Now, this dish is mostly associated with seafood, chicken, and<br/>vegetables. There is no wrong recipe when it comes to paella. This versatile dish<br/>can be created with almost any ingredient available. Come and try your hand at<br/>creating your original version of paella! \$15 food fee included with registration.

#### Vietnamese New Year, Tet / Chat Mingkwan 💷

**HC0067 \$80 1 meeting SAT 2/18 10:30am-1:30pm STU CTR limit 12** Tet is the first morning of the first day of the New Year. Many scrumptious New Year dishes are prepared, and each dish has a significant meaning for the good New Year to come. We will make three popular dishes for our feast: fresh spring rolls, lemongrass chicken, and dried beef noodles. Bring your sharp chef's knife or cleaver, cutting board, hand towel, and your own beverage. \$15 food fee included.

#### Water Festival, Thai New Year Feast / Chat Mingkwan 💷

HC0069 \$80 1 meeting SAT 4/15 10:30am-1:30pm STU CTR limit 12

The Thai New Year Water Festival celebrates during the warmest time in April, and water is thrown at each other to keep cool. Learn Thai culinary philosophy and learn to recognize Thai tastes and flavors by preparing a three-dish Thai meal. Learn to use herbs and spices, such as galangal and kaffir lime, that are unique to Thai cuisine and transform fresh ingredients into delicious dishes: Tomkha Hot Sour Chicken Soup, PadThai Stir Fried Noodles, and Green Curry Seafood. Bring your sharp chef's knife or cleaver, cutting board, hand towel and beverage. \$15 food fee included with registration.

### GENERAL

#### Fiction and Creative Nonfiction Writing / Caitlin McCarthy

**GW0004 \$96 6 meetings TUE 4/18-5/23 7:00-8:30pm ST124 limit 12** This Fiction and Creative Nonfiction Writing class will introduce and/or deepen the craft of writing. Whether you have an existing project or are a total beginner, whether you write stories, novels, essays, or memoirs, this class will focus on the components of effective writing, and strategies to keep a writing practice going. There will be lessons on craft, tips and tricks, writing exercises, and discussions.

#### Writer's Workshop / Caitlin McCarthy 💷

**GW0005 \$53 5** meetings TUE 1/17-2/14 7:00-8:00pm **ST124** limit 8 Share fiction or creative non-fiction with a small group for feedback. Participants will submit 20-30 pages of original writing for classmates to critique as well as give written notes to classmates on their writing. This is not a class about writing—it is a workshop only.

## **Your Next Phase: Finding Purpose and Meaning In Your Life and Career** / *Roberta Streimer*

GG0092	\$95	4 meetings	THU	1/19-2/9	6:30-9:00pm	ST124	limit 24
	4						

The disruption of the past few years has caused many people to reflect on how they are spending their time and think about ways to make their own life more satisfying and personally fulfilling. This workshop is designed for people in mid-career, nearing retirement or already retired, who are interested in exploring ways to live a more meaningful and balanced life. Over the course of four sessions, participants will engage in individual and group reflection exercises, discussions, and brainstorming sessions. They will receive actionable tools and valuable life/career planning resources. Come broaden your thinking and explore new possibilities in this supportive and energizing environment! Roberta Streimer has over 30 years' experience teaching workshops and consulting to help individuals, leaders and organizations plan for the future, implement strategy, and navigate their way through change and transition.

> All fees are non-refundable unless class is cancelled. Please read full course descriptions posted at **www.piedmontadultschool.org** before registering.

## General (State Financed)

#### English as a Second Language (ESL) / Adult Ed Staff 😏 💷

#### ESL0001 No Fee Adult Ed Office

Come learn English with us! Piedmont Adult School offers English as a Second Language (ESL) classes at all levels. For more information, call (510) 594-2717 or email pas@piedmontadultschool.org.

#### High School Diploma Program / Adult Ed Staff (S)

#### DP0001 No Fee Independent Study

Piedmont Adult School offers a WASC-accredited, state-funded, free high school diploma program to adults in the Bay Area. Our diploma program is a one-on-one independent study model tailored to fit the needs and schedule of working adults. Please contact us to schedule a meeting and transcript review or to get more information. Tel: 510-594-2717 or pas@piedmont.k12.ca.us.

## HEALTH/REC/DANCE

#### Medical Disclaimer for Health & Recreation Classes

All Piedmont Adult School health and dance classes are non-therapeutic and intended for recreational purposes only. You should be in good physical condition and be able to participate in the exercise. The Piedmont Adult School strongly recommends that you consult with your physician before beginning any exercise program.

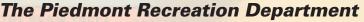
PAS is not a licensed medical care provider and has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities and assume all risk of injury to yourself.

## Alycia's Heart Beat-A Co-ed Aerobic Workout Mon/Weds/Sat /

Alycia Lai-Clemens

HR0002	\$62	24 meetings	MWSat	1/9-3/18	Varies	BCHAUD	limit 100
HR0002A	\$75	27 meetings	MWSat	3/20-6/3	Varies	BCHAUD	limit 100

Please join our online low-impact aerobics workout where we'll improve circulation, burn calories, strengthen muscles, boost energy, and have fun exercising to music! Classes include aerobics, muscle strengthening, and relaxing stretches. Wear comfortable clothing and cross-training shoes and have light weights (2-5 pounds) and have a mat or towel handy. Alycia has been teaching aerobics since 1980. For more information, call (510) 585-5885. In person classes students should be fully vaccinated and boosted. Mon./Weds.: 5:00pm-6:00pm (In person Beach Auditorium). Sat.: 9am-10am (In person Beach Auditorium). No class: 1/14, 1/16, 2/18, 2/20, 2/22, 2/25, 4/8, 4/10, 4/12, 4/15, 5/27, 5/29.



offers recreational activities for adults and retirees aged 50+. They include tennis, yoga, a walking group, a book group, and other social activities. You can learn more about them and see the latest

Piedmont Recreation Activity Guide online at:

www.ci.piedmont.ca.us/recreation/catalog.shtml

### Alycia's Heart Beat–A Co-ed Aerobic Workout Tues/Thurs /

Alycia Lai-Clemens

HR0003	\$40	18 meetings	TTh	1/10-3/16	5:30-6:30pm	Online	limit 100
HR0003A		20 meetings			•	Online	limit 100
	, -	J					

Please join our online low-impact aerobics workout where we'll improve circulation, burn calories, strengthen muscles, boost energy, and have fun exercising to music! Classes include aerobics, muscle strengthening, and relaxing stretches. Wear comfortable clothing and cross-training shoes and have light weights (2-5 pounds) and have a mat or towel handy. Alycia has been teaching aerobics since 1980. For more information, call (510) 585-5885. Tues./ Thurs.: 5:30pm-6:30pm (via Zoom). No class: 2/21, 2/23, 4/11, 4/13.

#### Strength Training – Monday / Jacqui Birdsong-James

HR1031 \$130 17 meetings MON 1/9-5/22 5:00-6:00pm Online limit 20 Strength training is beneficial for both men and women, develops lean muscle, enhances bone density, increases metabolic rate, and helps burn body fat. Class includes: warm up, free weights, floor work for abdominal muscles, and cool down. Have a mat, chair, and weights. Classes for this session are utilizing distance learning via the internet.

#### Strength Training – Wednesday / Jacqui Birdsong-James

**HR1030 \$141 18 meetings WED 1/11-5/31 5:00-6:00pm Online limit 20** Strength training is beneficial for both men and women, develops lean muscle, enhances bone density, increases metabolic rate, and helps burn body fat. Class includes: warm up, free weights, floor work for abdominal muscles, and cool down. Have a mat, chair, and weights. Optional: Balance Exercise Ball (45-75cm). Classes for this session are utilizing distance learning via the internet.

#### Strength Training – Thursday / Jacqui Birdsong-James

**HR1037** \$141 19 meetings THU 1/12-6/1 5:00-6:00pm PMS512 limit 20 Strength training is beneficial for both men and women, develops lean muscle, enhances bone density, increases metabolic rate, and helps burn body fat. The class will include weights, machines, core workouts and stretching.

#### Weights and Cardio / Jacqui Birdsong-James

**HR1035 \$141 18 meetings TUE 1/10-5/30 5:30-6:30pm Online limit 20** Want to lose some weight and strengthen your muscles? Class starts with a warm up, weights, cardio and then cool down focusing on abdominal muscles. Have a mat and weights.

## LANGUAGE

#### French 1A / Jean Monnier

LL0008	\$158	9 meetings	TUE	1/10-3/21	7:00-9:30pm	ST126	limit 25
LL0008A	\$158	9 meetings	TUE	3/28-5/30	7:00-9:30pm	ST126	limit 25
		0 0			al exposure to		

who would like to review their basics. Textbook: EDITO A1 (methode + cahier d'activities) 1st edition - ISBN 978-2-278-08318-3. Books may be purchased at European Books and Media, 6600 Shattuck Ave., Oakland, CA 94609 and online at: www.europeanbook.com. No class 2/21, 2/28, 4/11.

#### French 1B / Jean Monnier

LL0009 LL0009A	\$158 \$158	9 meetings 9 meetings	WED WED	1/11-3/22 3/29-5/31	7:00-9:30pm 7:00-9:30pm	ST126 ST126	limit 25 limit 25	
This class	is an a	dvanced beg	jinners	level, follow	ving French 1A	. eTextboo	ok same	
as French	1A: ED	ITO A1 (meth	node + d	cahier d'acti	ivities) 1st editi	onBooks	may	
be purchased at European Books and Media, 6600 Shattuck Ave., Oakland, CA								
94609 or 0	online a	at: www.euro	peanbo	ook.com. No	o class 2/22, 3/	1, 4/12.		

#### French 2 / Jean Monnier

	•		7:00-9:30pm 7:00-9:30pm	
	•		•	

Intermediate French. For those who have mastered Basic Elementary French. Continuation of French 1B, basic grammar through exercise and conversation. (Spring 2023 3/29-6/1 class) Textbook: COSMOPOLITE 3 Livre + CahierAvailable at European Books and Media, 6600 Shattuck Ave. or online at: www. europeanbook.com. No class 2/23, 3/2, 4/13.

#### French 3 / Jean Monnier

LL0007	\$144	8 meetings	MON	1/9-3/20	7:00-9:30pm	ST126	limit 25
LL0007A	\$144	8 meetings	Mon	3/27-5/22	7:00-9:30pm	ST126	limit 25
Winter 202 2023) 3/27 purchased	23) " C( - 5/22 s l at Eur	OSMOPOLIT session: COS	E 4″ Liv SMOPOI s and M	re de l'elev LITE 5 Livre edia, 6600 \$	French. Textbo e + cahier d' ac e + Cahier both Shattuck Ave. d 0	tivites (Sp can be	oring

#### Italian for Travelers / Rosalie Marshall 💷

LL0027 \$136 8 meetings WED 1/11-3/8 6:30-8:30pm PHS41 limit 25 Are you dreaming of taking a trip to Italy, speaking Italian with the locals and savoring "La Dolce Vita"? Then this is the class for you! In this "immersion experience," you will learn basic conversation, including useful words, phrases, and idiomatic expressions needed for your trip to Italy. Come gain the necessary foundation to interact in social and travel situations. Book: Conversational Italian in 7 Days 2nd Edition, by Shirley Baldwin and Sarah Boas.

#### Spanish Beginning 1 / Helmi Waits

LL0050	\$124	8 meetings	MON	1/9-3/13	7:00-9:00pm	ST124	limit 20
LL0050A	\$96	6 meetings	MON	4/17-5/22	7:00-9:00pm	ST124	limit 20

In this class you will learn the difference between ser and estar, the present tense of regular verbs, comparatives, present progressive, possessive forms, number and gender, and time and weather expressions. Typical activities may include individual presentations, conversation in groups, acting in skits, and listening to songs. Text used in class: Como se Dice, 9th edn. ISBN#0-547-00131-2. (Chapters 1-4). Available used, at Amazon.com. No class: 1/16, 2/20.

#### Spanish Beginning 2 / Helmi Waits

LL0051	\$140	9 meetings	WED	1/11-3/15	7:00-9:00pm	ST124	limit 20
LL0051A	\$112	7 meetings	WED	4/19-5/31	7:00-9:00pm	ST124	limit 20
irregular indirect o vs. para, conversa	verbs, object p and ad ation in Dice, 9	the past tense pronouns, and lverbs. Typica groups, lister	e (preter the com activitie ing to se	it), reflexive nbination of es may inclu ongs, and ac	es, the presen verbs, direct of indirect and d de individual cting in skits. T ters 5-8) Availa	object pro irect obje presenta ext used	onouns, ects, por tions, in class:

#### Spanish Intermediate 1 / Afsaneh Olinga

LL1055 \$185 12 meetings MON 1/23-5/8 6:00-8:00pm Online limit 24 In this class you will learn the other past tense (the imperfect), the situations that require using the subjunctive, and informal and formal command forms of verbs. Typical activities may include individual presentations, conversation in groups, acting in skits, short readings and songs. The class is entirely in Spanish. Text used in class: Como se Dise, 9th edn. ISBN#0 547 00131 2. Available used, at Amazon.com. Classes for the quarter are utilizing distance learning via the internet.

#### Spanish, Intermediate 2 / Afsaneh Olinga

	9 meetings 8 meetings		6:00-8:00pm 6:00-8:00pm	
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In this class you will learn certain expressions after which we use the subjunctive, present perfect tense, past perfect tense, pluperfect tense, future tense, conditional ten, prepositions, if clauses (unreal conditional), and idiomatic expressions. Typical activities will include conversation, debating current events, short stories, listening to songs, the occasional poem, individual presentations and skits. The class is entirely in Spanish. Text used in class: Como se Dice, 9th edn. ISBN#0 547 00131 2. Available used, at Amazon.com. Classes for the quarter are utilizing distance learning via the internet.

#### Spanish, Intermediate 3 / Afsaneh Olinga

WED LL1057 \$133 1/11-3/15 6:00-8:00pm Online limit 24 9 meetings LL1057A \$133 WED 9 meetings 3/22-5/31 6:00-8:00pm Online limit 24 In this class you will learn more about the subjunctive and continue with it's advance forms and usage including the imperfect, present and pluperfect of subjunctive, and if clauses. You will also learn prepositions, uses of por and para and some idiomatic expressions. The vocabulary included in the course will include: Sports and outdoor activities, business, job interviews, job related technology, media, arts, communication and entertainment. Typical activities will include conversation, debating current events, short stories, songs, games, occasional literature, individual presentations and skits. The class is entirely in Spanish. Text: "Como se dice, 9th edn." ISBN# 0 547 00131 2. All classes for the quarter are utilizing distance learning via the internet.

20

#### Bagpipes / Lynne Miller

WED MM0001 \$128 9 meetings 7:00-9:00pm **PMS502** 1/11-3/15 limit 14 MM0001A \$128 9 meetings WED 7:00-9:00pm PMS501 3/22-5/24 limit 14 This is an introduction to the great Highland bagpipe. Beginning students will learn the basics of reading music and playing bagpipes by playing a practice chanter, the preparatory instrument for bagpipes. No experience is necessary. As students progress to playing the bagpipes, they will have the option of working with more advanced students. This year we will have an introduction to piobaireachd which is the classical music of the bagpipe. This is your chance to learn more about bagpipes. Please bring a practice chanter to class. If you have pipes, please bring them. New section on transition to pipes. Please contact the instructor, Lynne Miller at: Imiller1600@aol.com for information about Covid restrictions and needed equipment.

#### Guitar, Beginning / Elizabeth Klute

**MM0005 \$86 6 meetings WED 1/11-2/15 7:30-9:00pm PMS503 limit 12** If you've found basic guitar chords difficult to play, this class is for you. Using traditional folk songs and modified chord shapes, you will progress at your own pace to playing full chord shapes when your hand is ready. Basic music theory, melodic playing and improvisation are covered. Standard notation and guitar tablature are not covered. Bring your guitar and a 3-ring binder to organize your handouts. Required app: iREAL PRO https://www.irealpro.com

#### Ukulele, Beginning / Elizabeth Klute

MM0020 \$86	6 meetings	MON	2/27-4/3	7:30-9:00pm	PMS503	limit 12
MM0020A \$86	6 meetings	MON	4/17-5/22	7:30-9:00pm	PMS503	limit 12

Ukulele is easy to learn and fun to play. In this course the focus will be on building a foundation of good habits and solid technique. Using traditional folk songs we will cover basic chords, strumming, simple melodies, improvisation and singing while playing. We will be using the C6 tuning: GCEA. You may use a high g or a low g ukulele in this class. Standard notation and ukulele tablature are not covered. Required app: iREAL PRO https://www.irealpro.com No class 10/31 11/21.

## Teach for Piedmont Adult School!

## Do you have a skill or expertise that you would like to share with the community?

Piedmont Adult School is actively looking for new instructors, and we would love to have you on our team! Requirements: deep knowledge, interest and enthusiasm about your topic, and an ability to share that knowledge effectively with adult learners.

Please call (510) 594-2717 for more information.

## **CREATIVE RETIREMENT**

### The Creative Retirement Center: A Free Arts and Social Program for Older Adults

Join us on Thursdays between 9-11am to exercise your body and mind. These drop-in classes are held at the Veteran's Hall in the center of Piedmont. NOTE: Class size is limited. Please arrive on time to ensure a spot in the class. Registration is for communication purposes only.

Spring 2023 dates: 1/12, 1/26, 2/9, 2/16, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6, 4/20, 4/27, 5/4, 5/11, 5/18 6/8

Classes are held at the Veterans Hall.

RR0000 THU 9:00-11:00am Veteran's Hall

**Exercise for Seniors** / *Jacqui Birdsong-James* 9:00-11:00am

Do you suffer from cramps or stiffness in your legs or arms? Do you tire easily? Wish you had more flexibility? Can you spare one hour a week? Come to the Creative Retirement Center and exercise with fellow seniors. Doctors agree that even moderate exercises can extend your life. In a short time you will feel healthier and have more pep. Vigor and fitness is not the domain of youth. Exercise sessions are split into two 1 hour sessions. 1st session: 9:00-10:00am, Low impact cardio, 2nd session: 10:00-11:00am, Strength Training.

#### Fine Arts Media / Wendy Soneson 10:00am-1:00pm

A class designed for older adults in which the student will re-learn old skills or learn new skills while experimenting with fine arts media. Learn techniques, color and composition, and skills designed to enhance personal, professional, and commercial growth. It is a self-paced class geared to the student's level of ability. Areas of study include composition, perspective, color, use of 9-value gray scale and texture.

#### Needlework Drop In/Help Session / Elizabeth Klute 10:00am-12:00pm

This is a friendly drop-in/social time for all levels of needlework crafters. Individual instruction is available as time allows. Beginners are encouraged to relax and take their time learning a new skill. Students must provide their own materials and tools. Supplies for beginning knitting or crocheting: Light colored, plain worsted weight yarn, size 8 knitting needles or size J crochet hook.

### **The Piedmont Recreation Department**

offers recreational activities for adults and retirees aged 50+. They include tennis, yoga, a walking group, a book group, and other social activities.

You can learn more about them and see the latest Piedmont Recreation Activity Guide online at:

www.ci.piedmont.ca.us/recreation/catalog.shtml

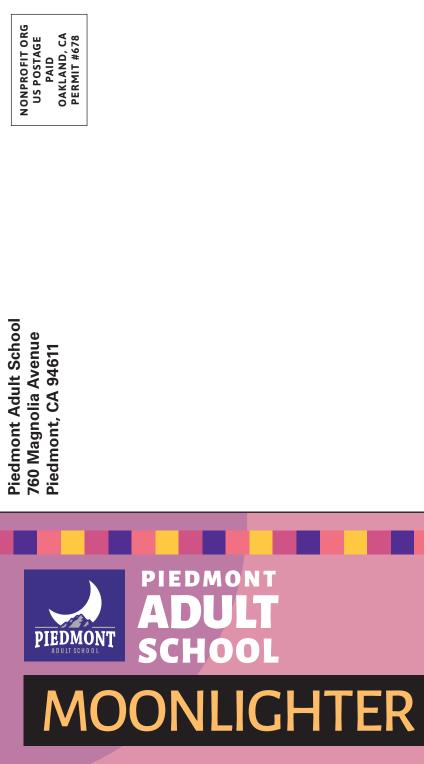
Phone: 510-594-2655 • Fax: 510-595-8173 • www.piedmontadultschool.org PIEDMONT ADULT SCHOOL • 760 Magnolia Ave., Piedmont, CA 94611 Check (payable to: Piedmont Adult School) DATE ZIP TOTAL FEES: Ш Ë 빒 **DISCOUNT:** CITY COURSE NUMBER. COURSE NUMBER-COURSE NUMBER. 🗆 Cash EMAIL MIDDLE BIRTHDATE SENIOR (refer to our seniors policy, pg. 2) FIRST WORK PHONE. SPRING 2023 REGISTRATION FORM Please check here to be added to our mailing list. For credit card charge, please complete below: **NO REFUNDS — PLEASE SEE PAGE 2.** □ MasterCard CVV LAST MALE FEMALE COURSE TITLE COURSE TITLE COURSE TITLE HOME PHONE NSTRUCTOR-NSTRUCTOR NSTRUCTOR **ADDRESS** Visa NAME

Confirmation will be sent by email. Please send a self-addressed, stamped envelope for a printed confirmation of classes. Consider yourself registered unless otherwise notified.

SIGNATURE

**EXPIRATION DATE** 

ACCOUNT NUMBER



## SPRING SEMESTER: JANUARY 9-MAY 30, 2023

12/12/22	Registration Begins
1/9/23	Classes Begin
1/14-1/16	Martin Luther King Jr. Holiday
2/18-2/26	Presidents Day Holiday
4/8-4/16	School District Spring Break
5/27-5/29	Memorial Day Holiday