



MOONLIGHTER

SCHEDULE
OF CLASSES

SUMMER

JUNE 5—JULY 29, 2023

REGISTRATION BEGINS MONDAY MAY 15, 2023



WWW.PIEDMONTADULTSCHOOL.ORG

510-594-2655

GENERAL INFORMATION

SUMMER SEMESTER BEGINS MONDAY, JUNE 5, 2023

REGISTRATION BEGINS MONDAY, MAY 15, 2023

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.piedmontadulthoodschool.org, browse through our online catalog and register for classes online. Online and in-person registration begins at 9:00am on Monday, May 15, 2023.

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 the original form of payment.

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

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.

BOOKS

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.piedmontadulthoodschool.org

Email: pas@piedmont.k12.ca.us

ADULT SCHOOL STAFF

Shannon Fierro, Director of Adult Ed

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

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

ADULT SCHOOL CALENDAR

SUMMER SEMESTER: JUNE 5–JULY 29, 2023

5/15 Registration Begins

6/5 Classes Begin

6/17-6/19 Juneteenth Celebration

7/4 4th of July Holiday

PIEDMONT UNIFIED SCHOOL DISTRICT DISTRICT PERSONNEL

Dr. Donald Evans, Interim Superintendent

BOARD OF EDUCATION

Veronica Anderson Thigpen, President

Hillary Cooper, Vice President

Ruchi Medhekar

Cory Smegal

Lindsay Thomasson

ADVISORY COMMITTEE MEMBERS

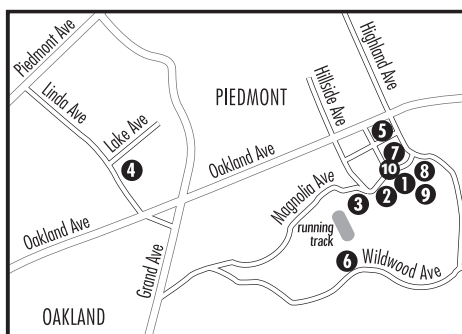
Ruchi Medhekar

Katie Terhar

Jacqui Birdsong-James

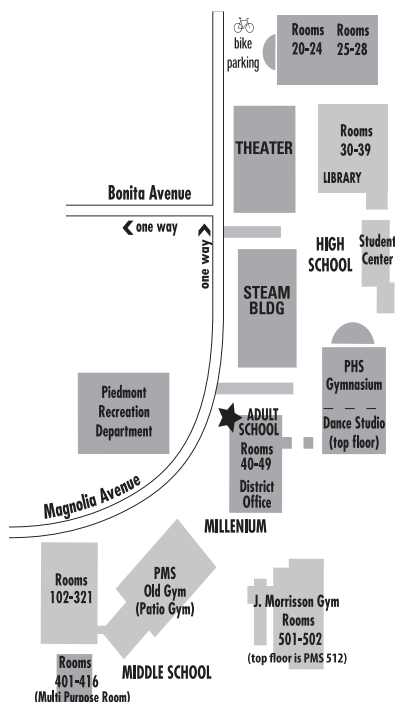
Alycia Lai-Clemens

Marcos Molina



LOCATIONS / MAP OF CLASSES

- ① PAS–Piedmont Adult School
800 Magnolia Ave
- ① PHS–Piedmont High School
800 Magnolia Ave
- ② MHS–Millennium High School
760 Magnolia Ave
- ③ PMS–Piedmont Middle School
740 Magnolia Ave
- ④ BCH–Beach Elementary School
100 Lake Ave
- ⑤ ED–Ellen Driscoll Playhouse / Havens
325 Highland Ave
- ⑥ WWD AUD–Wildwood Auditorium
301 Wildwood Ave
- ⑦ VH–Veteran's Hall
401 Highland Ave
- ⑧ DS–High School Dance Studio
800 Magnolia Ave
- ⑨ STU CTR–Student Center
800 Magnolia Ave
- ⑩ ST–STEAM Building
800 Magnolia Ave.



PIEDMONT ADULT SCHOOL MISSION STATEMENT

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 Summer Academic Calendar

June

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	

July

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
23/30	24/31	25	26	27	28	29



Holidays



Creative Retirement

CONTENTS AT-A-GLANCE: SUMMER 2023

ARTS & CRAFTS

Keep Me in Stitches	6
Painting in All Styles (Workshop)	6
Watercolor Fine Arts Style	6
Why Knot Macramé?	7
Wrap it Up! Jewelry Making	7

BUSINESS

Financial Planning Workshop	7
Get Hired! Proven Job Search Tools & Strategies for Emerging Professionals	8

COMPUTERS

Adobe Acrobat: Forms.....	8
Get to Know Your Digital Camera.....	8
Google Drive	8
Hey, Siri!	9
How to Get the Most From Your Digital Camera.....	9
I H8 Pa\$\$w0rds.....	9
Jetsetting with an iPhone	9
Learn Numbers on the Mac.....	9
Learn Pages on the Mac.....	10
The Magic of Airpods.....	10
Microsoft Excel: Formulas and Functions	10
Microsoft PowerPoint: Level 1.....	10
Microsoft Word: Styles And Outlines.....	10
Personalize your iPhone.....	11
Photos: Take, Organize, Edit, Share ..	11
Problem? Solved!.....	11
Wallet and Apple Pay	11

COOKING

Asian Seafood	11
Asian Vegetarian Cooking	12
Basic Knife Skills Workshop	12
Classic Thai Cooking	12
English Inspired Picnic	12
Paella	13

GENERAL

Family Stories and Memoir Writing ..	13
Travel Planning: Where Do You Want To Go? Make It Happen!	14
Your Next Phase: Finding Purpose and Meaning in Life and Career.....	14

HEALTH/DANCE/REC

Alycia's Heart Beat - A Co-ed Aerobic Workout Mon/Weds/Sat.....	15
Alycia's Heart Beat - A Co-ed Aerobic Workout Tues/Thurs	15
Creativity Gym (for your brain).....	16
Strength Training - Monday	16
Strength Training - Tuesday	16
Strength Training - Wednesday.....	16
Strength Training - Thursday	16

LANGUAGE

French 1A	17
French 1B	17
French 2	17
French 3	17
Spanish Beginning 1	18
Spanish Beginning 2.....	18

MUSIC

Ukulele Jam Class.....	18
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ARTS & CRAFTS

Keep Me in Stitches / Jennifer Fryer NEW

AA0062 \$95 6/10 SAT 10:00am-1:00pm MHS45 limit 10

Seed and Satin, Knot and Chain, Stem and Split. Then do it again! Did you know there are over 300 different hand embroidery stitches? You will learn the basic stitches and be on your way to creating your own personal works of embroidered art. Make and take home a completed project. No previous experience is necessary. Materials fee of \$25 included with registration fee.

Painting in All Styles (Workshop) / Barry Eagle

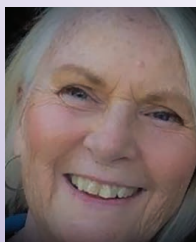
AA0004 \$195 6/8-7/13 THU 7:00-9:30pm 2D ART ST02 limit 15

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.

Watercolor Fine Arts Style / Wendy Soneson

AA0025 \$220 6/10-7/29 SAT 10:00am-12:30pm 2D ART ST02 limit 16

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/watercolor-mini-lessons.html> Former students welcome of course! Also you can contact instructor at wendysoneson@gmail.com with questions. No class 6/17.



Wendy Soneson teaches Fine Arts Watercolor, emphasizing color theory and process over product. She was the John Singer Sargent artist in residence at the Museum of Fine Arts in Boston where she taught before moving to the Bay Area six years ago.

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.

Why Knot Macramé? / Jennifer Fryer NEW

AA0063	\$85	6/24	SAT	10:00am-1:00pm	MHS45	limit 8
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Macramé has become one of the biggest trends in the world in the last few years. There's good reason for that too—macramé is easy to make, and it's a laid-back, natural art form. It makes your home décor feel relaxed, stylish, and fun and can add real texture to walls. Bring a friend, learn and create together to add to your personal home vibe! No previous experience necessary. Materials fee of \$20 included with registration fee.

Wrap it Up! Jewelry Making / Jennifer Fryer NEW

AA0061	\$105	7/8	SAT	10:00am-1:00pm	3D ART ST01	limit 8
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Do you have a treasured stone just waiting to become a pendant? Curious about the process of wirework? Wrap it up yourself! Learn how to handle jewelry pliers and bend fine metal wire to make your own personal works of wearable art. 2-3 completed projects in 3 hours. No previous experience is necessary. Material fee of \$35 included with registration fee.



Jennifer Fryer has more than 20 years teaching experience as a visual arts instructor specializing in ceramics but including many other forms such as stained glass, jewelry, sculpting, and fiber arts. Her motivation is sharing the joy of the creative process. She lives in Oakland with her husband, two cats and a Labrador puppy.

BUSINESS

Financial Planning Workshop / Chris Paganelli

BB0007	\$50	6/6	TUE	6:00-8:00pm	MHS45	limit 20
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Do you picture yourself owning a new home, starting a business, or retiring comfortably? These are a few of the financial goals that may be important to you. That's where financial planning comes in. In this one day workshop we will target your goals by evaluating your whole financial picture, then outlining strategies that are tailored to your individual needs and available resources. You will walk away with a financial plan that will serve as a framework for organizing the pieces of your financial picture. With a financial plan in place, you'll be better able to focus on your goals and understand what it will take to reach them.



Chris Paganelli has a broad background in asset management and financial planning. He began trading stocks at an early age and has been a student of the markets ever since. His strong passion for connecting with people and financial planning led him to his career as a financial advisor. Prior to joining Stifel in 2017 he had careers at both Morgan Stanley and UBS financial. Outside of the office Chris can always be found in the outdoors on his bike or his skis. He also enjoys giving back as a scoutmaster and baseball coach. Chris is married and has three kids and a dog.

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

Get Hired! Proven Job Search Tools & Strategies for Emerging Professionals / Jason Hecker NEW S

BB0001 No Fee 6/10 SAT 11:00am-2:00pm MHS46 limit 20

This 3-hour workshop prepares young adults for their first professional job search. We'll cover job search techniques, interviewing skills, and ways to develop your personal brand. Participants will leave with a better understanding of the job market and the confidence to launch their career!



Originally from Cincinnati, Ohio, **Jason Hecker** is a seasoned workforce development instructor and program manager, with more than 20 years of experience helping individuals develop the skills and tools they need to succeed in today's rapidly changing job market. He is passionate about creating dynamic and engaging learning experiences, and is known for his enthusiastic, collaborative, and results-driven approach to teaching.

COMPUTERS

Adobe Acrobat: Forms / Helen Nishikai

CC0018 \$90 7/8 SAT 9:00am-1:00pm ST127 limit 12

Have you ever downloaded a PDF where you can type into fields of that document (such as an IRS form or a job application)? In this half-day intermediate-level course, you will learn how to create those interactive PDF forms, including how to convert a document into a form and to manage different types of fields (text fields, check boxes, drop boxes, etc.). Then, learn how to create a sample form document in Microsoft Word to be converted to a PDF. Prerequisites: Adobe Acrobat beginner or equivalent experience.

Get to Know Your Digital Camera / Dennis Mockel

CC0041 \$95 6/10 SAT 10:00am-3:00pm 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. Class will include a lunch break. Students can either bring lunch or purchase it locally.

Google Drive / Deborah Brooks S

CC0010 No Fee 6/15-7/20 THU 11:00am-12:30pm Online limit 20

Learn to create documents and collaborate with others using Google Drive. We'll learn to create, edit, and share documents, spreadsheets, forms, and slideshows. Basic computer and mouse skills required. A Google email account is required (If you do not have one, visit Google site to set one up.)



At Piedmont Adult School, **Deborah Brooks** has taught ESL, Spanish, computer skills, and even ran our volleyball program for several years. Her master's degree is in linguistics and teaching foreign languages, which helps her to be more effective in teaching computer skills to older adults, where the technical terms often get in the way of understanding and learning. She has taught basic computer skills to older adults and non-native speakers for over 15 years.

Hey, Siri! / *Mike Matthews*

CC0080	\$45	7/27	THU	7:00-9:00pm	ST206	limit 15
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You probably know Siri as the voice assistant that runs on your Apple device. It can do things for you, like open applications, schedule meetings, look up sports scores, and play music. But Siri also watches what you do in the background and offers suggestions, such as apps you may want to open or directions to your next calendar event. Come learn how Siri can make your life just a little bit easier.

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

CC0042	\$125	6/8-6/22	THU	7:00-9:00pm	ST127	limit 16
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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	\$45	7/18	TUE	7:00-9:00pm	ST206	limit 15
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One day, 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.

Jetsetting with an iPhone / *Mike Matthews* NEW

CC0081	\$45	6/6	TUE	7:00-9:00pm	ST206	limit 15
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You've got a trip coming up and your iPhone is a perfect traveling companion. Whether it's planning the trip, keeping your itinerary organized, building a packing list, finding sights to see, translating languages, or recording memories—the iPhone is an indispensable tool for all this and more. Bring your iPhone updated to the latest version of iOS 16.



Mike Matthews teaches a range of very popular courses on how to use Apple products. Many of his classes are 2-hour workshops on how to use specific Apple Apps such as Messages, Notes and Photos. He also teaches an 8-meeting course on the basics of using your iPhone. Mike is a member of the Apple Consultants Network and has been teaching classes about Apple products for over a decade.

Learn Numbers on the Mac / *Mike Matthews* NEW

CC0082	\$120	6/20-6/22	TWTh	1:30-3:30pm	Online	limit 15
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Numbers is Apple's free spreadsheet application and it runs on the Mac, iPad, iPhone, and in a web browser. You start in Numbers from either a template or with a blank canvas within which you place tables wherever you like. Numbers allows you to be creative with stylized text and graphics and it will open Excel files and save its own spreadsheets in Excel format. If you need a spreadsheet on the Mac, come see why Numbers fits the bill. Have your Mac updated to the latest version of macOS.

Learn Pages on the Mac / Mike Matthews NEW

CC0083	\$120	6/28-6/30	WThFr	1:30-3:30pm	Online	limit 15
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Pages is Apple's word processor and it runs on the Mac, iPad, iPhone, and in a web browser. You can create beautiful documents, including newsletters, flyers, certificates, basic letters, and books. It can even open Word documents and save its own files as Word documents. And did we mention that it's free? Bring your Mac updated to the latest version of macOS and find out why Pages might be all the word processor you'll ever need.

The Magic of AirPods / Mike Matthews NEW

CC0086	\$60	6/8	THU	7:00-9:00pm	ST206	limit 15
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First it was those iconic white-wired headphones plugged into an iPod. Then came the iPhone—and there went the headphone jack. Wireless headphones are The Thing Now, and AirPods are all the rage. If you have a pair, you can attest to not only their sound but their convenience. But there's more to AirPods than meets the ear. Bring your set and learn how to use your AirPods for more than just passive listening.

Microsoft Excel: Formulas and Functions / Helen Nishikai

CC0022	\$140	6/24	SAT	9:00am-5:00pm	ST127	limit 12
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In this intermediate-level course, learn tips and techniques for using formulas and functions in Excel. After a review of the basics, we will cover topics for managing formulas, such as: relative vs. absolute cell references, linked formulas, 3-D formulas, named ranges, nested formulas, formula auditing, error checking, and calculation options. Then, we will go over specific functions in a variety of categories (logical, lookup, date and time, financial, math and statistics, text, etc.). Bring your questions and get ready to crunch a lot of numbers! Prerequisites: Excel Beginning or equivalent experience.

Microsoft PowerPoint: Level 1 / Helen Nishikai

CC0030	\$140	6/10	SAT	9:00am-4:30pm	ST127	limit 12
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PowerPoint is one of the most popular software programs for creating slideshow presentations. In this one-day class, you will learn the basics of PowerPoint. Topics include views, navigation, slide layouts, design themes, bullets and numbering, pictures, clip art, shapes, SmartArt, WordArt, tables, charts, and printing. Prerequisites: Familiarity with any other Microsoft Office program (Word, Excel, etc).

Microsoft Word: Styles And Outlines / Helen Nishikai

CC0037	\$140	7/15	SAT	9:00am-4:30pm	ST127	limit 12
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In Microsoft Word, "style" is the most efficient method to format text and update the format of text and "outlines" is essential to organizing and reorganizing your document quickly. In this intermediate-level class, we will cover the basics of styles and outlines as well as more advanced techniques such as modifying the Normal style, moving styles from one document to another, working with style sets and themes, and creating a table of contents using styles. Prerequisites: Beginning Microsoft Word or equivalent experience.



Helen Nishikai has been teaching computer software programs to adult students and corporate clients for over 25 years and has worked in information technology, web development, and technical consulting. She holds a California Teaching Credential in Adult Education for Computer Technology and Business Management. "I love helping people learn new skills that they can apply directly to their job or personal life," says Helen.

Personalize your iPhone / Mike Matthews NEW

CC0084	\$90	6/15	THU	7:00-9:00pm	ST206	limit 15
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Apple has opened up the iPhone in recent years to add many options to make your iPhone your iPhone. You've been able to customize the wallpaper for years, but now you can choose a different look for the lock screen and add helpful widgets to it. We'll also show you how to tinker with your home screens, adding folders and widgets, and arranging the screens and app icons the way that works best for you. Bring your iPhone updated to the latest version of iOS 16.

Photos: Take, Organize, Edit, Share / Mike Matthews

CC0059	\$120	7/11-7/13	TWTh	7:00-9:00pm	ST206	limit 15
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Photos and videos contain some of our most precious memories, and you can use your iPhone and Apple's Photos app to organize them, edit them just the way you want, and easily share them with others. We'll run through all the features of Apple's Camera app on the iPhone or iPad, then we'll focus on the Photos app. Bring your Apple devices, updated to the latest version of their operating system.

Problem? Solved! / Mike Matthews NEW

CC0085	\$45	7/25	TUE	7:00-9:00pm	ST206	limit 15
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Have you hit a roadblock while using your Apple device? Ever wondered how somebody sent you a talking T-Rex via the Messages app? Need a refresher on customizing the appearance of your iPhone screen? And why won't your email sync properly? Bring your questions, we'll try to figure out the answers.

Wallet and Apple Pay / Mike Matthews

CC0057	\$45	6/20	TUE	7:00-9:00pm	ST206	limit 15
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Think about all the things you carry in your wallet. Apple has a goal: replace it all with the Wallet app on your iPhone. Whether it's digging up your AAA card, buying movie tickets, paying for your groceries, or riding BART, you can do it with the Wallet app and Apple Pay. Bring your iPhone and Apple Watch and we'll help you get set up and ready to go.

COOKING**Asian Seafood / Chat Mingkwan**

HC0054	\$85	7/22	SAT	10:30am-1:30pm	STU CTR	limit 12
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An abundance of seafood gives rise to delicious recipes in Asian cooking. We will prepare three recipes with different ingredients and cooking techniques, such as Korean scallop and shrimp pancakes, hot and sour squid salad, and steamed mussels with mirin and sweet basil. Bring your sharp chef's knife or cleaver and a beverage. \$15 food fee included in registration.

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

Asian Vegetarian Cooking / Chat Mingkwan

HC0078 \$85 7/15 SAT 10:30am-1:30pm STU CTR limit 12

Asian Vegetarian Cooking: Let's modify popular Asian dishes into vegetarian-friendly meals and maintain the soul that makes Asian cuisine so uniquely popular. Learn to use exotic ingredients, seasonings and herbs from Asia and prepare three popular Asian dishes. Some dishes can be made in big batches that last for several meals. Bring your sharp chef's knife or cleaver, cutting board, hand towel and beverage. \$15 food fee included with registration.

Basic Knife Skills Workshop / Chat Mingkwan

HC0002 \$85 7/11 TUE 5:00-8:00pm STU CTR limit 12

Learn to cut and dice like a pro! This basic skill will make your cooking less laborious, less time-consuming and more fun. We will learn julienne, baton, brunoise, chiffonade vegetables and how to break up whole chickens to make a simple dinner. Includes tips on maintaining and sharpening knives. \$15 materials fee included with registration. Bring your sharp chef's knife (minimum 8"), sturdy cutting board, vegetable peeler, hand towel, and non-alcoholic beverage.

Classic Thai Cooking / Chat Mingkwan NEW

HC0055 \$85 7/29 SAT 10:30am-1:30pm STU CTR limit 12

A new trend in Thailand is to rejuvenate all thing classic. Chef Mingkwan invites you to learn about Thai culinary philosophy, to recognize Thai flavors, and to create wonderful Thai classic dishes. Learn to use many herbs and spices found in Thai cuisine, such as lemongrass, galangal, and kaffir lime. We prepare dishes such as hot and sour soup, lime infused salad, stir-fried noodles, and aromatic curry. Transform fresh ingredients into delicious meals. Bring a chef's knife or cleaver, apron, and beverage. \$15 food included with registration.



The Asian cooking classes are taught by instructor **Chat Mingkwan**. A native of Thailand, Mingkwan began preparing Thai food as a child, working alongside his mother and aunt in their successful restaurant and hotel. He was classically trained in cooking in Rayon, France. Mingkwan has traveled throughout Southeast Asia, studying the local cuisines. He is currently a cooking teacher, author, food and restaurant consultant, and Asian antique trader.

English Inspired Picnic / Carmen Chan NEW

HC0091 \$90 7/8 SAT 10:00am-1:00pm STU CTR limit 10

Join us in celebrating the warm summer days by creating an English inspired picnic. In this class, we will create a savory mini pie and a twist on a sausage roll. To accompany these rich and comforting foods, we will make a mustard potato salad and a citrusy fennel salad. Come and create the most delicious picnic basket inspired by the best produce the season has to offer! \$ 20 food fee included with registration.

Paella / Carmen Chan

HC0061	\$85	6/10	SAT	10:00am-1:00pm	STU CTR	limit 10
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The paella dish originates from Valencia. This popular one-dish feast was originally made with a variety of proteins such as chicken, rabbit, or a variety of beans. Now, this dish is mostly associated with seafood, chicken, and vegetables. There is no wrong recipe when it comes to paella. This versatile dish can be created with almost any ingredient available. Come and try your hand at creating your original version of paella! \$15 food fee included with registration. NOTE: Our cooking classes are active, hands-on sessions. Students will be standing or moving for the entire class.



Carmen Chan began her cooking journey at home, cooking with both of her grandmothers. She later drew inspiration from her travels to European and Asian countries, and attended the Cordon Bleu Culinary School to pursue her passion further. In addition to being a cooking instructor, she is a first grade teacher at Wildwood Elementary in Piedmont.

GENERAL**Family Stories and Memoir Writing / Denise Bostrom**

GW006	\$175	6/6-6/27	TUE	6:00-8:00pm	PHS-41	limit 16
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Family Stories and Memoir Writing is a four-week class offering beginning and seasoned writers tools to discover, reflect on, and write your story. Using the text, *The Art of Memoir* by Mary Karr, the class will cover story-setting, character investigation, and approaches in structuring the work. Excerpts from different memoirs will be analyzed, as students will receive handouts outlining interview techniques, writing styles, and workshopping memoir pages.



Denise Bostrom wrote scripts for PBS, HBO, and the Lifetime Channel. She worked as a script-doctor and supervisor with noted directors Chris Columbus, Wes Craven, John Kory, George Lucas, and Wayne Wang. She has also taught screenwriting and nonfiction/memoir scriptwriting at SF State, City College, and the University Project at San Quentin State Prison.

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

Travel Planning: Where Do You Want To Go? Make It Happen! /

Joseph Whitehouse

GG0070 \$55 6/13 TUE 6:30-9:00pm MHS45 limit 25

Join Joe Whitehouse to learn how he traveled successfully to 154 countries. All phases of travel planning from selecting a destination(s) to travel modes, hotel and restaurant selection, choosing guides, using airline points, Discussion on Covid issues and all the issues the class brings up. Acquire web sites to research all aspects of travel planning. Learn to select trip suppliers in any country. Find out the differences between small vs large ship travel or self-driving vs hiring a driver guide.



Joseph Whitehouse has been traveling since his Eagle Scout days in the '60s. With 154 countries in his pocket, he and his wife continue to find interesting places to go and new ways to experience them.

Your Next Phase: Finding Purpose and Meaning in Life and Career / Roberta Streimer

GG0092 \$150 6/22-7/13 THU 6:30-9:00pm ST203 limit 12

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 teaches the new class, Your Next Phase: Finding Meaning in Your Life/Career. Roberta is a certified coach, workplace mediator, and a career advisor for people who want to contribute in ways that are meaningful for the remainder of their career and beyond. Roberta helps people reflect on their life and work experience and plan realistic and productive next steps as they prepare for their own next phase.

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	\$125	6/5-7/29	MWSat	9:00-10:00am	BCHAUD	limit 50
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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. For more information, call (510) 585-5885. In person 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 6/17, 6/19, 6/21, 6/24, 6/26.

Alycia's Heart Beat - A Co-ed Aerobic Workout Tues/Thurs / Alycia Lai-Clemens

HR0003	\$85	6/6-7/27	TTh	5:30-6:30pm	Online	limit 50
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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. For more information, call (510) 585-5885. Tues./Thurs.: 5:30pm - 6:30pm (via Zoom). No class 6/20, 6/22.



Alycia Lai-Clemens teaches Alycia's Heart Beat: A Co-Ed Aerobic Workout and has taught dance exercise since 1980. She has a California Adult Education Teaching Credential for Physical Fitness and Conditioning and Physical Fitness for Older Adults, as well as a degree from the University of California, Berkeley. She strives to create a positive and welcoming environment where exercise is fun, joyful, and habit-forming.

She has two grown sons, a partially-trained labradoodle, and was born and raised in Oakland.

Creativity Gym (for your brain) / Talia Dashow NEW

HR0070	\$85	7/11-7/25	TUE	6:30-8:00pm	PHS42	limit 20
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Are you ready to give your brain a workout in a fun, supportive and possibly silly setting? Join us for Creativity Gym, where we will play creativity games and work on activities designed to get us thinking in expansive and unfamiliar ways. Being creative on a regular basis keeps your brain sharp and can help you become more comfortable with ambiguity, a better problem solver, more confident, more flexible, and generally happier. Come learn new skills and make new friends with us!



Talia Dashow helps individuals and teams become more productive, flexible, and innovative using methodologies based in creativity. She basically helps you turn work into play! She has been coaching since 2001, and also runs Creativity Gym where people play creativity games to become more flexible thinkers and strengthen their creative confidence. Talia has a BA in English from UC Berkeley, a certificate as a mediator, and a certificate to facilitate LEGO Serious Play.

Strength Training - Monday / Jacqui Birdsong-James

HR1031	\$60	6/5-6/26	MON	5:00-6:00pm	Online	limit 20
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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 - Tuesday / Jacqui Birdsong-James

HR0034	\$60	6/6-6/27	TUE	5:00-6:00pm	PMS512	limit 20
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Strength training develops lean muscle, enhances bone density, increases metabolic rate and help burn body fat. This class includes: a group warm up, circuit training on machines, free weights and a cool down. Bring an exercise mat.

Strength Training - Wednesday / Jacqui Birdsong-James

HR1030	\$60	6/7-6/28	WED	5:00-6:00pm	Online	limit 20
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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	\$60	6/8-6/29	THU	5:00-6:00pm	PMS512	limit 20
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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.



Jacqui Birdsong-James has been teaching for many years at Piedmont Adult School. She has a State of California Teaching Credential and a degree from Mills College.
 "I love assisting students in attaining their exercise goals. My goal is to encourage students to exercise as a lifetime commitment."

LANGUAGE

French 1A / Jean Monnier

LL0008 \$195 6/13-7/25 TUE 7:00-9:00pm ST126 limit 25

This class is designed for beginners with minimal exposure to French and those who would like to review their basics. No class 7/4. 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.

French 1B / Jean Monnier

LL0009 \$195 6/14-7/26 WED 7:00-9:00pm ST126 limit 25

This class is an advanced beginners level, following French 1A eTextbook same as French 1A: EDITO A1 (methode + cahier d'activities) 1st edition Books may be purchased at European Books and Media, 6600 Shattuck Ave., Oakland, CA 94609 or online at: www.europeanbook.com.

French 2 / Jean Monnier

LL0006 \$195 6/15-7/27 THU 7:00-9:00pm ST126 limit 25

Intermediate French. For those who have mastered Basic Elementary French. Continuation of French 1B, basic grammar through exercise and conversation. Textbook: "Communication progressive du francais - niveau Intermediaive". Available at European Books and Media, 6600 Shattuck Ave. or online at: www.europeanbook.com.

French 3 / Jean Monnier

LL0007 \$195 6/12-7/24 MON 7:00-9:00pm ST126 limit 25

Advanced French. This class is taught solely in French. No class: 6/19. Textbook: "Communication Progressive du Francais - Niveau Avance". Can be purchased at European Books and Media, 6600 Shattuck Ave. or online at: www.europeanbook.com.



Jean Monnier has been teaching at Piedmont Adult School since 2007. He has taught at UC Berkeley, Head Royce and Campolindo high schools. In addition, he has written multiple papers and books on French involvement in the California Gold Rush and other topics.

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Spanish Beginning 1 / Helmi Waits

LL0050	\$230	6/5-7/12	MW	7:00-8:30pm	ST124	limit 25
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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.

Spanish Beginning 2 / Helmi Waits

LL0051	\$230	6/6-7/13	TTh	7:00-8:30pm	ST124	limit 25
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In this class you will learn demonstrative adjectives, the present tense of irregular verbs, the past tense (preterit), reflexive verbs, direct object pronouns, indirect object pronouns, and the combination of indirect and direct objects, por vs. para, and adverbs. Typical activities may include individual presentations, conversation in groups, listening to songs, and acting in skits. Text used in class: Como se Dice, 9th edn. ISBN#0 547 0013 2. (Chapters 5-8) Available used, at Amazon.com.



Helmi Waits has been teaching the two beginning levels of Spanish at Piedmont Adult School since 2012. She lived and worked in Madrid, Spain, for 37 years, where she taught English to Cuban refugees. She later worked as a Project Manager for a small company. She wants her students to feel comfortable speaking Spanish in ALL Spanish-speaking countries. Helmi believes it is important for people to enjoy learning a new language and tries to design her classes so that students can interact with each other from the beginning.

MUSIC**Ukulele Jam Class / Elizabeth Klute** NEW

MM0021	\$150	6/6-6/27	TUE	7:30-9:00pm	PMS503	limit 12
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Do you play ukulele? In this class we will strum and sing our way through a variety of songs. Participants will be guided and encouraged to lead songs of their choice. Prerequisite: You should know several chords and be able to change chords in time with the music. There will be several pages of handouts. Bring a 3-ring binder to organize your songbook. Jamming is fun! You can learn so much from playing with others!



Elizabeth Klute is a retired Classroom Music Specialist. She is also a Level 2 certified instructor of The James Hill Ukulele Initiative. She is a performer who sings and plays guitar, ukulele, bass and mandolin in a variety of ensembles. In addition to teaching the guitar and ukulele classes, you can find her hosting the Creative Retirement Needlework Drop-in/Help Session.

NO REFUNDS — PLEASE SEE PAGE 2.

SUMMER 2023 REGISTRATION FORM

PIEDMONT ADULT SCHOOL • 760 Magnolia Ave., Piedmont, CA 94611
Phone: 510-594-2655 • Fax: 510-595-8173 • www.piedmontadulthoodschool.org

☐ Please check here to be added to our mailing list.

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FIRST

MIDDLE

DATE

☐ MALE ☐ FEMALE ☐ SENIOR (refer to our seniors policy, pg. 2) BIRTHDATE

ADDRESS CITY ZIP

HOME PHONE WORK PHONE EMAIL

COURSE TITLE COURSE NUMBER FEE

INSTRUCTOR

COURSE TITLE COURSE NUMBER FEE

INSTRUCTOR

COURSE TITLE COURSE NUMBER FEE

INSTRUCTOR DISCOUNT:

For credit card charge, please complete below:

TOTAL FEES:

☐ Visa ☐ MasterCard CVV ☐ Cash ☐ Check (payable to: Piedmont Adult School)

ACCOUNT NUMBER SIGNATURE EXPIRATION DATE

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.

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PIEDMONT
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MOONLIGHTER

SUMMER SEMESTER:
JUNE 5—JULY 29, 2023

5/15	Registration Begins
6/5	Classes Begin
6/17-6/19	Juneteenth Celebration
7/4	4 th of July Holiday