



MOONLIGHTER

SCHEDULE OF CLASSES **FALL**

SEPTEMBER 11—
DECEMBER 17, 2023

REGISTRATION BEGINS
MONDAY AUGUST 14, 2023



WWW.PIEDMONTADULTSCHOOL.ORG

510-594-2655

GENERAL INFORMATION

FALL SEMESTER BEGINS MONDAY, SEPTEMBER 11, 2023

REGISTRATION BEGINS MONDAY, AUGUST 14, 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, August 14, 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.

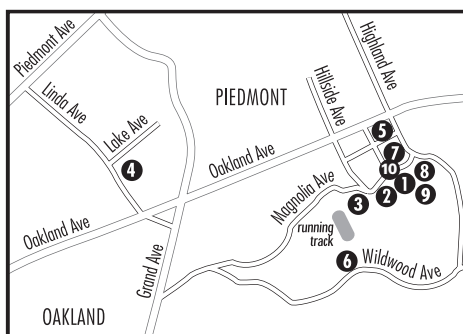
UNIFORM COMPLAINT PROCEDURES

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

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

ADULT SCHOOL CALENDAR

FALL SEMESTER: SEPT 11 – DEC 17, 2023

8/14 Registration Begins

9/11 Classes Begin

11/18-11/25 Thanksgiving Break

PIEDMONT UNIFIED SCHOOL DISTRICT DISTRICT PERSONNEL

Dr. Jennifer Hawn, Superintendent
Ariel Dolowich, Assistant 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

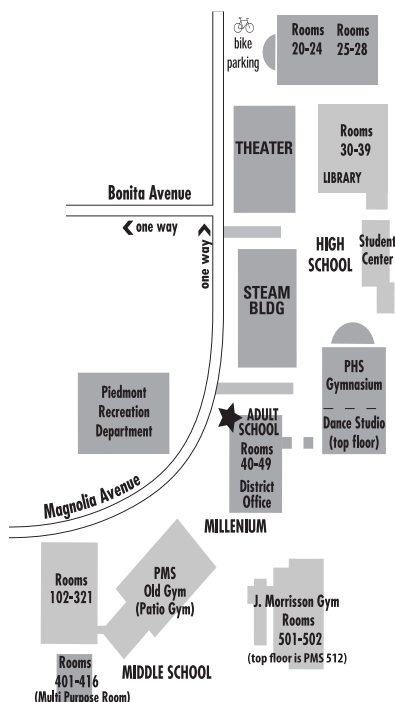
Jacqui Birdsong-James

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 Fall Academic Calendar

September

sun	mon	tues	weds	thurs	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

October

sun	mon	tues	weds	thurs	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				

November

sun	mon	tues	weds	thurs	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		

December

sun	mon	tues	weds	thurs	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
24/31	25	26	27	28	29	30

○ Holidays

□ Creative Retirement

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ARTS & CRAFTS

Artwork Studio: Painting and Drawing / Barry Eagle

AA0004	\$195	6 meetings	9/14-10/19	THU	7:00-9:30pm	2D ART ST02	limit 15
AA0004A	\$195	6 meetings	10/26-12/7	THU	7:00-9:30pm	2D ART ST02	limit 15

Become part of a supportive creatives' workshop. Instructor's 1-on-1 guidance responds to student needs and requests. The class covers materials, techniques, perspective, color mixing, composition, values and more. Students of diverse experience (from motivated beginner to advanced) pursue their own projects, using oil, acrylic, watercolor, graphite, pastel, colored pencil, etc. as desired. Come with enthusiasm, your art supplies, reference photo, object or sketchbook, then produce your landscape, still life, portrait or abstraction. Expect an informal, collegial atmosphere with a background soundscape of world music.

Autumn Harvest Wreath Making / Jennifer Sirkus NEW

AA0036	\$95	1 meeting	10/21/23	SAT	10:00am-1:00pm	MHS47B	limit 16
AA0036A	\$95	1 meeting	9/23/23	SAT	10:00am-1:00pm	MHS47B	limit 16

Welcome in the autumn season by crafting a dried floral wreath. This class provides an overview of the elements of floral design and wreath making techniques. Upon class completion, you will have a personalized 12-14" seasonal wreath to bring home or give as a gift. Anyone is welcome, as this class is beginner friendly. All wreath making materials are provided. Please bring a pair of garden clippers if you have them. Price includes \$45 materials fee.

Cultivating Joy: A Floral Workshop / Victoria Thompson

AA0031	\$115	1 meeting	9/23/23	SAT	10:00am-1:00pm	3D ART ST01	limit 12
AA0031A	\$115	1 meeting	12/2/23	SAT	10:00am-1:00pm	3D ART ST01	limit 12

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.



Victoria Thompson of Olive + Grace Stems is a Piedmont-based floral designer. She has enjoyed arranging for community members for local schools and organizations. Prior to narrowing her focus on family and flowers, Victoria spent 16 years working at Pixar Animation Studios. She is excited to share her enthusiasm for floral design and the rewarding, connective qualities it can bring to others.

Giving Thanks Wreath Workshop / Jennifer Sirkus NEW

AA0037	\$95	1 meeting	11/9/23	THU	6:00-9:00pm	MHS47B	limit 16
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Welcome in the season of gratitude and giving by crafting a harvest wreath. This class provides an overview of the elements of floral design and wreath making techniques. Upon class completion, you will have a personalized harvest wreath to bring home or give as a gift. Anyone is welcome, as this class is beginner friendly. All wreath making materials are provided. Please bring a pair of garden clippers if you have them. Price includes \$45 materials fee.

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

Holiday Evergreens Wreath Making / Jennifer Sirkus NEW**AA0039 \$95 1 meeting 12/9/23 SAT 10:00am-1:00pm MHS47B limit 20**

Welcome in the holiday spirit by crafting a fresh evergreen wreath. This class provides an overview of the elements of floral design and wreath making techniques. Upon class completion, you will have a personalized winter wreath to bring home or give as a gift. Anyone is welcome, as this class is beginner friendly. All wreath making materials are provided. Please bring a pair of garden clippers if you have them. Price includes \$45 materials fee.



Jennifer Sirkus of Wildpower Floral is a floral designer, educator, and lover of nature. Wildpower Floral specializes in naturally dried floral creations for weddings special occasions. When not designing and creating works of art, Jennifer teaches floral workshops throughout the Bay Area. Her workshops are known to be joyful, engaging, beginner friendly.

Introduction to Hand Quilting: English Paper Piecing / Eleanor Walker**HK0011 \$95 1 meeting 10/14/23 SAT 12:00-4:00pm PHS42 limit 10**

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 sewing experience. We will begin with an overview of the materials and designs, before walking through each step of the process. In this single session workshop we will work towards completing a small project, and prepare students to tackle larger and more complex projects on their own. \$10 Material fee included with registration.

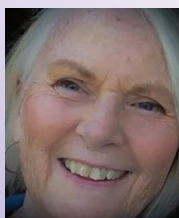
Naturalist Illustration / Rachel Whitman**AA0007 \$190 7 meetings 9/12-10/24 TUE 5:30-7:30pm PHS42 limit 12**

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 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).

Watercolor Fine Arts Style / Wendy Soneson**AA0025 \$205 6 meetings 9/16-10/21 SAT 10:00am-12:30pm 2D ART ST02 limit 15****AA0025A \$205 6 meetings 10/28-12/16 SAT 10:00am-12:30pm 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/watercolor-mini-lessons.html> Former students welcome of course! Also you can contact instructor at wendysoneson@gmail.com with questions.



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.

BUSINESS

Financial Planning Workshop / *Chris Paganelli*

BB0007 \$50 1 meeting 9/27/23 WED 6:00-8:00pm MHS45 limit 20

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. 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.

Managing Health Care Expenses in Retirement / *George Noceti*

BB0039 \$30 1 meeting 10/10/23 TUE 6:30-8:00pm MHS46 limit 25

If you are concerned about health care expenses in retirement, now is the time to start planning. Starting with an overview of Medicare and ending with a discussion of long-term care, this workshop will open your eyes to the way health care works in retirement and what decisions you need to make now to prepare. Learn the answers to your questions: When do I need to sign up for Medicare? What does Medicare cover? How much does it cost? Will I need other insurance? What about long-term care? This workshop is geared to everyone over 60, even if you are already on Medicare.

Savvy Social Security Planning for Couples / *George Noceti*

BB0037 \$30 1 meeting 9/13/23 WED 6:30-8:00pm MHS46 limit 25
BB0037A \$30 1 meeting 11/8/23 WED 6:30-8:00pm MHS46 limit 25

Social Security is far more complicated than most people realize. The decisions you make now can have a tremendous impact on your retirement income. In this workshop you will learn: How much Social Security you and your spouse stand to receive over your joint lifetime, How spouses with little or no prior earnings can take advantage of Social Security benefits, How remarriage affects survivor benefits from a former spouse, How to avoid mistakes at your Social Security office, and more! 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.



George Noceti is a Wealth Advisor for Morgan Stanley. For more than a decade, he has helped individuals and families plan for the future. George has taught in the Personal Financial Planning Program at UC Berkeley and has conducted hundreds of public seminars on College Funding, Social Security, Medicare, and Cash Flow Planning in Retirement. He is a frequent guest on local television and radio business shows.

COMPUTERS

Adobe Acrobat: Create and Edit PDFs / Helen Nishikai

CC0017 \$79 1 meeting 9/16/23 SAT 9:00am-1:00pm ST127 limit 12

In this half-day beginner-level course, we will cover the basics of using Adobe Acrobat to create and edit PDF files. First, learn various ways to generate a PDF file. Then, learn how to edit a PDF, including editing text and images, moving pages within one file or between files, renumbering pages, converting a PDF to a Word document, and more. Finally, we will cover basic management issues, such as reducing file size and password protection.

Apple Watch 1:01 / Mike Matthews

CC0063 \$135 4 meetings 12/11-12/14 MTWTh 10:00am-12:00pm Online limit 12

Apple Watch is Apple's most personal device. Besides telling you exactly what time it is, you can also use Apple Watch to make phone calls, measure your heart rate, track a workout, find your way home, remind you to stand up, set a timer, pay for your groceries, and much more. Bring your iPhone and Apple Watch updated to iOS 17 and watch OS 10, respectively.

Creating a Website with WordPress / Helen Nishikai

CC0014 \$150 1 meeting 10/7/23 SAT 9:00am-5:00pm ST127 limit 12

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

Creating a Website with WordPress: LAB SESSION / Helen Nishikai

CC0015 \$60 1 meeting 10/14/23 SAT 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 \$95 1 meeting 9/23/23 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.

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

CC0042 \$125 3 meetings 9/14-9/28 THU 7:00-9:00pm 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.

Keeping Track of People / *Mike Matthews*

CC0087 \$45 1 meeting 11/15/23 WED 7:00-9:00pm ST206 limit 12

The Contacts app is probably the most boring app on your Apple device. But in many ways, it's also the most important. Your iPhone, iPad, or Mac is first and foremost a communications device. Think of all the ways you communicate with people (phone calls, email, video calls, texting) and it's the Contacts app that makes all of this easy. Bring your Apple devices updated to the latest version of their operating system and learn how the Contacts app can enhance the ways you communicate with others.

Microsoft Excel: Beginning / *Dennis Mockel*

CC0020 \$195 6 meetings 10/5-11/9 THU 7:00-9:00pm ST127 limit 16

Microsoft Excel is the industry standard for spreadsheet programs. In this beginning level course, students learn to: navigate the user interface; enter data and create simple formulas; use cell references in formulas; format text, numbers, and sheets; build charts and diagrams. Prerequisite: familiarity with Windows operating system.

Microsoft Excel: Formulas and Functions / *Helen Nishikai*

CC0022 \$150 1 meeting 9/30/23 SAT 9:00am-5:00pm ST127 limit 12

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 Excel: Macros and VBA / *Helen Nishikai*

CC0019 \$150 1 meeting 11/4/23 SAT 9:00am-5:00pm ST127 limit 12

In this one-day advanced-level course, you will learn how to use macros in Microsoft Excel to automate repetitive tasks, as well as be introduced to the Visual Basic for Applications (VBA) programming language. Prerequisites: Excel Intermediate or equivalent experience. You do not need to know any programming to take this course, but you should feel comfortable using Excel in general.

Microsoft PowerPoint: Level 1 / *Helen Nishikai*

CC0030 \$150 1 meeting 9/23/23 SAT 9:00am-4:30pm ST127 limit 12

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).



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.

Much Ado About Noting / *Mike Matthews*

CC0048	\$45	1 meeting	9/28/23	THU	7:00-9:00pm	ST206	limit 12
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Need to make a quick note? No problem, type—or dictate. Need to add a checklist? Check. How about a weblink? Done. A picture? It's a snap. Let other people add things to the note? Easy-peasy. When a full-blown word processor is overkill, Apple's Notes app stands ready to assist with more features than you think. Bring your Apple devices, updated to the latest version of their operating system.

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

CC0059	\$135	3 meetings	12/12-12/14	TWTh	7:00-9:00pm	ST206	limit 12
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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*

CC0085	\$45	1 meeting	10/5/23	THU	7:00-9:00pm	ST206	limit 12
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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	1 meeting	10/26/23	THU	7:00-9:00pm	ST206	limit 12
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Whether it's digging up your AAA card, buying movie tickets, paying for your groceries, or riding BART, you can do it with Apple Pay and the Wallet app on your iPhone. Apple Pay is faster, easier, and safer than using a traditional credit card. And once you use it you will never want to go back to using traditional credit cards. Bring your iPhone and Apple Watch and we'll help you get set up and ready to go.

What's New with iPad / *Mike Matthews*

CC0067	\$45	1 meeting	10/19	THU	7:00-9:00pm	ST206	limit 12
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A couple of years ago, Apple introduced iPadOS, a variation of the software that runs on iPhone, to add new features that take advantage of the iPad's ability to serve as a second screen for a Mac, use a keyboard and mouse, and run more than one application on-screen simultaneously. If you're an experienced iPad user then this class will get you up to speed with all of the new features and benefits of the latest version of iPadOS.

What's New with iPhone / *Mike Matthews*

CC0068	\$45	1 meeting	10/18/23	WED	7:00-9:00pm	ST206	limit 12
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Every year, Apple releases another version of the software that makes the iPhone the world's most popular smartphone, and 2023 is no exception. If you're an experienced iPhone user who wants to keep up to date with improvements and new features in iOS then this is the class for you.



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.

COOKING

Our cooking classes are active, hands-on sessions. Students will be standing or moving for the entire class.

Asian Noodles Workshop / Chat Mingkwan

HC0044 \$85 1 meeting 10/21/23 SAT 10:30am-1:30pm STU CTR limit 12

Asian countries share similar histories and values, but their unique cuisines clearly demonstrate the differences. Noodles are an Asian mainstream 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. 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 Spicy Stir-fried Noodles. Bring your sharp chef's knife or cleaver, and beverage. Price includes \$15 food fee.

Asian Vegetarian Cooking / Chat Mingkwan

HC0078 \$85 1 meeting 12/2/23 SAT 10:30am-1:30pm STU CTR limit 12

Using his new cookbook, Vegetarian Fusion, Chat invites you to join his quest for healthy eating. Modify popular Asian dishes into vegetarian friendly meals and maintain the soul that makes Asian cuisine so unique. We make various Asian cuisines healthier and more beneficial by using only vegetables and their by-products. Learn to use different seasonings and herbs. Prepare popular Asian dishes, such as soup, salad, curry, and noodles. Bring a sharp chef knife or cleaver, and beverage. Price includes \$15 food fee.

Basic Knife Skills Workshop / Chat Mingkwan

HC0002 \$85 1 meeting 9/16/23 SAT 10:30am-1:30pm 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 to julienne, baton, brunoise and chiffonade vegetables, and break up whole chickens to make a simple meal. The class will also include tips on maintaining and sharpening knives. Bring your sharp chef's knife (minimum 8"), vegetable peeler, hand towel, and beverage. Price includes \$15 food fee.



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.

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

HC0085 \$95 1 meeting 9/24/23 Su 10:00am-2:00pm STU CTR limit 12

Enjoy the freshest versions of these classic treats by learning to make them at home. We will explore the how and why of mixing, shaping, boiling and baking these unique breads. Once you have the basics, the sky is the limit in terms of topping and variations you can explore! \$15 food fee included with registration.

Braided Breads / Eleanor Walker NEW

HC0090 \$115 1 meeting 11/5/23 Su 10:00am-3:00pm STU CTR limit 10

An exploration of the craft and construction of beautiful braided breads. Expand your basic baking knowledge to produce these intricate treats! This course will cover braided loaves in a variety of styles including boules, loaves and wreaths. Please bring a packed lunch or snack as there will be a lunch break during the class. \$15 food fee included with registration.

Burmese Cooking / Chat Mingkwan

HC0024 \$85 1 meeting 10/14/23 SAT 10:30am-1:30pm STU CTR limit 12

Myanmar (Burma) has been a mystery for quite some time, but its cuisine is not that elusive. Burmese cuisine is unique, with its own characteristics that stir interest in the US culinary scene. Learn to cook three popular Burmese dishes in this hands-on class: Laphet tea leaf salad, fish curried noodles, and sweet and sour chicken stew. Bring your sharp chef's knife or cleaver, and beverage. Price includes \$15 food fee.

Cioppino / Carmen Chan NEW

HC0062 \$85 1 meeting 10/7/23 SAT 10:00am-1:00pm STU CTR limit 10

Nothing brings family and friends together like a big bowl of warm and comforting stew. In this class, you will learn how to clean, prepare, and cook multiple types of seafood; such as squid, clams, shrimp, and fish. We will create a deep, rich flavored tomato based broth to cook all of our seafood to perfection. We will also prepare a simple homemade bread to soak up all of these flavors. Take this class and prepare to amaze your guests at your next dinner party! Price includes \$20 food fee.



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.

Cupcake Decorating / Eleanor Walker

HC0079 \$95 1 meeting 10/1/23 Su 10:00am-2:00pm STU CTR limit 12

Learn to decorate cupcakes like a pro in this fun, one day workshop! We will cover classic styles of piping including rosettes, swirls and stars, along with a variety of flowers and modern designs. We will practice our new piping techniques before decorating a box of cupcakes to take home and share with family and friends. \$20 food fee included in registration.

Curry Workshop / Chat Mingkwan

HC0026 \$85 1 meeting 11/18/23 SAT 10:30am-1:30pm STU CTR limit 12

Asian curries have had much Indian influence with spices such as cumin and coriander. But natives have added a few local spices, including fresh and dried chilies, to create a variety of curries to call their own. Learn to transform herbs and spices into scrumptious curry dishes from around Asia, such as Indian Vegetarian Korma, Thai green curry with seafood, and Burmese chicken yellow curry. Bring your sharp chef knife or cleaver, and beverage. Price includes \$15 food fee.

Delicious Dim Sum Workshop / Chat Mingkwan

HC0011 \$85 1 meeting 9/30/23 SAT 10:30am-1:30pm STU CTR limit 12

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. We will learn to use a variety of approaches to create popular items and learn techniques of filling and wrapping. We will make three popular Dim Sum recipes from options such as Pork Shrimp Dumplings, Pot Stickers, BBQ Pork Buns, and Fried Taro and Chives Cakes. Bring your sharp chef knife or cleaver, and beverage. Price includes \$15 food fee.

Fried Rice Workshop / Chat Mingkwan

HC0028	\$85	1 meeting	12/16/23	SAT	10:30am-1:30pm	STU CTR	limit 12
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Leftover rice is perfect for many varieties of fried rice, which can be transformed into a scrumptious one plate meal. The Chinese invention of wok cooking makes fried rice a fast and easy meal, and with a touch of local flair and ingredients can create eclectic popular dishes. We will cook three popular fried rice dishes: Chinese Yangchow fried rice, Indonesian fried rice, and Thai curry fried rice. Bring your sharp chef's knife or cleaver, and beverage. Price includes \$15 food fee.

International Crepes Workshop / Chat Mingkwan

HC0045	\$85	1 meeting	9/23/23	SAT	10:30am-1:30pm	STU CTR	limit 12
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Crepes can be found in one form or another around the world, and they can be served as an appetizer, snack, salad, main entrée, or dessert. Let's try crepes of milk and cream from the West, and crepes of coconut and nectar from the East. Let's try fillings of cheeses and wines from Europe, and fish sauce and toddy from Indochina. Learn how to make different batters and fillings and try various hands-on techniques for spreading and stuffing crepes. We will prepare the most popular crepes from both worlds, such as Blintzes and cheese sauce, Chinese Muu Chu, French sweet crepe suzette with fresh seasonal fruits, and Vietnamese moon crepes. Bring your sharp chef's knife or cleaver and your own beverage. Price includes \$15 food fee.

Macanese Coconut Chicken / Carmen Chan NEW

HC0041	\$85	1 meeting	11/4/23	SAT	10:00am-1:00pm	STU CTR	limit 10
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Macanese food- a unique combination of Portuguese and Chinese flavors dating back to the 16th century. In this class, we will prepare two classic Macanese dishes; fried salted cod and coconut chicken over rice. The fried salted cod will serve as a savory appetizer. To compliment it, we will create a rich and creamy coconut chicken stew served on top of an egg fried rice, all baked to perfection topped with shredded coconut. Come join us on this culinary adventure to Macau! Price includes \$20 food fee.

Paella / Carmen Chan

HC0061	\$85	1 meeting	12/9/23	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! Price includes \$20 food fee.

Winter Sushi and Nigiri Workshop / Chat Mingkwan

HC0029	\$85	1 meeting	10/28/23	SAT	10:30am-1:30pm	STU CTR	limit 12
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Winter is the best time for fresh fish with succulent textures and sweet flavors. Learn the basics of preparing fresh sushi. Learn to make sushi rice for use in Nigiri (finger roll) and Nori Maki (seaweed hand roll). Practice Japanese techniques of filling and wrapping by preparing a variety of sushi such as Hamachi, Inari, Maguro, Unagi, Tobiko, cucumber, spicy tuna, California, and Philadelphia rolls. Bring a sharp pointed-tip chef's knife, bamboo mat, beverage, and to-go box. Price includes \$15 food fee.

GENERAL**Big Gardens in Small Spaces: Adventures in Container****Gardening / Lori Caldwell NEW**

GG0022	\$70	1 meeting	10/21/23	SAT	10:00am-12:00pm	3D ART ST01	limit 25
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This class is geared toward people who want to grow their own food but don't have a lot of space. Topics will include: maintaining soil fertility container types, best plants for container gardens and seeds vs starts. Growing in containers is a great way to start a garden or add on to maximize your garden possibilities! Price includes \$25 materials fee.

Climate Change 101 / James Stehr

GG0081 \$45 1 meeting 10/18/23 WED 6:00-8:00pm MHS46 limit 15

In this two-hour session, we will cover the basic science and impacts of Climate Change. We will also discuss the "Silver Lining"—what is currently being done and what can be done through innovation and new technologies. You will learn where to go for reliable information, and gain a better understanding of the challenges we face. We will reference Dr. Kimberly Nicholas' book "Under the Sky We Make" and the video "Merchants of Doubt," (available on YouTube or Netflix).



Climate Change 101 is taught by **James Stehr**, who was a member of Piedmont High School's Class of 1960. Stehr graduated with honors from UC Berkeley and went on to a career in architecture. Upon retirement, he decided to pursue his interest in the sciences, and became a project leader for Al Gore's Climate Reality Project.

Family Stories & Memoir Writing / Denise Bostrom

GW0024 \$195 4 meetings 9/23-10/14 SAT 9:00am-12:00pm MHS46 limit 16

Family Stories and Memoir Writing is a four-week class offering beginning and seasoned writers tools to discover, reflect on, and write your family stories. Using the text, "The Art of Memoir" by Mary Karr, the class will cover setting, character investigation, approaches in structuring the work, and a writer's voice. Excerpts from different memoirs will be analyzed, as students develop, revise, and workshop their stories with a goal of exploring layers in one's work and supporting publishing goals.



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.

Fiction and Creative Nonfiction Writing / Caitlin McCarthy

GW0004 \$128 5 meetings 9/12-10/10 TUE 7:00-8:30pm ST124 limit 15

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.

Harvest and Preserve the Bounty of Your Garden & Recipe Swap / Lori Caldwell NEW

GG0024 \$70 1 meeting 11/11/23 SAT 1:00-3:00pm STU CTR limit 30

This class is geared toward people who want to grow their own food but don't have a lot of space. Topics will include: maintaining soil fertility container types, best plants for container gardens and seeds vs starts. Growing in containers is a great way to start a garden or add on to maximize your garden possibilities! Price includes \$25 materials fee.

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

Navigating Your Career Path: Winning Strategies for the Current Job Market / Jason Hecker S NEW

GG0004 No Fee 1 meeting 9/16/23 SAT 9:00am-12:00pm MHS46 limit 20

Unlock new professional possibilities in this 3-hour Career Navigation Workshop. Designed for job seekers and those considering a career pivot, this hands-on seminar offers expert guidance for strategic career planning, cutting-edge job search tactics, impactful resume writing (and revision), and effective interviewing techniques. Take charge of your career journey—and step confidently into your next employment chapter.



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.

Prepping Your Garden for Fall / Lori Caldwell NEW

GG0025 \$70 1 meeting 9/30/23 SAT 10:00am-12:00pm MHS47B limit 25

One of the many benefits of our climate is being able to garden all year round! Fall/Winter is still a great time to garden. This class will go over techniques on how to transition to your fall garden: cool-weather edible crops, starting seeds, sheet mulching, starting a compost pile and planting natives/drought tolerant plants. Price includes \$25 materials fee.

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

GG0070 \$55 1 meeting 9/26/23 TUE 6:30-9:00pm MHS45 limit 20

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.

What's Next for Your Garden: Maintenance and Looking Ahead / Lori Caldwell NEW

GG0021 \$45 1 meeting 12/9/23 SAT 10:00am-12:00pm 3D ART ST01 limit 30

Most gardens require some maintenance to keep them healthy and thriving. Maintenance and advance planning are some of the key elements of a successful garden/landscape. Topics include seed saving, pruning, compost, planting perennials and more!

Writing Together: A Poetry Studio / Linda Norton **NEW****GW0051 \$150 5 meetings 10/9-11/6 MON 7:00-9:00pm PHS41 limit 10**

In this workshop, we will write and read together, experimenting with new forms and prompts. We'll explore the poetry of everyday life (documents and popular culture, places, family, friends, and pets, memories and feelings) through attention, exploration, and collaboration. Come try new things in a supportive environment with time for both community and one-on-one approaches to growth as a creative artist. All levels welcome.



Linda Norton is the author of *Wite Out: Love and Work*, a memoir with poems, and its prequel, *The Public Gardens: Poems and History*, a finalist for a Los Angeles Times Book Prize. She was a columnist-in-residence at SFMOMA's Open Space and has taught writing at SFSU, the Emeryville Senior Center, and at the Yeats Academy of the Atlantic Technological University in Ireland.

Your Next Phase: Finding Purpose and Meaning in Life and Career / Roberta Streimer**GG0092 \$150 4 meetings 10/19-11/9 THU 6:30-9:00pm ST124 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 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.

GENERAL—STATE FINANCED**English as a Second Language (ESL)** / Adult Ed Staff **S****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@piedmont.k12.ca.us.

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	\$135	21 meetings	9/11-10/28	MWSat	9:00am-10:00am	BCHAUD	limit 50
HR0002A	\$110	17 meetings	10/30-12/16	MWSat	9:00am-10:00am	BCHAUD	limit 50

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 11/11, 11/22, 11/25.

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

HR0003	\$90	14 meetings	9/12-10/26	TTh	5:30-6:30pm	Online	limit 50
HR0003A	\$75	12 meetings	10/31-12/14	TTh	5:30-6:30pm	Online	limit 50

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).



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

HR0070	\$85	3 meetings	9/19-10/3	TUE	6:30-8:00pm	PHS41	limit 20
HR0070A	\$85	3 meetings	10/10-10/24	TUE	6:30-8:00pm	PHS41	limit 20
HR0070B	\$85	3 meetings	10/31-11/14	TUE	6:30-8:00pm	PHS41	limit 20

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 \$150 11 meetings 9/11-11/27 MON 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—Tuesday / Jacqui Birdsong-James

HR0034 \$150 11 meetings 9/12-11/28 TUE 5:00-6:00pm PMS512 limit 20

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 \$150 11 meetings 9/13-11/29 WED 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.

LANGUAGE

French 1A / Jean Monnier

LL0008 \$265 10 meetings 10/3-12/12 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. (Summer 2023) No class 7/4. Textbook: EDITO A1 (Methode + cahier d'activités) 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 \$265 10 meetings 10/4-12/13 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'activités) 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 \$265 10 meetings 10/5-12/14 THU 7:00-9:00pm ST126 limit 25

Intermediate French. For those who have had basic elementary French. Grammar study through conversation and exercices. Required textbooks: COSMOPOLITE 3, (Livre de l'élève + cahier d'activités). Available at European books 6600 Shattuck. Online at www.europeanbook.com.

French 3 / Jean Monnier

LL0007 \$265 10 meetings 10/2-12/11 MON 7:00-9:00pm ST126 limit 25

Advanced French. This class is taught solely in French. Textbooks: COSMOPOLITE 5, (Livre de l'élève + cahier d'activités). Available at European books, 6600 Shattuck. 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.

Spanish Beginning 1 / Helmi Waits

LL0050 \$230 11 meetings 9/18-12/4 MON 7:00-8:30pm ST124 limit 25

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 11 meetings 9/20-12/6 WED 7:00-8:30pm ST124 limit 25

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.

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.

MUSIC

Bagpipes / Lynne Miller

MM0001	\$175	6 meetings	9/13-10/18	WED	7:00-9:00pm	PMS501	limit 15
MM0001A	\$175	6 meetings	10/25-12/6	WED	7:00-9:00pm	PMS501	limit 15

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: lmiller1600@aol.com for information about needed equipment.

Guitar, Beginning / Elizabeth Klute

MM0005	\$150	6 meetings	10/11-11/15	WED	7:30-9:00pm	PMS503	limit 12
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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> Instructor.



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.

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

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.

Fall 2023 dates (Thursdays) 9/14, 9/21, 9/28, 10/5, 10/12, 10/26, 11/2, 11/9, 11/16, 11/30, 12/07, 12/14.

Classes are held at the Veterans Hall.

RR0000	NO FEE	THU	9:00-11:00am	Veteran's Hall	limit 25
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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* 11:00am-1:00pm

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.

Looking for additional activities?

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

NO REFUNDS — PLEASE SEE PAGE 2.

FALL 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.

NAME _____ DATE _____
LAST FIRST MIDDLE
☐ 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 Adult School
760 Magnolia Avenue
Piedmont, CA 94611



**PIEDMONT
ADULT
SCHOOL**



MOONLIGHTER

FALL SEMESTER:

SEPTEMBER 11–DECEMBER 17, 2023

8/14

Registration Begins

9/11

Classes Begin

11/18-11/25

Thanksgiving Break