



# MOONLIGHTER

SCHEDULE  
OF CLASSES

# SPRING

JANUARY 8—JUNE 1, 2024

REGISTRATION BEGINS MONDAY DECEMBER 11, 2023



[WWW.PIEDMONTADULTSCHOOL.ORG](http://WWW.PIEDMONTADULTSCHOOL.ORG)

510-594-2655

## GENERAL INFORMATION

**FALL SEMESTER BEGINS MONDAY, JANUARY 8, 2024**  
**REGISTRATION BEGINS MONDAY, DECEMBER 11, 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](http://www.piedmontadulthoodschool.org), browse through our online catalog and register for classes online. Online and in-person registration begins at 9:00am on Monday, December 11, 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](http://amazon.com) and [barnesandnoble.com](http://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](http://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](http://www.piedmontadulthoodschool.org)

**Email:** [pas@piedmont.k12.ca.us](mailto:pas@piedmont.k12.ca.us)

## ADULT SCHOOL STAFF

**Shannon Fierro**, Director of Adult Ed

**Ron Mockel**, Administrative Coordinator  
[rmockel@piedmont.k12.ca.us](mailto:rmockel@piedmont.k12.ca.us)

**Michelle Lucas**, Administrative Assistant,  
[mlucas@piedmont.k12.ca.us](mailto:mlucas@piedmont.k12.ca.us)

**Dan Bonnin**, Teacher on Assignment  
[dbonnin@piedmont.k12.ca.us](mailto:dbonnin@piedmont.k12.ca.us)

## ADULT SCHOOL CALENDAR

### SPRING SEMESTER: JAN 8 – JUNE 1, 2024

12/11	Registration Begins
1/8	Classes Begin
1/13-1/15	Martin Luther King Jr. Break
2/17-2/22	Presidents Day Break
4/6-4/13	School District Spring Break
5/25-5/27	Memorial Day Break

## PIEDMONT UNIFIED SCHOOL DISTRICT DISTRICT PERSONNEL

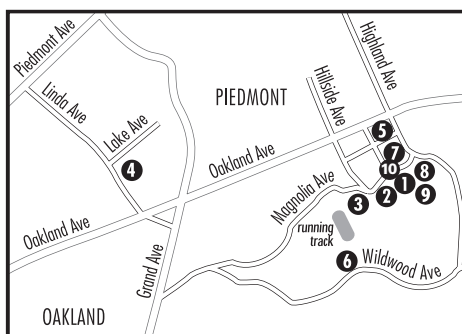
Dr. Jennifer Hawn, Superintendent  
Ariel Dolowich, Assistant Superintendent

## BOARD OF EDUCATION

Veronica Anderson Thigpen, President  
Hillary Cooper, Vice President  
Ruchi Medhekar  
Cory Smegal  
Lindsay Thomasson

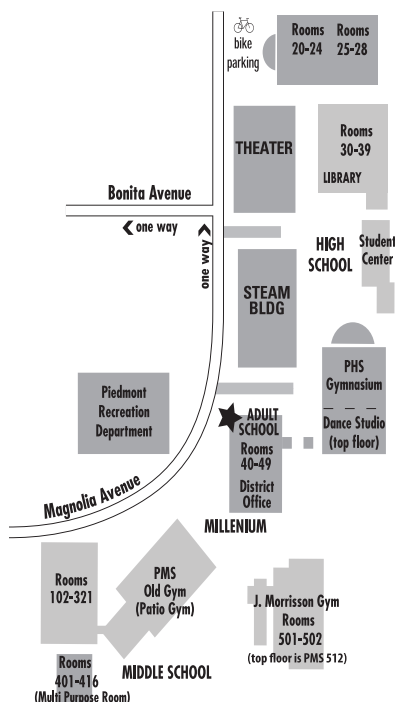
## ADVISORY COMMITTEE MEMBERS

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

2024 Spring Academic Calendar

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				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		

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					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

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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				

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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	

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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	25	26	27	28	29

 Holidays       Creative Retirement

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## Arts & Crafts

### Artwork Studio: Painting and Drawing / *Barry Eagle*

AA0004	\$195	6 meetings	1/11-2/15	THU	7:00-9:30pm	2D ART ST02	limit 15
AA0004A	\$195	6 meetings	2/29-4/4	THU	7:00-9:30pm	2D ART ST02	limit 15
AA0004B	\$195	6 meetings	4/18-5/23	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.

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

AA0031	\$115	1 meeting	1/27	SAT	10:00am-1:00pm	3D ART ST01	limit 12
AA0031A	\$115	1 meeting	3/9	SAT	10:00am-1:00pm	3D ART ST01	limit 12

Cultivate joy for yourself and others through floral design! Participants will learn fundamentals of centerpiece design, including mechanics and storytelling, through an interactive tutorial and hands-on workshop. Each participant will have access to a wide selection of flowers in a seasonal color palette 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.

### Mixed Media with Colored Pencils and Pastels /

*Jennifer Linderman* **NEW**

AA0051	\$245	6 meetings	1/22-3/4	MON	6:30-8:30pm	2D ART ST02	limit 12
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Learn how to use colored pencils and pastels to bring your subjects to life! Each week we will sketch a new subject (either animal or botanical), using a photo as reference. Students will learn a variety of techniques including underpainting, blending, and layering to bring interest and diversity to our subject. All materials will be provided, including substrates/paper, graphite for sketching, colored pencil and pastels, so students have a chance to experiment with new media before investing in their own art supplies. **Materials fee of \$40 included in cost of the class.**



**Jennifer Linderman** has been teaching the art of origami to students of all ages for the past 13 years. She runs her own after school program, "Origami Mami" and also teaches origami as a corporate team-building event in the East Bay.

**Naturalist Illustration** / Rachel Whitman

AA0007	\$180	6 meetings	1/9-2/13	TUE	5:30-7:30pm	PHS42	limit 14
AA0007A	\$180	6 meetings	4/23-5/28	TUE	5:30-7:30pm	PHS42	limit 14

If you share my love of nature and would like to express your feelings through drawing, then please join ( or rejoin ) me for this illustration class for all levels. 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. I can provide any supplies you do not have.

**Watercolor Fine Arts Style** / Wendy Soneson

AA0025	\$340	10 meetings	3/2-5/18	SAT	10:00am-12:30pm	2D ART ST02	limit 15
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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](mailto: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	3/26	TUE	5:30-7:30pm	MHS46	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. 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.

## Legal Issues for the Small Business Startup / Neil Rubenstein

**BB0074 No Fee 1 meeting 3/14 THU 5:30-8:30pm MHS46 limit 20**

This workshop addresses many of the legal issues of critical importance to the formation and success of a new small business. Topics covered include: Choosing the best business structure (Sole Proprietor, Limited Liability Company, Corporation, Other); Obtaining permits and satisfying other government requirements; Finding the right insurance.



**Neil Rubenstein** is an attorney and a mentor with SCORE East Bay (Service Corps of Retired Executives), counseling small businesses. He retired in 2015 from a position as a shareholder in a San Francisco law firm. During his 38-year career as a practicing attorney, he worked with banks and other companies on a wide variety of business, real estate and finance matters.

## Managing Health Care Expenses in Retirement: What You Need To Know About Medicare/Long-Term Care / George Noceti

**BB0030 \$30 1 meeting 2/12 MON 6:30-8:00pm MHS46 limit 25**  
**BB0030A \$30 1 meeting 4/18 THU 6:30-8:00pm MHS46 limit 25**

Baby Boomers are asking: When do I sign up for Medicare? What does Medicare cover? How much does it cost? Will I need other insurance? What about long-term care? At this workshop you will learn: How Medicare enrollment periods work – and what you need to do to avoid late-enrollment penalties. How much you can expect to pay in health care costs after going onto Medicare. How Medicare works with private insurance to provide comprehensive coverage. Why most people pay too much for private insurance and how you can avoid excess costs. Why you must plan for higher health costs in retirement—including the possibility of needing long-term care. You will also receive a copy of The Baby Boomer's Guide to Savvy Medicare Planning – a comprehensive reference addressing common questions and issues.

## Savvy Social Security Planning for Couples / George Noceti

**BB0037 \$30 1 meeting 1/10 WED 6:30-8:00pm MHS46 limit 25**  
**BB0037A \$30 1 meeting 3/13 WED 6:30-8:00pm MHS46 limit 25**  
**BB0037B \$30 1 meeting 5/29 WED 6:30-8:00pm MHS46 limit 25**

At this 90 minute educational seminar you will learn how the decisions you make in your 60s can determine the amount of income you—or your surviving spouse—will have in your 80s and 90s. You will also receive a copy of The Baby Boomers Guide to Social Security—a comprehensive reference addressing common questions and issues, including proposals for reform. Social Security is far more complicated than most people realize. The decisions you make now can have a tremendous impact on your retirement income. This informative seminar covers what you need to know about Social Security and reveals strategies for maximizing your benefits.



**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.



**Social Media Marketing for Small Business / Michelle Lucas** S NEW**BB0043 No fee 3 meetings 2/27-3/12 TUE 6:00-7:30pm ST127 limit 15**

Social media can be an easy and effective tool to promote your small business or nonprofit. Getting started is easier than you think! This beginner-level class will provide an overview of social media platforms, with a focus on Facebook, Instagram, LinkedIn and X (formerly Twitter). You will learn how the platforms differ and what sort of content is most appropriate for each, and you'll gain hands-on experience creating accounts and writing posts. Gain the confidence to get started with this important marketing tool!

**Computers/Technology****Advance Your Career with Microsoft Office – Basics/Helen Nishikai** S NEW**CC0001 No Fee 3 meetings 4/20-5/4 SAT 9:00am-12:00pm ST127 limit 12**

Most office or supervisory jobs require strong Microsoft Office skills. In this course for high-beginners, build foundation knowledge and confidence for using Word, Excel, and PowerPoint to advance your career. In three half-day sessions, we'll cover key topics such as controlling formatting in Word, creating formulas and functions in Excel, and managing slides in PowerPoint. We'll discuss keyboard shortcuts, file sharing in the workplace, tips and tricks, and more. Prerequisites: Basic experience in Word and Excel.

**All About iCloud / Mike Matthews****CC0056 \$45 1 meeting 2/8 THU 7:00-9:00pm ST206 limit 12**

Think of iCloud as the glue that holds all your Apple devices together, syncing information like contacts between all your devices. iCloud also lets you share photos, documents, and calendars with other iCloud users. You can use iCloud to store documents as well as all your photos and videos. iCloud also includes vital services like Backup and Find My. Bring your Apple devices, updated to the latest version of their operating system, to find out what iCloud can do for you.

**Beginner's Guide to AI (Artificial Intelligence) – ChatGPT for the Non-Tech Savvy / Jason Hecker** S NEW**GG0030 No Fee 1 meeting 1/20 SAT 9:00-11:00am ST127 limit 20**

Are you curious about how Artificial Intelligence (AI) can increase your productivity in professional and personal tasks? Dive into the world of AI - and ChatGPT specifically - without all the "techy" jargon! Designed for beginners, this hands-on workshop demystifies the use of ChatGPT, allowing participants to confidently engage with the cutting-edge technology. Come see how this powerful tool can simplify your life!



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.

All fees are non-refundable unless class is cancelled.  
Please read full course descriptions posted at  
**[www.piedmontadulthoodschool.org](http://www.piedmontadulthoodschool.org)** before registering.

**Building Beautiful Websites / Helen Nishikai** NEW**CC0002   \$170   3 meetings   1/27-2/10   SAT   9:00am-12:00pm   ST127   limit 12**

In this 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 use for practice or for production after class. We will cover how to manage posts, pages, images, video/ audio, themes, custom menus, and more. Prerequisites: Familiarity with browsers and viewing websites, and an email account that you can access in class using a browser or mobile device.



**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.

**Get to Know Your Digital Camera / Dennis Mockel****CC0041   \$95   1 meeting   1/13   SAT   10:00am-4:00pm   ST126   limit 16**

Students will work with the various controls on their camera to learn the function and how the control is used. Students must bring their digital cameras with memory cards. It will also be helpful (but not required) to bring the appropriate USB cable for downloading pictures and power supply/charger in case batteries discharge. 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   1/18-2/1   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.

**I H8 Pa55w0rds / Mike Matthews****CC0046   \$45   1 meeting   1/22   MON   7:00-9:00pm   ST206   limit 12**

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

All fees are non-refundable unless class is cancelled.

Please read full course descriptions posted at

**[www.piedmontadulthoodschool.org](http://www.piedmontadulthoodschool.org)** before registering.

**iPhone 101 / Mike Matthews**

CC0054	\$270	6 meetings	5/21-5/30	TWTh	7:00-9:00pm	ST206	limit 12
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In this six-session class, we'll cover the basics of using your iPhone. Whether you want to make a phone call, use FaceTime to see who you're talking to, surf the web, send an email, make a grocery list, listen to music, or more, we'll touch on it in this class. Bring your iPhone (updated to the latest version of iOS) and your questions and get more out of your iPhone than you ever thought possible..

**Jetsetting with an iPhone / Mike Matthews**

CC0081	\$45	1 meeting	3/21	THU	7:00-9:00pm	ST206	limit 12
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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. Instructor Mike Matthews teaches a range of very popular courses on how to use Apple products. Mike is a member of the Apple Consultants Network and has been teaching classes about Apple products for over a decade.

**Keeping Track of People / Mike Matthews**

CC0087	\$45	1 meeting	3/19	TUE	7:00-9:00pm	ST206	limit 12
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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.



**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.

**Microsoft Excel: Beginning / Dennis Mockel**

CC0020	\$162	5 meetings	2/29-3/28	THU	7:00-9:00pm	ST127	limit 16
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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.

## Teach for Piedmont Adult School!

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

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

CC0059	\$135	3 meetings	2/27-2/29	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.

**Wallet and Apple Pay / Mike Matthews**

CC0057	\$45	1 meeting	1/23	TUE	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.

**Widgets Galore / Mike Matthews** NEW

CC0088	\$45	1 meeting	2/15	THU	7:00-9:00pm	ST206	limit 12
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Widgets—little bits of information that can appear on your iPhone or iPad home screen and lock screen—are full of info and interactivity and can make your device simpler to use. Come see how to use widgets to their full advantage. Make sure your iPhone and iPad are updated to the latest version of iOS and iPadOS, respectively.

## Cooking

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

**Asian Appetizers and Small Plates / Chat Mingkwan**

HC0053	\$85	1 meeting	3/2	SAT	10:30am-1:30pm	STU CTR	limit 12
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Varieties of delicious morsels – easy, simple, and attractive – are combined to create these cocktail hors d'oeuvres and finger food offerings. Ingredients and techniques of eastern and western worlds are combined in hands-on preparation of one-of-a-kind treats such as Savory Cakes with Sweet Chili Sauce, Lemongrass Beef Patties, and Coconut Pockets. Some dishes can be made far in advance and frozen. Bring your sharp chef's knife or cleaver, and beverage. **\$15 food fee included with registration.**

**Asian Grills and BBQ Workshop / Chat Mingkwan**

HC0065	\$85	1 meeting	5/18	SAT	10:30am-1:30pm	STU CTR	limit 12
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Outdoor grilling is a popular, year-round cooking technique in Asia and often uses rubs and marinades. Learn to season with Asian herbs and spices such as lemongrass, kaffir, five-spice, curry, sweet soy, etc. and make a variety of grilled foods from around Asia. We will prepare marinades, rubs, and tenderizers for a variety of meats, seafood, and vegetables. Dishes will include Thai Satay with Peanut Sauce, Lemongrass Chicken, and Fish in Banana Leaves. Bring your sharp chef's knife or cleaver, cutting board, and your own beverage. **\$15 food fee 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.

## Basic Knife Skills Workshop / Chat Mingkwan

HC0002 \$85 1 meeting 2/3 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.**

## Burmese Cooking / Chat Mingkwan

HC0024 \$85 1 meeting 5/25 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 interests in the US culinary scene. Learn to cook three popular Burmese dishes in this hands-on class: Laphet tea leaf salad, curried fish noodles, and sweet and sour chicken stew. Bring your sharp chefs knife or cleaver, and beverage. **Price includes \$15 food fee.**

## Classic Thai Cooking / Chat Mingkwan

HC0055 \$85 1 meeting 2/24 SAT 10:30am-1:30pm STU CTR limit 12

A new trend in Thailand is to rejuvenate all things classic. Chef Mingkwan invites you to learn about Thai culinary philosophy, to recognize Thai flavors, and to create wonderful classic Thai 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 prawn soup, lime-infused beef salad, stir-fried chicken noodles, and aromatic chicken curry. Transform fresh ingredients into delicious meals. Bring a chef's knife or cleaver, apron, and beverage. **\$15 food included with registration.**

## Cupcake Decorating / Eleanor Walker

HC0079 \$105 1 meeting 2/10 SAT 10:00am-2:00pm STU CTR limit 12

Learn to decorate cupcakes like a pro in this one day workshop. We will cover classic styles of piping including rosettes, spirals and stars, along with flowers and modern designs. Cupcakes, buttercream and decorating materials will be provided. Participants are encouraged to bring a light lunch or snack as there will be a brief break partway through. **\$20 food fee included in registration.**

## Dim Sum for New Year / Chat Mingkwan

HC0017 \$85 1 meeting 2/17 SAT 10:30am-1:30pm STU CTR limit 12

Dim Sum for New Year: During Chinese New Year, special kinds of Dim Sum are served to make Holidays more festive with auspicious meanings for the celebrations. We will make 3 popular Dim Sum for the occasion: Seafood and vegetables pan fried cakes, Chicken and Pork Buns, and Seasoned Daikon cakes. Bring your sharp chef knife or clever, cutting board, and beverage. **\$15 food fee.**

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

HC0042 \$85 1 meeting 3/9 SAT 10:30am-1:30pm STU CTR limit 12

The Chinese invented wok and stir-fry cooking techniques, and many Asian cuisines adapted and modified these techniques to call their own. Stir-frying uses the freshest ingredients, takes little time to cook, and employs a simple technique. We will make delicious, healthy, and popular Asian stir-fried dishes such as Garlic Green Beans, Beef and Broccoli, Spicy Eggplant and Thai Basil, and Peppered Shrimp. Bring your sharp chef's knife or cleaver, cutting board, hand towel and beverage. **\$15 food fee included with registration.**



**Indonesian Cuisine / Chat Mingkwan****HC0083   \$85   1 meeting   6/1   SAT   10:30am-1:30pm   STU CTR   limit 12**

The cooking of the “Spice Islands” includes aromatic flavors and fresh tropical fruits, herbs, and vegetables. Join us in cooking three popular Indonesian dishes. Learn to use Indonesian herbs and spices and prepare dishes such as assorted satay with fresh tropical fruit salad, gado gado salad with peanut dressing, and beef curry. Bring your sharp chef’s knife or cleaver and beverage. **\$15 food fee included with registration.**

**International Crepes Workshop / Chat Mingkwan****HC0045   \$85   1 meeting   4/27   SAT   10:30am-1:30pm   STU CTR   limit 12**

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.**

**Teatime Treats / Eleanor Walker** NEW**HC0082   \$105   1 meeting   1/20   SAT   10:00am-2:00pm   STU CTR   limit 12**

Learn to prepare a delightful spread of teatime treats in this one day class. We will prepare classic teatime fare, including scones, shortbread, and other miniature delights. All materials will be provided. Students are encouraged to bring a light lunch or snack, as there will be a brief break. Students are also encouraged to bring an apron, if desired. **\$20 food fee included with registration.**

**General****Family Stories & Memoir Writing / Denise Bostrom****GW0006   \$195   4 meetings   2/24-3/16   SAT   9:15am-12:00pm   MHS46   limit 20**

Family Stories and Memoir Writing offers beginning and seasoned writers tools to discover, reflect on, and write your family stories. Using selections from multiple texts, the class covers story setting, character investigation, approaches in structure, and the writer’s voice. Excerpts from different memoirs are analyzed, as students develop, revise, and workshop their stories with a goal of exploring layers in one’s work and supporting publishing goals. \$8 materials fee included with registration.



**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.

## Grandparenting Today: Education & Support for New and Not-So-New Grandparents / Cynthia Kane <sup>NEW</sup>

GG0005   \$117   4 meetings   2/29-3/21   THU   6:00-7:30pm   PHS41   limit 12

Join other grandparents as we explore the joys and challenges of being a grandparent today. What's changed and what hasn't in the world of childrearing? Has becoming a grandparent been what you had expected? Are you providing childcare to your grandchildren (at least occasionally)? What issues are important to young families today, and how do they impact your role as a grandparent? Discover ways to strengthen your family interactions and communicate more effectively with your adult children. Let's learn from the experts and from each other about this very special role in the family. (Class is suited to grandparents of children aged 0 to 12 years of age)



**Cynthia G. Kane, M.S.**, is a board-certified, licensed genetic counselor with over 25 years of clinical experience. A grandmother, Cynthia is the Founder of It's Their Turn: Wisdom for Grandparents, a counseling, support, and education practice geared specifically for grandparents. Cynthia's writing has appeared in Parents' Press, Bay Area Parent Magazine, the Piedmont Post, and she has been an advice columnist for More Than Grand, a comprehensive grandparenting website.

## Planning Your Next Phase / Roberta Streimer

GG0092   \$155   4 meetings   1/25-2/15   THU   6:30-9:00pm   ST124   limit 20

This class is designed for people who are winding down their career, getting ready to retire, or are recently retired. The workshop offers participants a safe and supportive environment to discover and clarify what's truly important: What gives you a sense of meaning and purpose? What values do you aspire to live by? Is your life well-balanced? What are the strengths, skills and talents you want to build on? What else would you like to learn experience, accomplish or contribute? During this highly interactive and inspiring workshop, participants will have dedicated time for self-assessment and reflection, opportunity to share insights with others, and will gain many useful planning tools and resources they can use to take action that feels right and meaningful at this point in their life.



**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.

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**Travel Planning: Where Do You Want To Go? Make It Happen! /***Joseph Whitehouse***GG0070   \$55   1 meeting   2/13   TUE   6:30-9:00pm   MHS46   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. Instructor 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.



**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.

**Writing Fiction / Caitlin McCarthy****GW0025   \$128   5 meetings   2/27-3/26   TUE   7:00-8:30pm   ST124   limit 15**

Learn, discuss, and practice elements of story writing. Classes consist of presentations detailing the craft of fiction, creative prompts and exercises, and the opportunity to share work.



**Caitlin McCarthy** holds bachelors and masters degrees in writing and currently teaches literature and language arts at Corpus Christi School in Oakland. She is also a private writing coach and teaches writing workshops for all ages.

Author of the novel *Ship of Fates*, McCarthy has lived in the Bay Area her whole life. She lives in Oakland with her husband and her cat.

**General-State Financed****English as a Second Language (ESL) / Giena Vogel S****ESL0001 (Beginning)   No fee   1/15-5/20   MON   7:00-8:30pm   MHS 47A****ESL0002 (Intermediate/Advanced)   No fee   1/17-5/29   WED   7:00-8:30pm   MHS 47A**

Come learn English with us! This class for intermediate and advanced levels provides instruction in listening, speaking, reading and writing English. NOTE: In order to receive funding for this free class, we are required to collect demographic information from our students. Upon registering, you will be directed to a registration form for this information.

**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](mailto: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	\$180	27 meetings	1/8-3/23	MWSa	Times vary	BCHAUD	limit 50
HR0002A	\$150	24 meetings	3/25-6/1	MWSa	Times vary	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, cross-training or other exercise shoes, bring light weights (2-5 pounds), and a mat or towel. For more information, call (510) 585-5885. No class 1/13, 1/15, 2/17-2/25, 4/6-4/13, 5/25, 5/27. 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)

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

HR0003	\$130	20 meetings	1/9-3/21	TTh	5:30-6:30pm	Online	limit 100
HR0003A	\$115	18 meetings	3/26-5/30	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, cross-training or other exercise shoes, bring light weights (2-5 pounds) and a mat or towel. No class 2/20, 2/22, 4/9, 4/11. For more information, call (510) 585-5885.



**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.

All fees are non-refundable unless class is cancelled.  
Please read full course descriptions posted at  
**[www.piedmontadulthoodschool.org](http://www.piedmontadulthoodschool.org)** before registering.

**Introduction to Mindfulness and Compassion / Eleanor Vohryzek** NEW**HR0056   \$175   6 meetings   4/16-5/21   TUE   7:00-8:30pm   PHS40   limit 9**

Mindfulness is the practice of focusing attention on the present moment. It has been shown to reduce anxiety and stress, improve emotional and physical health, and even improve relationships. In this class we will learn and practice basic mindfulness techniques and loving kindness practices. Beginners and non beginners are all welcome.



**Nani Vohryzek** has been a psychotherapist for more than 26 years, specializing in somatic therapy. She is also a long-time student of the Diamond Approach in Berkeley and has been meditating for more than 30 years. Presently, she is training to become a mindfulness meditation teacher. She enjoys facilitating groups that support people in being mindful, aware and friendly towards their experiences.

**Strength Training – Monday / Jacqui Birdsong-James****HR1031   \$230   17 meetings   1/8-5/20   MON   5:00-6:00pm   Online   limit 25**

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   \$260   19 meetings   1/9-5/28   TUE   5:00-6:00pm   PMS512   limit 16**

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   \$260   19 meetings   1/10-5/29   WED   5:00-6:00pm   Online   limit 25**

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   \$238   9 meetings   1/9-3/19   TUE   7:00-9:00pm   ST126   limit 25****LL0008A   \$214   8 meetings   3/26-5/21   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. Textbook: EDITO A1 (methode + cahier d'activites) 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](http://www.europeanbook.com). No class 2/20, 2/27, 4/9.



**French 1B** / Jean Monnier

LL0009	\$238	9 meetings	1/10-3/20	WED	7:00-9:00pm	ST126	limit 25
LL0009A	\$214	8 meetings	3/27-5/22	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'activites) 1st edition. Books may be purchased at European Books and Media, 6600 Shattuck Ave., Oakland, CA 94609 or online at: [www.europeanbook.com](http://www.europeanbook.com). No class 2/21, 2/28, 4/10.

**French 2** / Jean Monnier

LL0006	\$214	8 meetings	1/11-3/21	THU	7:00-9:00pm	ST126	limit 25
LL0006A	\$214	8 meetings	3/28-5/23	THU	7:00-9:00pm	ST126	limit 25

Intermediate French. For those who have had basic elementary French. Grammar study through conversation and exercises. Required textbooks: COSMOPOLITE 3, Livre de l'élève + Cahier d'activités. Available at European books 6600 Shattuck. Online at [www.europeanbook.com](http://www.europeanbook.com). No class 2/15, 2/22, 2/29, 4/11.

**French 3** / Jean Monnier

LL0007	\$214	8 meetings	1/8-3/18	MON	7:00-9:00pm	ST126	limit 25
LL0007A	\$214	8 meetings	3/25-5/20	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](http://www.europeanbook.com). No class 1/15, 2/19, 2/26, 4/8.



**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.

**Italian for Travelers** / Susan Galindo

LL0028	\$210	6 meetings	1/9-2/13	TUE	7:00-9:00pm	Online	limit 16
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Planning a trip to Italy and want to learn Italian? This beginning class will introduce you to the most useful words and phrases needed for your trip to Italy. You will be able to use simple conversational Italian where ever you may be in Italy. After 6 weeks you will have the necessary foundation to interact in social and travel situations. Being able to ask and answer questions in the target language is the goal of this class.



**Susan Galindo** is a graduate of the Middlebury Institute of International Studies at Monterey, with degrees in French and Italian. She designs and implements interactive lessons, focusing on immersion into the target language ranging from travelers to foreign business professionals.

**Spanish Beginning 1 / Helmi Waits**

LL0050	\$250	12 meetings	2/26-5/20	MON	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, passive 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	\$250	12 meetings	2/28-5/22	WED	6:00-8:00pm	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.

**Spanish Intermediate 1 / Afsaneh Olinga**

LL0055	\$300	9 meetings	1/9-3/12	TUE	6:00-8:00pm	MHS45	limit 24
LL0055A	\$300	9 meetings	3/19-5/21	TUE	6:00-8:00pm	MHS45	limit 24

In this class you will learn the other past tense (the imperfect), the situations that require using the subjunctive, and informal and formal command forms of verbs. Typical activities may include individual presentations, conversation in groups, acting in skits, short readings and songs. The class is entirely in Spanish. Text used in class: *Como se Dice*, 9th edn. ISBN#0 547 00131 2. Available used, at Amazon.com.

**Spanish Intermediate 2 / Afsaneh Olinga**

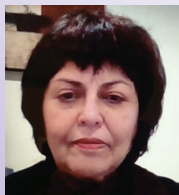
LL0056	\$275	8 meetings	1/10-3/6	WED	6:00-8:00pm	MHS45	limit 20
LL0056A	\$275	8 meetings	3/13-5/22	WED	6:00-8:00pm	MHS45	limit 20

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

**Spanish Intermediate 3 / Afsaneh Olinga**

LL0057	\$275	8 meetings	1/11-3/7	THU	6:00-8:00pm	MHS45	limit 20
LL0057A	\$275	8 meetings	3/14-5/23	THU	6:00-8:00pm	MHS45	limit 20

In this class you will learn more about the subjunctive and continue with it's advance forms and usage including the imperfect, present and pluperfect of subjunctive, and if clauses. You will also learn prepositions, uses of por and para and some idiomatic expressions. The vocabulary included in the course will include: Sports and outdoor activities, business, job interviews, job related technology, media, arts, communication and entertainment. Typical activities will include conversation, debating current events, short stories, songs, games, occasional literature, individual presentations and skits. The class is entirely in Spanish. Text: "Como se dice, 9th edn." ISBN# 0 547 00131 2.



**Afsaneh Olinga** has taught for Piedmont Adult School for nine years. Previously, she taught Spanish at all levels, including AP and IB, for 19 years at Skyline High School. She also taught at Oakland Adult and Career Education for four years.

**Music****Bagpipes / Lynne Miller**

MM0001	\$175	6 meetings	1/10-2/14	WED	7:00-9:00pm	PMS501	limit 10
MM0001A	\$175	6 meetings	3/6-4/17	WED	7:00-9:00pm	PMS501	limit 10

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](mailto:lmiller1600@aol.com) for information about needed equipment.

**Ukulele, Beginning / Elizabeth Klute**

MM0020	\$150	6 meetings	1/9-2/13	TUE	7:30-9:00pm	PMS503	limit 12
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Ukulele is easy to learn and fun to play. In this course the focus will be on building a foundation of good habits and solid technique. Using traditional folk songs we will cover basic chords, strumming, simple melodies, improvisation and singing while playing. We will be using the C6 tuning: GCEA. You may use a high g or a low g ukulele in this class. Standard notation and ukulele tablature are not covered. Required app: iREAL PRO <https://www.irealpro.com>



**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.

## CREATIVE RETIREMENT

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

Join us on Thursdays between 9-1pm 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 required.

Spring 2024 dates (Thursdays) 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 2/29, 3/7, 3/14, 3/21, 3/28, 4/4, 4/18, 4/25, 5/2, 5/9 5/16.

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](http://www.ci.piedmont.ca.us/recreation/catalog.shtml)**

NO REFUNDS — PLEASE SEE PAGE 2.

## SPRING 2024 REGISTRATION FORM

PIEDMONT ADULT SCHOOL • 760 Magnolia Ave., Piedmont, CA 94611  
Phone: 510-594-2655 • Fax: 510-595-8173 • [www.piedmontadultschool.org](http://www.piedmontadultschool.org)

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

NAME		DATE	
LAST	FIRST	MIDDLE	
<input type="checkbox"/> MALE	<input type="checkbox"/> FEMALE	<input type="checkbox"/> SENIOR (refer to our seniors policy, pg. 2)	BIRTHDATE
ADDRESS		CITY	ZIP
HOME PHONE	WORK PHONE		
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:			
<input type="checkbox"/> Visa	<input type="checkbox"/> MasterCard	CVV	
ACCOUNT NUMBER	SIGNATURE		EXPIRATION DATE
TOTAL FEES:			
<input type="checkbox"/> Cash <input type="checkbox"/> Check (payable to: Piedmont Adult School)			

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

## SPRING SEMESTER:

JANUARY 8—JUNE 1, 2024

12/11	Registration Begins
1/8	Classes Begin
1/13-1/15	Martin Luther King Jr. Break
2/17-2/22	Presidents Day Break
4/6-4/13	School District Spring Break
5/25-5/27	Memorial Day Break