



MOONLIGHTER

SCHEDULE OF CLASSES **FALL**

SEPTEMBER 9-DECEMBER 21, 2024

REGISTRATION BEGINS MONDAY AUGUST 19, 2024

SIGN UP FOR MORE AND SAVE!

\$20 off one class when you sign up for two or more series (multi-day) classes.

See Page 3!



WWW.PIEDMONTADULTSCHOOL.ORG

510-594-2655

GENERAL INFORMATION

FALL SEMESTER BEGINS MONDAY, SEPTEMBER 9, 2024

REGISTRATION BEGINS MONDAY, AUGUST 19, 2024

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 19, 2024.

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 Wed. 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

NEW! Receive \$20 off one class when you sign up for two or more series (multi-day) classes at the same time. In addition, seniors (55+) receive a \$10 discount for all series classes. Discounts do not apply to single-day classes.

STATE SUPPORTED CLASSES **S**

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

CAMPUS AND CLASSROOM RULES

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

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.

SIGN UP FOR MORE AND SAVE!

NEW! Receive \$20 off one class when you sign up for two or more series (multi-day) classes at the same time. Discount does not apply to single-day classes.

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 510-891-4777, or visit www.actransit.org.

OFFICE HOURS

Monday through Wednesday:
10:00am–7:00pm

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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Jana Branisa, High School Diploma,
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ADULT SCHOOL CALENDAR

FALL SEMESTER: SEPT 9-DEC 21, 2024

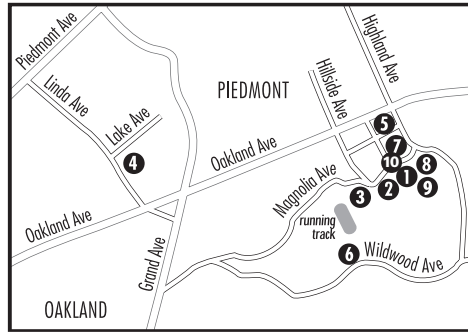
8/19	Registration Begins
9/9	Classes Begin
11/9-11/11	Veterans Day Holiday
11/25-11/30	Thanksgiving Break

PIEDMONT UNIFIED SCHOOL DISTRICT DISTRICT PERSONNEL

Dr. Jennifer Hawn, Superintendent
Ariel Dolowich, Assistant Superintendent

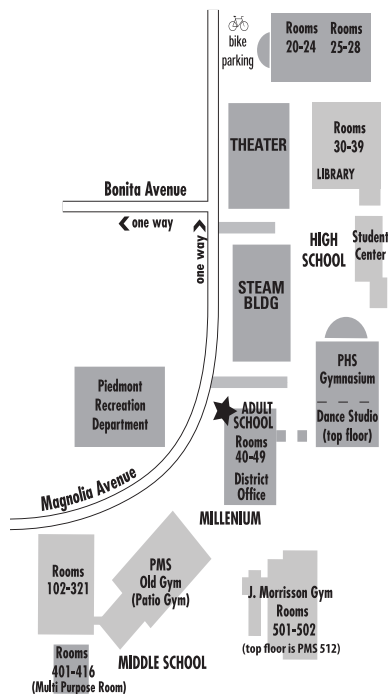
BOARD OF EDUCATION

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



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 Fall Academic Calendar

September

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					

October

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		

November

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

December

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				

○ Holidays □ Semester Starts □ Semester Ends

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ARTS & CRAFTS

Artwork Studio: Painting and Drawing / Barry Eagle

AA0004	\$195	6 meetings	9/9-10/14	MON	7:00-9:30pm	2D ART ST02	limit 15
AA0004A	\$195	6 meetings	10/21-12/9	MON	7:00-9:30pm	2D ART ST02	limit 15

Become part of a supportive creatives' workshop. Students of diverse experience (from motivated beginner to advanced) pursue their own projects, using oil, acrylic, watercolor, graphite, pastel, colored pencil, etc. as desired. Students may seek 1-on-1 guidance regarding materials, techniques, perspective, color mixing, composition, values and more. 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	9/21/24	SAT	10:00am-1:00pm	3D ART ST01	limit 12
AA0031A	\$115	1 meeting	12/7/24	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.

Drawing Beetles and Butterflies with Colored Pencil /

Jennifer Linderman **NEW**

AA0053	\$205	6 meetings	9/10-10/15	TUE	6:30-8:30pm	2D ART ST02	limit 12
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In this class students will learn how to draw a variety of colorful beetles and butterflies using beginner and intermediate techniques in layering, blending, and adding texture. A list of materials to purchase will be provided in advance of the class. Students will be given the opportunity to use metallic colored pencils from the instructor's own supply.



Jennifer Linderman is a mixed media artist who works in a variety of mediums including colored pencil, watercolor, acrylics, and pastel. She is well-versed in a wide array of techniques and subjects and brings her teaching experience of more than 13 years to the Piedmont Adult School.

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

Naturalist Illustration / Rachel Whitman**AA0007 \$180 6 meetings 9/17-10/22 TUE 5:30-7:30pm PHS 41 limit 15**

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! Materials Needed : 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 \$240 7 meetings 9/14-10/26 SAT 10:00am-12:30pm 2D ART ST02 limit 15****AA0025A \$205 6 meetings 11/2-12/21 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.

Understanding Modern Art / Robert Simons **NEW****AA0054 \$90 2 meetings 9/9-9/11 MW 7:00-9:00pm PHS 41 limit 15**

This richly illustrated class will cover some of the major artists and styles that led to the emergence of modern art beginning in the late 19th and 20th centuries. Art movements covered will include Impressionism, Post-Impressionism, Expressionism, metaphysical art, Dada, Surrealism and others as time allows. The class will also include an introduction to basic art vocabulary and terms. The class is not a chronological survey but rather an informal sampling and analysis of the artists and styles that continue to influence the art of today.



Robert Simons has been a studio artist and teacher for over forty years. He is a professor emeritus of Holy Names University in Oakland, where he also served as director of the Arts Center for 14 years. Robert views art not as an isolated discipline, but one that is deeply connected to the times and societies from which it emerged.

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.

Business

Business Plan Basics / Behrang Pakzad NEW S

BB0008 No Fee 1 meeting 10/22/24 TUE 6:30-8:00pm MHS 46 limit 12

Join us for an engaging and informative workshop designed to equip entrepreneurs and business owners with the essential tools and knowledge needed to create a comprehensive and effective business plan. Whether you are starting a new venture or looking to refine your existing business strategy, this workshop will provide you with the foundational skills to build a roadmap for success.



Behrang Pakzad has spent the last two decades dedicated to the home development and interior design company he founded, guiding its growth and development until its eventual sale. As Principal and Owner/Operator, he focused on creating a profitable business with a strong work culture and solid reputation. Under his guidance, the company became a highly respected leader in the industry. Currently Behrang serves as a mentor with SCORE East Bay (Service Corps of Retired Executives), counseling entrepreneurs and small start-ups.

Introduction to Social Media Marketing / Michelle Lucas S

BB0043 No Fee 3 meetings 9/24-10/8 TUE 6:00-7:30pm ST127 limit 12

Social media can be an easy and effective tool to promote your small business or nonprofit. Learn the basics in this beginner-level class! The class will provide an overview of popular social media platforms, how the platforms differ and what sort of content is most appropriate for each. You'll learn how to set social media goals, choose the most effective platform(s) for your business, and how to measure your results. Gain the confidence to get started with this important marketing tool!

Legal Issues for the Small Business Startup / Neil Rubenstein S

BB0074 No Fee 1 meeting 10/21/24 MON 5:30-8:30pm PHS 42 limit 25

This workshop covers many of the legal issues of critical importance to the formation and success of a new small business. You will learn about and discuss: choosing the best business structure for you (sole proprietorship, partnership, limited liability company, corporation); how to obtain permits and satisfy city, state, and U.S. government requirements; free government websites available to help guide you through this process; the importance of business insurance and types of liability, product and casualty insurance you might need.



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.

Stay up-to-date on new classes and other highlights from Piedmont Adult School.

If you are a Facebook or Instagram user, please follow Piedmont Adult School to receive regular updates.

You can also find current information in the

"News & Updates" section of our website, piedmontadulthoodschool.org.



Managing Health Care Expenses in Retirement: What You Need to Know about Medicare/Long-Term Care / *George Noceti*

BB0039 \$30 1 meeting 11/5/24 TUE 6:30-8:00pm MHS 46 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 care costs in retirement—including the possibility of needing long-term care. You will also receive a copy of *The Baby Boomer's Guide to Savvy Medicare Planning*—a comprehensive reference addressing common questions and issues.

Savvy Social Security Planning for Couples / *George Noceti*

BB0037 \$30 1 meeting 10/5/24 SAT 6:30-8:00pm MHS 46 limit 12

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 Boomer's Guide to Social Security* — a comprehensive reference addressing common questions and issues, including proposals for reform. Social Security is far more complicated than most people realize. The decisions you make now can have a tremendous impact on your retirement income. This informative seminar covers what you need to know about Social Security and reveals strategies for maximizing your benefits.

Tax-Efficient Investing—All Year Long / *George Noceti* **NEW**

BB0091 \$30 1 meeting 9/24/24 TUE 6:30-8:00pm MHS 46 limit 12
BB0091A \$30 1 meeting 12/11/24 WED 6:30-8:00pm MHS 46 limit 12

Taxes are a fact of life. Without proper planning, taxes can significantly reduce your portfolio returns and your future wealth. That's why it is essential to focus on after-tax returns, actively adapt to changes in the tax landscape, and integrate tax planning into all your investment decisions across all your accounts, 365 days a year. Join us for an informative presentation where you'll learn why tax-efficient investing is important and how tax-smart products and solutions can help you keep more of what you earn.



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/TECHNOLOGY

Advance Your Career with Microsoft Office—Basics / *Helen Nishikai* **S**

CC0001 No Fee 3 meetings 9/14-9/28 SAT 9:00am-12:00pm ST 127 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.

Beginner's Guide to Using AI (Artificial Intelligence)—ChatGPT for the Non-Tech Savvy / Michelle Lucas

GG0030 No Fee 1 meeting 11/19/24 TUE 6:00-8:00pm ST 127 limit 12

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!

Building Beautiful Websites / Helen Nishikai

CC0002 \$170 3 meetings 10/26-11/16 SAT 9:00am-12:00pm ST 127 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. No class 11/9.

Building Beautiful Websites LAB SESSION/ Helen Nishikai

CC0016 \$55 1 meeting 11/23/24 SAT 9:00am-12:00pm ST 127 limit 12

This is an optional lab session for students who have attended the “Building Beautiful Websites” 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 “Building Beautiful Websites” or “Creating a Website with WordPress” class at Piedmont Adult School.



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.

Microsoft Excel: Beginning / Dennis Mockel

CC0020 \$162 5 meetings 10/16-11/13 WED 7:00-9:00pm ST 127 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.

Get to Know Your Digital Camera / Dennis Mockel

CC0041 \$95 1 meeting 10/19/24 SAT 10:00am-4:00pm ST 126 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.

Apple and AI / Mike Matthews

CC0090 \$45 1 meeting 11/16/24 SAT 10:30am-12:30pm ST 206 limit 15

AI—short for Artificial Intelligence—is the buzzword of 2024. We’ll explore what it means for Apple, its products, and you. Discover the exciting possibilities AI brings to your daily life and see firsthand how Apple’s innovations are leading the way. Bring your Apple device(s) updated to the latest version of iOS.

All About Subscriptions / *Mike Matthews* **NEW**

CC0093	\$45	1 meeting	9/25/24	WED	7:00-9:00pm	ST 206	limit 15
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Online subscriptions are everywhere: music, TV, software. Come find out how to make sense of it all. Learn tips and tricks to manage your subscriptions effectively and ensure you're getting the most value for your money. Bring your updated Apple device(s) to class.

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

CC0042	\$125	3 meetings	9/18-10/2	WED	7:00-9:00pm	ST 127	limit 16
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Are you tired of party photos that don't look "happy"? Do you want people to be drawn to really look at your photos rather than just glance at them? Do you want your child's sports photo to be something more than just a blur? The solution to these and other issues lies in those "other" buttons on your camera that you likely never touch. Bring your camera with a charged battery to this class and learn how to improve your photos.

I H8 Pa55w0rds / *Mike Matthews*

CC0046	\$45	1 meeting	12/18/24	WED	7:00-9:00pm	ST 206	limit 15
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Here's your chance to learn about Passkeys and password managers—which can simplify your life even as it gets more complex—and put password pain in the rearview mirror. Embrace a future with fewer passwords and more secure online experiences. Bring your updated Apple device(s) to class. Make sure your Apple devices are updated to the latest versions of their operating system.

Staying Safe with Apple Products / *Mike Matthews* **NEW**

CC1071	\$45	1 meeting	9/11/24	WED	7:00-9:00pm	ST 206	limit 15
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Sometimes it's hard to tell the difference between a lie and the truth. This is certainly the case online, where it's relatively easy for n'er-do-wells to try to trick you into giving up valuable information or grant access to your computer. Bring your Apple devices and join us to learn what you can do to protect your home network, your devices, and yourself.

Wallet and Apple Pay / *Mike Matthews*

CC0057	\$45	1 meeting	12/17/24	TUE	7:00-9:00pm	ST 206	limit 15
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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 Apple Watch / *Mike Matthews* **NEW**

cc0094	\$45	1 meeting	11/13/24	WED	7:00-9:00pm	ST 206	limit 15
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If you have an Apple Watch, then the latest and greatest version of watchOS will be of interest to you. We'll cover it all in this class. Enhance your daily routines and health tracking with the newest watchOS features. Bring your Apple Watch and iPhone to class.

What's New with iPad / *Mike Matthews*

CC0067	\$45	1 meeting	10/23/24	WED	7:00-9:00pm	ST 206	limit 15
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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 10/9/24 WED 7:00-9:00pm ST 206 limit 15**

Every year, Apple releases another version of the software that makes the iPhone the world's most popular smartphone, and 2024 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 was a long-time member of the Apple Consultants Network and has been teaching classes about Apple products for well over a decade.

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 11/16/24 SAT 10:30am-1:30pm STU CTR limit 12**

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. Each person please bring a sharp chef's knife (at least 8-inch) or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage. \$15 food fee included.

Asian Noodles Workshop / Chat Mingkwan**HC0044 \$85 1 meeting 11/2/24 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. Each person please bring a sharp chef's knife (at least 8-inch) or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage. \$15 food fee included.

Basic Thai Cooking / Chat Mingkwan**HC0075 \$85 1 meeting 10/5/24 SAT 10:30am-1:30pm STU CTR limit 12**

Basic Thai Cooking: Let's get into Thai cuisine. Learn Thai culinary philosophy and learn to recognize Thai tastes and flavors by preparing a three-dish Thai meal for your dinner. Learn to use herbs and spices, such as galangal and kaffir lime, that are unique to Thai cuisine and transform fresh ingredients into delicious dishes: Tomkha (hot sour soup), Pad Thai (stir-fried noodles), and Green Curry. Each person please bring a sharp chef's knife (at least 8-inch) or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage. \$15 food fee included.

Burmese Cooking / Chat Mingkwan**HC0024 \$85 1 meeting 9/21/24 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, curried fish noodles, and sweet and sour chicken stew. Each person please bring a sharp chef's knife (at least 8-inch) or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage. \$15 food fee included.

Fall Sushi Workshop / Chat Mingkwan

HC0046 \$85 1 meeting 12/7/24 SAT 10:30am-1:30pm STU CTR limit 12

The Fall is a perfect time for certain fish with maximum fat and sweet flavor. Let's make our sushi fresh, light, and clean with a variety of seasonal and local offerings. Learn to prepare fresh ingredients for various toppings and learn simple techniques in making your perfect sushi. With a hands-on approach, we will make Nigiri (finger rolls) and Maki Nori (seaweed rolls) with the freshest fish and vegetables for your luncheon, such as Nigiri: ebi, hamachi, inari, maguro, unagi, Gunkan Nigiri: ikura, tobiko, Hosomaki: cucumber roll, spicy roll, Uramaki: California roll, Philadelphia roll. Each person please bring a sharp pointed-tip chef's knife (at least 8-inch), large cutting board, bamboo mat, hand towels, your own plate, saucer, eating utensils, and beverage. \$15 food fee included.

Fried Rice Workshop / Chat Mingkwan

HC0028 \$85 1 meeting 10/26/24 SAT 10:30am-1:30pm STU CTR limit 12

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 fired rice. Each person please bring a sharp chef's knife (at least 8-inch) or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage. \$15 food fee included.

Healthy & Delicious Stir-fry Workshop / Chat Mingkwan

HC0042 \$85 1 meeting 9/28/24 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. Each person please bring a sharp chef's knife (at least 8-inch) or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage. \$15 food fee included.

Holiday Dim Sum Workshop / Chat Mingkwan

HC0056 \$85 1 meeting 12/21/24 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. During holidays, special kinds of Dim Sum are served to make meals more festive, with auspicious meanings for the celebrations. We will make three popular Dim Sum for the occasion: Seafood and vegetables pan fried cakes, Chicken and Pork Buns, and Seasoned Daikon cakes. Each person please bring a sharp chef's knife (at least 8-inch) or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage. \$15 food fee included.

Holiday Hors D'oeuvres / Chat Mingkwan

HC0050 \$85 1 meeting 12/14/24 SAT 10:30am-1:30pm STU CTR limit 12

The holiday season is here and it's time to offer your best to family, friends, and loved ones. Instead of cold cuts and potato chips, learn to make your own special hors d'oeuvres, appetizers, and snacks. Varieties of delicious morsels—easy, simple, and attractive—are combined to create these cocktail hors d'oeuvres and finger food offerings. Come prepare one of a kind snacks, appetizers, and hors d'oeuvres such as Indian Bread, Cruchy Noodles, Yakitori, Prawn Cakes with Sweet Chili Sauce, Lemongrass Chicken Nuggets and Coconut Pockets. Some dishes can be made in advance and frozen for several meals. Each person please bring a sharp chef's knife (at least 8-inch) or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage. \$15 food fee included.



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.

Lunch at the French Bistro / Carmen Chan NEW**HC0088 \$90 1 meeting 9/14/24 SAT 10:00am-1:00pm STU CTR limit 10**

Come join us for 3-course lunch as we prepare some of the most popular French Bistro dishes. We will start off with mussels in a white wine sauce; a fresh and classic dish. For our main course, we will be making chicken with tarragon with a side of ratatouille. To finish off our meal, we will make a delicious apple tart. Please bring your own apron, kitchen knife, beverage, and container for leftovers. Price includes \$20 food fee.

Paella / Carmen Chan**HC0061 \$95 1 meeting 11/23/24 SAT 10:00am-1:00pm STU CTR limit 10**

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! Please bring your own apron, kitchen knife, beverage, and container for leftovers. Price includes \$25 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.

GENERAL**Building Skills for Successful Family Research / Pamela Brett** NEW**GG0037 \$360 8 meetings 9/25-11/6 WED 6:00-8:00pm ST 203 limit 22**

Are you interested in family history but not sure how to get started? Have you used the Internet with mixed results? This series is for family historians, both beginners and intermediates, who are willing to do the work to learn skills to build accurate family trees and learn more about the lives of their ancestors. A wide variety of genealogical records from different ethnicities, time periods and places are used as examples. Class handouts will include agendas, lists of helpful websites, more in-depth descriptions of genealogical methods and terms, optional homework exercises, etc. Classes will be held 9/25, 10/2, 10/9, 10/23, 10/30 and 11/6. There will also be two optional field trips: Wed. 10/16, Oakland Family Search Library and Sat. 11/2, California Genealogical Society Library.



Pam Brett has been researching her family history for the last 25 years. Many of her ancestors came to America in colonial times and moved often, leading to research in 29 states and the District of Columbia. She has been fortunate to make more than 50 trips to 18 states to do on-site research and attend genealogical conferences and workshops. Pam has taught numerous classes for the California Genealogical Society and enjoys sharing the skills she has learned with others.

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

Climate Change 101 / James Stehr**GG0081 \$45 1 meeting 10/16 WED 6:00-8:00pm MHS 46 limit 15**

The year 2023 set new global records for high temperature and the warmest winter. This class will get you up to speed on what you should know about this unfolding situation. We'll put the science of climate change in a nutshell so it is concise and easy to absorb. You'll get perspective not only on the "Big Rocks" of causation, but also on the reasons for hope, and the encouraging potential of innovation and new technologies.



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.

Explore Your Writer's Voice / Elaine Beale NEW**GW0033 \$115 2 meetings 11/16-11/23 SAT 10:00am-12:30pm MHS 47A limit 16**

Have you ever been interested in trying your hand at writing fiction or memoir? Or maybe you've been writing stories or poems and would like some guidance. If so, this class is for you. Using examples of published writers, we'll look at what it takes to write in a way that engages your reader. And there'll be opportunities for you to practice these techniques and get feedback on your work.

Family Stories + Memoir Writing / Denise Bostrom**GW0024 \$195 4 meetings 9/21-10/19 SAT 9:00am-12:00pm MHS 45 limit 16**

Family Stories + Memoir Writing is a four-week class offering seasoned and beginning writers tools to discover, reflect on, and write their stories. Using the text, "The Memoir and the Memoirist" by Thomas Larson, the class will cover story-setting, character investigation, writer's voice, and ways of structuring the work. We will analyze excerpts from published memoirs, interview and research techniques, writing styles, and workshop writers' stories with a goal of publishing the work. No class 10/12.



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 Korty, 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 Fundamentals: How to Write a Good Story / Elaine Beale NEW**GW0010 \$180 4 meetings 9/9-10/7 MON 6:30-8:30pm ST 204 limit 16**

Join this fun and supportive class where you can find your writer's voice and learn the key ingredients of compelling fiction. Activities will include discussion, reading published writers, optional homework, and opportunities to receive feedback on your own writing. No class 9/30.



Elaine Beale has published two novels, the most recent of which, *Another Life Altogether*, was featured in Oprah Magazine and received praise from the Boston Globe, Lambda Literary, and Publishers Weekly, among others. Elaine is the winner of a Poets & Writers Fiction Award and has an MFA in Creative Writing from the University of British Columbia. Her most recent book, *Writing for Wellness*, is a guide to writing for mental and physical health. She was trained as an educator at the University of London and has taught creative writing for more than two decades.

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

GG0004 No Fee 1 meeting 9/28/24 SAT 9:00am-12:00pm MHS 46 limit 25

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.

Parenting with Positive Discipline / Lisa Fuller

GG0023 \$170 5 meetings 10/2-10/30 WED 7:00-8:30pm PHS 42 limit 25

In this series you'll learn Positive Discipline's common-sense principles and its everyday applications. In class we'll cover how to genuinely empower your child, why traditional timeouts don't work and what to do instead, the key to finding solutions, how to be kind and firm at the same time, how to set effective limits and much more. Class is appropriate for parents with children of all ages.



Lisa Fuller, MSW, has been a Positive Discipline Trainer, facilitating parenting classes in the East Bay for the past 20 years. She is a compassionate listener who loves working with parents to ease the trials and tribulations of raising humans. With three children of her own, Lisa has been steeped in the challenges and joys of parenting. She is a Certified Professional Coach, Certified Daring Way™ and Wild Writing Facilitator.

The Friendship Lab / Tony Shen

GG0038 \$135 4 meetings 10/21-11/18 MON 7:00-8:30pm ST 201 limit 20

The single most important factor for a healthier and happier life is good relationships. More than ever, we need better and more quality friendships. In this class, we will learn research-based approaches to making and strengthening friendships. We will apply these approaches in our lives during the week then return to our classroom/laboratory to discuss, learn from and support each other. Every session will include techniques, reflection, and play. At the end of the class we will be more able to create and build friendships to live happier, longer lives. All ages and backgrounds are welcomed and encouraged. No class 11/11.



Tony Shen has long been interested in friendship and connection. He teaches and performs improv theater in the Bay Area (San Francisco Sketchfest, All Out Comedy Oakland, Berkeley Improv, and Leela Theater). He has taught meditation and completed the Spirit Rock Advanced Practitioner Program. Tony holds a BA in Economics from Stanford University and an MBA from the UC Berkeley Haas School of Business.

Travel Planning: Where Do You Want To Go? Make It Happen! /*Joseph Whitehouse***GG0070 \$55 1 meeting 10/1/24 TUE 6:00-8:30pm MHS 46 limit 20**

Join Joe Whitehouse to learn how he traveled successfully to 157 countries. All phases of travel planning from selecting a destination(s) to travel modes, hotel and restaurant selection, choosing guides, using airline points, discussion on Covid issues and all the issues the class brings up. Acquire web sites to research all aspects of travel planning. Learn to select trip suppliers in any country. Find out the differences between small vs large ship travel or self-driving vs hiring a driver/guide.



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

Your Next Phase: Making the Most of Your Retirement /*Roberta Streimer***GG0071 \$155 4 meetings 10/9-10/30 WED 6:30-9:00pm ST 204 limit 20**

In this safe and supportive learning environment, you'll have dedicated time to thoughtfully reflect on how to make the most of your retirement. You'll gain new ways of thinking about where you are now, a heightened awareness of the possibilities ahead, concrete tools and planning resources to help you act on your own behalf, and connection to a like-minded community who also want to make the most of their retirement years.



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**ESL (Beginning) / Giena Vogel S****ESL0001 No Fee 8/12-12/16 MON 7:00-8:30pm MHS 47A**

Come learn English with us! This class for beginners provides instruction in listening, speaking, reading and writing English. To register: Call our office at (510) 594-2717 or email mlucas@piedmont.k12.ca.us 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.

ESL (Intermediate/Advanced) / Giena Vogel S**ESL0002 No Fee 8/13-12/17 TUE 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. To register: Call our office at (510) 594-2717 or email mlucas@piedmont.k12.ca.us 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 **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—Monday / Alycia Lai-Clemens**HR0004 \$110 12 meetings 9/16-12/16 MON 5:00-6:00pm BCHAUD limit 50**

Please join our in-person 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: 11/11, 11/25. In person students should be fully vaccinated and boosted.

Alycia's Heart Beat—A Co-ed Aerobic Workout—Wednesday / Alycia Lai-Clemens**HR0005 \$120 13 meetings 9/18-12/18 WED 5:00-6:00pm BCHAUD limit 50**

Please join our in-person 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: 11/27. In person students should be fully vaccinated and boosted.

Alycia's Heart Beat—A Co-ed Aerobic Workout—Saturday / Alycia Lai-Clemens**HR0006 \$110 12 meetings 9/21-12/21 SAT 9:00am-10:00am BCHAUD limit 50**

Please join our in-person 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: 11/9, 11/30. In person students should be fully vaccinated and boosted.



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.

Low Impact Cardio / Jacqui Birdsong-James

HR0058 \$85 13 meetings 9/12-12/12 THU 9:00am-10:00am Veterans Hall limit 25

Low-impact cardio training is a fantastic way to boost your energy levels and overall fitness without straining your joints. This class is open to all ages but is specially designed to meet the needs of seniors. Whether you're a regular exerciser or just starting out, you'll find a supportive community and helpful modifications tailored to ensure your success. Join us to improve your health in a friendly and encouraging environment!

Strength Training for Seniors / Jacqui Birdsong-James

HR0033 \$85 13 meetings 9/12-12/12 THU 10:00am-11:00am Veterans Hall limit 25

Strength training is beneficial for both men and women and becomes even more critical as we age. This class is open to all ages but is specially designed to meet the needs of seniors. Join us to learn safe and gentle exercises that will develop lean muscle, enhance bone density, increase metabolic rate, and help burn body fat. Bring a mat and light weights if you wish.

Strength Training – Monday / Jacqui Birdsong-James

HR1031 \$135 10 meetings 9/9-11/18 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 9/10-11/19 TUE 5:00-6:00pm PMS 512 limit 16

Strength training develops lean muscle, enhances bone density, increases metabolic rate and helps 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 9/11-11/20 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.



Jacqui Birdsong-James has been teaching for many years at Piedmont Adult School. She has a State of California Teaching Credential and a degree from Mills College.

"I love assisting students in attaining their exercise goals. My goal is to encourage students to exercise as a lifetime commitment."

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

LANGUAGE**French 1A / Jean Monnier**

LL0008 \$265 10 meetings 10/8-12/17 TUE 7:30-9:30pm ST 126 limit 20

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.

French 1B / Jean Monnier

LL0009 \$265 10 meetings 10/8-12/17 TUE 5:30-7:30pm ST126 limit 20

This class is for advanced beginners, and follows French 1A. Textbooks are the following : Inspire 2, Methode de Français; Inspire 2 Cahier d'Activitiés, 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 10/9-12/18 WED 7:00-9:00pm ST 126 limit 20

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.

French 3 / Jean Monnier

LL0007 \$265 9 meetings 10/7-12/16 MON 7:00-9:00pm ST 126 limit 20

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. No class: 11/11, 11/25



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.

Stay up-to-date on new classes and other highlights from Piedmont Adult School.

If you are a Facebook or Instagram user, please follow Piedmont Adult School to receive regular updates.

You can also find current information in the

“News & Updates” section of our website, piedmontadulthood.org.



Italian for Travelers / Susan Galindo**LL0028 \$210 6 meetings 9/10-10/15 TUE 9:30am-11:00am Online limit 10**

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 \$205 10 meetings 9/30-12/16 MON 7:00-8:30pm ST 124 limit 25**

In this class you will learn the difference between ser and estar, the present tense of regular verbs, comparatives, present progressive, possive 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 10/2-12/18 WED 7:00-8:30pm ST 124 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.

Spanish Intermediate 1 / Afsaneh Olinga**LL0055 \$275 8 meetings 9/23-11/18 MON 6:00-8:00pm MHS 45 limit 24**

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

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

Spanish Intermediate 2 / Afsaneh Olinga

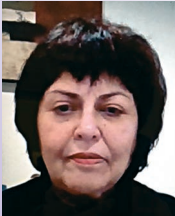
LL0056	\$275	8 meetings	9/24-11/19	TUE	6:00-8:00pm	MHS 45	limit 24
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In this class you will learn certain expressions after which we use the subjunctive, present perfect tense, past perfect tense, pluperfect tense, future tense, conditional ten, prepositions, if clauses (unreal conditional), and idiomatic expressions. Typical activities will include conversation, debating current events, short stories, listening to songs, the occasional poem, individual presentations and skits. The class is entirely in Spanish. Text used in class: *Como se Dice*, 9th edn. ISBN#0 547 00131 2. Available used, at Amazon.com. No class 10/29.

Spanish Intermediate 3 / Afsaneh Olinga

LL0057	\$275	8 meetings	9/25-11/20	WED	6:00-8:00pm	MHS 45	limit 24
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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. No class 10/30.



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	9/11-10/16	WED	7:00-9:00pm	PMS 501	limit 10
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MM0001A	\$175	6 meetings	11/6-12/18	WED	7:00-9:00pm	PMS 501	limit 10
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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.

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.

NO REFUNDS — PLEASE SEE PAGE 2.

FALL 2024 REGISTRATION FORM

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

Please check here to be added to our mailing list.

NAME _____ LAST _____ FIRST _____ MIDDLE _____ BIRTHDATE _____ DATE _____

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

ADDRESS _____ CITY _____ STATE _____ ZIP _____

HOME PHONE _____ WORK PHONE _____ EMAIL _____

COURSE TITLE _____ COURSE NUMBER _____ FEE _____

INSTRUCTOR _____

COURSE TITLE _____ COURSE NUMBER _____ FEE _____

INSTRUCTOR _____

COURSE TITLE _____ COURSE NUMBER _____ FEE _____

INSTRUCTOR _____ MULTIPLE CLASS DISCOUNT: _____

SENIOR DISCOUNT: _____

For credit card charge, please complete below:

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

TOTAL FEES: _____

ACCOUNT NUMBER _____ SIGNATURE _____ EXPIRATION DATE _____

NEW! Multiple Class Discount: \$20 off one class when you sign up for two or more series classes at the same time.

Senior Discount (55+): \$10 off each series (multi-day) class [NOTE: Discounts do not apply to single-day classes]

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

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**PIEDMONT
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MOONLIGHTER

FALL SEMESTER:

SEPTEMBER 9-DECEMBER 21, 2024

8/19 Registration Begins

9/9 Classes Begin

11/9-11/11 Veterans Day Holiday

11/25-11/30 Thanksgiving Break