



MOONLIGHTER

SCHEDULE
OF CLASSES

SPRING

JANUARY 6 - JUNE 7, 2025

REGISTRATION BEGINS MONDAY DECEMBER 9, 2024, 9AM

SIGN UP FOR MORE AND SAVE!

See Page 3!

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



Cover Art by Instructor Jennifer Linderman



GENERAL INFORMATION

SPRING SEMESTER BEGINS MONDAY, JANUARY 6, 2025
REGISTRATION BEGINS MONDAY, DECEMBER 9, 2024, 9AM

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

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

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!

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:
9:00am–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,
jbranisa@piedmont.k12.ca.us

ADULT SCHOOL CALENDAR

SPRING SEMESTER: JANUARY 6 - JUNE 7, 2025

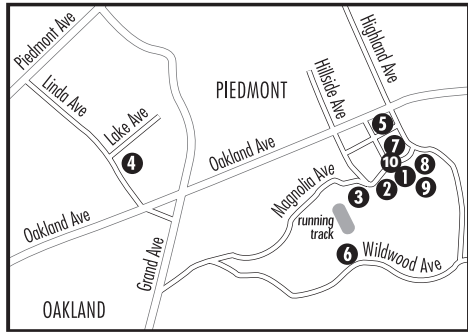
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|-----------|--------------------------------|
| 12/9 | Registration Begins |
| 1/6 | Classes Begin |
| 1/18-1/20 | Martin Luther King Jr. Holiday |
| 2/15-2/20 | Presidents Week |
| 4/7-4/12 | Spring Break |
| 5/24-5/26 | Memorial Day Break |

PIEDMONT UNIFIED SCHOOL DISTRICT DISTRICT PERSONNEL

Dr. Jennifer Hawn, Superintendent
Ariel Dolowich, Assistant Superintendent

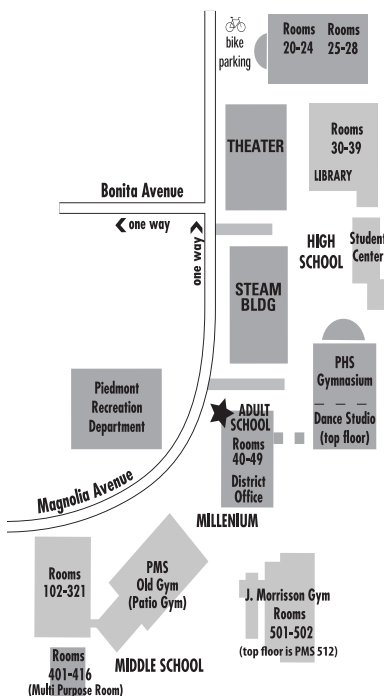
BOARD OF EDUCATION

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



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

2025 Spring Academic Calendar

JANUARY

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| 19 | 20 | 21 | 22 | 23 | 24 | 25 | | |
| 26 | 27 | 28 | 29 | 30 | 31 | | | |

FEBRUARY

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| 23 | 24 | 25 | 26 | 27 | 28 | | | |

MARCH

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| 16 | 17 | 18 | 19 | 20 | 21 | 22 | | |
| 23/30 | | 24 | 25 | 26 | 27 | 28 | | |

APRIL

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MAY

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| 25 | 26 | 27 | 28 | 29 | 30 | 31 | | |

JUNE

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| 15 | 16 | 17 | 18 | 19 | 20 | 21 | | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | | |
| 29 | 30 | | | | | | | |

○ Holidays



Semester Starts



Semester Ends

CONTENTS AT-A-GLANCE: SPRING 2025

ARTS & CRAFTS

| | |
|---|--|
| Artwork Studio: Painting and Drawing... 6 | |
| Cultivating Joy: A Floral Workshop 6 | |
| Exploring Water Based Media in Abstract Landscapes 6 | |
| Introduction to Needle Felting..... 6 | |
| Make Friends With Needle Felting 7 | |
| Naturalist Illustration..... 7 | |
| Understanding Modern Art..... 7 | |
| Watercolor Fine Arts Style 8 | |
| Woodland Wonders in Colored Pencil ... 8 | |

BUSINESS

| | |
|---|--|
| Business Plan Basics..... 8 | |
| Legal Issues for the Small Business Startup 9 | |
| Managing Health Care Expenses in Retirement: What You Need to Know about Medicare/Long-Term Care..... 9 | |
| Savvy Social Security Planning for Couples 9 | |
| Tax-Efficient Investing—All Year Long ... 10 | |

COMPUTERS/TECHNOLOGY

| | |
|---|--|
| Advance Your Career with Microsoft Office: Basics 10 | |
| Advance Your Career with Microsoft Office: Intermediate 10 | |
| All About iCloud 10 | |
| Apple and AI and You..... 11 | |
| Apple Watch 1:01 11 | |
| Beginner’s Guide to Using AI (Artificial Intelligence)—ChatGPT for the Non-Tech Savvy..... 11 | |
| Get to Know Your Digital Camera 11 | |
| How to Get the Most From Your Digital Camera 11 | |
| iPad Tips and Tricks 11 | |
| iPhone Tips and Tricks 11 | |
| Messages...and More..... 12 | |
| Microsoft Excel: Beginning 12 | |
| Much Ado About Noting..... 12 | |
| Photos: Take, Organize, Edit, Share 12 | |
| Remind Me Again 12 | |
| Wallet and Apple Pay 12 | |

COOKING

| | |
|---|--|
| Asian Noodles Workshop..... 13 | |
| Asian Sweets and Desserts 13 | |
| Asian Vegetarian Cooking 13 | |
| Basic Knife Skills Workshop..... 13 | |
| Curry Workshop 13 | |
| Delicious Dim Sum Workshop..... 14 | |
| Healthy & Delicious Stir-fry Workshop... 14 | |
| Indonesian Cuisine 14 | |

| | |
|---------------------------------------|--|
| International Crepes Workshop..... 14 | |
| Sushi and Nigiri Workshop 14 | |
| Thai New Year Feast..... 15 | |
| Vietnamese New Year, Tet 15 | |

GENERAL

| | |
|---|--|
| Beginning Improv 15 | |
| Explore Your Writer’s Voice 15 | |
| Family Stories + Memoir Writing 16 | |
| Fiction Fundamentals: How to Write a Good Story 16 | |
| Navigating Your Career Path: Winning Strategies for the Current Job Market 16 | |
| Parenting with Positive Discipline..... 16 | |
| Poetry Writing for Beginners 17 | |
| The Friendship Lab 17 | |
| Travel Planning: Where Do You Want To Go? Make It Happen!..... 17 | |
| Your Next Phase: Making the Most of Your Retirement..... 18 | |

GENERAL—STATE FINANCED

| | |
|---|--|
| English as a Second Language (ESL) ... 18 | |
| High School Diploma Program..... 18 | |

HEALTH/REC/DANCE

| | |
|--|--|
| Alycia’s Heart Beat—A Co-ed Aerobic Workout—Monday 19 | |
| Alycia’s Heart Beat—A Co-ed Aerobic Workout—Wednesday..... 19 | |
| Alycia’s Heart Beat—A Co-ed Aerobic Workout—Saturday..... 19 | |
| Introduction to Meditation 20 | |
| Low Impact Cardio..... 20 | |
| Salsa For Beginners..... 20 | |
| Strength Training for Seniors 20 | |
| Strength Training—Monday 21 | |
| Strength Training—Tuesday..... 21 | |
| Strength Training—Wednesday 21 | |

LANGUAGE

| | |
|--------------------------------|--|
| French 1A 21 | |
| French 1B..... 22 | |
| French 2 22 | |
| French 3 22 | |
| Italian for Travelers 22 | |
| Spanish Beginning 1 23 | |
| Spanish Beginning 2 23 | |

MUSIC

| | |
|-----------------------------|--|
| Bagpipes 23 | |
| Guitar, Beginning 24 | |
| Ukulele, Beginning 24 | |

ARTS & CRAFTS

Artwork Studio: Painting and Drawing / *Barry Eagle*

| | | | | | | | |
|---------|-------|------------|----------|-----|-------------|-------------|----------|
| AA0004 | \$195 | 6 meetings | 1/6-2/24 | MON | 7:00-9:30pm | 2D ART ST02 | limit 15 |
| AA0004A | \$195 | 6 meetings | 3/3-4/14 | MON | 7:00-9:30pm | 2D ART ST02 | limit 15 |
| AA0004B | \$195 | 6 meetings | 4/21-6/2 | 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 | 1/25 | SAT | 10:00am-1:00pm | 3D ART ST01 | limit 12 |
| AA0031A | \$115 | 1 meeting | 3/8 | 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.

Exploring Water Based Media in Abstract Landscapes / *Katie Smart* NEW

| | | | | | | | |
|--------|-------|------------|----------|-----|-------------|-------------|----------|
| AA0024 | \$150 | 4 meetings | 1/11-2/8 | SAT | 1:00-3:00pm | 3D ART ST01 | limit 15 |
|--------|-------|------------|----------|-----|-------------|-------------|----------|

There's more to water-based painting than just watercolors! Possibilities include watercolor pencils, water soluble crayons and pastels, ink, and more. In this class we will explore how to convey our thoughts and emotions as abstract landscapes. We will do several quick studies and then use our favorite ideas and techniques to create a large work. This is a process-based class that prioritizes experimentation as a way to let go of perfectionism. Only happy accidents here! All experience levels welcome. No class 1/18.



Katie Smart is a working artist with 15 years of experience teaching and showing art. She graduated from Mount Holyoke in 2008 and received her MFA from the California College of Art in 2020. She is currently a member of Gallery 2727 artist co-op. She loves colorful abstraction and process over perfection!

Introduction to Needle Felting / *Cynthia Cudaback* NEW

| | | | | | | | |
|--------|------|-----------|------|-----|-------------|-------------|----------|
| AA0056 | \$55 | 1 meeting | 2/11 | TUE | 7:00-9:00pm | 3D ART ST01 | limit 12 |
|--------|------|-----------|------|-----|-------------|-------------|----------|

In this two-hour class, we will learn the basics of needle felting small sculptures. A little practice with spheres and cylinders will prepare you to make a simple project, such as a mushroom, owl or basic gnome. All materials are provided. \$12 materials fee included.

Make Friends With Needle Felting / Cynthia Cudaback NEW**AA0057 \$85 1 meeting 3/8 SAT 9:00am-12:00pm 3D ART ST01 limit 10**

This three-hour class gives experienced needle felters and confident crafters enough time to make almost anything you can imagine. Domestic and woodland animals? Gnomes and fairies? Monsters? Cynthia will guide you through it. All materials are provided. \$15 materials fee is included.



Cynthia Cudaback describes herself as “an old-school maker.” She learned construction skills such as wiring and plumbing from her father, and sewing, sculpting and crafting skills from her mother. She made her first ornaments out of seed pods, and developed a passion for creating unique, seasonal crafts. Apart from her “maker” skills, Cynthia holds a BA in Physics and a PhD in Geophysics and has taught at both the high school and college levels. She looks forward to sharing her love of needle felting with you.

Naturalist Illustration / Rachel Whitman**AA0007 \$180 6 meetings 1/7-2/11 TUE 5:30-7:30pm PHS41 limit 15**
AA0007A \$180 6 meetings 2/25-4/1 TUE 5:30-7:30pm PHS41 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! 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. *Note: All classes held in Room 41.

Understanding Modern Art / Robert Simons**AA0054 \$90 2 meetings 1/6-1/8 MW 7:00-9:00pm MHS45 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.

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

Watercolor Fine Arts Style / Wendy Soneson

AA0025 \$270 8 meetings 1/11-3/15 SAT 10:00am-12:30pm 2D ART ST02 limit 15
AA0025A \$270 8 meetings 3/22-5/17 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.

Woodland Wonders in Colored Pencil / Jennifer Linderman NEW

AA0055 \$205 6 meetings 1/7-2/11 TUE 6:30-8:30pm 2D ART ST02 limit 15

In this class students will learn how to draw a variety of woodland wonders 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.



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!

Business**Business Plan Basics / Behrang Pakzad** S

BB0008 No Fee 1 meeting 3/11 TUE 6:00-7:30pm MHS46 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.

Legal Issues for the Small Business Startup / Neil Rubenstein

BB0074 No Fee 1 meeting 1/28 TUE 5:30-8:00pm MHS45 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.

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

BB0050 \$30 1 meeting 3/19 WED 6:30-8:00pm MHS46 limit 25

Are you wondering: 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 Your 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 2/5 WED 6:30-8:00pm MHS46 limit 25

At this 90 minute educational seminar you will learn: How much Social Security do you and your spouse stand to receive over your joint lifetime? Rules and guidelines for when spouses should apply for benefits? How do the decisions you make in your 60s determine the amount of income you (or your surviving spouse) will have in your 80s and 90s? How do spouses with little or no prior earnings take advantage of Social Security benefits? The number-one most important thing all higher-earning spouses should do, Two key things you need to know about Social Security survivor benefits, How remarriage affects survivor benefits from a former spouse, How to avoid mistakes at your Social Security office. You will also receive a copy of Your 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.

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.



Tax-Efficient Investing—All Year Long / *George Noceti***BB0091** **\$30** **1 meeting** **1/14** **TUE** **6:30-8:00pm** **MHS46** **limit 25**

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** **1/25-2/8** **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.

Advance Your Career with Microsoft Office: Intermediate /*Helen Nishikai* **S** **NEW****CC0008** **No Fee** **3 meetings** **3/15-3/29** **SAT** **9:00am-12:00pm** **ST127** **limit 12**

In this course for high-beginner/low-intermediate students, continue to build your skills in Word, Excel, and PowerPoint to advance your career. In three half-day sessions, we'll cover intermediate-level topics such as styles in Word; sorting, filtering, number formatting, and functions in Excel; and transitions, images, and presentation features in PowerPoint; plus more. Come to class with your questions! Prerequisites: Basic experience in Word, Excel, and PowerPoint.



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.

All About iCloud / *Mike Matthews***CC0056** **\$45** **1 meeting** **5/14** **WED** **7:00-9:00pm** **ST206** **limit 15**

Think of iCloud as the glue that holds all your Apple devices together, storing and syncing information between all your devices and easily sharing it with others. Bring your devices updated to the latest version of their operating system.

Apple and AI and You / Mike Matthews

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| CC0090 | \$45 | 1 meeting | 3/4 | TUE | 7:00-9:00pm | ST206 | limit 15 |
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AI—short for Artificial Intelligence—is the early leader for buzzword of the decade. We'll explore what it means for Apple, its products, and you. Bring your Apple devices updated to the latest version of their operating system.

Apple Watch 1:01 / Mike Matthews

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| CC0063 | \$180 | 4 meetings | 1/27-2/4 | MT | 7:00-9:00pm | ST206 | limit 15 |
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We'll run through all the details of setting up and using your Apple Watch. We'll also delve into some scenarios in which Apple Watch plays a central role. Bring your iPhone and Apple Watch updated to iOS 18 and watchOS 11, respectively.

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

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| GG0030 | No Fee | 1 meeting | 1/21 | TUE | 6:00-8:00pm | ST127 | limit 15 |
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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! Funding for this free class is provided by the state of California. In order to receive this funding, we are required to collect demographic information. You will be prompted to provide the necessary information upon registration.

Get to Know Your Digital Camera / Dennis Mockel

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| CC0041 | \$95 | 1 meeting | 1/11 | SAT | 10:00am-4:00pm | ST126 | limit 12 |
| CC0041A | \$95 | 1 meeting | 4/26 | SAT | 10:00am-4:00pm | ST127 | limit 12 |

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

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| CC0042 | \$125 | 3 meetings | 1/22-2/5 | WED | 7:00-9:00pm | ST126 | limit 12 |
| CC0042A | \$125 | 3 meetings | 4/23-5/7 | WED | 7:00-9:00pm | ST126 | limit 12 |

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.

iPad Tips and Tricks / Mike Matthews

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| CC1070 | \$45 | 1 meeting | 1/14 | TUE | 7:00-9:00pm | ST206 | limit 15 |
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If you want to get more out of your iPad than you ever thought possible—even to the point of replacing a traditional PC—then this class is for you. Make sure your iPad is updated to the latest version of iPadOS 18.

iPhone Tips and Tricks / Mike Matthews

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| CC0055 | \$45 | 1 meeting | 5/28 | WED | 7:00-9:00pm | ST206 | limit 15 |
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If you want to go beyond the basics of using your iPhone, including many of its hidden features, then this class is for you. Bring your iPhone updated to the latest version of iOS 18.

Messages...and More / Mike Matthews

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| CC0047 | \$45 | 1 meeting | 1/7 | TUE | 7:00-9:00pm | ST206 | limit 15 |
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Messages aren't just for text anymore. You can include pictures, videos, handwriting, animated emoji (even one that looks like you!), tapbacks, and more. We'll teach you how. Bring your updated Apple device(s) to class.

Microsoft Excel: Beginning / Dennis Mockel

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| CC0020 | \$162 | 5 meetings | 2/26-3/26 | WED | 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.

Much Ado About Noting / Mike Matthews

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| CC0048 | \$45 | 1 meeting | 2/26 | WED | 7:00-9:00pm | ST206 | limit 15 |
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When a full-blown word processor is overkill, Apple's Notes app stands ready to assist with more features than you think. Bring your Apple devices updates to the latest version of their operating system.

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

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| CC0059 | \$135 | 3 meetings | 4/21-4/23 | MTW | 7:00-9:00pm | ST206 | limit 15 |
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Even if you've taken this class before, it's time to take it again. Apple has given the Photos app its biggest redesign ever as well as weaving in new features through Apple Intelligence. We'll cover all aspects of the Camera and Photos apps. Bring your Apple devices updated to the latest version of their operating system.

Remind Me Again / Mike Matthews

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| CC0049 | \$45 | 1 meeting | 2/25 | TUE | 7:00-9:00pm | ST206 | limit 15 |
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If you're a list-maker then the Reminders app is for you. More than a simple checklist, the Reminders app is a powerful tool to organize all those little bits of information in your life. Bring your Apple device updated to the latest version of its operating system.

Wallet and Apple Pay / Mike Matthews

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| CC0057 | \$45 | 1 meeting | 5/13 | TUE | 7:00-9:00pm | ST206 | limit 15 |
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Faster, easier, safer. With Apple Pay and the Wallet app on your iPhone, you'll not only travel lighter, your purchases will be more secure. Bring your iPhone and Apple Watch updated to the latest version of their operating system.



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.

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

Cooking

Our cooking classes are active, hands-on sessions. Students will be standing or moving for the entire class. \$18 food fee included in all cooking classes.

Asian Noodles Workshop / Chat Mingkwan

HC0044 \$90 1 meeting 3/8 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 palate 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 must bring a sharp chef knife or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage.

Asian Sweets and Desserts / Chat Mingkwan **NEW**

HC0051 \$90 1 meeting 5/17 SAT 10:30am-1:30pm STU CTR limit 12

Explore the sweet side of Asian cooking! We will choose three popular Asian desserts and make them healthier and easier. Learn unique ingredients and simple techniques to produce delicious desserts that we all love such as Thai Sweet Sticky Rice and Mangoes, Fried Banana with Coconut Ice Cream, and Split Pea and Taro Coconut Custard. Each person must bring a sharp chef's knife or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage.

Asian Vegetarian Cooking / Chat Mingkwan

HC0078 \$90 1 meeting 4/5 SAT 10:30am-1:30pm STU CTR limit 12

Using his new cookbook, Vegetarian Fusion, Chat invites you to join his quest for healthy eating. Modify popular Asian dishes into vegetarian friendly meals and maintain the soul that makes Asian cuisine so unique. We make various Asian cuisines healthier and more beneficial by using only vegetables and their by-products. Learn to use different seasonings and herbs. Prepare popular Asian dishes, such as soup, salad, curry, and noodles. Each person must bring a sharp chef knife or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage.

Basic Knife Skills Workshop / Chat Mingkwan

HC0002 \$90 1 meeting 2/8 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"), sturdy cutting board, vegetable peeler, hand towels, your own plate, eating utensils and beverage.

Curry Workshop / Chat Mingkwan

HC0026 \$90 1 meeting 3/15 SAT 10:30am-1:30pm STU CTR limit 12

Asian curries have had much Indian influence with spices such as cumin and coriander. But natives have added a few local spices, including fresh and dried chilies, to create a variety of curries to call their own. Learn to transform herbs and spices into scrumptious curry dishes from around Asia, such as Indian Vegetarian Korma, Thai green curry with seafood, and Burmese chicken yellow curry. Each person must bring a sharp chef's knife or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage.



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.

Delicious Dim Sum Workshop / *Chat Mingkwan*

HC0011 \$90 1 meeting 5/10 SAT 10:30am-1:30pm STU CTR limit 12

Dim Sum means “a little bit of heart,” and these little savories and sweets surely gladden the heart and palate. Dim sum can be served as an elegant and fun light appetizer, lunch, snack, or as a special treat. We will learn to use a variety of approaches to create popular items and learn techniques of filling and wrapping. We will make three popular Dim Sum recipes such as Pork Shrimp Dumplings, Pot Stickers, BBQ Pork Buns, and Fried Taro and Chives Cakes. Each person must bring a sharp chef knife or cleaver, cutting board, hand towels, your own plate, saucer, eating utensils, and beverage.

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

HC0042 \$90 1 meeting 4/26 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 Beef and Broccoli, Spicy Eggplant and Thai Basil, Garlic Green Beans, and Peppered Shrimp. Each person must bring a sharp chef’s knife or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage.

Indonesian Cuisine / *Chat Mingkwan*

HC0083 \$90 1 meeting 3/1 SAT 10:30am-1:30pm STU CTR limit 12

The cooking of the “Spice Islands” includes aromatic flavors and fresh tropical fruits, herbs and local spices. Join us in cooking three popular Indonesian dishes for our dinner. Learn to use Indonesian herbs and spices and prepare dishes such as assorted satay with fresh tropical fruit salad, gado gado with peanut dressing, and beef curry. Each person must bring a sharp chef’s knife or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage.

International Crepes Workshop / *Chat Mingkwan*

HC0045 \$90 1 meeting 5/31 SAT 10:30am-1:30pm STU CTR limit 12

Crepes can be found in one form or another around the world. They can be served as an appetizer, snack, salad, main entrance, 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 techniques in 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. Each person must bring a sharp chef’s knife or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils and beverage.

Sushi and Nigiri Workshop / *Chat Mingkwan*

HC0018 \$90 1 meeting 3/29 SAT 10:30am-1:30pm STU CTR limit 12

Learn the basics of preparing fresh sushi. Learn to make sushi rice for use in Nigiri (finger roll) and Nori Maki (seaweed hand roll). Practice Japanese techniques of filling and wrapping by preparing a variety of sushi such as Hamachi, Inari, Maguro, Unagi, Tobiko, cucumber, spicy tuna, California, and Philadelphia rolls. Each person must bring a sharp pointed-tip chef knife (minimum 8-inch), bamboo mat, sturdy cutting board, hand towels, your own plate, bowl (6-8” dia, 4-5” deep), saucer, chopsticks, and beverage.

Thai New Year Feast / Chat Mingkwan

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| HC0068 | \$90 | 1 meeting | 4/12 | SAT | 10:30am-1:30pm | STU CTR | limit 12 |
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Thai New Year-Water Festival celebrates during the warmest time in April, and water is thrown at each other to keep cool. Learn Thai culinary philosophy and learn to recognize Thai tastes and flavors by preparing a three-dish Thai meal. Learn to use herbs and spices such as galangal and kaffir lime that are unique to Thai cuisine and transform fresh ingredients into delicious dishes: Tomkha-hot sour soup, PadThai-stir-fried noodles, and Green Curry. Each person must bring a sharp chef's knife or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage.

Vietnamese New Year, Tet / Chat Mingkwan

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| HC0067 | \$90 | 1 meeting | 2/22 | SAT | 10:30am-1:30pm | STU CTR | limit 12 |
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Let's celebrate Tet, the Vietnamese New Year. Tet means the first morning of the first day of the New Year. Many scrumptious new year dishes are prepared, and each dish has a significant meaning for the good new year to come. We will make three popular dishes for our feast: fresh spring rolls, lemongrass chicken, and dried beef noodles. Each person must bring a sharp chef's knife or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage.

General**Beginning Improv / Griffen Bier**

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| GG0052 | \$165 | 5 meetings | 1/7-2/4 | TUE | 7:00-8:30pm | PHS48 | limit 12 |
| GG0052A | \$165 | 5 meetings | 2/25-3/25 | TUE | 7:00-8:30pm | PHS48 | limit 12 |
| GG0052C | \$165 | 5 meetings | 4/15-5/13 | TUE | 7:00-8:30pm | PHS48 | limit 12 |

If you want to practice acting in a low-stress, fun environment, improv might be right for you. Learn the fundamentals of how to create laugh-out-loud scenes and captivating characters in a safe, inviting space. Try out a variety of easy-to-learn, hilarious-to-play games that you can share with your friends and family. No experience is needed! Recommend you bring water and wear clothes you can easily move around in.



Griffen Bier teaches Beginning Improv. He holds a BA from University of Redlands and has recently completed his MFA at Academy of Art University. Griffen has performed in 100+ improv shows both in-person and online in a variety of styles. Among them are Improvised Shakespeare, Improvised Charles Dickens and an Improvised Soap Opera (a la Dallas) set in Minnesota. You can also find him teaching at Synergy Theater and Berkeley Improv.

Explore Your Writer's Voice / Elaine Beale

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| GW0033 | \$115 | 2 meetings | 3/8-3/15 | SAT | 10:00am-12:30pm | MHS47A | limit 16 |
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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.



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.

Family Stories + Memoir Writing / *Denise Bostrom***GW0024** **\$195** **4 meetings** **1/25-2/22** **SAT** **9:00am-12:00pm** **MHS45** **limit 18**

Family Stories Memoir Writing is a four-week class offering seasoned beginning writers tools to discover, reflect on, and write their stories. Using the text, "On Writing" by Stephen King, the class will cover story-setting, character investigation, a writer's voice, and ways of structuring a story. We will analyze excerpts from diverse memoirs, a range of writing styles, and workshop writers' stories.



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

Fiction Fundamentals: How to Write a Good Story / *Elaine Beale***GW0010** **\$180** **4 meetings** **1/7-1/28** **TUE** **6:30-8:30pm** **ST204** **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.

Navigating Your Career Path: Winning Strategies for the Current Job Market / *Jason Hecker* **GG0004** **No Fee** **1 meeting** **1/14** **TUE** **6:30-8:30pm** **MHS45** **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** **3/5-4/2** **WED** **7:00-8:30pm** **MHS45** **limit 24**

In this fun 5-week series you'll learn Positive Discipline's common-sense principles and its everyday applications. Topics include how to be kind AND firm at the same time, encourage your child, find genuine solutions, set effective limits and finally, most importantly, enjoy and truly connect with your child. This 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.

Poetry Writing for Beginners / Ralph Dranow NEW**GW0050 \$180 4 meetings 3/1-3/22 SAT 10:00am-12:00pm ST124 limit 12**

Unlock the poet within you in this engaging four-week course designed to make poetry writing fun, accessible, and deeply personal. Each session offers a fresh perspective on crafting simple poems inspired by everyday experiences, from taking a walk to reflecting on family moments. With supportive guidance, writing prompts, and time for sharing, you'll explore different poetic forms like odes and persona poems. Along the way, enjoy the creative process, connect with fellow learners, and discover the joy of self-expression through poetry. Whether you're a beginner or looking to rekindle your passion, this course will leave you inspired to continue your poetic journey beyond the classroom.



Ralph Dranow works as an editor and poetry guide whose mission is to make poetry writing more accessible. He has published eight poetry books, one collection of short stories, and numerous poems and articles in various magazines and newspapers. His poems are often about the pleasant surprises of everyday events and ordinary people.

The Friendship Lab / Tony Shen**GG0038 \$135 4 meetings 3/17-4/14 MON 7:00-8:30pm ST201 limit 20**

The single most important factor for a healthier and happier life is good relationships. More than ever, we need better and more friendships. In this class, we will learn research-based approaches to making and strengthening our connections. We will apply these approaches in our lives during the week, then return to our classroom to discuss, learn from and support each other to develop our friendship skills. 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.



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 2/4 TUE 6:00-8:30pm MHS46 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 157 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 2/25-3/18 TUE 6:30-9:00pm ST305 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**English as a Second Language (ESL) / Giena Vogel ^S****ESL0001 (Beginning) No Fee 17 meetings 1/13-6/2 MON 7:00-8:30pm MHS47A limit 35****ESL0002****(Intermediate/Advanced) No Fee 20 meetings 1/14-6/3 TUE 7:00-8:30pm MHS47A limit 35**

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

High School Diploma Program / Jana Branisa ^S**DD0001 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

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.

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

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| HR0004 | \$80 | 9 meetings | 1/6-3/17 | MON | 5:00-6:00pm | BCHAUD | limit 50 |
| HR0004A | \$80 | 9 meetings | 3/24-6/2 | 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. In person students should be fully vaccinated and boosted.

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

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|---------|------|-------------|----------|-----|-------------|--------|----------|
| HR0005 | \$90 | 10 meetings | 1/8-3/19 | WED | 5:00-6:00pm | BCHAUD | limit 50 |
| HR0005A | \$90 | 10 meetings | 3/26-6/4 | 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. In person students should be fully vaccinated and boosted.

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

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|---------|------|-------------|-----------|-----|--------------|--------|----------|
| HR0006 | \$90 | 10 meetings | 1/11-3/22 | SAT | 9:00-10:00am | BCHAUD | limit 50 |
| HR0006A | \$80 | 9 meetings | 3/29-6/7 | SAT | 9:00-10:00am | 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. 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.

Introduction to Meditation / Charles Wohl NEW

| | | | | | | | |
|---------|-------|------------|-----------|-----|-------------|--------|----------|
| HR0071 | \$175 | 6 meetings | 1/8-2/12 | WED | 6:30-8:00pm | MHS47A | limit 24 |
| HR0071A | \$175 | 6 meetings | 3/12-4/23 | WED | 6:30-8:00pm | MHS47A | limit 24 |

This meditation course is designed to help students build a sustainable home practice by providing a variety of tools and techniques tailored to individual goals. The course covers key elements such as mastering breathwork, understanding the anatomy and physiology of breathing, and practicing visualization techniques. Students will also learn to focus on subtle auditory cues and sensations within the body. The course introduces concepts of both spontaneous and voluntary attention, emphasizing their role in calming the mind and fostering compassion. All experience levels are welcome.



Charles Wohl has practiced and studied meditation since the 1970s, including a period of study under the guidance of the Dalai Lama in the Khumbu Himal region of Nepal, near the base of Mount Everest. Having explored a variety of meditative techniques, Charles has taught meditation since the 1980s and developed an approach to help students enhance attention and concentration while toning the musculature essential to the meditative process. Whether you are new to meditation or seeking to deepen your practice, Charles offers personalized guidance that fosters transformation and growth.

Low Impact Cardio / Jacqui Birdsong-James

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|---------|------|------------|-----------|-----|--------------|---------------|----------|
| HR0058 | \$60 | 9 meetings | 1/16-3/13 | THU | 9:00-10:00am | Veterans Hall | limit 40 |
| HR0058A | \$60 | 9 meetings | 3/20-5/15 | THU | 9:00-10:00am | Veterans Hall | limit 40 |

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!

Salsa For Beginners / Carmela Zavaleta NEW

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|--------|-------|------------|-----------|-----|-------------|-------|----------|
| HR0075 | \$175 | 4 meetings | 2/25-3/18 | TUE | 6:30-7:30pm | PHSDS | limit 20 |
|--------|-------|------------|-----------|-----|-------------|-------|----------|

Do you love Latin music? Have you been wanting to join your friends on the dance floor at clubs and parties? Then this is a great place to start. Learn the basic rhythm, foot work and technique of dancing with a partner in just one of many social dance forms—Salsa. No experience or partner required. Daily practice between classes is encouraged.



Carmela Zavaleta began her dance journey as a classically trained ballet dancer in her youth. Her interests later turned to social dancing to include swing, Lindy hop, Argentine tango, Salsa and other latin dances. In 1999, Carmela moved to the Bay Area to study ballroom dance through the Teacher Training course at San Francisco's Metronome ballroom. After completing her studies she taught Salsa at the Metronome, in clubs like El Valenciano and El Rio, privately and to children and teens as a volunteer for SFUSD, OUSD and the Boys and Girls Club of San Francisco. Carmela especially enjoys teaching beginners and helping to pass on the love for dancing in harmony with our friends and neighbors to future generations.

Strength Training for Seniors / Jacqui Birdsong-James

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|---------|------|------------|-----------|-----|---------------|---------------|----------|
| HR0033 | \$60 | 9 meetings | 1/16-3/13 | THU | 10:00-11:00am | Veterans Hall | limit 40 |
| HR0033A | \$60 | 9 meetings | 3/20-5/15 | THU | 10:00-11:00am | Veterans Hall | limit 40 |

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

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|---------|-------|------------|-----------|-----|-------------|--------|----------|
| HR1031 | \$120 | 9 meetings | 1/6-3/17 | MON | 5:00-6:00pm | Online | limit 20 |
| HR1031A | \$110 | 8 meetings | 3/24-5/19 | 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

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|---------|-------|-------------|-----------|-----|-------------|--------|----------|
| HR0034 | \$135 | 10 meetings | 1/7-3/18 | TUE | 5:00-6:00pm | PMS512 | limit 18 |
| HR0034A | \$120 | 9 meetings | 3/25-5/27 | TUE | 5:00-6:00pm | PMS512 | limit 18 |

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

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|---------|-------|-------------|-----------|-----|-------------|--------|----------|
| HR1030 | \$135 | 10 meetings | 1/8-3/19 | WED | 5:00-6:00pm | Online | limit 20 |
| HR1030A | \$120 | 9 meetings | 3/26-5/28 | 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 | \$295 | 11 meetings | 1/7-3/25 | TUE | 7:30-9:30pm | ST126 | limit 25 |
| LL0008A | \$190 | 7 meetings | 4/22-6/3 | TUE | 7:30-9:30pm | 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.

French 1B / Jean Monnier

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|---------|-------|-------------|----------|-----|-------------|-------|----------|
| LL0009 | \$295 | 11 meetings | 1/7-3/25 | TUE | 5:30-7:30pm | ST126 | limit 25 |
| LL0009A | \$190 | 7 meetings | 4/22-6/3 | TUE | 5:30-7:30pm | 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.

French 2 / Jean Monnier

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|---------|-------|-------------|----------|-----|-------------|-------|----------|
| LL0006 | \$295 | 11 meetings | 1/8-3/26 | WED | 7:00-9:00pm | ST126 | limit 25 |
| LL0006A | \$190 | 7 meetings | 4/23-6/4 | WED | 7:00-9:00pm | ST126 | limit 25 |

Intermediate French. For those who have had basic elementary French. Grammar study through conversation and exercises. Required text book: En Contact B1, methode de français and Cahier d'activités. Available at European books, 6600 Shattuck. online at www.europeanbook.com.

French 3 / Jean Monnier

| | | | | | | | |
|---------|-------|-------------|----------|-----|-------------|-------|----------|
| LL0007 | \$270 | 10 meetings | 1/6-3/24 | MON | 7:00-9:00pm | ST126 | limit 25 |
| LL0007A | \$160 | 6 meetings | 4/21-6/2 | MON | 7:00-9:00pm | ST126 | limit 25 |

Advanced French. This class is taught solely in French. Textbooks: COSMOPOLITE 5, Livre de l'élève + Cahier d'activités. Available at European books, 6600 Shattuck. Online at www.europeanbook.com.

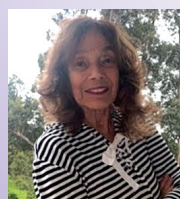


Jean Monnier has been teaching at Piedmont Adult School since 2007. He has taught at UC Berkeley, Head Royce and Campolindo high schools. In addition, he has written multiple papers and books on French involvement in the California Gold Rush and other topics.

Italian for Travelers / Susan Galindo

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|--------|-------|------------|----------|-----|--------------|--------|----------|
| LL1028 | \$210 | 6 meetings | 1/7-2/11 | TUE | 9:30-11:00am | 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 this class 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.

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

Spanish Beginning 1 / Helmi Waits

| | | | | | | | |
|---------|-------|------------|----------|-----|-------------|-------|----------|
| LL0050 | \$185 | 9 meetings | 1/6-3/17 | MON | 7:00-8:30pm | ST124 | limit 25 |
| LL0050A | \$185 | 9 meetings | 3/24-6/2 | MON | 7:00-8:30pm | ST124 | limit 25 |

In this class you will learn the difference between ser and estar, the present tense of regular verbs, comparatives, present progressive, 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

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|---------|-------|-------------|----------|-----|-------------|-------|----------|
| LL0051 | \$205 | 10 meetings | 1/8-3/19 | WED | 7:00-8:30pm | ST124 | limit 25 |
| LL0051A | \$205 | 10 meetings | 3/26-6/4 | WED | 7:00-8:30pm | ST124 | limit 25 |

In this class you will learn demonstrative adjectives, the present tense of irregular verbs, the past tense (preterit), reflexive verbs, direct object pronouns, indirect object pronouns, and the combination of indirect and direct objects, por vs. para, and adverbs. Typical activities may include individual presentations, conversation in groups, listening to songs, and acting in skits. Text used in class: Como se Dice, 9th edn. ISBN#0-547- 00131- 2. (Chapters 5-8) Available used, at Amazon.com.



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

Music**Bagpipes / Lynne Miller**

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|---------|-------|------------|-----------|-----|-------------|--------|----------|
| MM0001 | \$175 | 6 meetings | 1/8-2/12 | WED | 7:00-9:00pm | PMS501 | limit 10 |
| MM0001A | \$175 | 6 meetings | 3/19-4/30 | 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: lmill1600@aol.com for information about needed equipment

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.

Guitar, Beginning / Elizabeth Klute

MM0005 \$150 6 meetings 1/7-2/11 TUE 7:00-8:30pm PMS503 limit 12

If you've found basic guitar chords difficult to play, this class is for you. Using traditional folk songs and modified chord shapes, you will progress at your own pace to playing full chord shapes when your hand is ready. Basic music theory, melodic playing and improvisation are covered. Standard notation and guitar tablature are not covered. Bring your guitar and a 3-ring binder to organize your handouts. Required app: iREAL PRO <https://www.irealpro.com>.

Ukulele, Beginning / Elizabeth Klute

MM0020 \$150 6 meetings 2/25-4/1 TUE 7:00-8:30pm PMS503 limit 12

Ukulele is easy to learn and fun to play. In this course the focus will be on building a foundation of good habits and solid technique. Using traditional folk songs we will cover basic chords, strumming, simple melodies, improvisation and singing while playing. We will be using the C6 tuning: GCEA. You may use a high g or a low g ukulele in this class. Standard notation and ukulele tablature are not covered. Required app: iREAL PRO <https://www.irealpro.com>.



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

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

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.

SPRING 2025 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 _____ DATE _____
LAST FIRST MIDDLE

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

ADDRESS _____ CITY _____ ZIP _____

HOME PHONE _____ WORK PHONE _____ EMAIL _____

COURSE TITLE _____ COURSE NUMBER _____ FEE _____

INSTRUCTOR _____

COURSE TITLE _____ COURSE NUMBER _____ FEE _____

INSTRUCTOR _____

COURSE TITLE _____ COURSE NUMBER _____ FEE _____

INSTRUCTOR _____ 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 _____

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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760 Magnolia Avenue
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PIEDMONT
ADULT
SCHOOL



MOONLIGHTER

SPRING SEMESTER:
JANUARY 6 - JUNE 7, 2025

| | |
|-----------|--------------------------------|
| 12/9 | Registration Begins |
| 1/6 | Classes Begin |
| 1/18-1/20 | Martin Luther King Jr. Holiday |
| 2/15-2/20 | Presidents Week |
| 4/7-4/12 | Spring Break |
| 5/24-5/26 | Memorial Day Break |