

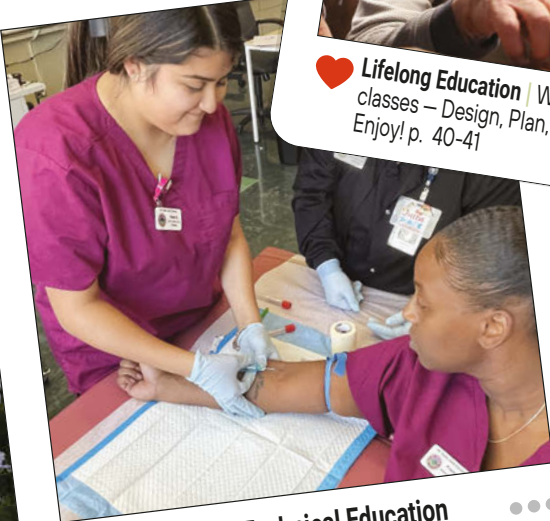


Mt. Diablo Adult Education

Spring 2025



♥ **Lifelong Education** | Woodworking classes – Design, Plan, Build, and Enjoy! p. 40-41



♥ **Career and Technical Education Programs** | Become a Medical Assistant in 7 Months, p. 18



♥ **Adult Basic Education** | Earn Your Diploma, pp. 4-6

Learning for Life!

Mt. Diablo Adult Education



Introducing our new Career Technical Education (CTE) Program Coordinator, Lesley Garcia!

Lesley is a highly experienced and results-oriented individual with over 15 years of experience in the non-profit sector and 9 years in K-12 education. As the Career Technical Education Program Coordinator, she will provide strategic leadership and oversee the successful execution of various CTE programs. Lesley excels in program development and management with a strong focus on quality

assurance and staff development. She is passionate about community engagement and will leverage her extensive experience to drive positive change within the Contra Costa County region. Welcome to Mt. Diablo Adult Education, Lesley!

The Lifelong Education Program at our Pleasant Hill Education Center is excited to announce that this year, PHEC Room 108 will officially take on the name of The James Rodgers Woodturning Center. This woodworking program is exceptional due to the ongoing efforts of our wonderful Jim Rodgers. We wish to express our sincere thanks to Jim for his years of building such an important, impactful, and complete community resource! For more about Jim and his accomplishments, see page 40.

Vittoria



Tricia



Maureen



Drew



The Mt. Diablo Adult Education Administrative Team

Mission

Mt. Diablo Adult Education provides lifelong learning opportunities for adults of all ages and abilities and their families to achieve their education, employment, community participation, and personal goals.

Accreditation

MT. DIABLO ADULT EDUCATION IS ACCREDITED BY THE:

ACCREDITING COMMISSION FOR SCHOOLS, WESTERN ASSOCIATION OF SCHOOLS AND COLLEGES (WASC)
WWW.ACSWASC.ORG

COMMISSION OF THE COUNCIL ON OCCUPATIONAL EDUCATION (COE)
WWW.COUNCIL.ORG
7840 ROSWELL RD., BLDG. 300, STE. 325, ATLANTA, GA 30350 | (770) 396-3898

COMMISSION ON ACCREDITATION OF ALLIED HEALTH EDUCATIONAL PROGRAMS: SURGICAL TECHNOLOGY PROGRAM (CAAHEP)
WWW.CAAHEP.ORG

Approvals

- California Department of Education (CDE)
- Dental Board of California – Registered Dental Assistant Program
- Contra Costa Emergency Services – Emergency Medical Technician Program
- National Center for Competency Testing – Medical Assistant Program
- California Department of Public Health – CNA Program



Spring Registration

Begins March 12, 2025 (dates vary by Program).

mdae.mdusd.org

Our offices are open to serve you. For campus locations and office hours, please see page 43.

LVAC and PHEC Campus Recesses*:

- March 31** Cesar Chavez Day
- April 7-14** Spring Recess
- May 26** Memorial Day
- June 19** Juneteenth

*Check our website for office hours during school recesses



Administration

Mt. Diablo Adult Education (MDAE)

A Division of the Mt. Diablo Unified School District

ADMINISTRATION

(925) 685-7340

- G. Vittoria Abbate, *Director*
- Tricia Ouellette, *Assistant Director*
- Maureen Campbell, *Vice Principal*
- Andrew Foerder, *Vice Principal*

BOARD OF EDUCATION

- Linda Mayo, *President*
- Cherise Khaund, *Vice President*
- Debra Mason, *Trustee*
- Keisha Nzewi, *Trustee*
- Thomas McDougall, *Trustee*
- Crystal Ochoa, *Student Board Member*

DISTRICT ADMINISTRATION

Dr. Adam Clark, Ed.D., Superintendent

PROGRAM EXTENSIONS

(925) 685-7340

- Adults with Disabilities Ext. 6724
- Career and Technical Education Center (CTEC) Ext. 6730
- English as a Second Language (ESL)/Family Literacy/Citizenship Ext. 6750
- High School Diploma/GED/ABE Ext. 6745
- Lifelong Education (925) 937-1530
- Parent Education Ext. 6720

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ADULT BASIC AND ADULT SECONDARY EDUCATION

Adult Basic Education (ABE)
High School Diploma (HSD)
High School Equivalency (GED & HiSET)

(925) 685-7340, ext. 6745 | adulthighschoolged@mdusd.org | mdae.mdusd.org

Office Hours: Monday-Friday, 8:00am-4:00pm

"Our teacher is very understanding and patient with all our levels of math. It has been a great experience for me."

—MDAE math student

**FREE
Classes!**

Whether you need to get a high school diploma, high school equivalency certificate (GED or HiSET), or improve your basic education skills to pass job entrance tests or prepare for college, we are here to help you!

The First Step to a Bright Future Starts Here!

Step 1 Visit: mdae.mdusd.org/programs/abe-ase and click on a program for more information and details.

Step 2 Click the "Register for Classes" button in the sidebar. *Space is limited, don't delay!

Step 3 Follow the directions to select an Orientation & Registration session.

Step 4 Attend a one-time in-person session that includes orientation, a placement assessment, and enrollment in classes.

Note: Our next term starts in September.



Find your best Pathway!

Receive your High School Diploma

Fill your gap of needed credits! Our classes can help put you over the top!

Earn your High School Equivalency Certificate

Graduate quickly! Our classes are a sure-fire way to get you ready for the test.

Gain Basic Trade or Work Skills

Prepare for an apprenticeship, gain employment, or enrich your knowledge through our Basic Skills classes.

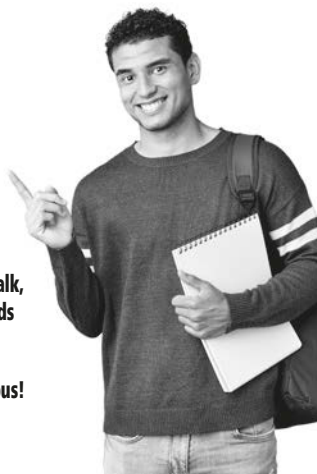
High School Program Word Scramble

- | | | |
|---------------|-----------------|----------------|
| 1. MLDAPIO | 4. FERE SAELSCS | 7. OYU NCA |
| 2. ARIATGNUDO | 5. RIWGNTI | 8. STTE REPP |
| 3. CSNEICE | 6. DTUSNET | 9. HHIG OSOLCH |

Answers: 1. Diploma 2. Graduation 3. Science 4. Free Classes 5. Writing 6. Student 7. You Can 8. Test Prep 9. High School

Top 10 Reasons to Attend our Program

1. Teachers and Staff who care about YOU!
2. We partner with you to help you succeed
3. Day and evening classes in person and hybrid
4. Guest speakers, field trips, and a Media Center
5. College and Career Prep
6. Team building, inclusivity, and community
7. Presentations and college campus tours
8. Plenty of open space to walk, talk, and make new friends
9. Free lunches at our café
10. A job center right on campus!



We also offer the following support to our students:

The **Youth Empowerment Services** program is available to support students 18-24 years old

My Achievement Plans (MAPs). We will help you set up a plan to complete your goals.

Support is available for students with **Individualized Education Plans (IEPs)**

FREE! One on one support from our Transition Specialist to help with job searches, registration for college or career training programs, and applying for FAFSA. You can also enjoy personalized field trips to local colleges and career training programs.

Adult Basic Education, High School Diploma & Equivalency 2025 Winter/Spring Class Offerings

Visit our website at mdae.mdusd.org/programs/abe-ase for more detailed information on our programs.

Note: Classes have already begun and will start again in the Fall.

High School Diploma Classes | In-Person, Hybrid, or Independent Study

Complete the classes you need to receive your high school diploma.

- Government and Economics
- English
- Science and Biology
- Algebra I and Math
- U.S. and World History
- Electives

High School Equivalency Preparation (GED and HiSET) Classes | In-Person or Hybrid

Prepare for either the Pearson VUE GED or the HiSET Equivalency tests by attending classes that teach you what you need to know to pass the following sub-tests:

- Reading
- Science
- Social Studies
- Math
- Writing

Adult Basic Education/Skill Building Classes | In-Person or Hybrid

Improve your reading, writing, math, and computer literacy skills to help you prepare for college, pass employment eligibility tests, or meet your personal goals. Morning and evening classes are available.

- Algebra I
- Writing
- Workplace Math
- Computer and Technology Skills
- Reading

2024-2025 Spotlight

We've partnered with DVC!

We're thrilled to be working with Diablo Valley College (DVC) to offer students concurrent enrollment and transition support after graduation. Interested students benefit from informational presentations, one-on-one meetings with a DVC coordinator, assistance with the application process and class selection, and overall guidance. We're here to help make the pathway to college easier and attainable for everyone and we can't wait to partner with you, too!

DVC DIABLO VALLEY COLLEGE



Adult Basic Education, High School Diploma & Equivalency Winter/Spring 2025 Class Schedule

CLASSES RUN FROM FEBRUARY 3 - MAY 23

(Mt. Diablo Unified School District Seniors May Start Mid-Term.)

High School Equivalency Preparation Classes (GED or HiSET)

Course Title	Time	Day
Algebra IB	9:00-10:30am	T/TH
Algebra I	10:45am-12:15pm	T/TH
Algebra I	6:00-7:30pm	T/TH (Hybrid)
Workplace Math (Basic)	10:45am-12:15pm	M/W
Workplace Math	9:00-10:30am	T/TH
Workplace Math	7:45-9:15pm	T/TH (Hybrid)
Test Prep Writing	10:45am-12:15pm	M/W (Hybrid)

Course Title	Time	Day
Test Prep Writing	6:00-7:30pm	M/W (Hybrid)
Test Prep Writing	7:45-9:15pm	M/W (Hybrid)
Test Prep Social Studies	9:00-10:30am	M/W (Hybrid)
Test Prep Social Studies	7:45-9:15pm	M/W (Hybrid)
Test Prep Science	9:00-10:30am	M/W (Hybrid)
Test Prep Science	6:00-7:30pm	M/W (Hybrid)
Test-taking Bootcamp	12:15-1:15pm	F

High School Diploma Classes

Course Title	Time	Day
ENGLISH		
Business English	10:45-12:15pm	M/W
English	6:00-7:30pm	M/W (Hybrid)
MATH		
Algebra IB	9:00-10:30am	T/TH
Algebra I	10:45am-12:15pm	T/TH
Algebra I	6:00-7:30pm	T/TH (Hybrid)
Workplace Math	9:00-10:30am	T/TH
Workplace Math	7:45-9:15pm	T/TH (Hybrid)

Course Title	Time	Day
SCIENCE		
Environmental Science	6:00-7:30pm	M/W (Hybrid)
ELECTIVES		
Intro to Technology	9:00am-12:15pm	F
Art	10:45am-12:15pm	W
INDEPENDENT STUDY		
All subjects	10:45am-2:00pm	T
	6:00-9:15pm	T

Adult Basic Education/Skill Building

Course Title	Time	Day
Basic Workplace Math	10:45am-12:15pm	T/TH
Workplace Math	9:00-10:45am	T/TH
Workplace Math	7:45-9:15pm	T/TH (Hybrid)
Basic Reading	9:00-10:30am	M/W

Course Title	Time	Day
Basic Reading	9:00-10:30am	T/TH
Basic Reading	6:00-7:30pm	T/TH
Basic Writing	10:45am-12:15pm	T/TH
Basic Writing	7:45-9:15pm	T/TH

Adults with Disabilities

REGISTRATION REQUIRED FOR ADULTS WITH DISABILITIES CLASSES

(925) 685-7340, ext. 6724 | awd@mdusd.org | mdae.mdusd.org

In-Person & Online | Life Skills Program — For Adults with Developmental Disabilities

The Life Skills program is a unique educational program for adults with intellectual and developmental disabilities who are consumers of the Regional Center of the East Bay. The program offers a wide variety of classes to help students develop the skills necessary to achieve their life, work, and community goals. Instruction in independent living skills, social/communication skills, job training, and community access are emphasized. Application required.



In-Person & Online | Transition Options Program (TOPS)

This program addresses the unique needs of adults with Autism Spectrum Disorder (ASD) who have completed their high school diploma and are transitioning to higher education, independent living, and/or employment. The curriculum is comprehensive and specifically designed to meet the individual needs of participants. Application required.



In-Person & Online | On Track — A Program for Adults with Acquired Brain Injury (ABI) or Traumatic Brain Injury (TBI)

This program provides a structured environment that assists individuals with ABI/TBI to relearn old skills, develop new coping skills, increase independence, learn about community resources, build self-esteem, and improve cognitive skills. Emphasis is placed on understanding one's own injury, cognitive skill building, and personal goal setting. Application required.



Adults with Disabilities

Employment Training Internship Program

Preparing students for successful careers in partnership with local businesses



Workplace Essential Skills

This class is offered through a hospitality internship program and provides instruction in professionalism, workplace safety and vocabulary, communication skills, problem solving, and pre-employment skills. In addition to classroom instruction, participants receive full workplace immersion training at a local hotel. This is a paid internship program. Participants must be a consumer of the Regional Center of the East Bay and have successfully completed the screening and interview process for the internship.

VistAbility

VistAbility Hospitality Internship Program: Embassy Suites by Hilton, Walnut Creek. **This is a 9-month paid internship program for 6 interns.** For more information, please contact Afya Wilkerson at awilkerson@vistability.org.

Adults with Disabilities Join Us in Celebrating Autism Acceptance Month



11th Annual TOPS Creativity Expo 2025

THURSDAY, APRIL 24, 2025
6:30pm-8:30pm

Loma Vista Adult Center Multi-Use Room
1266 San Carlos Avenue, Concord



Please join us for an evening of amazing talent and artistry!

- Musical Performances
- Art Displays
- Dramatic Presentations
- Creative Expressions
- Art, Jewelry, Crafts, and Refreshments will be available for purchase

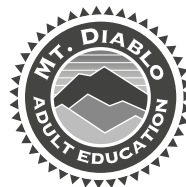


Also featuring Guest Artists and Performers from: Adaptive Learning Center, A Key to Individual Potential for

Adults with Autism Disorders & Neurodevelopmental Disabilities;
(925) 827-3863 x165 | www.alc-ca.org

Full Circle of Choices, helping adults with I/DD live independently and participate freely in their communities;
(925) 682-6107 | <https://fullcircleofchoices.org/>

For more information about the TOPS Program:
topsprogrammdusd@gmail.com



Adults with Disabilities

Spring 2025 Class Schedule

Students enrolled in an AWD program are able to select their attendance days and classes based on their goals and interests. There is a program tour, formal application, and intake procedure for all prospective students. Students can choose to attend part-time or full-time depending on program availability. There may be program fees as listed below.

Life Skills—No fees (must be a client of the Regional Center of the East Bay). Please contact our Adults with Disabilities program for Self-Determination/private pay rates. All classes are part of the Life Skills program and may not be taken a la carte.

Course Title	Location
Arts and Crafts	LVAC
CNN 10-The Where/When/How of Your World	Online/LVAC
Community Access	LVAC/COMM
Consumer Reading/Writing/Math	LVAC
Cooking	Online
Creative Expression/Art Journaling	Online
Gardening	LVAC
Healthy Living	Online/LVAC
Healthy Relationships	LVAC
Job Training: Loma Vista Café	LVAC
Library Skills	COMM
Mind & Body Fitness	Online/LVAC
Nature and Science	Online/LVAC
Personal Wellness	LVAC
Social Connections	LVAC
Student Council/Leadership Skills	Online/LVAC
Technology Skills	LVAC

On Track—Full-time = 2-3 days per week, \$100 monthly payment OR Part-time = 1 day per week, \$50 monthly payment. All classes are part of the On Track program and may not be taken a la carte.

Course Title	Location
Art	Online
Brain Exercise & Computer Games	LVAC
Brain Health	Online
Interesting & Inspiring Topics	Online
Journaling	Online
Math for Fun	Online
Teambuilding & Logic Puzzles	LVAC
Reading Comprehension	LVAC
Critical Thinking & Groups	LVAC
TBI/ABI Reading/ Discussion	LVAC

TOPS—No fee for Regional Center of the East Bay clients. Please contact our Adults with Disabilities program for Self-Determination/private pay rates. All classes are part of the TOPS program and may not be taken a la carte.

Course Title	Location
Executive Functioning Success	Online/LVAC
Independent Living Skills	Online/LVAC
Job Club/Career Planning	Online/LVAC
Job Training: Loma Vista Café	LVAC
Self-Advocacy	Online
Social Connections	Online/COMM
Social Emotional Learning	Online/LVAC
Social/Communication Skills	LVAC
Career Pathways	Online/LVAC
Tops Clubs	Online/LVAC

English as a Second Language (ESL)

Winter/Spring 2025 February 3 – June 5

APPOINTMENT REQUIRED TO REGISTER FOR ESL CLASSES

Info: (925) 685-7340, ext. 6750 | Appts: (925) 609-4518 | eslsec@mdusd.org | mdae.mdusd.org

Learn English—Free Classes*

Improve your English skills so you can work and interact in your community! Practice speaking, reading, writing, listening, conversation, and pronunciation. We offer seven different class levels!



ESL Classes

Learn English in a class with other students. Classes are offered at Loma Vista Adult Education 3-4 days a week.

Family Literacy

Learn English while your child participates in a quality school-readiness program for children ages 3-5, four days a week. Classes are offered at Loma Vista Adult Education and the Family Literacy Centers at Cambridge and Meadow Homes Elementary Schools.

Self-paced Distance Learning*

Learn English at home on your computer or phone! Work at your own speed and meet with an instructor to check your work.

Special Focus Classes*

Workforce preparation classes to prepare you for jobs and careers.

*Must be tested for ESL placement level to enter classes

To begin registration for any ESL class, follow these steps.



1

Scan this QR code.

Or

Go to the ESL page at mdae.mdusd.org/programs/esl.

2

Register for the ESL Contact List, section 39903. You will need to **create an MDAE student account, or sign into your existing account.**

3

Receive an email with instructions to make a level placement test appointment.

4

Come to room MU-17 at Loma Vista to take your placement test.

For more help with registration or for questions please leave a voice or text message at (925) 609-4518; you can use your native language.

English as a Second Language (ESL) Special Focus Classes

Want to work with children?

Become a preschool teacher!

Project ACCESS

- Learn Early Childhood Education (ECE) concepts
- Improve your academic English skills
- Prepare for a career in Early Childhood Education



Project ACCESS Pathway to Diablo Valley College:

1

Join the MDAE ECE-ESL class cohort and transition to the ECE Program at Diablo Valley College.

2

Take ECE and ESL linked classes.

3

With the support of your classmates and caring, experienced instructors, **complete your training** with the 12 ECE units needed to apply for an Associate Teacher Permit from the State of California. The Project ACCESS pathway provides support every step of the way.



Call for more information today! (925) 685-7340 x 6750



Citizenship Preparation

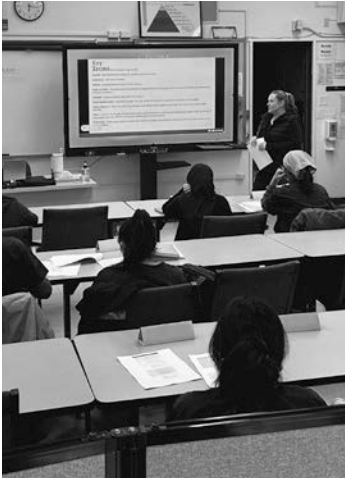
- Study the three branches of the U.S. Government
- Learn U.S. history
- Prepare and practice for the U.S. Citizenship Test

Prepare for the Citizenship interview and test in our **Self-paced Distance Learning program**. Students make an appointment, meet with a teacher, and then study at their own pace at home. Students meet with the teacher once a week by appointment on:

Tuesdays, 5:00-8:00pm

Wednesdays or Thursdays,
10:00am-1:00pm and 5:00pm-8:00pm.

For questions or help with registration, please leave a voice or text message at
(925) 609-4518.



New Class! Careers in Healthcare

A new class designed for English language learners launched this winter, offering students the opportunity to explore careers in healthcare while improving their English skills. Co-taught by Jen Pattison, a former medical assistant, and Lori Johnson, an experienced ESL instructor, this innovative course provides a hands-on approach to learning. Students received medical "scrubs" to wear, creating a sense of professionalism, and are introduced to basic medical terminology and skills as they discover a variety of healthcare career paths. This unique blend of language learning and career exploration gives students the tools to confidently pursue opportunities in the healthcare field, all while enhancing their English language abilities. This is an exciting opportunity for anyone interested in both healthcare and language learning! A new class will be scheduled soon!

English as a Second Language (ESL) Winter/Spring 2025 Class Schedule

PLEASE CHECK THE WEBSITE FOR UPDATES.

**FREE
Classes!**

ESL classes at Loma Vista

Course Title	Time	Day	Dates	Location
Beginning level classes	9:00-11:45am	M-TH	2/3-6/5	LVAC
	12:00-2:45pm	M-TH	2/3-6/5	LVAC
	6:30-9:15pm	T-TH	2/4-6/5	LVAC
Intermediate level classes	9:00-11:45am	M-TH	2/3-6/5	LVAC
	12:00-2:45pm	M-TH	2/3-6/5	LVAC
	6:30-9:15pm	T-TH	2/4-6/5	LVAC

School Readiness

Course Title	Time	Day	Dates	Location
School Readiness Preschool for ages 3-5 yrs old	8:30-11:15am	M-TH	2/3-6/5	MEAD/CAMB/LVAC

English for Specific Purposes

Course Title	Time	Day	Dates	Location
Project ACCESS	6:00-8:30pm	T-TH	2/4-6/5	LVAC

Self-paced Distance Learning

Course Title	Time	Day	Dates	Location
English at Home Program	10:00am-1:00pm	W, TH	2/5-6/5	Online/A-1, LVAC
	5:00-8:00pm	W, TH	2/5-6/5	Online/A-1, LVAC
Citizenship Preparation	5:00-8:00pm	T	2/4-6/5	Online/A-1, LVAC
	10:00am-1:00pm	W, TH	2/5-6/5	Online/A-1, LVAC
	5:00-8:00pm	W, TH	2/5-6/5	Online/A-1, LVAC

Students must be assessed for ESL level prior to entering classes.

Register for classes at: mdae.mdusd.org/programs/esl

Career and Technical Education Center

(925) 685-7340, ext. 6730 | adultcareertech@mdusd.org | mdae.mdusd.org

Train for a Career in under a Year!
Come See what a Difference a Year Can Make!



CAREER AND TECHNICAL EDUCATION CENTER

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CTE Programs

A CTE **program** combines multiple classes or modules that lead to a program completion certificate and employment opportunities. Current CTE Programs range from 3 to 10 months long.

- **Administrative Assistant**
- **Certified Nursing Assistant**
- **Dental Assistant**
- **Emergency Medical Technician**
- **Medical Assistant**

CTE Classes

A CTE **class** is an individual course designed to provide skills that can be used in employment or for personal growth.

- **Keyboarding & Computer Basics**
- **Microsoft Word**
- **Microsoft Excel**
- **Microsoft PowerPoint**
- **CPR-Basic Life Support**
- **EMT Refresher**
- **EMT CEUs**
- **EMT Skills Verification**
- **EMT Challenge**
- **Careers in Healthcare**
- **Food Safety**
- **Special Education Staff Training**

Not all classes are offered every term. Check our website for current class available or call the CTE office for more information

Accreditations

Mt. Diablo Adult Education is accredited by the Commission of the Council on Occupational Education.



WWW.COUNCIL.ORG
7840 ROSWELL RD., BLDG. 300, STE. 325
ATLANTA, GA 30350 | (770) 396-3898

SSEE PAGE 2 FOR FULL LIST OF ACCREDITATIONS AND APPROVALS

Our Mission

CTEC fully prepares adults to be successfully employed in demand occupations and industry sectors.

Our Vision

CTEC is committed to providing high quality education and training in a supportive setting in partnership with business and industry enabling students to be fully prepared to succeed in their chosen occupations.

CTEC is also committed to collaborating with other agencies and organizations in creating and sustaining an efficient workforce and economic development system.

Career Technical Education Center
CTEC
Mt. Diablo Adult Education

Career and Technical Education Center CTE Classes Spring 2025

Attendance for CTE Programs Information Session is NOT required for these classes.

Computer and Microsoft Classes

Keyboarding and Computer Basics

Upgrade your skills! Learn the basics of using a computer and develop keyboarding speed and accuracy.

56291041	1:00-4:00pm	TH	4/24-6/26
	Channell	D-8, LVAC	No fee

Microsoft Word

Make your job easier! Create a variety of business documents, including letters, reports, and tables.

56209041	6:00-9:00pm	T/TH	4/29-5/15
	Zavala	B-10, LVAC	\$84

Microsoft Excel

Elevate your skills! Learn the essentials, including worksheet and workbook creation, formulas and functions, formatting and conditional formatting, charts, and more.

56236041	6:00-9:00pm	T/TH	5/20-6/5
	Zavala	B-10, LVAC	\$84



Microsoft PowerPoint

Create fun and informative presentations in no time that really illustrate your message. Learn how to work with slides, animation, sound, and adding graphics.

56292041	6:00-9:00pm	T/TH	6/10-6/19
	Zavala	B-10, LVAC	\$56

Health Occupations Classes

CPR – Basic Life Support

This hands-on course is required to complete the American Heart Association's Heartcode BLS and to receive a course completion card. Specific to Healthcare Providers but everyone is welcome!

Prerequisite: Online e-learning session at <https://shopcpr.heart.org/heartcode-bls> (IMPORTANT-print Certificate of Completion and bring to class.)

CPR – Basic Life Support

See QR code for dates and times

C-16, LVAC

\$49



EMT Refresher

This 24-hour class meets EMT license recertification requirements (Title 22 of the California Code of Regulations). EMT's needing only CEU's may register for specific modules as space allows.

For available dates, call the CTE office at (925) 685-7340, Ext. 6730

\$300

EMT Skills Verification

For individuals who need to renew or reinstate EMT Certification in the State of California. Verification of skills competencies are done through direct observation by an approved provider. Bring: photo ID, EMT card, and current CPR card.

For available dates, call the CTE office at (925) 685-7340, Ext. 6730

\$160

EMT Challenge

A currently licensed (in US) M.D., R.N., P.A., L.V.N., or L.P.N. may participate in the EMT Training Program Course completion challenge process and may obtain an EMT course completion record by course challenge examination (competency based written and skills examination). Challenge examination may be taken only one time. Examination dates are listed below.

Written Exam	9:00am-12:00pm or 6:00-9:00pm	T	Call for Dates	C-16, LVAC
Psychomotor Exam	9:00am-12:00pm or 6:00-9:00pm	W	Call for Dates	C-16, LVAC

\$493

Career and Technical Education Center CTE Classes Spring 2025 (continued)

Attendance at CTE Programs Information Session is NOT required for these classes.

Food Safety Classes

Food Safety

All food establishments need workers that are proficient in protecting foods prepared for the public. In this comprehensive course, learn to improve food safety and sanitation meeting the requirements of California Health and Safety Code Section 113716. Course fee includes textbook and test. Retest by appointment after 60 days, \$37.

56500041	4:00-8:00pm	TH	4/3 & 4/10	C-11, LVAC	\$75
56500042	4:00-8:00pm	TH	5/15 & 5/22	C-11, LVAC	\$75

Special Education Staff Training (SEST)

Special Education Assistants, Teachers, Parents, Caregivers, and Community Members are welcome. Free!

**To register for SEST classes
scan the QR code**



MDUSD Self-Guided Orientation*

This online training is an unpaid, pre-service requirement for all new MDUSD SEAs. The orientation consists of 11 modules providing basic information necessary to work with students receiving SPED services in MDUSD. Can be used in segments by site-based teams to support consistency in service delivery. Access modules via computer or mobile device. Due to confidentiality requirements, this training is only accessible to MDUSD employees.

(use QR code)	Ongoing	Online	No fee
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Career and Technical Education Center Enrollment Procedures for CTE Classes

See pages 14-15 for the list of classes.

- Step 1** Go to mdae.mdusd.org/registration/register or scan the QR code below.
- Step 2** Scroll down and click on Career and Technical Education Center (CTEC).
- Step 3** Then, scroll to or look left to click on Career and Technical Education Center (CTEC).
- Step 4** Click on the category of class for which you want to register (e.g., **Computer Classes**).
- Step 5** Scroll down and click on the **Register Now** button next to the class of your choice.
- Step 6** Returning students, log into your MDAE student account. **First time** registering online, click on **Create an Account**
- Step 7** Click on **View Cart and Checkout**. (Note: You can use the **Continue Shopping** link on this page if you want to register for more than one class).
- Step 8** Click on **Continue Checkout**.
- Step 9** Enter your Mastercard or Visa information and select **Process Payment**. You will receive an email verifying your class registration.



Career and Technical Education Center CTE Programs

In **3 Months**, you can be a **Certified Nursing Assistant**

Become fully trained to work as a CNA assisting residents with basic care and nursing services. Upon successful completion of the program, students are eligible to sit for the National Nurse Aide Assessment Program (NNAAP) examination.



Contact CTE Office for more information at (925) 685-7340 Ext. 6730



First step: Register now for the **CTE Programs Information Session**.

To learn more about enrolling in this program, visit our website at: mdae.mdusd.org/programs/ctec/cna



Quick Facts!

- **Meeting Days & Times:**
M-F | 8:30am-3:00pm
- **Externship:** Hours may vary.
- **Cost:** \$2,440
Funds may be available for income-qualifying residents.
- **Where are graduates hired?** Concord Post Acute, Tampico Terrace, Diablo Valley Post Acute Care, and more.
- **How much might I earn as a CNA?**
Certified Nursing Assistants can earn an average wage of \$22 an hour!
*Source: Bureau of Labor Statistics 2024 Wage Data for San Francisco-Oakland-Hayward, CA
- **Is this an agency-approved program? Yes!** This program is approved by the California Department of Public Health.

Mt. Diablo Adult Education is privileged to continue partnering with Opportunity Junction and Empowered Aging in providing the Healthcare Career Pathway Program.



Classes are open to adults 18 years and older.

For enrollment in CTE programs, a high school diploma or high school equivalency certificate is also required.

Career and Technical Education Center

CTE Programs



In **5 Months**, you can be an **Emergency Medical Technician (EMT)**

Prepare to provide vital emergency medical services as you care for and transport those who are sick or injured to a medical facility. Upon successful completion of the program, students meet the qualifications to sit for the National Registry Emergency Medical Technician (NREMT) certification exam.

**Next Class Starts
April 15, 2025**

**First step: register for
the CTE Programs
Information Session.**



To learn more about enrolling in this program, visit our website at:
mdae.mdusd.org/programs/ctec/emt

Quick Facts!

- **Meeting Days & Times:**
Morning and evening classes available:
T/W/TH 9:00am- 12:30pm **OR**
6:00-9:30pm
& one Saturday per month, plus 24 hours of ride-along experience in an ambulance.
- **Cost:** \$2,034
Funds may be available to cover this cost, making it free (based on eligibility criteria).
- **Where are our graduates being hired?** AMR, Eagle Ambulance, Falcon Critical Care Transport and Bay Medic.
- **How much might I earn?**
EMTs can earn an average of \$21 an hour.*
** Source: Bureau of Labor Statistics 2024 Wage Data for San Francisco-Oakland-Hayward, CA
- **Is this an approved program?**
Yes! This program is approved through Contra Costa Health Services.



CONTRA COSTA
HEALTH

This program is articulated with Contra Costa College for college credit.



Career and Technical Education Center CTE Programs

In **7 Months**, you can become a **Medical Assistant**

Train to perform clinical and administrative duties in a medical office or clinic setting. Successful completion of the program meets the qualifications to take the Medical Assistant certification exam through the National Center for Competency Testing (NCCT), which is administered on MDAE's campus.

Next Class Starts: September 2, 2025



First step: register for the CTE Programs Information Session.

To learn more about enrolling in this program, visit our website at: mdae.mdusd.org/programs/ctec/medicalassistant



Quick Facts!

- **Class Days & Times:**
M-TH | 8:30am – 3:00pm
- **Externship:** 8 weeks (hours vary)
- **Cost:** TBA
Pell grants are available to cover the cost of this program (based on eligibility) and do not need to be repaid! WIOA funding and interest-free payment plans are also available.
- **Where are our graduates being hired?** BASS Medical, Kaiser Permanente, John Muir Health, and Private Clinics.
- **How much might I earn?**
Medical Assistants can earn an average of \$28 an hour.*
**Source: Bureau of Labor Statistics 2024 Wage Data for San Francisco-Oakland-Hayward, CA*

Student Media and Resource Center,

Room B-10, LVAC

Internet-connected computers and print resources are available to use by students from Mt. Diablo Adult Education as well as all participants of America's Job Center of California (AJCC).

Check the Media Center hours of operation at mdae.mdusd.org/resources/community.



Career and Technical Education Center

CTE Programs



In just **7 Months**, you can become an **Administrative Assistant**

Learn the administrative and computer skills necessary to work as an "Admin" in business, medical, or other office settings. With an emphasis on tech readiness, you will become proficient in using Microsoft Office and Google Workspace to create professional business documents. Develop a variety of administrative, organizational, and career skills; increase keyboarding speed and accuracy; prepare to pass employment tests; and use your new skills during a business office externship.

Next Class Starts:
April 21, 2025

**First step: register
for the CTE Programs
Information Session.**



To learn more about enrolling in this program, visit our website at:
mdae.mdusd.org/programs/ctec/adminassistant

Quick Facts!

- **Meeting Days & Times:**
M-TH | 8:30am-12:00pm
Plus an additional 7 hours per week of Distance Learning
- **Externship:** Approximately 6 weeks
- **Cost:** \$2,758
Pell Grants are available to cover the cost of this program (based on eligibility) and do not need to be repaid. WIOA funding and interest-free payment plans are also available.
- **Why Attend Our Program?** Learn the in-demand software programs being used in today's business offices in a variety of fields. Successful completion can lead to career paths in fields beyond the Business world.
- **What certificates will I earn?**
(1) The Administrative Assistant program's completion certificate. (2) Additional certificates may be available.
- **How much might I earn?**
Administrative Assistants can earn an average of \$28 an hour.*
* Source: Bureau of Labor Statistics 2024 Wage Data for San Francisco-Oakland-Hayward, CA



Career and Technical Education Center CTE Programs

It only takes **10 Months**
to start a career as a
Dental Assistant!

Prepare to become part of a dental care team assisting in dental procedures, patient care, laboratory tasks, and front office duties. Successful completion meets the requirements for the California Dental Board's certification examination for Registered Dental Assistant (RDA).

Next Class Starts: April 15, 2025


First step: register for the CTE Programs Information Session.



To learn more about enrolling in this program, visit our website at: mdae.mdusd.org/programs/ctec/dentalassistant



Quick Facts!

- **Meeting Days & Times:**
Weeks 1-7: T & TH | 7:00-9:00pm, via ZOOM plus additional time in online coursework and four Fridays in a clinical lab.
Weeks 8-31: M-TH | 8:30am-3:00pm on campus
- **Externship:** 9 weeks (hours vary)
- **Cost:** \$6,814
Pell Grants are available to cover the cost of this program (based on eligibility) and do not need to be repaid. WIOA funding (based on eligibility) and interest-free payment plans are also available.
- **Where are our students being hired?** In family and pediatric dental practices throughout the San Francisco Bay Area.
- **What certificate will I earn?** The Dental Assistant Program Completion certificate, which includes the following certifications: Infection Control, Coronal Polish, Pit & Fissure Sealants, Radiation Safety, and California Dental Practice Act.
- **How much might I earn?**
Dental Assistants earn an average of \$23 an hour.*
* Sources: (1) Bureau of Labor Statistics 2024 wage data for San Francisco-Oakland-Hayward, CA; (2) Graduate Outcome Data for 2022
- **Is this an approved program? Yes!**
 The Dental Board of California approves this program.

Tag Us on Social Media
#mtdiabloadulteducation

and show off the
skills you learned
at MDAE!

We ♥ seeing projects
and works in progress too!



Career and Technical Education Center Enrollment Procedures for CTE Programs

The CTE Programs Information Session is the first requirement for enrollment into: **Administrative Assistant, CNA, Dental Assistant, EMT, and Medical Assistant.**

Additional requirements and financial assistance information are provided at the CTE Programs Information Session.

Step 1 Go to mdae.mdusd.org/registration/register or use this QR code.

Step 2 Scroll to and click on Career and Technical Education Center (CTEC).

Step 3 Then, scroll to or look left to click on Career and Technical Education Center (CTEC).

Step 4 Click on CTE Programs Information Session.

Step 5 Scroll down and click on the Register Now button to select your chosen class time.

Step 6 **Returning** students, log in to your existing Mt. Diablo Adult Education student account. **New** students, click on Create an Account

Step 7 Click on View Cart and Checkout and then Continue Checkout to complete the CTE Programs Information Session registration.



Requirements for Allied Health programs are:

- ▲ 18 years of age or older
- ▲ Completed CTE Programs Information Session
- ▲ Completed Reading Assessment (information provided at CTE Programs Information Session)
- ▲ High school diploma, GED, or equivalent
- ▲ Health insurance verification
- ▲ CPR card/BLS
- ▲ Completed & signed Physician's Verification Form
- ▲ CA driver license (EMT only)

Requirements for the Administrative Assistant program are:

- ▲ 18 years of age or older
- ▲ Completed CTE Programs Information Session
- ▲ High school diploma, GED, or equivalent
- ▲ Health insurance verification prior to externship

Classes are open to adults 18 years and older.

For enrollment in CTE programs, a high school diploma or high school equivalency certificate is also required.

Career and Technical Education Center

Financial Aid

Pell Grants

A Pell Grant is a form of federal student aid that does not have to be repaid.

The maximum Pell Award in 2024-25 is \$7,395

—Students need to be a U.S. Citizen or an eligible non-citizen.

Pell Grants are available for eligible students enrolling in the following programs:

Administrative Assistant, Dental Assistant, Medical Assistant



To apply for a Pell Grant, complete the 2024-25 FAFSA form at studentaid.gov.



The Mt. Diablo Adult Education school code is: **030624**.



One week after submitting your FAFSA, contact Lynne Storm at storml@mdusd.org to follow up on your financial aid application.



studentaid.gov

Other Forms of Financial Assistance:

- **Payment Plan**

Interest-free and all CTE programs are eligible

- **CalWORKs participants**

Contact your Caseworker to request support while attending classes. Also ask about a referral to the FOCUS and Career Connections programs.

- **Workforce Innovation and Opportunity (WIOA) participants**

To start the WIOA process, Contact Parwin Paigham, Career Coach at: parwinp@rubiconprograms.org

**Need Help Getting a Job?
Want to improve your skills
to get a better job?**

America's **JobCenter**
of California™

America's Job Center of California (AJCC) Access Point

Career Services offered include:

- Typing Tests
- Keyboarding and Computer Basics Classes
- Interest Surveys to help match you to a career
- Resume Writing, Interview Skills and more...

Check the MDAE AJCC Career Center monthly calendar for more information at mdae.mdusd.org/resources/ajcc



Workforce Innovation & Opportunity Act (WIOA)

WIOA individualized Career Services includes one-on-one assistance from a career coach, job search assistance, on-the-job-training, and funding for career training!

Mt. Diablo Adult Education AJCC Career Center



Keyboarding Certification Tests – No appointment necessary. Bring photo ID.

M/T	12:30-2:30pm	Room B-10	No Fee
W/TH	10am-12pm and 1-4pm	Room D-4	No Fee

Hours are subject to change.

For additional information about Mt. Diablo Adult Education's Career Center, email Andrea Murphy, Coordinator, at murphy@mdusd.org.

Parent Education

(925) 685-7340, ext. 6720 | parented@mdusd.org | mdae.mdusd.org

PARENT EDUCATION CLASSES ARE OFFERED IN-PERSON.

TO VIEW OUR SCHEDULE AT A GLANCE, SEE PAGE 26 OR ONLINE AT MDAE.MDUSD.ORG.

SPRING 2025 REGISTRATION IS OPEN NOW
Summer and Fall 2025 Registration begin March 17

Cooperative School Readiness Program

The School Readiness Program aligns with the California State Preschool Learning Foundations and Curriculum Framework. The program uses a play-based and emergent curriculum approach to learning. Children attend daily and parents volunteer three to four times a month to assist the instructor with classroom preparation, organization, and interactive support among other requirements. Parent meetings, family events, and clean-up days are required.

Classes are free for families living within the Mt. Diablo Unified School District boundaries. Proof of address is required. Parents must be fingerprinted, cleared, and show proof of a negative TB test to start the program.

2024-2025 Cooperative School Readiness Classes

REGISTRATION IS ONGOING, AS SPACE ALLOWS

Toddler Cooperative Class – Coming Winter 2026

Parents and children attend class together. The session includes a 30-minute instructional period where parents will learn skills and strategies to guide and support their child's developmental growth through many fun, hands-on activities. The class meets for 12 weeks.

Toddler II: 16-23 Months at Loma Vista

Child must be at least 16 months by first day of class

Two's Class: 24-36 Months

Child must be 2 years of age by first day of class.

Loma Vista Adult Center, Concord

Three's and Pre-K Combo Classes

Child must be 3 years of age by September 1, 2024

Concord

- Loma Vista Adult Center

Pleasant Hill

- Fair Oaks Elementary (Title One)*

Martinez

- Hidden Valley Elementary

Bay Point

- Bel Air Elementary (Title One)*

*Families attending Title One schools must live within the boundaries of the school.



Summer 2025 Co-Op School Readiness Program

REGISTRATION OPENS MARCH 17, 2025

Classes will be offered M-W at the following locations:

Concord—Loma Vista Adult Center

Pleasant Hill—Fair Oaks Elementary

Parents must be fingerprinted and cleared to start the program. Parents must volunteer in the classroom one day a week.

Parent Education Parenting Teens

Anger Management for Teens and Their Parents/Guardians

Parents and Teens arrive 15 minutes before class time.

This is a free workshop designed to provide strategies and resources for parents and teens to communicate more effectively and foster positive relationships.

Class topics include: anger triggers, family communication, anger management techniques, and conflict resolution.



Parenting Certificate & Anger Management Classes

Classes are free for families living within the MDUSD boundaries. Proof of address is required.

Class Fee: \$10 per class for those residing outside the MDUSD boundaries.

REGISTER ONLINE AT mdae.mdusd.org

FOR FURTHER INFORMATION, PLEASE CALL (925) 685-7340, EXT. 6720.

Parenting Certificate Class — CERTIFICATE IS ISSUED UPON COMPLETION OF ALL 10 CLASSES.

This is a ten-week ongoing series designed to provide tools, strategies, and resources for parents to build strong family values, positive relationships, and effective communication with their family members.

This class fulfills court-mandated requirements.

Register online.

Please arrive 10 minutes before class starts.

NO LATE ADMITTANCE.

Anger Management Class — CERTIFICATE IS ISSUED UPON COMPLETION OF ALL 10 CLASSES.

This is a ten-week ongoing series designed to provide individuals with techniques, strategies, and tools on how to address their anger, stress, and anxiety. Students will also learn conflict resolution techniques to make productive decisions, communicate effectively, and foster positive relationships with their family members and others.

This class fulfills court-mandated requirements.

Register online.

Please arrive 10 minutes before class starts.

NO LATE ADMITTANCE.

Parent Workshops

Parent Workshops offer educational information, guidance, and resources for adults and families with children aged 0 to 18. These workshops are held year-round and cover various topics, including challenging behaviors, parenting skills, navigating the school system, peer pressure, substance abuse, wellness, etc.

Check our website for updates on future workshops.



Disaster Preparedness Workshop presented by the Contra Costa County Office of Emergency Services

Join us for a crucial Disaster Preparedness Workshop presented by the Contra Costa County Office of Emergency Services. This free event will provide you with knowledge and tools to prepare your family, home, and community for any emergency. Learn essential skills in creating emergency plans, assembling survival kits, and responding effectively during a disaster. Don't wait until it's too late – be prepared for whatever comes your way!

This is a mandatory event for families attending Parent Education School Readiness Classes, but also open to the public.

Wednesday, April 23, 2025 • 6:30-8:00pm
Loma Vista Adult Center Multi-Use Room
1266 San Carlos Ave., Concord



Clases Ofrecidas en Español

Las Clases Son Gratuitas!

Para las familias que viven fuera del distrito de Mt. Diablo, el costo es de \$10 por clase.

PARA INFORMACIÓN EN ESPAÑOL, MANDE UN CORREO ELECTRÓNICO A IRMA TOMAN, PARENT EDUCATION INSTRUCTOR, A TOMANI@MDUSD.ORG

Talleres y Clases Para Los Padres

Previa registraci3n es requerida. Se obtiene certificado al completar la sesi3n de clase o clases. Clases son en persona.

Taller Para el Control de la Ira Para Padres y sus Adolescentes

El taller brinda estrategias y recursos para que padres y adolescentes tengan formas m1s efectivas de comunicaci3n y relaciones positivas. El taller incluye los siguientes temas: provocadores de la ira, comunicaci3n familiar, t1cnicas para controlar la ira y c3mo solucionar conflictos. Los padres y el estudiante tienen que asistir a todo el taller para que el estudiante reciba un certificado al final del taller.



Clase Para La Crianza De Los Hijos

Esta clase es aplicable para la corte. Se obtiene certificado al final de las 10 clases.

Clase de diez semanas dise1ada para proporcionar herramientas y recursos que ayudarán a los padres construir valores familiares s3lidos, entender y hacer frente a las diferentes etapas y retos de la niñez y la adolescencia, y establecer una relaci3n y comunicaci3n positiva con sus hijos. Tambi3n aprenderán t1cnicas de c3mo mejorar el bienestar y la salud mental de forma positiva y constructiva.

Clase Para El Control De La Ira

Esta clase es aplicable para la corte. Se obtiene certificado al final de las 10 clases.

Clase de diez semanas, que proporciona recursos, t1cnicas, y herramientas de c3mo manejar y enfrentar situaciones dif1ciles, lidiar con las emociones y comportamientos negativos como la ira, el estr3s, y la ansiedad. Tambi3n aprenderá t1cnicas para solucionar conflictos de manera efectiva, comunicarse y relacionarse con los dem1s de forma positiva, mejorar su salud mental y tomar decisiones productivas.

E F F E C T I V E P A R E N T I N G T E C H N I Q U E S

Parent Education Speakers' Bureau

Providing workshops of your choice at your site!
Speakers are credentialed Parent Educators.

Contact Parent Education for more information:
(925) 685-7340, ext. 6720 or email: parented@mdusd.org

Parent Education
School Year 2024-2025

FREE
Classes!*

Cooperative School Readiness Program*

Course Title	Time	Day	Dates	Location
Toddler Class II: 16-23 Months	9:15-11:15am	F	Winter 2026	C-2, LVAC
Two's Class	9:15-11:15am	M/W	9/9/24-5/28/25	C-2, LVAC
Three's & PreK Combo Class	9:00-11:30am	M/T/W	9/9/24-5/28/25	A-4, HVE
Three's & PreK Combo Class	9:00-11:30am	M/W/F	9/16/24-5/30/25	P-1, BAE
Three's & PreK Combo Class	9:00-11:30am	T/W/TH	9/17/24-5/29/25	2, FOE

Parenting Teens/El Control de la Ira Para Padres Y Adolescentes

Course Title	Time	Day	Dates	Location
Anger Management for Teens & Their Parents	9:00am-12:30pm	S	5/10	C-4, LVAC
El Control de la Ira Para Padres y Adolescentes	9:00am-12:30pm	Sábado	5/10	C-4, LVAC

Parenting and Anger Management/La Crianza De Los Hijos Y El Control de La Ira*

Course Title	Time	Day	Dates	Location
Parenting Certificate	7:00-9:00pm	T	Ongoing	C-4, LVAC
Anger Management	7:00-9:00pm	TH	Ongoing	C-4, LVAC
La Clase Para la Crianza de los Hijos	7:00-9:00pm	Martes	3/4-5/13	C-3, LVAC
La Clase Para el Control de la Ira	7:00-9:00pm	Jueves	3/6-5/15	C-3, LVAC

**No fee for MDUSD residents with proof of address.*

Register for classes at: mdae.mdusd.org

Check out our Location
Guide on **page 42**



Lifelong Education

(925) 937-1530 | lifelonged@mdusd.org | mdae.mdusd.org

“This is exactly what I was looking for.

I was a nurse, so I used a computer at work, but I recently bought a computer to use at home and it just sat there. I didn't want to bother my daughter to ask for help. **Now that I am taking the Basic Computer Class, I started using my computer and I love it!**” — Alice

“Learning how to physically navigate real life obstacles has been so invigorating.

Last week we learned how to safely fall forward, backward, and sideways. After two weeks of Parkour Essentials and Fundamentals I feel like my brain and body are acting younger. I have a physical and mental curiosity that was sparked by trying something new. **I would never do this on my own - taking the class makes me move!**”

—Jan

Students come to Lifelong Ed to take new classes or to continue with a community of classmates who spur them on to new learning or new challenges. Come take a class and see if we aren't quoting you in the next catalog!

Registering is as easy as 1, 2, 3! at mdae.mdusd.org

1 Click on the program tab. Scroll down to Lifelong Education and choose category.

2 Scroll down to the class(es). Click the blue Register Now box.

3 If you are a **Returning Student**, select **Log in**, if you are a **New Student**, select **Create an Account**.

Visit our website mdae.mdusd.org often to view newly added classes!

Space is limited, so register early to reserve your place. Questions? We are available by phone at (925) 937-1530 or email at lifelonged@mdusd.org.

Lifelong Education Spring 2025 Classes

Art

Drawing-Still Life and Portraits

Learn to create more accomplished drawings by understanding the concept of form, proportion, light, and shadows whether it's oil, acrylic, or watercolor. Supply list at first class.

810101 1:00-4:00pm T 4/1-5/27 Mahboob 209, PHEC \$126

Figure Painting in Watercolor from a Photograph

Learn how to do figure painting in watercolor, by using a limited palette and muddying the colors. All levels welcome.

810201 1:00-4:00pm TH 4/3-5/29 Mahboob 112, PHEC \$126

Fundamentals of Painting – Landscape and Portraits/Oil and Acrylic

Apply design, color, value, and techniques of painting while using traditional fine art supplies. Beginners welcome. Supply list at first class.

810001 9:00am-12:00noon M 4/21-6/23 Jezierny 209, PHEC \$161

810002 1:00-4:00pm M 4/21-6/23 Jezierny 209, PHEC \$161

Classes are open to adults 18 years and older.

Where indicated (*), a signed Waiver of Liability is required at first class, prior to participation.

Cooking —All cooking classes are hands on

We're proud to introduce our cooking instructors:

Tatsuo Nagasawa is a former San Francisco Chef, nutritionist, and seafood specialist.

Rhona Gomez brings a history of serious home cooking and delightful Tik Tok demos. This term she will showcase a variety of Filipino dishes for family and events.

3 Quick, Easy, and Delicious Dinners*

For beginners, busy singles, couples, and those with cooking phobias. 30 minutes is all the time you need to spend in the kitchen, Samples: Baked shrimp with roasted buckwheat (kasha), sautéed salmon with black beans, and Jasmine rice, etc.

824001 5:30-8:30pm TH 5/8 Nagasawa 102, PHEC \$48

Beautiful Brochette*

Good for a main course, perfect appetizers/potluck dishes, and delicious for outdoor parties. We'll cover Southeastern Asian pork Satay, Japanese Yakitori chicken and shrimp/seafood kabobs.

801001 5:30-8:30pm TH 5/15 Nagasawa 102, PHEC \$48

Best of Spring*

In the Bay area, fruits, herbs, and vegetables are abundant in spring. Combined with meat and seafood, we can create delicious and light dishes. Examples: roasted artichoke with prosciutto and parmesan, and seafood salad with roasted tomato sauce, risotto with spring vegetables and lemons.

823101 5:30-8:30pm TH 5/29 Nagasawa 102, PHEC \$48

Cool Summer Noodles*

Prepare cold noodle dishes that are light, delicious, and refreshing. Use Chinese chow Mein noodles, Japanese buckwheat (soba) noodles and Vietnamese/Southeast Asian rice flour noodles combined with fresh herbs, vegetables, meats and light sauces.

824101 5:30-8:30pm TH 6/26 Nagasawa 102, PHEC \$45

Filipino Desserts (Halo-halo and Turon)*

Halo-halo is a Filipino-style shaved ice made with sweetened beans, fruits, and jellies and topped with milk, Leche flan, purple yam jam, and ice cream. It's a cold and refreshing treat you'll want year-round! Turon is a popular Filipino snack consisting of banana wrapped in deep-fried spring roll wrapper, usually coated with caramelized sugar. Slices of jackfruit often accompany the banana as a complementary filling. It is one of the more common street foods in the Philippines.



800801 6:00-9:00pm T 5/27 Gomez 102, PHEC \$45

Knife Skills!*

Proper cutting techniques make cooking fun and efficient. Learn to dice, chop, and julienne vegetables as well as choose, sharpen and maintaining your knives. Bring a knife and cutting board to class.

822201 5:30-8:30pm TH 6/5 Nagasawa 102, PHEC \$45



Department Spotlight Cooking with Rhona Gomez Filipino dishes for family and events

Lifelong Ed cooking classes provide expert instruction in cooking specific dishes from a variety of cuisines.

Here's a look at instructor Rhona Gomez leading her students through her Longgonisa (sweet pork sausage) class, from prepping ingredients, to cooking the dishes, to laying out a beautiful spread! Come spend an evening learning to prepare great food, then enjoying it all for a reasonable price!



Classes are open to adults 18 years and older.

Where indicated (*), a signed Waiver of Liability is required at first class, prior to participation.

Cooking (continued)

Low-Cal Cooking with Seafood* **NEW!**

Expand your seafood repertoire without expanding your waist line. Learn to make delicious seafood dishes combined with seasonal veggies and herbs: Cauliflower shrimp cake, baked salmon with basil pesto and fresh bread crumbs, etc.

822801 5:30-8:30pm TH 5/22 Nagasawa 102, PHEC \$48

Lumpiang Shanghai*

There is a reason why Lumpiang Shanghai – Filipino spring rolls (lumpia) are the hit of every Filipino family gathering! These lumpia are filled with ground pork and diced vegetables. They are as much fun to make as they are to eat. Includes yummy side dishes.

829701 6:00-9:00pm T 5/13 Gomez 102, PHEC \$45

More Japanese Cooking*

No prerequisite, everyone welcome. 9 More basic dishes people eat at home. Prepare asparagus and chicken with sesame plum dressing, salmon and shiitake mushroom with rice and sated pork with ginger and vegetables.

826501 5:30-8:30pm TH 6/12 Nagasawa 102, PHEC \$48

Sopas (Filipino Macaroni Soup)*

This soup is a must try! Chicken macaroni soup with pieces of chicken, elbow macaroni, and vegetables simmered in a rich, flavorful broth. This comforting, hearty dish is just right for family dinners. Includes yummy side dishes.

800601 6:00-9:00pm T 6/10
Gomez 102, PHEC \$45



Pot Sticker Party!*

It's easy and entertaining to prepare these flavorful appetizers. Prepare three basic fillings (meat, seafood, and vegetarian), fold the fillings into wrappers, and prepare the basic dipping sauces.

822301 5:30-8:30pm TH 4/17 Nagasawa 102, PHEC \$48

Three Chicken Salads!*

Everyone is pinning! These new pins from Pinterest are sure to be your favorites. Enjoy pan-roasted chicken with fresh sage, and garlic; poached chicken with Enoki mushrooms, daikon sprouts, sesame, and avocado; Southeast Asian style sautéed chicken with lemongrass, fish sauce, and bean noodles are sure to be everyone's favorite.

822601 5:30-8:30pm TH 4/24 Nagasawa 102, PHEC \$48

Torta (Beef Filipino Omelette)*

Tortang giniling is a Filipino ground beef omelet. Made more like a fritter, it's filled with lots of beef and veggies. A delicious recipe for breakfast or for a light lunch or snack! Includes yummy side dishes.

800701 6:00-9:00pm T 6/24 Gomez 102, PHEC \$45

Spicy Thai Cuisine*

Prepare spicy shrimp soup, Pad Thai and salmon with red or green curry paste and Jasmine Rice. Learn to use lemongrass, key lime leaves, fish sauce, fresh herbs, and spices.

822501 5:30-8:30pm TH 5/1 Nagasawa 102, PHEC \$48

Spring Soup for a Light Touch*

Homemade chicken broth is a must for soup making! You can easily turn it into a light and delicious soup, full of fresh herbs and vegetables. Examples: a puree of spring veggies and fresh basil, bean sprouts, green onions, Enoki and shiitake mushrooms, and corn, fresh salsa, tortilla, and lemon.

800901 5:30-8:30pm TH 4/3 Nagasawa 102, PHEC \$48



Don't wait until the last minute!
Register Early Online

Classes will be offered or canceled based upon registrations.
Marginal enrollment or attendance may result in reduction
of published class hours or cancellation of class.

Please register early to avoid disappointment for yourself and others.

Classes are open to adults 18 years and older.

Where indicated (*), a signed Waiver of Liability is required at first class, prior to participation.

Crafts

Body Butter Making – Preparar mantequilla para el cuerpo*

Make your own mango or cocoa body butter with all-natural ingredients. Take home your creation and a recipe to make more. A \$20 material fee is payable to the instructor at the start of class. Spanish-speaking instructor. Spanish speakers welcome.

Haz tu propia crema corporal de mango o cacao con ingredientes naturales. Lleva tu propia creación de crema natural y receta para preparar más en casa. El costo para los materiales es de \$20 y se entregarán a la maestra el primer día de clase. La clase es enseñada en Español y en Inglés. Class taught in English and Spanish.

834101 6:30-9:00pm T 6/17 Gilbert 102, PHEC \$29

Ceramics – All Levels

Express your creativity in clay, or learn to cast greenware using a variety of molds. Learn the hand-building techniques of coil, slab, and pinch. Explore a variety of techniques, including stamps, texture, incising, and application of design and glazes. No wheel throwing.

831301 1:00-4:00pm T 4/1-6/24
Sosnowski 207, PHEC \$207

Ceramics – The Fundamentals!

This course will get you started with the fundamentals of ceramics. Learn basic hand building and glazing techniques. Come and learn to express yourself with clay! All skill levels welcome. No wheel throwing.

834301 9:00am-12:00noon F 4/4-6/27
Roberts 207, PHEC \$207



Creative Floral Design!

Love fresh flowers, but don't know what to do with them? Learn to create beautiful designs using simple grocery store bouquets, garden flowers, and found materials through demonstration and hands-on practice. Basic design, flower selection, and floral care are included. Take home an arrangement each class. Bring a 7"-9" vase, sharp scissors or pruners, scotch tape, and fresh flowers to the first class. \$25 lab fee due to instructor at first class.

830001 12:30am-3:30pm TH 4/24-5/22 St. Arnold 114, PHEC \$105

Jewelry - Casting Lost Wax Jewelry*

Design and create lovely rings, pendants, charms, and more! Items will be cast into precious or non-precious metals via the lost wax technique.

833101 6:00-9:00pm TH 4/3-5/29 Mullin 114, PHEC \$142

Jewelry - Friendly Beading

Gain beading confidence from the encouragement of others or work on independent bead projects with the help of a knowledgeable instructor.

831501 4:00-6:00pm W 4/2-5/7 Trowbridge 114, PHEC \$56
831502 4:00-6:00pm W 5/21-6/18 Trowbridge 114, PHEC \$56
831503 1:00-3:00pm F 4/4-5/9 Trowbridge 114, PHEC \$56
831504 1:00-3:00pm F 5/23-6/20 Trowbridge 114, PHEC \$56

Jewelry – Silver Soldering for the Kitchen Table Jeweler*

Create decorative headpins, jump rings, and simple clasps by adding soldering to your jewelry making toolbox.

833201 6:30-9:00pm W 4/2-5/7 Trowbridge 114, PHEC \$80
833202 6:30-9:00pm W 5/21-6/18 Trowbridge 114, PHEC \$80

The Lifelong Education Newsletter keeps you up to date with all the latest!

Each month, our LE newsletter highlights upcoming classes and provides a sneak peek of new classes, teachers, and events. This newsletter can be delivered right to your email inbox. Contact us by phone (925) 937-1530 or email at lifelonged@mdusd.org to be added to the email list.

Classes are open to adults 18 years and older.

Where indicated (*), a signed Waiver of Liability is required at first class, prior to participation.

Crafts (continued)

Knitting Class – All Levels

After mastering the basic knit and purl stitches, learn variations to knit beautiful items for yourself, your home, or as gifts. Beginner supplies needed: #8 needles, one skein yarn (no black).

830101	10:00am-12:00noon	W	4/2-5/14	Holmes	112, PHEC	\$67
830102	10:00am-12:00noon	W	5/21-6/25	Holmes	112, PHEC	\$67
830103	6:30-8:30pm	TH	4/3-5/15	Holmes	112, PHEC	\$67
830104	6:30-8:30pm	TH	5/22-6/26	Holmes	112, PHEC	\$56

Mosaic Making - Stepping Stone or Plaque*

Make a mosaic stepping stone or plaque using ceramic and glass tiles. Design your own mosaic using glue, grout, and seal. Open to students with or without experience. Must attend both sessions to complete your mosaic. Bring safety goggles and a smock. \$40 materials fee payable to instructor in class.

834801	1:00-4:00pm	M/W	6/9-6/11			
	Gilbert	207, PHEC	\$63			

Mosaic Making - Lazy Susan or Coasters*

Make a mosaic lazy Susan or coasters using ceramic and glass tiles. Design your own mosaic using glue, grout, and seal. Open to students with or without experience. Must attend both sessions to complete your mosaic. Bring safety goggles and a smock. \$60 materials fee for lazy Susan or \$45 materials fee for coasters payable to instructor in class.

834901	1:00-4:00pm	M/W	6/16-6/18			
	Gilbert	207, PHEC	\$63			

Quilting – Intermediate

Sharpen your quilting skills and learn new ones with an emphasis on precision skill building. Participate in class project. Both sessions are necessary for the class project or bring your own to class.

832001	9:00am-12:00noon	T	4/15-5/20	Sloneker	110, PHEC	\$101
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Quilting – Quilting for Hospice and Community Needs

Have some free time? Help assemble and tie lap quilts for Hospice patients and others. Materials provided. All hands welcome; come when you can!

830401	12:00-3:00pm	TH	4/3-6/26	Foster	110, PHEC	\$15
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Sewing - Basics

Beginning level students can continue to build skills such as hand sewing stitches, types of seams, seam finishes, zipper insertions, and hems. Class includes fabric choices and technique demonstrations. Students with more experience may choose your project with instructor approval. Supply list provided via email prior to the first class. Additional items will be discussed in class. **Prerequisite:** Sewing - Beginning or some sewing experience.

833701	1:30-4:30pm	T	4/1-6/24			
	Myers	110, PHEC	\$224			



Sewing - Beginning

Learn to use a sewing machine while focusing on garment sewing, including patterns, fabric, and construction. First project and supply list discussed at first class.

833601	6:00-9:00pm	T	4/1-6/24	Myers	110, PHEC	\$224
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Sewing - Introduction to Slow Fashion

An introductory course offering a deep dive into the world of slow fashion. Focusing on sustainable approaches to clothing and textile use, this course equips you with the knowledge and practical skills needed to implement circular fashion. Learn how to upcycle, mend and repair, thrift like a pro, build a capsule wardrobe, and more. Save money on fashion and contributes to less textile waste in landfills. Supply list at first class.

834701	6:00-9:00pm	TH	5/1-5/22	Martinez-Masarweh	110, PHEC	\$86
834702	6:00-9:00pm	TH	5/29-6/26	Martinez-Masarweh	110, PHEC	\$86
834703	12:00noon-3:00pm	W	4/30-5/21	Martinez-Masarweh	110, PHEC	\$86

Sewing – Sewing Lab

Work on your own project at your own pace in our well-equipped classroom. Instructor provides direction and coaching as needed. Beginners welcome.

833401	6:00-9:00pm	W	4/2-5/14	Moore	110, PHEC	\$120
833402	6:00-9:00pm	W	5/21-6/25	Moore	110, PHEC	\$120

Classes are open to adults 18 years and older.

Where indicated (*), a signed Waiver of Liability is required at first class, prior to participation.

Teach With Us!



Is Watercolor Painting your passion? We are in need of a watercolor teacher to teach the basics to beginners and expand the skills of advanced students.

Have a green thumb?
Classes in gardening techniques – especially irrigation – would be great additions to our offerings!

Parlez-vous Francais?
We are looking for a French instructor to bring the cafés of Paris that much closer to Pleasant Hill!

For information on how to become a teacher in our Lifelong Education Program check out our workshop "Community Based Instructor – Would you like to join our instructional team?" (page 33) Program Coordinator, Jan Schmitz, is happy to answer questions at schmitzj@mdusd.org or call (925) 937-1530.

Succulents - Succulent Arrangement for Gift Giving

It's the spring season again and succulents are in season, too. Learn how the simple succulent can be a beautiful green gift for your loved ones. Bring to class: container of your choice, selection of succulents, and clippers/shears.

835201	6:00-9:00pm	T	4/15
	Gomez	112, PHEC	\$31

Succulents - How to Arrange Succulents in Different Pots

Arranging succulents in pots of varying sizes can be challenging. Learn the process using these simple step-by-step instructions. Bring to class: container of your choice, selection of succulents, and clippers/shears.

835101	6:00-9:00pm	T	4/29
	Gomez	112, PHEC	\$31

Tunisian Crochet

Learn the craft of Tunisian crochet, often described as a cross between knitting and crochet. You'll use a crochet hook to make a small project or continue working on any existing projects. Bring to class a Tunisian crochet hook (from size 6.5 mm/K-10 to 8 mm/L-11) and simple light (4) or medium (5) weight yarn.

834401	6:00-8:00pm	W	4/16-5/14
	Striebich	113, PHEC	\$70
834402	6:00-8:00pm	W	5/28-6/25
	Striebich	113, PHEC	\$70



Upcycled Art

Transform waste into wonder with this Upcycled Art course! This creative class teaches you how to repurpose discarded materials into stunning works of art. Explore techniques in design, sculpture, and mixed media while learning about the environmental benefits of upcycling. Perfect for artists, DIY enthusiasts, and anyone passionate about sustainability and creativity! Bonus: We will assist with utilizing unwanted materials from other classes, to prevent landfill waste.

835001	6:00-9:00pm	W	4/30-5/21	Martinez-Masarweh	209, PHEC	\$72
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Dance



Line Dancing*

A great way to get your body and mind moving while preparing to join the fun at parties! Learn the Electric Slide, the Ten Step, and more. You will have fun and gain the confidence to look good on the dance floor! Closed-toe shoes - NO tennis shoes.

843101	6:00-7:30pm	TH	4/17-5/22
	Drosos	SmGym, PHEC	\$68

Finance

A Layman's Guide to Investing

Learn the fundamentals of investing including an understanding of basic Investment vehicles, investment analysis, portfolio management, and risk assessment. Instructor is not associated with any investment company, bank or investment advisors.

851801 10:00-11:30am TH 4/17-5/15 Traeger 112, PHEC \$63

Community Based Instructor – Would you like to join our instructional team?

Do you have a talent or knowledge to share? Not all teaching positions require a California Teaching Credential. Experience our flexible schedule (part-time, day, or evening) and students who love to learn! Class hosted by Program Coordinator.

858301 7:00-8:00pm W 4/16 Schmitz 112, PHEC **FREE!**

Estate and Trust Administration after Death

What does a trustee need to do after the death of trust creator? Manage assets, pay liabilities, tax requirements, accounting, is there a Probate, distributing assets to beneficiaries and a whole lot more.

891101 7:00-9:00pm TH 5/29 Crandell 109, PHEC \$22

How to be a Bay Area Landlord

Learn about the rules, laws, and guidelines to follow with current and prospective tenants. Course will specifically focus on what you need to know when you have to recover your rental unit from a tenant.

859201 6:00-8:00pm TH 4/3-5/15 Allen 109, PHEC \$86

How to Start a Small Business

What do you need to start your own business? This class covers the essential steps in visualizing your business and answers your questions about taxes, licenses, and the need to form a business entity. Bring your ideas to discuss. Instructor is a CPA and attorney.

858701 7:00-8:30pm TH 5/8

Crandell 110, PHEC \$22

858702 7:00-8:30pm W 6/18

Crandell 109, PHEC \$22



Insider Secrets! Selling Your Home for Top Dollar

Sell your home faster and for the best price! Learn when to stage, repair or remodel, and how today's marketing methods reach quality buyers. Enrolled students will receive a free copy of Selling Your Home for Top Dollar by Simone St. Clare.

890001 6:30-8:30pm T 4/1 St. Clare 113, PHEC \$22

Yes, You Can! Find and Finance Your Dream Home

Make your offer stand out! Learn the entire home buying process: loan qualification and low down payments, first time buyer programs, tax saving, purchase contracts, disclosures, inspections, and buyer obligations. Feel confident, able, and ready to buy a home!

890101 6:30-8:30pm T 4/15-4/22 St. Clare 113, PHEC \$43

Trust and Estate Planning Made Simple

Revocable Living Trusts avoid probate. You'll learn how trusts and wills work in a way that is easy to understand.

850101 7:00-9:00pm T 6/3-6/10 McFalone 209, PHEC \$30

Fitness

Ballet-Based Fitness – All Levels*

Floor exercises, traditional ballet barre, and simple center work to safely tone muscles, increase flexibility, improve balance, and promote coordination through the art of basic ballet. BYO mat or towel. Soft dance slippers recommended; socks OK for the first few classes.

841501 7:00-8:30pm T 4/15-6/17 Landreth SmGym PHEC \$95

Parkour Essentials and Fundamentals*

Learn and practice fundamental movements and how to assess risk to navigate your physical environment. This class fosters creativity, empowering you to achieve personal growth while building strength, agility, and confidence in your body. All levels welcome.

843501 10:00-11:00am TH 4/3-5/1 Covarrubias MatRm, PHEC \$34

Classes are open to adults 18 years and older.

Where indicated (*), a signed Waiver of Liability is required at first class, prior to participation.

Fitness (continued)

T'ai Chi Chih - Joy through Movement*

This moving meditation is a series of 19 simple movements and poses easily learned and practiced. Enjoy the benefits that come from circulation and balance of Intrinsic Energy. No class 4/24, 5/29, 6/5.

840601	11:00am-12:00noon	W	4/2-5/28	Roberts	MatRm, PHEC	\$61
840602	6:00-7:00pm	TH	4/3-6/26	Roberts	MUR, LVAC	\$61

Tai Chi for Arthritis- Beginning*

Even those who don't have arthritis can benefit from the slow, gentle, fluid movements found in this form which has been shown to improve balance, reduce stress, and offer arthritis pain relief. Wear comfortable clothes and flat shoes. Sandals are not recommended.

840301	10:30-11:30am	M	4/21-6/16			
	Davis	MatRm, PHEC	\$53			

Tai Chi Forms*

Tai Chi is effective exercise for mind and body health. Principles include mind-body integration, fluid movement, breath control, and mental concentration. Harmony of the inner and outer self may be achieved through the ongoing practice of Tai Chi. Wear comfortable clothes and flat shoes. Sandals are not recommended. **Prerequisite:** Completion of Tai Chi for Arthritis - Beginning. No class 5/13.

843401	9:30-10:30am	T	4/15-6/10			
	Ladarre	MatRm, PHEC	\$53			

Tai Chi for Diabetes*

Designed to help improve control of diabetes by gently increasing physical activities, cellular uptake of glucose, and relaxation. Wear comfortable clothes and flat shoes. Sandals are not recommended.

843001	9:30-10:30am	W	5/21-6/11	Ladarre	MatRm, PHEC	\$30
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Tai Chi for Energy*

This revitalizing program is comprised of two different yet complementary tai chi styles - Chen, combining fast and slow movements, and Sun, incorporating qigong (life energy) movements with agile stepping. Teaching will be adapted to the abilities of the class. Wear comfortable clothes and flat shoes. Sandals are not recommended.

843201	9:30-10:30am	W	4/16-5/7			
	Ladarre	MatRm, PHEC	\$30			

Total Body Blast*

Total Body Blast is an energizing blend of cardio, strength, and flexibility. Upbeat music and a variety of moves helps participants build endurance, tone muscles, and enhance overall fitness in a fun, supportive environment.

843701	6:00-7:00pm	T	4/22-6/24	Large	MatRm, PHEC	\$65
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Tai Chi for Arthritis- Beginning Part II*

Class will build on forms learned in Tai Chi for Arthritis - Beginning. We will review before learning the new forms in Part II. Wear comfortable clothes and flat shoes. Sandals are not recommended. **Prerequisite:** Completion of Tai Chi for Arthritis - Beginning. No class 5/27.

840501	11:00-12:00pm	T	4/22-6/17			
	Davis	MatRm, PHEC	\$53			



Tai Chi for Energy - Part II*

This class is a continuation of Tai Chi for Energy. We will learn the second part of this combined Chen and Sun Style form. Chen style is complex, combining fast and slow movements. Sun style incorporates qigong (life energy) movements with agile stepping. These two seemingly contrasting styles have complementary internal energy. Teaching will be adapted to the abilities of the class. Wear comfortable clothes and flat shoes. Sandals are not recommended. **Prerequisite:** Tai Chi for Energy. No class 5/15.

843901	9:30-10:30am	TH	4/17-6/12			
	Ladarre	SmGym, PHEC	\$53			



Yoga - Chair Yoga!*

Learn the benefits of yoga using a chair as a prop for support during gentle stretches appropriate for each student. Explore alignment, balance, mobility, strength, breath work, and meditation without the stress of getting up and down off the floor. All welcome. Bring a towel and a water bottle.

842401	10:15-11:15am	TH	4/3-6/26			
	Schlink	114, PHEC	\$77			

Classes are open to adults 18 years and older.

Where indicated (*), a signed Waiver of Liability is required at first class, prior to participation.

Yoga – Kundalini*

Kundalini Yoga combines breath work, meditation, and simple repetitive movements to release muscular tension, connect to our best selves and achieve a deep sense of inner calm. Try this different type of yoga.

843801	7:15-8:15pm	T	4/22-6/24
	Large	MatRm, PHEC	\$65

Yoga – Chakra Yoga*

Chakra Yoga uses breathing, postures, and meditation to align and awaken the energy center, or chakras. We gently move our bodies to reduce stress and balance the mind. This class is slow-paced and inclusive. No class 6/5.

843601	7:00-8:00pm	TH	4/24-6/26
	Large	MatRm, PHEC	\$53

Yoga – Hatha Yoga – All Levels*

Build a good foundation in basic hatha yoga postures and terminology. Variations of the Sun Salutation are often used as a warm-up followed by a standing sequence, balancing poses, and seated poses. Straps, blankets, and blocks are provided; bring your own mat. Modifications and options are offered.

842601	6:00-7:00pm	W	4/2-6/25
	Meyerkorth	MatRm, PHEC	\$77

Yoga – Slow Flow Fusion Yoga – All Levels*

Using a variety of yoga practices, along with movements from physical therapy and ballet, instructor tailors this class to student's needs with the goal of improving balance, alignment, flexibility, and strength.

842501	9:00-10:00am	TH	4/3-6/26
	Schlink	114, PHEC	\$77

Home and More



855301	6:00-9:00pm	W	4/23-4/30
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Electrical Cord and Outlet Replacement*

Learn how your home electrical system works and how to safely replace electrical outlets, switches, circuit breakers, extension cords, and lamp cords. This is a hands-on class where you will learn to make home electrical repairs in a safe manner. The proper tools and testing equipment will be reviewed. Come with all your electrical questions and get answers from a retired contractor.

Hennessy	112, PHEC	\$63
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Furniture Repair and Restoration* All Levels Welcome

Learn to strip furniture, disassemble, reassemble, repair wood and veneer, reclaim hardware, rejuvenate finishes, and finish wood in a variety of finish materials. Returning students learn the finer points of excellent restoration.

855101	9:00-12:00noon	TH	4/3-5/8	Renaud	207, PHEC	\$120
855102	9:00-12:00noon	TH	5/22-6/26	Renaud	207, PHEC	\$120

Home Solar – Does it make sense for me?

Have you thought about solar for your home? We'll cover how solar panels work, a cost benefit analysis, sizing a home system, locating the panels to be the most effective, and how solar systems affect your utility bill.

858101	6:00-9:00pm	W	5/7	Hennessy	112, PHEC	\$26
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Interior Design for Beginners

Do you love interior design? Do you want to re-design your own space...but don't know where to start? Bring your creativity and come take the first step toward learning to design your space like a pro!

859301	6:00-7:30pm	T	5/6-6/10	Costa	112, PHEC	\$63
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Maintenance and Repair for Home and Property*

Tired of paying others for simple repairs? Want a better understanding of your home? Want to know when to call the experts? Keep your home in its most efficient state by learning about safety, security, electrical, plumbing, and routine maintenance tasks.

852301	1:00-4:00pm	T	4/1-5/20	Bentley	112, PHEC	\$146
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Upholstery – Beginning*

Learn basic upholstery techniques, tools and their uses, and fabrics through demonstrations and hands-on projects. Our focus will be on frames, build-up of support, padding, and final fabric selection. No storage space available, no large projects. Supply list at the first class.

833801	9:30am-12:30pm	T	4/1-6/24
	Myers	207, PHEC	\$224



Classes are open to adults 18 years and older.

Where indicated (*), a signed Waiver of Liability is required at first class, prior to participation.

Language

Italian - Beginning

Have a great time learning Italian while making new friends. We will learn to greet each other, have conversations, read, learn grammar, and more. This is a combination class of beginning Italian and the next level.

859701 10:00-11:30am M 4/21-6/23 Schlink 112, PHEC \$82

Spanish - Beginning

Fun activities, conversation, and visual aids in a friendly and supportive environment. Taught in Spanish by a native speaker with an emphasis on proper pronunciation and easy techniques for learning grammar. **Textbook:** *No Nonsense Spanish Workbook* by Caitlin H. Cuneo, CreateSpace Independent Publishing Platform, ISBN #978-1533326720

857001 9:00-11:00am W 4/16-6/25 Galvan 110, PHEC \$132

857002 6:00-8:00pm TH 4/17-6/26 Galvan 209, PHEC \$121

Spanish - Intermediate

Continue with the fundamentals of Spanish grammar, emphasizing communication of basic topics and an introduction to oral and written communication in past, present, and future tenses. **Prerequisite:** *Spanish – Beginning*. **Textbook:** *Complete Spanish Step-by-Step* by Barbara Bregstein, 2nd edition, Amazon.com, ISBN #978-1260463132.

858001 9:00-11:00am M 4/21-6/23 Galvan 110, PHEC \$109

Spanish – Advanced Intermediate

Using immersion techniques, this class focuses on fluent communication with greater linguistic accuracy. Students develop proficiency in listening, speaking, reading, and writing through fun exercises, songs, and games. **Prerequisite:** *Spanish – Intermediate*. **Textbook:** *The Spanish Workbook for Writing* by Ana Galvan, Amazon.com ISBN #979-8326472830

859401 11:30-1:30pm M 4/21-6/23 Galvan 110, PHEC \$109

Spanish for Travelers

Dreaming of your next big trip? Learn basic Spanish for travel - conversation and vocabulary practice - while also studying about the culture, art, and food of various Spanish-speaking countries.

Textbook: *No Nonsense Spanish Workbook* by Caitlin H. Cuneo, CreateSpace Independent Publishing Platform, ISBN # 978-1533326720

856901 10:00am-1:00pm F 4/18-6/27
Galvan 110, PHEC \$198



Music

Beginning Guitar

Have fun playing the songs you like! Learn the basics of playing guitar: main chords, strum patterns, and a bit of reading music. Bring guitar, guitar pick, music stand, and instruction book: Jerry Snyder Guitar School, Method Book 1:A

890901 9:00-10:00am W 4/2-6/25 MacDonald 114, PHEC \$72



Beginning Ukulele

Learn the basic chords for the uke along with strum patterns that will lead to playing your favorite songs. We'll also touch on reading music. Bring ukulele, music stand and instruction book: Essential Elements Ukulele, Method Book 1

891001 10:15-11:15am W 4/2-6/25
MacDonald 114, PHEC \$72

Classical Guitar – Advanced Beginners

Classical guitar class for advanced beginners: learn musical notations and easy guitar compositions. By the end of the class, students should be able to play simple pieces of classical guitar music with general knowledge of the guitars neck and hands positions. Elementary music and guitar knowledge required. Bring guitar with nylon strings, music stand, and a footstool.

859801 6:00-8:00pm T 4/1-6/24 Davora CommRm, PHEC \$143

Recreational Folk Guitar

Join our "Fun-for-All" class. Music theory and an easy chord system are introduced. Have a harmonica? Bring it! Last class - Hootenanny #182 off campus! \$8 music book available in class. No class 5/21.

853001 7:00-8:30pm W 4/16-6/18 Redding CommRm, PHEC \$101

Classes are open to adults 18 years and older.

Where indicated (*), a signed Waiver of Liability is required at first class, prior to participation.

Personal Enrichment

Achieving your Dreams

Learn the pro tips from a popular Ted Talk and the instructor's experience to increase your success and the success of others. Leave with a practice you can use to pursue any dream!

890401	6:00-7:30pm	W	5/7	Baldauff	311, PHEC	\$22
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Creative Writing: Write Your Novel or Short Story

Learn the elements of novel and short story writing including how to develop characters, plot, and dialogue. Engage in writing exercises, readings, and sharing student work. All levels welcome!

856201	7:00-9:00pm	TH	4/3-5/15	DeJesus	113, PHEC	\$85
856202	7:00-9:00pm	TH	5/22-6/26	DeJesus	113, PHEC	\$71

Hypnosis for Personal Management

In one session, receive an introduction to self-hypnosis, information on hypnosis for weight, pain, and stress management, a group hypnosis session, and a recording for after-class work. Michelle is a Clinical Hypnotherapist.

855601	6:00-7:30pm	T	5/20	Walters	109, PHEC	\$22
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Improv - Intermediate

Build on the basic principles of improv and move forward with scene work and character development. Hone your skills to be closer to stage-ready! Prerequisite – Improv for All Levels or another beginning Improv class.

857701	5:00-6:30pm	TH	5/1-6/5	Rich	MatRm, PHEC	\$59
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Introduction to Dungeons and Dragons

Learn to play the role-playing game Dungeons and Dragons! Students will learn game rules, procedures, and etiquette, then create their own D&D character to use in game sessions with other students. **Textbook:** *D & D Player's Handbook*, Publisher: Wizards of the Coast, ISBN # 978-0-7869-6560-1.

859001	6:00-9:00pm	TH	4/17-5/22	Jones	311, PHEC	\$121
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Geology and Plate Tectonic Setting of Mt. Diablo*

Curious about how our biggest neighbor was formed? Local Mt. Diablo enthusiast and geologist, Martin Steinpress, will offer a lecture on the revolutionary theory of plate tectonics that explains the evolution of Mt. Diablo on 5/1 from 6:00-8:30pm. This will be followed by an easy 1-mile hiking geologic field trip to study Mt. Diablo up close on 5/3 from 10:00am-1:00pm.

859901	6:00-8:30pm	TH	5/1-5/3	Steinpress	110, PHEC	\$43
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SOS: Stop Overeating Sugar!

Are you sugar-obsessed? Learn practical techniques for avoiding sugar. The second half of the class is a hypnosis session designed to help you back off from sugar and decrease over-active thoughts about it. Michelle is a Clinical Hypnotherapist.

859501	6:00-7:30pm	W	5/7	Walters	109, PHEC	\$22
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The Art of Memoir Writing

Writers of all levels will learn storytelling tools to weave personal experiences into the shape of a memoir. Class includes writing exercises, readings, and sharing of written work. .

890201	10:00am-12:00pm	T	4/1-5/13	DeJesus	109, PHEC	\$85
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Technology

Basic Computer Skills for Your Perfect Vacation Plan

Plan your dream vacation with ease! Learn basic computer skills to research destinations, navigate Google Maps, book accommodations, and organize itineraries - all tailored for beginners. Travel smarter and stress-free! In-class computer provided (ok to bring own laptop). Class is at the Loma Vista campus.

885601	1:30-3:30pm	W	4/2-5/14	Cho	B-4, LVAC	\$84
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Basic Computer Skills for Event Planning

Master the basics of event planning! Learn to design invitations, manage schedules, and find resources online. Perfect for beginners ready to plan birthdays, reunions, or special celebrations with confidence and creativity! In-class computer provided (ok to bring own laptop). Class is at the Loma Vista campus.

885701	1:30-3:30pm	W	6/4-6/25	Cho	B-4, LVAC	\$56
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Classes are open to adults 18 years and older.

Where indicated (*), a signed Waiver of Liability is required at first class, prior to participation.

Technology (continued)

Classes below are Apple products only

All About iCloud

Think of iCloud as the glue that holds your Apple devices together, storing, and syncing information between all your devices and easily sharing it with others.

880501	2:00-4:00pm	T	4/15
	Matthews	113, PHEC	\$25

All About Subscriptions

Subscriptions are everywhere: music, TV, software. Come find out how to make sense of it all.

881201	2:00-4:00pm	TH	5/8
	Matthews	113, PHEC	\$25

Apple and AI and You

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.

885301	2:00-4:00pm	M	6/2
	Matthews	113, PHEC	\$25



Apple Wallet and Apple Pay

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.

881101	2:00-4:00pm	W	6/11
	Matthews	113, PHEC	\$25

Jet-setting with an iPhone

You've got a trip coming up and your iPhone is a perfect traveling companion. Bring your iPhone updated to the latest version of iOS 18.

884801	2:00-4:00pm	W	4/16
	Matthews	113, PHEC	\$25

I H8 Pa55w0rds

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 rear view mirror.

883901	2:00-4:00pm	T	6/10
	Matthews	113, PHEC	\$25

iPhone 101

In this six-session class, we'll cover the basics of using your iPhone—from phone calls to web browsing to email, and more.

880801	10:30am-12:30pm	M/T/W	6/2-6/11
	Matthews	113, PHEC	\$143

Messages...and More

Messages aren't just for text anymore. You can include pictures, videos, handwriting, animated emoji (even one that looks like you!). We'll teach you how.

880201	2:00-4:00pm	T	5/6
	Matthews	113, PHEC	\$25

Much Ado About Noting

When a full-blown word processor is overkill, Apple's Notes app stands ready to assist with more features than you think.

880101	2:00-4:00pm	TH	4/17
	Matthews	113, PHEC	\$25

Personalize your iPhone

Your iPhone can truly become your iPhone. We'll tinker with the lock screen, home screens, and the Control Center so they are just the way you like them.

884601	10:30am-12:30pm	TH	5/8
	Matthews	113, PHEC	\$25

Photos: Take, Organize, Edit, and Share

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.

880701	10:30am-12:30pm	T/W/TH	4/15-4/17
	Matthews	113, PHEC	\$72

The Magic of AirPods

Wireless headphones are The Thing Now, and AirPods are all the rage. If you have a pair, you can attest to their sound quality and convenience. But there's more to AirPods than meets the ear.

884501	2:00-4:00pm	W	6/4
	Matthews	113, PHEC	\$25

Turning the Page on Calendars

Electronic calendars solve many problems that plague paper calendars. We'll teach you how an electronic calendar can make your life both simpler and more organized.

882201	10:30am-12:30pm	T	5/6
	Matthews	113, PHEC	\$25

For Computer Basics; Microsoft Word, Excel, and PowerPoint see page 14

Woodcarving

Woodcarving! (Beginning to Experienced)*

Learn relief carving principles while carving a rose, a leaf, and grapes. We'll cover the selection, safe use and care of woodcarving tools, and carving techniques. Demonstration with individualized instruction. Wood block sold in class for \$20.

870001	9:00am-12:00noon	W	4/2-6/25	Noack	207, PHEC	\$234
870003	6:00-9:00pm	W	4/2-6/25	Noack	207, PHEC	\$234

Woodcarving - Drop In*

Experienced Woodcarvers only. Carve in bas relief, three dimensions, or chip carving. Continue a project in progress, some tools provided.

870101-12	6:00-9:00pm	T	4/1-6/24	Noack	207, PHEC	\$20/class
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Woodcarving – Power Carving (Beginner to Experienced)*

Power carving uses a Dremel type tool with a rotating burr that grinds away wood quickly. This course will introduce students to the proper use and techniques to carve in relief and three dimensions. Demonstration with individualized instruction. Wood block sold in class for \$20.

870301	6:00-9:00pm	TH	4/3-5/15	Noack	207, PHEC	\$123
870302	6:00-9:00pm	TH	5/22-6/26	Noack	207, PHEC	\$104

Woodturning

Woodturning 101- Introduction to Woodturning*

Learn the fastest growing craft activity in the USA. Class includes wood lathe operation, tools, safest techniques, fun turning activities of increasing complexity, and projects to take home. Add new sentence at the end of description: First class is mandatory.

Prerequisite: Willingness to learn. **Textbook:** A Lesson Plan for Woodturning; sold in class for \$25.

873601	1:00-4:00pm	M	4/28-6/23			
	Dahl	108, PHEC	\$196			
873602	6:00-9:00pm	W	4/16-6/4			
	Foster	108, PHEC	\$196			



Woodturning 150 - Advanced Spindle Turning Techniques*

Build your woodturning skills while creating a candle stick, goblet, sphere, carving mallet, and artistic finials. Projects are listed in the textbook appendix. **Prerequisite:** Woodturning 101 at PHEC. **Textbook:** A Lesson Plan for Woodturning; sold in class for \$25.

872901	1:00-4:00pm	W	4/2-5/14	Bentley	108, PHEC	\$188
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Community Spotlight

Dedication of the James Rodgers Woodturning Center



The PHEC woodturning room is being named in honor of Lifelong Education Woodturning teacher, Jim Rodgers! For those who don't know, Lifelong Ed boasts a world-class woodturning center in Rm 108. Beginning in 2007, Jim worked tirelessly to procure equipment, recruit instructors, facilitate partnerships, and create a program chock full of top-notch woodturning classes. We are excited to announce that this year, Rm 108 will officially take on the name of The James Rodgers Woodturning Center. Thank you, Jim, for your years of building such an important and impactful community resource!

Classes are open to adults 18 years and older.

Where indicated (*), a signed Waiver of Liability is required at first class, prior to participation.

Woodturning (continued)

Woodturning 201- Basic Bowl Turning*

The next step in woodturning - new tools and techniques used to turn wooden bowls - includes information on design and multiple techniques for mounting and turning. **Prerequisite:** *Woodturning 101* at PHEC. **Textbook:** *A Lesson Plan for Woodturning*; sold in class for \$25.

874301	1:00-4:00pm	T/TH	6/3-6/26		
	Batti	108, PHEC	\$164		



Woodturning - Cast and Turn an Acrylic Bowl and Dragon's Egg*

An intensive two-day workshop. Learn how to cast Alumilite resin and turn an acrylic bowl and a dragon's egg. One hour lunch break. **Prerequisite:** *Woodturning 101* at PHEC.

860101	9:00am-4:00pm	M/T	4/21-4/22	Albert/Dahl	108, PHEC	\$128
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Woodturning - Cooking Utensils*

This five-week class will cover making stirrers (spurtles), French rolling pins, spatulas, and other utensils for home cooking. Topics to be covered include appropriate wood selection and finishes, blank preparation, and further development of spindle turning skills. **Prerequisite:** *Woodturning 101* at PHEC.

860201	1:00-4:00pm	T	4/29-5/27	Foster/Zorzynski	108, PHEC	\$161
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Woodturning - Independent Projects Open Shop*

A vast selection of tools and accessories will allow you to undertake most projects under the guidance of expert coaches. **Prerequisite:** *Woodturning 101* at PHEC. Must register prior to attending class. 1:00-4:00pm classes only have no class on 5/9 and 6/13.

874101-	9:00am-12:00noon	F	4/4-6/27	Duncan	108, PHEC	\$15/class
874112						
874113-	1:00-4:00pm	F	4/4-6/27	Dietrich/Foster	108, PHEC	\$15/class
874122						

Woodturning - Open Segment Turning*

Master ring segmentation? Want to go to the next level? This is the basics for open segment projects, both designing a project and building the fixtures necessary. Three open segment construction techniques will be explained and demonstrated. **Prerequisite:** *Woodturning 201 - Basic Bowl Turning* at PHEC.

873501	6:00-9:00pm	T/TH	5/6-5/22	Boughton	108, PHEC	\$159
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Woodworking

Furniture Repair and Restoration* located on page 35

Woodworking - Introduction to Woodworking Part I*

Designed for those with little or limited woodworking experience. Learn the safe and effective use of critical woodworking equipment to build the step stool project. This class is a mandatory prerequisite for other MDAE woodworking classes. Students will purchase their own wood. First class is mandatory.

875601	1:00-4:00pm	T	4/1-6/24	Hennessy	208, PHEC	\$225
875602	6:00-9:00pm	W	4/2-6/25	Appleton	208, PHEC	\$225

Woodworking - Introduction to Woodworking Part II*

Further develop skills learned in Woodworking I by building a Shaker-style table. The class will focus refining your woodworking techniques and accuracy through the use of mortise, tenons, and dovetail joints. This class is a mandatory prerequisite for other MDAE woodworking classes. Students will purchase their own wood. First class is mandatory. **Prerequisite:** *Introduction to Woodworking Part I* at PHEC.

875301	1:00-4:00pm	TH	4/3-6/26	Hennessy	208, PHEC	\$207
875302	6:00-9:00pm	TH	4/3-6/26	Kane	208, PHEC	\$207

Woodworking (continued)

Woodworking – Building Classic Furniture*

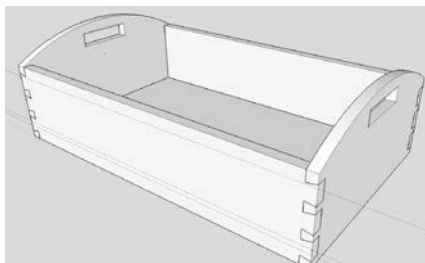
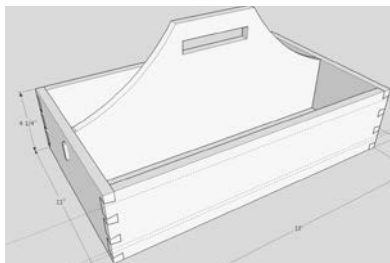
You'll be guided through the hand and machine tool processes necessary to build quality furniture reproductions. Lumber to be supplied by the student. You may register for the full 3 hours of class, which includes 2 hours of access to the machinery and teacher support, or register for only the first hour of class, lecture, demonstrations, and discussions. **Prerequisite:** *Introduction to Woodworking Parts I and II at PHEC, no exceptions.*

875501	9:00am-12:00noon	F	4/4-6/27	Killen	208, PHEC	\$225
875502	9:00-10:00am	F	4/4-6/27	Killen	208, PHEC	\$76

Woodworking – Hand Tool Skills*

Considered our Woodworking Part III class - Learn to use common hand tools to prepare dovetails, mortise and tenon joints while building a beautiful Shaker tray or tool tote with dovetails saws, bench planes, and chisels. Students will furnish their own project lumber by second class. **Prerequisite:** *Introduction to Woodworking Parts I and II at PHEC, no exceptions.*

876801	6:00-9:00pm	T	4/1-6/24	Langlois	208, PHEC	\$225
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Woodworking – Independent Project Open Shop*

Our well-equipped shop, complete with a wide selection of tools and accessories, allows you to undertake most projects with the expert assistance of knowledgeable woodworking staff. **Prerequisite:** *Introduction to Woodworking Parts I and II at PHEC, no exceptions.*

875101	9:00am-12:00noon	W	4/2-6/25	Gipps	208, PHEC	\$180
875103	1:00-4:00pm	F	4/18-5/16	Stolte	208, PHEC	\$75
875104	1:00-4:00pm	F	5/30-6/27	Stolte	208, PHEC	\$75

Woodworking – Master Series: Projects*

The instructor critiques student-developed designs and discusses and demonstrates critical techniques required to successfully execute the designs. **Prerequisite:** *Master Series: Tools and Techniques or instructor's approval.*

876001	9:00am-12:00noon	T	4/1-6/24	Condran	208, PHEC	\$275
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Woodworking – Scroll Saw Workshop – All Levels*

Learn valuable woodworking skills while using the scroll saw to create beautiful wood projects such as decorative clocks, trivets, compound ornaments, custom signs, fretwork music boxes, etc. Students will learn to attach patterns to wood and make intricate cut projects that family and friends can use and admire. They will be able to correctly color and finish wood working gifts. No Prerequisites. Everyone welcome!

876601	1:00-4:00pm	M	4/21-6/16	Bean	208, PHEC	\$155
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Woodworking – Veneering*

Make a serving tray with shop-made veneers. Topics include making torsion boxes and miniature sawhorses for glue-up, assembling a core, making and working with shop-sawn veneers.

877101	1:00-4:00pm	W	4/2-6/25	Loehrlein	208, PHEC	\$284
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Woodworking - Diablo Woodworkers

Join other woodworkers for a monthly exchange of ideas and information. Guest speakers often demonstrate unique aspects of woodworking. Class alternates between meeting in-person and meeting online using Zoom. The location is announced in the monthly newsletter. Email David Lipscomb for information, davidlipscombii@comcast.net.

875801	7:00-9:00pm	W	4/16, 5/14, 6/11	Lipscomb	MUR, PHEC/Zoom	FREE!
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Classes are open to adults 18 years and older.

Where indicated (*), a signed Waiver of Liability is required at first class, prior to participation.



Notices — For the Adult Education Policy and Administrative Regulations of Mt. Diablo Adult Education and a list of Accreditations, please see our website at mdae.mdusd.org.

Children – Children are not permitted in classrooms, with the exception of selected Parent Ed and Family Literacy classes.

Complaint Policy – The policy is available in the Adult Education Offices at LVAC and PHEC. Please see our website for details at mdae.mdusd.org.

Nondiscrimination Policy – The policy is available in the Adult Education Offices at LVAC and PHEC. Please see our website for details at mdae.mdusd.org.

No Smoking – Board Policy and State Law prohibit smoking on any part of our campuses, including all parking areas.

Parking at PHEC – Parking is available days and evenings in the back adult education lot. Evening parking is permitted at the front of the school.

Term Dates – Spring term begins April 1. Start and end dates vary by program. Check program details on preceding pages.

Registration – All adult education classes are open to adults 18 years of age or older.

Privacy Statement – Please see our website for details at mdae.mdusd.org.

Refunds – For all Adult Education classes, not including CTE programs, requests for refunds must be received no later than two working days prior to the start of class. A \$15 processing fee will be deducted from each refund. A full refund (no processing fee) will be given to students if Adult Education cancels the class. Refunds for CTE programs are made according to a specified refund schedule. For refund details, see Board Policy and Administrative Regulation #6200 at mdae.mdusd.org.

Fees – Fees are based on a minimum number of enrollments. Classes may be canceled, hours reduced, or fees increased if minimum enrollments are not achieved. Pay by cash (exact change please), check, Visa, Mastercard or Discover. **\$10 service charge for returned checks.**

Class Location Guide

- AJCC/ LVAC** **AJCC Access Point** at Loma Vista Adult Center
1266 San Carlos Ave., Concord
- BAE** **Bel Air Elementary**
663 Canal Rd., Bay Point
- CAMB** **Cambridge Elementary**
1135 Lacey Lane, Concord

- COMM** Varying sites within the community.
- FOE** **Fair Oaks Elementary**
2400 Lisa Lane, Pleasant Hill
- HVE** **Hidden Valley Elementary**
500 Glacier Dr., Martinez
- LVAC** **Loma Vista Adult Center**
1266 San Carlos Ave., Concord

- MEAD** **Meadow Homes Elementary**
1371 Detroit Ave., Concord
- PHEC** **Pleasant Hill Education Center**
One Santa Barbara Rd., Pleasant Hill

Campus Maps

Loma Vista Adult Center (LVAC)

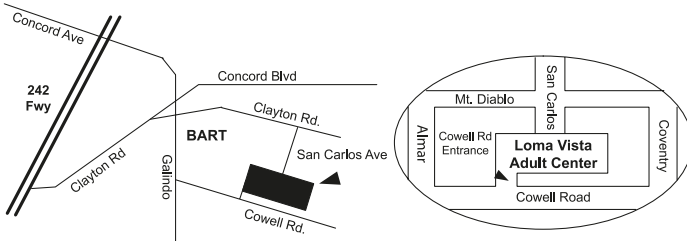
CAMPUS MAP AND OFFICE HOURS

1266 San Carlos Avenue, Concord, CA 94518 • (925) 685-7340



Office Hours: 8:00am-4:00pm, M-F

LVAC Holidays: March 31 (Cesar Chavez Day); April 7-14 (Spring Recess); May 26 (Memorial Day); June 19 (Juneteenth)



Pleasant Hill Education Center (PHEC)

CAMPUS MAP AND OFFICE HOURS

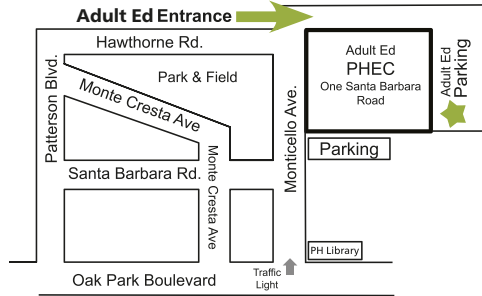
One Santa Barbara Road, Pleasant Hill, CA 94523 • (925) 937-1530

Office Hours: 8:00am-4:00pm, M-F (closed 1-2pm, daily)

PHEC Holidays: March 31 (Cesar Chavez Day); April 7-14 (Spring Recess); May 26 (Memorial Day); June 19 (Juneteenth)

Parking and Directions: PHEC is a campus shared by Mt. Diablo Adult Ed and Pleasant Hill Middle School. To reach the Adult Ed parking lot and classrooms, search your map app for Pleasant Hill Middle School, then proceed to the back of the campus. You cannot see the Adult Ed lot from the front of the campus.

Note: For cooking classes, park at the front of campus and proceed to Rm 102.



Upcoming Events at MDAE

April

- 1 Lifelong Education Spring Classes Begin
- 23 Disaster Preparedness Workshop, LVAC 6:30pm
- 24 TOPS Creativity Expo

May

- 29 Project ACCESS Graduation

June

- 4 Summer Registration Opens
- 7 High School Graduation
- 23 Summer Classes Begin



Mt. Diablo Adult Education
 1266 San Carlos Avenue
 Concord, CA 94518

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MDUSD is an equal opportunity employer.



11th Annual
**TOPS Creativity
 Expo 2025**

THURSDAY, APRIL 24, 2025
 6:30pm-8:30pm

Loma Vista Adult Center Multi-Use Room
 1266 San Carlos Avenue, Concord

OFFERING CLASSES AND PROGRAMS FOR VARYING AGES, INTERESTS, AND ABILITIES

ADULTS WITH DISABILITIES | ADULT BASIC EDUCATION | HIGH SCHOOL DIPLOMA | HIGH SCHOOL EQUIVALENCY | ENGLISH AS A SECOND LANGUAGE | FAMILY LITERACY | CITIZENSHIP | PARENT EDUCATION | CAREER AND TECHNICAL EDUCATION | LIFELONG EDUCATION