

# MOONLIGHTER

# SCHEDULE OF CLASSES FALL

SEPTEMBER 8-DECEMBER 20, 2025
REGISTRATION BEGINS MONDAY AUGUST 18, 2025, 9AM



### GENERAL INFORMATION

### FALL SEMESTER BEGINS MONDAY, SEPTEMBER 8, 2025 REGISTRATION BEGINS MONDAY, AUGUST 18, 2025, 9AM

### **COURSE FORMAT**

Piedmont Adult School will be offering classes either in-person or online depending on the course and the instructor.

Anyone who is at least 18 years of age is welcome to register and attend classes. Piedmont Adult School reserves the right to refuse admission to anyone.

Registration is on a first-come first-served basis and pre-registration is a must. Classes are typically cancelled a few days before they are scheduled to begin if enrollment is too low. Don't wait—classes can fill quickly so enroll early!

Online: Visit www.piedmontadultschool.org , browse through our online catalog and register for classes online. Online and in-person registration begins at 9:00am on Monday, August 18, 2025.

By Fax: Fax the completed registration form provided in this catalog with your credit card information and signature to: (510) 595-8173.

Walk-in: Our office hours are Mon. through Wed. 10:00am-7:00pm. Our office address, 760 Magnolia Ave., Piedmont, CA 94611, Room 49. (Millennium High School)

By Mail: Mail the completed registration form to: Piedmont Adult School, 760 Magnolia Ave., Piedmont, CA 94611.

We do not accept registrations by phone.

### REFUND AND CANCELLATION POLICY

Please choose your classes carefully! No refunds or credits will be given for registration fees unless a class is cancelled by Piedmont Adult School. There are no refunds or credits on food fees. Piedmont Adult School reserves the right to cancel classes that do not meet the minimum enrollment. In these cases, refunds will be credited to the original form of payment.

### CONFIRMATION OF CLASSES

Confirmation of classes will be sent by email. For a printed confirmation of classes, send a self-addressed, stamped envelope to Piedmont Adult School, 760 Magnolia Ave, Piedmont, CA 94611. Confirmations will not be given by phone. Unless you receive a call or email cancelling a class, assume that you are registered in your class(es).

### PAYMENT INFORMATION

Registration can be paid by check (payable to Piedmont Adult School), money order or credit card. We accept Visa and Mastercard. A \$25 fee will be charged on all returned and "stop payment" checks.

### **DISCOUNTS**

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

### STATE SUPPORTED CLASSES S



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

### CAMPUS AND CLASSROOM RULES

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

Books required for classes are available at bookstores or through online vendors such as amazon.com and barnesandnoble.com. We will provide ISBN information (book number) when possible so that students can find and purchase books easily.

### SPECIAL ACCOMMODATIONS DUE TO DISABILITIES

Students who need special accommodations due to disabilities should call the school to make arrangements for accommodations.

### Uniform Complaint Procedures

In accordance with state guidelines, the District has adopted Uniform Complaint Procedures. Contact the Piedmont Adult School Office for a copy of the policy.

### SIGN UP FOR MORE AND SAVE!

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

Discount does not apply to single-day classes

### **GETTING HERE**

Parking is limited. We recommend carpooling. Do not park in "Resident Permit" parking spaces. AC Transit's bus route #33 runs a few blocks away, Service to Piedmont. For further information, please call AC Transit at 510-891-4777, or visit www.actransit.org.

### **OFFICE HOURS**

Monday through Wednesday: 9:00am–7:00pm

### **CONTACT INFORMATION**

Address: Piedmont Adult School

760 Magnolia Ave Piedmont, CA 94611

**Phone:** 510-594-2655 **Fax:** 510-595-8173

Web: www.piedmontadultschool.org

Email: pas@piedmont.k12.ca.us

### **ADULT SCHOOL STAFF**

Shannon Fierro, Director of Adult Ed

**Ron Mockel,** Administrative Coordinator rmockel@piedmont.k12.ca.us

**Michelle Lucas**, Administrative Assistant, mlucas@piedmont.k12.ca.us

**Jana Branisa**, High School Diploma, jbranisa@piedmont.k12.ca.us

Jennifer Gulassa, ESL Instructor Giena Vogel, ESL Instructor

### **ADULT SCHOOL CALENDAR**

### FALL SEMESTER: SEPT. 8-DEC. 20, 2025

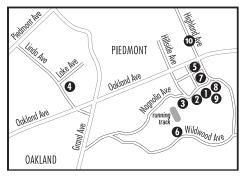
8/18 Registration Begins 9/8 Classes Begin 11/11 Veterans' Day 11/24-11/29 Thanksgiving Break

## PIEDMONT UNIFIED SCHOOL DISTRICT DISTRICT PERSONNEL

Dr. Jennifer Hawn, Superintendent Ariel Dolowich, Assistant Superintendent

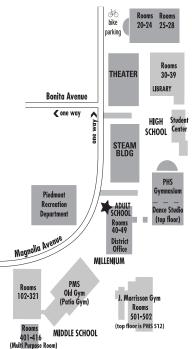
### **BOARD OF EDUCATION**

Lindsay Thomasson, President Ruchi Medhekar, Vice President Michael Malione Max Roman Susy Struble



### LOCATIONS / MAP OF CLASSES

- PAS-Piedmont Adult School 800 Magnolia Ave
- PHS-Piedmont High School 800 Magnolia Ave
- MHS-Millennium High School 760 Magnolia Ave
- PMS-Piedmont Middle School 740 Magnolia Ave
- BCH—Beach Elementary School 100 Lake Ave
- ED-Ellen Driscoll Playhouse/Havens 325 Highland Ave
- WWD AUD-Wildwood Auditorium 301 Wildwood Ave
- VH–Veteran's Hall 401 Highland Ave
- **3** DS-High School Dance Studio 800 Magnolia Ave
- **9** STU CTR—Student Center 800 Magnolia Ave
- ST-STEAM Building 800 Magnolia Ave.



### PIEDMONT ADULT SCHOOL MISSION STATEMENT

The Piedmont Adult School is a non-competitive adult learning environment dedicated to providing instruction that responds to the diverse needs, interests and learning goals of its students. Aligned with our value of service to community, Piedmont Adult School offers educational opportunities to self-motivated learners from the East Bay and beyond.

### PIEDMONT ADULT SCHOOL STUDENT LEARNING OUTCOMES

### At Piedmont Adult School a learner who participates in a course of study will:

### **Continue Their Educational Journey**

- Initiate exploration of a variety of disciplines
- Set and meet personalized learning goals
- Develop personal and professional interests

### **Establish Community Connections**

- Find support in the community around shared interests and values
- Connect and learn from other curious adult learners
- Engage with the community at large

### **Become Lifelong Learners**

- Develop a foundation for future education and career advancement
- Acquire the skills to pursue deeper learning and to follow passions

OCTOBER

DECEMBER

• Be inspired to learn more and to seek new challenges

### 2025 Fall Academic Calendar

### **SEPTEMBER**

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28	29	30				

### **NOVEMBER**

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16	17	18	19	20	21	22
23/30	24)	25	26	27	28	29

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### ARTS & CRAFTS

### Advanced Watercolor / Wendy Soneson @

AA0020 \$270 10 meetings 9/13-11/15 SAT 10:00am-12:00pm Art Studio 2 limit 15 This course is for former students of Ms Soneson, or those who have completed the prerequisite of her online beginner course. The class will cover composition, balance and harmony of shapes, hues, values and edges. This is a Fine Art approach to watercolor, rather than an illustrative or hobby approach. Students will need to bring art materials as well as a laptop or iPad for viewing images. Please consult with the instructor if desired, to see if this class is suitable for you. Wendysoneson@gmail.com



**Wendy Soneson** teaches Fine Arts Watercolor, emphasizing color theory and process over product. She was the John Singer Sargent artist in residence at the Museum of Fine Arts in Boston where she taught before moving to the Bay Area six years ago.

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

AA0004 \$195 6 meetings 9/8-10/13 MON 7:00-9:30pm Art Studio 2 limit 15 6 meetings 10/20-12/1 **AA0004A** \$195 MON 7:00-9:30pm Art Studio 2 limit 15 Become part of a supportive creatives' workshop. Students of diverse experience (from motivated beginner to advanced) pursue their own projects, using oil, acrylic, watercolor, graphite, pastel, colored pencil, etc. as desired. Students may seek 1-on-1 guidance regarding materials, techniques, perspective, color mixing, composition, values and more. Come with enthusiasm, your art supplies, reference photo, object or sketchbook, then produce your landscape, still life, portrait or abstraction. Expect an informal, collegial atmosphere with a background soundscape of world music.

### Drawing Bird Families in Colored Pencil / Jennifer Linderman @

AA0035 \$225 6 meetings 9/16-10/21 TUE 6:30-8:30pm Art Studio 2 limit 15 In this class students will learn how to draw a variety of bird families using beginner and intermediate techniques in layering, blending, and adding texture. Students will be provided with full color photo copies of the reference images (including one glossy photo) each week for them to keep. Students will purchase their own art supplies from a short list which will be emailed to them one week prior to class. Instructor will share other 'artful' items with the students as the course progresses. \$20 materials fee included in course fee.



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

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

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

AA0024 \$190 4 meetings 9/13-10/4 SAT 12:30-3:00pm Art Studio 1 limit 15 There's more to water-based painting than just watercolors! Possibilities include watercolor pencils, water soluble crayons and pastels, ink, and more. In this class we will explore how to convey our thoughts and emotions as abstract landscapes. We will do several quick studies and then use our favorite ideas and techniques to create a large work. This is a process-based class that prioritizes experimentation as a way to let go of perfectionism. Only happy accidents here! All experience levels welcome. Materials fee of \$20 included in class price.

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

AA0031 \$115 Art Studio 1 limit 14 1 meeting 9/27 SAT 10:00am-12:00pm AA0031A 10:00am-12:00pm \$115 1 meeting 12/6 SAT Art Studio 1 limit 14 Cultivate joy for yourself and others through floral design! Participants will learn fundamentals of centerpiece design, including mechanics and storytelling, through an interactive tutorial and hands-on workshop. Each participant will have access to a wide selection of flowers in a seasonal color palette and leave with a beautiful arrangement of their own creation in a ceramic vessel. The goal is to learn something new, (re)connect with nature, and enjoy the company of fellow floral enthusiasts. \$65 materials fee included in registration.



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

### Gardening Diorama Workshop / Katie Smart @

AA0038 \$70 1 meeting 10/13 MON 6:00-9:00pm Art Studio 1 limit 10 This one time workshop offers the chance to create another world in diorama form using real plants, miniatures, and even mini string lights and biodegradable glitter. Come relax with a crafty gardening night, and leave with a masterpiece! \$20 materials fee included in class price.



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

### **Introduction to Contemporary Art** / Robert Simons

AA0034 \$90 2 meetings 9/15-9/17 MW 7:00-9:00pm PHS41 limit 15 Contemporary Art may be defined by the emergence of Abstract Expressionism in The United States in the 1940s and 1950s up to the beginnings of the "postmodern" art of today. This class will cover styles including feminist art, Pop Art, Minimalism, Conceptual Art, hard-edge and stain abstraction, Earthworks, Funk, Bay Area Figuration and other styles as time allows.



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

### Introduction to Needle Felting / Cynthia Cudaback

AA0056 \$60 1 meeting 9/15 MON 7:00-9:00pm Art Studio 1 limit 12 AA0056A \$60 11/17 MON 7:00-9:00pm limit 12 1 meeting Art Studio 1

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



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

### **Understanding Modern Art** / Robert Simons

AA0054 \$90 2 meetings 9/8-9/10 MW 7:00-9:00pm PHS41 limit 15 This richly illustrated class will cover some of the major artists and styles that led to the emergence of modern art beginning in the late 19th and 20th centuries. Art movements covered will include Impressionism, Post-Impressionism, Expressionism, metaphysical art, Dada, Surrealism and others as time allows. The class will also include an introduction to basic art vocabulary and terms. The class is not a chronological survey but rather an informal sampling and analysis of the artists and styles that continue to influence the art of today.

### **BUSINESS**

### Estate Planning 101:The Pros and Cons of a Will vs. Trust /

Shane Barnard 🚥

**BB0011** \$45 MON 5:30-6:30pm limit 20 1 meeting 9/22 MHS45 BB0011A \$45 1 meeting 11/8 SAT 9:30-10:30am MHS45 limit 20

Join us for an informative session where we break down the essentials of estate planning, focusing on the key differences between a will and a trust. In this class, we'll explore the benefits and drawbacks of each option, helping you understand which one may best suit your personal and financial situation. Whether you're just starting your estate planning journey or looking to review your current plan, this class will provide valuable insights to make informed decisions and protect your legacy.



**Shane Barnard** began her legal career in 2005 as a practicing attorney representing parents and children in the foster care system. She transitioned into her estate planning practice in 2019 and enjoys working with individuals and families to navigate the estate planning process to ensure their families and loved ones are cared for.

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

BB0039 \$35 1 meeting 11/10 MON 6:30-8:00pm MHS46 limit 25 Baby Boomers are asking: When do I sign up for Medicare? What does Medicare cover? How much does it cost? Will I need other insurance? What about long-term care? At this workshop you will learn: How Medicare enrollment periods work-and what you need to do to avoid late-enrollment penalties. How much you can expect to pay in health care costs after going onto Medicare. How Medicare works with private insurance to provide comprehensive coverage. Why most people pay too much for private insurance and how you can avoid excess costs. Why you must plan for higher health care costs in retirement—including the possibility of needing long-term care. You will also receive a copy of The Baby Boomer's Guide to Savvy Medicare Planning—a comprehensive reference addressing common questions and issues.

### Savvy Social Security Planning for Couples / George Noceti

BB0037 \$35 10/8 WED 6:30-8:00pm 1 meeting MHS46 limit 25 At this 90 minute educational seminar you will learn: How much Social Security you and your spouse stand to receive over your joint lifetime, rules and guidelines for when spouses should apply for benefits. How the decisions you make in your 60s can determine the amount of income you-or your surviving spouse-will have in your 80s and 90s. How spouses with little or no prior earnings can take advantage of Social Security benefits. The number-one most important thing all higher-earning spouses should do. Two key things you need to know about Social Security survivor benefits. How remarriage affects survivor benefits from a former spouse. How to avoid mistakes at your Social Security office You will also receive a copy of The Baby Boomer's Guide to Social Security – a comprehensive reference addressing common questions and issues, including proposals for reform. Social Security is far more complicated than most people realize. The decisions you make now can have a tremendous impact on your retirement income. This informative seminar covers what you need to know about Social Security and reveals strategies for maximizing your benefits.

### Tax-Efficient Investing – All Year Long / George Noceti

BB0091 \$35 1 meeting 9/9 TUE 6:30-8:00pm MHS46 limit 25

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



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

### CAREER TECHNICAL EDUCATION (CTE)

Funding for these free classes is provided by the state of California. In order to receive this funding, we are required to collect demographic information. You will be prompted to provide the necessary information upon registration. Thank you!

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

GG0030 No Fee 1 meeting 11/4 TUE 6:30-8:00pm ST127 limit 15 Are you curious about how Artificial Intelligence (AI) can increase your productivity in professional and personal tasks? Dive into the world of AI - and ChatGPT specifically - without all the "techy" jargon! Designed for beginners, this hands-on workshop demystifies the use of ChatGPT, allowing participants to confidently engage with the cutting-edge technology. Come see how this powerful tool can simplify your life!

### Advance Your Career with Microsoft Office-Basics / Helen Nishikai 🕃

CC0001 9/20-10/4 SAT 9:00am-12:00pm limit 12 No Fee 3 meetings ST127 Most office or supervisory jobs require strong Microsoft Office skills. In this course for high-beginners, build foundation knowledge and confidence for using Word, Excel, and PowerPoint to advance your career. In three half-day sessions, we'll cover key topics such as controlling formatting in Word, creating formulas and functions in Excel, and managing slides in PowerPoint. We'll discuss keyboard shortcuts, file sharing in the workplace, tips and tricks, and more. Prerequisites: Basic experience in Word and Excel.

### Advance Your Career with Microsoft Office-Intermediate / Helen Nishikai 😉

CC0008 No Fee 3 meetings 11/8-11/22 SAT 9:00am-12:00pm **ST127** limit 12 In this course for high-beginner/low-intermediate students, continue to build your skills in Word, Excel, and PowerPoint to advance your career. In three half-day sessions, we'll cover intermediate-level topics such as styles in Word; sorting, filtering, number formatting, and functions in Excel; and transitions, images, and presentation features in PowerPoint; plus more. Come to class with your questions! Prerequisites: Basic experience in Word, Excel, and PowerPoint.



Helen Nishikai has been teaching computer software programs to adult students and corporate clients for over 25 years and has worked in information technology, web development, and technical consulting. She holds a California Teaching Credential in Adult Education for Computer Technology and Business Management. "I love helping people learn new skills that they can apply directly to their job or personal life," says Helen.

### Introduction to Marketing Concepts and Al Tools /

Priya Kumar 😉 🚥

CTE0010 No Fee 3 meetings 9/8-9/22 MON 6:00-8:00pm ST127 Learn the essential marketing skills every small business and nonprofit needs to grow awareness, engage supporters, and drive action. This hands-on course covers foundational concepts-audience targeting, branding, storytelling, and content strategy-while introducing AI tools that help streamline marketing efforts on a small budget. No prior marketing or AI experience required.



**Priva Kumar** has worked in marketing for over 15 years, helping brands grow—from scrappy startups to larger organizations. She loves making marketing simple, strategic, and doable, especially for small teams and mission-driven groups.

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



No Fee 1 meeting 9/30 TUE 5:30-8:00pm This workshop covers many of the legal issues of critical importance to the formation and success of a new small business. You will learn about and discuss: choosing the best business structure for you (sole proprietorship, partnership, limited liability company, corporation); how to obtain permits and satisfy city, state, and U.S. government requirements; free government websites available to help guide you through this process; the importance of business insurance and types of liability, product and casualty insurance you might need.



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

### Must-Know Insurance for Small Business / Wallace Wong S III



CTE0014 10/4 SAT 9:00-11:30am No Fee 1 meeting MHS45 Unexpected events can threaten even the most well-run businesses. The right insurance coverage can help you manage risk and safeguard your company's future. In this class, you'll learn what business insurance covers, how insurance costs are determined, how to choose the right type and amount of coverage, how to minimize exposure and protect your assets, and tips for selecting the best policy to ensure full protection. Whether you're just starting out or reassessing your current coverage, this class will give you the knowledge and confidence to make informed insurance decisions.

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

GG0004 No Fee 1 meeting 9/24 WED 6:30-8:30pm MHS45 limit 25 Unlock new professional possibilities in this 2-hour Career Navigation Workshop. Designed for job seekers and those considering a career pivot, this hands-on seminar offers expert guidance for strategic career planning, cutting-edge job search tactics, impactful resume writing (and revision), and effective interviewing techniques. Take charge of your career journey – and step confidently into your next employment chapter.



Originally from Cincinnati, Ohio, Jason Hecker is a seasoned workforce development instructor and program manager, with more than 20 years of experience helping individuals develop the skills and tools they need to succeed in today's rapidly changing job market. He is passionate about creating dynamic and engaging learning experiences, and is known for his enthusiastic, collaborative, and results-driven approach to teaching.

### Putting Al into Practice: Advanced Marketing Applications /

Priya Kumar 🔇 🚥

CTE001 No Fee 3 meetings 9/29-10/13 MON 6:00-8:00pm ST127 limit 20 Build on your marketing knowledge with practical, cost-efficient strategies tailored to small businesses and nonprofits. This advanced course focuses on applying Al tools to create personalized marketing plans, run effective awareness campaigns, and develop email strategies that nurture relationships through consideration, conversion, and loyalty. Ideal for those ready to apply what they've learned to real-world challenges. Will build off of the introductory class: Foundations of Marketing with Al Assistance.

# Small Business Website Essentials: Creating Your Site with Squarespace / Salaams DeRosa (S) (III)

CTE0012 No Fee 4 meetings 9/9-9/30 TUE 6:00-8:00pm ST127 limit 12 This beginner-friendly course is designed for small business owners, creatives, and solopreneurs who want to build and manage their own professional website without pulling their hair out! We'll use the Squarespace platform and guide you through every essential step—from choosing the right template, to writing compelling content, to setting up your first core pages. You'll gain a clear understanding of how to use Squarespace's tools, and a proven framework for adding more pages and features as your business grows. Most importantly, you'll have the confidence and skills to keep building and improving your website on your own—no more putting it off!

# Small Business Website Essentials: Squarespace Strategy & Site Design / Salaams DeRosa S (III)

CTE0013 No Fee 4 meetings 10/7-10/28 TUE 6:00-8:00pm **ST127** limit 12 This course is designed for students who already have a working Squarespace site (draft or live) and are ready to level up their site's marketing strategy and visibility. You'll learn how to optimize your site for search engines, convert more visitors into leads, and track what's actually working so you can keep improving your results. We'll show you how to structure your content so visitors immediately understand what you offer and why they should choose you, plus how to leverage Al tools. By the end of the course, you'll understand the tools and strategies it takes to have a website that actively works to bring you new customers and grow your business!



Salaams J. DeRosa is a longtime web designer, small business owner, and creative based in Oakland. They built their first website in 1997 and now run WeGo Oakland, a marketing and web design studio that helps small businesses create beautiful, functional websites. A clown, singer, and lifelong food-lover, Salaams brings warmth, humor, and the belief that anyone can learn tech skills with the right support.

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

### **COMPUTERS/TECHNOLOGY**

### All About Photos in Two Evenings / Dennis Mockel @

CC0040 \$105 2 meetings 9/10-9/17 WED 7:00-9:00pm ST127 limit 12 How many blurry pictures have you taken? White sky instead of blue? So dark that you can't recognize faces? Wedding dresses that look yellow instead of white? Are even you bored with your photos? This is a class about solving these problems and many others. This is a hands-on class so you need to bring your camera (or smart phone, preferably with a manual control app—but not required) with a charged battery.

### All About Photos in a Day / Dennis Mockel 🚥

CC0041 \$105 1 meeting 9/20 SAT 10:00am-3:00pm ST126 limit 12 How many blurry pictures have you taken? White sky instead of blue? So dark that you can't recognize faces? Wedding dresses that look yellow instead of white? Are even you bored with your photos? This is a class about solving these problems and many others. This is a hands-on class so you need to bring your camera (or smart phone, preferably with a manual control app-but not required) with a charged battery. Class will include a lunch break. Students can either bring lunch or purchase it locally.

### Basic Excel / Dennis Mockel

CC0020 \$95 3 meetings 10/1-10/15 WED 7:00-9:00pm ST127 limit 16 Excel is an amazingly powerful tool. But all that power is based on a very simple principle. Spend a few evenings and learn that principle and how to use this tool to your advantage.

### Chromebook Basics / Deborah Brooks

CC0013 \$140 4 meetings 9/24-10/15 WED 5:00-6:30pm ST206 limit 12 Chromebooks are cheap and easy-to-use laptop computers. We'll cover basic set-up and everyday use with email, online resources, and apps. Please bring your own Chromebook (loaners are available for in-class use only). Free gmail account required . Concurrent registration in Google Docs class recommended.

### Google Docs Online / Deborah Brooks

CC0007 \$180 4 meetings 9/25-10/16 THU 10:30am-12:30pm Online limit 20 This 4-week Google Docs class will be held online so that you are on your own computer with your own settings. We'll cover opening, creating, saving, sharing, editing, and printing Google Docs, organizing your online docs, and how to transfer to and from MS Word Docs. Free Google account required.



**Deborah Brooks** has taught basic computer skills to older adults and non-native speakers for over 15 years. She holds a master's degree in linguistics and teaching foreign languages, which helps her to be more effective in teaching computer skills to older adults, where the technical terms often get in the way of understanding and learning.

### I H8 Pa55w0rds / Mike Matthews

CC0046 \$45 1 meeting 12/10 WED 7:00-9:00pm ST206 limit 15 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. Make sure your Apple devices are updated to the latest versions of their operating system.

### Intro to Al Tools for Image, Video and Music / Wendell Cooper

CC0027 \$105 3 meetings 9/10-9/24 WED 6:00-7:30pm \$T127 limit 25 This hands-on course introduces students to the world of generative AI, with a focus on creating digital images, video and music using cutting-edge tools. Students will explore what artificial intelligence is, why it matters, and how it's transforming the way we create content. The course will emphasize practical experience, using platforms like Leonardo.ai (AI-generated art), Suno AI (music creation) and Synthesia (AI-powered video presentations). Students will complete creative projects, including AI-generated images and logos, and share their work in class for feedback and discussion.



**Wendell Cooper** is a skilled educator and media professional with years of experience teaching computer literacy, digital media, and emerging technologies. With a background in broadcasting, multimedia production, and nonprofit leadership, Wendell brings realworld knowledge and a hands- on teaching style that helps students build practical, confidence-boosting tech skills.

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

CC0059 \$135 3 meetings 12/15-12/17 MTW 7:00-9:00pm ST206 limit 15 Even if you've taken this class before, it's time to take it again. Apple has redesigned both the Camera and Photos apps as well as weaving in new features through Apple Intelligence. We'll cover both apps in detail. Students should make sure their iPhone has been updated to the latest version of iOS 26.

### Staying Safe with Apple Products / Mike Matthews

**CC1071 \$45 1 meeting 9/17 WED 7:00-9:00pm ST206 limit 15**Bring your Apple devices and join us to learn what you can do to protect your home network, your devices, your data, and yourself.

### What's New with Apple Watch / Mike Matthews

CC0094 \$45 1 meeting 10/22 WED 7:00-9:00pm ST206 limit 15 Apple has made a slew of improvements in watchOS 26, including live translation in the Messages app, improvements to the Phone app, a new wrist flick gesture, and more.

### What's New with iPad / Mike Matthews

CC0067 \$45 1 meeting 10/15 WED 7:00-9:00pm ST206 limit 15 With iPadOS 26 the iPad has more than just pretty new Liquid Glass face. With a new windowing system, menu bar, and an improved Files app, you'll get more things done on your iPad than ever before in a new-but familiar-way.

### What's New with iPhone / Mike Matthews

**CC0068** \$45 1 meeting 10/8 WED 7:00-9:00pm ST206 limit 15 Your iPhone will take on a whole new look with iOS 26 and its Liquid Glass design. And there are plenty of new and helpful features in the Phone, Photos, Messages apps, just to name a few.

### What's New with Mac? / Mike Matthews

CC0028 \$45 1 meeting 11/12 WED 7:00-9:00pm ST206 limit 15 With macOS Tahoe 26 you'll get more out of your Mac than ever. With the biggest-ever revision to Spotlight, a new Phone app, the addition of Live Activities, the fresh Liquid Glass design, and dozens of other improvements, it's like having a whole new Mac. Students must bring their own Mac to the class, updated to macOS Tahoe 26.



Mike Matthews teaches a range of very popular courses on how to use Apple products. Many of his classes are 2-hour workshops on how to use specific Apple Apps such as Messages, Notes and Photos. He also teaches an 8-meeting course on the basics of using your iPhone. Mike is a member of the Apple Consultants Network and has been teaching classes about Apple products for over a decade.

### COOKING

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

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

HC0053 \$90 1 meeting 12/13 SAT 10:30am-1:30pm STU CTR limit 12 Varieties of delicious morsels – easy, simple, and attractive – are combined to create these cocktail hors d'oeuvres and finger food offerings. Ingredients and techniques of eastern and western worlds are combined in hands-on preparation of one-of-a-kind treats such as Savory Scallop and Shrimp Roulard, Lettuce Cups, and Coconut Triangle Wraps. Some dishes can be made far in advance and frozen. Each person please bring a sharp chef's knife (at least 8-inch) or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage.

### **Asian Noodles Workshop** / Chat Mingkwan

HC0044 \$90 1 meeting 10/25 SAT 10:30am-1:30pm STU CTR limit 12 Asian countries share similar values and similar histories, but their unique cuisines demonstrate their differences. Learn to use different varieties of noodles and make three popular dishes: Hunan crispy egg noodles and chicken salad, Thai stirfried spicy ribbon noodles with sweet basil, and Vietnamese Cool Rice Noodles. Each person please bring a sharp chef's knife or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage.

### **Basic Knife Skills Workshop** / Chat Mingkwan

HC0002 \$90 1 meeting 9/13 SAT 10:30am-1:30pm STU CTR limit 12 Learn to cut and dice like a pro! This basic skill will make your cooking less laborious, less time-consuming and more fun. We will learn to julienne, baton, brunoise and chiffonade vegetables, and break up whole chickens to make a simple meal. The class will also include tips on maintaining and sharpening knifes. Each person please bring your sharp chef's knife (minimum 8'), sturdy cutting board, vegetable peeler, hand towels, your own plate, eating utensils, and beverage.

### **Burmese Cooking** / Chat Mingkwan

HC0024 \$90 1 meeting 9/20 SAT 10:30am-1:30pm STU CTR limit 12 Myanmar (Burma) has been a mystery for quite some time, but its cuisine is not that elusive. Burmese cuisine is unique with its own characteristics that stir interest in the US culinary scene. Learn to cook three popular Burmese dishes in this hands-on class. Prepare Laphet tea leaf salad, fish curried noodles, and sweet and sour chicken stew. Each person must bring a sharp chef's knife or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage.

### Curry for the Cold Months / Chat Mingkwan

HC0026 \$90 1 meeting 11/8 SAT 10:30am-1:30pm STU CTR limit 12 Asian curries have had much Indian influence with spices such as cumin and coriander. But natives have added a few local spices, including fresh and dried chilies, to create a variety of curries to call their own. Learn to transform herbs and spices into scrumptious curry dishes from around Asia, such as Indian Vegetarian Korma, Thai green curry with seafood, and Malaysian chicken yellow curry. Each person must bring a sharp chef's knife or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage.

### **Delicious & Healthy Stir-Fry Workshop** / Chat Mingkwan

HC0013 SAT 10:30am-1:30pm STU CTR limit 12 \$90 1 meeting 11/1 Chinese invented wok and stir-fry cooking techniques and many Asian cuisines adapted and modified these techniques to call their own. Stir-frying is a fresh, quick, and easy food preparation, using the freshest ingredients, taking little time to cook, and employing simple technique. We will make delicious, healthy, and popular Asian stir-fried dishes such as Beef and Broccoli, Spicy eggplant and Thai basil, and Peppered Shrimp. Each person please bring a sharp chef's knife or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage.

### Fall Sushi and Nigiri Workshop / Chat Mingkwan

STU CTR HC0046 \$90 10/18 SAT 10:30am-1:30pm limit 12 1 meeting Fall is the best time for fresh fish with succulent textures and sweet flavors. Learn the basics of preparing fresh sushi. Learn to make sushi rice for use in Nigiri (finger roll) and Nori Maki (seaweed hand roll). Practice Japanese techniques of filling and wrapping by preparing a variety of sushi such as Hamachi, Inari, Maguro, Unagi, Tobiko, and cucumber, spicy tuna, California, and Philadelphia rolls. Each person please bring a sharp pointed-tip chef's knife (min 8"), large sturdy cutting board, bamboo mat, linen hand towels, your own plate, bowl (min 5" dia), saucer, eating utensils and beverage.

### Fried Rice Workshop / Chat Mingkwan

HC0028 \$90 1 meeting 10/11 SAT 10:30am-1:30pm STU CTR limit 12 Leftover rice is perfect for many varieties of fried rice, which can be transformed into a scrumptious one plate meal. The Chinese invention of wok cooking makes fried rice a fast and easy meal, and with a touch of local flair and ingredients can create eclectic popular dishes. We will cook three popular fried rice dishes: Chinese Yangchow fried rice, Indonesian fried rice, and Thai curry fried rice. Each person please bring a sharp chef's knife (at least 8-inch) or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage.

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

### Holiday Dim Sum Workshop / Chat Mingkwan

HC0056 \$90 1 meeting 12/20 SAT 10:30am-1:30pm STU CTR limit 12 Dim Sum means "a little bit of heart," and these little savories and sweets surely gladden the heart and palate. During holidays, special kinds of Dim Sum are served to make meals more festive, with auspicious meanings for the celebrations. We will make three popular Dim Sum for the occasion: Seafood and vegetables pan fried cakes, Chicken and Pork Buns, and Seasoned Daikon cakes. Each person please bring a sharp chef's knife (at least 8-inch) or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage.

### **Indonesian Cuisine** / Chat Mingkwan

HC0083 \$90 1 meeting 11/15 SAT 10:30am-1:30pm STU CTR limit 12 The cooking of the 'Spice Islands' includes aromatic flavors and fresh tropical fruits, herbs and local spices. Join us in cooking three popular Indonesian dishes for our dinner. Learn to use Indonesian herbs and spices and prepare dishes such as assorted satay with fresh tropical fruit salad, gado gado salad with peanut dressing, and dried beef curry. Each person must bring a sharp chef's knife or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage.

### Thai Comfort Food / Chat Mingkwan

HC0066 \$90 1 meeting 12/6 SAT 10:30am-1:30pm STU CTR limit 12 Let's prepare a Thai comfort meal for cold months. Learn about Thai culinary philosophy, recognize Thai flavors and create wonderful Thai comfort dishes. Learn to use many herbs and spices found in Thai cuisine such as lemongrass, galangal, kaffir lime and Thai basil. We will prepare dishes such as hot and sour chicken coconut soup, stir-fried pork noodles with Thai basil, and aromatic yellow curry. Bring a chef's knife or cleaver, cutting board, hand towel, and beverage.



The Asian cooking classes are taught by instructor **Chat Mingkwan**. A native of Thailand, Mingkwan began preparing Thai food as a child, working alongside his mother and aunt in their successful restaurant and hotel. He was classically trained in cooking in Rayon, France. Mingkwan has traveled throughout Southeast Asia, studying the local cuisines. He is currently a cooking teacher, author, food and restaurant consultant, and Asian antique trader.

### **ENGLISH AS A SECOND LANGUAGE (ESL)**

In order to receive funding for these free classes, we are required to collect demographic information from our students. Upon registering, you will be directed to a registration form for this information.

### ESL / Giena Vogel 😉

ESL0001-Beginning No Fee 13 meetings 9/8-12/15 MON 7:00-8:30pm Adult Ed Office limit 30

ESL0002-Intermediate No Fee 13 meetings 9/8-12/15 MON 5:30-7:00pm Adult Ed Office limit 30

ESL0003-Advanced No Fee 13 meetings 9/9-12/16 TUE 7:00-8:30pm Adult Ed Office limit 30

Come learn English with us! Classes provide instruction in listening, speaking, reading and writing English.

### General

### **Beginning Improv** / Griffen Bier

\$170 GG0052 9/9-10/7 TUE 7:00-8:30pm MHS48B limit 12 5 meetings GG0052A \$170 5 meetings 10/14-11/18 TUE 7:00-8:30pm MHS48B limit 12 If you want to practice acting in a low-stress, fun environment, improv might be right for you. Learn the fundamentals of how to create laugh-out-loud scenes and captivating characters in a safe, inviting space. Try out a variety of easy-tolearn, hilarious-to-play games that you can share with your friends and family. No experience is needed! Recommend you bring water and wear clothes you can easily move around in.



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

### Family Stories & Memoir Writing / Denise Bostrom

**GW0006 \$205 4 meetings 9/13-10/4 SAT 9:00am-12:00pm MHS46 limit 16**Family Stories Memoir Writing is a four-week class offering seasoned beginning writers tools to discover, reflect on, and write your stories. Using the text, 'Writers Workshop in a Book,' by The Squaw Valley Community of Writers, we will explore story-setting, character investigation, a writer's voice, and structuring your work. We will evaluate excerpts from varied memoirs, interview techniques, writing styles, and workshop your family stories.\$8 materials fee included with registration.



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

### Philosophy for Life / Stephen Szcepanek

GG0051 \$140 4 meetings 9/10-10/1 WED 7:00-9:00pm ST305 limit 20 Philosophy is a way for us to engage deeply with the most difficult questions of human existence: who we are, what our purpose is on this planet, and what it means to live a fulfilled, authentic life. Learn how philosophy can help us understand our thought structures, create our own systems of meaning based on inner values, and connect more presently to the world and people around us. Lessons will include teachings from thinkers ranging from Plato to Descartes to Kant, giving you a solid grounding in the philosophical canon and a basis to explore independently. Philosophy = the 'love of wisdom'. Come discover how philosophy can transform your thinking!



Stephen Szczepanek teaches Philosophy as well as Intermediate Spanish for Piedmont Adult School. A native of England, Stephen holds Bachelor's and Master's degrees in Philosophy from the University of Oxford. Stephen has lived and worked in Barcelona, Spain, and speaks Spanish, French, Italian, Greek and Polish.

### The Friendship Lab /Tony Shen

GG0038 \$135 4 meetings 10/6-10/27 MON 7:00-8:30pm ST201 limit 22 The single most important factor for a healthier and happier life is good relationships. More than ever, we need better and more friendships. In this class, we will learn research-based approaches to making and strengthening our connections. We will apply these approaches in our lives during the week, then return to our classroom to discuss, learn from and support each other to develop our friendship skills. Every session will include techniques, reflection, and play. At the end of the class we will be more able to create and build friendships to live happier, longer lives. All ages and backgrounds are welcomed and encouraged.



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

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

**GG0070** \$55 1 meeting 9/30 TUE 6:00-8:30pm MHS46 limit 25 Join Joe Whitehouse to learn how he traveled successfully to 157 countries. All phases of travel planning from selecting a destination(s) to travel modes, hotel and restaurant selection, choosing guides, using airline points, discussion on Covid issues and all the issues the class brings up. Acquire web sites to research all aspects of travel planning. Learn to select trip suppliers in any country. Find out the differences between small vs large ship travel or self-driving vs hiring a driver guide.



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

### Writing Fiction / Caitlin McCarthy

**GW0025** \$170 5 meetings 10/7-11/4 TUE 7:00-8:30pm ST124 limit 12 Learn, discuss, and practice elements of story writing. Classes consist of presentations detailing the craft of fiction, creative prompts and exercises, and the opportunity to share work.



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

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

### HEALTH/REC/DANCE

### Medical Disclaimer for Health Recreation Classes

All Piedmont Adult School health and dance classes are non-therapeutic and intended for recreational purposes only. You should be in good physical condition and be able to participate in the exercise. The Piedmont Adult School strongly recommends that you consult with your physician before beginning any exercise program.

PAS is not a licensed medical care provider and has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities and assume all risk of injury to yourself.

# Alycia's Heart Beat - A Co-ed Aerobic Workout - Monday / Alycia Lai-Clemens

HR0004 MON \$65 7 meetings 9/8-10/20 5:00-6:00pm **BCHAUD** limit 50 HR0004A \$65 7 meetings 10/27-12/15 MON 5:00-6:00pm **BCHAUD** limit 50 Please join our in-person low-impact aerobics workout where we'll improve circulation, burn calories, strengthen muscles, boost energy, and have fun exercising to music! Classes include aerobics, muscle strengthening, and relaxing stretches. Wear comfortable clothing, cross-training or other exercise shoes, bring light weights (2-5 pounds), and a mat or towel. For more information, call (510) 585-5885. In person students should be fully vaccinated and boosted.

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

HR0005	\$65	7 meetings	9/10-10/22	WED	5:00-6:00pm	<b>BCHAUD</b>	limit 50
HR0005A	\$55	6 meetings	10/29-12/10	WED	5:00-6:00pm	<b>BCHAUD</b>	limit 50
,					workout where		ove
circulatio	n, bu	rn calories, s	trengthen m	uscles,	boost energy,	and have	
fun exerc	ising	to music! Cl	asses includ	e aerob	ics, muscle str	engthening	],
and relax	ing s	tretches. Wea	ar comfortab	le cloth	ing, cross-trai	ning or othe	er
exercise	shoes	s, bring light v	weights (2-5	pounds	s), and a mat o	r towel. For	more
informati	ion, ca	all (510) 585-9	5885. In pers	on stud	lents should be	e fully vacci	nated
and boos	sted.						

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

HR0006 \$65 7 meetings 9/13-10/25 SAT 9:00-10:00am BCHAUD limit 50 HR0006A \$55 6 meetings 11/1-12/13 SAT 9:00-10:00am BCHAUD limit 50

Please join our in-person low-impact aerobics workout where we'll improve circulation, burn calories, strengthen muscles, boost energy, and have fun exercising to music! Classes include aerobics, muscle strengthening, and relaxing stretches. Wear comfortable clothing, cross-training or other exercise shoes, bring light weights (2-5 pounds), and a mat or towel. For more information, call (510) 585-5885. In person students should be fully vaccinated and boosted.



Alycia Lai-Clemens teaches Alycia's Heart Beat: A Co-Ed Aerobic Workout and has taught dance exercise since 1980. She has a California Adult Education Teaching Credential for Physical Fitness and Conditioning and Physical Fitness for Older Adults, as well as a degree from the University of California, Berkeley. She strives to create a positive and welcoming environment where exercise is fun, joyful, and habit-forming.

She has two grown sons, a partially-trained labradoodle, and was born and raised in Oakland.

### Bachata for Beginners / Carmela Zavaleta 🚥

**HR0077** \$85 4 meetings 9/13-10/4 SAT 10:00-11:00am PHSDS limit 20 You will learn to dance to Bachata music, both freestyle and with a partner. We will concentrate first on footwork, listening to the music and finding the rhythm and then how to dance Bachata with a partner.



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

beginners and helping to pass on the love for dancing in harmony with our friends and neighbors to future generations.

### Low Impact Cardio / Jacqui Birdsong-James

HR0058 \$75 11 meetings 9/11-11/20 THU 9:00-10:00am Veterans Hall limit 50 Low-impact cardio training is a fantastic way to boost your energy levels and overall fitness without straining your joints. This class is open to all ages but is specially designed to meet the needs of seniors. Whether you're a regular exerciser or just starting out, you'll find a supportive community and helpful modifications tailored to ensure your success. Join us to improve your health in a friendly and encouraging environment!



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

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

### Meditation: In Search of the Heart / Charles Wohl

HR0073 \$115 4 meetings 9/17-10/8 WED 6:30-8:00pm MHS47A limit 24 This course offers a practical and accessible approach to meditation. Through guided breathwork, sensory awareness, and focused attention, you'll learn how to develop a sustainable practice that supports clarity, calm, and emotional resilience. Above all, we'll explore how the Heart-as an inner center of wisdom and presence-can become our true guide. Together we'll study the breath, the Heart, and the inner dimensions of sound, vision, and sensation. Each class includes instruction, guided practice, and time for reflection and discussion. All experience levels are welcome. Whether you're new to meditation or looking to deepen your current practice, this course meets you where you are-with tools you can carry into daily life.

# Meditation: Self-Remembering and Emotional Transformation / Charles Wohl

HR0072 \$115 4 meetings 10/22-11/12 WED 6:30-8:00pm MHS47A limit 24 This course explores the teachings of G.I.Gurdjieff through the lens of selfremembering-a dynamic, meditative practice of divided attention that anchors us in both inner and outer awareness. We'll learn to observe our thoughts, emotions, and reactions without identification, and attempt to make the efforts required for real inner transformation. The work uses ordinary experiences as the ground for awakening presence and emotional clarity. All experience levels welcome. Whether you're new to Gurdjieff or seeking to deepen your inner work, this course offers practical tools for living with presence and intention.



**Charles Wohl** has worked with the Gurdjieff system since the 1970s, both in the U.S. and abroad. His teaching balances psychological insight anchored in meditative practice. Through decades of experience, he brings a no-nonsense approach to presence, emotional clarity, and focused awareness.

### Salsa For Beginners / Carmela Zavaleta

HR0075 \$85 4 meetings 9/10-10/1 WED 6:30-7:30pm PHSDS limit 20 HR0075A \$85 4 meetings 10/22-11/12 WED 6:30-7:30pm PHSDS limit 20

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

### Salsa for the Beginner/Intermediate Dancer / Carmela Zavaleta 🚥

HR0076 \$85 4 meetings 9/10-10/1 WED 7:45-8:45pm **PHSDS** limit 20 HR0076A \$85 10/22-11/12 7:45-8:45pm **PHSDS** limit 20 4 meetings WED Continue learning new footwork and Salsa patterns to dance with a partner. Prerequisite: 4- week Beginner Salsa class/previous experience and confidence in

leading/following skills.

### **Strength Training for Seniors** / Jacqui Birdsong-James

HR0033 \$75 11 meetings 9/11-11/20 THU 10:00-11:00am Veterans Hall limit 50 Strength training is beneficial for both men and women and becomes even more critical as we age. This class is open to all ages but is specially designed to meet the needs of seniors. Join us to learn safe and gentle exercises that will develop lean muscle, enhance bone density, increase metabolic rate, and help burn body fat. Bring a mat and light weights if you wish.

### Tai Chi From the Ground Up - Continuing / Evelyn Lee

HR0042 \$250 10 meetings 9/9-12/9 TUE 7:00-8:30pm **PHSDS** limit 16 Originally a martial art, Tai Chi is also a system of visualization and movement that can create a sense of well-being. Instruction will focus on body awareness to increase each person's coordination between their body and mind, while developing strength, flexibility and balance to lend power to each movement. Each class will include relaxation, standing meditation, Tai Chi movement, and the Thirteen Energies form of Chen-style Tai Chi as interpreted by Master Chen Bing. We will refine our skills and apply them to the choreographed Tai Chi form. Wear comfortable clothing and flat soled shoes to allow for relaxation. Note: There will be no class on 10/21 and 11/4.



Evelyn Lee, a 13th-generation disciple of Chen-lineage Tai Chi, will teach Tai Chi From The Ground Up. Born in San Francisco, Evelyn has lived in Oakland since 1980. She learned Tai Chi while in college in Taiwan, and has studied extensively in China with Tai Chi Master Chen Bing. Evelyn currently co-leads the Saturday morning Tai Chi class at the Oakland Asian Cultural Center.

### **HIGH SCHOOL DIPLOMA**

### High School Diploma Program / Jana Branisa S

DD0001 No Fee Independent Study

Piedmont Adult School offers a WASC-accredited, state-funded, free high school diploma program to adults in the Bay Area. Our diploma program is a one-on-one independent study model tailored to fit the needs and schedule of working adults. Please contact us to schedule a meeting and transcript review or to get more information. Tel: 510-594-2717 or pas@piedmont.k12.ca.us

### Looking for additional activities?

**The Piedmont Recreation Department** 

offers recreational activities for adults and retirees aged 50+.
They include tennis, yoga, a walking group, a book group, and other social activities.
You can learn more about them and see the latest
Piedmont Recreation Activity Guide online at:

www.ci.piedmont.ca.us/recreation/catalog.shtml

### LANGUAGE

### French 1A / Jean Monnier

**LL0008** \$270 10 meetings 9/30-12/16 TUE 7:00-9:00pm ST126 limit 25 This class is designed for beginners with minimal exposure to French and those who would like to review their basics. Textbook: INSPIRE1 méthode de français + cahier d'activités. Books may be purchased at European Books and Media, 6600 Shattuck Ave., Oakland, CA 94609 and online at: www.europeanbook.com

### French 1B / Jean Monnier

**LL0009 \$270 10 meetings 9/30-12/16 TUE 5:00-7:00pm ST126 limit 25** This class is for advanced beginners, and follows French 1A. Textbooks are the following: INSPIRE 1 (Méthode +Cahier d'Activités). Books may be purchased at European Books and Media, 6600 Shattuck Ave., Oakland, CA 94609 or online at: www.europeanbook.com.

### French 1C / Jean Monnier

**LL0004 \$270 10 meetings 10/1-12/17 WED 5:30-7:30pm \$T126 limit 25** This class is an advanced beginner level, good for continuing beginners (third semester of French 1) or those that want to review their basics. Textbooks: INSPIRE 1 méthode de français + cahier d'activités, available at European books 6600 Shattuck Ave, online at www.europeanbook.com. No class 10/8.

### French 2 / Jean Monnier

LL0006 \$270 10 meetings 10/1-12/17 WED 7:30-9:30pm ST126 limit 25 Intermediate French. For those who have had basic elementary French. Grammar study through conversation and exercises. Required text book: En Contact B1, méthode de français and Cahier d'activités. Available at European books, 6600 Shattuck, online at WWW.europeanbook.com. No class 10/8.

### French 3 / Jean Monnier

**LL0007 \$295 11 meetings 9/29-12/15 MON 7:00-9:00pm ST126 limit 25** Advanced French. This class is taught solely in French. Textbooks: COSMOPOLITE 5, Livre de l'élève + Cahier d'activités. Available at European books, 6600 Shattuck. Online at www.europeanbook.com. No class:11/11, 11/25.



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

### **Spanish Beginning 1** / Helmi Waits

**LL0050** \$237 12 meetings 9/15-12/8 MON 7:00-8:30pm ST124 limit 25 In this class you will learn the difference between ser and estar, the present tense of regular verbs, comparatives, present progressive, possessive forms, number and gender, and time and weather expressions. Typical activities may include individual presentations, conversation in groups, acting in skits, and listening to songs. Text used in class: Como se Dice, 9th edn. ISBN#0-547-00131-2. (Chapters 1-4) Available used, at Amazon.com.

### Spanish Beginning 2 / Helmi Waits

**LL0051 \$237 12 meetings 9/17-12/10 WED 7:00-8:30pm \$T124 limit 25** In this class you will learn demonstrative adjectives, the present tense of irregular verbs, the past tense (preterit), reflexive verbs, direct object pronouns, indirect object pronouns, and the combination of indirect and direct objects, por vs. para, and adverbs. Typical activities may include individual presentations, conversation in groups, listening to songs, and acting in skits. Text used in class: Como se Dice, 9th edn. ISBN#0-547- 00131- 2. (Chapters 5-8) Available used, at Amazon.com.



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

### Spanish Intermediate 1 / Stephen Szcepanek

LL0055 \$217 11 meetings 9/9-12/9 TUE 7:00-8:30pm \$T305 limit 25 In this class you will learn the other past tense (the imperfect), the situations that require using the subjunctive, and informal and formal command forms of verbs. Typical activities may include individual presentations, conversation in groups, acting in skits, short readings and songs. The class is entirely in Spanish. Text used in class: Como se Dice, 9th edn. ISBN#0 547 00131 2. Available used, at Amazon.com. No class 11/4, 11/10, 11/25.

### Spanish Intermediate 2 / Stephen Szcepanek

LL0056 MON 7:00-8:30pm ST305 \$217 11 meetings 9/8-12/8 limit 25 This class is for intermediate Spanish speakers and expands upon the work of Spanish Intermediate I. We will learn to talk about cars, going shopping, careers, health, and outdoor activities. For grammar, we will learn two new moods: the subjunctive, and the imperative. We will also learn the past participle, which will allow us to construct the compound tenses, as well as the simple future and conditional. The class is entirely conducted in Spanish. Typical class activities include group conversations, role play activities, readings of authentic material, individual presentations and games. Text used in class: Como se Dice, 9th edn. ISBN#0 547 00131 2. Available used, at Amazon.com. No class 11/3/25, 11/10/25 and 11/24/25.

### **Teach for Piedmont Adult School!**

# Do you have a skill or expertise that you would like to share with the community?

Piedmont Adult School is actively looking for new instructors, and we would love to have you on our team! Requirements: deep knowledge, interest and enthusiasm about your topic, and an ability to share that knowledge effectively with adult learners.

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

### Music

### Bagpipes / Lynne Miller

MM0001 \$215 7 meetings 9/10-10/22 WED 7:00-9:00pm PMS501 limit 15 MM0001A \$215 7 meetings 10/29-12/17 WED 7:00-9:00pm PMS501 limit 15

This is an introduction to the great Highland bagpipe. Beginning students will learn the basics of reading music and playing bagpipes by playing a practice chanter, the preparatory instrument for bagpipes. No experience is necessary. As students progress to playing the bagpipes, they will have the option of working with more advanced students. This year we will have an introduction to piobaireachd which is the classical music of the bagpipe. This is your chance to learn more about bagpipes. Please bring a practice chanter to class. If you have pipes, please bring them. New section on transition to pipes. Please contact the instructor, Lynne Miller at: Imiller1600@aol.com for information about needed equipment.

### Guitar, Beginning / Elizabeth Klute

MM0005 \$155 6 meetings 9/10-10/15 WED 7:00-8:30pm PMS503 limit 12 If you've found basic guitar chords difficult to play, this class is for you. Using traditional folk songs and modified chord shapes, you will progress at your own pace to playing full chord shapes when your hand is ready. Basic music theory, melodic playing and improvisation are covered. Standard notation and guitar tablature are not covered. Bring your guitar and a 3-ring binder to organize your handouts. Required app: iREAL PRO https://www.irealpro.com.



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

# Stay up-to-date on new classes

and other highlights from Piedmont Adult School.





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# NO REFUNDS — PLEASE SEE PAGE 2.

MAME         FIRST         MIDDLE           MALE         SENIOR (refer to our seniors policy, pg. 2)         BIRTHDATE           ADDRESS         CITY           HOME PHONE         EMAIL           COURSE TITLE         COURSE NUMBER           COURSE TITLE         COURSE NUMBER           INSTRUCTOR         COURSE NUMBER	PIEDMONT ADULT SCHOOL • 760 Magnolia Ave., Piedmont, CA 94611 Phone: 510-594-2655 • Fax: 510-595-8173 • www.piedmontadultschool.org
WORK PHONE COURSE	
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INSTRUCTOR	COURSE NUMBER FEE
COURSE TITLE COURSE NUMBER	COURSE NUMBER FEE
INSTRUCTOR	MULTIPLE CLASS DISCOUNT:
For credit card charge, please complete below:	SENIOR DISCOUNT:
□ Visa □ MasterCard CVV □ Cash □ Check (payable to: Piedmont Adult School)	Check (payable to: Piedmont Adult School)
ACCOUNT NUMBER SIGNATURE	SIGNATURE EXPIRATION DATE

**Multiple Class Discount:** \$20 off one class when you sign up for two or more series classes at the same time. Senior Discount (55+): \$10 off each series (multi-day) class [NOTE: Discounts do not apply to single-day classes]

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Piedmont Adult School 760 Magnolia Avenue Piedmont, CA 94611







# MOONLIGHTER

# **FALL SEMESTER:**

SEPT. 8-DEC. 20, 2025

8/18 Registration Begins 9/8 Classes Begin

11/11 Veterans' Day 11/24-11/29 Thanksgiving Break