



MOONLIGHTER

SCHEDULE
OF CLASSES

SPRING

JANUARY 12-MAY 30, 2026

REGISTRATION BEGINS MONDAY DEC. 8, 2025, 9AM



**SIGN UP
FOR MORE
AND SAVE!**
SEE PAGE 3
\$20 off one class
when you sign up
for two or more
series (multi-day)
classes.



GENERAL INFORMATION

SPRING SEMESTER BEGINS MONDAY, JANUARY 12, 2026
REGISTRATION BEGINS MONDAY, DECEMBER 8, 2025, 9AM

COURSE FORMAT

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

ELIGIBILITY

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

REGISTRATION

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

Online: Visit www.piedmontadulthoodschool.org, browse through our online catalog and register for classes online. Online and in-person registration begins at 9:00am on Monday, December 8, 2025.

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. Mailed registrations will be processed starting December 8.

We do not accept registrations by phone.

REFUND AND CANCELLATION POLICY

Please choose your classes carefully! In general, no refunds or credits will be given for registration or food fees unless a class is cancelled by Piedmont Adult School. Piedmont Adult School uses the Piedmont Unified School District (PUSD) calendar. To be inclusive of all faiths, we do offer a credit for any class session you miss due to a religious observance. Just contact us to request the credit. Piedmont Adult School reserves the right to cancel classes that do not meet the minimum enrollment. In these cases, refunds will be credited to bank debit or credit cards.

CONFIRMATION OF CLASSES

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

PAYMENT INFORMATION

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

DISCOUNTS

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

STATE SUPPORTED CLASSES

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

CAMPUS AND CLASSROOM RULES

No Smoking or Vaping: The Piedmont Unified School District is a smoke and vape-free organization. Tobacco and vaping products are strictly prohibited. Food and Beverages: Eating and drinking are not allowed inside the classrooms.

BOOKS

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

SPECIAL ACCOMMODATIONS DUE TO DISABILITIES

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

UNIFORM COMPLAINT PROCEDURES

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

SIGN UP FOR MORE AND SAVE!

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

Discount does not apply to single-day classes.

GETTING HERE

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

OFFICE HOURS

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

CONTACT INFORMATION

Address: Piedmont Adult School
760 Magnolia Ave
Piedmont, CA 94611

Phone: 510-594-2655

Fax: 510-595-8173

Web: www.piedmontadultschool.org

Email: pas@piedmont.k12.ca.us

ADULT SCHOOL STAFF

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Jennifer Gulassa, ESL Instructor

Giena Vogel, ESL Instructor

ADULT SCHOOL CALENDAR

SPRING SEMESTER: JAN. 12–MAY 30, 2026

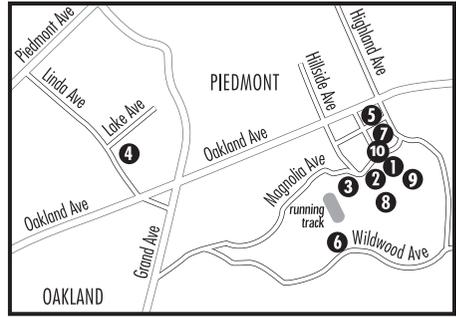
12/8	Registration Begins
1/12	Classes Begin
1/17-1/19	MLK Holiday
2/14-2/18	Presidents Day Holiday
4/6-4/11	Spring Break
5/23-5/25	Memorial Day

PIEDMONT UNIFIED SCHOOL DISTRICT DISTRICT PERSONNEL

Dr. Jennifer Hawn, Superintendent
Ariel Dolowich, Assistant Superintendent

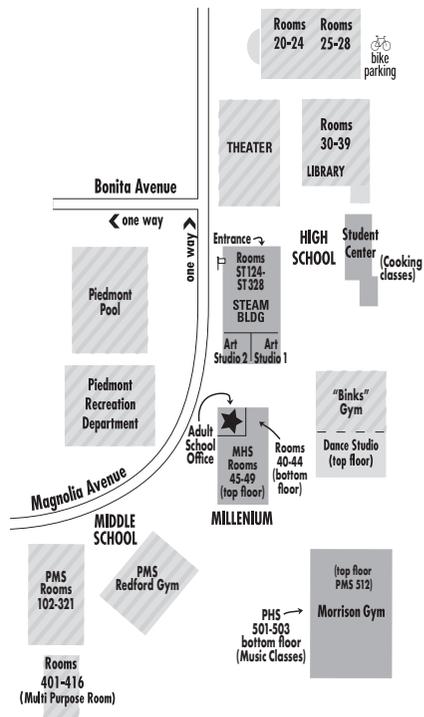
BOARD OF EDUCATION

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



LOCATIONS / MAP OF CLASSES

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



PIEDMONT ADULT SCHOOL MISSION STATEMENT

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

PIEDMONT ADULT SCHOOL STUDENT LEARNING OUTCOMES

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

Continue Their Educational Journey

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

Establish Community Connections

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

Become Lifelong Learners

- Develop a foundation for future education and career advancement
- Acquire the skills to pursue deeper learning and to follow passions
- Be inspired to learn more and to seek new challenges

2026 Spring Academic Calendar

January

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

○ Holidays

□ Semester Starts

□ Semester Ends

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ARTS & CRAFTS

Artwork Studio: Painting and Drawing / *Barry Eagle*

AA0004	\$235	7 meetings	1/26-3/16	MON	7:00-9:30pm	Art Studio 2	limit 15
AA0004A	\$235	7 meetings	3/23-5/11	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.

Collage, Assemblage and Paper Sculpture / *Denys Adida* **NEW**

AA0030	\$195	6 meetings	1/26-3/9	MON	6:30-8:00pm	Art Studio 1	limit 12
AA0030A	\$195	6 meetings	4/13-5/18	MON	6:30-8:00pm	Art Studio 1	limit 12

Explore the creative possibilities of collage and paper-based art in this six-session class. Each meeting highlights a different artistic element—such as color, composition, and balance—while encouraging experimentation and personal expression. Students will work with a variety of materials, including watercolor, colored pencils, ink pens, and found papers, using techniques like layering, cutting, and assemblage. Emphasis is on the creative process, learning new techniques, and developing confidence through hands-on exploration. No prior art experience required—just curiosity and a willingness to experiment. Materials list will be provided prior to class.



Denys Adida began her artistic journey in puppetry, combining her love of design, storytelling, music, and performance. She holds a B.A. in Theater Arts and Art from Northern Illinois University, an M.F.A. in Puppet Theater from UCLA, and a teaching credential from Cal State East Bay. After two decades teaching art-integrated elementary education in Bay Area schools, Denys now focuses on creating visual art, designing graphics, and teaching engaging art classes for adults.

Cultivating Joy: A Floral Workshop / *Victoria Thompson*

AA0031	\$115	1 meeting	1/24	SAT	10:00am-1:00pm	Art Studio 1	limit 14
AA0031A	\$115	1 meeting	2/7	SAT	10:00am-1:00pm	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.

Exploring Water Based Media in Abstract Landscapes / *Katie Smart***AA0024 \$170 4 meetings 1/24-2/21 SAT 12:30-3:00pm Art Studio 2 limit 8**

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. Students will purchase their own materials from a provided list.



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

Introduction to Needle Felting / *Cynthia Cudaback***AA0056 \$60 1 meeting 1/13-1/13 TUE 7:00-9:00pm Art Studio 1 limit 12**

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

Tide Pool Treasures / *Jennifer Linderman* **NEW****AA0052 \$225 6 meetings 1/27-3/10 TUE 6:30-8:30pm Art Studio 2 limit 15**

In this class students will learn how to paint a selection of tide pool treasures such as seaweed, a sea star, a sea anemone, a sea urchin, a shell, and a hermit crab! 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 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.piedmontadulthoodschool.org before registering.

Understanding Modern Art / Robert Simons

AA0054	\$90	2 meetings	1/12-1/14	MW	7:00-9:00pm	PHS41	limit 15
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This richly illustrated class will cover some of the major artists and styles that led to the emergence of modern art beginning in the late 19th and 20th centuries. Art movements covered will include Impressionism, Post-Impressionism, Expressionism, metaphysical art, Dada, Surrealism and others as time allows. The class will also include an introduction to basic art vocabulary and terms. The class is not a chronological survey but rather an informal sampling and analysis of the artists and styles that continue to influence the art of today.



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

BUSINESS**Estate Planning 101: The Pros and Cons of a Will vs. Trust / Shane Barnard**

BB0011	\$45	1 meeting	2/9	MON	5:30-6:30pm	MHS45	limit 20
BB0011A	\$45	1 meeting	4/11	SAT	9:30am-10:30pm	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	3/10	TUE	6:30-8:00pm	MHS46	limit 25
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You may be wondering: When do I sign up for Medicare? What does Medicare cover? How much does it cost? Will I need other insurance? What about long-term care? At this workshop you will learn: How Medicare enrollment periods work—and what you need to do to avoid late-enrollment penalties. How much you can expect to pay in health care costs after going onto Medicare. How Medicare works with private insurance to provide comprehensive coverage. Why most people pay too much for private insurance and how you can avoid excess costs. Why you must plan for higher health care costs in retirement—including the possibility of needing long-term care. You will also receive a copy of *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 1 meeting 2/17 TUE 6:30-8:00pm 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 1/21 WED 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!

Advance Your Career with Microsoft Office–Basics / Helen Nishikai

CC0001 No Fee 3 meetings 1/24-2/7 SAT 9:00am-12:00pm ST127 limit 12
CC0001A No Fee 3 meetings 4/25-5/9 SAT 9:00am-12:00pm ST127 limit 12

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

Advance Your Career with Microsoft Office–Intermediate /*Helen Nishikai* **S****CC0008 No Fee 3 meetings 2/28-3/14 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.

Beginner's Guide to Using AI (Artificial Intelligence)–ChatGPT and More! / *Michelle Lucas* **S****GG0030 No Fee 1 meeting 1/13 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!

Business Planning for Start-up and Growth / *Chris Sanders* **NEW S****CTE0017 No Fee 1 meeting 1/13 TUE 6:00-8:00pm PHS41 limit 25**

Every successful business—whether a start-up or established—needs a clear, actionable plan. This workshop covers the essentials of writing a compelling business plan that turns great ideas into a practical roadmap for success. Learn why a plan is vital, key steps to get started, how to identify strengths and challenges, and what to include in each section. Topics include the executive summary, operations, marketing and sales strategies, and financial goals. Gain the tools and insight to build a strong foundation for growth and communicate your vision effectively to investors, partners, and stakeholders.



Chris Sanders brings a wealth of real-world business experience to the classroom. After 15 years in commercial banking, he transitioned into industry leadership, serving as CFO, General Manager, and President of Barrier Systems. Over 25 years, Chris managed international sales and operations across five continents and helped guide the company through a major acquisition. He has served on several nonprofit and industry boards and continues to share his expertise as a volunteer for the Service Core of Retired Executives (SCORE). Chris holds a BA in Economics from Stanford University.

Intro to Marketing: AI Prompt Engineering / Priya Kumar NEW S**CTE0019 No Fee 1 meeting 1/20 TUE 6:00-8:00pm ST127 limit 20**

AI can be a powerful partner for small business marketing, but only if you know how to guide it responsibly and effectively. This introductory class teaches how to write prompts that will deliver clear, usable results instead of vague or inaccurate responses. We will cover how AI works, what it can and cannot do, and best practices for ethical and responsible use. You will also get hands-on exposure to Canva AI and simple work applications you can start using right away. This class is good preparation (but not required) for the 3-class Marketing Strategy course.

Intro to Marketing: Using AI Tools to Build Your Marketing Strategy / Priya Kumar NEW S**CTE0018 No Fee 3 meetings 1/27-2/10 TUE 6:00-8:00pm ST127 limit 20**

Learn the essential marketing strategies every small business needs to grow. In this hands-on 3-class series, you will build a clear marketing plan that covers audience targeting, brand positioning, messaging, and content planning. You will also learn how to use AI tools to save time, improve consistency, and stretch a small budget. Each session includes practical exercises you can apply directly to your business. No prior marketing or AI experience required.



Priya 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**CTE0002 No Fee 1 meeting 2/10 TUE 5:30-8:00pm MHS45 limit 25**

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



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

Stay up-to-date on new classes

and other highlights from Piedmont Adult School.



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

You can also find current information in the “News & Updates” section of our website, piedmontadulthoodschool.org.

Must-Know Insurance for Small Business / Wallace Wong **S**

CTE0014 No Fee 1 meeting 2/7 SAT 9:00-11:00am ST124 limit 20

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 1/28 WED 6:30-8:30pm MHS46 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.

Own Your Future—The Path to Franchise Ownership /Wallace Wong **NEW** **S**

CTE0015 No Fee 1 meeting 3/7 SAT 9:00-11:00am ST124 limit 20

Have you been laid off recently and are ready for a fresh start? Have you always wanted to start your own business but weren't sure where to begin? This course will show you how to take control of your career and financial future through the power of franchising – a proven business model that turns ambition into ownership. In today's uncertain job market, especially with technology layoffs on the rise, franchising offers a reliable, structured path to entrepreneurship. If you're ready to stop waiting for opportunity and start creating it, this course will give you the roadmap to own your future—one proven system at a time.



Wallace Wong is a technology veteran turned entrepreneur who believes everyone deserves the opportunity to become their own boss. After nearly 20 years in Silicon Valley, Wallace built a top-performing insurance agency and later founded TruePath Franchise Consulting, Inc. to help others transition into business ownership. Wallace's mission is to educate, inspire, and equip motivated people with the knowledge, tools, and confidence to take control of their future and build a life of freedom, stability, and purpose.

COMPUTERS/TECHNOLOGY

All About Photos in a Day / *Dennis Mockel*

CC0041 \$105 1 meeting 2/7 SAT 10:00am-3:00pm ST126 limit 10

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 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.

All About Photos in Two Evenings / *Dennis Mockel*

CC0040 \$105 2 meetings 2/4-2/11 WED 7:00-9:00pm ST204 limit 10

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 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.

Apple Watch 1:01 / *Mike Matthews*

CC0063 \$180 4 meetings 4/14-4/22 TW 7:00-9:00pm ST206 limit 15

We'll run through all the details of setting up and using your Apple Watch. We'll also delve into some scenarios in which Apple Watch plays a central role. Bring your iPhone and Apple Watch updated to iOS 18 and watchOS 11, respectively.

Apps You Didn't Know You Had / *Mike Matthews*

CC0050 \$45 1 meeting 4/28 TUE 7:00-9:00pm ST206 limit 15

Everyone knows about the Phone app, the Messages app, and Safari. But your iPhone contains a number of other apps that fly under the radar. We'll take a look at some of these hidden gems. Make sure your iPhone is updated to the latest version of iOS 18.

Basic Excel / *Dennis Mockel*

CC0020 \$95 3 meetings 3/4-3/18 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.

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

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

CC0027 \$155 4 meetings 1/14-2/4 WED 6:00-8:00pm ST127 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 real-world knowledge and a hands-on teaching style that helps students build practical, confidence-boosting tech skills.

iPad 101 / Mike Matthews

CC0069 \$180 4 meetings 5/12-5/20 TW 7:00-9:00pm ST206 limit 15

iPad might be all the computer you need. In this eight-session class, we'll cover the basics of using your iPad. The beauty of the iPad is that it can become whatever you need it to be. It can be a book reader, music player, word processor, atlas, television, video camera, and more. It works with touch, but with many models of iPad you can add a pencil for drawing, a keyboard for extended typing, even a trackpad for cursor control. Bring your iPad (updated to iPadOS 16) and learn how to get more out of this magical device.

It Does Phone Things, Too / Mike Matthews **NEW**

CC0022 \$45 1 meeting 2/2 MON 7:00-9:00pm ST206 limit 15

For all the things an iPhone can do, it's easy to lose sight of the fact that it's a powerful mobile phone, too. We'll cover all the features of the Phone app, including several welcome new additions that debuted in iOS 26.

Jetsetting with an iPhone / Mike Matthews

CC0081 \$45 1 meeting 1/20 TUE 7:00-9:00pm ST206 limit 15

You've got a trip coming up and your iPhone is a perfect traveling companion. Whether it's planning the trip, keeping your itinerary organized, building a packing list, finding sights to see, translating languages, or recording memories...the iPhone is an indispensable tool for all this and more. Bring your iPhone updated to the latest version of iOS. Instructor Mike Matthews teaches a range of very popular courses on how to use Apple products. Mike is a member of the Apple Consultants Network and has been teaching classes about Apple products for over a decade.

Keep Your Focus / Mike Matthews **NEW**

CC0095 \$45 1 meeting 2/23 MON 7:00-9:00pm ST206 limit 15

Do you ever want to wall off the constant beeps, notifications, and distractions from your iPhone? Or just make sure your iPhone stays silent while you're at the movies or in church? Come learn about focus modes!

Personalize your iPhone / Mike Matthews

CC0084	\$45	1 meeting	1/13	TUE	7:00-9:00pm	ST206	limit 15
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Apple has opened up the iPhone in recent years to add many options to make your iPhone your iPhone. You've been able to customize the wallpaper for years, but now you can choose a different look for the lock screen and add helpful widgets to it. We'll also show you how to tinker with your home screens, adding folders and widgets, and arranging the screens and app icons the way that works best for you. Bring your iPhone updated to the latest version of iOS 16.

What's a Podcast? / Mike Matthews

CC0066	\$45	1 meeting	2/3	TUE	7:00-9:00pm	ST206	limit 15
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Do you need something to pass the time? Want something to listen to during a morning walk? Would you prefer to sleep in rather than wake up early to listen to a favorite radio broadcast? If so, then podcasts are for you. Using Apple's Podcasts app, you'll learn how to find and listen to great content. And the good news is that you've got a trip coming up and your iPhone is a perfect traveling companion. Whether it's planning the trip, keeping your itinerary organized, building a packing list, finding sights to see, translating languages, or recording memories—the iPhone is an indispensable tool for all this and more. Bring your iPhone updated to the latest version of iOS.



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. A \$20 food fee is included in each registration.

Asian Chicken Dishes / Chat Mingkwan

HC0052	\$90	1 meeting	3/28	SAT	10:30am-1:30pm	STU CTR	limit 12
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Chicken has been chosen as the most popular ingredient and all parts of the chicken have been utilized to make the best and most delicious dishes. We will make three popular chicken dishes from Asia with different cooking techniques, including Korean spicy chicken nuggets, Thai grilled peppered chicken, and sweet yellow chicken curry. Bring your sharp chef's knife or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils and a beverage.

Basic Knife Skills Workshop / Chat Mingkwan

HC0002	\$90	1 meeting	2/7	SAT	10:30am-1:30pm	STU CTR	limit 12
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Learn to cut and dice like a pro! This basic skill will make your cooking less laborious, less time-consuming and more fun. We will learn to julienne, baton, brunoise and chiffonade vegetables, and break up whole chickens to make a simple meal. The class will also include tips on maintaining and sharpening knives. 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.

Delicious Dim Sum Workshop / *Chat Mingkwan*

HC0011	\$90	1 meeting	5/16	SAT	10:30am-1:30pm	STU CTR	limit 12
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Dim Sum means “a little bit of heart,” and these little savories and sweets surely gladden the heart and palate. Dim sum can be served as an elegant and fun light appetizer, lunch, snack, or as a special treat. We will learn to use a variety of approaches to create popular items and learn techniques of filling and wrapping. We will make three popular Dim Sum recipes such as Pork Shrimp Dumplings, Pot Stickers and BBQ Pork Buns. Each person must bring a sharp chef knife or cleaver, cutting board, hand towels, your own plate, saucer, eating utensils, and beverage.

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

HC0042	\$90	1 meeting	4/4	SAT	10:30am-1:30pm	STU CTR	limit 12
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The Chinese invented wok and stir-fry cooking techniques, and many Asian cuisines adapted and modified these techniques to call their own. Stir-frying uses the freshest ingredients, takes little time to cook, and employs a simple technique. We will make delicious, healthy, and popular Asian stir-fried dishes such as Beef and Broccoli, Spicy Eggplant and Thai Basil, Garlic Green Beans, and Peppered Shrimp. Each person must bring a sharp chef’s knife or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage.

Indonesian Cuisine / *Chat Mingkwan*

HC0083	\$90	1 meeting	3/7	SAT	10:30am-1:30pm	STU CTR	limit 12
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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.

Simple Skewered Food / *Chat Mingkwan*

HC0097	\$90	1 meeting	3/14	SAT	10:30am-1:30pm	STU CTR	limit 12
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This is a simple and easy way to prepare food, get ready in advance, then cook and serve. Easy cooking techniques of marinating, skewering, and cooking are utilized. We will prepare three skewered dishes, such as Lemongrass chicken, assorted mushrooms and vegetables, and meat unagi teriyaki. Bring your sharp chef’s knife or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage.

Sushi and Nigiri Workshop / *Chat Mingkwan*

HC0018	\$90	1 meeting	5/30	SAT	10:30am-1:30pm	STU CTR	limit 12
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Spring 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, 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 6” dia), saucer, eating utensils and beverage.

Thai New Year Feast / Chat Mingkwan

HC0068	\$90	1 meeting	4/18	SAT	10:30am-1:30pm	STU CTR	limit 12
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Thai New Year-Water Festival celebrates during the warmest time in April, and water is thrown at each other to keep cool. Learn Thai culinary philosophy and learn to recognize Thai tastes and flavors by preparing a three-dish Thai meal. Learn to use herbs and spices such as galangal and kaffir lime that are unique to Thai cuisine and transform fresh ingredients into delicious dishes: Tomkha-hot sour soup, PadThai-stir-fried noodles, and Green Curry. Each person must bring a sharp chef's knife or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage.

Vietnamese New Year, Tet / Chat Mingkwan

HC0067	\$90	1 meeting	2/21	SAT	10:30am-1:30pm	STU CTR	limit 12
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Let's celebrate Tet, the Vietnamese New Year. Tet means the first morning of the first day of the New Year. Many scrumptious new year dishes are prepared, and each dish has a significant meaning for the good new year to come. We will make three popular dishes for our feast: fresh spring rolls, lemongrass chicken, and dried beef noodles. Each person must bring a sharp chef's knife or cleaver, cutting board, hand towels, your own plate, bowl, eating utensils, and beverage.



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 (Beginning) / Giena Vogel 

ESL0001	No Fee	16 meetings	1/12-5/18	MON	7:00-8:30pm	Adult Ed Office	limit 30
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Come learn English with us! This class for beginners provides instruction in listening, speaking, reading and writing English.

ESL (Intermediate) / Giena Vogel 

ESL0002	No Fee	17 meetings	1/12-5/18	MON	5:30-7:00pm	Adult Ed Office	limit 30
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Come learn English with us! This class for intermediate level provides instruction in listening, speaking, reading and writing English.

ESL (Advanced) / Giena Vogel 

ESL0003	No Fee	17 meetings	1/13-5/19	TUE	7:00-8:30pm	Adult Ed Office	limit 30
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Come learn English with us! This class for advanced levels provides instruction in listening, speaking, reading and writing English.

General

Climate Change: What You Can Do That Really Matters /

Cynthia Cudaback **NEW**

GG0082 \$70 2 meetings 4/14-4/21 TUE 7:00-8:30pm PHS41 limit 20

Worried about climate change but unsure where to start? You're not alone—most Americans care deeply but feel stuck or overwhelmed. In this engaging two-session workshop, you'll cut through the noise to understand the science behind climate change, learn how to talk about it effectively, and discover which actions make the biggest impact. Taught by an instructor with 25 years of experience in climate education, this class blends facts, stories, and practical tools to help you move from anxiety to action—and find genuine reasons for hope along the way.

Family Stories & Memoir Writing / Denise Bostrom

GW0006 \$205 4 meetings 3/14-4/4 SAT 9:00am-12:00pm MHS45 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 Olympic Valley Community of Writers, we will explore story-setting, character investigation, a writer's voice, and structuring your work. We will also evaluate excerpts from varied memoirs, interview techniques, a writer's voice, and workshop your family stories, as well as discuss publishing trends. \$8 materials fee included with registration.



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

Improv: Fun and Games / Griffen Bier

GG0053 \$170 5 meetings 1/13-2/10 TUE 7:00-8:30pm ST201 limit 12

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



Griffen 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.

Preserve Your Family Story: Digitizing & Documenting / Ron Chan **NEW**

GG0035 \$45 1 meeting 3/28 SAT 12:30-2:30pm ST204 limit 8

Preserve your family memories by learning the art of photo scanning, restoration, and digital management. This session covers efficient methods to scan large collections, restore damaged or faded photos, and organize a lasting digital archive. A high-speed scanner will be available to digitize one photo per second—bring up to 10 loose photos (up to 8x10) to start your collection. You'll also practice using a free online restoration tool to enhance your newly scanned images.

Preserve Your Family Story: Tracing Your Chinese Roots / Ron Chan **NEW**

GG0057 \$45 1 meeting 1/31 SAT 12:30-2:30pm ST204 limit 8

Discover how to research your Chinese roots—even if you don't know Chinese. This class introduces key resources to explore your heritage and access Chinese American research tools. Learn strategies to overcome brick walls, from finding your ancestral village to uncovering your jiapu (lineage book). You'll receive a practical checklist of live and online resources, plus guidance through lectures, demonstrations, and group discussion. A short pre-class survey will tailor the session to participants' needs.

Preserve Your Family Story: Writing With AI / Ron Chan **NEW**

GG0045 \$45 1 meeting 2/7 SAT 12:30-2:30pm ST204 limit 8

This interactive workshop will guide you in creating your first AI-generated family history story. Blending timeless storytelling traditions with cutting-edge technology, you'll explore how AI can support and enhance your writing. Through theory, demonstrations, and hands-on practice, you'll learn the fundamentals of family storytelling while discovering how AI can help you draft new stories or refine existing ones. You'll leave with a meaningful story to preserve your heritage for generations to come.



Ron Chan is a published genealogy author, lecturer, and founder of the Bay Area Chinese Genealogy Group. He is also co-founder of the Chinese American GI Project, dedicated to preserving veterans' legacies. With expertise in family history documentation and innovative technologies, he guides participants in capturing and sharing ancestral stories. His programs emphasize preserving family struggles and achievements so future generations can remember, learn from, and honor those who came before.

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.

Stages to Aging / Jennise Mendoza **NEW**

GG0050A	\$140	4 meetings	1/20-2/10	TUE	6:00-7:30pm	MHS46	limit 20
GG0050	\$140	4 meetings	3/3-3/24	TUE	6:00-7:30pm	MHS45	limit 20

Aging is a universal journey, but few of us feel prepared for its transitions. The Stages to Aging series offers clear guidance and practical insight into the aging process and the many services available along the way. In this four-part series, participants will explore the five stages of aging—from self-sufficiency and interdependence to dependency, crisis management, and end-of-life planning—while learning how to access resources and make informed decisions at each step. Whether planning for yourself or supporting a loved one, this course will help you approach aging with confidence, understanding, and a sense of empowerment.



Jennise Mendoza is the founder of STAGES for Life, LLC and has worked with older adults as a professional organizer for over 17 years. She specializes in supporting clients through all stages of aging. Jennise's background as a bookkeeper, legal assistant for a Social Security Disability law firm, and insurance professional gives her a well-rounded understanding of the practical and emotional challenges older adults face.

The Art of Oral Storytelling / Cynthia Cudaback **NEW**

GG0065	\$225	5 meetings	2/24-3/24	TUE	7:00-9:00pm	ST202	limit 12
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Gather round the fire, snuggle up, it's story time. The ancient art of oral storytelling touches our hearts and minds in the most primal way. In this class, taught by a professional storyteller, you will learn the basics of story structure and presentation, and share stories with your classmates. You will have opportunities to tell a well known tale and to develop your personal story. Come prepared to listen, laugh and learn.

The Friendship Lab / Tony Shen

GG0038	\$115	5 meetings	3/16-4/20	MON	7:00-8:30pm	ST201	limit 25
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Do you want more and deeper friendships? Decades of research show that the single most important factor for a healthier and happier life is good relationships. In this class, we will learn research-based approaches to making and strengthening friendships. We will apply these approaches in our lives during the week, then return to class to discuss, learn from, and support each other to develop our friendship skills. Sessions will include techniques, self-assessments, friend plans, and discussion. By 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. Minimum 9 students.



Instructor **Tony Shen** helps people cultivate stronger friendships through his acclaimed Friendship Lab, also taught at UC Berkeley's Othering and Belonging Institute and Stanford Continuing Studies. He teaches and performs improv theater in the Bay Area (San Francisco Sketchfest, All Out Comedy Theater, and Berkeley/Provocation Theater). Tony holds a BA in Economics from Stanford University and an MBA from the UC Berkeley Haas School of Business.

All fees are non-refundable unless class is cancelled.

Please read full course descriptions posted at

www.piedmontadulthoodschool.org before registering.

Travel Planning: Where Do You Want To Go? Make It Happen! /*Joseph Whitehouse***GG0070 \$55 1 meeting 4/21 TUE 6:00-8:30pm MHS46 limit 20**

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



Joseph Whitehouse has been traveling since his Eagle Scout days in the '60s. With 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 2/24-3/24 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.

Your Stars, Your Story / Ellen Mann NEW**GG0060 \$45 1 meetings 2/21 SAT 10:30am-12:30pm ST124 limit 20**

In this class, you'll explore how astrology can help you uncover the hidden meaning in your own birth chart. Through the mythological and symbolic roots of the zodiac, you'll gain insight into this timeless 'language' and how to apply it to your own life. Discover how planets and zodiac signs can inform your decisions, support you through transitions, and guide you toward reimagining a captivating new story—yours!



Ellen Mann is a supernatural astrologer with more than 20 years of professional experience. Drawing on her 40-year career in advertising, she brings creativity, storytelling, and intuition to her work. Ellen offers students a unique approach to reading the stars and embracing the future.

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	\$75	8 meetings	1/12-3/16	MON	5:15-6:15pm	BCHAUD	limit 50
HR0004A	\$75	8 meetings	3/23-5/18	MON	5:15-6:15pm	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	\$85	9 meetings	1/14-3/18	WED	5:15-6:15pm	BCHAUD	limit 50
HR0005A	\$85	9 meetings	3/25-5/27	WED	5:15-6:15pm	BCHAUD	limit 50

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

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

HR0006	\$75	8 meetings	1/17-3/21	SAT	9:00-10:00am	BCHAUD	limit 50
HR0006A	\$75	8 meetings	3/28-5/30	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.

Strength Training for Seniors / Jacqui Birdsong-James**HR0033 \$110 17 meetings 1/15-5/14 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.

Low Impact Cardio / Jacqui Birdsong-James**HR0058 \$110 17 meetings 1/15-5/14 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."

Tai Chi From the Ground Up—Beginning / Evelyn Lee**HR0041 \$245 12 meetings 2/2-5/4 MON 7:00-8:30pm PHSDS limit 20**

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 breath control in order to lend power to each movement. Each class will include relaxation, standing meditation, basic movement, and the Thirteen Energies form of Chen-style Tai Chi as interpreted by Master Chen Bing. We will progress to Master Chen Bing's Thirteen Harmonies form. Wear comfortable loose clothing and comfortable shoes.

Tai Chi From the Ground Up—Continuing / Evelyn Lee**HR0044 \$245 12 meetings 2/3-5/5 TUE 7:00-8:30pm PHSDS limit 20**

This class is designed for continuing students from the "Tai Chi from the Ground Up" class and students with some Tai Chi experience. As in the beginning class, each session will include relaxation, standing meditation, silk reeling movement, and the Thirteen Energies form of Chen-style Tai Chi. Students will refine their ability to relax and observe Tai Chi postures as the foundation for learning the steps of the Laojia Yilu hand form in each class. (See, https://en.wikipedia.org/wiki/Chen-style_Laojia_forms.) The instructor will demonstrate hard and fast versus soft and slow variations that you can opt to practice. Be sure to respect your own physical limitations. Wear comfortable clothing and flat soled shoes to allow for relaxation.



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.

Yoga of the Head, Neck, and Face as a Vehicle for Meditation /*Charles Wohl* **NEW****HR0060 \$145 5 meetings 2/24-3/24 TUE 6:30-8:00pm MHS47A limit 24**

We will use yoga of the head, neck, and face as a doorway into meditation. This course blends gentle movement, breathwork, and yogic principles with the inner dimensions of sound, vision, and sensation. By exploring how subtle muscular patterns shape awareness, students learn to release tension, sharpen focus, and cultivate a deeper sense of presence. Each class includes guided practice, integrated movement, and time for reflection and discussion. Together we will explore how these practices open pathways into meditative dimensions that support personal transformation. Open to all levels, this course offers a welcoming environment for both newcomers and experienced practitioners who wish to expand their understanding and strengthen the connection between body, breath, and awareness. Please bring a mat.



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.

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

LANGUAGE**French 1A / Jean Monnier****LL0008 \$295 11 meetings 1/13-3/31 TUE 7:30-9:30pm ST126 limit 25**

This class is designed for beginners with minimal exposure to French and those who would like to review their basics. Textbook: 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 \$295 11 meetings 1/13-3/31 TUE 5:30-7:30pm ST126 limit 25**

Advanced beginner class following sequence of French 1A. Same textbooks as French 1A. 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 \$295 11 meetings 1/14-4/1 WED 5:00-7:00pm ST126 limit 25**

Continuing advanced beginners (following French 1B) Two Text books: Inspire 2 méthode de français and Inspire 2 cahier d'activités. Available at European books 6600 Shattuck Ave, online at www.europeanbook.com.

French 2 / Jean Monnier

LL0006 \$295 11 meetings 1/14-4/1 WED 7:00-9:00pm ST126 limit 25

Intermediate French. Grammar study through conversation and exercises. Two textbooks : Inspire 3 méthode de français and Inspire 3 cahier d'activités. Available at European books, 6600 Shattuck. online at WWW.europeanbook.com.

French 3 / Jean Monnier

LL0007 \$275 10 meetings 1/12-3/30 MON 7:00-9:00pm ST126 limit 25

Advanced French. This class is taught solely in French. Two textbooks: Inspire 4 méthode de français and Inspire 4 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 1/26-4/27 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, possible 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 1/28-4/29 WED 7:00-8:30pm ST124 limit 25

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



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

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

MUSIC

Bagpipes / Lynne Miller

MM0001 \$275 18 meetings 1/14-5/27 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: lmiller1600@aol.com for information about needed equipment.

Guitar, Beginning / Elizabeth Klute

MM0005 \$150 6 meetings 3/3-4/14 TUE 7:00-8:30pm PMS503 limit 12

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

Ukulele, Beginning / Elizabeth Klute

MM0020 \$150 6 meetings 1/13-2/24 TUE 7:00-8:30pm PMS503 limit 12

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



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

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

NO REFUNDS — PLEASE SEE PAGE 2.

SPRING 2026 REGISTRATION FORM

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

Please check here to be added to our mailing list.

NAME _____ DATE _____
LAST FIRST MIDDLE

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

ADDRESS _____ CITY _____ ZIP _____

HOME PHONE _____ WORK PHONE _____ EMAIL _____

COURSE TITLE _____ COURSE NUMBER _____ FEE _____

INSTRUCTOR _____

COURSE TITLE _____ COURSE NUMBER _____ FEE _____

INSTRUCTOR _____

COURSE TITLE _____ COURSE NUMBER _____ FEE _____

INSTRUCTOR _____ MULTIPLE CLASS DISCOUNT: _____

SENIOR DISCOUNT: _____

TOTAL FEES: _____

For credit card charge, please complete below:

Visa MasterCard CVV_____ Cash Check (payable to: Piedmont Adult School)

ACCOUNT NUMBER _____ SIGNATURE _____ EXPIRATION DATE _____

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

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

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

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760 Magnolia Avenue
Piedmont, CA 94611



PIEDMONT
ADULT
SCHOOL



MOONLIGHTER

SPRING SEMESTER:
JANUARY 12 - MAY 30, 2026

12/8	Registration Begins
1/12	Classes Begin
1/17-1/19	MLK Holiday
2/14-2/18	Presidents Day Holiday
4/6-4/11	Spring Break
5/23-5/25	Memorial Day