

# A C A L A N E S ADULT EDUCATION

at Del Valle Education Center - Spring Quarter Starts 3-16-20, Summer Quarter Starts 6-8-20



Explore  
Learn  
Experience

Spring & Summer  
Registration Starts  
2-19-20

See Our  
**Articulation Classes**  
on page 11 in partnership with

**DVC**  
DIABLO VALLEY COLLEGE

[www.auhsd.org/adulted](http://www.auhsd.org/adulted)

# A Message from the Director

The California Council for Adult Education (CCAE), Contra Costa County Chapter, honors teachers and support staff for their ongoing contributions to Adult Education. Alcalanes Adult Education (AAE) is pleased to announce: Kathy Doyle, ESL Teacher, as a recipient for the Excellence in Teaching Award; and Victor Hernandez-Barajas, Custodian, as a recipient for the Excellence in Support Services Award.

On Wednesday, April 22, 2020 from 10am-Noon, AAE is pleased to offer our Annual Del Valle College, Career, Volunteering, and Resource Fair. Join us in room 401 where community colleges, 4-year universities, trade schools, community based organizations, and much more will be available to our students. For general College and Career Information, visit our website, [www.auhsd.org/adulted](http://www.auhsd.org/adulted), and click on the College/Career tab.

AAE and Diablo Valley College (DVC) continue building our partnership, providing opportunities for AAE students to bridge to DVC for a variety of certificate programs. Please see page 11 of this brochure for current course offerings.

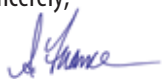
If you would like to learn more about the Contra Costa County Adult Education Consortium, for which AAE is a member, please visit our website, [www.auhsd.org/adulted](http://www.auhsd.org/adulted), and click on the Adult Ed Consortium tab.

AAE continues to offer online registration, allowing students to enroll in classes and pay the course fees with Discover, Visa, or MasterCard. We encourage students to enroll early so that you reserve your space in a class that is popular, or keep a course from cancellation due to low enrollment.

New classes offered for Spring and Summer Terms include: Buddha Palms Qigong, Hatha Yoga, Jewish History, Living with 19th Century Art, All About Subscription, Discover Some New Apps, Italian For Travelers, Italian Movies and Discussions, French Cinema & Discussion, Adventures in Creative Photography, The Flowering of English Poetry and Your Place In It.

For additional information on our programs at AAE, you may visit our website, [www.auhsd.org/adulted](http://www.auhsd.org/adulted) for the most current course offerings, as well as online registration. I look forward to seeing you in our classes during the Spring Term as you "Explore, Experience, Learn!"

Sincerely,



Steven France, Director



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# A Tradition of Educational Excellence Since 1945!

## Registration

Registration starts:  
Spring & Summer 2/19/20 at 8am

## Calendar

3/16, Spring Quarter Begins  
3/30 - 4/4, Spring Break  
5/25, Holiday Closed  
6/8, Summer Quarter Begins  
7/3, Holiday Closed

## Office Hours

M & W: 8am-7:30pm  
T, Th & F: 8am -3:30pm

## Contact

(925) 280-3980 Ext 8001  
Fax (925) 280-3981  
E-mail: [adulted@auhsdschools.org](mailto:adulted@auhsdschools.org)  
Web: [www.auhsd.org/adulted](http://www.auhsd.org/adulted)

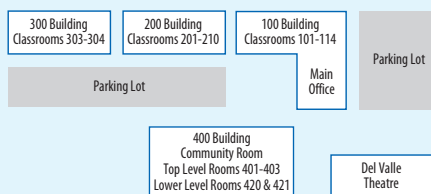
**Rooms** - Room numbers may change. Check room schedule on the monitors in the hallways.

**Fees** - The costs of classes are supported solely by student fees. In most classes, a minimum of 15 students is required to start a class. If less than 15 students enroll in the class, hours of instruction can be decreased or fees can be increased for the class to continue.

**Refunds** - Refund requests incur a \$25 service charge. All request for refunds must be in writing (email accepted). Class fees will NOT be refunded for any reason if written request is more than three business days after the start of class. If a class is cancelled by AAE for any reason, a full refund will be made.

**Senior Discounts** - Senior citizens (65 or older with ID) receive a 10% discount for classes. Does not include DIRC.

**Use of Photos** - AAE reserves the right to photograph facilities, school or classroom activities and program participants for possible use in advertising, brochures, and the Website. All photos remain the property of AAE.



## Campus Location

**DVEC:** Del Valle Education Center  
Acalanes Adult Education  
1963 Tice Valley Blvd, Walnut Creek

## Current Events

### Exploring Current Events

This is an on-going class where students choose topics from current world, national, or local events. Each student has an opportunity to speak in a timed setting. Many perspectives will be heard.

065041	T	3/17-5/26, 10 classes	1-2:30pm
Rm 112	Reg \$40/Senior \$36	Stephenson	
065081	T	6/9-7/14, 6 classes	1-2:30pm
Rm 112	Reg \$30/Senior \$27	TBA	



### DIRC - 6 lectures

Twice a year during fall and spring quarters, Acalanes Adult Education and Diablo International Resource Center, (DIRC) cooperate in presenting a series of six lectures on current topics. There is a presentation by an expert which is followed by a question and answer session. Sal Compagno is the moderator for these programs. The opinions expressed and the accuracy of the materials presented during these lectures are the responsibility of the speaker. They do not necessarily represent the views of the Diablo International Resource Center or AAE.

Spring topics  
for 2020: TBA

Make checks payable to DIRC; credit cards not accepted. \$40 for the series (\$8 per lecture) Mail payment to 1963 Tice Valley Blvd., Walnut Creek, CA 94595  
050340 W 4/8-5/13 7-9pm Rm 102 \$40 or \$8 per lecture\* Compagno  
\*No senior discount applies to DIRC



# English as a Second Language

## **New Students:**

In order to attend class, students must first take a placement examination and be assigned to a class. You must register before attending a test session. Orientation meeting usually takes 20 minutes and testing usually takes 2 hours.

## **Beginning ESL & High Beginning ESL**

Basic life skills are emphasized through conversation, grammar, vocabulary, reading and writing. Instruction includes listening and pronunciation.

## **Intermediate ESL**

Improve English grammar, pronunciation, conversation, life skills, reading & writing.

## **Advanced ESL**

Instruction in mastery of oral fluency through conversation, discussion and presentation of vocabulary and idioms.

## **Spring Classes M-Th, 3/16-6/4, 2020**

There is **NO FEE** for ESL classes.

Please check-in at the main office in the 100 building on your testing day. Testing will begin immediately at the scheduled time, no late entry.

## **Register online for a testing date:**

[www.auhsd.org/adultedonlineregistration](http://www.auhsd.org/adultedonlineregistration)

## **Testing Dates:**

Tuesday 3/10 @ 12:30pm

Wednesday 3/11 @ 6pm

Thursday 3/12 @ 12:30pm

## **Testing at:**

Del Valle Campus, 1963 Tice Valley Blvd, Walnut Creek

## **ESL Location and Class Times:**

Del Valle Education Center, 1963 Tice Valley Blvd, WC

Classes: Monday through Thursday

Morning Session: 9am-Noon, all levels

Evening Session: 6:30pm-9pm, all levels



## English Summer Classes

### **Adventures in English**

Multi-Level English language classes designed to reinforce basic English communication and comprehension skills.

### **Beginning/High Beginning - 18 classes**

220380 T, W, Th 6/9-7/16 9:30am-Noon

Rm 102 Reg \$180/Seniors \$162 TBA

### **Intermediate/Advanced - 18 classes**

220386 T, W, Th 6/9-7/16 9:30am-Noon

Rm 101 Reg \$180/Seniors \$162 TBA



This class is designed to assist students with both their understanding of English and the knowledge required to pass the DHS citizenship test. The class covers U.S. History and the federal, state, and local government. Sample tests will be available for students to practice.

029050 W 3/18-5/27 Noon-2pm Rm 101 Fisher



# Adult Secondary Education

The **Acalanes Adult Education (AAE)** offers the full range of high school classes needed to acquire a high school diploma. The program is approved by the California Department of Education; however the courses do not meet the University of California A to G requirements.

AAE high school diploma and GED preparation classes are offered during the traditional academic year starting September 11, 2019 and ending May 21, 2020. Prospective students must obtain official copies of transcripts for all academic work previously completed so that a realistic and accurate plan can be created to work toward a diploma or to prepare for the GED examination. Classes are scheduled late afternoon or evening to meet the needs of students who work during the day. Students need to commit six hours per week for each class, instructional lab and homework in order to make reasonable progress toward a diploma to graduate.

AUHSD students must register for Intercession and/or Summer School. AAE classes are open to concurrently enrolled high school seniors for graduation credit only when they have previously failed the course.

## Credit Towards a Diploma

All high school diploma classes are approved by the CA Department of Education, and courses meet the graduation requirements of the Acalanes Union High School District. To determine what previous academic work counts toward the required units and to make a plan to complete work to receive a diploma, the student must call for an appointment. The student must obtain transcripts of all work done prior to making an appointment. The student may receive credit for previous high school work, military service and work experience.



**Adult Diploma Classes**  
Spring 2020 W, Th  
3/18-5/21 6-9pm No Fee

## High School Diploma Program

English	40
Math beyond Algebra 1	20
Algebra 1	10
Life Science	10
Physical Science	10
U.S. History	10
World History	10
Government	5
Economics	5
Health	5
World Language,	
Arts or Technology	30
Elective Credits*	40-50
Total	195-205

\*Students over 20 years old take 40 elective credits. Students under 20 take 50 credits.



## GED and Test Preparation - Call to Register

AAE offers a GED preparation class for adults who choose an alternative to earning a traditional high school diploma. Students will focus on the GED Curricular Areas: Language Arts, Math, Science, and Social Science. With online and classroom instruction, students work at an individual pace to learn the curriculum. A GED textbook is available to complement the class. While AAE is not a GED Test Center, students may register on line at [GED.com](http://GED.com) and select a test location within Contra Costa County. 015820 W, Th 3/18-5/21 6-9pm Rm 110 No Fee

## Adults with Disabilities

AAE provides teachers for classes for adults with disabilities at: Futures Explored, (925) 284-3240, 3547 Wilkinson Lane, Lafayette CA 94549

### MISSION STATEMENT

AAE strives to help students achieve secondary education skills in a supportive instructional program where a student can work individually in a school setting. It provides an opportunity to achieve competency in secondary skills and provides an option for students who have not been able to meet high school graduation requirements.

## Fitness & Health



### Stretch Strength Balance

Join this twice-a-week session of strength, stretching and balance-training to maintain and improve your quality of life by building muscle mass and bone density. Lessen arthritis pain, restore balance, and help control your weight, and improve your heart health. Bring a mat, towel, two weights (3 lbs or less), and one medium-strength tension band.

291140 M, W 3/16-5/27\*, 19 classes 10-11:15am

Rm 304 Reg \$110/Seniors \$99 Piaggio-Weiss

\*No class 5/25

291180 M, W 6/8-7/29, 16 classes ☀️ 10-11:15am

Rm 304 Reg \$90/Seniors \$81 Piaggio-Weiss



### Tiger's Breath - 10 classes **N**

Qigong means the cultivation of your vital energy. Learn acupressure points to balance energy and boost your immune system; Qigong principles, such as posture and breathing techniques to apply in everyday life; and the Tiger's Breath Qigong form for balance, strength, coordination, and flexibility.

292340 T 3/17-6/2\* 9:45-10:45am

Rm 304 Reg \$50/Seniors \$45 Elise Ching

\*No class May 12

### Body Balance

Improve your flexibility, strength, and balance by using three disciplines; ballet, Pilates, and yoga, for a full-body workout using only low-impact movements. Modifications will allow a range of student levels to participate, while all students will engage in the use of isometric holds, small range movements, and large range movements. Finding balance in your body by improving strength and flexibility, is the core aim of this class. Please bring light weights and a mat.

292445 F 3/20-5/22, 9 classes 8-9am

Rm 304 Reg \$50/Seniors \$45 Lie

292485 F 6/12-7/24, 6 classes 8-9am

Rm 304 Reg \$30/Seniors \$27 ☀️ Lie



### Heartbeats

A low-impact aerobics class that is suited for all ages. Please bring a mat for floor work.

292347 M, W 3/16-5/27\*, 19 classes

8:30-9:30am Rm 304 Reg \$80/Seniors \$72 Clark

\*No class 5/25

292387 M, W 6/8-7/15, 12 classes ☀️

8:30-9:30am Rm 304 Reg \$50/Seniors \$45 Clark

### Buddha Palms Qigong - 8 classes **N**

Buddha Palms Qigong, an ancient Daoist practice, is a powerful meditative movement form for releasing stress and boosting and channeling energy. The class also includes Qigong foundations, acupressure points for self-care, and Qigong warm-up exercises for balance, strength, and flexibility.

292383 T ☀️ 6/9-7/28 9:45-10:45am

Rm 304 Reg \$40/Seniors \$36 Elise Ching

## Yoga Classes

Students supply their own mat for these classes.

### Therapeutic Inspired Yoga

The ancient art of yoga is applied to relieve some of the most common aches and pains through long holds of yoga poses. Students will be required to fill out an intake form to allow the instructor to lead a safe and effective class that brings benefits to all participants.

11:30am-12:45pm Rm 304 Piaggio-Weiss  
292247 M 3/16-5/18, 9 classes Reg \$70/Seniors \$63  
292287 M 6/8-7/27, 8 classes ☀️ Reg \$60/Seniors \$54



### Yoga 101

These Yoga classes seek to provide relief from pain, support a more balanced and optimal level of functioning, increase in joint R.O.M., lengthen and strengthen muscles and lastly, an overall wonderful mood booster. Classes may include both gentle and therapeutic as well as Hatha yoga postures. BE PREPARED to BREATHE :)

292241 M 3/16-6/1, 10 classes 5-6pm Rm 304 Reg \$60/Seniors \$54 Laws  
292244 W 3/18-6/3, 11 classes 5-6pm Rm 304 Reg \$70/Seniors \$63 Laws  
292248 F 3/20-6/5, 11 classes 9:15-10:30am Rm 304 Reg \$80/Seniors \$72 Laws  
292288 F 6/12-7/31, 7 classes ☀️ 9:15-10:30am Rm 304 Reg \$60/Seniors \$54 Laws

### Hatha Yoga

Come join this well-rounded yoga class that utilizes foundational yoga postures to improve strength, range of motion and balance. This practice will integrate breath with movement and the instructor will apply various instructional techniques to facilitate stable alignment for students. All experience levels welcome. Please bring a yoga mat: other props are provided. Rm 304, Instructor Lewis

292240 T 3/17-6/2, 10 classes 8:30-9:30am Reg \$50/Seniors \$45  
292243 W 3/18-6/3, 11 classes 11:30-12:45pm Reg \$70/Seniors \$63  
292245 Th 3/19-6/4, 10 classes 8:30-9:30am Reg \$50/Seniors \$45  
292280 T 6/9-7/21, 7 classes ☀️ 8:30-9:30am Reg \$40/Seniors \$36  
292283 W 6/10-7/22, 7 classes ☀️ 11:30-12:45pm Reg \$50/Seniors \$45  
292285 Th 6/11-7/23, 7 classes ☀️ 8:30-9:30am Reg \$40/Seniors \$36



### Intermediate Hatha Yoga

Students will be expected to have some level of yoga experience, at the very least the basic foundational elements. Prepare to explore your connection to movement and the breath. Incorporating more heat through physical activity and linking posture-to-posture will build stamina and strength. Like a rung on a ladder, this is just a first step among many; what is left after you have learned the form? Come join us and find out more about the relationship between the body, breath and some of the more subtle aspects of the Yoga practice.

292246 Th 3/19-5/28, 10 classes 11:15-12:30pm Rm 304 Reg \$70/Seniors \$63 Piaggio-Weiss  
292249 F 3/20-6/5, 11 classes 10:45am-Noon Rm 304 Reg \$80/Seniors \$72 Laws  
292286 Th 6/11-7/30, 8 classes ☀️ 11:15-12:30pm Rm 304 Reg \$60/Seniors \$54 Piaggio-Weiss  
292289 F 6/12-7/31, 7 classes ☀️ 10:45am-Noon Rm 304 Reg \$60/Seniors \$54 Laws

### Restorative Yin Yoga

This class combines the benefits of two yoga styles: Yin and Restorative. Yin Yoga is meant to increase range of motion by improving flexibility of connective tissues in the lower back, pelvis and hip sockets. This class is practiced on the mat, using props to fully support the body. Restorative elements help students passively hold poses and find a deeper acceptance of self through stillness and surrender.

292242 Th 3/19-6/4, 11 classes 9:45-11am Rm 304 Reg \$80/Seniors \$72 Lewis  
292282 Th 6/11-7/23, 7 classes ☀️ 9:45-11am Rm 304 Reg \$50/Seniors \$45 Lewis



# Humanities



## Chinuch: A History of Jewish Education N 3 Classes (No class 3/30)

Among the topics covered: Were there schools in ancient Israel?; the Talmudic sages on religious instruction; Joseph ibn Aknin and the curriculum that gave rise to the Sephardi Renaissance man; Rebecca Gratz and the establishment of the Sunday School system, early 19th century Philadelphia; the rise of the Lithuanian kollel and its proliferation in modern-day Israel and the USA; Sarah Schenirer, and the ultra-Orthodox Beis Yaakov yeshiva movement for girls in inter-war Poland; the history of YU, JTS and HUC.

222041    M    3/16-4/6    10am-Noon  
Rm 113    Reg \$ 40/Seniors \$36    Blady



## History of German Jewry: To 1800 - 7 classes

Origins of German Jewry and evolution of the term Ashkenaz; early communal life along the Rhineland region; Charlemagne and the Jews; the Chassidei Ashkenaz, a medieval pietistic movement; some outstanding religious leaders of the Ashkenazi Golden Age: Rabeinu Gershom, Rashi, and Rabbi Meir of Rothenburg; the Crusades the Black Plague, and the decline of German Jewry; Martin Luther and the Jews; Moses Mendelssohn, the Haskalah and the beginnings of Reform and secular Judaism.

223043    F    4/24-6/5    1-3pm  
Rm 103    Reg \$90/Seniors \$81    Blady



## Meshuggah for the Lord: The "Messianic Jewish" Movement - 3 classes N

Antecedents of the Jews for Jesus movement: Messianic Judaism and Hebrew Christianity; Oy, what a long, strange trip it's been!: the Jews for Jesus movement and the counter-counterculture of the 70s; Messianic Judaism: Church, denomination, sect, or cult?; kosher chazer and Jews for Y'shua: the Messianic language of distortions, lies and obfuscations; praying and preying: Messianic missionaries and the Russian and Ethiopian immigrant communities in Israel; who joins this movement? who finances it?; profiles and evangelical activities of some leading "rebbees" of the movement: Moishe Rosen, Louis Goldberg, Pat Robertson; the third rail: mainline Christian perceptions of the Messianic Judaism.

223044    F    4/24-5/8    10am-Noon  
Rm 103    Reg \$40/Seniors \$36    Blady

## Jews, Slaves and the Slave Trade: Myths and Realities - 4 classes N

Classification, status and treatment of slaves according to Biblical, Talmudic and post-Talmudic law; Jews, Slavs and slaves: Radhanites traders on the Silk Road; slavery in Christendom and Islam compared and contrasted with Judaism; Sephardi slavers in colonial Brazil and the West Indies Aaron Lopez, Jacob Rodriguez Rivera, and the importation of slaves in 18 century Newport, R.I.; Jewish Confederates and slavery in the antebellum South; white slavery in Latin America, early 20th century.

223045    F    5/15-6/5    10am-Noon  
Rm 103    Reg \$50/Seniors \$45    Blady





**"Galitzyaners": Polish Jewry of the Hapsburg Empire - 3 classes (No class 3/30) N**

Traditional economic role, and communal and religious life of the Jews of SE Poland and NW Ukraine; glossary of the Galitzyen shtetl Jew; on the road to emancipation: Emperor Joseph II and the Toleranzpatent; Chassidic sects of Galitzyeh; Brody as a key way station for emigration to New Worlds; "Galitzyaner Ganiv!": caricatures and putdowns of the Galitzyaner Jews, and who initiated the stereotyping; Jews among Ukrainians and Poles; Galitzyaner Jewry during WWI and in reconstituted Poland; prominent Galitzyen Jews.

222042    M    3/16-4/6    1-3pm    Rm 113    Reg \$40/Seniors \$36    Blady



**Native Americans of the United States - 7 classes**

Learn about our Native American culture. This class will cover the regions of the: North East, South East, Plains, South West, California, West Coast, and Alaska. Discussions will include family groups, art/culture, ceremonies/ religion, food, land use, environment, homes, and the six language groups.

222049    T    4/7-5/19    Noon-2:30pm  
Rm 107    Reg \$110/Seniors \$99    Phelps



**Living with 19th Century Art - 7 classes N**

Painters of this special century continue to inform and enchant 21st century viewers. PowerPoint technology will bring into the classroom world museum masterworks of 19th century Neoclassic, Romantic, Realist, Impressionist, and Post-Impressionist Art Movements. These visual stories interpret our selected painters' tools and technologies; themes of nature and humanity; lifetime struggles, triumphs, and legacies.

222040    W    4/8-5/20    1-3pm    Rm 103    Reg \$90/Seniors \$81    Kite



Bring your Macs, iPads, and iPhones and we'll make sure they're set up properly and ready to go. Note: Students should update their devices to the most recent macOS, iOS and iPadOS versions before coming to class.



### iPhone 101 - 8 classes

In 2007, the iPhone changed the world. As a result, probably everyone you know is walking around with a smartphone in their pocket. And probably like most people you know, you suspect you're not using your phone to its fullest potential - but you just might after this class. This class will help you learn how to make the most of your iPhone. Bring your iPhone to this class, and make sure it's been updated to the latest version of iOS.

246340	W, F	4/22-5/15	9:30-11:30am	
Rm 110	Reg \$120/Seniors \$108	Matthews		
246344	W, F	4/22-5/15	Noon-2pm	
Rm 110	Reg \$120/Seniors \$108	Matthews		
246380	M, W	6/8-7/1 ☀	9:30-11:30am	
Rm 110	Reg \$120/Seniors \$108	Matthews		

### Apple Watch 1:01 - 4 classes

Just like an iPhone does more than make a phone call, an Apple Watch does much more than just tell time. It's a great device for health and fitness, and its notification and communication features can keep you on track and in touch all day long. Bring your Apple Watch and your iPhone, both updated to watch OS 6 and iOS 13, respectively, and find out how to escape your phone from time to time.

246342	M, T	5/4-5/12	9:30-11:30am	
Rm 110	Reg \$60/Seniors \$54	Matthews		



### Photos: Take, Organize, and Share - 2 classes

The best camera is the one you have with you, and for many of us, that camera is your iPhone. We'll run through all the features of the iPhone's built-in Camera app. We'll also go over how Apple's Photos app makes organizing your photos and sharing them a breeze, whether you're using a Mac, an iPhone, an iPad or even an iPod Touch or Apple TV. Bring your iPad or iPhone to class, and make sure they've been updated to the latest version of iPadOS or iOS.

246347	Th, F	3/26, 3/27	9:30-11:30am	Rm 110	Reg \$30/Seniors \$27	Matthews
246348	W, F	5/20, 5/22	9:30-11:30am	Rm 110	Reg \$30/Seniors \$27	Matthews
246385	W, F	6/17, 6/19 ☀	Noon-2pm	Rm 110	Reg \$30/Seniors \$27	Matthews
246387	W, F	7/8, 7/10 ☀	9:30-11:30am	Rm 110	Reg \$30/Seniors \$27	Matthews



## All About iCloud - 1 class

iCloud securely stores your photos, videos, documents, music, apps, and more and keeps them updated across all your devices. iCloud also includes services such as backup, Find my iPhone, and secure password syncing.

246349	F	3/20	9:30-11:30am	Rm 110	Reg \$20/Seniors \$18	Matthews
246389	F	6/19 🌞	9:30-11:30am	Rm 110	Reg \$20/Seniors \$18	Matthews

## Wallet and Apple Pay - 1 class

Learn how to store all types of passes in your digital wallet: boarding passes; sporting events; concert tickets; credit cards; ATM/debit cards; loyalty, and membership cards; coupons; and an Apple Pay Cash card.

246241	F	3/20	Noon-2pm	Rm 110	Reg \$20/Seniors \$18	Matthews
246281	W	6/24 🌞	Noon-2pm	Rm 110	Reg \$20/Seniors \$18	Matthews

## Staying Safe with Apple Products

Passwords, encryption, fingerprint sensors, VPN.... We'll discuss how to use Apple's products and services to keep you safe as well as a few third-party options. Feel free to bring your Mac, iPhone, or iPad.

246341	W	3/25	9:30-11:30am	Rm 110	Reg \$20/Seniors \$18	Matthews
246384	F	7/10 🌞	Noon-2pm	Rm 110	Reg \$20/Seniors \$18	Matthews

## Problem? Solved? - 1 class

If you rather not wait in line at the local Genius Bar to get your Apple question answered, give this class a whirl. Bring your questions (and your devices), we'll try to find answers.

246345	W	3/25	Noon-2pm	Rm 110	Reg \$20/Seniors \$18	Matthews
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## What's a Podcast? - 1 class

The easiest way to think about podcasts is as radio for the Internet. There are podcasts for everything, and we'll show you how to find, subscribe, and listen to podcasts about anything and everything.

246343	F	3/27	Noon-2pm	Rm 110	Reg \$20/Seniors \$18	Matthews
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## Messages...and More - 1 class

The world of messaging has changed. Messages can include emoji, pictures, video, sound, handwriting and even fireworks. We'll run through all the capabilities of Apple's Messages app.

246344	W	4/8	9:30-11:30am	Rm 110	Reg \$20/Seniors \$18	Matthews
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## Much Ado About Noting - 1 class

Apple's Notes app is packed with powerful features, including checklists, tables, sketches, searchable handwriting, and the ability to add photos, videos, and even scanned documents.

246548	F	4/10	9:30-11:30am	Rm 110	Reg \$20/Seniors \$18	Matthews
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## All About Subscriptions - 1 class

With the explosion of digital content, subscriptions now apply not only to newspapers and magazines, but also extend to music, movies, television, podcasts, games, and software.

246541	F	4/10	Noon-2pm	Rm 110	Reg \$20/Seniors \$18	Matthews
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## Discover Some New Apps - 1 class

A quick look at some 3rd party apps that you may not have known you needed.

246543	Th	4/30	9:30-11:30am	Rm 110	Reg \$20/Seniors \$18	Matthews
246281	W	7/8 🌞	Noon-2pm	Rm 110	Reg \$20/Seniors \$18	Matthews

## Maps: An Atlas in Your Pocket - 1 class

Apple's Maps app is much better than a paper map, if for no other reason than you can ask it for directions. We'll take a look at all the features of Maps, and how it can help you get you where you need to go.

246545	W	5/20	Noon-2pm	Rm 110	Reg \$20/Seniors \$18	Matthews
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## Hey Siri! - 1 class

Siri is much more than a voice assistant. It can not only respond to spoken commands, but it also uses artificial intelligence to try to anticipate places you'll go and things you need.

246346	F	5/22	Noon-2pm	Rm 110	Reg \$20/Seniors \$18	Matthews
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## PC Classes

### MS Word 2016, Level 1 - 3 classes

Foundation course for creating and enhancing documents. Exercises cover page break, word wrap, fonts, paragraph control, formatting, bulleted and numbered lists, footers, spell check, topic outlining, and photo insertion. Windows 10 skills and Flash Drive required.

245241 Th 5/7-5/21 1:30-3:30 pm  
Rm 110 Reg \$40/Seniors \$36 Wilson

### MS Word 2016, Level 2 - 3 classes

Step it up a notch to learn Track Changes, Comments, Margins, Styles, Cover Sheet, Letter Merge, Tables, Bibliography, Table of Contents, Index, Table of Figures, Printing, and Templates. Windows 10 skills and Flash Drive required.

245243 T 4/7-4/21 1:30-3:30 pm  
Rm 110 Reg \$40/Seniors \$36 Wilson

### Windows 10, Level 1 - 3 classes

Ideal for persons already familiar with Windows who wish to expand personal confidence in the use of a sophisticated operating system's basic features. Filled with practical exercises and explanations.

245242 T 5/5-5/19 1:30-3:30 pm  
Rm 110 Reg \$40/Seniors \$36 Wilson

### Windows 10, Level 2 - 3 classes

Intermediate-level experience for more in-depth skills covering audio recording, CD creation, working with multiple applications simultaneously and other added-value features.

245244 M 4/6-4/20 1:30-3:30 pm  
Rm 110 Reg \$40/Seniors \$36 Wilson

### MS Excel 2016, Level 1 - 3 classes

Foundation course for persons new to Excel or wishing a refresher. Filled with exercises covering design, format, formulas and functions, printing, charting, and membership directory. Windows 10 skills and flash drive are required.

245245 M 5/4-5/18 1:30-3:30 pm  
Rm 110 Reg \$40/Seniors \$36 Wilson

### MS Excel 2016, Level 2 - 3 classes

Intermediate-level course covering Budgeting, Charting, Pivot Table, What-If Analysis, Protection, Macros, Graphics, Custom Printing. Windows 10 skills and Flash Drive are required.

245247 Th 4/9-4/23 1:30-3:30 pm  
Rm 110 Reg \$40/Seniors \$36 Wilson

### PC Fundamentals - 2 classes

Foundation course for those new to Windows 10 or wish a refresher. Filled with practical exercises in the use of Email, Browser, Taskbar, Start Menu, File Explorer, and Programs.

245246 M & W 3/16-3/18 1:30-3:30 pm  
Rm 110 Reg \$30/Seniors \$27 Wilson

### Managing Files & Folders - 2 classes

Practical exercises in the use of Windows 10 File Explorer to manage files and folders. Required pre-req is PC Fundamentals class or equivalent experience.

245240 T, Th 5/26-5/28 1:30-3:30 pm  
Rm 110 Reg \$30/Seniors \$27 Wilson

### Data Backup & Transfer Seminar - 1 class

Options for backing up a computer and transferring files to/from PCs and other storage devices.

245249 M 3/23 1:30-3:30 pm  
Rm 110 Reg \$20/Seniors \$18 Wilson

### Import Photos and Email Attachments 2 classes

Two hands-on objectives with practical exercises: Transferring photos from Cellphone, Camera, or Tablet to a Windows 10 PC, and attaching/downloading photos to/from email. Windows 10 operating skills and use of File Explorer are required pre-requisites.

245248 T, Th 6/2, 6/4 1:30-3:30 pm  
Rm 110 Reg \$30/Seniors \$27 Wilson

### Protection from Hacking and Spamming Seminar - 1 class

Common sense approaches to protecting yourself from hackers and spammers.

245342 Th 3/26 1:30-3:30 pm  
Rm 110 Reg \$20/Seniors \$18 Wilson



# A C A L A N E S ADULT EDUCATION

in partnership with

**DVC**

DIABLO VALLEY COLLEGE



## Save money, get a jump on your college education, and explore career pathways.

These Adult Education classes align with college classes allowing you to earn college credit for free!

If you would like to earn college credit for these classes you may register on the first class to earn credit through our Articulation partnership with DVC.

These classes are offered at AAE, 1963 Tice Valley Blvd, WC



### **Business English**

Articulation classes with DVC -10 classes

This course presents the study of the English language from a business perspective. Grammar, punctuation, spelling, business vocabulary, sentence structure, and the structure and the creation of a variety of business documents will be examined. The processes and ethics of writing clearly and correctly in different business contexts will also be covered. If you would like to earn college credit for this class you may register on the first class to earn DVC credit through our Articulation partnership with DVC.

(3 Units) Price includes textbook.

BUS-0101 W 3/18-5/27 6-9pm  
Rm 113 Reg \$130/Seniors \$117 Worsham

### **Introduction to Business**


Articulation classes with DVC, 10 classes

This course is for students who want an introduction to the study of the modern business enterprise. Students will examine the role of business in a market economy, survey current business trends and evaluate the global, financial, and social environment in which businesses exist and operate. Moreover, the course will describe the evolution, formation, and management of American and international businesses, and provide a basic understanding of various functional areas of business, including economics, marketing, finance, management, human resources, international operations, and business decision-making using information technology. If you would like to earn college credit for this class you may register on the first class to earn DVC credit through our Articulation partnership with DVC. (3 Units) Price includes textbook.

BUS-0109 Th 3/19-5/28 6-9pm  
Rm 113 Reg \$130/Seniors \$117 Worsham

For more information: [www.auhsd.org/adulted](http://www.auhsd.org/adulted) 925-280-3980 ext. 8001

 **New Class**  **Summer**

 **Spring Break 3/30-4/4** **Holidays 5/25, 7/4**

## Italian Language

Italian - First Year through Advanced classes emphasize communication by laying a strong foundation in grammar and vocabulary. Classes also include conversation and culture.

Textbooks required.



Language classes start in Fall and continue through Spring. A complete year of Language is a, b & c:  
a: offered in the Fall, b: offered in the Winter, c: offered in the Spring

### **Italian For Travelers** - 10 classes, No prerequisite

This class provides vocabulary and conversations on topics essential to travel and personal needs.

Textbook Required: *Facilissimo - corso rapido di lingua italiana*, Alma Edizioni. ISBN-13: 978-8861823297

242149 W 3/18-5/27 1-3pm Rm 112 Reg \$130/Seniors \$117 Piaggio

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### **Italian 1c** - 10 classes, Prerequisite Italian 1b

242147 W 3/18-5/27 6:30-8:30pm Rm 114 Reg \$130/Seniors \$117 Falcone

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### **Italian 2c** - 10 classes, Prerequisite Italian 2b

242445 Th 3/19-5/28 1:30-3:30pm Rm 112 Reg \$130/Seniors \$117 Piaggio

242441 Th 3/19-5/28 6:30-8:30pm Rm 114 Reg \$130/Seniors \$117 Falcone

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### **Italian 6c** - 10 classes, Prerequisite Italian 6b

242845 W 3/18-5/27 6-8pm Rm 112 Reg \$130/Seniors \$117 Piaggio

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### **Italian Intermediate Conversation** - Prerequisite 3 years Italian

242846 F 3/20-5/29 9-11am Rm 113 Reg \$130/Seniors \$117 Falcone

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### **Italian Advanced Conversation** - 10 classes, Prerequisite 4 years of Italian

Advanced classes have fun learning about Italian culture, history, and current events while building confidence using the language and expanding vocabulary.

242847 Th 3/19-5/28 6-7:30pm Rm 112 Reg \$100/Seniors \$90 Piaggio

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### **Italian Conversation and Grammar** - 10 classes, Prerequisite 4 years of Italian

242848 Th 3/19-5/28 7:30-9pm Rm 112 Reg \$100/Seniors \$90 Piaggio

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### **Italian Reading & Conversation** - 8 classes, Prerequisite 4 years of Italian

242888 Th 6/11-7/30 ☀️ 1:30-3pm Rm 112 Reg \$80/Seniors \$72 Piaggio

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### **Italian Movies and Discussion** - 8 classes, Prerequisite 3 years of Italian

242889 W 6/10-7/29 ☀️ Noon-3pm Rm 112 Reg \$100/Seniors \$90 Piaggio



## French Language

French - First Year through Advanced classes emphasize communication by laying a strong foundation in grammar and vocabulary. Classes also include conversation and culture. Textbooks required.

Language classes start in Fall and continue through Spring. A complete year of Language is a, b & c: a: offered in the Fall, b: offered in the Winter, c: offered in the Spring

### **French 1c - 10 classes**

#### **Prerequisite French 1b or equivalent**

A beginning French course focusing on pronunciation, basic grammar, and short dialogues.

060340 Th 3/19-5/28 9:30-11:30am

Rm 106 Reg \$130/Seniors \$117 Waeny

254441 Th 3/19-5/28 6:30-8:30pm

Rm 106 Reg \$130/Seniors \$117 Wang-Axelrod

### **French 2c - Prerequisite French 2b or equivalent**

This course is for Beginning-Intermediate students. The focus is on French language and culture by speaking and reading stories and using Intermediate grammar.

060441 W 3/18-5/27, 10 classes 9:30-11:30am

Rm 106 Reg \$130/Seniors \$117 Waeny

### **French 3c - 10 classes,**

#### **Prerequisite French 3b or equivalent**

A continuation of French for Advanced Intermediate students. The focus is on more advanced grammar, speaking and reading stories, appropriate to this level.

060541 F 3/20-5/29 9:30-11:30am

Rm 106 Reg \$130/Seniors \$117 Waeny

### **French 4c**

#### **8 classes, Prerequisite French 4b or equivalent**

This course is a continuation of an entire year of French 3, emphasizing advanced grammar, speaking and reading books appropriate to this level.

060547 M 3/16-6/1 9:30-11:30am

Rm 106 Reg \$110/Seniors \$99 Waeny

### **Advanced Conversations in French - 8 classes,**

#### **Prerequisite 5 years of French or equivalent**

This course provides participants with the opportunity to practice their listening and speaking skills in French. Course content includes online, authentic video and audio sources, such as TV5 Monde, RFI, France-Amérique. Participants will be able to explore cross-cultural themes and current events.

060943 T 4/7-5/26 12:30-2:30pm

Rm 106 Reg \$110/Seniors \$99 Rasmussen

### **French 5c**

#### **9 classes, Prerequisite French 5b or equivalent**

This class is designed for students who have completed at least 4 years of French. Topics will include more advanced grammar, speaking and reading books appropriate to this level.

060840 T 3/17-5/26 9:30-11:30am

Rm 106 Reg \$120/Seniors \$108 Waeny

### **French Advanced - 10 classes**

#### **Prerequisite 4+ years of French or equivalent**

Advanced French is conducted in French and includes grammar review, writing and reading a collection of contemporary French short stories, with discussions related to the stories.

060940 W 3/18-5/27 9:30-11:30am

Rm 113 Reg \$130/Seniors \$117 Maiden

### **French 1 Review & Conversation**

#### **6 classes, Prerequisite French 1**

060380 Th ☀ 6/11-7/16 10am-Noon

Rm 106 Reg \$80/Seniors \$72 Waeny

### **French 2 Review & Conversation**

#### **6 classes, Prerequisite French 2**

060581 W ☀ 6/10-7/15 10am-Noon

Rm 106 Reg \$80/Seniors \$72 Waeny

### **French 3 Review &**

#### **Conversation**

#### **6 classes,**

#### **Prerequisite**

#### **French 3**

060582

F

6/12-7/24 ☀

10am-Noon

Rm 106

Reg \$80/Seniors \$72

Waeny

### **French Cinema & Discussion in French**

#### **6 classes,**

#### **Prerequisite**

#### **French 3**

060587

T

6/9-7/14 ☀

10am-Noon

Rm 106

Reg \$80/Seniors \$72

Waeny



# Spanish Language



Spanish - First Year through Advanced classes emphasize communication by laying a strong foundation in grammar and vocabulary. Classes also include conversation and culture. Textbooks required.

Language classes start in Fall and continue through Spring.

A complete year of Language is a, b & c - a: offered in the Fall, b: offered in the Winter, c: offered in the Spring

## **Beginning Spanish 1b** - 10 classes, Prerequisite: Beginning Spanish 1a

This course will focus on pronunciation, basic grammar, short conversations, and getting around. Beginning Spanish 1a & 1b condense a full year into two sessions, which together will meet the prerequisite of continuing on to Spanish 2a in Fall of 2020

244440	T	3/17-5/26	10am-1pm	Rm 113	Reg \$190/Seniors \$171	Rolfs
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## **Spanish 1c** - 10 classes, Prerequisite Spanish 1b

A beginning Spanish course focusing on pronunciation, basic grammar, short conversations, and getting around.

244441	Th	3/19-5/28	9am-Noon			
Rm 114	Reg \$190/Seniors \$171	Ruiz				

## **Spanish 3c** - 10 classes, Prerequisite Spanish 3b

244642	M	3/16-6/1	9am-Noon			
Rm 114	Reg \$190/Seniors \$171	Ruiz				

## **Spanish 4c** - 10 classes, Prerequisite Spanish 4b

244744	F	3/20-5/29	9am-Noon			
Rm 114	Reg \$190/Seniors \$171	Ruiz				

## **Spanish 2c** - 9 classes, Prerequisite Spanish 2b

244543	T	3/17-5/26	9am-Noon			
Rm 114	Reg \$170/Seniors \$153	Ruiz				

## **Spanish 5c** - 10 classes, Prerequisite Spanish 5b

244845	W	3/18-5/27	9am-Noon			
Rm 114	Reg \$190/Seniors \$171	Ruiz				

## **Advanced Spanish Conversation & Literature** - Prerequisite 6 years of Spanish

Conversation will be based on short stories, books and topics of Hispanic culture, politics and current events. Must be able to converse without reading from notes.

062247	M	3/16-6/1, 10 classes	9am-Noon	Rm 112	Reg \$190/Seniors \$171	Taylor
062248	M	3/16-6/1, 10 classes	1-4pm	Rm 112	Reg \$190/Seniors \$171	Taylor
062287	M	6/8-7/13, 6 classes ☀️	10am-Noon	Rm 112	Reg \$80/Seniors \$72	Taylor
062288	M	6/8-7/13, 6 classes ☀️	1-3pm	Rm 112	Reg \$80/Seniors \$72	Taylor

## **Spanish Intermediate/Advanced Conversation** Prerequisite 3 years of Spanish.

244749	W	3/18-5/27, 10 classes	1-3pm			
Rm 114	Reg \$130/Seniors \$117	Ruiz				
244789	W☀️	6/10-7/15, 6 classes	9:30-11:30			
Rm 114	Reg \$80/Seniors \$72	Ruiz				

## **Spanish 1 Review & Conversation** - 6 classes, Prerequisite Spanish 1

224481	Th	6/11-7/16	9:30-11:30			
Rm 114	Reg \$80/Seniors \$72	Ruiz				

## **Spanish 2 Review & Conversation** - 6 classes, Prerequisite Spanish 2

244583	T	6/9-7/14☀️	9:30-11:30am			
Rm 114	Reg \$80/Seniors \$72	Ruiz				

## **Spanish 3 Review & Conversation** - 6 classes, Prerequisite Spanish 3

244585	M	6/8-7/13☀️	9:30-11:30am			
Rm 114	Reg \$80/Seniors \$72	Ruiz				



# German Language

German - First Year through Advanced classes emphasize communication by laying a strong foundation in grammar and vocabulary. Classes also include conversation and culture. Textbooks required.

Language classes start in Fall and continue through Spring. A complete year of Language is a, b & c:

a: offered in the Fall

b: offered in the Winter

c: offered in the Spring

## **German 1c** - 9 classes, Prerequisite: German 1b

This course is an introduction to the German language and will focus on basic grammar, vocabulary and simple dialogues.

061140 Th 3/19-5/28, No class 4/16 9:30-11am

Rm 113 Reg \$120/Seniors \$108 Brandeberry

## **German 2c** - 9 classes, Prerequisite: German 2b

This course provides an in-depth review of basic grammar topics using vocabulary to create short conversations. Short readings will be introduced.

061242 Th 3/19-5/28, No class 4/16 11-12:30pm

Rm 113 Reg \$120/Seniors \$108 Brandeberry

## **German Intermediate Conversation**

9 classes, Prerequisite: German 2

This course will focus on intermediate grammar and building vocabulary and speaking skills with discussions related to various reading selections.

061249 Th 3/19-5/28, No class 4/16 1:15-3:15pm

Rm 113 Reg \$120/Seniors \$108 Brandeberry

## **Advanced German Conversation & Literature** 10 classes

This class is intended for those conversant in the German language and who wish to converse with others in German. We will also do grammar lessons and read works of literature by German-speaking writers of all eras.

061345 W 3/18-5/27 1-3pm

Rm 106 Reg \$130/Seniors \$117 Waeny

## **Basic German** - 8 classes, No Prerequisite

This course is an introduction to German for those who have had no prior exposure to the language. The emphasis will be on speaking and practical conversational skills. No textbook required.

061184 T,Th 6/9-7/2 ☀ 10am-Noon

Rm 113 Reg \$100/Seniors \$90 Brandeberry

## **German Conversation For Travelers**

8 classes, Prerequisite: German Basic or higher  
German Basics or higher. If you are able to converse in basic German and would like to practice your skills over the summer, this is the class for you. This class will be conducted mostly in German and will focus on role-playing various situations you are likely to encounter on your travels in German speaking countries.

061181 T,Th 6/9-7/2 ☀ 1-3pm

Rm 113 Reg \$100/Seniors \$90 Brandeberry



# Money Management and Planning

Morgan Stanley Sr. Advisor, George Noceti can be seen on KTVU, ABC, KRON as well as KCBS and KGO radio as a frequently financial news contributor.



## Savvy Social Security Planning for Couples - 1 class

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 earnings can take advantage of Social Security benefits.
- The #1 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 retirement. Instructor Noceti

266141 W 3/25 6:30-8pm Rm 107 Reg \$25/Seniors \$22.50

266143 W 5/20 6:30-8pm Rm 107 Reg \$25/Seniors \$22.50



## Trusts & Estate Planning Made Simple- 2 classes

Revocable Living Trusts avoid probate. Did you know that there are different kinds of Revocable Living Trusts? On death, a Trust can be expensive and complicated or simple and economical to administer, depending on which kind you choose. Have your questions answered by a practicing attorney who will explain exactly how Trusts and Wills work in a way that is easy to understand. Instructor Mr. McFalone has practiced law in the SF Bay Area for more than 30 years.

057541 Th

5/14, 5/21 7-9pm

Rm 102 Reg \$40/Seniors \$36

057581 T

☀️ 7/7, 7/14 1:30-3:30pm

Rm 102 Reg \$40/Seniors \$36



## What Baby Boomers Need to Know About Medicare & Long-Term Care - 1 class

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. 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.

266144 Th 4/16 6:30-8pm

Rm 107

Reg \$25/Seniors \$22.50

Noceti

# Art Classes

## **Drawing Made Easy - Summer Registrations Starts 4-22-20**

If you can hold a pencil and write or print your name, you CAN learn to draw. Have you been putting aside the urge to create? Well, NOW is the time! In this class, students will learn very clever and do-able techniques to make drawing easier than you ever imagined. Your own results will amaze you on the very first day. Drawing is the basis of all art. This course will give you the fundamentals: basic shapes, tone, value, perspective. All the skills and confidence you want! Open to all levels. Have fun while you learn. Bring 8 x 10 or larger sketchbook and pencils to start.

280440	Th	3/19-5/28, 10 classes	9-11:30am	Rm 107	Reg \$140/Seniors \$126	Antkowiak
280480	Th	6/11-7/16, 6 classes ☀️	9-11:30am	Rm 107	Reg \$90/Seniors \$81	Antkowiak



### **Portraits & More ... - 10 classes**

Learn the basics of creating an oil portrait by beginning with techniques to increase knowledge of facial features. Finish with a full portrait in burnt umber and apply color if time allows. You may work from high-quality photographs (no snapshots Please) approved by the instructor or those provided.

Materials list provided in the first class. Price includes 2 canvas & 1 brush. Some oil experience preferred.

280347	Th	3/19-5/28	1-4pm
Rm 107	Reg \$180/Seniors \$162	Nicholson	

### **Acrylic & Oil Painting**

#### **Summer Registrations Starts 4-22-20**

Learn basic skills: how to mix colors, start a painting, and choose the best brushes for each area or subject. We will discuss design and composition and how to fine-tune your work for best results. Prerequisite some painting experience. Instructor: Antkowiak

280242	F	3/20-5/29, 10 classes	
9am-Noon	Rm 107	Reg \$170/Seniors \$153	
280282	F	6/12-7/24, 6 classes ☀️	
9am-Noon	Rm 107	Reg \$100/Seniors \$90	



Need inspiration? Just need time to paint or finish projects? Bring your oil or acrylic painting projects and work in a supportive atmosphere. This instructor is ready and willing to help!

280449	W	3/18-5/27	1-4pm
Rm 107	Reg \$170/Seniors \$153	Nicholson	

### **Mosaic Art Workshop - 5 classes**

There is something for just about everyone in this workshop. While working at your own pace, on the projects of your choice, experienced mosaic artists explore their craft and find inspiration from others. The class is monitored by an instructor who gives direction for newbies and support for the experienced. While most of us work with glass or tile, experiments with new and creative materials and techniques are encouraged. Alternatively, you might join the instructor in an experimental group project working using landfill objects to turn them into something of beauty. Bring clean and durable junk to class if you can. Open a world of possibilities in mosaics!

280542	W	4/29-5/27	6-8pm
Rm 108	Reg \$50/Seniors \$45	Silverman	



## Writing

### **Creative Writing - Summer Registrations Starts 4-22-20**

What is your muse calling to you? Discover and explore your creative forces through writing. Develop ideas based on life experiences, imagination, research, or a combination. Use writing exercises and readings to add inspiration, develop skills, and open creativity valves. Learn and use a safe critique process in order to freely read your work and receive supportive feedback. Have fun WRITING!

065340	W	3/18-5/27, 10 classes	6:30-8:30pm	Rm 106	Reg \$130/Seniors \$117	Henderson
065347	Th	3/19-5/28, 10 classes	12:30-3pm	Rm 106	Reg \$160/Seniors \$144	Henderson
065387	Th	6/11-7/23, 7 classes ☀️	12:30-3:30pm	Rm 106	Reg \$140/Seniors \$126	Henderson

### **Life Tales: How to Write your Memoir - 8 classes**

You've dreamed of putting your life down in words, but now you ask yourself: Is my life really that interesting? How do I even start? Remember! Your life story is unique, as vivid, gripping, and heart-warming as by any famous writer. Writing your story and sending it out into the world (or just to your grandchildren) makes meaning of your life, validates it, displays the passages you took and those you did not. Discover your inner voice and master the elements of the craft with step-by-step techniques. Whether you're new to memoir writing or wanting to refine, complete, and publish your memoir, this class is for you. Prompts and group exercises will guide you through the transformative process of memoir writing.

205348	W	3/18-5/13	2-4pm
Rm 113	Reg \$80/Seniors \$72	Kobrin	

### **The Flowering of English Poetry and Your Place In It - 8 Classes**

In this writing class, encounter the flowering of English poetry, beginning with Shakespeare's sonnets and journeying into the 20th century with the great innovators of Modernism. You will be given a poet's toolbox of tips and tricks from master poets in order to inspire your own new verses. No literary background necessary. Each class is self-contained and built around instruction, writing prompts, and time to write and share your work.

065384	T	6/9-7/28 ☀️
1:30-3:30pm	Rm 104	
Reg \$80/Seniors \$73	Dresser	

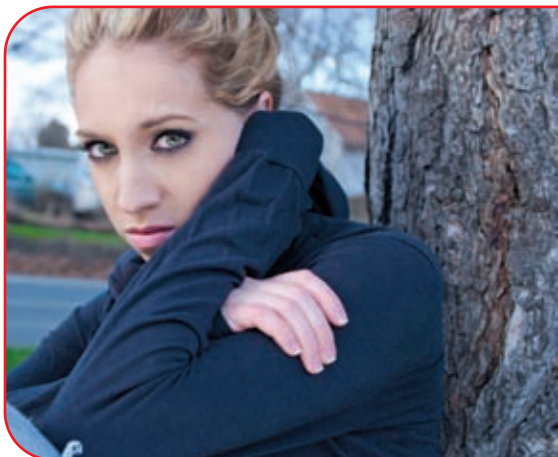


## Parenting

### **Co-Parenting Classes - 6 classes**

Families going through a separation or divorce, that are experiencing unresolved conflicts or difficulty communicating effectively will benefit from this course. The course is designed to assist parents in building and maintaining a healthy co-parenting relationship while providing strategies to manage conflicts and stressful situations.

061145	M	4/6-5/11	6:30-8:30pm
Rm 102	\$150 per adult	TBA	





# Special Interest



## C.O.P.E. Family Support Center

In partnership with Acalanes Adult Education

### Anger Management - 10 classes

This special program is designed to help individuals recognize and manage anger. By gaining a better understanding of self, we will learn to better control our anger so that it does not lead to violent outbursts or actions. Book included in the registration fee.

061133 T 3/17-5/26 6:30-7:30pm  
Rm 102 First Class & Registration Fee \$150  
Additional classes \$30

Classes held at 1963 Tice Valley Blvd.  
Walnut Creek CA, 100 Building

Register by mail or in the office (credit card or cash only). Payment is to C.O.P.E. Family Support Center. To register by phone call C.O.P.E. at (925) 689-5811.



### Feng Shui for Prosperity - 3 classes

In this series of three classes you will learn to arrange your environment for prosperity in many of life's treasures; good health, loving relationships, auspicious opportunities, creative self-expression, as well as wealth. In Feng Shui, the study of how to arrange your environment to enhance one's life, wealth and prosperity are associated with much more than money. Former students have experienced greater harmony and positive lifestyle changes. Be one of them! This is a fun, hands-on class using a floor plan of your house to personalize your experience. (Limit 12)

057449 Th 4/23-5/7 1-3pm  
Rm 114 Reg \$50/Seniors \$45 McCullough

## Intermediate Genealogy

This four-part hands-on course will cover three genealogical resources: directories and other lists, church and religious records, immigration and naturalization records, and introduce ideas on how to share your genealogy by writing.

270845 Th 3/19-4/16 1-3pm Rm 105 Reg \$50/Seniors \$45 Gorrell



## Quilting

Students will work on individual projects with their own sewing machines. A great time to finish projects and be inspired to do more.

057446 Th 3/19-5/28, 10 classes 6-9pm Rm 108 Reg \$150/Seniors \$135 Klop  
057486 F 6/12-7/17, No class 7/3, 5 classes 9am-3pm Rm 108 Reg \$150/Seniors \$135 Klop



## Floral Design CTE

### Basic Floral Design

An introductory class for those who want to learn floral arranging for personal enjoyment or as a beginning class toward a floral design certificate. Covers principles of floral design, use of materials and tools, and identification of flower and plant use. All levels welcome. A one-time lab fee of \$25 will be due on the first day of class for class supplies. Students will have additional material costs depending on their weekly floral arrangements. (The instructor is bilingual, English and Spanish)

040140	T	3/17-5/26, 10 classes	9am-Noon	Rm 108	Reg \$180/Seniors \$162	DePaz
040142	T	3/17-5/26, 10 classes	12:30-3:30pm	Rm 108	Reg \$180/Seniors \$162	DePaz
040180	T	6/9-7/14, 6 classes ☀️	9am-Noon	Rm 108	Reg \$110/Seniors \$99	DePaz

### Multi-Level Floral Design -10 classes

This class includes advanced, modern and wedding floral design courses. Students wanting to learn Ikebana (Japanese flower arrangements) are welcome. A one-time lab fee of \$25 will be due on the first day of class for class supplies. Students will have additional costs depending on their weekly floral arrangements.

040143	W	3/18-5/27	9:30-12:30pm	Rm 108	Reg \$180/Seniors \$162	Nagata
040145	W	3/18-5/27	12:30-3:30pm	Rm 108	Reg \$180/Seniors \$162	Nagata



### Basic Floral Design Certificate Requirements:

30 Basic Floral classes,  
15 Required Floral Designs,  
15 Misc Floral Designs

### Advanced Floral Design Certificate Requirements:

Basic Floral Design Certificate,  
30 Advanced Floral Classes,  
15 Required Floral Designs,  
15 Misc Floral Designs

# Registration Form

Email confirmation will be sent.

(Please Print Clearly Below)

## Acalanes Adult Education (AAE)

Del Valle Education Center  
1963 Tice Valley Boulevard  
Walnut Creek, CA 94595

(925) 280-3980 ext.8001

Fax (925) 280-3981

Disclaimer: I realize that there is an inherent risk of injury when participating in these classes or recreational activities. I understand and acknowledge that in order to participate in these activities I agree to assume liability and responsibility for any and all potential risks which may be associated with participation in such activities. I understand that the Acalanes Union High School District does not carry medical accident insurance for injuries sustained in its programs and I therefore assume the risk of any injuries arising out of or in connection with participation in said classes or activities. In the event of any emergency, I authorize the school officials to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for immediate care and agree that I will be responsible for payment of all services rendered. In the event that the student is a minor, the above consent must be agreed upon and signed by the parent.

I have read and fully understand the agreement above, assume all risk for any injuries sustained and consent to emergency medical treatment if appropriate. I also have read and agree to abide by the registration/refund policies published in the current AAE brochure and the AUHSD Student Internet and Network Responsible Use Agreement currently posted on line at <http://www.acalanes.k12.ca.us/forms/studentuseagreement.pdf>

Signature \_\_\_\_\_ Date \_\_\_\_\_

Home # \_\_\_\_\_ Email \_\_\_\_\_  
(Phone number used as student number)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Birthdate      /      /  
month      day      year      ☐ Male      ☐ Female

Course #	Title	Fee	Day	Time	Instructor
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_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

### PAYMENTS

☐ Check - Make check payable to ACALANES ADULT EDUCATION (AAE)

☐ Cash - Please bring to the AAE office in the 100 Building.

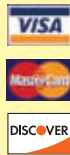
Credit Card - Mail or Fax information to AAE (Credit cards not accepted for DIRC).

☐ Visa    ☐ MC    ☐ Discover    Signature \_\_\_\_\_

Account # \_\_\_\_\_ Exp. Date \_\_\_\_\_ CVW Code \_\_\_\_\_



On-Line Registration:  
[www.auhsd.org/adultedonlineregistration](http://www.auhsd.org/adultedonlineregistration)







## Art Lab

**Summer Registrations Starts 4-22-20**

Need help with a project? Find class time too short? This time is for you to work on any project and have an experienced instructor and professional artist available to assist you.

280445	F	3/20-5/29, 10 classes	12:30-3:30pm
Rm 107	Reg \$170/Seniors \$153	Nicholson	
280485	F	6/12-7/24, 6 classes ☀️	12:30-3:30pm
Rm 107	Reg \$100/Seniors \$90	Henderson	

[www.auhsd.org/adulted](http://www.auhsd.org/adulted)  
(925) 280-3980

Non-Profit  
Organization  
U.S. Postage  
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Permit No. 40  
ECRWSS EDDM

ACALANES ADULT EDUCATION  
ACALANES UNION HIGH SCHOOL DISTRICT  
1963 Tice Valley Blvd.  
Walnut Creek, CA 94595

**Residential Customer**

## Adventures in Creative Photography 7 Classes



An intermediate-advanced level photography class for photographers who already understand their cameras' essential controls, a class to expand your skills and creative vision, emphasizing natural landscape and close-up, cityscapes, and people. Classes will mostly be on Tuesdays and one Thursday, June 9-July 14 at Acalanes Adult Education Center, with field trips to several nearby locations.

067980 T June 9, 23, July 7, 14 ☀️ Room 107 10am- Noon Reg \$100/Seniors \$90 Helsel  
Field trips (meet at various locations): Tues, June 16, 8:30-10:30am; Tues, June 30, 7:30-9:30pm  
Thurs, July 2, 7-9pm