

A C A L A N E S ADULT EDUCATION

at Del Valle Education Center - Fall Quarter Starts 9-9-19

See Our
Articulation Classes
on page 10 in partnership with

DVC
DIABLO VALLEY COLLEGE

See Our
Language
Classes
on pages 2-4



www.acalanes.k12.ca.us/adulted



@acalanesadulted

A Message from the Director

Acalanes Adult Education (AAE) would like to take this opportunity to thank our community members, students, staff, District Office, and Governing Board for their continued support of our school and programs. We invite you to peruse our brochure and are confident you will find a course or courses that will inspire you to Explore, Experience, and Learn.

Through our partnership with Diablo Valley College (DVC), the Contra Costa County Adult Education Consortium (CCCAEC) and the California Adult Education Program (CAEP), AAE continues to expand our course offerings, which allow students to enroll in courses at AAE and earn college credits at DVC through our articulation agreements. Please visit page 10 for our Fall course offerings through this exciting opportunity.

If you are interested in learning more about the CCCAEC, please visit the website, <http://ccaec.weebly.com/>. For those interested in learning more about DVC, you may visit <https://www.dvc.edu/>. If you would like to learn more about CAEP, please visit, <https://caladulthood.org/>.

New classes offered this year: Anger Management; Family Transitions Triple P; German Intermediate Conversation; Henry VIII; Hey Siri!; Introduction to Disabilities; Jack Reacher: American Original; Jewish History; Life Tales: how to Write your Memoir; Music of Beethoven; Native Americans of the United States; New World of Work; Pages & Numbers; Planning for Families with Special Needs Children: Financial Strategies to Provide Comprehensive Care; Practical Genealogy; Statway; Wallet and Apple Pay; War of Roses; Wednesday Art Lab; What's a Podcast?; Writing Poetry with the Pros.

For additional information on our programs, you may visit our website, www.acalanes.k12.ca.us/adulthood for the most current course offerings and online registration.

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

Thank you for your ongoing support of AAE and I look forward to seeing you in our classes during our Fall, 2019 term.

Sincerely,



Steven France, Director



Follow us on Twitter
[@acalanesadulthood](https://twitter.com/acalanesadulthood)



Registration

Fall Registration starts 8/8/19, 8am

Calendar

Sept 9th- Fall Quarter Begins

Nov 11th - Holiday Closed

Nov 25-29 - Holiday Closed

Jan 6th - Winter Quarter Begins

Office Hours

M-Th: 8am-7pm

F: 8am -3pm

Contact

(925) 280-3980 Ext 8001

Fax (925) 280-3981

E-mail: adulthood@auhsdschools.org

Web: www.acalanes.k12.ca.us/adulthood

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.

A Tradition of Educational Excellence Since 1945!

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

Map details:
 - 300 Building: Classrooms 303-304
 - 200 Building: Classrooms 201-210
 - 100 Building: Classrooms 101-114
 - 400 Building: Community Room, Top Level Rooms 401-403, Lower Level Rooms 420 & 421
 - Main Office
 - Del Valle Theatre
 - Parking Lot



Front Cover

Take a Language class on pages 2-4, and then use your new skills on the French Riviera. Our cover image is of Villefranche sur Mer, the seaside town on the French Riviera (or CÃ'te d'Azur).



The Music of Beethoven: A Celebration of the 250th Anniversary of his Birth - 4 classes **N**

Musicians throughout the Bay Area and the world will be performing works by the towering composer in 2020. In anticipation of upcoming concerts in Rossmore and elsewhere, this course will focus on representative works being given in Walnut Creek, SF, Oakland and Berkeley, among others. Hear why Leonard Bernstein proclaimed "Let's Face it: Beethoven is the Greatest Composer who ever lived." Lectures will be illustrated with recordings from Mr. Lowe's extensive library of CDs.

280828 T 10/15-11/5 1-3pm Rm 102 Reg \$50/Seniors \$45 Lowe

Holidays 11/11, 11/25-11/29



N **New Class**



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 1a - 10 classes, No Prerequisite.

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

060320	Th	9/12-11/14	9:30-11:30am
Rm 106	Reg \$130/Seniors \$117	Waeny	
234421	Th	9/12-11/14	6:30-8:30pm
Rm 106	Reg \$130/Seniors \$117	TBA	

French 2a - 10 Classes, Prerequisite 1 year of French or equivalent.

A continuation of French 1 for Intermediate students. The focus is on French language and culture by speaking and reading stories and using Intermediate grammar.

060421	W	9/11-11/13	9:30-11:30am
Rm 106	Reg \$130/Seniors \$117	Waeny	

French 3a - 10 classes, Prerequisite 2 years of French or equivalent.

Continuation of French for Advanced Intermediate students. Focus is on more advanced grammar, reading stories, speaking and writing in French.

060521	F	9/13-11/15	9:30-11:30am
Rm 106	Reg \$130/Seniors \$117	Waeny	

French 4a - 10 classes, Prerequisite 3 years of French or equivalent.

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

060720	M	9/9-11/18	9:30-11:30am
Rm 106	Reg \$130/Seniors \$117	Waeny	

French 5a - 10 classes, Prerequisite 4 years of French 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.

060820	T	9/10-11/12	9:30-11:30am
Rm 106	Reg \$130/Seniors \$117	Waeny	

Advanced French - 10 classes, Prerequisite 5 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.

060920	W	9/11-11/13	9:30-11:30am
Rm 113	Reg \$130/Seniors \$117	Maiden	

French Conversation - 8 classes, Prerequisite 3 years of French or equivalent.

This course provides participants 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.

060923	T	9/10-11/12*	12:30-2:30pm
Rm 106	Reg \$110/Seniors \$99	Rasmussen	
060925	T	9/10-11/12*	3-5pm
Rm 106	Reg \$110/Seniors \$99	Rasmussen	

*No class 10/22, 10/29

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 1a - 10 classes, No Prerequisite

242127 W 9/11-11/13 6:30-8:30pm
Rm 114 Reg \$130/Seniors \$117 Falcone

Italian 2a - 10 classes,

Prerequisite 1 year of Italian or equivalent.

242425 Th 9/12-11/14 1:30-3:30pm
Rm 112 Reg \$130/Seniors \$117 Piaggio

242421 Th 9/12-11/14 6:30-8:30pm
Rm 114 Reg \$130/Seniors \$117 Falcone

Italian Listen, Read, Understand - 10 classes,

Prerequisite 3 years of Italian or equivalent.

Class offered during Fall. The focus of the class is to familiarize students with listening comprehension, correct enunciation, and understanding of the Italian word heard, spoken and written. Some grammar and conversation. 75% of the class is conducted in Italian.

242825 W 9/11-11/13 1-3pm
Rm 113 Reg \$130/Seniors \$117 Piaggio

Italian 6a - 10 classes

Prerequisite 5 years of Italian or equivalent.

242823 W 9/11-11/13 6-8pm
Rm 113 Reg \$130/Seniors \$117 Piaggio

Italian Intermediate Conversation - 10 classes

Prerequisite 3 years of Italian or equivalent.

242826 F 9/13-11/15 9-11am
Rm 113 Reg \$130/Seniors \$117 Falcone

Italian Intermediate Conversation and

Grammar Review - 10 classes

Prerequisite 4 years of Italian or equivalent.

Students engage in conversation on a variety of topics: current affairs, travel, books, articles, or a topic of choice. Discussion is free-flowing and open, not unlike what you might run into in an Italian café. Class conducted entirely in Italian. Additionally, the study of grammar at the appropriate level for this group is included.

242827 Th 9/12-11/14 7:30-9pm
Rm 113 Reg \$100/Seniors \$90 Piaggio

Italian Advanced Conversation - 10 classes

Prerequisite 6 years of Italian or equivalent.

Advanced Italian Conversation is conducted in Italian.

Class discussion will be related to a variety of topics.

242828 Th 9/12-11/14 6-7:30pm
Rm 113 Reg \$100/Seniors \$90 Piaggio



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

Spanish 1a - 10 classes, No Prerequisite.

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

244421 Th 9/12-11/14 9am-Noon
Rm 114 Reg \$190/Seniors \$171 Ruiz

Spanish 2a - 10 Classes

Prerequisite 1 year of Spanish or equivalent.

244523 T 9/10-11/12 9am-Noon
Rm 114 Reg \$190/Seniors \$171 Ruiz

Spanish 3a - 10 classes

Prerequisite 2 years of Spanish or equivalent.

244622 M 9/9-11/18 9am-Noon
Rm 114 Reg \$190/Seniors \$171 Ruiz

Spanish 4a - 10 classes

Prerequisite 3 years of Spanish or equivalent.

244724 F 9/13-11/15 9am-Noon
Rm 114 Reg \$190/Seniors \$171 Ruiz

Spanish 5a - 10 classes

Prerequisite 4 years of Spanish or equivalent.

244825 W 9/11-11/13 9am-Noon
Rm 114 Reg \$190/Seniors \$171 Ruiz

Spanish Intermediate/Advanced Conversation

10 classes,

Prerequisite 4 years of Spanish or equivalent.

244729 W 9/11-11/13 1-3pm
Rm 114 Reg \$130/Seniors \$117 Ruiz

Spanish Advanced Conversation & Literature

10 classes, 6 years of Spanish or equivalent.

Conversation will be based on the books read from Hispanic world culture, politics and current events.

Must be able to converse without reading from notes.

062227 M 9/9-11/18 9am-Noon
Rm 113 Reg \$190/Seniors \$171 Taylor

062228 M 9/9-11/18 1-4pm
Rm 113 Reg \$190/Seniors \$171 Taylor

Holidays 11/11, 11/25-11/29



German Language

German 1a - 10 classes, No Prerequisite.

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

061220 Th 9/12-11/14 11-12:30pm
Rm 113 Reg \$100/Seniors \$90 Brandeberry

German 2a - 10 classes

Prerequisite 1 year of German or equivalent.

This course will provide a more in-depth study of grammar topics using vocabulary to create short conversations. Short readings will be introduced.

061222 Th 9/12-11/14 9:30-11am
Rm 113 Reg \$100/Seniors \$90 Brandeberry

German Intermediate Conversation - 10 classes

Prerequisite 2 years of German or equivalent.

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

061229 Th 9/12-11/14 1-3pm
Rm 113 Reg \$130/Seniors \$117 Brandeberry

German Advanced Conversation & Literature

10 classes

Class is intended for those conversant in the German language and who wish to converse in German.

We will also do grammar lessons and read works of literature by German-speaking writers of all eras.

061325 W 9/11-11/13 1-3pm
Rm 106 Reg \$130/Seniors \$117 Waeny

Special Interest

Quilting - 10 classes

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

057426 Th 9/12-11/14 6-9pm
Rm 108 Reg \$150/Seniors \$135 Klop



Kitchen & Bath

Design/Remodel - 3 classes

This class includes planning, design, costs, materials, cabinets, fixtures, appliances, resources, and building codes. A professional certified designer and licensed contractor guides you through the complicated process of design, shopping and construction.

264020 Th 9/12-9/26
6-9pm Rm 102
Reg \$70/Seniors \$63 Vivrette



Interior Decorating Secrets &

Guidelines to Empower You to Decorate Your Own Home! - 7 classes

Whether you are starting from scratch or working with what you already have, you will learn design tips and guidelines to apply to a room in your own home. We will focus on color, balance, art, and accessories as well as learn the art of furniture and rug placement. This will be a hands-on format. You will need a 25-foot or more measuring tape for use at home. Please bring a pencil, paper and a ruler (clear plastic is best.) Supply fee of \$25 paid to instructor: Boyd

253020 F 9/20-11/1 9:30-12:30pm Rm 112 Reg \$130/Seniors \$117

Practical Genealogy: Taking Your Skills to the Next Level - 4 classes **N**

Stuck in your genealogy research? Want to get more out of what you already have? This four-part hands-on workshop will cover document analysis for better research planning and evidence extraction. Taking the research offline (Ancestry.com does not have everything). Tips for searching in online databases for better results.

Methodologies for better problem-solving. Lisa S. Gorrell, CG, is a Certified Genealogist.
270825 Th 10/3-10/24 1-3pm Rm 105 Reg \$50/Seniors \$45 Gorrell



Feng Shui for Prosperity - 3 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)

057429 Th 9/12-9/26 1:30-3:30pm
Rm 105 Reg \$50/Seniors \$45 McCullough

Humanities

U.S. History, An Overview - 12 classes

What is President Donald Trump's fascination with Andrew Jackson? Why has Lin-Manuel Miranda become so inspired by the life and time of Alexander Hamilton? What does Jon Meacham see as the foundation of our republic in *The Soul of America*? What did David McCullough find so significant about President John Adams, or Doris Kearns Goodwin see in Lincoln in her book, *A Team of Rivals*? Is it time for you to take another look at American History?

222021 T 9/10-12/3 1-2:30pm Rm 114

Reg \$120/Seniors \$108 Hughell



The Right and the Left in American Politics **N**

6 classes

The division between the Right and the Left is growing as we approach the 2020 presidential election. What key issues will define the election? Where do you stand on these issues? What about the new Populism? What have you read that you would like to share with the class? Students will be expected to do some research each week and to share their findings with the class.

222023 Th 9/26-10/31 1-2:30pm

Rm 114 Reg \$60/Seniors \$54 Hughell



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.

222025 M 9/23-11/4 1-3pm

Rm 114 Reg \$90/Seniors \$81 Phelps

War of the Roses - 5 classes

To secure the Plantagenet claim to the English crown King Edward III had many children. But when the oldest son died first it instead led to a family fight over the crown which in turn led to 80 years of civil war. In this class we will discuss the impact this family fight/civil war had on England as well as the men and women caught up in the grab for power. We will see that neither house had the monopoly on talent or ruthlessness. Some are admirable while others seem to be insane. Yet despite this family feud England continued its war with France and had the French crown in its grasp.

222022 W 9/11-10/9 10am-Noon Rm 107

Reg \$60/Seniors \$54 Majerus

Henry VIII - 5 classes

We all know Henry VIII had six wives, but what else do we know about him? Who really was the man behind the iconic Holbein paintings? Who was the King who changed England so dramatically? In this course we will discuss how Henry ruled, beginning as the ideal Renaissance King and ending as a tyrant. How he dazzled the world with his elegant court and destroyed all of England's monasteries. How he relied on men who could carry out his demanding reforms and then beheaded them when they made a mistake. How he was proclaimed Defender of the Faith and then disavowed the pope himself. And finally was it his desire for an heir or the charms of young women that caused him to marry so often? Come find out why he still fascinates us today.

222024 W 11/6-12/11 10am-Noon Rm 107

Reg \$60/Seniors \$54 Majerus

Holidays 11/11, 11/25-11/29

6

N New Class

History of Turkish Jewry - 6 classes **N**

Among the topics covered: Anatolia before the Ottoman invasions; Sephardic exiles in the Ottoman Empire; the Jew as dhimmi in Hanafi Islam; the false messiah Shabbatai Zevi and the Donmeh cult; the decline of the Ottoman Empire and its impact on the Jewish community; the Armenian genocide: Jewish and Israeli perspectives; Turkish P.M. Recep Erdogan and the "Jews of Silence".

223021 F 9/13-10/18 10am-Noon Rm 103 Reg \$80/Seniors \$72 Blady

Haredim: Historical and Contemporary Themes in Ultra-Orthodox Judaism - 6 classes **N**

Among the topics covered: White socks and black socks, shtreimels, kolpaks and spudiks-- which cat in which hat?; only 60 miles from Times Square but it might as well be Planet Yehupetz: inside the Chassidic Peoples Republics of New Skvir and Kiryat Yoel; a hole in the sheets and other myths of hareidi sex life; Bobov 45 and Bobov 48: the death of a rebbe and the struggle for succession; musical traditions of various hareidi sects.

223023 F 9/13-10/18 1-3pm Rm 103 Reg \$80/Seniors \$72 Blady

Richard Wagner and the Jews - 3 classes **N**

The composer's early life: family, friends, enemies, debts, politics; his controversial essay, *Das Judentum in der Musik*; Wagner's Jewish friends, proteges and significant others; Wagner's racial antisemitism; Nietzsche on Wagner's Jew hatred; "He was a Prophet of Nazism": Gottfried Wagner's "demonumentalizing" of his great-grandfather; the controversy of banning Wagner in Israel.

223025 F 10/25-11/8 10am-Noon Rm 103 Reg \$40/Seniors \$36 Blady



From Bible to Belter: The Jewish Boxers' Hall of Fame - 3 classes **N**

The Jewish American experience is not just about Nobel Prizes, scientists, doctors, lawyers, Hollywood types and philanthropists. It's about "doing what it takes," beating the odds...surviving...prospering. Boxing was a ticket out of the ghetto, an immigrant's "fighting chance," an unfortunate necessity. Between 1900 - 1940 alone there were 27 Jewish world champions and title claimants, still considered among the greatest of their class.

223027 F 10/25-11/8 1-3 pm Rm 103 Reg \$40/Seniors \$36 Blady



Romaniots: History of Greek Jewry - 4 classes **N**

Breakdown of four major ethno-geographic Jewish groupings; Alexander the Great and the Jews; the impact of Hellenism; early Greek anti-Judaism; history of the Jews of Byzantium; the Orthodox Christian Church and the Jews; the Sephardim of Salonika; mores and folkways of the Jews of the Island of Rhodes; Greek Jewry and the Holocaust; Greek Jewry today.

223028 F 11/15-12/13 10am-Noon Rm 103 Reg \$50/Seniors \$45 Blady

King David: Levantine Despot/Ancessor of the Messiah - 4 classes **N**

Rabbinic lore on the David vs. Goliath story; development of the Davidic tradition: biography or hagiography? the census, corvee labor and the beginnings of the schism between Israel and Judah; Talmudic apologetics justifying the adultery of David and Bathsheba; a dysfunctional royal family: "Absalom, My son, My son"

223029 F 11/15-12/13 1-3 pm Rm 103 Reg \$50/Seniors \$45 Blady

Money Management and Planning

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



Planning for Families with Special Needs Children: Financial Strategies to Provide Comprehensive Care - 1 class **N**

When your child or other family member has special needs, they face unique wealth planning challenges that other families don't. They need to be aware of the strategies, tools and techniques available to help ensure continuing care, preserve government benefits and balance the needs of other family members with those of their loved one with special needs. This seminar guides you through critical steps of putting a sustainable, long-term financial plan in place. Come prepared to implement actionable ideas.

As well as being a Family Wealth Advisor, George has a Master's Degree in Special Education as and has previously supervised programs for special needs students in the Richmond Unified School District.

266121 Th 11/14 6:30-8pm
Rm 107 Reg \$25/Seniors \$22.50 Noceti

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 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.

266123 W 10/9 6:30-8pm
Rm 107 Reg \$25/Seniors \$22.50 Noceti
266128 Th 12/12 6:30-8pm
Rm 107 Reg \$25/Seniors \$22.50 Noceti



Making the Most of Your Sudden Wealth - 1 class

Most financial gains are inheritances, but they can also be: Legal settlements, Executive bonuses, Proceeds from a sale of a business, real estate or other assets •Equity compensation, Lottery winnings All of them share at least two characteristics in common. They can propel you to financial security or serve as a source of future regret, if not managed wisely. This class will identify the pitfalls and give you a corrective action plan to make the most of your sudden wealth either now or in the future.

266122 Th 9/12 6:30-8pm Rm 107 Reg \$25/Seniors \$22.50 Noceti

Savvy Social Security Planning for Couples - 1 class

Learn how much Social Security you and your spouse stand to receive over your joint lifetime and rules and guidelines for when spouses should apply for benefits. The decisions you make in your 60's can determine the amount of income you or your surviving spouse will have in your 80's or 90's. Two key things you need to know about Social Security survivor benefits. How to avoid mistakes at your Social Security office.

266124 Th 10/17 6:30-8pm Rm 107 Reg \$25/Seniors \$22.50 Noceti
266126 W 12/4 6:30-8pm Rm 107 Reg \$25/Seniors \$22.50 Noceti



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. Mr. McFalone has practiced law in the San Francisco Bay Area for more than 30 years.

057521 W 10/9, 10/16 7-9pm Rm 102 Reg \$40/Seniors \$36 McFalone

Literature & Writing

Jack Reacher: An American Original - 6 classes **N**

Jack Reacher, the lead character in more than 20 Lee Child novels, is the strong, "silent type" crime solver operating within complex story lines. Participants will read: Night School, Without Fail and Past Tense. Author biography, critical reviews as well as video clips will complement class discussion.

064025 W 9/18-10/23 1-3pm Rm 112 Reg \$80/Seniors \$72 Trezek



Creative Writing

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. Respond to those creative longings that cry for expression -- through prose or poetry, non-fiction or fiction. Have fun WRITING!

065320 W 9/11-11/20* 9 classes 6:30-8:30pm
Rm 106 Reg \$120/Seniors \$108 Henderson

065327 Th 9/12-12/12* 11 classes 12:30-3pm
Rm 106 Reg \$180/Seniors \$162 Henderson

*No Classes 9/25, 9/26, 10/2, 10/3, 11/28

Life Tales: How to Write your Memoir - 9 Classes **N**

You've dreamed of putting your life down in words, but now you ask yourself: Is my life really that interesting? How do I start? How do I plan it out? Can I fill the pages of a whole book with the experiences of my life? Your life story is unique and as vivid, gripping, and heart-warming as by any famous writer. Memoir is the key to the story of your life. Writing it down and sending it 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. Prompts and group exercises will guide you through the transformative process of memoir writing.

205328 Th 9/19-11/14 2-4pm Rm 108 Reg \$90/Seniors \$81 Kobrin

Writing Poetry with the Pros - 10 classes **N**

Write along with the great poets and writers of the English literary tradition. In this class, you will develop new pieces as you are invited to stroll through the history of poetry. Whether you are a poet or a prose writer, you will acquire tools, techniques and approaches to imaginative writing that were discovered long ago. Starting with ancient voices, we will visit Old English poets, Petrarch, Chaucer, Shakespeare and Donne. In Part II of Writing Poetry with the Pros, we will pick up with Milton and continue through the 19th and 20th centuries.

065324 T 9/10-11/19* 1:30-3:30pm Rm 104 Reg \$100/Seniors \$90 Dresser

*No class on 11/12

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.

BUS-0101 W 9/11-11/13 6-9pm
Rm 111 Reg \$130/Seniors \$117 Worsham

FOR MORE INFORMATION

www.acalanes.k12.ca.us/adulted

925-280-3980 ext. 8001

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.

BUS-0109 Th 9/12-11/14 6-9pm
Rm 111 Reg \$130/Seniors \$117 Worsham

Holidays 11/11, 11/25-11/29

10

N New Class

PREPARATION for College Level Statistics

Statway is special sequence of courses designed to teach mathematics skills that are essential for a growing number of occupations. It provides students with an alternative to the traditional algebra-based mathematics sequence.

This preparatory course at Acalanes Adult Education is designed to prepare students to transition to Diablo Valley College and successfully complete MATH-144 - Statway II, which is college-level and transferable to the university. Students must successfully complete both sessions (069422 and 069433) in order to meet the pre-requisite required for MATH-144.



STATWAY - Preparation for Math-144 @ DVC*

54 hours lecture/54 hours laboratory per term, Note: TI-83 or TI-84 graphing calculator required
This course introduces the concepts of probability and statistics with requisite arithmetic and algebraic topics integrated throughout. STATWAY satisfies the math requirement for an Associate Degree. It is also intended for students who wish to transfer in humanities or social sciences fields. Topics include data collection, organization and graphical interpretation of data, qualitative and quantitative data sets, measures of central tendency and measures of dispersion, bivariate data and scatter plots, linear functions and their graphs, nonlinear functions and their graphs, and linear and exponential/logarithmic models. Learning strategies for success with an emphasis on study skills, resource acquisition, and maintaining a positive perspective towards learning are also discussed and applied. Non credit class.

069422 Session 1 M, T 9/16-12/10 7-9pm Rm 114 Reg \$135/Seniors \$121.50 Fathi

069433 Session 2 M, T 1/6-3/24 7-9pm Rm 114 Reg \$135/Seniors \$121.50 Fathi

* This class is held at the Del Valle Education Center, 1963 Tice Valley Blvd, Walnut Creek CA, 100 Building

DVC class held at Del Valle Education Center

Offered By Diablo Valley College (DVC)*

Introduction to Disabilities - 16 classes

SPEDU-101 Introduction to Disabilities

3 units SC

54 hours lecture per term

Recommended:

Eligibility for ENGL-122 or equivalent

This course examines the historical and cultural context of disability issues and integrates international perspectives on the changing roles of people with disabilities. The legal and functional definitions of physical, communicative, sensory, psychological, neurological, and developmental disabilities will be covered. Acquired versus congenital disabilities will be differentiated, and all forms of chronic/ progressive illnesses will be explored. CSU, UC

SPEDU 101 T 8/27-12/17, No class 11/26

6-9pm Rm 106 Cost:TBA DVC

For DVC registration and pricing please contact:

Nicole Gomes at ngomes@dvc.edu or 925-969-2217

*This class is held at the Del Valle Education Center, 1963 Tice Valley Blvd, Walnut Creek CA, 100 Building

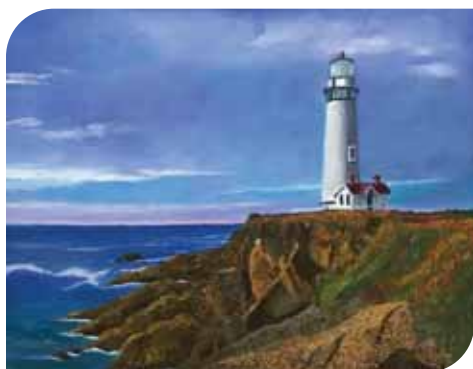


Art Classes



Acrylic & Oil Painting - 10 classes
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.

280222 F 9/13-11/15 9am-Noon
Rm 107 Reg \$170/Seniors \$153 Antkowiak



Art Lab - 10 classes
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.

280425 F 9/13-11/15 12:30-3:30pm
Rm 107 Reg \$170/Seniors \$153 Antkowiak

Mosaic Art - 10 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 provides 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. \$30 material fee is paid to the instructor. Students will have additional material costs depending on their projects.

280522 W 9/11-11/13 6-9pm
Rm 108 Reg \$150/Seniors \$135 Silverman

Holidays 11/11, 11/25-11/29

Portraits & More... - 9 classes
Learn the basics of creating an oil portrait by beginning with exercises to improve accuracy in rendering facial features. Finish with a portrait in burnt umber and apply color if time allows. Color theory will be discussed, and exercises will increase color mixing skills. Materials list provided at first class. Price includes 2 canvas & 1 brush. Prerequisite: Some oil experience.

280227 Th 9/26-11/21 1-4pm
Rm 107 Reg \$160/Seniors \$144 Nicholson

Drawing Made Easy - 10 classes
If you can hold a pencil and write or print your name, you CAN learn to draw. 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. Open to all levels. Have fun while you learn. Bring 8 x 10 or larger sketchbook and pencils to start.

280420 Th 9/12-11/14 9-11:30am
Rm 107 Reg \$140/Seniors \$126 Antkowiak

Watercolor - 10 classes
Take the fear out of watercolor. Step-by-step demonstrations, individual help, and critiques are offered each day. Learn essential techniques: color mixing, designing a painting with a variety of subjects. Emphasis is on design elements and the development of individual projects. Supply list provided at first class.

067125 M 9/9-11/18 9:30am-12:30pm
Rm 107 Reg \$170/Seniors \$153 Strout

067126 M 9/9-11/18 1-4pm
Rm 107 Reg \$170/Seniors \$153 Strout



Wednesday Art Lab - 9 Classes **N**
Need inspiration? Just need time to paint or finish projects? Bring your oil or acrylic painting projects and work in a supportive atmosphere. Instructor is ready and willing to help! Constructive critiques by instructor or class if desired.

280429 W 9/25-11/20 1-4pm
Rm 107 Reg \$150/Seniors \$135 Nicholson

PC Classes **N**

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, spellcheck, topic outlining, and photo insertion. Windows 10 skills and Flash Drive are required.

245221	Th	Oct 17, 24, 31	1:30-3:30pm	Rm 110	Reg \$40/Seniors \$36	Wilson
245223	M	Nov 18, Dec 2, 9	1:30-3:30pm	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.

245222	M	Oct 14, 21, 28	1:30-3:30pm	Rm 110	Reg \$40/Seniors \$36	Wilson
245224	T	Nov 19, Dec 3, 10	1:30-3:30pm	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, charting, and membership directory. Windows 10 skills and Flash Drive are required.

245225	T	Oct 15, 22, 29	1:30-3:30pm	Rm 110	Reg \$40/Seniors \$36	Wilson
245227	Th	Nov 21, Dec 5, 12	1:30-3:30pm	Rm 101	Reg \$40/Seniors \$36	Wilson

PC Fundamentals - 2 classes **N**

Learn how to become comfortable with Windows 10 in the use of email, browser, Taskbar, Start Menu, File Explorer, and Programs.

245226	M, W	Sept 9, 11	10am-Noon	Rm 110	Reg \$30/Seniors \$27	Wilson
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Import Photos and Email Attachments **N**

2 classes

This class has two hands-on objectives: How to transfer photos to a Windows 10 PC, and how to attach/download photos to/from email. Windows 10 operating skill and use of File Explorer are required pre-requisites.

245228	T, W	Oct 1, 2	10am-Noon	Rm 110	Reg \$30/Seniors \$27	Wilson
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Data Backup & Transfer - 1 class

Learn options for backing up your computer and transferring to/from PC and other storage devices including cellphone and camera.

245229	T	Sept 24	10am-Noon	Rm 110	Reg \$20/Seniors \$18	Wilson
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Managing Files & Folders - 2 classes

In-depth use of Windows 10 File Explorer to manage files and folders. Required pre-req is PC Fundamentals class or equivalent experience.

245220	M, W	Sept 16, 18	10am-Noon	Rm 110	Reg \$30/Seniors \$27	Wilson
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Apple Classes

Bring your devices to class, and make sure they've been updated to the latest version of macOS or iOS.

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.

246325 Th, F 10/10-11/1 9:30-11:30am
Rm 110 Reg \$120/Seniors \$108 Matthews



iPad 101 - 8 classes

For most people, most of the time, an iPad is all the computer you need. It can be used not only to consume content such as looking at pictures, watching video, reading a book, doing email, or browsing the web but also to create content. And for power users, the iPad takes a major step forward with iPadOS with improvements to multitasking, text selection, typing, and more. Bring your iPad updated to iPadOS and learn how to make the iPad do more for you.

246321 Th, F 11/7-12/6 9:30-11:30am Rm 110 Reg \$120/Seniors \$108 Matthews



What's New with iPadOS - 2 classes **N**

2019 will be a big year for the iPad because Apple has added a slew of new features and capabilities to the new version of iPadOS. While built on the same foundation as iOS, using an iPad has become a truly distinct experience. Multi-tasking is more powerful, the home screen has been improved, and many gestures have been enhanced to make working with text and files easier. Come see what's new and bring along your iPad updated to the current version of iPadOS.

246324 M, T 11/4-11/5 9:30-11:30am
Rm 110 Reg \$30/Seniors \$27 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. Photos is one of the most-used apps on all of Apple's products and for good reason: it preserves our most precious moments. Machine learning has made the Photos app even more valuable by making searching easier, automatically surfacing pictures from the past, and assembling photos into slideshows. Bring your Apple device, updated to the latest version of system software.

246326 M, T 10/14-10/15 9:30-11:30am Rm 110
Reg \$30/Seniors \$27 Matthews
246327 M, T 12/9-12/10 9:30-11:30am Rm 110
Reg \$30/Seniors \$27 Matthews

Pages and Numbers - 4 classes **N**

Did you know that Apple makes its own word processor (called Pages) and spreadsheet (called Numbers)? You can make sensational looking documents and spreadsheets(!) with Pages and Numbers. You can also open Word and Excel files in them or use them in a web browser on a Mac or PC. Download the apps from the App Store before the class, they're free!

246526 Th, F 9/12-9-20 9:30-11:30am Rm 110 Reg \$60/Seniors \$54 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 watchOS 6 and iOS 13, respectively, and find out how to escape your phone from time to time.

246421 M, T 10/21, 22, 28, 29 9:30-11:30am Rm 110 Reg \$60/Seniors \$54 Matthews



What's new with iOS - 2 classes **N**

iOS 13 introduces a bold new look, major updates that make your iPhone even faster and more delightful to use. Come see what's new and bring along your iPhone updated to iOS 13.

246527 F 10/11-10/18 Noon-2pm Rm 110
Reg \$30/Seniors \$27 Matthews

An a Day!

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 the class. All 1 day classes in Room 110, Reg \$20/Seniors \$18, 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 so you always have access to what you want, wherever you want it. Even if you have only one Apple device, iCloud can be a vital service for you.

246320 F 9/13 Noon-2pm

Sharing with iCloud - 1 class

iCloud makes it easy to share things with other iCloud users or members of your family such as calendars, reminder lists, photos, and subscriptions to Apple's various services. We'll run through the possibilities.

246323 F 9/20 Noon-2pm

Wallet and Apple Pay - 1 class **N**

Apple is steadily working to move everything in your physical wallet to a digital wallet on your iPhone. If you want to make it easier to pay for things, bring your iPhone and Apple Watch to this class and get them set up for Apple Pay.

246328 M 9/23 9:30-11:30am

Staying Safe with Apple Products - 1 class **N**

Passwords, encryption, fingerprint sensors, VPN.... We'll discuss how to use Apple's products and services to keep you safe as well as some best practices.

246322 F 9/27 9:30-11:30am

Problem? Solved! - 1 class **N**

If you rather not wait in line at the local Genius Bar to get your Apple question answered, give this class a whirl. We guarantee you'll learn something new.

246323 F 9/27 Noon-2pm

Messages...and More - 1 class

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

246528 T 11/12 9:30-11:30am

Maps: An Atlas in your Pocket - 1 class **N**

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.

246329 M 11/18 9:30-11:30am

What's a Podcast? - 1 class **N**

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

246422 F 11/15 Noon-2pm

You have Email - 1 class **N**

Whether you're distributing a newsletter, sharing a photo, or just saying hi, email can be the right tool for the job. We'll use Apple's Mail app to cover the basics, the nuances, and the new features in macOS Catalina, iOS 13, and iPadOS.

246423 F 11/22 Noon-2pm

Hey, Siri! - 1 class **N**

Siri 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. And with Apple's new Shortcuts app you can have your iPad or iPhone handle a myriad of tasks with the sound of your voice.

246424 F 12/6 Noon-2pm



Fitness & Health

Emotional Harmony Qigong - 10 classes

Based on the Five Elements of Chinese Medicine, the Emotional Harmony Qigong form uses sounds, colors, movements, and visualizations for body/mind/spirit harmony. Class includes practices to align the body, improve breath awareness, and foster strength and flexibility, as well as self-care acupressure points for enhancing energy and immune system. *No class 10/8
 292320 T 9/10-11/19* 9:45-10:45am
 Rm 304 Reg \$50/Seniors \$45 Elise Ching

Body Balance - 13 classes **N**

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. Find balance in your body by improving strength and flexibility, is the core aim of this class. Please bring light weights and a mat. *No class 11/15 and 11/29

292425 F 9/13-12/13* 8-9am Rm 304 Reg \$60/Seniors \$54 Lie



Heartbeats - 27 classes

This class offers low impact aerobics, stretching, balance and much more. We will get our heart rates up and have some fun in the process. We will also focus on improving strength and balance. Over time, expect to see and feel results, including a renewed level of fitness, increased stamina, and flexibility. Bring a mat, towel, and two weights (10 lbs or less).

292327 M, W 9/9-12/18 8:30-9:30am
 Rm 304 Reg \$120/Seniors \$108 McGranahan

Stretch Strength Balance

19 classes

Join this twice-a-week session of strength, stretching and balance-training to maintain and improve your quality of life. 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.

291120 M, W 9/9-11/13
 10-11:15am Rm 304
 Reg \$110/Seniors \$99 Piaggio-Weiss



Yoga Classes

Students supply their own mat for these classes..



Yoga 101

These 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 :) Students supply their own mat for these classes.

292223	W	9/11-12/18, 14 classes	11:30-12:45pm	Rm 304	Reg \$110/Seniors \$99	Laws
292224	W	9/11-11/13, 10 classes	5-6pm	Rm 304	Reg \$60/Seniors \$54	Laws
292228	F	9/13-12/20, 14 classes	9:15-10:30am (new time)	Rm 304	Reg \$110/Seniors \$99	Laws

Hatha Yoga for Strength and Balance - 14 classes

This yoga class is open to all levels, whether you are new to yoga or an experienced practitioner. Thru a combination of postures and breath, we will focus on increasing core strength and improving balance, with a strong emphasis on keeping our shoulders, elbows and wrists injury free. Students should bring their own mat.

292220	T	9/10-12/17	8:30-9:30am	Rm 304	Reg \$70/Seniors \$63	McGranahan
292225	Th	9/12-12/19	8:30-9:30am	Rm 304	Reg \$70/Seniors \$63	McGranahan

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.

292226	Th	9/12-11/14, 10 classes	11:15-12:30pm	Rm 304	Reg \$80/Seniors \$72	Piaggio-Weiss
292229	F	9/13-12/20, 14 classes	10:45-Noon	Rm 304	Reg \$110/Seniors \$99	Laws

Restorative Yin Yoga - 10 classes N

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.

292221	Th	9/12-11/14	9:45-11am	Rm 304	Reg \$80/Seniors \$72	Lewis
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Therapeutic Inspired Yoga - 10 classes

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 benefit to all participants.

292324	M	9/9-11/18	11:30-12:45pm	Rm 304	Reg \$80/Seniors \$72	Piaggio-Weiss
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Holidays 11/11, 11/25-11/29



Basic Floral Design - 10 classes

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 \$25 material fee is paid to the instructor. Students will have additional material costs depending on their weekly floral arrangements. (The instructor is bilingual, English and Spanish.)

040120 T 9/10-11/12 9am-Noon Rm 108 Reg \$180/Seniors \$162 DePaz
 040122 T 9/10-11/12 12:30-3:30pm Rm 108 Reg \$180/Seniors \$162 DePaz

Floral Design CTE

Multi Level Floral Design - 10 classes

This class includes modern and wedding floral design courses. Students wanting to learn Ikebana (Japanese flower arrangements) are welcome. A 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.

040123 W 9/11-11/13 9:30-12:30pm Rm 108 Reg \$180/Seniors \$162 Nagata

Advanced Floral - 10 classes

This class is appropriate for more advanced students working towards a floral design certificate or students wanting to learn Ikebana (Japanese flower arrangements). A lab fee of \$25 will be due on the first day of class for class supplies. Students will have additional material cost depending on their weekly floral arrangements.

040127 W 9/11-11/13 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

C.O.P.E. Family Support Center

Family Transitions Triple P - 6 classes **N**

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.

061125 M 9/23-10/28 6:30-8:30pm Rm 102 \$150 per adult



Anger Management Classes - 12 classes **N**

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. *No class 11/26

061123 T 9/17-12/10* 6:30-7:30pm
 Rm 102 \$340 per adult

Classes held at the Del Valle Education Center, 1963 Tice Valley Blvd, Walnut Creek CA, 100 Building

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.

Fall Classes M-Th, 9/9-12/12, 2019

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.

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.

Register online for a testing date:

www.acalanes.k12.ca.us/adultedonlineregistration

Testing Dates:

Thursday 8/22 @ 9:30am
Tuesday 8/27 @ 6pm
Wednesday 8/28 @ 12:30pm
Thursday 8/29 @ 9:30am
Tuesday 9/3 @ 12:30pm
Wednesday 9/4 @ 6pm

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

New World of Work Classes

Earn Digital Badges after completion Lesson 1 & 2. Classes taught by Darryl Coachman and Nicole Gomes.



Social/Diversity Awareness ^N

Lesson 1 - Gender & Ethnicity:
Learning the following concepts; Respectful of differences in other's backgrounds and beliefs in local communities and world at large. And uses of social or cultural differences to help expand the concept of what is "normal" and uses this to generate new ideas.

NW2620 Th 9/26 9:30-11am Room 401

Resilience ^N

Lesson 1 - Growth Mindset:
Believes in personal growth and change by seeing new knowledge and skills a way of life, not just one-time thing. Set priorities and goals, anticipate possible consequences, and has back-up plans.

NW2624 Th 10/24 9:30-11am Room 401

Digital Fluency ^N

Lesson 1 - Online Presence & E-Resumes:
Understands the right and wrong, both morally and legally, in using or sharing any documents, pictures, programs, or access to personal or private information. Uses online tools like Google and YouTube to find data, information, answer a question, or help solve a problem. Can determine the usefulness of sources.

NW2626 Th 11/14 9:30-11am Room 401



ESL Citizenship No Fee

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 9/11-11/13 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 June 3, 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 Intersession 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

Fall 2019 W, Th
9/11-11/21 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 online at GED.com and select a test location within Contra Costa County. 015820 W, Th 9/11-11/21 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.

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 / / Male Female
 month day year

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

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 _____ CVV Code _____



On-Line Registration:
www.acalanes.k12.ca.us/adultedonlineregistration



Follow us on Twitter @acalanesadulted





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ECRWSS EDDM

DIRC Lectures - 6 lectures **N**

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 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 Acalanes Adult Education.

See our website for Topics for Fall 2019:

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

050320 W 9/11-10/16 7-9pm

Rm 401 \$40 or \$8 per lecture Compagno

Exploring Current Events - 10 classes **N**

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.

065021 T 9/10-11/12 1-2:30pm

Rm 103 Reg \$40/Seniors \$36 Lazarus

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

Residential Customer



Reel-to-Real Talk: Creative Film Forum

Film Forum: Reel Black Experiences. Course focuses on films that address the story of race in America from the 1930s to the Present. By analyzing literary elements and cinematic techniques, and by addressing historically-based issues, we will present a tapestry of narrative and documentary films that capture the "reel to reel" essence of the Black American experience in America. Join a group of film enthusiasts who actively participate in lively post-viewing discussions!

Fall 2019 Tentative Schedule:

Reconstruction: American After the Civil War; Heaven's Fall; To Kill a Mockingbird; A Lesson before Dying; Boycott; Raisin in the Sun; Selma; American Violet; The Hate You Give; The Butler

231525 T 9/10-11/12 9:30am-1pm

Rm 401 Reg \$140/Seniors \$126 Thorner

231529 Th 9/12-11/14 9:30am-1pm

Rm 108 Reg \$140/Seniors \$126 Thorner

