# ADULT EDUCATION

at Del Valle Education Center - Winter Quarter Starts 1-5-21



# To Our Acalanes Adult Education Community,

Since 1945, Acalanes Adult Education (AAE) has provided educational opportunities to the residents of Lafayette, Moraga, Orinda, Walnut Creek and surrounding communities. AAE fosters lifelong learning, meeting the needs of a student body diverse in age, background, and interests, by providing a stimulating curriculum delivered by a qualified, supportive, and dedicated staff. Given these current times, the staff at AAE are grateful for the continued support of our community of learners and our steady enrollment during Fall, 2020 through our Distance Learning model.

As always, the health and safety of our students and staff are paramount. We are eager to present our Winter class offerings and know AAE will continue to follow the guidance from state and local health officials, and follow the guidelines established by our District.

In preparation for this Winter brochure, staff were surveyed and overwhelmingly wish to continue offering courses through Distance Learning. Should we be able to begin allowing limited face-to-face instruction, AAE has a plan in place and class sizes will be limited to not more than 15 students to allow for proper social distancing and some classes may be offered in a hybrid face-to-face and online format.

Enhanced Health and Safety Measures(Please see page 1 for explicit details):

Physical distancing and capacity measures

Cleanliness and sanitization

Screening and prevention support

Please note we will be adjusting our refund policy to properly address the current situation, so please refer to page 1 for our current, modified refund policy. AAE will continue to offer online registration where students may enroll in classes and pay the course fees with Discover, MasterCard, Visa and we now accept American Express. 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 Winter, 2021 term.

Thank you,

Steven France, Director

Steven France

Registration

Winter Registration starts: 11/12/20 at 8am

**Office Hours** 

Due to COVID-19 we're available by phone & email

Rooms:

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

Calendar

1/5 - Winter Quarter Begins 1/18 - No School

2/12 - Holiday Closed 2/15 - Holiday Closed

3/12 - No School

Contact

(925) 280-3980 Ext 8001 Fax (925) 280-3981

E-mail: adulted@auhsdschools.org Web: www.auhsd.org/adulted

**Campus Location** 

**DVEC**: Del Valle Education Center Acalanes Adult Education

1963 Tice Valley Blvd, Walnut Creek

300 Building Classrooms 303-304 Classrooms 201-210 Classrooms 101-114

Parking Lot Main

Office

400 Building Community Room Top Level Rooms 401-403 Lower Level Rooms 420 & 421

Del Valle Theatre

Parking Lot

# **Enrollment, Fees, and Refund Policy**

**New Refund Policy:** All requests for refunds must be made in writing (email accepted). Refund of fees will only be given if requested at least 72-hours before the first scheduled class meeting. There is a \$25 service fee for cancellations. No refunds will be granted after class start date. A complete refund (no processing fee) will always be made if AAE cancels a class. Please choose your classes carefully.

**Enrollment:** All persons 18 years of age or older may enroll in adult education classes with no residency restrictions.

Fees: Fees are based on a minimum number of enrolled students. Fee-based classes may be canceled, hours reduced, or fees increased if minimum enrollments are not achieved. No discount is given for classes missed for any reason.

Forms of Payment: Cash, check, or credit card (Visa, MasterCard, Discover, and AMEX) are accepted forms of payment at Acalanes Adult Education. A bank fee applies on all returned checks.

**Senior Discount:** Persons 65 years of age or older receive a 10% discount for classes.

# Extenuating Circumstances Refund Policy due to Unforeseen Events (i.e. pandemic) and/or Natural Disaster:

Due to the fluid nature of unforeseen events (i.e. pandemic) and/or natural disasters, an extenuating circumstances refund policy may apply for course fee refunds.

**Class Cancelled:** Automatic refunds (no processing fee) will be processed by AAE if a class is cancelled due to the unforeseen event and/or natural disaster.

**Class Postponements:** If a class is postponed due to the unforeseen event and/or natural disaster, and you are unable to attend the postponed class as scheduled, a full refund (no processing fee) will be granted provided students notify the AAE office within 72-hours of class postponement announcement.

Class Instructional Platform Change: If the class instructional platform is changed due to the unforeseen event and/or natural disaster (i.e. face-to-face changed to online/distance learning, etc.) and a student has already attended the initial class instruction, but now wishes to cancel the class due to the change of instructional platform, a prorated refund will be issued and a \$25 service fee will be applied.

**Canvas** - Acalanes Adult Education will continue to use Canvas and classes will be held online through Zoom.

# Enhanced Health and Safety Measures - AAE

All students, staff, and community members are to follow all posted instructions while visiting the Del Valle Education Center. Of note, an inherent risk of exposure to COVID-19 exists in public locations where people are present.

We kindly request all students, staff, and community members adhere to the following guidelines when visiting the Del Valle Education Center and Acalanes Adult Education classes:

- Face coverings must be worn at all times on the DVEC campus.
- Desks will be spaced six (6) feet apart and all will be facing the same direction.
- Classrooms in the 100-wing will be able to accommodate a maximum of 15 students.
- The exercise room in the 300-wing will be able to accommodate a maximum of 20 students.
- Wash hands often with soap and warm water for 20-seconds.
- If soap and water are not available, alcohol-based hand sanitizer will be available in the hallways and classrooms.
- Students, staff, and community members should utilize these stations upon entering buildings and classrooms.
- Sharing of food and coffee/tea, etc. will not be permitted in classrooms.

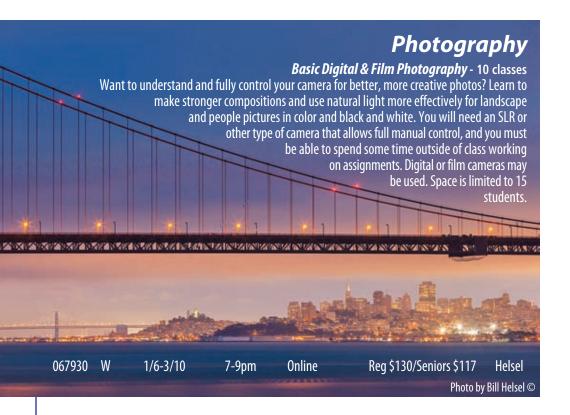




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# **Adventures in Creative Photography - 8 classes**

A class for those already familiar with their camera's essential controls and able to make basic adjustments in image-editing software. Want to expand your photographic horizons with some new subjects and techniques? We'll explore both conceptual and traditional subjects with inspirational slide shows, assignments open to personal interpretation, and critiques of your work, and have a lot of fun along the way. Space is limited to 12 students.

067932 Th 1/7-2/25 7-9pm Online Reg \$100/Seniors \$90 Helsel



# 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 guestions and issues. 266133 Th 2/25 6:30-8pm

**TBA** Reg \$25/Seniors \$22.50 Noceti



# Savvy Social Security Planning for Couples

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. 266132 W 1/13 6:30-8pm Reg \$25/Seniors \$22.50 Noceti 3/10 6:30-8pm

TBA 266136 Reg \$25/Seniors \$22.50 TBA Noceti

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

# **Money Management**



# 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.

057531 Th 1/21 & 1/28 7-9pm

**TBA** 

Reg \$40/Seniors \$36

McFalone



# An 嘴 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 coming to class.



### **Problem? Solved - 1 class**

Have you hit a roadblock while using your Apple device? Ever wondered how somebody sent you a talking T-Rex via the Messages app? Need a refresher on customizing the appearance of your iPhone screen? And why won't your email sync properly? Bring your questions, we'll try to figure out the answers. 246430 M 1/11 1:30-3:30pm TBA Reg \$20/Seniors \$18 Matthews

# **All about Subscriptions** - 1 class

Subscriptions are everywhere. Software companies are using them in lieu of one-time sales and upgrades. Purchasing albums and individual tracks is rapidly giving way to music subscriptions. Non-traditional media outlets such as Netflix and traditional channels such as CBS are offering programming via subscription. Even Apple, Disney, and others have created standalone streaming channels. Come find out how to make sense of it all.

246431 F 1/22 9:30-11:30am TBA Reg \$20/Seniors \$18 Matthews



# Wallet And Apple Pay - 1 class

Think about all the things you carry in your wallet. Apple has a goal: replace it all with the Wallet app on your iPhone. Whether it's digging up your AAA card, buying movie tickets, or paying for your groceries, you can do it with the Wallet app and Apple Pay. Bring your iPhone and Apple Watch and we'll help you get set up and ready to go.

246434 F 1/22 Noon-2pm TBA Reg \$20/Seniors \$18 Matthews

# **All About iCloud** - 1 class

Think of iCloud as the glue that holds all your Apple devices together, syncing information like contacts between all your devices. iCloud also lets you share photos, documents, and calendars with other iCloud users. You can use iCloud to store documents as well as all your photos and videos. And iCloud also includes vital services like Backup and Find My. Bring your Apple devices, updated to the latest version of their operating system, to find out what iCloud can do for you.

246330 M 2/22 1-3pm TBA Reg \$20/Seniors \$18 Matthews

Ob-La-Di, Ob-La-Da - 1 class

At one time or another, music has been a part of every human being's life. You've probably grown up with radio, vinyl 45s, albums, CDs, an iPod, online purchases, and now streaming and subscriptions. It all still boils down to this: What's the best way to listen to the music we love? Bring your Apple devices, updated to the latest version of their operating system, and we'll get them humming (groan).

246532 M 3/1 1-3pm TBA Reg \$20/Seniors \$18 Matthews



# Hey, Siri! - 1 class

You probably know Siri as the voice assistant that runs on your Apple device. It can do things for you, like open applications, schedule meetings, look up sports scores, and play music. But Siri also watches what you do in the background and offers suggestions, such as apps you may want to open or directions to your next calendar event. Come learn how Siri can make your life just a little bit easier.

246432 W 3/3 1-3pm TBA Reg \$20/Seniors \$18 Matthews

### **Mind Your Health** - 1 class

Your iPhone can collect health data about you, including daily footsteps and the flights of stairs you climb. Pair your iPhone with an Apple Watch, and it can perform periodic heart rate measurements. Third-party apps can also track additional data. Your iPhone can also download health records and contain your Medical ID, including emergency contacts. Bring your iPhone and Apple Watch, updated to the latest version of their operating system.

246534 M 3/8 9:30-11:30am TBA Reg \$20/Seniors \$18 Matthews

# What's New with the Mac - 1 class 🕦

The Mac remains Apple's most versatile computer and with the release of macOS Big Sur it has a new level of power and beauty. We'll cover the major changes, including updates to Safari, Maps, and Messages; a refined new design, a revised Notification Center, the new Control Center, and much more. Students must bring their own Macs to this class updated to the latest version of macOS Big Sur.

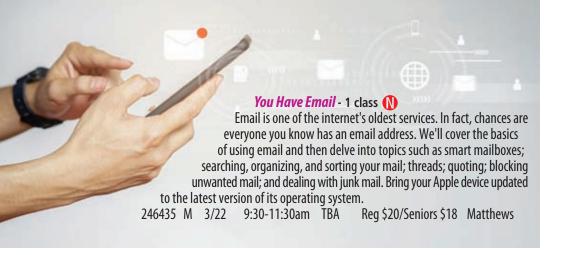
246533 W 3/10 9:30-11:30am TBA Reg \$20/Seniors \$18 Matthews



# **Keeping Track of People** - 1 class **(1)**

The Contacts app is probably the most boring app on your Apple device. But in many ways, it's also the most important. Your iPhone, iPad, or Mac is first and foremost a communications device. Think of all the ways you communicate with people (phone calls, email, video calls, texting) and it's the Contacts app that makes all of this easy. Bring your Apple devices updated to the latest version of their operating system and learn how the Contacts app can enhance the ways you communicate with others.

246433 Th 3/11 9:30-11:30am TBA Reg \$20/Seniors \$18 Matthews



### **Turning the Page on Calendars - 1 class**

Have you ever written an appointment on the calendar next to your desk, but not on the calendar hanging on your refrigerator and then missed the appointment? Does your paper calendar ruffle its pages when it's time to leave? Or tell you about traffic? An electronic calendar can solve all these problems. Bring your Apple devices, updated to the latest version of their operating system, and we'll show you how to keep track of all the people, places, and events in your life.

246531 W 3/24 9:30-11:30am TBA Reg \$20/Seniors \$18 Matthews





# Apple Classes 📹



### iPad 101 - 8 Classes, No class 2/12

In this eight-session class, we'll cover the basics of using your iPad. The beauty of the iPad is that it can become whatever you need it to be. It can be a book reader, music player, word processor, atlas, television, video camera, and more. It works with touch, but with many models of iPad you can add a pencil for drawing, a keyboard for extended typing, even a trackpad for cursor control. Bring your iPad (updated to the latest version of iPadOS 14) and learn how to get more out of this magical device. W, Th, F 246331 2/10-2/26 Noon-2pm TBA Reg \$120/Seniors \$108 Matthews



# Apple Watch 1:01 - 4 classes

Apple Watch is Apple's most personal device. Besides telling you exactly what time it is, you can also use Apple Watch to make phone calls, measure your heart rate, track a workout, find your way home, remind you to stand up, set a timer, pay for your groceries, and much more. Bring your iPhone and Apple Watch updated to iOS 14 and watchOS 7, respectively.

246333 W, F 1/6-1/15 9:30-11:30am TBA Reg \$60/Seniors \$54 Matthews

# **Learn Pages on the Mac** - 3 classes

Pages is Apple's word processor and it runs on the Mac, iPad, iPhone, and in a web browser. You can create beautiful documents, including newsletters, flyers, certificates, basic letters, and books. It can even open Word documents and save its own files as Word documents. And did we mention that it's free? Bring your Mac updated to the latest version of macOS and find out why Pages might be all the word processor you'll ever need.

246334 W,Th, F 3/3-3/5 10am-Noon TBA Reg \$40/Seniors \$36 Matthews

# Learn Numbers on the Mac - 3 classes

Numbers is Apple's free spreadsheet application and it runs on the Mac, iPad, iPhone, and in a web browser. You start in Numbers from either a template or with a blank canvas within which you place tables wherever you like. Numbers allows you to be creative with stylized text and graphics and it will open Excel files and save its own spreadsheets in Excel format. If you need a spreadsheet on the Mac, come see why Numbers fits the bill. Bring your own Mac updated to the latest version of macOS Big Sur.

246335 W, Th, F 2/3-2/5 Noon-2pm TBA Reg \$40/Seniors \$36 Matthews

# **Cover Story**

Now, more than ever is the perfect time to go for drive along the California coast. In winter male brown pelican's display breeding plumage. By March they will disappear to breed on offshore islands through the end of summer. Wingspans can reach 7-1/2 feet. Male brown pelican photo by Dean Jaggar.

Exposure data: 1/1250 sec, f6.3, ISO400, 600mm lens.





# 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 1b - 11 classes, Prerequisite French 1a or equivalent.

A beginning French course focusing on basic grammar and vocabulary, pronunciation, and comprehension. Classes have written and verbal activities to introduce and practice both written and spoken French. This is a continuation of French 1A. (Textbook required. Please contact the instructor for information on ordering the book.)

234430 W 1/13-3/24 12:30-2:30pm Online Reg \$140/Seniors \$126 Wang-Axelrod

# French 2b - 11 classes, Prerequisite French 2a or equivalent.

This class will be a continuation of the French 1 course and will concentrate on helping the students communicate at a more intermediate level, using more complex sentence structure. They will also read short stories about French culture and history. (Textbook required. Please contact instructor for information on ordering the book: kwaeny@auhsdschools.org)

060431 Th 1/7-3/18, 11 classes 9:30-11:30am Online Reg \$140/Seniors \$126 Waeny 234532 Th 1/14-3/25, 11 classes 6:30-8:30pm Online Reg \$140/Seniors \$126 Wang-Axelrod

# French 3b - 11 classes, Prerequisite French 3a or equivalent

Students of French 3 will learn how to communicate by learning and using more complex grammar appropriate to this level. They will also read stories that complement what they have learned in this class.

060533 W 1/6-3/17 9:30-11:30am Online Reg \$140/Seniors \$126 Waeny

# French 3.5b - 9 classes, Prerequisite French 3.5a or equivalent

This course is a continuation of an entire year of French 3, emphasizing advanced grammar, speaking and reading.

060535 F 1/8-3/19 9:30-11:30am Online Reg \$120/Seniors \$108 Waeny

## French 4b - 9 classes, Prerequisite French 4b or equivalent

Students in French 4 will study more elevated grammar topics using a book with explanations and exercises entirely in French. They will also read short stories that complement what they are learning in the class. 060636 M 1/11-3/22 9:30-11:30am Online Reg \$120/Seniors \$108 Waeny

## French 5b - 11 classes, Prerequisite French 5a or equivalent

Students in French 5 will study more complex grammar topics using a book with explanations and exercises entirely in French. They will also read and discuss a novel appropriate for this level.

060838 T 1/5-3/16 9:30-11:30am Online Reg \$140/Seniors \$126 Waeny

### **Advanced French** - 11 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. Grammaire Progressive du Français - intermédiaire - 4éme édition de Maïa Grégoire et Odile Thiévenaz - ISBN 978 209 038103 0, 13 á Table - nouvelles - édition 2020 - ISBN 978 2 266 30550 1

060930 W 1/13-3/24 9:30-11:30am Online Reg \$140/Seniors \$126 Maiden





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

During Distance Learning online classes will be held on Zoom for 2 hours, plus additional activities. Please note winter term is twelve weeks, and spring term is just eight weeks.

**Beginning Spanish 1a** 

12 classes, No Prerequisite 🚺

Focuses on pronunciation, basic grammar, short conversations, short readings and getting around. Beginning Spanish 1a & 1b condense a full year into two sessions; together they will meet the prerequisite of continuing on to Spanish 2a. Beginning Spanish 1b will be offered in Spring.

244430 T 1/5-3/23 9-11am Online Reg \$230/Seniors \$207 Rolfs

**Spanish 1b** - 12 classes

Prerequisite Spanish 1a or equivalent A continuation of Spanish 1a. This Spanish course focus on pronunciation, basic grammar, short conversations, and getting around.

244431 W 1/6-3/24 10am-Noon Online Reg \$230/Seniors \$207 Ruiz

**Spanish 2b** - 12 classes

Prerequisite Spanish 2a or equivalent.

This class will be a continuation of the Spanish 1 course and will concentrate on helping the students communicate at a more intermediate level, using more complex sentence structure. They will also read stories that complement what they have learned in this class.

244533 Th 1/7-3/25 10am-Noon Online Reg \$230/Seniors \$207 Ruiz

**Spanish 3b** - 12 classes

Prerequisite Spanish 3a or equivalent
Students of Spanish 3 will learn how to communicate
by learning and using more complex grammar
appropriate to this level. They will also read and
listen to stories that complement what they have

244632 T 1/5-3/23 10am-Noon Online Reg \$230/Seniors \$207 Ruiz

**Spanish 4b** - 9 classes

learned in this class.

Prerequisite Spanish 4a or equivalent Students in Spanish 4 will study more elevated grammar topics using a book with explanations and exercises entirely in Spanish. They will also read and listen to stories that complement what they are learning in the class.

244734 M 1/11-3/22 10am-Noon Online Reg \$170/Seniors \$153 Ruiz

**Spanish 5b** - 10 classes

Prerequisite Spanish 5a or equivalent.
Prerequisite 4 years of Spanish or equivalent.
Students in Spanish 5 will study more complex grammar topics using a book with explanations and exercises entirely in Spanish. They will also read and discuss a novel appropriate for this level.

244835 F 1/8-3/26 10am-Noon Online Reg \$190/Seniors \$171 Ruiz

Spanish Intermediate/Advanced Conversation

12 classes, Prerequisite 3 years of Spanish or equivalent

This course provides participants with the opportunity to practice their listening and speaking skills in Spanish. 244739 W 1/6-3/24 1-3pm Online Reg \$160/Seniors \$144 Ruiz

**Spanish Advanced Conversation & Literature** - 9 classes, 6 years of Spanish or equivalent Online class using Zoom or similar platform for two hours at an advanced level of reading and conversation plus an hour of additional activities. Virtual classes include conversation and small group discussion based on

short stories, books, and topics of Hispanic culture, politics, and current events, plus grammar review and vocabulary enhancement. Additional offerings support and augment virtual class activities.

 062237
 M
 1/11-3/22
 10am-Noon
 Online
 Reg \$170/Seniors \$153
 Taylor

 062238
 M
 1/11-3/22
 1pm-3pm
 Online
 Reg \$170/Seniors \$153
 Taylor



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

# *Italian For Travelers* - 11 classes. No prerequisite

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 242139 W 1/13-3/24 1:30-3:30pm Online Reg \$140/Seniors \$126 Piaggio

# Italian 1b - 12 classes, Prerequisite Italian 1a

This communicative Italian course focuses on conversation and aids students with pronunciation and a grasp of basic grammar. Audio and video tools are supplied and the emphasis is given to listening, speaking, and comprehension of basic, hands-on Italy.

 242137
 W
 1/6-3/24
 9:30-11:30am

 TBA
 Reg \$150/Seniors \$135
 Falcone

 242138
 W
 1/6-3/24
 6:30-8:30pm

 TBA
 Reg \$150/Seniors \$135
 Falcone

# Italian 2b - 12 classes, Prerequisite Italian 2a or equivalent

This class is the continuation of Italian 1. It will focus on situation-specific conversation practice inspired by travel needs. Language practice will also focus on short stories, video's, and other media, spotlighting Italian culture and history.

242436 Th 1/7-3/25 6:30-8:30pm TBA Reg \$150/Seniors \$135 Falcone

# Italian 3b - Prerequisite Italian 3a or equivalent Students of Italian 3 will learn how to communicate by learning and using more complex grammar appropriate to this level. They will also read stories, watch short movies, listen to recorded material that complements what they have learned in this class. Short, easy conversations will be also included in class activities.

242530	Th 1/14-3/25, 11 classes	1:30-3:30pm
Online	Reg \$140/Seniors \$126	Piaggio
242533	Th 1/7-3/25, 12 classes	4-6pm
TBA	Reg \$150/Seniors \$135	Falcone

# **Italian Intermediate** - 11 Classes, Prerequisite 4 years of Italian or equivalent

Students study more elevated grammar topics using a book with explanations and exercises entirely in Italian. They will also read short stories, watch short movies, listen to recorded material that complements what they have learned in this class. Easy conversations will be also included in class activities.

242739 W 1/13-3/24 6-8pm Online Reg \$140/Seniors \$126 Piaggio

## Italian Intermediate Conversation - 12 classes, Prerequisite 3 years of Italian or equivalent

News stories, film clips, television and culture-based features in Italian are the springboard for discussion in this conversation class. Each week, there is a brief review of grammar rules to round out this course.

242836 F 1/8-3/26 9-11am TBA Reg \$150/Seniors \$135 Falcone

# Italian Intermediate Conversation and Grammar Review

# 11 classes, Prerequisite 4 years of Italian or equivalent

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

242838 Th 1/14-3/25 7:30-9pm Online Reg \$140/Seniors \$126 Piaggo

### **Italian Advanced Conversation**

# 11 classes, Prerequisite 6 years of Italian or equivalent

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

242837 Th 1/14-3/25 6-7:30pm

242837 Th 1/14-3/25 6-7:30pm Online Reg \$140/Seniors \$126 Piaggo



# **German Language**

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

# **German 1b** - 10 classes, Prerequisite German 1a or equivalent

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

061230 T

1/12-3/16

Online

Reg \$130/Seniors \$117

Brandeberry

### **German 2b** - 10 classes, Prerequisite German 2b or equivalent

1-3pm

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

061232 Th

1/14-3/18

9:30-11:30am Online

Reg \$130/Seniors \$117

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.

061239 Th 1/14-3/18 1:15-3:15pm Online Reg \$130/Seniors \$117 Brandeberry

### German Advanced Conversation & Literature - 11 classes

Students in this class will converse with their classmates about current events and other topics of interest. We will review grammar topics appropriate for this level and read various articles and pieces of literature. 061335 W 1/6-3/17 1-3pm Online Reg \$140/Seniors \$126 Waeny



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 \$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.) 040130 T 1/12-3/16, 10 classes 9am-Noon TBA Reg \$180/Seniors \$162 Depaz





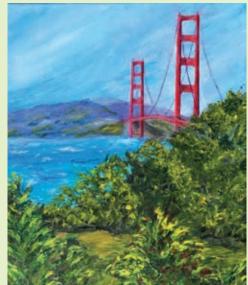
Art Lab

This online art course allows you to be creative in your own home and have fun in the process! Whether you are using oil paints, acrylics, watercolor, pastels or pencils, this course is designed for you to work on your own projects in a supportive atmosphere. Inspiration and information are available at your fingertips! There are several online "modules" that you can access, such as composition, color theory, perspective, painting suggestions, tips and more. There are also challenges for those of you who want to push yourselves to learn a new technique. Instructor is available to answer questions and will provide short demonstrations on various topics. Constructive, supportive critiques are available if desired. Friendly faces and lots of fun to be had! Come join us! 280432 1/6-3/17, 11 classes 1-4pm

280432 W 1/6-3/17, 11 classes 1-4pm Online Reg \$190/Seniors \$171 Nicholson 280435 F 1/8-3/26, 10 classes 1-4pm Online Reg \$170/Seniors \$153 Nicholson









No School /Holidays 1/18, 2/12, 2/15, 3/12

# **Special Interest**

# **Creative Writing** - 10 classes

What words or message might be bubbling up inside you? What would you like to bring to voice? Whether or not your writing path is clear, you are invited to join a class community in which you can develop ideas, skills, and creativity. Before each class you access the Canvas platform for a brief presentation of a writing concept and an invitation to a writing exercise. In our Zoom class we present both our short writing exercise and a longer piece of our ongoing (or new) writing work. Either or both can be whimsical or serious prose, poetry, fiction, non-fiction, memoir, essay all writing styles are welcome. Finally, we follow a supportive critique process that encourages us to HAVE FUN WRITING! 065330 1/13-3/17 6:30-8:30pm **Online** Reg \$130/Seniors \$117Henderson 065337 Th 1/14-3/18 12:30-3pm Online Reg \$160/Seniors \$144 Henderson



# Written on the Body - 6 Classes

A physiological approach to creative writing, using awareness exercises to prompt the imagination. Don't let those words scare you: we will spend time quieting ourselves to better hear what the body wants to say. Perfect if we are still in quarantine! Students choose their genre: poetry or prose. Examples from literature and journalism will add inspiration (from inspire, "breathe-in").

205335 T 1/19-2/23 1:30-3:30pm Online Reg \$60/Seniors \$54 Dresser



# Feng Shui for Prosperity - 3 Classes

In this class 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. This is a fun, hands-on class using a floor plan of your house to personalize your experience. (Limit 12) 057439 Th 1/14-1/28 1-3pm TBA Reg \$50/Seniors \$45 McCullough

# 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.

057436 Th 1/14-3/18 6-9pm TBA Reg \$150/Seniors \$135 Klop

# **Beginning Genealogy** - 4 classes

This course continues from the Introduction course (taught in Fall). Topics covered will be research planning, gathering evidence, and using church, cemetery, and newspaper records. (No class 2/15)

270835 M 2/1-3/1 10am-Noon Online Reg \$50/Seniors \$45 Gorrell



# **Genealogy Workshop 2** - 4 classes

This course for intermediate to advanced researchers will cover techniques to solving tough research problems. Students will bring their own research problems to class for discussion. (No class 2/15)

270837 M 2/1-3/1 1-3pm Online Reg \$50/Seniors \$45 Gorrell



Students supply their own equipment (mat, blanket, belt, etc.) for these classes.

# Yoga

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:) Students supply their own mat and all other equipment.

**Morning Classes** 

292230	W	1/6, 1 class	11:30-12:45pm	TBA	Free - Introductory	Musser
292232	W	1/13-3/17, 10 classes	11:30-12:45pm	TBA	Reg \$80/Seniors \$72	Musser
292234	Th	1/7-3/25, 11 classes	9:45-11am	TBA	Reg \$90/Seniors \$81	Musser
292236	F	1/8-3/19, 9 classes	9-10:15am	TBA	Reg \$70/Seniors \$63	Musser

# **Restorative/Therapeutic** - 10 classes

Come join this new class taught by Jean McGranahan, Certified Yoga Therapist. Restorative yoga brings deep relaxation to both the body and mind. Therapeutic yoga combines restorative yoga (supported postures), gentle yoga, breathwork, and guided meditation techniques in such a way that it is an excellent choice for those who need something gentle yet effective for bringing the body into balance and reducing stress. Join us for this new class and start your weekend off in a good frame of mind. No yoga experience necessary. Please bring a yoga strap, 2 yoga blocks, a mat, and blankets. An intake form will be taken before the start of class to help address each student's individual needs.

292335	F	1/8, 1 class	9:45-11am	Online	Free - Introductory	McGranahan
292337	F	1/15-3/26, 9 classes	9:45-11am	Online	Reg\$90/Seniors \$81	McGranahan

# Hatha Yoga for Strength and Balance - 12 classes

Come join in this new yoga class that will focus on yoga postures to increase strength and balance with a strong focus on stretching and strengthening muscles. The class will focus on keeping the shoulders, elbows and wrists injury free. The class is open to all levels. Students supply their own mat and all other equipment.

292235	Τ	1/5-3/23	8:30-9:30am	Online	Reg \$70/Seniors \$63	McGranahan
292237	Th		8:30-9:30am		Reg \$70/Seniors \$63	



# Intermediate Hatha Yoga - 11 classes

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. Students supply their own mat and all other equipment.

292334 Th 1/14-3/25 11:30-12:45pm Online Reg \$90/Seniors \$81 Piaggio-Weiss



# Yoga Therapy - 9 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 benefits to all participants. Students supply their own mat and all other equipment. 292331 M 1/11-3/22 11:30-12:45pm Online Reg\$70/Seniors \$63 Piaggio-Weiss



# **Spiraling Dragon Qigong №** 10 classes

Learn Qigong practices for enhanced well-being during the work and play of life. Qigong movement opens and lubricates joints, prevents repetitive stress injuries, and brings enhanced comfort to your body. Breathing techniques help you breathe more effectively, benefit all the organs of your body, and enhance mental performance. Postural awareness helps to prevent back and knee problems and to bring more balance and ease in your body. Acupressure points help you access and affect Qi flow for self-healing and wellness. Meditation promotes inner harmony that affects your core and those around you.

292330 T 1/5-3/9 9:45-10:45am Online Reg \$50/Seniors \$45 Elise Ching

### **Heartbeats** - 19 classes

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

292337 M,W 1/6-3/17 8:30-9:30am TBA Reg \$100/Seniors \$90 Clark



# **Stretch Strength Balance** - 20 classes

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. Students will need a mat, towel, two weights (3 lbs or less), and one medium-strength tension band. Students supply their own mat and all other equipment.

291130 M,W 1/11-3/24 10-11:15am Online Reg \$130/Seniors \$117 Piaggio-Weiss



# The First of the Plantagenet's, Henry II - Henry III - 5 classes

First it was the Normans now it's the Angevian's. In this class we will discover how the next ruling family of England, the Plantagenet's, changed England. Henry II, grandson of William the Conqueror, is the first of the Plantagenet's who hails from Anjou France. As King of England Henry rules more territory in France than the King of France, he is responsible for much of our current legal system and instigated, intentionally or not, one of the most famous murders in history. His sons Richard the Lionheart and John Lackland have reputations as one of the best and the worst kings of England, are these reputations justified? And Henry's wife Eleanor of Aquitaine has a fascinating history all on her own. We will conclude our examination of the first half of the Plantagenet rulers with Henry III, who ruled over England for 50 years as a weak king who was forced to set up Parliament and was a great patron of medieval architecture.

222032 W 1/6-2/3 10am-Noon Online Reg \$ 70/Seniors \$63 Majerus



# Rise of the West in World History - 6 classes

This course begins with the civilizations of the Americas, Africa, and the Pacific Islands on the eve of the discovery of the New World. That discovery and the wealth that was extracted from the Americas completely changed the relationship of Western Europe to the rest of the world. The center of the world economy and civilization moved from the Middle East and the advanced civilizations of India and China to Western Europe. In Europe the center was not the countries on the Mediterranean like Greece and Rome, but those that jut out into the Atlantic: Spain, Portugal, the Netherlands, France and England. A major source for this course is Yuval Noah Harari's book Sapiens. 222030 T 1/12-2/16 1-2:30pm

Reg \$60/Seniors \$54 Hughell



# On the Edge: (1)

Controversial Jewish Communities - 6 classes In these Power Point presentations we survey the history, culture and origin myths of various schismatic, sectarian, quasi, crypto and pseudo Jewish communities around the world. Among them: Samaritans of the West Bank and Holon, Israel; Karaites of Trokai, Lithuania and Daly City, CA; Qemont of NW Ethiopia; Pashtun of Afghanistan; Chala of Bukhara; Donmeh of Istanbul; Ibos of Biafra; Hebrew Israelites of Dimona; Shin Lung of Mizoram and Manipur, India, and more.

223034 Th 1/7-2/18 1-3pm Online Reg \$80/Seniors \$72 Blady

ONLINE



### Inside The World of Chabad-Lubavitch - 5 classes

Chassidism: The movement and the early masters; a brief history of Chabad Chassidism and thumbnail sketches of the seven Lubavitcher rebbes; why the first rebbe, supported the Czar against Napoleon; the Lubavitcher rebbes on Zionism and the State of Israel; the enigmatic life and ideas of Rabbi Menachem Mendel Schneerson; u-u-uforatztah: The Tzivos HaShem ("Army of God") and the beginnings of the proselytizing campaigns; Lubavitch and the struggle for Soviet Jewry; the Crown Heights Riots of 1991; Moshiach! Moshiach! Moshiach! The notion of the dead rebbe as Messiah and the doctrine of a Second Coming: Is this an abandonment of Jewish core beliefs?

223032 M 1/11-2/22 1-3pm Online Reg \$70/Seniors \$63 Blady

# **Poland 1945-Present** - 5 classes

Jews and Poles: a checkered history; who remained after the Shoah?; Jewish Stalinist puppets who de facto ruled Poland after WWII?; the Kielce pogrom (1946): who instigated it?; the Six Day War, the anti-Zionist campaign, and CP head Gomulka's purge of Jews from Polish institutions; righteous Gentiles: profiles of Irena Sendler and Jan Karski; Cardinal Glemp and the Carmelite Nuns controversy at Auschwitz (1988); the massacre in Jedwabne (1941): Polish reactions sixty years later; my father's shtetl, Ksiaz Wielki, north of Cracow: personal observations; attempts at Jewish-Polish reconciliation: the roles played by Pope John Paul and former president of Poland, Aleksander Kwasniewski.

222035 Th 2/25-3/25 1-3pm ONLINE Reg \$70/Seniors \$63 Blady





# Rembrandt's Jews: History of the Jews of Holland

4 classes

Historical outline of the Netherlands to 1600; origin theories of Dutch Jewry; the growth of the Sephardi colony in Amsterdam; Rembrandt's Jew: profile of Amsterdam's Chief Rabbi and Renaissance man, Menashe ben Yisroel; the suicide of Uriel da Costa and the excommunication of Baruch Spinoza; the Haskalah and its impact on Dutch Jewry; Eastern European Jewish migrations into the Netherlands; Dutch Jewry and the Holocaust; Dutch Jewry from the post- WWII period to the present.

223036 M 3/1-3/22 1-3pm Online Reg \$60/Seniors \$54 Blady

# **English Language Learner (ELL)**

Acalanes Adult Education, ELL Programs

There is NO FEE for ELL Classes.

Registration for Winter testing sessions starts 11/12/20.

**Winter Classes:** January 5 - March 18 **Winter Holidays:** 1/18, 2/12, 2/15, 3/12

### **ELL Location & Classes:**

Del Valle Education Center 1963 Tice Valley Blvd, Walnut Creek Classes: Monday through Thursday Morning Session: TBA, all levels Evening Session: TBA, all levels

### **New Students:**

In order to attend class, students must first take a placement examination and be assigned to a class. Students can register for a test session on our website. Orientation meeting usually takes 20 minutes and testing usually takes 2 hours. Registration required, sorry no walk-ins.

Testing will begin the month of December, due to the on-going COVID-19 pandemic, we will limit the number of students attending each session. All testing is done at the: Del Valle Campus, 1963 Tice Valley Blvd, Walnut Creek. Testing will begin immediately at the scheduled time, no late entry. Please check our website for updated information www.auhsd.org/adulted.

# **English Language Learner (ELL) Courses:**

Given the nature of the current world pandemic, some ELL classes may be held in person, some will be held online.

# **Beginning:**

The focus of this class is to develop basic speaking, reading, writing and listening skills in English. This will be accomplished through oral and written exercises, life skills activities, conversation, and the use of multimedia sources so students gain confidence and acquire skills needed for everyday life in the United States.

# **High Beginning:**

This course provides practice in everyday conversations about essential life skills through basic lessons on vocabulary, grammar, reading/writing, listening/ speaking and pronunciation. It enables students to acquire functional English communication skills that are required for entry-level jobs and everyday life in the United States.

### Intermediate:

The focus of this class is instruction in English grammar and reading and are designed for adults who have good speaking skills, but who may need help with reading and writing in English. This course aims to improve students' English grammar, pronunciation, conversation, life skills, reading and writing, while learning about the culture within the United States.

# **Advanced:**

This is class is designed for students who have some advanced English language skills. This course aims to develop students' proficiency levels in all four domains of English language (reading, writing, speaking and listening) in order to efficiently communicate in everyday situations. It is also meant to support students in the development of critical thinking skills. The use of technology will also be integrated.



# **ELL Citizenship** No Fee

Let Acalanes Adult Education help you in the process of becoming a United States citizen. This class is designed to assist students with both their understanding of English and the knowledge required to pass the Department of Homeland Security citizenship test.

The class covers U.S. History and the federal, state, and local government. Sample tests will be available for students to practice. Students should be registered in an Acalanes Adult Education ELL course. Competency in English at the Intermediate Low level is highly recommended.

Winter 2021 M 1/11-3/22 Noon-2pm ONLINE Fisher

# **Adult Secondary Education**

**High School Diploma Requirements** 



# **Adult High School Diploma Program**

Acalanes Adult Education (AAE) awards an Acalanes Union High School District (AUHSD) diploma to students enrolled in the high school diploma program who complete the following graduation requirements. Prior earned credits, which meet the AUHSD requirements, may be included in the completion of units. Prospective students 18 years of age or older must obtain official transcripts for all academic courses previously completed, so that an accurate course enrollment plan may be developed to work towards a high school diploma.

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

Students over 20 years of age take 40 elective credits. Students under 20 years of age take 50 credits.

# High School Equivalency (GED and HiSET)

Students who do not have transcripts from their previous school(s) or who need more than 60 credits to earn their high school diploma may wish to take their GED or HiSET high school equivalency (HSE) test. The HSE comprises 5 subtests: Science, Social Science, Reading, Writing, and Math. The GED combines reading and writing into one subtest. The HSE certificate is accepted at community colleges, most career training programs, and the military.

The AAE HSE program is offered to students through online and individual support. A GED textbook is available to complement the program. While AAE is not a GED/HiSET testing center, students may register online at or and select a test location within Contra Costa County.

### **Enrollment**

To enroll in the high school diploma and/or the high school equivalency program, prospective students must first attend an enrollment meeting with the Director of the Del Valle Education Center (DVEC), Transition Specialist, and/or Administrative Assistant to the Director of the DVEC.

Please email adulted@auhsdschools.org



**Kara Levine** *Transition Specialist* 

Kara has experience in the sales and business world and now she is excited to help Acalanes Adult Education students. Kara's background in business will help students learn what it is like in the business world and how it might be a career path for them. She is looking forward to helping the students plan and achieve their career and educational goals. My door is always open; come on by and let's get this journey started in the right direction together.

# **Adults with Disabilities**

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

# ADULT EDUCATION

in partnership with





# 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. Price includes textbook.

BUS-0101 W 1/13-3/17 6-9pm TBA Reg \$130/Seniors \$117 Cabiles

# 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. Price includes textbook. (Students may be able to earn DVC Units [3.0] with the completion of course & exam; the instructor will provide details in class.)

BUS-0109Th

1/14-3/18

6-9pm

Online

Reg \$130/Seniors \$117 Gravendaal

# Reaistration Form

Email confirmation will be sent.

(Please Print Clearly Below)

Signature

Acalanes Adult Education (AAE)

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

(925) 280-3980 ext.8001

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.

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.

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

Home # (Phor	e number used as student number)	mail			
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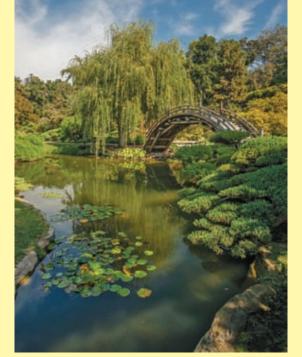


On-Line Registration: www.auhsd.org/adultedonlineregistration WISA









Photos: Take, Organize, Edit and Share - 3 classes
Photos and videos contain some of our most precious memories,
and you can use your iPhone and Apple's Photos app to
organize them, edit them just the way you want, and easily
share them with others. We'll run through all the features
of Apple's Camera app on the iPhone or iPad, then we'll focus
on the Photos app. Bring your Apple devices, updated to the
latest version of their operating system.

246332 M,T,W 3/15-3/17 10am-Noon TBA Reg \$40/Seniors \$36 Matthews Non-Profit
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ACALANES ADULT EDUCATION ACALANES UNION HIGH SCHOOL DISTRICT 1963 Tice Valley Blvd. Walnut Creek, CA 94595



# Was the First Leprecohen Jewish?: A History of Jews in Ireland

95% of the population of Ireland is Catholic 5% is Protestant I am the Chief Rabbi of the rest -- Immanuel Jakobovits,

Chief Rabbi of Ireland (1948-1959) **Topics to be discussed in this lecture:** 

Various Irish myths of an ancient Jewish origin; why Oliver Cromwell invited Jews to Ireland; the Litvaks of Dublin's "Little Jerusalem"; the Limerick riot (1904) and anti-Semitic violence in late 19th century Cork; Dublin's (future Lord Mayor) Robert Briscoe and the founding of Sein Fein; biographical sketches of famous father and son Irish Jews: Irish and Israeli Chief Rabbi Isaac Herzog and Israeli President Chaim Herzog; James Joyce's Jew: The role of Leopold Bloom in his epic novel, Ulysses; are ye a Catholic Jew or a Protestant Jew?: demise of Irish Jewry.

222035 W 3/17 1-4 pm Online Reg \$20/Seniors \$18 Blady