

A C A L A N E S ADULT EDUCATION

at Del Valle Education Center - Spring Quarter Starts 4-8-19, Summer Quarter Starts 6-17-19



Spring Registration
Starts March 13 @ 8am

Summer Registration
Starts May 9 @ 8am

www.acalanes.k12.ca.us/adulted



@acalanesadulted

A Message from the Director

On Wednesday, February 13, the California Council for Adult Education (CCAЕ), Contra Costa County Chapter, honored teachers and support staff at the Pacheco Community Center. Acalanes Adult Education (AAE) is pleased to announce: Dr. Ellie Fisher, ESL Teacher, as a recipient for the Excellence in Teaching Award; Eric Dannewitz, Technology Assistant, as a recipient for the Excellence in Support Services Award; and Counseling Options and Parent Education (COPE) Family Support Center led by Executive Director and Founder, Cathy Botello, as a recipient for Friend of Adult Education.

On Tuesday, April 23, 2019 from 11am-12:30pm, AAE is pleased to offer our Annual Del Valle College, Career, Volunteering, and Resource Fair. Join us in room 401 where community colleges, 4-year universities, trade schools, community based organizations, and much more will be available to our students. For more information, please visit: <https://tinyurl.com/delvallefair>. For general College and Career Information, visit our website, www.acalanes.k12.ca.us/adulted, and click on the College/Career tab.

AAE and Diablo Valley College (DVC) continue building our partnership, providing opportunities for AAE students to bridge to DVC for a variety of certificate programs. Certificate Programs through DVC such as Business Information Worker, Computer Network Technician, Culinary Arts, and Early Childhood Education are just a sampling of offerings and/or continue to explore through this partnership. Please see pages 10-11 of this brochure for current course offerings.

If you would like to learn more about the Contra Costa County Adult Education Consortium, for which AAE is a member, please visit our website, www.acalanes.k12.ca.us/adulted, and click on the Adult Ed Consortium tab.

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

New classes offered for Spring and Summer Terms include: Adventures in Creative Photography; Clown Basic 101; Exiting Your Family Owned Business; Harnessing the Power of Words; Italian Movies and Discussions; Jewish History; Making the most of your Sudden Wealth; Maps: An Atlas in your Pocket; Messages and More; Native Americans of the United States; Poetry and the Visual Arts; The Tone Poem: Inspired by Nature; Art and Literature; Yoga for Caregivers; and Watercolor Lab.

For additional information on our programs at AAE, you may visit our website, www.acalanes.k12.ca.us/adulted/ for the most current course offerings, as well as online registration. I look forward to seeing you in our classes during the Spring Term as you "Explore, Experience, Learn!"

Sincerely,


Steven France, Director



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



Dr. Ellie Fisher, ESL Teacher
Recipient for the Excellence
in Teaching Award



Eric Dannewitz, Technology Assistant
Recipient for the Excellence
in Support Services Award



Cathy Botello, COPE
Recipient for Friend
of Adult Education

A Tradition of Educational Excellence Since 1945!

Registration

Spring Registration starts 3-13-19, 8am

Summer Registration starts 5-9-19, 8am

Calendar

April 8 - Spring Quarter Begins

May 27 - Holiday Closed

June 17 - Summer Quarter Begins

July 3 to 5 - Holiday Closed

Office Hours

M-F: 8am-3pm

Evenings of 4/10, 11, 17, 18: 3:30 - 7:30pm

Contact

(925) 280-3980 Ext 8001

Fax (925) 280-3981

E-mail: adulted@auhsdschools.org

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

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

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

Refunds - 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. Refund requests incur a \$25 service charge. 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.

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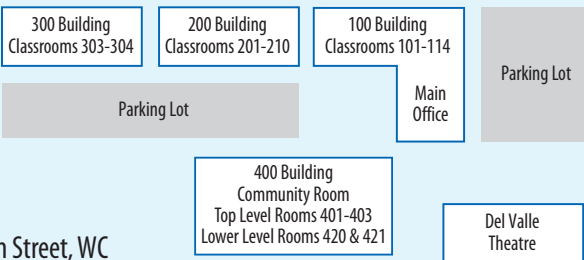
The honey bee is becoming a rare sight. The use of flowering shrubs and annuals in your yard helps attract and feed pollinators. Photograph by Dean Jagger.

Campus Location

DVEC: Del Valle Education Center

Acalanes Adult Education

1963 Tice Valley Blvd, Walnut Creek



Off Campus Locations:

LLHS: Las Lomas High School, 1460 S. Main Street, WC



Tobacco Free School District

Acalanes Union High School District has a tobacco-free district/workplace environment policy. California Health & Safety Code Section 24167 requires that **all school districts** receiving Tobacco Use Prevention Education Funds adopt a tobacco-free policy. Current policy prohibits the use of tobacco on school property owned, leased or rented and within all school vehicles in order to provide a tobacco-free environment.

Uniform Complaint Procedures (5 Ccr §4622):

The district is required to annually notify parents, pupils, employees, district and school advisory committees and other interested parties in writing of its required Uniform Complaint Procedures. A copy of the district's policy and form is available upon request.

Art Classes



Watercolor - 9 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. Instructor: Strout

067145 M 4/8-6/10 9:30-12:30pm Rm 107 Reg \$150/Seniors \$135
067146 M 4/8-6/10 12:45-3:45pm Rm 107 Reg \$150/Seniors \$135

Watercolor Lab

6 classes ☀️

This is the time for you to work on any project and have an experienced instructor and professional artist available to assist you.

067186 M
6/17-7/22 Rm 107
12:45-3:45pm
Reg \$100/Seniors \$90



Portraits & More ...

Learn the basics of creating an oil portrait by beginning with techniques to increase knowledge of facial features. Finish with a full portrait in burnt umber and apply color if time allows. You may work from high-quality photographs (no snapshots please) approved by the instructor or those provided. Materials list provided at first class. Price includes 2 canvas & 1 brush. Some oil experience preferred.

067442 Th 4/11-5/30, 8 classes 1-4pm
Rm 107 Reg \$150/Seniors \$135 Nicholson
067482 Th 6/20-8/1, 6 classes ☀️ 1-4pm
Rm 107 Reg \$110/Seniors \$99 Nicholson



Mosaic Art Workshop - 8 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. Open a world of possibilities in mosaics!

280542 W 4/17-6/5 6-9pm
Rm 108 Reg \$120/Seniors \$108 Silverman

Art Lab

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

280445 F 4/12-6/14, 10 classes
12:30-3:30pm Rm 107
Reg \$170/Seniors \$153 Antkowiak
280485 F 6/21-8/2, 6 classes ☀️
12:30-3:30pm Rm 107
Reg \$100/Seniors \$90 Antkowiak

2

☀️ Summer

🆕 New Class



Spring Break 4/1-4/5
Holidays 5/27, 7/3-5



Drawing Made Easy - 10 classes

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

280440	Th	4/11-6/13	9am-11:30am
Rm 107	Reg \$140/Seniors \$126	Antkowiak	
280480	Th	6/20-8/1 ☀	9am-11:30am
Rm 107	Reg \$80/Seniors \$72	Antkowiak	

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. All levels are welcome, but beginners will get individual attention.

280242	F	4/12-6/14	9am-Noon
Rm 107	Reg \$170/Seniors \$153	Antkowiak	
280282	F	6/21-8/2	9am-Noon
Rm 107	Reg \$100/Seniors \$90	Antkowiak	



CURRENT EVENTS



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.

065041	T	4/9-6/11	1-2:30pm
Rm 103	Reg \$40/Senior \$36	Lazarus	
065081	T	6/18-7/23 ☀	1-2:30pm
Rm 103	Reg \$30/Senior \$27	Lazarus	



DIRC Lectures - 6 lectures TBA **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. Spring topics for 2019 TBA. Make checks payable to DIRC (credit cards not accepted) \$40 for the series (\$8 per lecture) Mail payment to 1963 Tice Valley Blvd, WC, CA 94595

050340	W	4/10-5/15	7-9pm
Rm 102	\$40 or \$8 per lecture	Compagno	

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 For Travelers - 6 classes, No Prerequisite
Provides vocabulary and conversations on topics essential to travel and personal needs.

060345 M 4/15-5/20 12:30-2pm
Rm 106 Reg \$60/Seniors \$54 Waeny

French 1c - Prerequisite French 1b or equivalent
A beginning French course focusing on pronunciation, basic grammar, and short dialogues.

060340 W 4/10-6/5, 9 classes 9:30-11:30am
Rm 106 Reg \$120/Seniors \$108 Waeny
254441 Th 4/11-6/13, 10 classes 6:30-8:30pm
Rm 106 Reg \$130/Seniors \$117 Baudouin-Quam

French 2c - Prerequisite French 2b or equivalent
A continuation of French 1 for Intermediate students. Focus is on French language and culture by speaking and reading stories and using Intermediate grammar.

060441 F 4/12-6/7 9 classes 9:30-11:30am
Rm 106 Reg \$120/Seniors \$108 Waeny
254443 W 4/10-6/12, 10 classes 6:30-8:30pm
Rm 106 Reg \$130/Seniors \$117 Baudouin-Quam

French 3c

9 classes, Prerequisite French 3b or equivalent
A continuation of French for Advanced Intermediate students. Focus is on more advanced grammar, reading stories, speaking and writing in French.

060541 Th 4/11-6/6 9:30-11:30am
Rm 106 Reg \$120/Seniors \$108 Waeny

French 4c

8 classes, Prerequisite French 4b or equivalent
This course is a continuation of an entire year of French 3, emphasizing advanced grammar, speaking and reading. Focus will be on reading and discussing books appropriate to this level.

060547 M 4/8-6/3 9:30-11:30am
Rm 106 Reg \$110/Seniors \$99 Waeny

French 5c

9 classes, Prerequisite French 5b or equivalent
This class is designed for students who have completed at least 4 years of French. Topics will include more advanced grammar, speaking and reading.

060840 T 4/9-6/4 9:30-11:30am
Rm 106 Reg \$120/Seniors \$108 Waeny

Conversations in French

- 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.

060943 T 4/16-6/4 12:30-2:30pm
Rm 106 Reg \$110/Seniors \$99 Rasmussen

French Advanced

10 classes, Prerequisite 4+ years of French or equivalent

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

060940 W 4/10-6/12 9:30-11:30am
Rm 113 Reg \$130/Seniors \$117/Maiden

French 1 Review & Conversation N ☀

6 classes, Prerequisite French 1

060380 W 6/19-7/31 10am-Noon Rm 106
Reg \$80/Seniors \$72 Waeny

French 2 Review & Conversation N ☀

6 classes, Prerequisite French 2

060581 F 6/21-8/2 10am-Noon Rm 106
Reg \$80/Seniors \$72 Waeny

French 3 Review & Conversation N ☀

6 classes, Prerequisite French 3

060582 Th 6/20-8/1 10am-Noon Rm 106
Reg \$80/Seniors \$72 Waeny

French Cinema & Discussion ☀

6 classes, Prerequisite French 2

060587 T 6/18-7/23 10am-Noon Rm 106
Reg \$80/Seniors \$72 Waeny



German Language

German 1c - 8 classes, Prerequisite German 1b

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

061144 Th 4/11-6/6, No class 4/25 10am-Noon
Rm 113 Reg \$110/Seniors \$99 Brandeberry

German 2c - 8 classes, Prerequisite: German 2b

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

061141 Th 4/11-6/6, No class 4/25 1-3pm
Rm 113 Reg \$110/Seniors \$99 Brandeberry

German Conversation & Literature - 9 classes

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

061345 W 4/10-6/5 1-3pm
Rm 106 Reg \$120/Seniors \$108 Waeny

Basic German - 8 classes, No Prerequisite ☀

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

No textbook required. Instructor: Brandeberry

061184 T, Th 6/11-7/9, No class 7/4
10am-Noon Rm 113 Reg \$100/Seniors \$90

German Conversation For Travelers ☀

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

Instructor: Brandeberry

061181 T, Th 6/11-7/9, No class 7/4
1-3pm Rm 113 Reg \$100/Seniors \$90





Spanish Language

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

Language classes start in Fall and continue through Spring.

A complete year of Language is a, b & c

a: offered in the Fall,

b: offered in the Winter

c: offered in the Spring

Beginning Spanish 1b

10 classes, Prerequisite: Beginning 1a

This course will focus on pronunciation, basic grammar, short conversations, short readings and getting around.

Beginning Spanish 1a & 1b condense a full year into two sessions, which together will meet the prerequisite of continuing on to Spanish 2a in Fall of 2019.

244440 T 4/9-6/11 10am-1pm
Rm 113 Reg \$190/Seniors \$171 Rolfs

Spanish 1c - 10 classes, Prerequisite Spanish 1b

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

244441 T 4/9-6/11 9am-Noon
Rm 114 Reg \$190/Seniors \$171 Ruiz Puento

Spanish 2c - 9 classes, Prerequisite Spanish 2b
244543 M 4/8-6/10 9am-Noon
Rm 114 Reg \$170/Seniors \$153 Ruiz Puento

Spanish 3c - 10 classes, Prerequisite Spanish 3b
244642 F 4/12-6/14 9am-Noon
Rm 114 Reg \$190/Seniors \$171 Ruiz Puento

Spanish 4c - 10 classes, Prerequisite Spanish 4b
244744 W 4/10-6/12 9am-Noon
Rm 114 Reg \$190/Seniors \$171 Ruiz Puento

Spanish 5c - 10 classes, Prerequisite Spanish 5c
0244845 Th 4/11-6/13 9am-Noon
Rm 114 Reg \$190/Seniors \$171 Ruiz Puento

Spanish Advanced - 9 Classes
062246 M 4/8-6/10 9am-Noon
Rm 114 Reg \$170/Seniors \$153 Sung

Advanced Spanish Conversation & Literature


Prerequisite 6 years of Spanish 

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.

062247 M 4/8-6/10, 9 classes 9am-Noon
Rm 112 Reg \$170/Seniors \$153 Taylor

062248 M 4/8-6/10 9 classes 1-4pm
Rm 112 Reg \$170/Seniors \$153 Taylor

062287 M 6/17-7/22, 6 classes  10am-Noon
Rm 112 Reg \$80/Seniors \$72 Taylor

062288 M 6/17-7/22, 6 classes  1-3pm
Rm 112 Reg \$80/Seniors \$72 Taylor

Spanish 1 Review & Conversation

6 classes, Prerequisite Spanish 1
224481 W 6/19-7/31 9:30-11:30
Rm 114 Reg \$80/Seniors \$72 Ruiz Puento

Spanish 2 Review & Conversation

6 classes, Prerequisite Spanish 2
244583 M 6/17-7/22 9:30-11:30am
Rm 114 Reg \$80/Seniors \$72 Ruiz Puento

Spanish 3 Review & Conversation

6 classes, Prerequisite Spanish 3
244685 F 6/21-8/2 9:30-11:30am
Rm 114 Reg \$80/Seniors \$72 Ruiz Puento

Spanish Intermediate/Advanced Conversation

6 classes, Prerequisite 3 years of Spanish 
244789 Th 6/20-8/1 9:30-11:30pm
Rm 114 Reg \$80/Seniors \$72 Ruiz Puento

Italian 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

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 - 7 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

242149 W 4/10-5/22 1-3pm
 Rm 105 Reg \$90/Seniors \$81 Piaggio

Italian 1c - Prerequisite Italian 1b

242145 Th 4/11-6/13, 10 classes 1:30-3:30pm
 Rm 105 Reg \$130/Seniors \$117 Piaggio
 242147 Th 4/11-6/27, 12 classes 6:30-8:30pm
 Rm 114 Reg \$160/Seniors \$144 Falcone

Italian 2c - 12 classes, Prerequisite Italian 2b

242441 W 4/10-6/26 6:30-8:30pm
 Rm 114 Reg \$160/Seniors \$144 Falcone

Italian 5c - 10 classes, Prerequisite Italian 5b

242845 W 4/10-6/12 6-8pm
 Rm 105 Reg \$130/Seniors \$117 Piaggio

Italian Intermediate Conversation

Prerequisite 3 years Italian
 242846 F 4/12-6/28, 12 Classes 9-11am
 Rm 113 Reg \$160/Seniors \$144 Falcone
 242886 W 6/26-7/24, 4 classes ☀️ 1-2:30pm
 Rm 105 Reg \$40/Seniors \$36 Piaggio

Italian Advanced Conversation

10 classes, Prerequisite 4 years of Italian
 Advanced classes have fun learning about Italian culture, history and current events while building confidence using the language and expanding vocabulary.

242847 Th 4/11-6/13 6-7:30pm
 Rm 105 Reg \$100/Seniors \$90 Piaggio

Italian Conversation and Grammar Review

10 classes, Prerequisite 4 years of Italian
 242848 Th 4/11-6/13 7:30-9pm
 Rm 105 Reg \$100/Seniors \$90 Piaggio

Italian Reading & Translation N ☀️

4 classes, Prerequisite 4 years of Italian
 242888 Th 6/27-7/25 1-2:30pm
 Rm 105 Reg \$40/Seniors \$36 Piaggio

Italian Movies and Discussion N ☀️

8 classes, Prerequisite Italian 3
 Test your Italian through movies! Students will view four Italian movies and discuss their plot, characters and cinematography. Movies will be viewed in two separate weekly sessions to allow for discussion time. Some movies might have Italian subtitles or no subtitles at all. Class will be conducted entirely in Italian.

242889 W, Th 6/26-7/25* 2:30-4pm
 Rm 105 Reg \$80/Seniors \$72 Piaggio

*No class 7/3 and 7/4



Dutch Language

Dutch for Travelers - 5 classes, No prerequisite ☀️

Learn the basic grammar and vocabulary to converse in Dutch and travel safely and conveniently through the Netherlands. Learn Dutch language skills: speaking, listening, reading and writing, but the focus will be given on speaking.

244580 Th 6/27-8/1, No class 7/4 1:30-3pm
 Rm 114 Reg \$50/Seniors \$45 Lie

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.



Making the Most of Your Sudden Wealth N 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, or 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.

266141 W 4/17 6:30-8pm Rm 104
Reg \$25/Seniors \$22.50 Noceti

Exiting Your Family Owned Business - 1 class N

As a business owner, you've devoted your career to building your company. Now is the time to plan for what comes next: spending more time with your family and pursuing new challenges. Join us for an informative seminar on how to preserve your gain to achieve your goals. We'll discuss the Do's and Don'ts of managing your gain, and the importance of integrating it into your overall financial plan.

266143 Th 4/25 6:30-8pm Rm 104 Reg \$25/Seniors \$22.50 Noceti

Family Wealth Management: Helping families successfully transfer wealth - 1 class

Are you concerned about the impact of wealth on your heirs? Are your heirs prepared for the responsibility of Wealth? At this seminar, Wealth Advisor George Noceti and Financial Planning Specialist Paul Noceti with Morgan Stanley will reveal what successful wealthy families have in common and how they achieve and maintain family harmony, and ensure the smooth transition of their intergenerational wealth. They will also identify the factors that cause the majority of wealthy families to fail in their wealth transition. This course will provide you clear, easy-to-follow steps to help you successfully evaluate the readiness of your heirs and the strength of your "need to have", wealth transition plan.

266145 Th 5/9 6:30-8pm Rm 104 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.

266142 Th 4/11 6:30-8pm Rm 104 Reg \$25/Seniors \$22.50

266146 W 5/15 6:30-8pm Rm 104 Reg \$25/Seniors \$22.50

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

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 you must plan for higher health care costs in retirement including the possibility of needing long-term care. You will also receive The Baby Boomer's Guide's: Savvy Medicare Planning and Savvy Medicare Planning.

266144 W 5/1 6:30-8pm

Rm 104 Reg \$25/Seniors \$22.50

266148 W 6/5 6:30-8pm

Rm 104 Reg \$25/Seniors \$22.50

Wills, Powers of Attorney and Advanced Health Care Directive Workshop - 2 classes

In this workshop, each student will receive a "fill in the blanks" Will, Durable Power of Attorney and Advanced Health Care Directive Form. All forms are in compliance with California Law. The instructor is an experienced estate planning attorney who will assist students in completing their forms.

057540	W	5/8-5/15	7-9pm	Rm 103	Reg \$40/Seniors \$36	McFalone
057580	T	7/2-7/9	1:30-3:30pm	Rm 102	Reg \$40/Seniors \$36	McFalone

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 Bay Area for more than 30 years.

057541	W	5/22-5/29	7-9pm	Rm 103	Reg \$40/Seniors \$36	McFalone
057581	T	7/16-7/23	1:30-3:30pm	Rm 102	Reg \$40/Seniors \$36	McFalone



Floral Design CTE

Basic Floral Design

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

040142	T	4/9-6/11, 10 classes	9am-Noon	Rm 108	Reg \$180/Seniors \$162	DePaz
040140	T	4/9-6/11, 10 classes	12:30-3:30pm	Rm 108	Reg \$180/Seniors \$162	DePaz
040182	T	6/18-7/23, 6 classes	9am-Noon	Rm 108	Reg \$110/Seniors \$99	DePaz
040180	T	6/18-7/23, 6 classes	12:30-3:30pm	Rm 108	Reg \$110/Seniors \$99	DePaz

Multi-Level Floral Design - 10 classes

This class includes modern and wedding floral design courses. Students wanting to learn Ikebana (Japanese 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.

040145	W	4/10-6/12	9:30-12:30pm	Rm 108	Reg \$180/Seniors \$162	Nagata
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Advanced Floral Design - 10 classes

This class is 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.

040143	W	4/10-6/12	12:30-3:30pm	Rm 108	Reg \$180/Seniors \$162	Nagata
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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

Spring Break 4/1-4/5 **Holidays 5/27, 7/3-5**

9

 **Summer**

 **New Class**

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

All at the same time!

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



Acalanes Adult Education in partnership with

DVC
DIABLO VALLEY COLLEGE



FOR MORE INFORMATION

www.acalanes.k12.ca.us/adulted
925-280-3980 ext. 8001

Classes Offered

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.

Microsoft Excel- Comprehensive

Articulation classes with DVC - 10 classes

This course is for students who want to learn the comprehensive functions of Microsoft Excel, a powerful spreadsheet program which is part of the Microsoft Office Suite. This course prepares students for Microsoft certification testing but is also useful for students who want a deeper understanding of the program. Computer experience required. The required online textbook will be purchased at the first class meeting and with this one-time purchase, the textbook is good for other Microsoft Office Suite courses to be offered. 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.

CIS-0116 W 4/10-6/12 6-9pm Rm 109 Reg \$80/Seniors \$72 TBA

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 Th 4/11-6/13 6-9pm Rm 113 Reg \$130/Seniors \$117 Worsham

Business Communications

Articulation classes with DVC - 10 classes

This course presents the principles of effective and ethical communication in the creation of letters, memos, and e-mails. Written and oral reports for a variety of business situations are also covered. The course also explores planning, organizing, composing, and revising business documents, as well as the use of presentation software to create and deliver professional-level reports. 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-0250 W 4/10-6/12 6-9pm Rm 113 Reg \$130/Seniors \$117 Worsham

These classes are offered at AAE, 1963 Tice Valley Blvd, Walnut Creek

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.

057446 Th 4/11-6/13 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.

264040 Th 4/25-5/9 6-9pm
Rm 102 Reg \$70/Seniors \$63 Vivrette



Reel-to-Real Talk: Creative Film Forum

Join a community of film enthusiasts who share a "reel" appreciation for cinema ART! Within an engaging framework, we view and discuss select films, and we interpret connections between cinematic techniques and literary elements. Since the course theme for the 2019 Spring Session is titled "Reel Leading Ladies", we will explore and examine performances by women who won an Oscar or were nominated by the Academy for Best Actress. The 2019 Summer Session is titled "Reel Favorites: Foreign and Domestic", so we'll view various films that are audience pleasers rather than Oscar contenders!

231545 T 4/9-6/11, 10 classes 9:30-1pm
Rm 107 Reg \$140/Seniors \$126 Thorner
231585 T 6/18-7/23, 6 classes ☀️ 9:30-1pm
Rm 107 Reg \$90/Seniors \$81 Thorner

Native Americans of the United States

6 Classes **N** ☀️

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. Discussion will include family groups, art/culture, ceremonies/religion, food, land use, environment, homes, and the six language groups.

222035 W 6/19-7/31 1-3pm
Rm 114 Reg \$70/Seniors \$63 Phelps



Feng Shui for Prosperity - 3 classes

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

057449 Th 5/9-5/23 1-3pm Rm 106 Reg \$50/Seniors \$45 McCullough

Clown Basic 101 **N**

Photo by Renata Guarneri.



View the world through the eyes of a Clown. This workshop aims to give the participant the experience of human relationships through the view point of a clown. Learn Clown theory, scenic relationships, games of improvisation and stimulated reasoning.

280849 W 4/24 12:30-3:30pm
Rm 401 Reg \$20/Seniors \$18 Flavio Domeni

Music

The Tone Poem: Music Inspired by Nature, Art and Literature - 4 classes **N**

Experience the exoticism, color and romance of music reflecting composers' love of Nature, Art and Literature. This course will explore works by Vivaldi, Beethoven, R. Strauss, Sibelius, Holst and other innovative composers of the past three centuries. Lectures will be illustrated with recorded excerpts from Mr. Lowe's extensive library of CDs. Steven Lowe provides program notes for Seattle Symphony, Seattle Chamber Music Society, and the University of Washington's President's Piano Series and International Chamber Music Series. Steve serves as publicist for the Sierra Chamber Society and the Rossmoor Opera Club.

280848 T 4/9 - 4/30 1-3pm Room 102 Reg \$50/Seniors \$45 Lowe

Parenting

Triple P Parenting Class: Positive Parenting Program - 9 classes

A multi-level system of family intervention for parents of teenagers who have, or are at risk of developing behavior problems. Aims to promote positive caring relationships between parents and their children, and to help parents develop effective management strategies for dealing with a variety of childhood behavioral and emotional problems and common developmental issues.

061143 Th 4/11-6/6 6-8pm Rm 111 \$50 per adult Ariane Sackheim, ASW
Ariane Sackheim is a Social Worker at Del Valle Education Center.



Writing

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. Have fun WRITING!

065340 W 4/10-6/12*, 9 classes 6:30-8:30pm Rm 112 Reg \$120/Seniors \$108 Henderson
065347 Th 4/11-6/13*, 9 classes 12:30-3pm Rm 112 Reg \$140/Seniors \$126 Henderson
065387 Th 6/20-8/1, 6 classes ☀️ 12:30-3:30pm Rm 112 Reg \$110/Seniors \$99 Henderson

*No class 6/5 & 6/6

Poetry and the Visual Arts - 7 Classes **N** ☀️

There has long been a tradition of poets commenting on art, and visual artists borrowing subjects from poets. Poetry and the Visual Arts (drawing, painting and sculpture) teach us to look closer at our world and at ourselves. We will explore the overlapping of these two art forms. Writers will have a chance to explore ekphrastic writing in response to viewing art, while artists will discover a rich vein of inspiration in written words. We'll also venture into the philosophy of aesthetics to help answer the questions: what is art? what is beauty? what does art tell us about the human condition?

065384 T 6/18-7/30 1:30-3:30pm Rm 104 Reg \$70/Seniors \$63 Dresser

Harnessing the Power of Words: **N**

Self-Discovery Through Journaling - 6 Classes

Remember the diary you kept as a teen? **With a lock and a tiny silver key.** You were on the right path: journaling is a basis for memoir writing, short stories, novels, non-fiction, and Internet networking. It also preserves valuable memories, breaks negative patterns, clarifies priorities, and **manifests your dreams.** Explore the power and creativity of this tool in a hands-on and participatory workshop, using a selection of writing techniques.

205348 W 4/17-5/22 2-4pm
Rm 113 Reg \$60/Seniors \$54 Kobrin



AAE presents in partnership with Computer Club of Rossmoor...

These classes require basic Windows 10 skills.

N **PC Classes** - 3 Meeting Classes

MS Word 2016 - Level 1

Foundation course for creating and enhancing documents. Subjects include page break, word wrap, fonts, keyboard shortcuts, formatting, lists, footers, spell check.

Basic Windows skills required. Bring your Flash Drive.

401 F Apr 26, May 3, 10 10am-Noon
Rm 421 Reg \$40/Seniors \$36 Wilson

MS Word 2016 - Level 2

Step it up a notch from Level 1 to cover Track Changes, Comments, Photo Setup, Margins, Style, Cover Sheet Merge. Learn Track Changes, Comments, Margins, Styles, Cover Sheet, Letter Merge, Tables, Bibliography, Table of Contents, Index, Table of Figures. Windows 10 skills required.

402 F May 31, June 7, 14 10am-Noon
Rm 421 Reg \$40/Seniors \$36 Wilson

Windows 10 - Level 1

Ideal for persons familiar with Windows who wish to expand confidence. Filled with practical exercises and explanations.

403 M Apr 22, 29, May 6 10am-Noon
Rm 421 Reg \$40/Seniors \$36 Wilson

Windows 10 - Level 2

Intermediate level experience for further in-depth skills and practical working knowledge including audio recording, CD creation, working with multiple applications, and interesting features that provide added-value.

404 T May 28, Jun 4, 11 10am-Noon
Rm 421 Reg \$40/Seniors \$36 Wilson

MS Excel 2016 - Level 1

Foundation course for persons new to Excel. Filled with exercises covering design, format, formulas, charts, membership directory, and sheet protection. Windows 10 skills required.

405 W Apr 24, May 1, 8 10am-Noon
Rm 421 Reg \$40/Seniors \$36 Wilson

MS Excel 2016 - Level 2

Intermediate level course covering Sub-Totals, Charting, Pivot Table, What-If Analysis, Protection, Macros, Graphics, Custom Printing. Windows 10 skills required.

406 W May 29, Jun 5, 12 10am-Noon
Rm 421 Reg \$40/Seniors \$36 Wilson



PC Classes **N**

1 & 2 Meeting Classes

PC Fundamentals

Learn how to use Windows 10 to become comfortable with mouse, keyboard, email, browser, Taskbar, Start Menu, File Explorer, and working with programs.

407 M, T Apr 8 & 9 10am-Noon
Rm 421 Reg \$30/Seniors \$27 Wilson

Manage Files & Folders

Use Windows 10's File Explorer in-depth to manage files and folders. Required pre-req is PC Fundamentals class or equivalent experience with Windows 10.

408 M, T Apr 15 & 16 10am-Noon
Rm 421 Reg \$30/Seniors \$27 Wilson

Data Transfer

Learn options for moving/copying data across PC, external storage, cell phone, and camera.

409 M May 20 10am-Noon
Rm 421 Reg \$20/Seniors \$18 Wilson

Data Backup

Learn various methods for protecting your valuable computer data.

410 W May 22 10am-Noon
Rm 421 Reg \$20/Seniors \$18 Wilson

Hack & Spam Protection

Learn basic measures to increase your data and financial security and peace mind when illegal and annoying forces are against you.

411 F May 24 10am-Noon
Rm 421 Reg \$20/Seniors \$18 Wilson



Computer Literacy - 7 classes

Tired of asking family and friends for help with simple computer use? Learn to do it yourself! This class assumes no prior knowledge of computers. It is a hands-on class, taught on PC computers with Windows 7 and Office 2010. Students learn the basics of emailing, surfing the web, and Office 2010 programs. Users will practice keyboarding, as well as mouse techniques. No prerequisite.

041141 M 4/8-5/20 4:30-6:30pm LLHS 202* Reg \$50/seniors \$45 Amin
*LLHS = Las Lomas High School is at 1460 S. Main Street, Walnut Creek



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

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. iCloud also includes services such as backup, Find my iPhone, and secure password syncing. Even if you have only one Apple device, iCloud can be a vital service for you. Bring your Macs, iPads, and iPhones and we'll make sure they're set up properly.

246340	M	4/8	9:30-11:30am	Rm 110	Reg \$20/Seniors \$18	Matthews
246343	M	6/3	9:30-11:30am	Rm 110	Reg \$20/Seniors \$18	Matthews

iPad 101 - 8 classes

For many people, the iPad can be the perfect computer. And it has taken on new life with the release of iOS 12, the latest version of the operating system software for the iPad. Included in the usual bundle of new features and improvements are an enhanced Dock, a better Siri, multi-tasking with two or three applications at once, and the ability to drag and drop information from one app to another with ease.

246341	Th, F	May 2-24	9:30-11:30am	Rm 110		
					Reg \$120/Seniors \$108	Matthews



Staying Safe with Apple Products - 1 class

Passwords, encryption, fingerprint sensors, VPN.... So many technologies, yet it seems the cat and mouse game involving security breaches and privacy never ends. We'll discuss how to use Apple's products and services to keep you safe as well as a few third-party options. If you have a Mac, iPhone, or iPad, feel free to bring it along.

246342	M	4/15	9:30-11:30am	Rm 110	Reg \$20/Seniors \$18	Matthews
246384	F	6/28 ☀️	Noon-2pm	Rm 110	Reg \$20/Seniors \$18	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, and Apple's Photos app that makes organizing your photos and sharing them a breeze, whether you're using a Mac, an iPhone, an iPad, an iPod Touch or Apple TV.

246345	Th, F	4/11 & 12	9:30-11:30am	Rm 110	Reg \$30/Seniors \$27	Matthews
243646	Th, F	5/9 & 10	Noon-2pm	Rm 110	Reg \$30/Seniors \$27	Matthews
246586	W, F	June 26, 28 ☀️	9:30-11:30am	Rm 110	Reg \$30/Seniors \$27	Matthews

Messages...and More - 1 class **N**

Text messages used to be bland, expensive, and hard to type. But messaging has changed, to include emoji, pictures, video, handwriting and even fireworks. We'll run through all the capabilities of Apple's Messages app.

246344	T	4/16	9:30-11:30am	Rm 110	Reg \$20/Seniors \$18	Matthews
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Maps: An Atlas in your Pocket - 1 class **N**

You're always on the move, and if you have an iPhone in your pocket you'll always know where you're going. 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.

246349	F	5/24	Noon-2pm	Rm 110	Reg \$20/Seniors \$18	Matthews
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Fitness & Health

Body Balance and Strength - 9 classes

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. Please bring weights and a mat.

292345	T	4/9-6/4	11:30-12:30pm
Rm 304	Reg \$50/Seniors \$45	Lie	
292385	T	6/25-7/23 ☀️	11:30-12:30pm
Rm 304	Reg \$30/Seniors \$27	Lie	

Heartbeats

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).

Instructor: McGranham

292347	M,W	4/8-6/12, 19 classes	
8:30-9:30am	Rm 304	Reg \$80/Senior \$72	
292387	M,W	6/17-7/24, 11 classes ☀️	
8:30-9:30am	Rm 304	Reg \$50/Seniors \$45	

Tiger's Breath Qigong - 10 classes

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

292343	T	4/9-6/11	9:45-10:45am
Rm 304	Reg \$50/Seniors \$45	Dirlam-Ching	

Walks in the Great Outdoors - 10 classes

First class meets at Lafayette/Moraga Trail. Take 24 to Pleasant Hill Rd., Go south, turn right on Olympic Blvd. and then right into parking lot. With a repertoire of over 60 three-mile routes, this class experiences many of the open spaces that intersect & border the beautiful Bay Area parks and canals of several local counties. Walkers are encouraged to carry plant and/or wildlife field guides, binoculars, and umbrellas. The first class will start at 9 am, future classes may start after 9 am depending on the starting location.

057143	Th	4/11-6/13	9-11am
Rm 304	Reg \$90/Seniors \$81	Gordon	

Buddha Palms Qigong - 6 classes ☀️

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

292382	T	6/18-7/23	9:45-10:45am
Rm 304	Reg \$30/Seniors \$27	Dirlam-Ching	

Stretch, Strength, Balance

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

291140	M,W	4/8-6/12, 19 classes	10-11:15am	Rm 304	Reg \$110 /Senior \$99	Piaggio-Weiss
291180	M,W	6/26-7/24, 8 classes ☀️	10-11:15am	Rm 304	Reg \$50/Seniors \$45	Piaggio-Weiss



Yoga Classes

Students supply their own mat for these classes.

Yoga - Open to all levels

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. Instructor: Laws & Lewis

292243 W 4/10-6/12, 10 classes 11:30-12:30pm Rm 304 Reg \$60/Seniors \$54

292244 W 4/10-6/12, 10 classes 5-6pm Rm 304 Reg \$60/Seniors \$54

292248 F 4/12-6/14, 10 classes 9-10:30am Rm 304 Reg \$90/Seniors \$81

☀️ 292283 W 6/19-7/24, 5 classes 11:30-12:30pm Rm 304 Reg \$30/Seniors \$27

☀️ 292288 F 6/21-7/26, 5 classes 9-10:30am Rm 304 Reg \$40/Seniors \$36



Yoga for Caregivers - No yoga experience is necessary **N**

Are you a caregiver for a family member, or is it your profession? Come and surround yourself with others who are facing similar situations and at the same time, practice some self-care in the form of yoga. Class focus on yogic breathing techniques to calm the body, mind and uplift the spirit. There will also be a strong focus on increasing the range of motion in the joints, tailored specifically to those individuals in the caregiver role.

292349 Th 4/11-6/13, 10 classes 10-11am Rm 304 Reg \$50/Seniors \$45 McGranahan

Hatha Yoga for Strength and Balance - Open to all levels

This class 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. Instructor: McGranahan

292240 T 4/9-6/11, 10 classes 8:30-9:30am Rm 304 Reg \$50/Seniors \$45

292245 Th 4/11-6/13, 10 classes 8:30-9:30am Rm 304 Reg \$50/Seniors \$45

☀️ 292280 T 6/18-7/23, 6 classes 8:30-9:30am Rm 304 Reg \$30/Seniors \$27

☀️ 292285 Th 6/20-7/25, 5 classes 8:30-9:30am Rm 304 Reg \$30/Seniors \$27



Yoga, Therapeutic Inspired - Open to all levels

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. Instructor: Piaggio-Weiss

292242 M 4/8-6/10, 9 classes 11:30-12:45pm Rm 304 Reg \$70/Seniors \$63

☀️ 292282 M 7/1-7/22, 4 classes 11:30-12:45pm Rm 304 Reg \$30/Seniors \$27

Intermediate Hatha Yoga - Prerequisite, 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. Come join us and find out more about the relationship between the body, breath and some of the more subtle aspects of the Yoga practice.

292246 Th 4/11-6/13, 10 classes 11:15-12:30pm Rm 304 Reg \$80/Seniors \$72 Piaggio-Weiss

292249 F 4/12-6/14, 10 classes 10:45-Noon Rm 304 Reg \$80/Seniors \$72 Laws

☀️ 292286 Th 6/27-7/25, 4 classes 11:15-12:30pm Rm 304 Reg \$30/Seniors \$27 Piaggio-Weiss

☀️ 292289 F 6/21-7/26, 5 classes 10:45-Noon Rm 304 Reg \$40/Seniors \$36 Lewis

Restorative Yin Yoga **N**



This class combines the benefits of two yoga styles: Yin and Restorative. In nature, Yin and Yang are complementary forces: Yang is described as dynamic and Yin as passive. Yin Yoga can be thought of as a means to balance the more dynamic aspects of our lives. Restorative poses are subtle and aimed to encourage: the release of tension, deeper breathing and a sense of "letting go". Instructor: Lewis

292340 T 4/9, 1 class 2-3:15pm Rm 304 Free Introductory Class

292342 T 4/16-6/11, 9 classes 2-3:15pm Rm 304 Reg \$70/Seniors \$63

Sikhism and Judaism: Separated at Birth?

A PowerPoint Presentation by Ken Blady, M.A., and Amrik Singh Pannu, M.A. - 1 classes

The Sikh faith was founded in the late fifteenth century in the Punjab, NW India, by Guru Nanak, who preached tolerance and equality for every person, regardless of caste, religion, or gender. Sikh strict monotheism originated as a reaction to Hindu idol worship and the caste system; the martial traditions and cult of martyrdom are a consequence of Islamic Mughal fanaticism and cruelty. Like the Jews the Sikhs lost their kingdom, and have long struggled to re-establish an independent homeland, for which their people have been massacred in the hundreds of thousands. The Sikhs have much in common with ultra-Orthodox Jews. Nonetheless, there are marked differences between Sikhs and Jews. Sikhs practice cremation, are strict vegetarians, and the men are not circumcised.

223047 M 5/13 1-3pm Rm 103
Blady

Reg \$ 10/Seniors \$8



Jewish Communities of Central Europe: Hungary, Romania and the Czech Republic - 8 Classes

Some themes covered in these PowerPoint presentations: Early Jewish migrations into Central Europe; the Black Plague and its impact on Jewish communities; the Golem myth and the Maharal of Prague; Various Chassidic sects and their impact on Hungarian Jewry: Satmar-Sighet, Munkacs and Belz; latter-day "marranos": chafing under Communism; cultural and linguistic traditions of the Jewish communities of Hungary; the Romanian Organic Law and the beginnings of legal anti-Semitism; philo-semitic traditions among Czech politicians: Thomas Masaryk, Edvard Benes and Alexander Dubcek, Vaclav Havel; Romanian Communist dictator Nicolae Ceausescu and the "Red Rabbi," Moshe Rosen.

223041 Friday 4/12-6/14*
10am-Noon Rm 103

Reg \$110/Seniors \$99 Blady

*No classes April 19 and 26



Jewish Communities of Latin America: Brazil, Argentina, and Mexico - 8 classes

In these PowerPoint presentations, we cover the following themes: The Inquisition in Mexico City; plantations, sugar mills and slaves; Jewish economic life of the Jews of Recife, Brazil during the Dutch occupation in the 17th century; Isaac Aboab da Fonseca, biographical sketch of the first chief rabbi in the New World; Moroccan Jewish rubber tree growers along the Amazon; Baron de Hirsch and the colonization program of Eastern European Jews in Latin America; Jewish Gauchos of Moisesville, Argentina; Buenos Aires: the "Jerusalem of Jewish pimpdom"; hunting for Eichmann and Mengele in Argentina and Brazil; "Mestizo Jews" of Venta Prieto, Mexico.

223043 F 4/12-6/14* 1-3pm Rm 103
Blady

*No classes Passover Holiday, April 19 and 26



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 4/10-6/12 Noon-2pm Rm 101 Fisher

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.

Spring Classes M-Th April 8 - June 13, 2019

There is NO FEE for ESL classes. Keep checking our Website for updated information on classes and test dates.

Register online for a testing date:

www.acalanes.k12.ca.us/adultedonlineregistration

Beginning ESL

Basic life skills are emphasized through conversation, grammar, vocabulary, reading and writing. Instruction includes listening and pronunciation.
022050 9am-Noon DVEC

Intermediate ESL

English grammar, pronunciation, conversation, life skills, reading & writing.
022350 9am-Noon DVEC
023050 9am-Noon DVEC
023060 7-9:30pm LLHS

Testing Dates:

Monday 3/25 @ 12:30pm
Tuesday 3/26 @ 9:30am
Wednesday 3/27 @ 6pm

Testing at: Del Valle Campus,
1963 Tice Valley Blvd, Walnut Creek.

High Beginning ESL

Basic life skills are emphasized through conversation, grammar, vocabulary, reading and writing. Instruction includes listening and pronunciation.
022150 9am-Noon DVEC
022160 7-9:30pm LLHS

Advanced ESL

Instruction in mastery of oral fluency through conversation, discussion and presentation of vocabulary and idioms.
024050 9am-Noon DVEC
024055 9am-Noon DVEC
024060 7-9:30pm LLHS (M & W only)

ESL Locations and Class Times:

Del Valle Education Center
1963 Tice Valley Blvd, WC
Mon - Thurs, 9am-Noon
Las Lomas High School
1460 S. Main Street, WC
Mon - Thurs, 7-9:30 pm



Adventures in English Classes N

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

Beginning/High Beginning - 16 classes
220380 T, W, Th 6/18-7/25 9:30am-Noon
Rm 103 Reg \$160/Seniors \$144 TBA

Intermediate/Advanced - 16 classes
220386 T, W, Th 6/18-7/25 9:30am-Noon
Rm 102 Reg \$160/Seniors \$144 Lazarus

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 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 10, 2018 and ending June 6, 2019. Classes offered include the required areas of English, Social Science, Life and Physical Science, Mathematics, Fine Arts, Languages and Electives. Some elective credits may be granted for work experience. 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.

Diploma Classes:

Each class is 5 credits per term/semester (60 hours of instruction, lab time and homework)



Adult Diploma Classes

Spring 2019 W, Th
4/10-6/5 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 4/10-6/5 6-9pm Rm 110 No Fee

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).

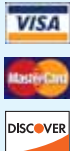
Visa MC Discover Signature _____

Account # _____ Exp. Date _____ CVV Code _____



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

Follow us on Twitter @acalanesadulted





The Del Valle Education Center is pleased to announce the

Del Valle College, Career, Volunteering, and Resource Fair

SAVE THE DATE!
Tuesday April 23, 2019
11:30am - 1pm

Del Valle Education Center
1963 Tice Valley Blvd, Room 401

Non-Profit
Organization
U.S. Postage
PAID
Gardena, CA
Permit No. 40


ECRWSS EDDM

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

Residential Customer



Adventures in Creative Photography

7 Classes 

Do you already know your way around your camera's basic controls and want to expand your photographic horizons with some new subjects and techniques? This intermediate-advanced level class covers landscapes, close-up, moonrise, and night photography, plus some fun low-tech in-camera ways to give your photos a different look. Includes three field trips to nearby locations and four classroom meetings where we'll cover a wide range of subjects and evaluate your photos. Tuesdays and one Monday, June 18-July 23

Classroom meetings:

9:30-11:30 am, June 18, July 2, 16, 23

Field trips

(meet at various locations and times):

June 25, 8-10am

July 9, 7:30-9:30 pm

July 15, 7-9pm

067980 T, M Room 105

Reg \$100/Seniors \$90 Helsel

www.acalanes.k12.ca.us/adulted



@acalanesadulted