



**Piedmont Adult School**  
**moonlighter**

**Spring 2013**  
**Schedule of Classes**

**March 25 – June 9, 2013**

**Registration begins March 11, 2013**

# General Information

**Spring Quarter begins March 25, 2013 — Registration begins March 11, 2013**

## **Eligibility**

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

## **Registration**

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

Online: Visit [www.piedmontadultschool.org](http://www.piedmontadultschool.org), browse through our online catalog, and register for classes online. Online registration begins at 9:00am on Monday, August 27.

By Fax: Fax the completed registration form on page 23 with your credit card information and signature to: 510-595-8173.

Walk-in: Register in person during our business hours. Pay by check, cash or credit card.

By Mail: Mail the completed registration form on page 23 to: Piedmont Adult School, 800 Magnolia Ave, Piedmont, CA 94611.

We do not accept registrations by phone.

## **Refund and Cancellation Policy**

Please choose your classes carefully! Given the current state of educational funding, absolutely no refunds or credits will be given for registration fees unless a class is cancelled by Piedmont Adult School. There are no refunds or credits on food fees.

Piedmont Adult School reserves the right to cancel classes that do not meet the minimum enrollment. In these cases, refunds will be given by credit card.

## **Confirmation of Classes**

For a confirmation of classes, send a self-addressed, stamped envelope to Piedmont Adult School, 800 Magnolia Ave, Piedmont, CA 94611. Confirmations will not be given by phone. Unless you receive a call cancelling a class, assume that you are registered in your class(es).

## **Payment Information**

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

## **Discounts**

All senior citizens (55 years and older), are eligible for a \$10 discount for all regular adult classes. This discount does not apply to seminars (2-8 hour classes), traffic school and special classes.

## **State Supported Classes** <sup>A</sup>

This symbol is used to indicate classes that are state supported by student attendance. Students in these classes will be required to fill out a state-required form in class.

## **Campus and Classroom Rules**

No Smoking: The Piedmont Unified School District is a tobacco-free organization and all of the school district's facilities are designated as tobacco free. Tobacco products are strictly prohibited. Food and Beverages: Eating and drinking are not allowed inside the classrooms.

## **Books**

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

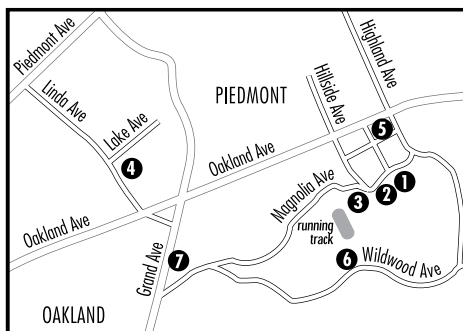
## **Uniform Complaint Procedures**

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

## Getting Here

Parking is limited. We recommend carpooling. Do not park in "Resident Permit" parking spaces.

AC Transit's bus routes #11 and #C run a few blocks away. Service to Piedmont ends at 7:15p. For further information, please call AC Transit at 510-477-0192, or visit [www.transitinfo.org](http://www.transitinfo.org).



## Office Hours

Monday through Thursday:  
9:30p–7:00p  
Closed Friday and Saturday

## Contact Information

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

Phone: 510-594-2655

Fax: 510-595-8173

Web: [www.piedmontadulthoodschool.org](http://www.piedmontadulthoodschool.org)

## Adult School Staff

Michael Brady, *Interim Director of Adult Ed*  
Ron Mockel, *Administrative Coordinator*  
Terra Salazar, *Administrative Coordinator*

## Adult School Calendar

### Spring Quarter: March 25, 2013–June 9, 2013

3/11 Spring Registration begins

3/25 Classes begin

5/27 Monday, Memorial Day

## Piedmont Unified School District

### District Personnel

Constance Hubbard, Superintendent  
Michael Brady, Assistant Superintendent  
Randall Booker, Assistant Superintendent

### Board of Education

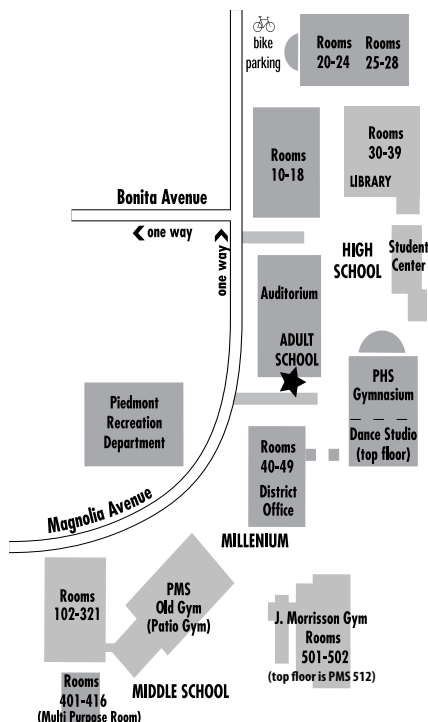
Rick Raushenbush, President  
Andrea Swenson, Vice President  
Ray Gadbois  
Sarah Pearson  
Roy Tolles

### Advisory Committee Members

Deborah Aracic  
Sonia Callahan  
Jack Lockhart  
Judge Carlos Ynostroza

## Locations/Map of Classes

- 1 PAS – Piedmont Adult School  
800 Magnolia Ave, Piedmont
- 1 PHS – Piedmont High School  
800 Magnolia Ave, Piedmont
- 2 MHS – Millennium High School  
760 Magnolia Ave, Piedmont
- 3 PMS – Piedmont Middle School  
740 Magnolia Ave, Piedmont
- 4 BCH – Beach Elementary School  
100 Lake Ave, Piedmont
- 5 Ellen Driscoll Playhouse / Havens  
325 Highland Ave, Piedmont
- 6 WWD AUD – Wildwood Auditorium  
301 Wildwood Ave, Piedmont



# Contents At-A-Glance: Winter 2013

## Arts & Crafts

Calligraphy.....	5
Drawing, Beginning.....	5
Flowing Paint on Silk.....	5
Flowing Watercolor.....	5
Landscape Drawing & Painting .....	6
Life Drawing.....	6
Mosaics.....	6
Painting.....	6
Stained Glass .....	7
The Art of Seeing: Composition 101 for Photographers.....	7

## Business

Investing 101—Financial Workshop .....	7
Passport to a Successful Retirement.....	7

## Computers

Basic Windows 1.....	8
Computers for Older Adults – PC.....	8
Digital Cameras—How to Use Them.....	8
Excel 2010: Beginning.....	8
Excel 2010: Importing, Exporting and Linking...8	
Excel 2010: All About Charts .....	9
PowerPoint 2010: Level 2 .....	9
QuickBooks Pro Level 1.....	9
Word 2010: Styles and Outlines.....	9
Get to Know Your Digital Camera .....	9

## General

Bridge A .....	10
Bridge B.....	10
Gardening From the Ground Up.....	10
Guided Museum Visits for 40 and Older.....	10
Learn Menu Chinese .....	10

## General (State Financed)

CA High School Exit Exam (CAHSEE)— English.....	11
CA High School Exit Exam (CAHSEE)— Math .....	11
High School Diploma Program— Be a High School Graduate! .....	11

## General (Write Now!)

Start Your Writing Life .....	11
-------------------------------	----

## Health/Rec/Dance

Age Gracefully Now.....	11
Alycia's Heartbeat: A Co-ed	
Aerobic Workout .....	12
Breast Health Intensive.....	12
Strength Training for 40 & Older— Beginners.....	12
Strength Training for 40 & Older— Continuing.....	12
Strength Training for 40 & Older— Continuing.....	12
Strength Training for 40 & Older— Twice Weekly, Continuing.....	12

## Tai Chi & Qigong Class

for Beginners .....	13
Tai Chi & Qigong for Continuing Students .....	13
Thursday Night Yoga .....	13
Weight Loss.....	13
Weights and Cardio .....	13
Women's Health Tune-up.....	14

## Homemaking: Cooking

Burmese Cooking .....	14
Dim Sum Workshop .....	14
Indian Cooking .....	14
Indonesian Cuisine .....	15
Japanese Cooking Series .....	15
Tai Cooking Series – Basic.....	15
Vegetarian Dim Sum .....	15
Wok and Stir-fries .....	15

## Homemaking: Knitting & Sewing

Knitting Beginning .....	16
Knitting Clinic .....	16
Sewing 1—Beginning .....	16

## Languages

Arabic, Beginning.....	16
French 1 .....	16
French 2 .....	17
French 3 .....	17
German I—Beginning.....	17
German II—Beginning.....	17
Italian 1A.....	17
Italian 1B .....	17
Spanish Beginning 1 .....	18
Spanish Beginning 2.....	18
Spanish Intermediate 1 .....	18
Spanish Intermediate 2 .....	18
Spanish Intermediate 3 .....	19

## Music

Bagpipes.....	19
Guitar—Beginning.....	19

## Public Service

Traffic Violator School—Evening.....	19
Education: Speaker Series.....	20

## Creative Retirement

Exercise for Seniors.....	21
Fine Arts Painting & Drawing—All Media.....	21
Needlework.....	21
Strength Training.....	22

## Arts & Crafts

### Calligraphy / Antonia Smith

**200221 \$135 8 meetings TUE 3/26-5/14 6:30p-9:00p PHS 26 limit 12**

Interested in improving your handwriting or learning a calligraphic hand such as Italic? Come learn the basics of forming beautiful letters for your own enjoyment, cards or envelopes. Please bring a Shaeffer broad-edged pen in the broad width and paper that does not bleed, to class.

### Drawing, Beginning / Barry Eagle

**200921 \$95 6 meetings MON 3/25-4/29 7:00p-9:30p PHS 27 limit 15**

This class is designed to give students an understanding of drawing fundamentals, the basis of all representational art. The course will cover perspective, proportion, composition and the creation of form through values of light and shade. Bring sketchbook (11x14), pencils (HB, 2B, 4B), eraser (pink pearl, kneaded) and a sharpener.

### Flowing Paint on Silk / Tomoko Murakami

**204421 \$107 5 meetings WED 5/8-6/5 6:30p-9:30p PHS 26 limit 20**

One of the most exciting aspects of painting silk is the opportunity to create strikingly vivid textures of color. This course introduces basic techniques for painting on silk--the watercolor technique (painting with dyes) and the French serti technique (drawing a design with water-based resist called gutta). In this course, participants will create a scarf or tapestry by painting, printing, spraying or drawing on silk. As the hand of the artist delicately guides the flow of the liquid, the colors glide through the silk and generate delight and excitement. The brilliant translucent colors then merge to become an integral part of the fabric, which always remains soft to the touch. The result is stunning! All levels are welcome. Material list available online and at the adult school office. A material fee of \$5.00 per yard payable to the teacher in class for silk.

### Flowing Watercolor / Tomoko Murakami

**202221 \$127 6 meetings WED 3/27-5/1 6:30p-9:30p PHS 26 limit 15**

Learn to create dynamic compositions with strong values, color harmony and movement as we interpret still life, landscape and the figure. Demonstrations of mixing on the paper with fused/broken color, dropping/spattering color, wet on wet and more loose techniques. Development of individual styles encouraged. All levels are welcome. The supply list is online or in the adult education office.

**All fees are non-refundable unless class is cancelled  
Please read full course descriptions posted at  
[www.piedmontadulthoodschool.org](http://www.piedmontadulthoodschool.org)  
before registering.**

**Landscape Drawing & Painting / Barry Eagle****201121 \$155 10 meetings THU 3/28-5/30 7:00p-9:30p PHS 40 limit 15**

This class is designed as a workshop for city and landscape drawing and painting, and is open to all mediums: pen, pencil, watercolor, acrylic and oil paints. It will cover the various techniques and problems that arise in all land and city scapes: linear and aerial perspective, color, composition, etc. Bring your materials and a photo or sketch to use as subject matter. Photos are also available from the instructor.

**Life Drawing / Laura Siegel****201221 \$135 6 meetings WED 4/10-5/15 6:30p-9:30p PMS 122 limit 16**

Learn to draw the human figure! Using live models we will do a variety of drawings (gesture, contour, and long value) drawings of the figure. Anatomy, proportions of the body, and compositions of drawings will be covered in class. Beginning through advanced students welcome. Students will work at their own level, with individual instruction in black/white or color materials. Portrait drawing may be done on some of the poses. Laura Siegel, M.A. Art, is a professional artist and has taught life drawing for over 18 years. Materials list available online and at the adult school office. Model fees included in class fee.

**Mosaics / Ellen Flagg****201421 \$145 8 meetings TUE 3/26-5/14 6:30p-9:00p PHS 41 limit 15**

Learn to create beautiful mosaic mirrors, votives, picture frames or projects of your choice in this class. We will cover basic mosaic skills, including choice of materials, preparation of the surface, tile and glass cutting, and grouting. You may create your own design or be inspired by those in the books we have. This class may also be used as a workshop for experienced students. Tools, materials and some projects such as mirrors and votives will be provided or students may bring their own. A handout covering mosaics basics will be given at the first class. Please bring safety goggles or other eye protection. \$10.00 material fee included in class fee.

**Painting / Laura Siegel****201522 \$95 6 meetings TUE 4/9-5/14 7:00p-9:30p PHS 40 limit 18**

In this workshop students will learn about the materials and techniques of acrylic painting and oil painting, color mixing, and composition. Students have a choice of subject matter: landscape, still life, figure, or from your imagination. Beginning through advanced students welcome. Students work at their own level with individual instruction and critiques. Bring tubes of either all acrylic or all oil paint: cadmium red deep, ultramarine blue, cadmium yellow light, titanium white, ivory black, 3 brushes, a pre-stretched 16"x 20" primed canvas, palette, and your imagination to the first night of class. A materials list is available online or at the adult school office.

**Stained Glass, Beginning & Workshop / Ellen Flagg****202021 \$135 8 meetings WED 3/27-5/15 6:30p-9:00p PHS 41 limit 15**

Learn the ancient art of stained glass and create a beautiful piece for your home. Students will learn all aspects of stained glass construction from designing through glass cutting, soldering and finishing using either the traditional lead or copper foil technique. Experienced students may use this class as a workshop to make lamps or larger pieces. Most tools and supplies will be provided for your use in class. Please bring safety glasses or other protective eyewear.

**The Art of Seeing: Composition 101 for Photographers / Joan Bobkoff****203821 \$95 6 meetings TUE 4/2-5/7 7:00p-9:30p PHS 17 limit 20**

Take a class that will develop your photographic vision and dramatically improve the quality of your photos. Learn design basics and color theory as they relate to photographic images. Discover unique ways the camera and lenses can change and enhance the look of your pictures. Through lectures, assignments and critiques, you will create new types of photos with strong visual impact.

## Business

**Investing 101 – Financial Workshop / Jerry Ostrander****210621 \$75 4 meetings WED 4/3-4/24 7:00p-9:00p PHS 17 limit 25**

Students will learn how to increase your investment income while reducing taxes on those investments. We'll teach you about the stock market as well as other forms of ownership and loanership investments. Class will focus on you and your goals, whether saving for your children's education or planning for your own retirement. Instructor, Jerry Ostrander, AAMS, is the Financial Advisor from the Piedmont Office of Edward Jones Investments.

**Passport to a Successful Retirement / Jim Collini****210521 \$75 4 meetings TUE 3/26-4/16 6:30p-8:30p PHS 15 limit 20**

This updated course will provide you with the in-depth information you need to plan and enjoy a comfortable retirement. Find out how to potentially increase your investment returns and maximize your retirement income. Get the most out of Social Security benefits. Discover strategies to protect your assets from inflation, estate and income taxes, and erosion due to long-term health care needs. Jim Collini is Branch Manager/First VP-Investments of Stifel Nicolaus in Walnut Creek.

# Computers

## ***Basic Windows I / Deborah Brooks***

**040231 \$149 8 meetings THU 3/28-5/16 4:00p-6:00p PHS 48 limit 15**

This is a hands-on course for people with little or no experience with computers. We will practice how to write letters, save files, use the Internet and email. We will have a brief introduction to spreadsheets, databases, photo editing and system maintenance. No previous computer skills necessary. Text is included in class fee – Basic Windows Computers: Windows 7 by Deborah Brooks.

## ***Computers for Older Adults – PC / Deborah Brooks***

**040531 \$149 8 meetings TUE 3/26-5/14 4:00p-6:00p PHS 48 limit 15**

This course is for older adults (and others) who have no experience with computers and is taught in the PC environment. We will learn to use email and Internet. We will practice word processing and talk about basic vocabulary. We will concentrate on the special needs of the older adult and those with disabilities. Text is included in class fee – Basic Windows Computers: Windows 7 by Deborah Brooks.

## ***Digital Cameras: How to Use Them / Dennis Mockel***

**045041 \$75 3 meetings THU 3/28-4/11 7:00p-9:30p PHS 48 limit 25**

Now that you have your digital camera the wonderment starts! What do all these knobs and buttons do? How can I print and email my pictures? How can I improve them? These questions and more are covered in this class. Students need to bring their cameras with charged batteries, a memory card and cables.

## ***Excel 2010: Beginning / Dennis Mockel***

**044021 \$135 8 meetings THU 4/18-6/6 7:00p-9:30p PHS 48 limit 16**

Microsoft Excel is the industry standard for spreadsheet programs. In this beginning level course, students learn to: navigate the user interface; enter data and create simple formulas; use cell references in formulas; format text, numbers, and sheets; build charts and diagrams. Prerequisite: familiarity with Windows operating system. Microsoft Office Excel; 2010 Comprehensive Course (ISBN:978-1-59136-310-1) is required and can be purchased from Labyrinth Publishing.

## ***Excel 2010: Importing, Exporting & Linking / Helen Nishikai***

**040641 \$83 1 meeting SAT 4/6 9:00a-4:00p PHS 48 limit 12**

Do you need to import or export data in Microsoft Excel? Do you want to link formulas in multiple Excel files or link to data in another application, such as Microsoft Word? Then come to this class and bring your questions! We will cover these topics and more related to sharing data between Excel and other applications. Prerequisites: Excel 2007/2010.



**Excel 2010: All About Charts / Helen Nishikai****046741    \$83    1 meeting    SAT    6/1    9:00a-4:00p    PHS 48    limit 12**

In this intermediate-level workshop, you will learn how to master the updated chart features in Excel 2010. After a review of basic charts, we will cover various techniques such as managing and formatting chart elements, manipulating source data, and saving chart templates. In addition, we will create charts using features such as two-value axes, multilevel categories, error bars, high-low lines, moving averages, trendlines, scatter charts, and 3D charts. The class will be taught in Excel 2010, but users of Excel 2007 or 2003 will benefit as well. Prerequisites: Excel 2007/2010 Beginning or equivalent experience.

**PowerPoint 2010: Level 2 / Helen Nishikai****048041    \$83    1 meeting    SAT    5/4    9:00a-4:00p    PHS 48    limit 12**

In this one-day intermediate-level class, you will learn key features that help you master PowerPoint. We will cover transitions, animations, custom design themes, and master slides. Then, we will examine other useful features such as action buttons, custom shows, rehearse timings, and presentation shortcuts. Prerequisite: PowerPoint 2007/2010 Level I.

**QuickBooks Pro Level 1 / Helen Nishikai****047041    \$139    3 meetings    SAT    4/13-4/27    9:00a-4:00p    PHS 48    limit 12**

QuickBooks is one of the leading accounting programs to manage finances for small businesses. In this course, you will learn about basic concepts, working with customer transactions, working with vendor transactions, banking, and creating a company file from scratch. Prerequisites: Familiarity with the Windows PC operating system. Experience with spreadsheet applications such as Microsoft Excel and accounting principals is helpful. The textbook "QuickBooks 2010 Level 1" (ISBN 1 59136 294 6 ) is required for the first day of class and can be purchased from Labyrinth Publishing (1 800 522 9746 or [www.lablearning.com](http://www.lablearning.com)). Also, please bring a USB flash drive with at least 250MB of memory to store class files.

**Word 2010: Styles and Outlines / Helen Nishikai****047441    \$83    1 meeting    SAT    5/18    9:00a-4:00p    PHS 48    limit 12**

Styles and outlines are two of the most powerful features in Microsoft Word to control your formatting and organize your ideas. In this intermediate-level class, we will cover the basics of styles and outlines as well as more advanced techniques such as modifying the Normal style, moving styles from one document to another, working with style sets and themes, and creating a table of contents using styles. Prerequisites: Beginning Microsoft Word 2007/2010 or equivalent.

**Get to Know Your Digital Camera / Dennis Mockel****221141    \$79    1 meeting    SAT    5/4    10:00a-4:00p    PHS 49    limit 24**

Students will work with the various controls on their camera to learn the function and how the control is used. Students must bring their digital cameras with memory cards. It will also be helpful (but not required) to bring the appropriate USB cable for downloading pictures and power supply/charger in case batteries discharge.

## General

### ***Bridge A: Club Series, Beginners Basic*** / Jonathan Kael

**230421 \$145 10 meetings MON 3/25-6/3 6:30p-9:00p MHS 47a limit 24**

This class is for total beginners. The course follows Audrey Grant's teaching method. You will learn counting points, bidding, leading, and discarding, Bridge vocabulary and much more. No class 5/27.

### ***Bridge B: Diamond Series, Intermediate Players*** / Jonathan Kael

**238721 \$155 10 meetings WED 3/27-5/29 6:30p-9:00p MHS 47a limit 24**

This class is designed for students with basic knowledge of Bridge. (bidding, leading, counting points, discarding). Players will uncover strategies, understand conventions, and assess numerous card holding scenarios. Includes structured play and other activities.

### ***Gardening From the Ground Up*** / Corinne L. Greenberg

**236121 \$87 5 meetings WED 4/10-5/4 7:00p-8:30p PHS 24 limit 25**

Attract butterflies, bumble bees, song birds, hummingbirds, and other beneficial critters to your garden. Learn healthy garden management, grow edible plants, enjoy the wonder and beauty of California plants, learn how they can help you sustain an environmentally friendly, water saving and easy care garden. Beginners, black thumbs, seasoned gardeners all welcome. Get thrilled to spend time in your garden. Have fun with beautiful slides shows and a hands on Field Trip.

### ***Guided Museum Visits for 40 and Older*** / Pauline Tsui NEW

**231221 \$85 5 meetings WED 3/27-4/24 7:00p-9:00p PHS 14 limit 20**

In this interactive class participants will discover effective ways to visit and enjoy local museums such as the Oakland Museum of Art, the Legion of Legion of Honor Museum, the Asian Art Museum. The class will cover practical topics on how to dress, what time and day to choose for your visit, how to view a work of art; answers to FAQs in making the best use of your time and having a satisfying experience in any museum. Pauline Tsui has been a docent and volunteer at the Asian Art Museum of San Francisco for the past ten years. She is an active community speaker and an art advocate at local libraries, cultural institutions, and senior centers.

### ***Learn Menu Chinese*** / Pauline Tsui NEW

**236921 \$65 5 meetings TUE 4/2-4/30 7:00p-8:30p PHS 14 limit 20**

Everyone loves Chinese food, but what if you could order in Chinese? This interactive workshop explores Chinese food through language, menus, and restaurants of the Greater Oakland Chinese community by teaching you what and how to order – in Chinese. Pauline brings sample menus and common phrase lists with references to pronunciation, also stories about traditional fare and historical importance. Lots of food talk and popular language for you to become competent in Menu Chinese!

## General (State Financed)

### California High School Exit Exam—English / Staff <sup>A</sup>

011521 \$0 1 meeting 5:30p – 9:00p PHS 26

### California High School Exit Exam—Math / Staff <sup>A</sup>

011621 \$0 1 meeting 5:30p – 9:00p PHS 48

### Diploma Program—Be A High School Graduate / Katherine Terhar <sup>A</sup>

010138 FREE MTWThF 4:00p-7:00p AD ED

The Piedmont Adult School High School Diploma Program is designed for adults; however high school seniors may also enroll. High school seniors may earn a maximum of five credits per quarter (which is equivalent to one class). High School credits in English 1-4, Economics, U.S. History, Government, World History, basic math through geometry. To register, please bring two copies of your transcript and an approval letter from your counselor to class. Adults: You may work at your own pace in a supportive classroom atmosphere. Credentialed teachers are available to work with you on your individualized program. It's not too late to get your high school diploma.

## General (Write Now!)

### Start Your Writing Life / Charlotte Cook

231721 \$120 7 meetings MON 4/8-5/20 7:00p-9:00p PHS 12 limit 25

You are or see yourself writing stories, novels and/or memoir. You've promised yourself. It's been a lifelong dream. Why wait any longer? You could be building your writing life right now. This interactive workshop explores story theory, writing skills, publishing, even time management. We'll discuss, write, read, even watch some film clips. Bring a notebook or laptop as well as your passion. Charlotte has lots of experience motivating and developing writers--and making it fun. No class 5/27.

## Health/Rec/Dance

### Age Gracefully Now / Helayne Waldman, Ed.D., M.S. <sup>NEW</sup>

240621 \$80 4 meetings THU 3/28-4/18 7:00p-9:00p PHS 17 limit 25

This class, especially for baby boomers, focuses on what we can do now to help avoid adverse health consequences later. In four weeks, we'll look at weight, energy and blood sugar, cardiovascular health, bone health, brain health and cancer prevention. This class is suited for those who'd like a broad overview of the relationship between nutrition and health.

***Alycia's Heartbeat: A Co-ed Aerobic Workout* / Alycia Lai-Clemens****053611 \$100 65 meetings MTWTHSS 3/25-6/9 5:00p-7:00p BCH Aud limit 99**

Please join our 60-minute aerobic workout and feel healthy, energized and stress free! Alycia Lai-Clemens and Barbara Mizuno have been teaching aerobics and dance since 1980. Barbara's classes incorporate Pilates principles. Wear loose comfortable clothing and cross-training shoes; bring a mat or towel and light weights (2-3 lbs). All ages and fitness levels are welcome. For more info call: 510 585-5885. Classes are as follows: Mon 5:00-6:00pm; Tue 6:00-7:00pm; Wed 5:00-6:00pm; Thu 6:00-7:00pm; Sat 9:00-10:00am; Sun 9:30-10:30am. No class 5/27.

***Breast Health Intensive* / Helayne Waldman, Ed.D., M.S. NEW****244541 \$79 1 meeting SAT 6/1 9:30a-4:00p PHS 17 limit 25**

For those who've had a diagnosis of breast cancer or have risk factors for the disease, here's your chance to learn how to create a "recurrence-free" zone in your body. Learn how blood sugar, inflammation and nutrient deficiencies can drive cancer growth, and how addressing them can lower your risk factors significantly. Based on Helayne's book THE WHOLE FOOD GUIDE FOR BREAST CANCER SURVIVORS.

***Strength Training for 40 and Older – Beginners* / Jacqui Birdsong-James****053421 \$95 10 meetings TUE 3/26-5/28 6:00p-7:00p PMS 512 limit 15**

Increase your endurance, strength and metabolic rate using free weights and Universal machines. This strength training class is in a fun circuit format in which all equipment is provided. Bring mat.

***Strength Training for 40 and Older – Continuing* / Jacqui Birdsong-James****053221 \$95 10 meetings TUE 3/26-5/28 5:00p-6:00p PMS 512 limit 15**

Increase your endurance, strength and metabolic rate using free weights and Universal machines. This strength training class is in a fun circuit format in which all equipment is provided. Bring mat.

***Strength Training for 40 and Older – Continuing* / Jacqui Birdsong-James****054022 \$95 10 meetings THU 3/28-5/30 5:00p-6:00p PMS 512 limit 15**

Students must have completed Strength Training for Beginners. Increase your endurance, strength and metabolic rate using free weights and Universal machines. This strength training class is in a fun circuit format in which all equipment is provided.

***Strength Training for 40 and Older: Twice Weekly – Continuing* / Jacqui Birdsong-James****053321 \$155 20 meetings TTH 3/26-5/30 5:00p-6:00p PMS 512 limit 15**

Students must have completed Strength Training for Beginners. Increase your endurance, strength and metabolic rate using free weights and Universal machines. This strength training class is in a fun circuit format in which all equipment is provided.

**Tai Chi & Qigong Class for Beginners / Gail Sprung****091121 \$95 10 meetings WED 4/3-6/5 7:00p-8:00p PHS DS limit 20**

Join our Tai Chi class and experience the gentle movement of Tai Chi and Qigong. Learn how to relax the mind and relieve stress at the same time that you exercise and gain flexibility. Cultivate the chi and use it for the benefit of your health as well as enjoyment in exercising. Learn to practice using the mind, breath, and movement to find the natural state of tranquility. We practice this through the Standing Meditation, Soaring Crane Qigong and Tai Chi Chuan. This class is suitable for beginners as well as those who have previously done Tai Chi. Wear comfortable loose clothing and comfortable shoes.

**Tai Chi & Qigong for Continuing Students / Gail Sprung****091221 \$95 10 meetings WED 4/3-6/5 8:00p-9:00p PHS DS limit 25**

Continuing students will work on Soaring Crane and Animal Qigong, continue work on the Tai Chi form, partner work including pushing hands, and Tai Chi Sword and Stick.

**Thursday Night Yoga / Barbara Massey****244421 \$105 8 meetings THU 3/28-5/16 6:00p-7:15p PHS DS limit 30**

A dynamic yoga practice that will keep your body young, your mind vibrant and your spirit soaring. We will attend to the classic yoga postures, alignment principals and breathing techniques. Suitable for all levels. A yoga practice will keep you healthy, agile and more resistant to injury and illness. Whether you have been doing a yoga practice for years or have always wanted to try yoga, this class will point you in the right direction easily and gently. You will also be encouraged to develop your own at home practice in order to enjoy a lifetime of yoga benefits. Bring a yoga mat, towel, blanket and wear comfortable clothing.

**Weight Loss / Helayne Waldman, Ed.D., M.S. NEW****243341 \$79 1 meeting SAT 4/13 9:30a-4:00p PHS 17 limit 25**

Believe it or not, losing weight in the 21st century is more challenging than it was in the 20th! In this workshop we'll take a close look at what might be preventing you from achieving your weight loss goals, and suggest strategies to overcome these blocks. Especially for those who have tried other "diets" and need help turbo-charging their own metabolism again.

**Weights and Cardio / Jacqui Birdsong-James****053921 \$115 10 meetings WED 3/27-5/29 5:30p-7:00p PMS 512 limit 15**

Want to lose weight and strengthen your muscles? Jacqui's class begins with weight lifting (with a warm up) and goes immediately into a cardio work out. Your body needs to burn through its sugar source before it taps into your fat. By starting with weights, you alert your muscles to trigger the proteins that churn through calories while you exercise. "Muscle eats the fat", so you want your muscles as active as possible. Women don't be afraid of weights, take this class and become familiar with equipment that can keep you fit throughout your life. Jacqui will help you reach your fitness goals. Please bring mat.

**Women's Health Tune Up** / *Helayne Waldman, Ed.D., M.S.* NEW

**243441 \$85 2 meetings SAT 5/4-5/11 10:00a-2:00p PHS 17 limit 25**

Women have many special health concerns as they approach menopause and beyond. They are more prone to endocrine issues, stress related problems and of course, breast cancer. Learn how to minimize the discomforts of this time, boost immune health, maintain hormonal balance and keep your bones healthy and happy.

## Homemaking: Cooking

**Burmese Cooking** / *Chat Mingkwan*

**250221 \$82 1 meeting WED 3/27 6:30p-9:30p STU CTR limit 12**

Myanmar (Burma) has been a mystery for quite sometime but its cuisine is not that elusive. Burmese cuisine is very unique with its own characteristics that stir interest in the U.S. culinary scene. Learn to cook popular Burmese dishes in this hands-on class and prepare delicious dishes, such as laphet salad, hot and sour fish soup, curried noodles, pea fritters, etc. Bring your sharp chef's knife, apron and beverage. \$15 food fee included.

**Dim Sum Workshop** / *Chat Mingkwan*

**250421 \$82 1 meeting THU 4/4 6:30p-9:30p STU CTR limit 12**

Dim Sum means "a little bit of heart," and these little savories and sweets surely gladden the heart and palate. Dim Sum can be served as an elegant and a fun light appetizer, lunch, snack, or as a special treat. We will learn to use a variety of specialties to create popular items, and learn techniques of filling and wrapping in hands-on preparing delicious dim sum, such as Pork & Shrimp Dumplings, BBQ Pork Buns, Chinese Broccoli, Sesame Seed Balls, etc. Some can be made in advance and frozen. Bring your sharp chef's knife or clever, beverage, and a to-go box. \$15.00 food fee included.

**Indian Cooking** / *Meela Shah*

**250641 \$75 1 meeting SAT 5/4 10:00a-2:00p STU CTR limit 15**

Take the stress out of the winter blues and elevate your senses with amazing aromas, flavors, colorful spices, herbs and fresh ingredients by participating in a hands-on Indian Cooking class with Meela Shah. Gain knowledge of healthful spice properties and learn about the infinite possibilities offered by a cuisine that is so popular in the Bay area. We will prepare a delicious multi-course lunch to dine on, from appetizer to dessert... perfect social recipes to excite you into creating vegetarian and non-vegetarian delights for your family and friends!

**All fees are non-refundable unless class is cancelled  
Please read full course descriptions posted at  
[www.piedmontadulthoodschool.org](http://www.piedmontadulthoodschool.org)  
before registering.**

**Indonesian Cuisine / Chat Mingkwan**

**258521 \$82 1 meeting TUE 5/28 6:30p-9:30p STU CTR limit 12**

The “Spice Islands” or Indonesia has a lot to offer, especially its exotic spices and their delectable cuisine. Learn to know Indonesian spices and hands-on preparation of popular dishes such as assorted satays, fresh peanuts sauce, spicy fruit salad, dried beef curry and more! Bring your sharp chef knife or cleaver and a non-alcoholic beverage. \$15.00 food fee included.

**Japanese Cooking Series / Chat Mingkwan**

**253421 \$148 4 meetings THU 5/2-5/23 6:30p-9:30p STU CTR limit 12**

Learn the basic aspect of Japanese cuisine, starting with basic ingredients in traditional meals. Learn the Japanese philosophy of simplicity and prepare simple and easy soups and salads. Apply Japanese fresh and light to our meals in making sashimi, sushi, and nigiri. We will prepare 5 popular Japanese dishes for our dinner each night. For example, yakitori, sukiyaki, teriyaki, sushi, miso soup. Please bring your sharp chef’s knife and your own non-alcoholic beverage.

**Thai Cooking Series – Basic / Chat Mingkwan**

**251021 \$148 4 meetings TUE 4/2-4/23 6:30p-9:30p STU CTR limit 12**

Recently returned from Thailand with new trends and his cookbook “Easy Thai,” Chat invites you to this 4 week intensive Thai cooking series. Learn Thai culinary philosophy and learn to recognize Thai tastes and flavors by hands-on preparing a 5 dish Thai meal each night for your dinner. Learn to use herbs and spices, such as galangal and kaffir lime that are unique to Thai cuisine and transform fresh ingredients into delicious dishes. Some dishes can be made in big batches that last for several meals. Bring your sharp chef knife or cleaver and your own non-alcoholic beverage. \$45 food fee included in class fee.

**Vegetarian Dim Sum / Chat Mingkwan**

**252221 \$82 1 meeting MON 4/29 6:30p-9:30p STU CTR limit 12**

This is a chance to add Dim Sum to your vegetarian cooking repertoire. Let’s make various snacks and appetizers for our teatime. We will learn to prepare popular dim sum using only plant-base ingredients, such as Water chestnut dumplings, Taro buns, Garlic chive pot sticker, crunchy noodles, sesame seed balls, etc. Let’s catch up with this fun way to snack and make it very healthy all with vegetables. Bring your sharp chef knife or cleaver, and non-alcoholic beverage.

**Wok and Stir-fries / Chat Mingkwan**

**253621 \$82 1 meeting TUE 6/4 6:30p-9:30p STU CTR limit 12**

Chinese invented wok and stir-fry techniques and all Asian Cuisines adapted and modified these techniques to call their own. Stir-frying is a fresh, quick and easy food preparation, using the freshest ingredients, taking little time to cook, and employing the simplest techniques. Let’s make delicious and popular Asian stir-fried dishes from Chinese, Japanese, Thai, Vietnamese cuisines and make them healthier and more personalized by adding your own twists, Beef and Broccoli, Spicy eggplant and Thai basil, Chow Mein, Peppered Shrimp, Sweet and Sour, etc. Bring your favorite wok!

## Homemaking: Knitting & Sewing

### Knitting – Beginning / Auban Willats

**050121 \$135 10 meetings WED 3/27-6/5 7:00p-9:00p PHS 23 limit 8**

Learn the basic skills of knitting, casting on, the knit and purl stitches, casting off, simple pattern stitches, increasing and decreasing, and measuring your gauge. No experience necessary. Bring a skein of worsted weight yarn and a pair of Size 8 knitting needles to the first class.

### Knitting Clinic / Auban Willats

**050521 \$135 10 meetings TUE 3/26-6/4 7:00p-9:00p PHS 23 limit 10**

Do you have unfinished projects languishing in your stash? Is there a project you want to start, but have a hard time getting motivated? Do you have yarn in your stash you don't know how to use? Are you looking for quick-to-knit projects for gift giving? Bring your projects and ideas. We'll finish things up, get inspired, and get knitting!

### Sewing I – Beginning / Kate Ruddle

**050421 \$127 7 meetings WED 4/3-5/15 6:30p-9:30p PHS 27 limit 14**

This class is for beginners with little or no sewing experience. Students learn four easy hand stitches and become comfortable with the use of a sewing machine. As this class is an introduction to machine sewing, care and use of your machine will be stressed. Students will leave the class having made a 'boa scarf' and a fancy bag and six other personal projects. Playful creativity will be stressed throughout the class-so come prepared to play! Bring scissors, thread, a marking pencil and a yard of cotton to first class. Bring your own sewing machine, otherwise the adult school has a limited number of machines.

## Languages

### Arabic, Beginning / Simon Bandar

**262721 \$115 10 meetings SAT 3/30-6/1 1:00p-2:30p PHS 12 limit 20**

This Arabic course is fun and easy. You will learn the Arabic (modern standard Arabic) alphabet, greetings, meeting people, numbers, colors, money, asking questions, mail, telephone, telling time, travel, transportation, going shopping, culture, sightseeing, conversation and more! Required text: "Your First 100 Words in Arabic" ISBN# 978 007 146 928 9.

### French 1 / Jean Monnier

**261521 \$135 8 meetings TUE 4/9-5/28 7:00p-9:30p PHS 10 limit 25**

This class is designed for beginners without prior exposure to the language or those who would like to go back to basics. Required text: Connexions1 Methode de Francais and Connexions 1 Cahier d'exercises ISBN#978 2 278 054 114. Books may be purchased at the European Bookstore in San Francisco.



**French 2 / Jean Monnier**

**260221 \$135 8 meetings WED 3/27-5/15 7:00p-9:30p PHS 10 limit 25**

This course is a low intermediate level for students who have had some previous knowledge of French. Required text: Connexions 2 Methode de Francais, and Connexions 2 Cahier d'exercises. ISBN 978 2 278 05532 6. Books available at European Books, in Oakland.

**French 3 / Jean Monnier**

**261221 \$135 8 meetings MON 4/8-6/3 7:00p-9:30p PHS 10 limit 25**

This class is for advanced intermediate students. It is taught solely in French. Required text: Connexions 3, Methode de Francais, and Connexions 3 Cahier d'exercises. ISBN: 978 2 278 056 224. No class 5/27.

**German I, Beginning / Sandra Brandeberry**

**260321 \$103 9 meetings WED 4/10-6/5 6:30p-8:00p PHS 15 limit 25**

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

**German II, Beginning / Sandra Brandeberry**

**260421 \$103 11 meetings WED 3/27-6/5 8:00p-9:30p PHS 15 limit 25**

If you have already taken a Beginning class, this class is for you. If you know some German but do not yet feel confident enough to go out and order Bier and Bratwurst at the Oktoberfest, this is also the right level for you. The focus is on the spoken language and real-life situations that you are likely to encounter on your travels in German-speaking countries.

**Italian I A / Simon Bandar**

**260741 \$115 10 meetings SAT 3/30-6/1 9:00a-10:30A PHS 12 limit 25**

This Italian class is fun and easy. You will learn the Italian alphabet, greetings, meeting people, numbers, colors, money, asking questions, mail, telephone, telling time, travel transportation, going shopping, culture, sightseeing, conversation and more. Required test: "Fast and Fun" ISBN 978 076 412 530 0.

**Italian 1B / Simon Bandar**

**261341 \$115 10 meetings SAT 3/30-6/1 10:45a-12:15p PHS 12 limit 25**

This Italian course is desgined for those who have completed Italian 1A, and/or those who have a previous knowledge of Italian. The emphasis is to ensure complete understanding of the Italian language including vers, useful expressions, nuts and bolts, vocabulary and conversation. Required Text: "Fast and Fun" ISBN 978 076 412 530 0.

**Spanish Beginning 1 / Helmi Waits**

**261022 \$155 10 meetings MON 3/25-6/3 7:00p-9:30p PHS 28 limit 25**

In this class you will learn the difference between ser and estar, the present tense of regular verbs, comparatives, present progressive, passive forms, number and gender, and time and weather expressions. Typical activities may include individual presentations, conversation in groups, acting in skits, and listening to songs. Text used in class: *Como se Dice*, 9th edn. ISBN#0-547-00131-2. Available used, at Amazon.com. No class 5/27.

**Spanish Beginning 2 / Helmi Waits**

**261423 \$155 10 meetings WED 3/27-5/29 7:00p-9:30p PHS 28 limit 25**

In this class you will learn demonstrative adjectives, the present tense of irregular verbs, the past tense (preterit), reflexive verbs, direct object pronouns, indirect object pronouns, and the combination of indirect and direct objects, *por* vs. *para*, and adverbs. Typical activities may include individual presentations, conversation in groups, listening to songs, and acting in skits. Text used in class: *Como se Dice*, 9th edn. ISBN#0 547 0013 2. Available used, on Amazon.com.

**Spanish Intermediate 1 / Afsaneh Olinga**

**261627 \$155 10 meetings TUE 3/26-6/4 6:30p-9:00p PHS 11 limit 25**

In this class you will learn the other past tense (the imperfect), the situations that require using the subjunctive, and informal and formal command forms of verbs. Typical activities may include individual presentations, conversation in groups, acting in skits, short readings and songs. The class is entirely in Spanish. Text used in class: *Como se Dice*, 9th edn. ISBN#0 547 00131 2. Available used, at Amazon.com.

**Spanish Intermediate 2 / Afsaneh Olinga**

**261821 \$155 10 meetings WED 3/27-6/5 6:30p-9:00p PHS 11 limit 25**

In this class you will learn certain expressions after which we use the subjunctive, present perfect tense, past perfect tense, pluperfect tense, future tense, conditional ten, prepositions, *if* clauses (unreal conditional), and idiomatic expressions. Typical activities will include conversation, debating current events, short stories, listening to songs, the occasional poem, individual presentations and skits. The class is entirely in Spanish. Text used in class: *Como se Dice*, 9th edn. ISBN#0 547 00131 2.

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before registering.**

**Spanish Intermediate 3 / Afsaneh Olinga****261921 \$155 10 meetings THU 4/4-6/6 6:30p-9:00p PHS 11 limit 25**

In this class you will learn more about the subjunctive and continue with its advance forms and usage including the imperfect, present and pluperfect of subjunctive, and if clauses. You will also learn prepositions, uses of por and para and some idiomatic expressions. The class is entirely in Spanish. Text: "Como se dice, 9th edn." ISBN# 0 547 00131 2.

**Music****Bagpipes / Lynne Miller****270121 \$143 11 meetings WED 3/27-6/5 7:00p-9:00p PMS 402 limit 25**

This is an introduction to the great Highland bagpipe. Beginning students will learn the basics of reading music and playing bagpipes by playing a practice chanter, the preparatory instrument for bagpipes. Please bring a practice chanter to class. No experience is necessary. As students progress to playing the bagpipes, they will have the option of working with more advanced students. This year we will have an introduction to piobaireachd which is the classical music of the bagpipe. This is your chance to learn more about bagpipes.

**Guitar, Beginning / Bruce Brill****270222 \$103 8 meetings TUE 3/26-5/21 6:30p-8:00p PMS 503 limit 18**

This class is for people who have never played guitar before. Basic chords, strums, finger picking, different styles of music, tablature and note reading will be explained. Students will play solo and in groups of two and three. Bring a guitar--with all six strings on, in tune--and a pen or pencil.

**Public Service****Traffic Violator School – Evening / Paul Wong****280121 \$40 2 meetings MT 4/8-4/9 6:00p-10:00p PHS 16 limit 25**

The Piedmont Adult School is DMV-licensed to hold Traffic Violator Classes for those needing to fulfill their obligation with the courts. With permission from the court, this class will cancel your traffic ticket. Traffic classes are held in the evening during the week on Mondays and Tuesdays from 6:00-10:00 pm at Piedmont High School in Room 16. The cost is \$40. Please register online at [piedmontadulthoodschool.org](http://piedmontadulthoodschool.org).

**Traffic Violator School – Evening / Paul Wong****280122 \$40 2 meetings MT 5/13-5/14 6:00p-10:00p PHS 16 limit 25**

The Piedmont Adult School is DMV-licensed to hold Traffic Violator Classes for those needing to fulfill their obligation with the courts. With permission from the court, this class will cancel your traffic ticket. Traffic classes are held in the evening during the week on Mondays and Tuesdays from 6:00-10:00 pm at Piedmont High School in Room 16. The cost is \$40. Please register online at [piedmontadulthoodschool.org](http://piedmontadulthoodschool.org).

**Traffic Violator School – Evening / Paul Wong****280124 \$40 2 meetings MT 6/3-6/4 6:00p-10:00p PHS 16 limit 25**

The Piedmont Adult School is DMV-licensed to hold Traffic Violator Classes for those needing to fulfill their obligation with the courts. With permission from the court, this class will cancel your traffic ticket. Traffic classes are held in the evening during the week on Mondays and Tuesdays from 6:00-10:00 pm at Piedmont High School in Room 16. The cost is \$40. Please register online at [piedmontadulthoodschool.org](http://piedmontadulthoodschool.org).

**Education Speaker Series (Year-long Series) / Staff****055421 \$25 2 meetings THU 9/20/2012 6/30 7:00p-8:30p PHSAUD limit 200**

There will be two events this quarter, on Thursday evenings from 7:00pm to 8:30pm in the PHS Alan Harvey Theatre. 3/7/13: The Innovator's Mindset. Glen Tripp, a Piedmont parent and founder of Gallileo Learning, specializes in developing innovation-oriented curriculum for summer programs. He will address how parents can promote innovative thinking and creative problem-solving -- lifeskills that can help children navigate life's challenges by empowering them to envision and realize their own goals. 3/28/13: Current Topics in K-12 Education. Stephanie Rafanelli, a school coach and a parent education facilitator for Challenge Success, has been a middle school science and math teacher for nineteen years. In addition to her work in the classroom she has served as department chair, academic dean, grade-level dean, parent and faculty educator, and leader of curriculum reform, during her career at the Menlo School and Bentley. She founded and ran several summer and afterschool programs such as Sally Ride Science Camp for girls, and Menlo Summer Explorations. Ms. Rafanelli will address current topics in K-12 education research, and provide an overview of the topics presented during this pilot Education Speaker Series. Location subject to change. To secure a reserved seat for all of the event in this series, please contribute \$25. All proceeds support education programs in PUSD and are tax deductible to the fullest extent of the law.

## Creative Retirement

The Creative Retirement Center:  
A Free Arts and Social Program for Older Adults

Join us on Thursdays at the Creative Retirement Center located at the Veterans Hall, 401 Highland Ave, Piedmont, CA.

Pre-registration is not required. Please feel free to just drop in! For more information, call (510) 594-2655.

Thursday meeting dates are as follows:  
April 4, 25, May 2, 16, 23, 30, June 6.

### **Exercise for Seniors** / Jacqui Birdsong–James <sup>A</sup>

**060131**    **No Fee**    **See dates above**    **9:00a-10:00a**    **Vets Hall**    **limit 25**

Do you suffer from cramps or stiffness in your legs or arms? Do you tire easily? Wish you had more flexibility? Can you spare one hour a week? Come to the Creative Retirement Center and exercise with fellow seniors. Doctors agree that even moderate exercises can extend your life. In a short time you will feel healthier and have more pep. Vigor and fitness is not the domain of youth.

### **Fine Arts Painting and Drawing—All Media** / Richard Gunn <sup>A</sup>

**060131**    **No Fee**    **See dates above**    **10:00a-1:00p**    **Vets Hall**    **limit 25**

A class designed for older adults in which the student will re-learn old skills or learn new skills while experimenting with fine arts media, techniques, color and composition, in order to promote a more productive use of leisure time and create a positive feeling of self-worth. It is a one-on-one, self-paced class geared to the student's level of ability. Areas of study include composition, perspective, color, use of 9-value gray scale and texture.

### **Needlework** / Elizabeth Klute <sup>A</sup>

**060131**    **No Fee**    **See dates above**    **10:00a-12:00p**    **Vets Hall**    **limit 25**

Students will learn new techniques and improve on existing skills in knitting, sewing, crocheting and needlepoint. All levels from beginning to advanced are welcome. Bring in projects to be finished or start new ones. Some supplies and equipment provided. Students must provide their own materials (yarn, fabric, etc.).

**Strength Training** / Jacqui Birdsong–James <sup>A</sup>**060131   No Fee   See dates above   10:00a-11:00a   Vets Hall   limit 22**

The benefits of exercise are numerous; strength training is a part of keeping your mind and body healthy and active. This class will use rubber bands and weights (cans of soup) and natural stretching to: increase muscular strength, improve range of motion of joints, reduce body fat and increase lean body mass. Please bring two cans of soup to use as weights and exercise mat for required floor work.

**All fees are non-refundable unless class is cancelled  
Please read full course descriptions posted at  
[www.piedmontadultschool.org](http://www.piedmontadultschool.org)  
before registering.**

**NO REFUNDS — PLEASE SEE PAGE 2.**

## SPRING 2013 REGISTRATION FORM

PIEDMONT ADULT SCHOOL • 800 Magnolia Ave., Piedmont, CA 94611  
Phone: 510-594-2655 • Fax: 510-595-8173 • [www.piedmontadultschool.org](http://www.piedmontadultschool.org)

Please check here to be added to our mailing list.

NAME \_\_\_\_\_ DATE \_\_\_\_\_  
LAST FIRST MIDDLE

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

BIRTHDATE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

COURSE TITLE \_\_\_\_\_ COURSE NUMBER \_\_\_\_\_ FEE \_\_\_\_\_

INSTRUCTOR \_\_\_\_\_

COURSE TITLE \_\_\_\_\_ COURSE NUMBER \_\_\_\_\_ FEE \_\_\_\_\_

INSTRUCTOR \_\_\_\_\_

COURSE TITLE \_\_\_\_\_ COURSE NUMBER \_\_\_\_\_ FEE \_\_\_\_\_

INSTRUCTOR \_\_\_\_\_ DISCOUNT: \_\_\_\_\_

For credit card charge, please complete below:

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

ACCOUNT NUMBER \_\_\_\_\_ SIGNATURE \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_

TOTAL FEES: \_\_\_\_\_

Please send a self-addressed, stamped envelope for confirmation of classes. Otherwise, no confirmation will be given—consider yourself registered unless otherwise notified.

**Piedmont Adult School  
800 Magnolia Avenue  
Piedmont, CA 94611**

**Spring Quarter: March 25, 2013 – June 9, 2013**

**3/11 Spring Registration begins**

**3/25 Classes begin**

**5/27 Monday, Memorial Day**

**PIEDMONT ADULT SCHOOL**

**800 Magnolia Avenue • Piedmont, CA 94611**

**510-594-2655 phone • 510-595-8173 fax**

***[www.piedmontadulthoodschool.org](http://www.piedmontadulthoodschool.org)***