 Registration Begins April 24, 2020!
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**2020 SUMMER CALENDAR**

REGISTRATION FOR SUMMER QUARTER BEGINS // APRIL 24, 2020  
SUMMER QUARTER TERM // MAY 05–JULY 31, 2020  
HOLIDAYS–NO CLASSES // JULY 4, 2020  
PAA Adult School // adultschool@pausd.org  

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PALO ALTO ADULT SCHOOL // 650-329-3752 // PAAAdultSchool.org
ARTS AND CRAFTS *(Online Only Summer 2020)*

**FLAG BOOK ON ZOOM**
Instructor: Jamila Rufaro, jamilarufaro@gmail.com
Prerequisite: Noon
You’ll work along with me live, via Zoom to create 3 versions of the ever popular Flag Book. The Flag Book is an easy structure that lends itself to endless variations. You’ll have a better experience if you can set up your work surface next to your laptop, desktop, or tablet to see what I’m demonstrating. You’ll be able to ask questions and virtually meet the other students in the class. See website description for a list of materials you will need.
One Session / July 1
Wednesday / 6–9:30 p.m.
Online Zoom Class / $45

**TRIANGULAR FOLD BOOK ON ZOOM**
Instructor: Jamila Rufaro, jamilarufaro@gmail.com
Prerequisite: Noon
You’ll work along with me live, via Zoom to create a stunning book with triangular pages from a single sheet of paper! You’ll have a better experience if you can set up your work surface next to your laptop, desktop, or tablet to see what I’m demonstrating. You’ll be able to ask questions and virtually meet the other students in the class. See website description for a list of materials you will need.
One Session / July 15
Wednesday / 6–9:30 p.m.
Online Zoom Class / $45

**NEW**

**START YOUR OWN ARTS AND CRAFTS BUSINESS**
(**Online Class: ed2go.com/paloalto**)  
Instructor: Shirley George Frazier (ed2go Instructor)  
Prerequisite: None
Learn to start your own arts and crafts business. Create your own unique business identity, and find a sales approach that fits your personality. Learn how to get into the best craft shows, as well as design booths that really draw customers in. Price your work effectively and set yourself up for success. To register, visit our website (Arts & Crafts).

6 wks (12 sessions)  
Starts May 13 | June 17 | July 15 | August 12  
ONLINE ONLY / $95

* Stay at home -- Study online!

We offer only online classes during the extended covid-19 school closure. Our staff is conducting classes via Zoom, and will provide easy Zoom access and user instructions once you register. Many additional online classes (outlined in this catalog and on our website) are available via our partner, ed2go.com/paloalto.

The Adult School main office is closed due to the Covid-19 shutdown. Staff will not be on campus, but will access email correspondence on a regular basis. Please email any questions and concerns to **adultschool@pausd.org** and they will be answered at our earliest convenience.

* Partially or fully state-funded
INTRODUCTION TO QUICKBOOKS 2019
(**Online Class: ed2go.com/paloalto**)  
Instructor: Scott Paxton, CPA (ed2go Instructor)  
Prerequisite: None  
Now you can learn to manage your finances with QuickBooks in this introductory online course. Introduction to QuickBooks 2019 is designed for those new to QuickBooks or those wanting a refresher with the latest version. You will learn how QuickBooks makes it easy to set up a chart of accounts; create and print invoices, receipts, and statements; track your payables, inventory, and receivables, and generate reports. To register, visit our website (Business & Finance).  
6 Weeks Access / 24 Course Hours  
Starts June 17 | July 15 | August 12 | September 16  
Online Class / $129

PERSONAL FINANCE
(**Online Class: ed2go.com/paloalto**)  
Instructor: Matt Crabtree (ed2go Instructor)  
Prerequisite: None  
Set clear financial goals, make the right investments, increase financial security, and be prepared to retire someday. This course will help you gain control over the financial impact of your choices with tools that are useful, realistic, and easy to work into your regular routine. To register, visit our website (Business & Finance).  
6 Weeks Access / 24 Course Hours  
Starts June 17 | July 15 | August 12 | September 16  
Online Class / $95

KEYS TO SUCCESSFUL MONEY MANAGEMENT
(**Online Class: ed2go.com/paloalto**)  
Instructor: Kirsten Iseminger (ed2go Instructor)  
Prerequisite: None  
A certified financial planner will walk you through the steps to take in order to achieve true financial success. Understand the broad array of investment choices available and discover the best ways to acquire and accumulate cash and real property. You’ll learn about the tax implications of your investment decisions, along with steps you can take to protect any wealth you acquire. To register, visit our website (Business & Finance).  
6 Weeks Access / 24 Course Hours  
Starts June 17 | July 15 | August 12 | September 16  
Online Class / $95

START YOUR OWN SMALL BUSINESS
(**Online Class: ed2go.com/paloalto**)  
Instructor: Kris Solie-Johnson (ed2go Instructor)  
Prerequisite: None  
Learn how to take your dream of starting a business and put it into action. In this class, you will learn everything you need to know about starting a business: picking the right opportunity, marketing techniques to build sales, traditional and non-traditional financing options, easy-to-implement employee-management procedures and how to write business policies that help you build your business. (Business & Finance).  
6 Weeks Access / 24 Course Hours  
Starts June 17 | July 15 | August 12 | September 16  
Online Class / $95
COSMETOLOGY APPRENTICESHIP PROGRAM
Instructor: Peninsula Academy
Prerequisite: 39-hour Pre-Apprenticeship

An Apprenticeship program offers theoretical training and field experience while simultaneously providing paid compensation. Apprenticeships provide the foundation to building confidence and clientele. The beauty industry provides countless career opportunities and the pathway to entrepreneurship. Peninsula Academy reduces a seven-year process to two years, and once apprentices pass the licensing exam they return to their job and maintain their established clientele.

Length of Course: 2 years
Hrs Per Wk: 8 hrs in class theoretical training (every Tuesday)
40 hrs On Job Training (OJT) Wednesday–Saturday
For more information, email: penacad17@gmail.com

WORK READINESS: JOB SEARCH SKILLS—LEARN NEW SKILLS FOR GETTING A JOB *
Instructor: Kathilynn Lehmer, Pajoblink.lehmer@yahoo.com

Looking for a Job? Learn the job search process, prepare a resume and cover letter, develop networking and interviewing skills and create a LinkedIn profile. Students will attend 12 individualized job coaching sessions and/or workshops to identify employment opportunities and to prepare a job portfolio. There is no fee—and the course is open-entry. For more information, and to find out how to register, send an email to Kathilynn Lehmer at: Pajoblink.lehmer@yahoo.com

VOICE-OVERS: NOW IS YOUR TIME!
Instructors: Lisa Foster, lisafoster@suchavoice.com
Prerequisite: None

You’ve heard Lisa Foster on TV! (Crest Toothpaste, Olay, LA Weight Loss, Sleep Train, Advanced Laser Clinics and Café Appassionato) Now hear Lisa LIVE as she illustrates how YOU could actually begin using your speaking voice for commercials, films, and videos! This is a business that you can handle on your own terms, on your own turf, on your own time, and with practically no overhead! This exciting and fun class could be the game changer you’ve been looking for!

One Session / July 14
Tuesday / 6:30–8 p.m.
Online Class / $40

ONLINE COURSES
6 week
EACH CLASS: $95
INTRO TO INTERIOR DESIGN
START YOUR OWN EDIBLE GARDEN
BLOGGING AND PODCASTING FOR BEGINNERS
HOW TO MAKE MONEY FROM YOUR WRITING
To register and get more information: Visit ed2go.com/PaloAlto

* Partially or fully state-funded
**CAREER TRAINING (Online Only Summer 2020)**

**12 STEPS TO A SUCCESSFUL JOB SEARCH**
(**Online Class: ed2go.com/paloalto**)  
Instructor: Todd Bermont (ed2go Instructor)  
Prerequisite: None  
This motivational course will increase your confidence, help you feel great about yourself, and provide you with the foundation you need to get the job you want! You will be given complete step-by-step instructions on how to get that job, regardless of your level of expertise or state of the economy. You will learn how to build rapport with any interviewer, both verbally and non-verbally, while mastering the six phases of a successful job interview. To register, visit our website (Career Training).  
6 Weeks Access / 24 Course Hours  
Starts June 17 | July 15 | August 12 | September 16  
ONLINE ONLY / $129

**PARALEGAL PREPARATION 1**
(**Online Class: ed2go.com/paloalto**)  
Instructor: Sam Germana (ed2go Instructor)  
Prerequisite: None  
A skilled paralegal can do almost all the jobs a lawyer does. In this course, you will start by getting an excellent grounding in legal terminology, contract law, and the tort system. Next, you will learn how to perform legal analysis, conduct interviews and investigations, write legal briefs, and prepare for appeals. And finally, you will get tips on internships and job-hunting. To register, visit our website (Career Training).  
6 Weeks Access / 24 Course Hours  
Starts June 17 | July 15 | August 12 | September 16  
ONLINE ONLY / $95

**A TO Z GRANTWRITING**
(**Online Class: ed2go.com/paloalto**)  
Instructor: Linda Vallejo (ed2go Instructor)  
Prerequisite: None  
Do you love writing and want to help nonprofit organizations, schools, religious institutions, and research organizations acquire the funds they need to operate and to thrive? This informative course will equip you with the skills and tools you need to become a successful grant writer, whether you’re already involved in a related position or are looking to take your first step into this rewarding career. To register, visit our website (Career Training).  
6 Weeks Access / 24 Course Hours  
Starts June 17 | July 15 | August 12 | September 16  
ONLINE ONLY / $95

**RESUME WRITING WORKSHOP**
(**Online Class: ed2go.com/paloalto**)  
Instructor: Stephanie Donaldson (ed2go Instructor)  
Prerequisite: Experience with any version of Microsoft Word  
Transform your resume into a powerful tool that will help you get interviews. This course is invaluable to anyone who wants to improve their resume as it will introduce you to different formats, help you make the most of your work experience, and discover how to use a reference to your advantage. This course can be taken on either a PC or Mac device. To register, visit our website (Career Training).  
6 Weeks Access / 24 Course Hours  
Starts June 17 | July 15 | August 12 | September 16  
ONLINE ONLY / $95
**CREATING WORDPRESS WEBSITES**

(*Online Class: ed2go.com/paloalto*)

Instructor: Richard Mansfield (ed2go Instructor)

*Prerequisite: None*

WordPress is the most commonly used content management system, powering more than 34% of all websites. Create a user-friendly WordPress site — without any coding. Learn how to design pages, add engaging content, and customize your site's look and feel. By course completion, you will be able to maintain a secure site that achieves high search engine rankings.

Requirements: PC: Windows Vista or later. Mac: OS X Snow Leopard 10.6 or later. To register, visit our website (Computer Skills).

6 Weeks Access / 24 Course Hours

Starts June 17 | July 15 | August 12 | September 16

ONLINE ONLY / $95

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**INTRODUCTION TO INDESIGN CS6**

(*Online Class Only*)

Instructor: Donna Baker (ed2go Instructor)

*Prerequisite: None*

Get hands-on desktop publishing training and learn how to use this popular page layout software program to design and create professional-quality letterhead, business cards, brochures, plus more. You’ll discover that you don’t have to be a designer or an artist to produce professional-quality documents! To register, visit our website (Computer Skills).

6 Weeks Access / 24 Course Hours

Starts June 17 | July 15 | August 12 | September 16

ONLINE ONLY / $85

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**INTRODUCTION TO ILLUSTRATOR CS6**

(*Online Class: ed2go.com/paloalto*)

Instructor: Sherry London (ed2go Instructor)

*Prerequisite: None*

In this course, you will learn to apply color, create shading effects and painterly brushstrokes, and add special effects such as 3D to your drawings. Easily move designs back and forth between Photoshop and Illustrator to take advantage of the strengths of both programs. Each lesson contains an assignment that challenges both your creativity and your growing skill. Work at your own level, whether you’re just getting started, or refreshing your Illustrator skills. To register, visit our website (Computer Skills).

6 Weeks Access / 24 Course Hours

Starts June 17 | July 15 | August 12 | September 16

ONLINE ONLY / $85

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**INTRODUCTION TO JAVA PROGRAMMING**

(*Online Class: ed2go.com/paloalto*)

Instructor: Alan Simpson (ed2go Instructor)

*Prerequisite: None*

Build your knowledge and confidence with easy-to-understand examples and plenty of skill-building exercises. This course uses the latest release of Java, from Oracle, the company that maintains and supports the language. Learn how to use BlueJ, a graphical development environment designed especially for students. Both are free open-source products. By the time you’re done, you’ll be comfortable with Java programming and ready for more! To register, visit our website (Computer Skills).

6 Weeks Access / 24 Course Hours

Starts June 17 | July 15 | August 12 | September 16

ONLINE ONLY / $95
**COMPUTER SKILLS (Online Only Summer 2020)**

**INTRODUCTION TO PC TROUBLESHOOTING**

(Online Only Summer 2020)
Instructor: Scott Jernigan (ed2go Instructor)
Prerequisite: None
Don’t spend your hard-earned cash on expensive PC repairs! This course will take you step by step through the typical problems encountered by technicians. You will learn troubleshooting techniques to decipher any problem, and get the skills you need to solve them. You will also learn how to maintain and optimize a Windows PC.
Requirements: PC: Windows XP or later required. To register, visit our website (Computer Skills).

6 Weeks Access / 24 Course Hours
Starts June 17 | July 15 | August 12 | September 16
ONLINE ONLY / $95

**INTRODUCTION TO QUICKBOOKS 2019**

(Online Class Only)
Instructor: Donna Baker (ed2go Instructor)
Prerequisite: None
Now you can learn to manage your finances with QuickBooks in this introductory online course. Introduction to QuickBooks 2019 is designed for those new to QuickBooks or those wanting a refresher with the latest version. You will learn how QuickBooks makes it easy to set up a chart of accounts; create and print invoices, receipts, and statements; track your payables, inventory, and receivables, and generate reports.

6 Weeks Access / 24 Course Hours
Starts June 17 | July 15 | August 12 | September 16
ONLINE ONLY / $85

**INTRODUCTION TO PHOTOSHOP CS6**

(Online Class: ed2go.com/paloalto**)
Instructor: Sherry London (ed2go Instructor)
Prerequisite: None
Adobe Photoshop is the world’s most popular photo-editing program for image creation and editing. This course provides detailed, step-by-step instructions for using Photoshop that you’ll have no trouble following—even if you’ve never used a computer graphics program before! By the time you finish this fun, hands-on, project-oriented course, you’ll be well on your way to expressing yourself with the most exciting graphics program ever developed! To register, visit our website (Computer Skills).

6 Weeks Access / 24 Course Hours
Starts June 17 | July 15 | August 12 | September 16
ONLINE ONLY / $95

**KEYBOARDING**

(Online Class: ed2go.com/paloalto**)
Instructor: Kathy Van Pelt (ed2go Instructor)
Prerequisite: None
Become faster and more confident at the keyboard! You’ll use the Keyboarding Pro 5 program, a typing tutorial designed for personal computers, to learn how to touch-type—that is, to type text from a printed page or a computer screen without looking at your keyboard. By the end of the course, you’ll know how to touch-type the alphabetic, numeric, and symbol keys; create, save, and edit word processing documents; and successfully take a timed writing test during a job interview.

6 Weeks Access / 24 Course Hours
Starts June 17 | July 15 | August 12 | September 16
ONLINE ONLY / $95
**COOKING (Online Only Summer 2020)**

**LET’S DO DINNER!**
**COOKING CLASSES FOR FAMILIES, SINGLES, AND SHELTER-IN-PLACE BUDDIES**
Instructor: Julie Shanson, julie@findjoyinfood.com, www.findjoyinfood.com
Make a delicious dinner in your home on Thursday nights.
Take one, two, three, or all six cooking sessions. We’ll prepare ingredients, make a meal, then enjoy it independently offline. You’ll need a device to “Zoom in” from your kitchen, and the ingredients (as best you can assemble) for the recipes. We are making whole food, plant based meals. Allergies, preferences, all supported. And substitutions are welcomed. Think of this like inviting over a friend who likes to cook. We’ll make it tasty together! Use it as a chance to teach the kids or take a break from figuring out what’s for dinner! All good!
6 Sessions / June 11 | June 18 | June 25 | July 2 | July 9 | July 16
Thursday / 6–7:30 p.m.
Online via Zoom / $25 each session ($150 for all 6 sessions)

**LUSCIOUS, LOW-FAT, LIGHTNING-QUICK MEALS**
(**Online Class: ed2go.com/paloalto**)  
Instructor: Donna Acosta (ed2go Instructor)  
Prerequisite: None  
Learn how to reduce fat in recipes without sacrificing flavor or texture. Explore how to use flavor profiling to expand your culinary horizons. Learn how to prepare casseroles, crock-pot dishes, vegan dishes, oven-fried foods, meat-based meals, and many other entrees that are both nutritious and delicious! Discover tips for grocery shopping, menu planning, food preparation, and quicker cooking. To register, visit our website (Cooking).
6 Weeks Access / 24 Course Hours  
Starts June 17 | July 15 | August 12 | September 16  
ONLINE ONLY / $95

**SECRETS OF THE CATERER**
(**Online Class: ed2go.com/paloalto**)  
Instructor: Dawn Simmons (ed2go Instructor)  
Prerequisite: None  
Learn how to put your cooking and party planning skills to work. Learn the fundamentals of the catering business, how to cook for large crowds, organize your kitchen, manage your time, and work with clients. The course focuses on cooking skills every caterer needs, with an introduction to the business side of catering. You’ll also receive many unique and tested recipes that you can use to jump-start your business. Build your catering skills and begin a new and exciting career today. To register, visit our website (Cooking).
6 Weeks Access / 24 Course Hours  
Starts June 17 | July 15 | August 12 | September 16  
ONLINE ONLY / $95

* Partially or fully state-funded

PAAadultSchool.org  //  650-329-3752  //  PALO ALTO ADULT SCHOOL
ENGLISH AS A SECOND LANGUAGE (ESL) (Online Only Summer 2020)

ESL FALL QUARTER 2020 -- TO BE ANNOUNCED / PLEASE CHECK BACK FOR DATES

The Palo Alto Adult School ESL program offers many classes to help you meet your English learning goals. To enter our free classes, new students must register for a placement test. There is no childcare for the test or the classes. To register for the placement test, send email to adultschool@pausd.org.

**Students who are not registered to take the placement test will not be allowed to take the test.**

Enrollment Policies

- Students must be able to attend the full 8 weeks.
- Students will be required to buy a textbook for the class.
- Students who leave before the end of a session may not return until the next session, and must pay a $20 re-entry fee.
- There is no childcare.

**When your registration is completed, you will select one of the test dates shown below.**

~ PLEASE CHECK BACK FOR UPCOMING TESTING DATES AND TIMES. ~

* PRE-LITERACY *

- Do you know anyone who cannot read and write in their first language and/or English? Please email adultschool@pausd.org for information on our Pre-Literacy class.
- ¿Conoce a alguien quien quiere aprender a leer en Inglés?
  Por favor envíe un correo electrónico a adultschool@pausd.org para más información.

BE A VOLUNTEER ESL TUTOR
Help Someone Learn English

Set aside two hours a week to help wonderful people at a crucial moment in their lives. Work one-on-one with a student or work with a teacher in a classroom. You do not have to speak a foreign language or have teaching experience. Free training and ongoing support will be provided.

For information about our volunteer tutor program, please contact ESL Volunteer Tutor Manager, Lynn Tanner, at LTanner@pausd.org
ENGLISH ENRICHMENT *(Online Only Summer 2020)*

**AMERICAN IDIOMS 101 (JUNE – JULY 2020)**
Instructor: Simone Wojtowicz, simonewojt@gmail.com
Prerequisite: Intermediate high to advanced English learners
You will develop reading, listening, speaking and writing skills while becoming familiar with many useful English expressions. Do you want to increase your vocabulary? Improve your TOEFL score? Use idioms in conversation? We’ll dissect the top 300 idioms used on the TOEFL test in addition to discussing metaphorical language. No textbook required.
5 wks / June 29–July 27
Monday / 9:30–11:30 a.m.
Online Class / $88

**BOOK CLUB**
Instructor: Simone Wojtowicz, simonewojt@gmail.com
Prerequisite: Advanced English language learners
Do you love to read? Do you want to increase your conversational fluency, boost your vocabulary, and improve your grammar? Join the book club and have fun developing your English skills while learning about American values. You will read the first section of Michelle Obama’s book *Becoming*, and we’ll discuss the book’s themes, author interviews, and related videos. You may have the opportunity to present a written book review or give an oral presentation. Please purchase the book (a physical copy or an electronic version) before the first class. Class meets online using Zoom.
4 wks / June 19–July 31 (No class July 3)
Friday / 6:30–9:30 p.m.
Online Class / $106

**US HISTORY AND CULTURE FOCUSING ON RACE**
Instructor: Simone Wojtowicz, simonewojt@gmail.com
Prerequisite: Intermediate high to advanced English learners
You will improve your English skills while becoming familiar with some aspects of the history of race in the US. We will discuss the Declaration of Independence, slavery, and the civil rights movement. Conversation, reading, vocabulary improvement, pronunciation, language usage, and a greater understanding of American culture and history are incorporated into each class. No textbook required.
5 wks / July 1–July 29
Wednesday / 9:30–11:30 a.m.
Online Class / $88

Certificates will be processed by email only during the Covid-19 shutdown and phone calls will be returned once the office reopens. Thank you for your understanding.
GED PREPARATION (Online Only Summer 2020)

GED PREPARATION
(**Online Class: ed2go.com/paloalto**)  
Instructor: Barbara Rolston (ed2go Instructor)  
Prerequisite: Ability to read and write the English language at a high-school level, and be able to add, subtract, multiply, and divide whole numbers. If you are testing in the United States, you should have an understanding of the English measurement system. If you’re testing in Canada, you should be familiar with the metric system. Analyze your strengths and weaknesses, so you can focus your studying on the areas that you need most. You will learn what you need to succeed on the four GED® test modules: Reasoning Through Language Arts, Social Studies, Science, and Mathematical Reasoning.

To register, visit our website (GED Preparation).

6 Weeks Access / 24 Course Hours  
Starts June 17 | July 15 | August 12 | September 16  
ONLINE ONLY / $95

GENERAL INTEREST (Online Only Summer 2020)

VOICE-OVERS: NOW IS YOUR TIME!  
Instructors: Lisa Foster, lisafoster@suchavoice.com  
Prerequisite: None  
You’ve heard Lisa Foster on TV! (Crest Toothpaste, Olay, LA Weight Loss, Sleep Train, Advanced Laser Clinics and Café Appassionato) Now hear Lisa LIVE as she illustrates how YOU could actually begin using your speaking voice for commercials, films, and videos! This is a business that you can handle on your own terms, on your own turf, on your own time, and with practically no overhead! This exciting and fun class could be the game changer you’ve been looking for!

One Session / July 14  
Tuesday / 6:30–8 p.m.  
Online Class / $40
HEALTH & FITNESS (Online Only Summer 2020)

AIKIDO
Instructors: Ivan Korolevskiy and Fushan Yuan, fushany@gmail.com
Prerequisite: None
Welcome to Aikido! The Art of Peace—a dynamic art based on harmony. Enjoy noncompetitive training in a supportive community offered by 7th degree black belt Shihan Hideki Shiohira and his senior students. The Japanese martial art of Aikido is a comprehensive system of throwing, joint locking, striking and pinning techniques.
6 wks / May 19–July 25 (No class July 4)
Tuesday AND Thursday / 6:30–8 p.m.
AND
Saturday / 10–11 a.m.
Online Class / $179

CERTIFICATE IN MEDITATION
(**Online Class: ed2go.com/paloalto**) Instructors: Cyndie Koopsen (ed2go Instructor) Prerequisite: None
In this certificate program, you’ll explore the many meditation techniques that can be used to support the mind-body connection and promote healing and wellness. The course is designed for health professionals and nurses as well as general consumers. You will discover how the practice of meditation can be used to increase mindfulness, reduce stress, deal with pain and illness, and support overall well-being. To register, visit our website (Health & Fitness).
6 Weeks Access / 24 Course Hours
Starts June 17 | July 15 | August 12 | September 16
ONLINE ONLY / $68

HELPING ELDERLY PARENTS
(**Online Class: ed2go.com/paloalto**) Instructors: Marsiea Warren (ed2go Instructor) Prerequisite: None
Discover how to appreciate and cherish your aging parents. This course will help you learn what to expect, what to watch for, how to deal with physical and emotional challenges, and where to find resources to help as your parent or loved ones transition into their golden years. To register, visit our website (Health & Fitness).
6 Weeks Access / 24 Course Hours
Starts June 17 | July 15 | August 12 | September 16
ONLINE ONLY / $95

* Partially or fully state-funded
HEALTH & FITNESS (Online Only Summer 2020)

**CERTIFICATE IN WOMEN’S HEALTH ISSUES**

(*Online Class: ed2go.com/paloalto*)

Instructors: Cyndie Koopsen and Caroline Young (ed2go Instructors)

*Prerequisite: None*

You will learn key health issues facing women, both globally and nationally. This course addresses physical and mental health issues for all women including lesbian, gay, bisexual, transgender, and questioning health issues; effective and empowering communication; and self-care for health and well-being.

To register, visit our website *(Health & Fitness)*.

6 Weeks Access / 14 Course Hours
Starts June 17 | July 15 | August 12 | September 16
ONLINE ONLY / $85

**INTRO TO NATURAL HEALTH & HEALING**

(*Online Class: ed2go.com/paloalto*)

Instructor: Theresa Snyder (ed2go Instructor)

*Prerequisite: None*

Take charge of your own health and healing by discovering how to achieve total health of the mind, body, and spirit. This course allows you to explore a variety of methods including diet, hydrotherapy, positive attitude, relaxation, yoga, chiropractic, natural remedies and more to achieve total health.

To register, visit our website *(Health & Fitness)*.

6 Weeks Access / 24 Course Hours
Starts June 17 | July 15 | August 12 | September 16
ONLINE ONLY / $95

**LOSE WEIGHT AND KEEP IT OFF**

(*Online Class: ed2go.com/paloalto*)

Instructor: Donna Acosta (ed2go Instructor)

*Prerequisite: None*

Discover how to establish a healthy approach to weight loss and weight management. By the end of this course, you’ll know how to set effective goals for eating, exercise, and many other elements that affect your weight, and be on your way to losing weight and keeping it off for good.

To register, visit our website *(Health & Fitness)*.

6 Weeks Access / 24 Course Hours
Starts June 17 | July 15 | August 12 | September 16
ONLINE ONLY / $95
HOME & ENVIRONMENT *(Online Only Summer 2020)*

GARDENING IN SUMMER
Instructor: Sherri Bohan, bloomgrdr@gmail.com
Prerequisite: None
Enjoy caring for your summer garden! Summer is when you start your Fall vegetable garden. Use the latest in proper techniques and organic treatment for insects and plant disease and water-wise problems. You can have a wonderful garden this Summer and into Fall and Winter. Flowers, kitchen gardens, herbs, lawns, natives and much more will be covered. For all levels of gardening experience.
6 wks / June 10–July 15
Wednesday / 10 a.m.–12 noon
Online Class / $41

MUSIC (Online Only Summer 2020)

MUSIC MADE EASY
(**Online Class: ed2go.com/paloalto**)  
Instructor: Marianne Murawski (ed2go Instructor)  
Prerequisite: This course is geared towards those who have no musical background, those who play but do not read music, or anyone who is interested in understanding the fundamentals of music. There are no prerequisites to take this course.
You’ll gain a complete understanding of rhythm, melody, and harmony, and you’ll be able to recognize pitches on the musical staff and on the keyboard. By the time you complete this course, you’ll be able to read, write, and even play simple pieces of music! You must have speakers or headphones. To register, visit our website (Music).
6 Weeks Access / 24 Course Hours
Starts June 17 | July 15 | August 12 | September 16
ONLINE ONLY / $95

* Partially or fully state-funded
Instructor-Facilitated Online Courses

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. All courses run for six weeks (with a 10-day grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any course entirely from your home or office...any time of the day or night!

EXPERT INSTRUCTORS • 24-HOUR ACCESS • ONLINE DISCUSSION AREAS • SIX WEEKS OF INSTRUCTION

DISCOVER DIGITAL PHOTOGRAPHY
An informative introduction to the fascinating world of digital photography equipment.

INTERIOR DESIGN
Explore a career in interior design as you learn how to transform any room into a beautiful and functional space.

INTRODUCTION TO JOURNALING
Discover many journaling techniques, exercises, tools, and resources.

PHOTOSHOP CS6 FOR THE DIGITAL PHOTOGRAPHER
Master techniques to make the most of your digital images and add a professional polish to your work.

STARTING YOUR OWN BUSINESS IN HEALTH AND HEALING
In this innovative course, you'll learn how to make your dreams of building a health-related business a reality.

USING SOCIAL MEDIA IN BUSINESS
Learn how Facebook, Twitter, LinkedIn, Pinterest and Google+ can grow and promote your business.

MORE COURSES AVAILABLE AT OUR ONLINE INSTRUCTION CENTER
Email: adultschool@pausd.org / Visit ed2go.com/PaloAlto
New course sessions begin monthly.
For 74 years, PreSchool Family has offered preschool programs organized primarily for parent education. Parents develop a deeper understanding of early childhood development and parenting skills through adult discussion classes, formal and informal observations, and community exchanges. The school provides children and their families a nurturing play-based curriculum helping children develop in all areas including creativity, cooperation, peaceful conflict resolution, positive communication, fine and gross motor skills and kindergarten readiness. Our unique participatory structure allows parents to be involved in their children’s preschool education.

PreSchool Family is a parent education, parent participation program serving families with children from birth through five years. The program offers parents an opportunity to learn about parenting and to actively participate in their child’s education. For children, the program offers a developmentally appropriate, play-based, educational experience. Ask about classes for newborns and older babies—and their parents; dinner class in the early evening for 9-24 month olds—and parents; Newborn and Parent class each spring and fall; PreSchool Family tours are available. For tour dates and times see http://www.psf.pausd.org/tours. Registration for fall 2020 available at psf.pausd.org/enrollment.

Whether you use a DSLR, a point-and-shoot camera, or your phone for your photography, Secrets of Better Photography will teach you how to get the best results from your camera. You can take your camera out of auto mode after learning about lighting, motion, aperture, shutter speed, and ISO settings. You will also explore common photography topics, including portraiture, children’s photography, pet photography, and digital editing. To register, visit our website (Photography).

6 Weeks Access / 24 Course Hours
Starts June 17 | July 15 | August 12 | September 16
ONLINE ONLY / $95
ITALIAN: INTERMEDIATE V
Instructor: Roberta Lamanda, roberta.lamanda@gmail.com
Prerequisite: Intermediate IV and returning or new students who have an understanding of the Italian language above the beginning level.
Immerse yourself in the beauty of the Italian language while you are comfortably at your home. This engaging class will be held through the Zoom meeting platform. You will learn new Italian grammar complex concepts while strengthening your conversational skills through active interactions. During the course, an optional one-on-one check-in with the instructor is offered. “Vi aspetto!” Please contact instructor for information about the textbook or if you have any questions regarding this class.
8 wks / May 11–June 29
(No class May 25 / makeup class May 26)
Monday / 6–7:30 p.m.
Online Class / $106

ITALIAN BOOK CLUB: ADVANCED READING AND CONVERSATION
(Class limited to 12 students)
Instructor: Stefania Filigheddu, stefania.filigheddu@gmail.com
Prerequisite: Advanced Italian skills
Do not miss this opportunity to challenge yourself especially during this particular time. Increase your Italian vocabulary and culture while reading and conversing completely in Italian. The selected book contains complex grammatical structures that enhance your ability to incorporate new idioms and vocabulary in different contexts. You will be asked to read at least 35-40 pages per week (you will receive a detailed reading program) and actively participate in the virtual. Please order your book as soon as possible and contact the teacher to know how to get prepared for the first class (conversation about the first chapters will start on first meeting).
Textbook: L’amica geniale – by Elena Ferrante (Paperback or E-book version)
8 wks / May 12–June 30
Tuesday / 5–6:30 p.m.
Online Class / $106

JAPANESE CONVERSATION
(Class limited to 10 students)
Instructor: Kumiko Sakamoto, ksakamotomac@gmail.com
Prerequisite: Japanese Beginning I
Konnichiwa. I’m a native speaking instructor and I want to welcome you to join me in a Japanese conversation class! You will learn to communicate with me and your classmates. You will encourage one another to speak to each other in the Japanese during class. You will compare and contrast Japanese culture with your own culture and personal experiences and express your opinions. Both conversational grammar and vocabulary will be covered during class. The instruction is designed to incorporate various methods, such as technology and authentic materials, to accommodate different learning styles. Please contact me with any concerns and/or questions about this course. No textbook required.
8 wks / June 10–July 29
Wednesday / 10:30–11:30 a.m.
Palo Alto HS Rm 306 / $96

NEW TEACHERS WELCOME!
If you would like to become an Adult School instructor, please send an email to adultschool@pausd.org for an application. Specific teaching credentials are required for certain subjects, but not for all. For more information on how to apply, please visit PAAduitschool.org/new-instructors-welcome
ELIGIBILITY
All persons over the age of 18 are eligible for all Adult School classes with no residency restrictions.

REFUNDS
- Refund of fees will only be given if requested at least 72 hours before the first class meeting. Please cancel at least five days before a Cooking class. There is a $15 fee for cancellations. Please choose your classes carefully.
- We are sorry we cannot accept medical, business travel or other reasons.
- Full refunds will be given automatically if the Adult School cancels a class.
- Deposits and tuition for parent education classes are entirely non-refundable.
- Textbooks are non-returnable.

CERTIFICATE OF COMPLETION
A certificate of completion and/or a letter stating participation in any Adult School class will be given to any student upon request to the office and verification of attendance.

TOBACCO-FREE SCHOOL DISTRICT PROPERTY
Smoking and the use of tobacco products by all persons is prohibited on Palo Alto Unified School District property and at district-sponsored events.

SEXUAL HARRASSMENT POLICY
It is the policy of the Palo Alto Unified School District to provide a school environment free from all forms of harrassment, including sexual harrassment, and to maintain an environment in which all students and staff model this behavior and are treated with dignity and respect. Please see the district website for complete information: <https://www.pausd.org/policies#/browse/document/1021>.

UNIFORM COMPLAINT PROCEDURES
The Palo Alto Unified School District maintains a uniforms complaint procedure. Please visit the district website for complete information. <https://www.pausd.org/about/complaint-policies-procedures>.

CONTACT INFORMATION
Mail: Palo Alto Adult School
      50 Embarcadero Road
      Palo Alto, CA 94301
Phone: (650) 329-3752 (No phone service during shutdown)
Fax: (650) 329-8515 (No fax service during shutdown)
Email: adultschool@pausd.org

SUMMER QUARTER OFFICE HOURS
School office closed until further notice due to Covid-19 crisis.
### WAYS TO REGISTER

<table>
<thead>
<tr>
<th>PHONE</th>
<th>(650) 329-3752 (No phone service during shutdown)</th>
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<tbody>
<tr>
<td>EMAIL</td>
<td><a href="mailto:adultschool@pausd.org">adultschool@pausd.org</a></td>
</tr>
<tr>
<td>WEBSITE</td>
<td>paadultschool.org</td>
</tr>
</tbody>
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### RECEIPTS/CONFIRMATIONS
If you need a receipt or a confirmation please email adultschool@pausd.org. You will be notified if a class is full.

### REGISTER EARLY
Register today to secure your place in our most popular classes. If minimum enrollments are not met, classes will be canceled and a full refund will be processed. Refunds are given up to 72 hours before the first class meeting.

### NEED HELP? PLEASE EMAIL
adultschool@pausd.org

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### CHECK BACK FOR UPCOMING FALL 2020 REGISTRATION INFORMATION
This schedule is valid through July 31, 2020. Additional information, materials lists, and schedule changes are posted on our website.

PAAdultSchool.org
MISSION
Palo Alto Adult School is committed to excellence in providing a broad range of accessible and flexible educational programs that enable our diverse community of adult learners to achieve their academic, career, and personal goals.

SCHOOLWIDE LEARNER OUTCOMES (SLOs)
SET GOALS
Students will assess their own needs and identify their academic, career, and/or personal goals.
• With guidance, develop and communicate plans to achieve their goals.
• Be self-directed learners who learn independently and collaboratively in a diverse environment.

ACHIEVE SKILLS
Using a variety of methods, technology and resources, students will acquire knowledge and skills.
• Develop and apply critical thinking skills.
• Obtain academic and career skills for life and workforce readiness.

DEMONSTRATE LEARNING
Students will apply their acquired core knowledge and skills appropriate to their goals.
• Advance to post-secondary education or training.
• Contribute to personal enrichment and the community.
• Demonstrate 21st century skills including critical thinking, communication, collaboration, and creativity.

FOR MORE INFORMATION ABOUT PALO ALTO ADULT SCHOOL ADMINISTRATIVE POLICIES AND LOCATION MAPS, PLEASE VISIT OUR WEBSITE AT PAAAdultSchool.org
REGISTRATION FORM

Palo Alto Adult School
50 Embarcadero Road
Palo Alto, CA 94301
(650) 329-3752

Register online: www.paadultschool.org
or Fax: (650) 329-8515

Please Print

Year: __________
Quarter: □ Winter □ Spring
□ Summer □ Fall

Registration Date: _______________________

Name: ____________________________________

(Last) (First) (Middle)

Address: ______________________________________

(No.) (Street) (Apt.) (City) (Zip)

Home Phone: __________________________
Work Phone: _________________________

Email: ____________________________________

Start Date: _______________________ □ New Student □ Returning Student Date of Birth: ___________ □M □ F

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<th>Class Name</th>
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<th>T</th>
<th>W</th>
<th>Th</th>
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<th>S</th>
<th>Instructor</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
</table>

Type of Payment: □ Check □ Cash □ Visa □ M/C □ No Fee

Credit Card Number: ____________________________ Expiration Date: ___________

How did you find out about this class? ________________________________