

2017-2018 Lifelong Education Classes

Arts

Beginning Watercolor and Pastels – Only Beginners!
Drawing – Bague-Gerome Drawing
Drawing: Sketching and Rendering
Drawing – Still Life and Portraits
Fundamentals of Painting – Landscape and Portraits – Oil and Acrylic
Oil and Acrylic Painting
Perspective Drawing
Realistic Portraits and Landscapes in Oils or Acrylics
Watercolor

Cooking

Amazing Summer Vegetables
An Evening in the Greek Islands
Beginning Japanese Cooking
Baklava Night
Chicken Vindoloo, Masala Rice and Cachumbar
Citrus Night
Curries from Around the World
Dolma Night
Dozen Dips Night
Easy to make Seafood Hors d'Oeuvres
Eggplant and Okra Night
Fall Apples Desserts
French Bistro Chicken Dishes
French Café Food
Gourmet Cooking
Halloween Treats/Mexican Soups for the Day of the Dead
Italian Gourmet Cooking – Fresh and Fast!
Italian Holiday Cookies
Persian Stuffed Turkey
Pomegranate Night
Pumplin and Sweet Potato Night
Quinoa Night
Rice, Tahdig, and Tachin Secrets
Side Dishes for Holidays
Tandoori Chicken, Rice and Tamarind-date Chutney
Thanksgiving/Christmas Desserts
Tasty Party Appetizers and Potluck Dishes
Three Chicken Salads
Walnut and Raisin Night
Wrap it Up! Beautiful Hors d'Oeuvres

Crafts

Basic Jewelry – Designed for the Hobbyist
Ceramics – All Levels
Creative Cards
Floral Design
Jewelry Beading
Knitting – Bead Knitting – Introduction
Knitting
Knitting – Make a “Magic Ball: of Yarn to Knit or Crochet
Quilting – Intermediate
Quilting – Quilt for Hospice and Community Needs
Sewing - Introduction to Sewing
Sewing – Learning to Sew – Level I
Sewing – Learning to Sew – Level II
Sewing – Open Studio
Sewing – Read a Sewing Pattern
Sewing – Sewing Machine Basics
Weaving with Seed Beads on a loom – Continuing

Dance

Argentine Tango – The ultimate Social Dance
All About Social Ballroom, Swing Dance and Hot Latin Salsa!
Hot Bachata and Salsa
All about Social Ballroom and Swing Dance

Finance

Buying in Today’s Real Estate Market
How to Create a Sustainable Income Stream in Retirement
Managing Health Care Expenses in Retirement
Savvy Social Security Planning: What Baby Boomers Need to Know to Maximize Retirement Income
Sell Your Home for Top Dollar
Trusts and Estate Planning Made Simple
Will, Power of Attorney and Advance Health Care Directive Workshop

Fitness

Aerobic Total Body Conditioning
Exercise Using the Ballet Barre
Kick Fit Boot Camp
Light Aerobics, Weights and More
Mat Science
Move It
Pilates, Zumba and More!
Pilates, Zumba and More for Seniors!
PiYo Live
Restorative Myofascial Release (MELT to Better Health)
Self Defense

Tai Chi for Arthritis – Beginning
Tai Chi for Arthritis Intermediate and Beginning 24 Form
Un-Believe-a-Ball
Yoga – Chair Yoga – Gentle Movement
Yoga (Hatha) – Everything Starts at the Core
Yoga – Hatha (Iyengar)
Yoga – Iyengar Yoga
Wing Tsun Kung Fu Self Defense

Home

Custom Window Coverings
Upholstery

Language

French – French for Beginners
French – French for Travelers
French – French Intermediate/Advanced
Spanish Beginners
Spanish – Continuing
Spanish – Spanish for Travelers

Music

Beginning Guitar
Beginning Piano/Keyboarding
History of Rock and Roll
Recreational Fold Guitar – Our 465th Year!
The Basics of Good Singing!

Personal Enrichment

Creative Writing
Creative Writing Advanced
Eating for Health
Eating for Health on a Budget
How to Find Your Joy
How to Find Your Joy Part II
Introduction to Genealogy
Living Joyfully
Mindfulness – Tangible Techniques to Get You Out of Your Head and Into the Moment!
Organize Your Way to Stress Free Holidays
REIKI Introduction: What is it!
REIKI – Level I REIKI for Self-Healing
Simple Organizing
Travel – Cultural Studies for the Traveler
Voice-Overs...Now is Your Time!
Writing Poetry
Writing Short Stories

Technology

Getting to Know Your Android Phone/Device!

Introduction to Social Networking

Using Gmail

Working with Microsoft Windows 10

Working with Wood

Woodcarving

Woodcarving Water Fowl and Wildlife

Woodturning 101 – Introduction to Woodturning

Woodturning 150 – Advance Beginners Workshop

Woodturning 201 – Basic Bowl Turning

Woodturning 350 – Natural Edge Bowl

Woodturning – 6” Elegant Continuous Shape Pepper Mill

Woodturning – Advance Pens

Woodturning – Advanced Spindle Work and Bottle Stoppers

Woodturning – Bird House Holiday Ornaments

Woodturning – Burls –Where to find them, how to turn them!

Woodturning – Cast and Turn a Lidded Box

Woodturning – Independent Projects Open Shop

Woodturning – Introduction to Segmented

Woodturning – Log to Lathe

Woodturning – Professional Demo Night with Pizza and Salad

Woodturning – Stick Pens and Stands

Woodturning – Turn and Burn

Wood Turners – Mt. Diablo Wood Turners

Woodworking – Introduction to Woodworking Part I

Woodworking – Introduction to Woodworking Part II

Woodworking – Building Classic Furniture

Woodworking – Emphasis Hand Tools

Woodworking – Independent Project Open Shop

Woodworking – Marquetry

Woodworking – Master Series: Projects

Woodworking – Projects for Home and Yard

Woodworking – Diablo Woodworkers