Lifelong Learning, Career & Personal Development

COMMUNITY EDUCATION

Summer 2024 Course Catalog

Register Online!
laspositascollege.edu/communityed

Call Us!
925. 424. 1467
“Through my education, I didn’t just develop skills, I didn’t just develop the ability to learn, but I developed confidence”
- Michelle Obama

Who we are: Community Education at Las Positas College is an inclusive, learner-centered program providing educational and personal enrichment opportunities to the Tri-Valley and surrounding area.

Highlights for this Summer
• Youth summer camps are back! We offer a variety of educational and fun opportunities for children, tweens, and teens, both in-person and online. Check out some of our new ones: DJ Summer Camp, LEGO® Camps, and Hindi for Beginners! Check them out on pages 5 & 6.
• Check out our new Real Estate section on page 9.
• Want to stay active? We’re excited to offer a pickleball and golf course! See pages 10 & 11.
• We have added even more travel opportunities! See page 14.
• We have a new course in our “55 and Better” Section: Estate Planning 101. See page 12.
• Our partnership with Ed2Go offers you access to quality online courses for professional and personal development. We recently expanded our certificate program offerings with new over 100, including HVAC/R Certified Technician, Project Manager with CAPM® and PMP® Prep, and Freight Broker/Agent training! See page 15 for more information.

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Las Positas College Community Education
Dr. Nan Ho, Vice President of Academic Services
Traci Peterson, Educational Partnerships Project Manager
Megan Garcia, Community Education Program Coordinator

A Glossary for Learning Modalities

IN PERSON
You will meet in person. Classes meet at the Las Positas College Livermore campus, unless otherwise stated.

ONLINE
This class is accessible 24 hours a day, 7 days a week.

HYBRID
This class is a mix of in-person and online sessions.

LIVE REMOTE
This class is live and online during the dates and times in the catalog. Instructors will email you access to the class prior to the start date.

Call Us at : 925.424.1647

How to Register

“I am ready to take a class. How do I get started?”

1) Create an account here: laspositascollege.edu/communityed
Go to “Current Catalog & Online Registration”.
2) Add the course(s) you would like to take to your shopping cart and pay with a credit or debit card.
3) Carefully review our policies, such as refunds, course cancellations, etc., which can be found at laspositascollege.edu/communityed/support.php
4) Having a hard time finding the course you would like to take? Call us at (925) 424 - 1467.
*Please note that ComEd courses DO NOT require LPC admission.

“We are always looking for new, fresh ideas for courses to offer our community. Have an idea for a course? Interested in teaching with us? Please email us at commed@laspositascollege.edu or give us a call 925-424-1647.”
- Megan Garcia
Community Education Coordinator
“We are all about supporting our community members’ lifelong learning goals and our teachers! Community Education offers a unique opportunity to learn from, connect with, and support local community members that are eager to share their expertise.”
- Megan Garcia, Community Education Coordinator

Alka Gupta is an author and native Hindi speaker from Delhi, India. She has been teaching Hindi to students in the Bay Area for almost 18 years. She is a credentialed teacher in CA and has the Masters degree from India. She is offering “Hindi for Beginners” for ages 5-12. See page 5 for information. Check out Alka’s interview here: laspositascollege.edu/communityed/gettoknowourinstructors.php

Deborah Finestone has a 20-year career in communications and marketing and has spent the last 7 years focusing on social media marketing. She’s a certified social media marketer who helps small businesses and nonprofits have a bigger impact in the world. We are excited to partner with Deborah to offer her course “Fundamentals of Social Media Marketing for Small Business and Nonprofits.” See page 10 for details.

Peter Zimmer is a former LPC student who now teaches English there! Peter also works as a reading and writing tutor and is an assistant advisor for the school’s anthology class. He is excited to offer “The Craft of the Sentence” this summer. See page 12 for information.

Lana Shartle has over 10 years of real estate and construction experience. She has navigated many unique and challenging real estate transactions, including short sales, reverse mortgage sales, and probate situations. Lana loves sharing all that she knows about buying a home, including the steps that take place before, during, and after the purchase.

Stacy Stowe has over 25 years of experience working in the Escrow and Title Insurance side of real estate transactions. In 2016, she received her Mortgage Loan Originator’s license. Stacey is very excited and grateful to have the opportunity to help you make those dreams become a reality! Lana and Stacey are teaching “First Time Home Buyer Preparation.” Take Lana & Stacey’s class. See page 9.

Welding Technologies Summer Camp:
High School
Instructor: McNeeley
Want to learn about welding career paths in a state of the art facility? This hands-on camp is designed to introduce the basics of shop safety, hand tools, and metal fabrication. This course is for High School students age range 14-18.
WT000
6/10 - 6/20
Mon - Thurs:
8 AM - 1 PM
$100

DJ Summer Camp
Instructor: Molen
DJ/Turntable Summer Camp is a fun and interactive opportunity to learn the basics of DJ’ing and how to use a turntable so you can DJ anywhere, anytime. You will learn how to create your own set list, transition between songs seamlessly, mashup different tracks, create original sounding effects, and much more! This immersive program is perfect for beginners eager to explore the world of mixing and scratching or those with a passion for music looking to enhance their DJ skills. This course is for age group: 13 – 18. Note: Participants will need to purchase their own DJ Controller. The instructor recommends the Hercules DJ Control Inpulse 200 MK2.
DJ00
7/15 - 7/19
Mon - Fri:
8:30 AM - 12:30 PM
$100

Hindi for Beginners: Age Range 3-8
Instructor: Gupta
Ready for your child to start learning Hindi? Why not start this summer. This introductory Hindi language course is designed for students with little or no previous knowledge of the language. The class will focus on the four essential language skills – listening, speaking, reading and writing. Students will gain an understanding of Hindi vowels and consonants, everyday greetings and simple sentence formation through simple transliterated stories. Materials: There is no required textbook for this course but the students can buy magnetic letters ($) to practice with the instructor. This section of this course is for students age range 5-8.
HB0624
6/10 - 6/26 & 7/8 - 7/22
Mon, Wed, Fri:
3 PM - 4 PM
$199

Hindi for Beginners: Age Range 9-12
Instructor: Gupta
Ready for your child to start learning Hindi? Why not start this summer. This introductory Hindi language course is designed for students with little or no previous knowledge of the language. The class will focus on the four essential language skills – listening, speaking, reading and writing. Students will gain an understanding of Hindi vowels and consonants, everyday greetings and simple sentence formation through simple transliterated stories. Materials: There is no required textbook for this course but the students can buy magnetic letters ($) to practice with the instructor. This section of this course is for students age range 9-12 years old.
HB0624
6/10 - 6/26 & 7/8 - 7/22
Mon, Wed, Fri:
4:15 PM - 5:15 PM
$199

JAMS Press Pass Journalism Summer Camp:
High School
Instructor: Korber & Thompson
Interested in entertainment journalism? A career in entertainment journalism might just begin here. This camp will give students an opportunity to try their hand at the craft and gain insight on industry practices. Develop skills including writing, interviewing, storytelling, multimedia reporting, and even debate. This course is for High School students age range 14-18.
PRJ111
6/24 - 6/27
Mon - Thurs:
10 AM - 12:30 PM
$100

Jazz Camp: Middle & High School
Instructor: Maruschak and Rosefield
Each summer, we welcome Middle & High school students of all ability levels to our camps for 4 intensive days where we hone skills in Improvisation, Music Theory, Performance, Technique, Rehearsal, and much more. Campers work directly with LPC Music Faculty and present a public performance on the last day of camp on the Merties Main Stage. This year, the theme for the camp is “Women in Jazz.” This course is for Middle School students age range 11-14, & High School students age range 14-18.
H099 (Middle School)
6/17 - 6/20
Mon - Thurs:
10 AM - 3 PM
$150
H099 (High School)
6/24 - 6/27
Mon - Thurs:
10 AM - 4 PM
$200

Creature Design Workshop:
Middle & High School
Instructor: Kuo
Learn the fundamentals of creature design. Many professional illustrators focus on creature design; they create works for movies, games, and animation. In this camp, we will use Adobe Photoshop to sketch and paint creatures, taking into consideration their anatomy, environment, and behavior. This course is for Middle School students age range 11-14, & High School students age range 14-18.
DSC100 (Middle School)
6/24 - 6/27
Mon - Thurs:
9 AM - 2 PM
$100
DSC100 (High School)
6/17 - 6/20
Mon - Thurs:
9 AM - 2 PM
$100

Interior Design Summer Camp
Instructor: Hornbeck
Interested in learning how to decorate homes or become an interior designer? Learn the elements and principles of interior design with an emphasis on the use of color and texture in the selection of home furnishings using a computer aided design (CADD) program. This course is for High School age students 14 and above.
IDS468
6/24 - 6/27
Mon - Thurs:
10:30 AM - 12:30 PM
$100

3-D Modeling Summer Camp: High School
Instructor: Meyer
Want to learn how to make games and motion pictures? Learn basic 3D modeling techniques and animation using Autodesk Maya and Adobe Photoshop Tools. This course is for High School students age range 14-18.
SDM101
7/8 - 7/11
Mon - Thurs:
9 AM - 2 PM
$100
Continuing Summer Fencing Camp: Epee
Instructor: Rheinheimer
This competitive summer EPEE fencing camp is exclusively geared to those fencers going to Summer Nationals, to physically, mentally, and emotionally prepare to win. This is a 7-day training camp, and students are expected to attend all 7 days. 
CF283 $133
6/11, 6/13 & Tues & Thurs: M-F 5:30 PM - 8:30 PM
6/17, 6/20 & Mon & Thurs: M-F 5:30 PM - 8:30 PM
6/25

Continuing Summer Fencing Camp: Foil
Instructor: Rheinheimer
The intermediate FOIL camp is for the foilist who is ready to go to the next level in skill and technique and competitive tactics. Pre-requisite: At least one year of beginning level is required. This is a 7-day training camp, and students are expected to attend all 7 days.
CF283 $120
6/11, 6/13 & Tues & Thurs: M-F 3:30 PM - 5:30 PM
6/17 - 6/20 & Mon - Thurs: M-F 3:30 PM - 5:30 PM
6/25

Pokemon Engineering using LEGO® Materials
Instructor: Play-Well TEKnologies
Calling all Pokemon trainers! With the Pokemon Championship approaching, join our enthusiastic PlayWell Instructors as we build and catch your favorite Pokemon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystical Pokemon, and battle to see who will hold the title of Pokemon Master. Come along on our journey to catch ‘em all! Age group: 5-7.
LSC4207 $259
7/15 - 7/19 Mon - Fri: 9 AM - 12 PM

Pokemon Master Engineering using LEGO® Materials
Instructor: Play-Well TEKnologies
LEGO® Master, I choose you! In the race to be crowned the Ultimate Pokemon Champion, we need your help! Learn to build your favorite Pokemon, level up by teaching them new moves, evolve them into more powerful versions, and come face to face with the current champion in an epic battle for the title. Learn from our Play-Well Pokemon Masters so you can make it to the top! Age group: 7-12.
LSC4207 7/15 - 7/19 Mon - Fri: 1 PM - 4 PM

Animal Adventures with LEGO® Materials
Instructor: Play-Well TEKnologies
Let your imagination run wild with tens of thousands of LEGO® parts as we design and build leaping dolphins, buzzing bee hives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas. Age range: 5-7.
LSC4207 $259
8/12 - 8/16 Mon - Fri: 1 PM - 4 PM

Wizarding World of Engineering using LEGO® Materials
Instructor: Play-Well TEKnologies
Master the magic of Harry Potter using LEGO®! Visit Diagon Alley, play a game of Quidditch, and duel the evil Lord Voldemort. Hone your magical skills while learning about advanced MUGGLE (STEM) concepts. Age range: 7 - 12.
LSC4207 $155
8/12 - 8/16 Mon - Wed: 9 AM - 12 PM
LSC4207 $259
8/12 - 8/16 Mon - Fri: 1 PM - 4 PM

Language & Communication

Introduction to Japanese Language and Culture
Instructor: Belardino
Let’s study Japanese! Are you interested in taking the Japanese Language Proficiency Test (JLPT), living or studying in Japan, or working in the animation and gaming industry? This class is for the academically inclined individual not afraid to take a deep dive into the complicated world of Japanese grammar, reading, and writing. We will cover both hiragana, katakana, and an introduction to Kanji. You will dive into sentence structure and basic mechanics of the Japanese writing system. You will also learn different aspects of Japanese culture. Please visit our website for the required textbook and more information. All 13+ are welcome!
Note: Class will not meet on 6/19 and will meet on 6/20 instead.
SC789 $299
7/2 - 7/11 Tues - Thurs: 6 PM - 9 PM

Introduction to Electric Vehicle Charging Station Design & Installation
Instructor: Abdul
Did you know that the California is hoping to make 100% of vehicles operate on battery power by the year 2035? Therefore, one of fastest growing businesses in California, United States, and worldwide is electric vehicles, which means there is a demand for EV (electric vehicle) charging station installers and service providers. This course will offer A to Z of EVCS (electric vehicle charging station) design, installation, and operation, including troubleshooting.
SC789 $199
7/6 - 7/18 Tues - Thurs: 6 PM - 10 PM

Candle Making For Beginners
Instructor: Abdul
Have you ever wondered how beautiful candles are made? Have you ever wanted to make fragrant, multicolored candles for yourself or friends? In this dynamic online workshop, students will learn how to create unique candles to admire and share for far less than what they cost in stores. In this course, you will learn how to get started, the different types of candles you can make, the different types of candle mold, how to add fragrance and color, and the materials and supplies you need. You will receive a zoom link and ingredient list in your email a week before the class.
CM267 6/20 Thu: 6:30 PM - 9:30 PM

Soap Making: Simply & Naturally for Beginners
Instructor: Abdul
Your bath can become your at-home getaway when you add beautiful and fragrant handmade glycerin soaps. Making these beautiful soaps is easy and enjoyable, and expressing your creativity is part of the fun. In this online course, you will create different types of soaps while learning how to use colors, molds, fragrances, essential oils, extracts, herbs, and novelties. There will be a virtual discussion on how to make organic, natural or therapeutic soap. You will receive a zoom link and ingredient list in your week before the class.
HG744 8/1 Thu: 6:30 PM - 9:30 PM

Macrame for Beginners: Create Your Own Plant Hanger
Instructor: Garcia
The 70’s are back! Join us for a fun and creative workshop creating macrame plant hangers. Macrame is a textile craft using different knotting techniques. It is often used as a way to create functional yet artistic home decor pieces, such as plant hangers. In this workshop, you will learn a special knotting technique and then create your own plant hanger with the support of the instructor. This course is for beginners, and no experience is necessary. But why hang your plants? It free ups counter and table space, helps your plants stay up and away from pets and children, and adds a personal touch your space; it is an inexpensive activity that you can do for personal enrichment or even for profit! Anyone 14 + is welcome!
MB2407 6/18 on 6/25 Tues: 5 PM - 7 PM

Starting a Medical Billing Service
Instructor: Patterson
Many medical practices receive most of their income from insurance companies. Thus, medical billing services are in demand. Learn how to obtain clients, set your fees, what other services a billing service could offer, marketing your services, where to obtain HIPAA compliant software, sample HIPAA Business Associate Agreement & Independent Contractor Agreement, what billing organization you can join, how to obtain updates from insurance companies and sole Proprietorship, Corporation & LLCs discussed. Complete the MANDATORY ONLINE REGISTRATION before the first day. Visit our website for details.
MB5634 $25 + $39 Materials Fee 7/2 Tues: 6:30 PM - 8:30 PM

EKG Technician Training
Instructor: AUMT Institute
This combination online/hands-on in person EKG Technician Program will allow students to obtain employment as an Electrocardiograph (EKG/ECG) Technician. The EKG Technician is responsible for performing diagnostic tests to access the heart rhythm and rate in patients. EKGS are also performed before and after operations, during physical exams of patients, for patients with a history of heart disease, when patients are experiencing chest pains, and when the ordering physician deems it necessary. This course includes 48 hours in a hands-on classroom training at Las Positas College along with the ability to sit for the National EKG Technician Certification Exam.
EKG411 $1395 + $194 Materials Fee 7/9 - 8/7 or 8/8 - 9/16 [ONLINE]
Mon, Wed, Fri: 6 PM - 10 PM
Sat: 9 AM - 1 PM

Register at: www.laspositascollege.edu/communityed
Pharmacy Technician Training
Instructor: Career Training Solutions
Train for a rewarding new career as a pharmacy technician in as little as 6 months! Learn to assist the pharmacist in mixing prescriptions, maintaining patient records, purchasing and inventory management, billing and reimbursement, and more. Topics include pharmacology for technicians, pharmacy law and regulations, sterile and non-sterile compounding, quality assurance, and medication safety. Included in the program is a 120-hour externship where you will receive hands-on training in a local pharmacy under the direction of a pharmacist. This training meets the requirements of the California Board of Pharmacy and qualifies students to apply for their California pharmacy technician license under Title 6 California Code of Regulation section 793.6(c). The class also prepares students to sit for PTCE and ExCPT national certification exams. Payment plans available! See course description to sign up for a free information session.
PHMT127 $2,399 + $200 Materials Fee
7/27 - 12/17 or 8/20 - 1/28
Tues: 6 PM - 9:30 PM & Sat: 9 AM - 12:30 PM

Medical Front Office Receptionist
Instructor: Patterson
This course is intended for students interested in becoming a Medical Front Office/Medical Receptionist, sometimes referred to as the Intake Coordinator. This class is for those who would like to pursue a career in the medical field. Upon completing the MBCCP, students will receive a certificate and be added to the instructor’s database for potential job leads. Prerequisite: Ability to read and understand English, basic computer skills, and internet access during class hours. Complete the MANDATORY ONLINE REGISTRATION before the first day. Visit our website for details.
MO215 $25 + $99 Materials Fee
6/25 - 6/27
Tues - Thurs: 6:30 PM - 8:30 PM

Veterinary Assistant
Instructor: Career Training Solutions
With more than 85 million households owning at least one pet, the veterinary field is a growing field! Veterinary Assistants are valued team members in veterinary practices, clinics, and hospitals. They work with veterinarians and veterinary technicians to provide quality care for healthy, sick, and injured animals. Students will receive hands-on training on the correct handling and care of pets, learn proper examination procedures, and discover how to check for signs of illness and injury. Additional topics covered include anatomy and physiology, medical terminology and acronyms, nutrition, legal, ethical, and professional standards and management of the veterinary practice. This class is entry level and specifically NOT a Veterinary Technician class. Textbook and supplies purchased separately. Payment plans available! See course description to sign up for a free information session.
VAC101 $1,599
9/9 - 12/9
Mon & Wed: 6 PM - 9 PM

Text: REAL ESTATE

Tax Strategies for Real Estate Investors
Instructor: Ye
You will learn legitimate strategies that may reduce your taxes by 50%. By the end of this seminar you will walk away learning how to qualify for the Short-Term Rental Tax loophole, how to use Cost Segregation & Bonus Depreciation to drastically reduce your taxes to qualify for “Real Estate Professional” status and claim unlimited passive losses to off-set your active income to buy real estate using your “self-directed IRA,” to use the IRC 1031 tax deferred exchange rules to trade up to higher quality properties as well as to leverage into more investment properties, to maximize your car, travel and transportation deductions, and to hold title in your real estate: LLC, S Corp, C Corp. BONUS: Learn how to buy investment properties in the best real estate markets throughout the country.
843 $59
6/25
Tues: 6 PM - 9 PM

Community Outreach For Non profits & Businesses
Instructor: Reich
How do you do outreach? There are many ways to go out into the community that benefit your business or organization instead of them coming to you. This workshop will cover a variety of outreach opportunities. Some simply take imagination and very little time. Some take time but can produce surprising results. Some will take time and effort but will provide many benefits to your organization.
NP0101 $39
6/18
Tues: 6:30 PM - 8 PM

Text: CAREER BOOSTERS & FINANCIAL OPPORTUNITIES

How to Start Any Home Business + 250 Home Business Ideas!
Instructor: Kruemark
If you can type, then you can make money at home using your computer. You will discover how and where to find clients. 50 ways to advertise/market your services, effective home office equipment choices, and 100 ways to make money with a computer. There really is a need for your services, so learn to be your own boss, set your own hours, and make extra income for future use. Payment plans available! See course description to sign up for a free information session.
SHB101 $49
7/10
Wed: 9 AM - 12 PM & Sat: 6 PM - 9 PM

How do you do voice-overs? There are many ways to go out into the community that benefit your business or organization instead of them coming to you. This workshop will cover a variety of outreach opportunities. Some simply take imagination and very little time. Some take time but can produce surprising results. Some will take time and effort but will provide many benefits to your organization.
B241 $75
7/13
Sat: 10 AM - 12 PM

Voice-Overs: How is Your Time?
Instructor: Deese
In what could be the most enlightening webinar you’ve ever taken, our instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you’ve been looking for. Anyone 16 + is welcome!
B241 $75
7/13
Sat: 10 AM - 12 PM

Call Us at: 925.424.1467

Register at: www.laspositascollege.edu/communityed
Building Public Speaking Confidence
Instructor: Reich
Does the thought of speaking in front of people leave you speechless? Most people need to speak in front of groups of people in many situations including work or in our personal lives. This course provides techniques to become a more confident and effective speaker and help overcome your fears. This workshop is ideal for beginners, those who have been “wringing” it or those with experience wishing to strengthen their public speaking skills.

PC5200 $99
7/16 - 7/30
Tues: 6:30 PM - 8:30 PM

Become a Notary Public Seminar
Instructor: Notary Seminars
Whether you want to boost your income, create a new job opportunity, provide a service to your community, or increase your value to your current employer, this is the perfect opportunity. In this Secretary of State approved class, you will learn how to perform valuable services by certifying or witnessing signatures on official documents. Notary skills are valuable in almost any industry: real estate, legal, medical, and banking to name just a few. This class gives you the knowledge to pass the exam and practice as an effective Notary. Participants receive 2 practice tests and will take the official Notary exam directly following the class. You will receive a Guidebook, Proof of Completion, notary application and access to the instructor’s site with additional educational materials to utilize.

IPNP396 $99 + $50 Materials Fee
8/3
Sat: 8 AM - 6 PM

Renew Your Notary Commission
Instructor: Notary Seminars
This Secretary of State approved class will prepare you to take the exam again by reviewing all relevant Notary law. You will take the official notary exam directly following the class. Renewing Notaries are required to take the exam and be fingerprinted again. Your commission must be current to qualify for the three-hour class. You will receive a Guidebook, Proof of Completion, notary application and access to the instructor’s site with additional educational materials to utilize.

IPNP396 $50 + $50 Materials Fee
8/3
Sat: 12:45 PM - 6 PM

Fundamentals of Social Media Marketing
Instructor: Finestone
Led by a certified social media manager, learn how small business owners and nonprofit leaders can attract more customers and supporters using social media. This 3-month program includes done-with-you social media marketing strategy so you gain clarity to set achievable goals, done-with-you content calendar and content plan that creates simple, and doable tasks to get you started fast. Also, get live, virtual trainings on writing effectively, improving photos and videos, to how get found by more people, and basics of analyzing your metrics so you keep improving. Receive lots of prompts that will help your potential clients know, like and trust you. Participate in support sessions for troubleshooting, answering questions and getting feedback from your instructor and other participants. You can also join the Facebook group to ask questions and resolve hang-ups at any time in between.

FSM1000 $695
6/5 - 8/14
Every Other Wed: 11 AM - 12 PM

Building Partnerships Between Nonprofits & Businesses
Instructor: Reich
A win-win solution. Learn techniques and examples to develop mutually beneficial partnerships with businesses and other nonprofit organizations. Businesses have a lot to offer your organization, and your nonprofit can have a lot to offer to businesses. Collaborations with other nonprofits can benefit all organizations in many ways. It is not competition but collaboration.

NP0100 $39
6/25
Tues: 6:30 PM - 8 PM

UPSKILL YOUR CAREER

Introduction to Medical Terminology
Instructor: Krusemark
Medical terminology is the first step to any career in the medical field or simply to understand your family’s health needs. No prior experience is necessary. This highly specialized language involves word building with root words, prefixes, suffixes, and abbreviations. You will leave with a solid foundation of medical language, as well as basic medical billing and coding terminology. After submitting and passing the open-book exam included in the workbook you receive in class, you will earn a Certificate of Completion. This comprehensive course is taught by longtime educator LeeAnne Krusemark, and Certified Medical Professional Vanessa Grinnell, RRT. Anyone 16+ is welcome!

MT1000 $69
7/15
Mon: 4 PM - 7 PM

Wellness & Physical Activity

Pickleball for Beginners
Instructor: Sapsford
Pickleball is a fun, physical activity that is growing in popularity. This course provides instruction on the fundamentals of Pickleball, incorporating scoring rules, techniques, and strategies. If you have paddles and feel free to join, although we can provide if needed. All community members over the age of 16 are welcome to join!

LSA101 $129
8/20 - 8/22
Tues - Thurs: 6 PM - 8 PM

Summer Golf Club
Instructor: Sapsford
Looking to improve your golf game this summer? Learn with the guidance of an expert and with the support of community members looking to improve. This course will analyze your grip, set-up, alignment and the full swing, and the instructor will provide video analysis and feedback on what to improve. You will learn various short game techniques including pitching, chipping, putting, and sand play. The last focuses on the theme of course management and involves playing 9 holes of golf.

All levels welcome. This course is held at the Las Positas Golf Course. There is a small additional fee to purchase driving range golf balls. Please bring your clubs, but if you don’t have any, we can provide. Anyone over the age of 16 is welcome to join! This course is held at Las Positas Golf Course.

SGC101 $99
5/9 - 10/4
Fri: 5:30 PM - 6:45 PM

The Impact of Drugs on Our Community
Instructor: McReynolds
We are pleased to offer a two day workshop with Dennis McReynolds, licensed Drug and Alcohol Counselor, where he invites families to learn about the ways drugs in our society are impacting our community. His goal is to help students and families develop a realistic perspective of drug-related problems in our local community and in a societal context. Presents current information and perspectives on critical issues related to drugs, such as social and psychological reasons why drug use and abuse occurs, results of drug use and abuse, and how to prevent drug use and abuse. Policy making is also discussed. Anyone 14+ is welcome!

DS411 8/29 & 9/5
Thurs: 5 PM - 7 PM

Beginner’s Guide to Getting Published
Instructor: Knusmark
If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past the editor’s desk. You will discover how to become a “published” writer overnight, submit manuscripts the correct way, find the right publisher for your work, write irresistible query letters, determine when and how to get an agent, and 500 ways to make money as a freelance writer. If you really want to succeed, this step-by-step workshop is a must! Informative handouts for future use are included in class fee. All 16+ are welcome!

AL261 7/9
Tues: 4 PM - 6 PM

Explore 50 Different Self-Publishing Options
Instructor: Knusmark
Self-publishing is all the rage, but it is the best option for YOU? You will discover the pros and cons of all the self-publishing options, including print-on-demand and e-book publishing, as well as Amazon options, and see how they compare to traditional publishing. Informative handouts, including a rated description of 50 self-publishing companies for future use are included in class fee. Prerequisite: participants must also attend “Beginner’s Guide to Getting Published,” which is offered right before this class. All those 16+ are welcome!

AL261 7/9
Tues: 6 PM - 7 PM

Meet the Agent/Publisher: Get Your Manuscript Critiqued
Instructor: Knusmark
Have you ever wanted to talk to a real agent or publisher? Are you tired of having your manuscripts critiqued by non-professionals or paying an editor too much money to change your writing to their voice? Email one page of your in-progress manuscript for an in-class critique of one page of your poetry, article, short story, screenplay, novel, non-fiction book, or children’s book. Optional: You will receive your manuscript for a professional critique for a critique fee of $50 for up to 25 double-spaced pages + $5/page thereafter, and a list of publishers/agents who are interested in your type of work. Informative handouts for future use are included in class fee.

AL417 7/18
Thurs: 4 PM - 6 PM

Beginner’s Guide to Using FREE ChatGPT (AI) for Writers
Instructor: Knusmark
ChatGPT (AI) here is to stay and is the future for writers and content creators. Don’t be left behind! No prior AI experience is required. Do you want to learn how to incorporate the power of cutting-edge technology to gain ideas and inspiration, write web content, articles, and even novels or scripts? In this beginner-friendly course, you’ll learn how to register for a FREE ChatGPT account, input effects or writing prompts to avoid nonsense responses, build creative content, from stories to marketing copy, determine its capabilities and limitations, and understand ethical/legal considerations using ChatGPT. All 16+ are welcome!

DIW890 7/18
Thurs: 4 PM - 6 PM
### Estate Planning 101
**Instructor:** Thaete  
**NEW! IN PERSON**

With the guidance of Jennifer Thaete, Estate Planning and Probate Attorney, we will review the primary options in creating an estate plan including: Trusts, Will, Financial and Health Care Powers of Attorney; a general overview of Probate, Conservatorship and Estate Taxes will be discussed in concert with the above. All information is in plain English, and handouts will be provided.

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<td>EP010</td>
<td>8/20</td>
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### A Practical Computer Class for Older Adults
**Instructor:** Wilson  
**LIVE REMOTE**

Have you taken computer classes before and been totally intimidated? Well, this unique class is for those who are looking for simple and practical instructions. Your patient instructor has trained 1000s of older adults, with 4 and 5-star ratings! We will discuss the popular YouTube website that offers 1000s of free informative and entertaining videos, show a few email tips and tricks, demonstrate online shopping, visit AARP and other related websites for seniors, use some shortcut keys, and navigate Google Search to do research and get information. So, if you have been frustrated with other classes, consider taking this refreshing and informative computer class for older adults! You won’t be disappointed!

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### WINDOWS II: Starting from the Beginning
**Instructor:** Wilson  
**LIVE REMOTE**

This is an adult-friendly Windows II class! See how to use the desktop and the new task bar. We’ll also explore the start menu and related features. In addition, you will learn about the new design, the use of widgets, and how Windows II is organized. (Not for Apple/Mac users.)

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### All About Pictures: Finding, Organizing, Editing and Saving on your Computer!
**Instructor:** Wilson  
**LIVE REMOTE**

During this class you will learn how to manage pictures on your computer. Also, find out how to name, rename, and move pictures into folders to get organized. We will take a look at using the Photo Gallery and minor editing of pictures, such as cropping and making enhancements. We will use pictures for desktop backgrounds and insert a picture into Microsoft Word to manipulate for flyers, invitations, and other printed materials. (Not for Apple/Mac users.)

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### Get Your Phone to Work for You!
**Instructor:** Wilson  
**LIVE REMOTE**

Are you curious about AI? Then this class is for you! (Older and young adults will find this class very rewarding!) We will explore the practical benefits of using a basic form of AI called ChatGPT. If you have or have not used Google before to search for information, this AI will be a snap! Take your search, research, inquiries, and answers to questions to a whole new level! Find quick written solutions to problems based on your exact needs. Generate personalized text in seconds for invitations, letters, and any other materials you are looking to create. AI will quickly generate any text for you based on your interest. Also, never worry about grammar and spelling errors again! You will be amazed at how user-friendly this session will be. Take this class; you won’t be disappointed!

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