A Not For Profit Community Education Program

EMERITUS
DIABLO VALLEY COLLEGE

Presents

DR. PENNY ROSENWASSER

ACTIVISM IN A DANGEROUS TIME

Dr. Rosenwasser shares her activist adventures supporting racial justice, refugees, the Women’s March, Palestinian rights, as well as readings from her book, “Hope into Practice”!

March 28, 2020
DVC Diablo Room
2-4 P.M.
$25 - Students $15

Join us afterwards for post-talk reception and light refreshments

Register at www.dvc.edu/communityed or call 925-969-4600
COLLEGE PREP ACADEMY

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COMMUNITY ED CLASSES

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The Community Education office does its best to review and edit this brochure to ensure accurate information is published. However, we encourage you to visit our online catalog for up-to-date information at the time of registration and on the day of your first class. All details are subject to change.

Find us on the web! • www.dvc.edu/communityed
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Balance: Time Management and Studying Skills

Students will discover their best learning styles and assess sleep patterns, and healthy practices for school. Resources and templates will be given to aid the discussion on time-management of course-load and studies, and maintaining a balance with work and play. An overview of best studying practices, note taking techniques, reading comprehension methods, and scheduling of assignments will also be discussed. Courtney Cannon

Sat 4/11 or 4/18 10:00am-2:00pm $75
DVC Pleasant Hill Campus MA 104

College Admissions Essay and Expository Writing

Intensive and fun workshop for students to review the fundamentals of expository and personal writing. Discussion on the techniques for drafting college admissions essays, and other forms of personal writing: cover letters, elevator pitch, and professional correspondence. Fun activities, templates and resources, and time for practice will be given. Courtney Cannon

Sat 2/22 or 2/29 10:00am-2:00pm $75
DVC Pleasant Hill Campus MA 105

Math Study Skills 101: Paving a Path to Success

Do math tests get you stressed? Have you ever thought, “I’m just not good at math?” In this workshop, you will learn how to identify sources of math anxiety and methods for creating a positive (and fun!) math experience. Motivation, studying for tests, and growth mindset techniques will all be discussed. Come improve your math study skills, boost your confidence, and plan for academic success! Aileen Nichols

Sat 3/7 10:40am-12:10pm $25
DVC Pleasant Hill Campus MA 105

Research Writing Bootcamp

An intensive and fun writing workshop for students to review and learn the fundamentals of academic writing for college. An overview of research steps, brainstorming, thesis development, and MLA/APA documentation. Templates for writing activities will guide workshop, and resources for future reference will be provided. Courtney Cannon

Sat 3/7 or 3/14 10:00am-2:00pm $75
DVC Pleasant Hill Campus MA 104

Coming Soon Summer 2020!

College for Kids

www.dvc.edu/collegeforkids
COMMUNITY EDUCATION

Self-Editing and Grammar Brush-up
Intensive and fun workshop for students to review the fundamentals of grammar and learn self-editing skills for college and professional writing. An overview of style and syntax, grammar rules, editing techniques will be given, followed by fun activities to practice self-editing and peer-review. Resources and templates will be given. Courtney Cannon
Sat 3/21 or 3/28 10:00am-2:00pm $75
DVC Pleasant Hill Campus MA 105

A Night at the Planetarium
Take a tour through the current night sky and discuss contemporary celestial phenomena. A short film, “Cosmic Origins Spectrograph” will be shown concentrating on the importance of analyzing light from the far reaches of the universe to try and understand both its beginnings and possible fate. Enjoy a galactic show in DVC’s Planetarium, while you recline in comfortable chairs and stare into infinity. Families with children ages 8 and older are welcome (fee is per person). This is a great date-night event for couples, as well. No late admittance permitted. Please arrive at the Planetarium at least 15 minutes prior to the show’s start. For after hours questions or concerns please call 925 969-2007

Parking lot #4 is recommended. Parking permit not required in the student parking spots after 5 p.m. The Community Education office is closed Fridays. If you need help finding the Planetarium, please call Police Services at (925) 969-2785. Paul Sasse
Fri 4/10 6:30-8:00pm $20
Diablo Valley College - Pleasant Hill Campus
321 Golf Club Rd, Planetarium
OR
Fri 4/17 6:30-8:00pm $20
Diablo Valley College - Pleasant Hill Campus
321 Golf Club Rd, Planetarium

Theories on Personality and Creativity for the College and Career Path
Discussion based workshop on the theories of creativity and personality attributes. Students will assess their personal traits and skills and develop a goal plan for college and career. Templates, quizzes, and activities will aid the discussion, and additional resources will be provided. Courtney Cannon
Sat 5/2 or 5/9 10:00am-2:00pm $75
DVC Pleasant Hill Campus MA 105

DEPARTMENT OF DRAMA PRESENTS
ONE FLEW OVER THE CUCKOO’S NEST
DVC Performing Arts Center
Sunday, March 29 at 2:30pm
Tickets on sale NOW!
925-969-4600 • $20 per person
COMMUNITY EDUCATION / EMERITUS

Culinary Bootcamp with Executive Chef Alison Negrin and Wellness Warrior Cindy Gershen

Get your culinary skills and bodies into shape with nutrition tips, hands on practice, and demonstration in Mt Diablo High School’s state of the art kitchen. Learn from 2 wise and passionate Contra Costa County chefs to prepare healthy, sustainably sourced, meat, fish and poultry, vegetables and grains, soups and salads employing a variety of cooking techniques. Test your strength and stamina in invaluable areas such as knife skills, carving techniques, time and temperature developing flavor. Learn the health benefits of the recipes to keep your family healthy throughout the year. Alison Negrin

Thu 4/9-5/14 5:00-8:00pm $360
Home Ec Building, East side of campus, 2611 East Street, Concord

DVC Drama Presents “One Flew Over The Cuckoo’s Nest”

Directed by Will Springhorn Jr. A charming rogue contrives to serve a short sentence in an airy mental institution rather than in a prison. This, he learns, was a mistake. He clashes with the head nurse, a fierce martinet. He quickly takes over the yard and accomplishes what the medical profession has been unable to do for twelve years; he makes a presumed deaf and dumb Indian talk. He leads others out of introsversion, stages a revolt so that they can see the World Series on television, and arranges a rollicking midnight party with liquor and chippies. For one offense, the head nurse has him submit to shock treatment. The party is too horrid for her and she forces him to submit to a final correction a frontal lobotomy. Winner of the 2001 Outer Critics Circle Award for Outstanding Revival. Lisa Drumm

Sun 3/29 2:30-4:00pm $20
DVC Pleasant Hill, Performing Arts Center

Bob Ross Hour(s)

Acrylic Painting classes based off of the wet-on-wet technique. Perfect for relaxing or trying a new hobby. Students will make 1-2 paintings per session. Rebecca Rael

Tue 3/3-3/17 1:00-3:00pm $55
DVC Pleasant Hill Campus ET 120A

ARF (Animal Rescue Foundation) Tour

A tour of the 38,000-square-foot headquarters of Tony La Russa’s Animal Rescue Foundation (ARF) will include the condominiums for dogs and cats awaiting adoption, the state-of-the-art veterinary clinic and dental suite, and the learning center where children learn how to care for and interact with animals. A new 7,900-square-foot Pets and Vets Center is currently under construction. ARF’s Pets and Vets program transforms rescue dogs into skilled service animals for veterans with PTSD and other traumatic brain injuries, all at no cost to the veteran. Other services provided at ARF include dog and cat adoptions, low-cost services to low income owners, disaster relief support, humane education programs for schools as well as therapy animal visits on site and off.. You are invited to bring a bag lunch for a picnic on the grounds after the tour or to enjoy one of the many fine restaurants in the area.

April 16th 10:30-12pm $12/per person
Register online www.dvc.edu/communityed or call 925-969-4600

Find us on the web! • www.dvc.edu/communityed
Experimental Drawing
The course focuses on how to incorporate inspiration and imagination through the practice of drawing. Students experiment with different tools and media including inks, collage, washes, charcoal, and digital. The goal is to push the limits of what drawing can be! Jenny Balisle
Fri 3/27 3:00-5:30pm $45
DVC Pleasant Hill Campus MA 104

Knitting 101: Intro to Basics
Intro to knitting. Learn the basics, how to cast on, count stitches, start your projects, and read patterns. Students will make 1 scarf, 1 hat, 1 baby blanket, 1 project of their choice. Rebecca Rael
Thu 4/9-4/30 2:00-4:00pm $55
DVC Pleasant Hill Campus MA 104

Triage, and Disaster Response
Overview of how triage is done, how to decide which patient to send to medical care first, and what you should learn to treat at the scene. Scenario based lecture with audience questions, leads to discussion of CERT training and Stop the Bleeding efforts for preparedness. Michael Baker
Thu 5/7 4:00-6:00pm $20
DVC Pleasant Hill Campus, DVC-PH Diablo Room

Reading Through The Bible As Literature
The course is formatted as half-reading series with discussions, covering excerpts and passages from the Bible, and half lecture. Lectures will give context and various approaches to reading the texts. Accompanying media and materials will add to the discussions. Readings from both the Old and New Testaments, as well as literature, and other mediums will guide our close readings. Students will learn important biblical interpretive tools, as well as approaches from literary criticism to guide personal exploration of the sacred text, and find parallels in society and art forms from past to present. Courtney Cannon
Fri 2/21-3/27 6:00-8:00pm $96
DVC Pleasant Hill Campus MA 105

Trade Wars- History of Trade and Tariffs
Trade frictions between the USA and China have made for ongoing news headlines and Global economic ripples. However, trade wars and tariffs are nothing new e.g. federal tariffs imposed by the USA date from 1789. Who remembers the USA vs. Japan trade issues from the 1970s/1980s? In this lecture series, we will explore key questions such as: How much has Global trade grown over time? What does comparative advantage mean? How do we visualize Global trade blocks and trade volume? When and where do trade deficits matter? What was the outcome of past tariff endeavors such as Smoot-Hawley? What are supply chains, why are they important and how are they changing in response to the current situation? Finally, we will Explore key examples of the unintended consequences of trade wars and tariffs – both from history as well as current events. David Powell
Tue 4/7-5/5 1:00-3:00pm $64
JFK University 100 Ellinwood Way Pleasant Hill, (ask for room at front desk)
Health Promotion & Disease Prevention

The course would address the core questions of public health, what lies behind preventing people from becoming ill, and how are policy makers working to promote good health? Through background information on how major public health challenges are described, students will familiarize themselves with a number of theories and methods for health promotion and disease prevention. The course would focus more on primary disease preventions and we would be focusing on the importance of health screenings. We would be covering topics like how Nutrition prevents chronic diseases and enhances the quality of life. We would also be talking about physical activity and how it can prevent obesity and cardiovascular diseases, during the course. How to prevent major infectious diseases like influenza and HIV would be discussed. We would also be looking at how to promote mental health, by discussing topics like stress, depression and anxiety. The class would also talk about sexual health and how to prevent sexually transmitted diseases. We would be evaluating different approaches to health promotion and disease prevention. Mary Owolabi

Mon 3/2-3/23 3:15-4:45pm $54
JFK University 100 Ellinwood Way Pleasant Hill, (ask for room at front desk)

Downtown Walnut Creek (walking) History Tour

The Walnut Creek Historical Society is offering its popular Downtown History Tour for Emeritus. The tour will begin at 10:00 a.m. at the fountain at Liberty Bell Plaza on the corner of Broadway and Mt. Diablo Blvd. and end at 11:30 a.m. at City Hall. A booklet with historic photos that illustrate the sites visited may be purchased at the tour for $5.00. This easy 90-minute guided walk into history on city sidewalks brings to life the early times of downtown Walnut Creek. You learn how a dusty rural village was transformed into the vibrant 21st century city of today. Along the way we visit buildings that are more than 100 years old that are still standing on Main Street and enjoy many “who knew?” moments as you learn about the stories familiar places downtown have to tell about the past. Tour Docent

Thu 4/30 10:00-11:30am $12
Meet by the fountain at Liberty Bell Plaza on the corner of Broadway and Mt. Diablo Blvd.

Activism in a Dangerous Time

Penny shares activist adventures, inspiration, and complexities — spanning racial justice, supporting refugees, the Women’s March, Palestinian rights — as well as readings from “Hope into Practice”! Penny focuses on Aurora Levins Morales’ question: “What actions can we take to increase our solidarity with each other?” Penny Rosenwasser

Sat 3/28 2:00-4:00pm $25
DVC Pleasant Hill, Diablo Room parking lot 8

Apache Wars: Clash of Culture 1850-1890

The Apache Wars represent a clash of cultures between an indigenous, democratic, warrior people confronted by an imperialistic, industrial giant in the throes of Empire Building driven by Manifest Destiny. The Apaches were military fighter extraordinaire, and in their struggle against the White-Eyes they anticipated the twentieth-century wars for liberation, as well as honing the tactics of guerrilla warfare, and strategies of counter-insurgency that allowed them to keep their people free for decades. They were the masters of deceit and the land. They were blessed by an exceptional leadership: Mangas Coloradas, Cochise, Victoria and Geronimo. They embodied the Apache culture paradigm. From it came their beliefs, values and spiritual world-view. A world-view grounded in nature, White Painted Lady, Coyotero Stories, rock people, and sweat lodge. The mountains spoke to them in ways the Pindah (white-eyes) could never fathom. Never more than 10,000 people, yet they were able to hold off American expansionism with an exploding population of 39 million. until 1890. It’s an incredible story of a heroic people’s resistance to an emerging Imperial juggernaut. Come and listen to their exploits. Be amazed by their heroics, resilience and fighting prowess. Mangas and the Bartlett Commission, Cochise and Tom Jeffords, Victorio and his sister Lozen, Geronimo and General Crook. And, of course, their ultimate defeat and humiliation being imprisoned and exiled to Florida/Alabama. Watching their children taken and sent to Indian Schools. Yet their exploits still remain a captivating narrative of Western Mythology. Arthur Scott

Fri 4/24 10:00am-12:00pm $20
JFK University 100 Ellinwood Way Pleasant Hill, (ask for room at front desk)
ARF (Animal Rescue Foundation) Tour

A tour of the 38,000sqft headquarters of Tony La Russa’s Animal Rescue Foundation (ARF) will include the condominiums for dogs and cats awaiting adoption, the state-of-the-art veterinary clinic and dental suite, and the learning center where children learn how to care for and interact with animals. A new 7,900sqft Pets and Vets Center is currently under construction. ARF’s Pets and Vets program transforms rescue dogs into skilled service animals for veterans with PTSD and other traumatic brain injuries, all at no cost to the veteran. Other services provided at ARF include dog and cat adoptions, low-cost services to low income owners, disaster relief support, humane education programs for schools as well as therapy animal visits on site and off. You are invited to bring a bag lunch for a picnic on the grounds after the tour or to enjoy one of the many fine restaurants in the area. Tour Docent

Thu 4/16 10:30am-12:00pm $12
ARF - Animal Rescue Foundation 2890 Mitchell Dr, Walnut Creek, CA 94598

Artificial Intelligence in the Economy

Artificial Intelligence (AI) has emerged as a key driver of technological development, economic opportunity and competition at the company and national levels. As a natural evolution of key computing technologies, AI reaches deeply into our networked ecosystem – including search engines and social media. This series of lectures will investigate how AI may be responsible for reshaping business processes, social norms and economic prosperity in addition to its computational aspects. The course will cover the following major AI topics: History and Evolution; impact on National Industrial Policy; innovation in small companies vs. large companies; industry transformations; potential impacts on jobs and employment; and finally AI ethics, privacy and accountability considerations. David Powell

Fri 2/21-3/20 1:00-3:00pm $64
JFK University 100 Ellinwood Way, Pleasant Hill

Challenges in Global Securities

This course introduces the student to the current changes to world security and challenges that different countries face in our current political, social, and economic environment. The course will help the student understand what kind of world security issues directly affect how countries change their security strategies and how the U.S. adapts and responds to the different strategies other countries implement. Ivan Negroni

Thu 2/20-3/19 6:00-7:30pm $64
JFK University 100 Ellinwood Way Pleasant Hill, (ask for room at front desk)

Catholics, Protestants, Puritans, and the King James Bible

Physical violence, theological arm-twisting, and snarling political and intellectual battles accompanied virtually every attempt at translating the Bible into English, from 700 A.D. to 1611. Out of this social, political, and religious matrix blossomed the King James Bible, considered by some the only legitimate version of holy scripture. What were [and still are!] the difficulties and dangers of translating scripture from the original Greek, Hebrew, and Aramaic into English? We’ll follow the time line of these incredible elements of history, and close with a careful study of an original page from a 1611 King James Bible. Physical violence, theological arm-twisting, and snarling political and intellectual battles accompanied virtually every attempt at translating the Bible into English, from 700 A.D. to 1611. Out of this social, political, and religious matrix blossomed the King James Bible, considered by some the only legitimate version of holy scripture. What were [and still are!] the difficulties and dangers of translating scripture from the original Greek, Hebrew, and Aramaic into English? We’ll follow the time line of these incredible elements of history, and close with a careful study of an original page from a 1611 King James Bible. Bruce Reeves

Wed 3/4-3/25 10:00am-12:00pm $64
JFK University 100 Ellinwood Way Pleasant Hill, (ask for room at front desk)
Contemporary Female Artists: 20th Century

The course is a survey of female artist from key movements from the later 20th Century to the present. It will highlight artist by exploring inspirations, diverse backgrounds, and societal forces. Students will discover how these connections continue today in contemporary art. Jenny Balisle

Tue 3/10-3/24 1:00-3:00pm $60
JFK University 100 Ellinwood Way Pleasant Hill
(ask for room at front desk)

Continuous War and the Public Health Crisis of Veterans

Nearly 3 million Americans have been exposed to the combat zone of the Mid East. In addition to the visible wounds, many are coming home with PTSD and TBI which is leading to domestic violence, homelessness, risk taking, suicide etc. These problems are now becoming trans-generational as we see problems in the family. Michael Baker

Tue 4/28 1:00-3:00pm $20
JFK University 100 Ellinwood Way Pleasant Hill
(ask for room at front desk)

Cuba: A Photographic Tour

We will take an armchair tour of Cuba today and along the way learn a bit of her history, culture and spirit. Old cars, music, and pastel-colored houses are what most of us think about when we think about Cuba but there is so much more. Come take a tour with us. Instructor: Jo Mele, former Emeritus College Director, led three groups to Cuba and has photos and impressions to share with you. Jo Mele

Tue 4/7 2:00-3:00pm $15
JFK University 100 Ellinwood Way Pleasant Hill
(ask for room at front desk)

Diablo Valley College Garden Tour

Enjoy a tour and tea in the DVC garden. You will see many varieties of flowers, fruits, herbs, and vegetables. Bring your garden questions and gather herbs, flowers, and edibles to take home. Garden paths are fully accessible and there are shaded seating areas. You will also have the opportunity to visit the Hort. Dept. for a plant sale. Karen Talbot

Sat 5/9 10:00am-12:00pm $0
DVC Pleasant Hill, Garden Parking Lot 9

DVC Drama Presents “One Flew Over The Cuckoo’s Nest”

Directed by Will Springhorn Jr. A charming rogue contrives to serve a short sentence in an airy mental institution rather than in a prison. This, he learns, was a mistake. He clashes with the head nurse, a fierce martinet. He quickly takes over the yard and accomplishes what the medical profession has been unable to do for twelve years; he makes a presumed deaf and dumb Indian talk. He leads others out of introversion, stages a revolt so that they can see the World Series on television, and arranges a rollicking midnight party with liquor and chippies. For one offense, the head nurse has him submit to shock treatment. The party is too horrid for her and she forces him to submit to a final correction a frontal lobotomy. Winner of the 2001 Outer Critics Circle Award for Outstanding Revival. Lisa Drummond

Sat 3/29 2:30-4:00pm $20
DVC Pleasant Hill, Performing Arts Center

Helping Children Survive Divorce or Separation pg 13

FREE!
Foreign Policy and Misuse of US Military

The U.S. military has been used (and misused) for the last 75 years as a foreign policy cudgel in an uneven and often inexplicable fashion. The results are embarrassing – the world’s most powerful military has not won a war in 75 years, has destroyed numerous societal systems, created millions of displaced refugees, and spawned disdain for our policies along with creating numerous enemies. We will look at case studies of American foreign policy fiascos which have eroded the image and reputation of America around the world.

Michael Baker
Thu 4/16 1:00-3:00pm $20
JFK University 100 Ellinwood Way Pleasant Hill, (ask for room at front desk)

Fitness After 50

This class provides an organized group exercise program for students and community members over the age of 50. Throughout the week the class will focus on flexibility, stretching, cardiovascular, strength and endurance training. We incorporate a mix of exercise routines in a modern, clean and efficient gym facility. Our weekly routine includes floor exercises, abdominal work, stretching, balance, spinner cycles, elliptical machines, treadmills, weight lifting and a super circuit. All fitness levels are welcome. Our class accommodates those just beginning an exercise routine, seeking better health as well as those looking to expand their existing routine. Jim Christensen, Brian Haux

MWF 1/27-5/22 7:00-8:00am $135
DVC Pleasant Hill, Kinesiology Building, First Floor

Future Wars and Future Warfare

Numerous friction spots exist today that could ignite a global holocaust. The highest risk conflicts will be reviewed. Conventional wars can become nuclear and disrupt the entire planet. Future wars however will be fought in a less conventional manner. This course will look at current dangerous hot spots that might be current or future wars. Then we will discuss future warfare: robots, unmanned vehicles, artificial intelligence, cyberwar, bio warfare. This is a pandoras box that although somewhat scary, demands our attention and best efforts. Michael Baker

Wed 5/13 4:00-6:00pm $20
JFK University 100 Ellinwood Way Pleasant Hill, (ask for room at front desk)
Helping Grandchildren Survive Divorce or Separation

Boomer Grandparents play a critical role in the growth and development in the lives of their grandchildren. This role is never more important than when the youngsters find themselves in the middle of a divorce or separation. This class will review the potential impact of family reorganization on children, including difficulties specific to various ages and stages of growing up. Importantly, students will learn ways to help minimize the potential for negative adjustment problems the children might have. Common sense solutions for an all too common problem. Claire Barnes

Wed 5/6 12:30-3:00pm $35
JFK University 100 Ellinwood Way Pleasant Hill, (ask for room at front desk)

Meet Our Local Authors

Camille Minichino, with 4 pen names to her credit, has published 26 cozy mysteries. She is a long-time Emeritus College Instructor. Ann Parker, award-winning author of The Silver Rush historical mystery series set in the “Victorian West” of the 1880’s. Roger Chapin, author of The Dragon of God, a mystery with religious overtones. Jo Mele, author of The Odd Grandmothers, a memoir of three generations of her family - the 1st, 3rd, and 5th. HJ (Jim) Brennan, author of Father’s Day, the story of a teacher and student who help each other deal with the burdens of love and loss. Master of Ceremonies, Chuck McFadden, Author of Trailblazer, a biography of Jerry Brown. The authors will describe their writing methods, read from their work, and answer questions. Light refreshment will be served. A book signing will follow the talk. *Donations to DVC Emeritus Foundation appreciated Jo Mele

Tue 5/19 1:00-3:00pm $0
Rossmoor, TBA

Shadelands Ranch Museum Tour

Shadelands Ranch Museum located at 2660 Ygnacio Valley Road is a Walnut Creek treasure. Construction on this Colonial Revival house was started in 1902 and completed in 1903 for Hiram Penniman, one of Walnut Creek’s early settlers, his wife Carrie, and daughter Mary. On your docent led tour you will get a glimpse of life in Walnut Creek 117 years ago. The house is decorated with many furniture pieces and household items belonging to the Penniman family. Your docent will talk about the history of the house and area, and also about the history of this remarkable family. Tour Docent

Fri 3/13 10:00-11:30am $12
2660 Ygnacio Valley Road, Walnut Creek, CA

Spiritual Wisdom in Times of Turmoil

What is the collective wisdom that we can draw from the world’s spiritual traditions at this time of great change and turmoil? How can we stay centered and find peace amidst all the chaos? These are the fundamental questions we will explore within a cross-cultural context at the intersection of universal spirituality as well as modern neuroscience and quantum physics. Join us for this most timely exploration! Isabella Price

Mon 4/20-4/27 1:00-3:00pm $40
JFK University 100 Ellinwood Way Pleasant Hill, (ask for room at front desk)

Theories of Creativity for Life-long Learning

In this discussion-based-workshop we will explore theories on creativity and discuss holistic approaches to best utilize personal traits and increase enjoyment in vocational endeavors. The course will cover theories on creativity, and readings will cover techniques of best practices for the creative process. Outside of class discussions, students should be prepared to paint, get dirty, go outside, meditate, reflect, speak aloud, be theatrical, sing, cook, or whatever discovery helps in one’s creative flow. Courtney Cannon

Fri 4/10-5/15 6:00-8:00pm $96
DVC Pleasant Hill Campus MA 104
Trade Wars - History of Trade and Tariffs

Trade frictions between the USA and China have made for ongoing news headlines and Global economic ripples. However, trade wars and tariffs are nothing new e.g. federal tariffs imposed by the USA date from 1789. Who remembers the USA vs. Japan trade issues from the 1970s/1980s? In this lecture series, we will explore key questions such as: How much has Global trade grown over time? What does comparative advantage mean? How do we visualize Global trade blocks and trade volume? When and where do trade deficits matter? What was the outcome of past tariff endeavors such as Smoot-Hawley? What are supply chains, why are they important and how are they changing in response to the current situation? Finally, we will explore key examples of the unintended consequences of trade wars and tariffs – both from history as well as current events. David Powell

Wed 4/8-5/6 1:00-3:00pm $64
JFK University 100 Ellinwood Way Pleasant Hill, (ask for room at front desk)

What’s Your Boomer EQ?

This two and a half hour course, conducted in an upbeat, interactive format, will teach the basics of Emotional Intelligence. Emotional Intelligence, developed in the 1980s and 1990s, was successfully applied in education, corporate industry and the military. Studies determine EQ is just as important, if not MORE important than IQ, in navigating life. EQ skills generally peak by the age of 60. Each attendee will draw on their own life experiences to develop a custom toolkit empowering constructive solutions for stress management when life difficulties knock on your door. Claire Barnes

Tue 4/28 12:30-3:00pm $35
JFK University 100 Ellinwood Way Pleasant Hill
(ask for room at front desk)

Beginner Mat and Chair Yoga

Have you always wanted to try yoga, but it seemed too challenging? Here’s your chance to lengthen, strengthen and tone your body! Ease into fitness with gentle yoga poses on the mat and seated in a chair. Enjoy the benefits of this yoga practice to decrease stress and tension, increase mobility and flexibility and support a greater sense of strength, balance and coordination. Breathing and meditation techniques will also be incorporated throughout the class series. What to bring: yoga mat and small, folded blanket. Wear loose, comfortable clothing to stretch in. * This program is designed for students over the age of 50. Lori Golden

Tue 3/3-3/24 4:30-5:30pm $40
continued
Tue 4/7-4/28 4:30-5:30pm $40
DVC Pleasant Hill Campus MA 108

Thank you for your continued support!
DIABLO VALLEY COMMUNITY EDUCATION PRESENTS

Culinary Boot-camp with Executive Chef Alison Negrin and Wellness Warrior Cindy Gershen

- Get your culinary skills and bodies into shape with nutrition tips, hands on practice, and demonstration in Mt. Diablo High School’s state of the art kitchen.

- Learn from 2 wise and passionate Contra Costa County chefs to prepare healthy, sustainably sourced meat, fish, poultry, vegetables, grains, soups, and salads. Employing a variety of cooking techniques.

- Test your strength and stamina in invaluable areas such as knife skills, time, temperature, and developing flavor.

- Learn the health benefits of the recipes to keep yourself and your family healthy throughout the year.

April 9 - May 14
5:00 - 8pm
6 three hour classes for ONLY $360

2611 East Street Concord CA, 94520
Mt. Diablo HS, Home EC Building
East side of campus

Register at www.dvc.edu/communityed or call 925-969-4600
DIABLO VALLEY COLLEGE

Online Learning
anytime, anywhere... just a click away!

ONLINE CAREER TRAINING PROGRAMS

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self-paced online Career Training Program. You can begin these Programs at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

Categories Include:
- Arts and Design
- Business
- Computer Applications
- Computer Programming
- Construction and Trades
- Health and Fitness
- Hospitality
- Information Technology

6-18 Month Format
All materials included
Prepare for certification
Student advisors

INSTRUCTOR-LED ONLINE SHORT COURSES

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly, are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

Categories Include:
- Accounting and Finance
- Business
- College Readiness
- Computer Applications
- Design and Composition
- Healthcare and Medical
- Language and Arts
- Personal Development
- Teaching and Education
- Technology

6 Week Format
Discussion Areas
Monthly start sessions
Expert Instructor

Visit our website for program details!

careertraining.ed2go.com/dvc

Visit our website to find a course!
ed2go.com/dvc
WORKSHOPS FOR 9TH - 12TH GRADERS

Spring College Prep Academy

**College Admissions Essay and Expository Writing**
Feb. 22 & 29 10:00-2:00pm $75

**Math Study Skills 101: Paving a Path to Success**
Mar. 7 10:40 - 12:10pm $25

**Research Writing Bootcamp**
Mar. 7 & 14 10:00am - 2:00pm $75

**Balance: Time Management and Studying Skills**
April 11 & 18 10:00-2:00pm $75

**Theories on Personality and Creativity for the College and Career Path**
May 2 & 9 10:00-2:00pm $75

EXPANDING YOUR HORIZONS

Expanding Your Horizons is a one-day conference for middle school girls designed to increase their interest in S.T.E.M. topics & build awareness in S.T.E.M. careers.

**COMING IN FALL 2020**

Sponsored by DVC Community Education

Find us on the web! • www.dvc.edu/communityed
Refunds & Cancellation Policies – Students who wish to drop a class, must do so no less than 7 days prior to the start date of class or they will not receive a refund. Credit card refunds are processed through the online registration system within 7-10 business days. Refunds via check are processed by the District Office and take approximately 2-3 weeks until mailed. If a class is canceled by DVC Community Education at any time, students will receive a full refund for course fees paid, minus 2.5% convenience fee for credit card payments.

Fees – Community Education is a self-supporting, fee-based program and is not funded by taxpayer dollars.

Age Requirements – All Community Education classes are open to adults 18 years of age or older, unless stated otherwise.

Parking – No permit is required on Saturdays and Sundays at DVC Pleasant Hill Campus. For current info please visit www.dvc.edu/parking

Emeritus Lifetime Members – We are still honoring current memberships and you will still receive a 2% discount for each time you register and pay for classes.

Disability Accommodations – Diablo Valley College is ADA compliant. If you have special needs, please contact the Community Education Office at (925) 969-4600.
There are four ways to register

Register at our secure website with a credit card* at: www.dvc.edu/communityed

Sign up by phone and charge your credit card.* Call (925) 969-4600

Visit us at 321 Golf Club Rd. Pleasant Hill CA 94523 ($3 parking permit required)

Mail Form and payment to: Community Education, 321 Golf Club Rd. Pleasant Hill, 94523

Please Note: Please register and pay for your classes prior to attending class.

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*non-refundable 2.5% convenience charge for all credit card purchases

TOTAL $  

SELECT PAYMENT  

- [ ] VISA*  
- [ ] MASTERCARD*  
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CARD NUMBER:  
EXP DATE:  
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BILLING ADDRESS (if different from mailing): STREET:  
CITY:  
STATE:  
ZIP:  

*There is a 2.5% convenience fee for credit card registrations.
Spring 2020
January 27th-May 22nd
Monday's
Wednesday's
Friday's
7am-8am
$160 (Parking Included)
$135 (Parking Excluded)
SEE PAGE 12 FOR DETAILS

Fit After 50