

COMPUTER CLASSES

All Fall 2020 Computer Classes will be held online. For more information about any of the following classes, visit our website at www.sanmateoadulted.org.

WINDOWS 10 & FILE MANAGEMENT

Manage/organize documents, files and folders, for professional and personal use.

Mon-Fri 8:30am-12:00pm 8/18-8/28 \$80

MICROSOFT WORD

Learn how to write, edit, and design documents, format text, use spell check, and more.

Mon-Fri 8:30am-12:00pm 8/24-12/11 \$80

MICROSOFT POWERPOINT

In-depth lessons on how to use various Excel formulas, tables and charts.

Mon-Fri 8:30am-12:00pm 8/24-12/11 \$80

MICROSOFT EXCEL

In-depth lessons on how to use various Excel formulas, tables and charts.

Mon-Fri 8:30am-12:00pm 8/24-12/11 \$80

COMPUTER LAB INDIVIDUAL STUDY

Self-paced environment to enhance your knowledge and learn new computer skills. This format is for people of all abilities.

Mon-Fri 12:30am-3:00pm 8/18-12/11 \$49

FOREIGN LANGUAGE

CONVERSATIONAL ITALIAN PART 1 ONLINE

Join us for this popular and practical language course. Students will find the conversational approach of each session both practical and easy to follow. Learn patterns and idioms of daily speech. Receive structured grammar instruction. Improve fluency in the spoken language. Be exposed to Italian conversation through movies in class.

Textbook:

Ciao, Seventh Edition, Federici, and Laresse-Riga, ISBN 1428288376.

Ciao, Sixth Edition, Riga, Dal Martello. ISBN: 13:9781413016369

Section: 089601

Days: Thursdays

Time: 6:30 - 8:30 pm

Dates: Sep 17 - Nov 19

Instructor: Balestra

Cost: \$120

CONVERSATIONAL SPANISH AND
MANDARIN CLASSES WILL RETURN
WHEN IN-PERSON CLASSES RESUME

PROGRAMS FOR ACTIVE ADULTS



Fall 2020



SAN MATEO ADULT &
CAREER EDUCATION

CONTACT US

789 E. POPLAR AVENUE

SAN MATEO, CA 94401

(650) 558-2100

SMAS_ActiveInfo@smuhdsd.org

WWW.SANMATEOADULTED.ORG

ALL FALL COURSES OFFERED ONLINE



HISTORY

CURRENT EVENTS WITH JUDI (Leff)

088001 Tu 1:30 - 2:30pm 8/18-12/8 \$50
088002 W 1:00 - 2:00pm 8/19-12/9 \$50

LANGUAGE ARTS

MEMOIRS AND STORIES (Leff)

089501 F 1:00 - 2:30pm 9/4 - 11/20 \$100

MUSIC APPRECIATION

ANATOMY OF AN OPERA (Deghi)

089201 M 2:30 - 4:00pm 9/14 - 11/16 \$100

WEST BAY COMMUNITY BAND „THERE'S NO PLACE LIKE HOME“ VERSION (Washburn)

089701 M 7:30 - 8:30pm 8/17 - 12/7 \$50

FINE & APPLIED ARTS

TECHNIQUES OF COLORED PENCILS

(Paladino-Andrews)

087001 W 9:30 - 11:00am 9/2 - 11/18 \$100

FUNDAMENTALS OF DRAWING & PAINTING (Crane)

087101 Th 1:00 - 2:30pm 9/3 - 10/8 \$70
087102 Th 1:00 - 2:30pm 10/15 - 11/19 \$70

ONLINE WATERCOLOR STUDIO/ WORKSHOP (Crane)

087201 Th 9:30 - 11:00am 9/3 - 11/19 \$100

KNITTING & CROCHET

CHECK BACK FOR CLASS MEETING DATES
WHEN IN-PERSON CLASSES RESUME

PHYSICAL EDUCATION

ENDURANCE, STRETCH & STRENGTHEN

(Tue.-Funk / Fri.-McGovern)

088702 Tu 10:00 - 11:00am 9/9 - 12/8 \$50
088701 F 10:00 - 11:00am 9/13 - 12/11 \$50

EASY AEROBICS FOR STAMINA, STRENGTH & BALANCE (McGovern)

088501 M 9:00 - 10:00am 8/17 - 12/7 \$50
088502 W 9:00 - 10:00am 8/19 - 12/9 \$50

BETTER BONES & POSTURE (Funk)

088401 W 1:00 - 2:00pm 8/19 - 12/9 \$50

EAST/WEST EXERCISE (McGovern)

088601 Tu 9:30 - 10:30am 8/18 - 12/8 \$50
088602 W 10:45 - 11:45am 8/19 - 12/9 \$50

PILATES BALL WORKOUT (Funk)

088301 W 11:30am-12:30pm 8/19 - 12/9 \$50

30-MINUTE MAT PILATES (Funk)

089301 W 9:00 - 9:30am 9/8 - 12/8 \$35

SEATED, STRETCH & STRENGTHEN (Funk)

088201 M 11:30am-12:00pm 8/17 - 12/7 \$35
088202 Th 10:00 - 10:30am 8/20 -12/10 \$35

SEATED TAI CHI (NEW!) (Au)

089401 Th 11:45am-12:45pm 8/20 -12/10 \$50

TAI CHI 101 FOR BEGINNERS (Au)

089002 M 1:30 - 2:30pm 8/17 - 12/7 \$50
089001 W 2:30 - 3:30pm 8/19 - 12/9 \$50

TAI CHI 102 ADVANCED (Au)

089101 Th 9:00 - 10:00am 8/20 -12/10 \$75

PHYSICAL EDUCATION (CON'T)

YOGA FOR HEALTH

(Kattler - 088801 & 088802)

088801 Tu 11:00am-12:00pm 8/18 - 12/8 \$50
088802 Th 12:15 - 1:15pm 8/20-12/10 \$50

(Martine - 088901 & 088902)

088901 M 3:30 - 4:30pm 8/17 - 12/7 \$50
088902 W 10:00 - 11:00am 8/19 - 12/9 \$50

(Scott - 088903)

088903 Th 10:30 - 11:30am 8/20-12/10 \$50

ZUMBA "GOLD" (Funk)

088101 M 10:00 - 11:00am 8/17 - 12/7 \$50
088102 W 10:00 - 11:00am 8/19 - 12/9 \$50
088103 Th 11:00am-12:00pm 8/20-12/10 \$50

**All Fall Active Adult classes will be held
online only.**

To register online visit

**www.sanmateadulted.org and click
Enroll Now to be taken to the
registration page.**

If you need assistance with registering online,
email smas_info@smuhdsd.org and state how we
can assist you. A member of our support staff will
return your email.

To register by phone call (650) 558-2127 and
leave a message. State that you want to register
for class(es) by phone. Provide your name (first
and last) and your phone number. A member of
our support staff team will return your call and
help get you registered for fall online classes.

**** Guest Passes are not available for
online classes.****

**Stay healthy, engage, learn more,
explore, experience joy and remember:
A good time to learn is always!**