

Oil Painting

(5 weeks) (all levels)

A class designed for those who have always wanted to paint, but were afraid to try. Basic techniques on one canvas. Color theory, composition, and painting techniques are covered in an ongoing lecture series. Plan on additional cost for materials; materials list at first class.

Instructor: Trudi Edwards, BA
...31 yrs with PHR&PD teaching a variety of adult and youth art classes.

4522.801 Jan. 11–Feb. 22*

4522.802 Mar. 1–Mar. 29

❖ Mon., 7–9:30 pm

*No class Jan. 18, Feb. 15

❖ Fee: \$62 / Dist. Res. \$52

❖ Community Ctr.: Art Studio

Plein Air Painting New

(4 weeks) (all levels)

What about painting outdoors to capture the afternoon light! Each month, paint at a different nearby, local park starting with Rodgers Ranch Historical Site at 315 Cortsen Road in January. Students working in oils, acrylics, and watercolors are encouraged to register.

Instructor: Mark Jezierny, MFA

4519.801 Jan. 6–Jan. 27

4519.802 Feb. 3–Feb. 24

4519.803 Mar. 3–Mar. 24

4519.804 Apr. 7–Apr. 28

❖ Wed., 1:30–4:30 pm

❖ Fee: \$80 / Dist. Res. \$70

❖ Location: Various District Parks TBD

Pastel Painting New with Basic Drawing & Design

(5 weeks) (all levels)

Looking for something different? Try pastels! Charcoal, with surprising new techniques, and basic drawing, a necessary pre-course to painting, will be included along with elements of design and composition.

Instructor: Suzanne Cerny
... has been painting, exhibiting, and creating public murals as well as teaching basic skills to adults for over 25 years. Her work is in private collection in the U.S. and abroad.

4521.801 Jan. 4–Feb. 8*

4521.802 Feb. 22–Mar. 22

4521.803 Mar. 29–Apr. 26

❖ Mon., 1–3:30 pm

*No class Jan. 18

❖ Fee: \$62 / Dist. Res. \$52

❖ Community Ctr.: Art Studio

Spring Gourd Workshop

(1 workshop)

Using an organic dried gourd, you will learn how to prepare this unique art form for design, pyrography (wood burning) on the gourd; lid cutting; staining, and more. Make vases, ornaments, bowls, centerpieces, and birdhouses. Wear comfortable clothing that's okay to get dirty. Bring a bag lunch.

Instructor: Leslie Mathie

4568.801 Apr. 24

❖ Sat., 9 am–3 pm

❖ Fee: \$69 / Dist. Res. \$59
(+\$15 lab fee payable to instructor)

❖ Community Ctr.: Art Studio

Ukulele Beginning & Continuing

(5 weeks)

From Hawaii to Tin Pan Alley, the ukulele is a popular instrument worldwide. It's fun, it's easy to play, and it's portable! Playing the ukulele gently strengthens the hand, while it soothes the mind. You won't need to "learn music" to play familiar campfire and new Hawaiian songs. Ukulele required. Bring 3-ring binder and pen/pencil.

Instructor: Kaunaloa (Beth Weilenman)
...has taught ukulele and guitar in Florida, Texas, and California; graduate of the Royal Hawaiian Ukulele Band.

4517.801 Jan. 4–Feb. 8*

4517.802 Feb. 22–Mar. 22

4517.803 Mar. 29–Apr. 26

❖ Mon., 7:15–8:10 pm

*No class Jan. 18

❖ Fee: \$72 / Dist. Res. \$62

(\$5 lab fee included)

❖ Community Ctr.: Pre-School Rm.

Watercolor Techniques New

(6 weeks) (all levels)

You will learn the techniques of watercolor on two sample paintings; .801 using watercolor paper; .802 using the new totally-different aqua board. All supplies will be provided; bring any supplies that you might have. Young adults, 16–17 yrs, welcome.

Instructor: Trudi Edwards, BA

4532.801 Jan. 14–Feb. 18

4532.802 Feb. 25–Apr. 1

❖ Th., 7–9:30 pm

❖ Fee: \$71 / Dist. Res. \$61

(+\$39 lab fee payable to instructor)

❖ Community Ctr.: Art Studio

Enrichment Opportunities

Birding Contra Costa

(4 weeks)

Spring forward with four brisk walks seeking out spring migratory birds, nesting birds, and regular residents. Feb. 27, Community Center and Canal Trail; Mar. 6, Mitchell Canyon; Mar. 13, Briones / Alhambra; Mar. 20, Martinez Marina. Bring binoculars and a bird guide if possible.

Instructor: Jan Rae Cook

4738.801 Feb. 27–Mar. 20

❖ Sat., 9–11 am

❖ Fee: \$33 / Dist. Res. \$26

CPR–American Heart

(1 workshop)

Required fee, \$15, payable to instructor, covers two-year certification card and book covering course content. Cards are available upon successful completion of class.

4702 Adult & Pediatric Community CPR – adult, child, and infant CPR, rescue breathing, and first aid for an obstructed airway.

4703 BLS Healthcare Provider – adult, child, infant CPR, single and two rescuer CPR, choking, AED, pocket mask and bag-valve mask. Bring lunch, beverage.

Instructor: Adrian Curry
...EMT, 18 yrs; CPR and First Aid instructor, 14 yrs.

Adult & Pediatric Community CPR

4702.703 Dec. 5

4702.801 Jan. 30

4702.802 Mar. 27

❖ Sat., 9 am–1 pm

❖ Fee: \$42 / Dist. Res. \$34

(+\$15 lab fee payable to instructor)

❖ Community Ctr.: .703 Pre-School Rm.

.801/2 Upper Club Rm.

BLS Healthcare Provider

4703.801 Feb. 27

❖ Sat., 9 am–3 pm

❖ Fee: \$49 / Dist. Res. \$40

(+\$15 lab fee payable to instructor)

❖ Community Ctr.: Upper Club Rm.



The Pleasant Hill Community Foundation was founded in 1987 to promote and support educational, recreational, cultural and other activities for people living and working in the Pleasant Hill area.

- In addition to its other funds, the Foundation created the "Park Development Fund" to provide the Pleasant Hill Recreation & Park District monies to develop, protect, restore, and conserve our parks.
- This Foundation is organized under section 501 (c) (3) of the Internal Revenue Code. Contributions are tax-deductible.

For more information, contact Ted Winslow, (925) 682-0896 or visit www.hometown.aol.com/phcfound.

Comfy Herbs (1 workshop)

Cold and flu season is here! Learn about herbs that will help you ease the symptoms. Find out what foods are helpful in supporting the immune system. Make and try some herbal teas that will relax and soothe you on winter nights.

Instructor: Denise Koroslev
...has studied and used herbs for 30+ years; member of the Northern California unit of the Herb Society of America; distributor for Natures Sunshine Herb Company.

- 4750.801 Jan. 20
- ❖ Wed., 7–9 pm
- ❖ Fee: \$39 / Dist. Res. \$32 (+\$5 lab fee payable to instructor)
- ❖ Community Ctr.: Kitchen

Dog Training

Lil' Big Dog Obedience Training

(6 weeks)

These dog / people-friendly classes utilize a training method called positive reinforcement. You motivate your dog to do what you want by using things that your dog likes: treats, praise, toys, play, etc. Dogs/puppies must be current on all vaccines and puppies must have had their first two DHLLP vaccinations. Puppies/dogs over four months of age must be current on their Rabies shots. Bordetella vaccine is recommended. Proof of vaccinations is mandatory WHEN REGISTERING; please ALSO bring to first night of class for all classes. PRE-REGISTRATION REQUIRED. FIRST NIGHT IS ORIENTATION FOR DOG OWNERS ONLY. LEAVE YOUR FURRY FRIENDS AT HOME.

- 4713 **Puppy Manners** – Puppies ten weeks–five months – basic commands (sit, down, stay, come, walk nicely on leash, etc.), socialization skills; common behavioral problems (nipping, biting, chewing, jumping, and household manners.)
- 4715 **Basic Manners** – Dogs six months and over – basic commands, obedience, and manners; how to solve problem behaviors.

Instructor: Rick Kirichenko
...Certified Pet Dog Trainer, Behavioral Counselor, Evaluator; owner of Lil' Big Dog Obedience Training and Services.

Puppy Manners

- 4713.702 Dec. 2–Jan. 13*
- 4713.801 Jan. 27–Mar. 3
- 4713.802 Mar. 17–Apr. 21
- ❖ Wed., 5–5:50 pm
- *No class Dec. 9

Basic Manners

- 4715.702 Dec. 2–Jan. 13*
- 4715.801 Jan. 27–Mar. 3
- 4715.802 Mar. 17–Apr. 21
- ❖ Wed., 6–6:50 pm
- *No class Dec. 9
- ❖ Fee: \$109 / Dist. Res. \$99
- ❖ Community Ctr.: Terrace

First Aid (1 workshop)

Topics: caring for broken bones, burns, bleeding, shock, poisoning, bites, and stings. Certification cards available upon successful completion of class. Required fee of additional \$15 covers certificate, valid for three years, and book covering course content.

Instructor: Adrian Curry

- 4712.701 Dec. 12
- 4712.801 Apr. 17
- ❖ Sat., 9 am–1 pm
- ❖ Fee: \$36 / Dist. Res. \$29 (+15 required fee payable to instructor)
- ❖ Community Ctr.: Upper Club Rm.

Healthy Homes New Steps for Eco-Friendly Living

(1 workshop)

Your home is your haven! Open your doors to the world of a natural, non-toxic lifestyle. Create a clean, fresh, harmonious home that is friendly to the environment, reflects personal style, and won't break the bank.

Instructor: Kelsy Wise (Krikava) M.A.

- 4720.801 Feb. 16
- ❖ Tue., 7–9 pm
- ❖ Fee: \$39 / Dist. Res. \$32
- ❖ Community Ctr.: Upper Club Rm.

Herbs & Weeds New

(1 workshop)

4748 Your Backyard Herb Garden –

Start an herb garden! Learn the virtues of growing and using herbs, where to purchase them, and take one home to get you started. Try recipes and learn how to incorporate herbs into your cooking and cleaning.

4752 In Defense of the Dandelion –

Learn about the nutritional value of this “weed” and how to incorporate it and other wild greens into your diet. Taste spring salad recipes using herbs and edible flowers.

Instructor: Denise Koroslev

- 4748.801 Feb. 27
- 4752.801 Mar. 27
- ❖ Sat., 10 am–noon
- ❖ Fee: \$39 / Dist. Res. \$32 (+\$5 lab fee payable to instructor)
- ❖ Rodgers Ranch Historical site: 315 Cortsen Rd.

Staging

Dress Your Home for a Successful Sale

(2 weeks)

Staging helps you to sell your home quickly and maximizes the selling price. Learn tips and ideas for improving curb appeal, decorating for maximum effect, and highlighting your home's positive features.

Instructor: Jill Norris
...Accredited Staging Professional.

- 4716.801 Feb. 2–Feb. 9
- ❖ Tue., 7–8:30 pm
- ❖ Fee: \$49 / Dist. Res. \$40
- ❖ Community Ctr.: McHale Rm.

Strength in Numbers New Become the CFO of your life

(1 workshop)

Map out a path towards your financial health and well being. Topics covered: planning ahead; saving for retirement; protecting against the unexpected; and learning about family trust or estate plans – all valuable information you can apply immediately.

Instructor: Tracy O. Tamura

- 4706.801 Feb. 27
- ❖ Sat., 10 am–2 pm
- ❖ Fee: \$53 / Dist. Res. \$43
- ❖ Community Ctr.: Conference Rm.

Wills, Trusts & Estate Planning It's Never Too Early to Plan

(1 workshop)

You need this information for yourself, your parents, or your children. Topics: wills, living trusts, joint tenancies, tax planning, and how to avoid estate taxes and probate fees.

Instructor: Randall Thompson
...estate planning attorney and partner in the Thompson Law Offices.

- 4610.801 Feb. 3
- ❖ Wed., 6:30–8:30 pm
- 4610.802 Apr. 20
- ❖ Tue., 6:30–8:30 pm
- ❖ Fee: \$24 / Dist. Res. \$20
- ❖ Community Ctr.: .801 McHale Rm.
.802 Upper Club Rm.



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