

Sunnyvale - Cupertino Adult School

**FREMONT UNION
HIGH SCHOOL DISTRICT**

LEARNING FOR LIFE

A reminder about Senior Center Membership Fees

Students *must* be a member of the Centers. Pay membership fees at the Senior Centers. Includes Parking Sticker. 50 Years Minimum

Q4 Classes at CSC

Online &

Phone Registration

Opens March 7, 2014

www.ace.fuhd.org

Cupertino Senior Center

(408) 777-3150

21251 Stevens Creek Blvd, Cupertino
Students *must* be a member of the Center.

Pay membership fees at the Senior Center.
Residents \$22/Non Residents \$27 per year Jan - Dec

Includes Parking Sticker.
50 Years Minimum Age Req.

Parliamo Italian I: Beg. Grammar

This course is designed to teach the basics of Italian language & culture for a serious business person or traveler. You'll learn everyday practical phrases, verbs, numbers, vocabulary, and useful expressions. Please bring a notebook & pencil to class. Must be a member of Cupertino Senior Center. No class 4/14.

Instructor: Severo 7 sessions
Reg Fee: \$35 Location: **CSC / Oak**
280322 Int M 9-10am 3/31-5/19

Parliamo Italian II: Int. Grammar

This course is designed to teach the basics of Italian language & culture for a serious business person or traveler. You'll learn everyday practical phrases, verbs, numbers, vocabulary, and useful expressions. Please bring a notebook & pencil to class. Must be a member of Cupertino Senior Center. No class 4/14.

Instructor: Severo 7 sessions
Reg Fee: \$35 Location: **CSC / Oak**
280322 Int M 9-10am 3/31-5/19

Italian Conversation: Int

This course is for those who have already taken a beginning Italian Class. Emphasis is on speaking and understanding the language. Thematic lessons will encourage the use of vocabulary and grammar rules taught. Must be a member of Cupertino Senior Center. No class 4/14.

Instructor: Severo 7 sessions
Reg Fee: \$53 Location: **CSC / Oak**
280323 Int M 10-11:30am 3/31-5/19

Writing: Creative/Memoir/Poetry

Have you always wanted to take a shot at writing, whether it is fiction, memoir or poetry? Do you have an unfinished manuscript that has been collecting dust in your desk drawer and want to resurrect it? The class format is seminar style in which writers read their work in progress and obtain supportive, illuminating feedback. Class members may also read the works of published authors that have been an inspiration to their creative processes. Add your talents to a very supportive group of aspiring writers. Must be a member of Cupertino Senior Center. No class, No class 4/16.

Instructor: Enz 8 sessions
Reg Fee: \$50 Location: **CSC / Card Rm**
085311 W 9:30-11:30am 4/2-5/28

Read and Discuss/Int- Adv

Read and discuss a variety of materials including the newspaper and magazine articles of current interest. Build your vocabulary and conversational skills. Must be a member of Cupertino Senior Center. No class 4/15, 5/20. **Instructor: Stauffer**

7 sessions
Reg Fee: \$32 Location: **CSC / Bay Rm**
082651 Tu 10am-12pm 4/1-5/27

Ukulele- No Ka 'Oi: Int

Class covers a wide range of music, some Hawaiian, but mostly hapa haole and songs from the 30s, 40s & 50s. Must have previous ukulele experience. Must be a member of the Cupertino Senior Center. No class 4/14, 5/26.

Instructor: Yee 8 sessions
Reg Fee: \$35 Location: **CSC / Craft Rm**
085911 Int/Adv M 1:30-3:30pm 3/31-6/2

Line Dancing: Beg - Adv

Learn fun line dances while improving your muscle coordination. You will increase your line dancing and memorization skills. No partners needed. Must be a member of Cupertino Senior Center. No class 4/16, 4/18.

Instructor: Shannon 8 sessions
Reg Fee: \$46 Location: **CSC / Exercise**
289323 Int W 10:10-11:40am 4/2-5/28
289324 Beg/Int W 11:40-1:10pm 4/2-5/28
289326 Beg F 12-1:30pm 4/4-5/30
289325 Int/High F 1:45-3:15pm 4/4-5/30

Painting Oil & Acrylics

This course is intended to give experienced students an opportunity to develop a skillful, personal approach to painting. Emphasis will be placed on composition, color, perspective, and techniques appropriate to the subject. Registrants must be a member of the Cupertino Senior Center. No class 4/17.

Instructor: Prisco 8 sessions
Reg Fee: \$65 Location: **CSC / Art Rm**
080835 Th 8:45-11:45am 4/3-5/29

Watercolor: Int/Adv

Spend an enjoyable morning creating while improving your skills painting in transparent watercolor. A variety of techniques will be demonstrated each class as well as guidelines on color mixing, composition and perspective. Materials fee of \$5 to be paid to instructor at first class. Registrants must be a member of the Cupertino Senior Center. No class 4/16.

Instructor: Gillette 8 sessions
Reg Fee: \$65 Location: **CSC / Craft Rm**
081521 W 9am-12pm 4/2-5/28

Memoir Writing

Leave a lasting impression of your life to your heirs. Share your life with this class in a supportive, cohesive and inviting atmosphere. Must be a member of Cupertino Senior Center. No class 4/18.

Instructor: McCaw 8 sessions
Reg Fee: \$45 Location: **CSC / Bay**
084121 F 9am-12pm 4/4-5/30

Low Impact Aerobics

Workout to music. Includes low-impact aerobics, chair exercises and light weights. Must be a member of the Cupertino Senior Center. No class 5/6, 5/7, 5/8.

Instructor: Arnold 24 sessions
Reg Fee: \$45 Location: **CSC / Exercise**
087121 TWTh 8:05-9am 4/1-5/29

Low Impact Exercise for Seniors

A combination of cardiovascular activities including stretching, agility and strength. Some step aerobics will be included. Must be a member of Cupertino Senior Center. No class 4/14, 4/15, 4/16, 4/17.

Instructor: Thompson 16 sessions
Reg Fee: \$40 Location: **CSC / Exercise**
289123 TTh 10:45am-12pm 4/1-5/29
289124 TTh 12-1:15pm 4/1-5/29
087194 MW 3:50-5pm 3/31-6/2

Strength Training/Conditioning

Condition, tone and stretch your muscles, plus relaxation. We will use light hand weights and/or Dynabands to strengthen your upper body, plus leg and abdominal exercises for lower body strength. Must be a member of Cupertino Senior Center. No class 4/15.

Instructor: Thompson 8 sessions
Reg Fee: \$25 Location: **CSC / Exercise**
289126 Tu 2:30-3:45pm 4/1-5/27



Tai Chi (Qigong)

Strengthens, conditions without impacting joints. Boosts energy, endurance levels and helps to increase concentration and mental clarity. Fun, safe and easy. Must be a member of Cupertino Senior Center. No class 4/14, 4/17, 5/26.

Instructor: Yee 8 sessions
Reg Fee: \$25 Location: **CSC / Exercise**
087751 Int M 10-11:30am 3/31-6/2
087731 Beg Th 9:05-10:35am 4/3-5/29



Gift certificates
are available!

Call our office
408 522-2700

Q4 Registration Opens

March 7, 2014

www.ace.fuhsd.org

Sunnyvale - Cupertino Adult School

FREMONT UNION
HIGH SCHOOL DISTRICT

LEARNING FOR LIFE

Register at least one week prior to the beginning of class. Walk in registrations are on a space available basis. If there is not sufficient enrollment for the class, your check will be returned, or your credit card charge will not be processed. No confirmation will be sent.



1 Online....

<http://ace.fuhsd.org>

Refer to Sunnyvale-Cupertino Adult School website for online registration guidelines.



2 by phone

(408) 522-2700

Requires a Visa or Master Card.



3 in person....

Stop by our room 1 office.

Office Hours:

Monday-Thursday 8:00 am- 4:30 pm
Friday 7:30 am - 12 pm, 1 pm- 4 pm

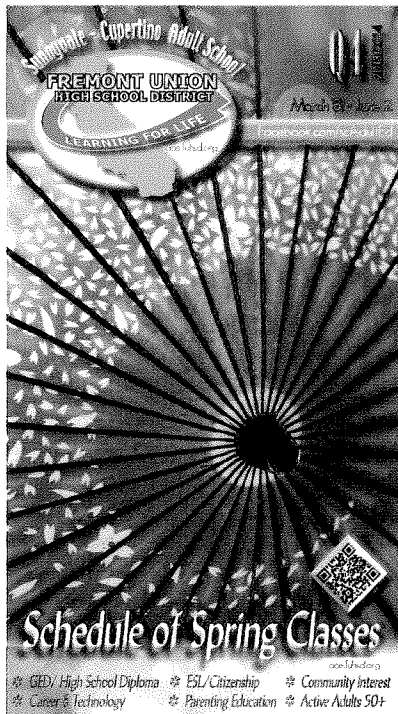


4 by mail....

Enclose payment by check and include student's name, phone number, email address and course code. A separate check payable to FUHSD is required for each class.

If you wish to receive a confirmation, send a stamped self addressed envelope. Consider yourself registered if you do not hear from us. Mail to:

Sunnyvale - Cupertino Adult School
591 W. Fremont Avenue
Sunnyvale, CA 94087



Register Quickly Avoid cancellations!

Class cancellations are determined generally a week before classes start. Please register quickly to reserve your space! Many of our class also have limited seating and or spaces.

Use the registration form to register for classes. Register at least one week prior to the beginning of class. If there is not sufficient enrollment for the class, your check will be returned or your charge will not be processed.

No confirmation will be sent. No Refunds.

REGISTRATION FORM

LAST NAME		FIRST NAME		INITIAL	REG FEE
STREET NO		STREET		LAB FEE	
CITY/STATE		ZIP	HOME ()	WORK ()	BOOK FEE
COURSE CODE		COURSE TITLE		TOTAL FEE	
INSTRUCTOR		CLASS DATE		CLASS TIME	LOCATION

VISA MC CASH CHECK

CARD #

EXP DATE _____ NAME OF CARDHOLDER _____

SIGNATURE OF CARDHOLDER _____

I UNDERSTAND THAT FEES ARE NON-REFUNDABLE UNLESS CLASS IS CANCELLED.

MAKE CHECKS PAYABLE TO F.U.H.S.D - SEPARATE CHECK FOR EACH CLASS (REG FEE + LAB FEE)
SEND TO: ADULT EDUCATION CENTER/PRE-REGISTRATION, 591 W. FREMONT AVE., SUNNYVALE CA 94087

