

COURSES OFFERED

GUEST PASSES

PROGRAMS FOR ACTIVE ADULTS

CURRENT EVENTS

NEWS & VIEWS (Simmers)

Central Park Recreation Center

080212 T 10:15 - 11:15am 1/7 - 4/21 \$50

Millbrae Library - Meeting Room

080213 T 1:30 - 2:30pm 1/7 - 4/21 \$50

San Bruno Senior Center

080218 W 1:00 - 2:00pm 1/7 - 4/21 \$50

FAMILY: MEMOIR & RESEARCH

Genealogy: Intermediate & Advanced Spying on Your Ancestors-Part 1 (H-Barlow) San Mateo Adult School

223311 Th 12:30 - 2:30pm 1/9 - 2/20 \$80

Genealogy: Intermediate & Advanced Spying on Your Ancestors-Part 2 (H-Barlow) San Mateo Adult School

223312 Th 12:30 - 2:30pm 3/5 - 4/23 \$80

MEMOIRS PLUS (Lieban)

San Mateo Senior Center

080706 F 1:00 - 2:00pm 1/10 - 3/27 \$105

AARP SMART DRIVING PROGRAM

AARP SMART DRIVER PROGRAM
RETURNING IN SPRING 2020

For class location, days and times
contact the San Mateo Adult School
(650) 558-2100.

Guest Passes are a great way to sample many of our class offerings. Purchase a few guest passes for yourself, or to have a few on hand to invite a friend or visiting relative to class.

Guest passes can be used for the following Active Adults classes only:
Fitness Education, Health Topics, Knitting, and Music Appreciation.

Passes are not applicable to classes that feature ongoing projects and involve the use of supplies such as Painting and Drawing.

Guest Pass for 1 hour classes: \$8.00

Guest Pass for 2 hour classes: \$15.00

Guest passes can be purchased at the San Mateo Adult School or from your instructor.

Detailed information for all Active Adult classes can be found on our website at:

www.SanMateoAdultEd.org



Spring 2020



SAN MATEO ADULT &
CAREER EDUCATION

CONTACT US

789 E. POPLAR AVENUE

SAN MATEO, CA 94401

(650) 558-2100

SMAS_ActiveInfo@smuhd.org

WWW.SANMATEOADULTED.ORG

COURSES OFFERED

PAINTING & DRAWING

PAINTING: WATERCOLOR (Crane)

San Mateo Senior Center

220300 Th 9:30 - 12:00pm 1/9 - 3/26 \$105

FUNDAMENTALS OF DRAWING/ WATERCOLOR (Crane)

Foster City Community Center

220301 Th 1:00 - 3:00pm 1/9 - 2/13 \$75

220302 Th 1:00 - 3:00pm 2/20 - 3/26 \$75

PAINTING & DRAWING - MEDIUMS/ METHODS (Paladino)

Foster City Recreation Center

080333 T 9:30 - 11:30am 1/7 - 3/24 \$105

080301 T 12:30 - 2:30pm 1/7 - 3/24 \$105

KNITTING & CROCHET

HAND KNITTING (Trombetta)

Foster City Recreation

080372 W 10:30 - 12:30pm 1/8 - 2/12 \$70

080371 W 1:30 - 3:30pm 1/8 - 2/12 \$70

080373 W 10:30 - 12:30pm 2/19 - 3/25 \$70

080374 W 1:30 - 3:30pm 2/19 - 3/25 \$70

Millbrae Library

080380 Th 1:30 - 3:30pm 1/9 - 2/13 \$75

080381 Th 1:30 - 3:30pm 2/20 - 3/26 \$75

San Mateo Adult School

080382 Th 5:30 - 7:30pm 1/9 - 2/13 \$75

080383 Th 5:30 - 7:30pm 2/20 - 3/26 \$75

MUSIC APPRECIATION

AFTERNOON AT THE OPERA (Deghi)

San Mateo Senior Center

080807 M 2:30 - 4:30pm 1/27 - 4/20 \$105

MUSIC APPRECIATION

WEST BAY COMMUNITY BAND (Washburn)

Mills High School

080823 M 7:30 - 9:30pm 1/6 - 4/20 \$100

AEROBICS / DANCE LOW IMPACT

AEROBICS: ENDURANCE& BALANCE

Central Park Recreation Center

(M-Funk -- F-McGovern)

081121 M 10:00 - 11:00am 1/6 - 4/20 \$50

081130 F 10:00 - 11:00am 1/10 - 4/24 \$50

AEROBICS DANCE FITNESS (McGovern)

Millbrae Library, Chetcuti Room

081108 M 9:00 - 10:00am 1/6 - 4/20 \$50

Millbrae Community Center

081109 W 9:00 - 10:00am 1/8 - 4/22 \$50

ZUMBA "GOLD" (Funk)

Central Park Recreation Center

081122 M 9:00 - 10:00am 1/6 - 4/20 \$50

081158 W 9:00 - 10:00am 1/8 - 4/22 \$50

Foster City Recreation Center

081107 T 10:45 - 11:45am 1/7 - 4/21 \$55

081115 T 11:45 - 12:45pm 1/7 - 4/21 \$55

EAST/WEST EXERCISE: STRENGTH & BALANCE (McGovern)

Millbrae Community Center

081142 T 9:30 - 10:30am 1/7 - 4/21 \$50

Foster City Recreation Center

081143 W 10:45 - 11:45am 1/8 - 4/22 \$55

TAI CHI

TAI CHI 101: BEGINNING TAI CHI (Au)

Millbrae Community Center

081141 W 2:00 - 3:00pm 1/8 - 4/22 \$50

TAI CHI

Foster City Recreation Center

081148 T 1:00 - 2:00pm 1/7 - 4/21 \$55

TAI CHI 101 BEGINNERS INTENSIVE (Au)

Foster City Recreation Center

081144 T 2:10 - 3:10pm 2/4 - 4/7 \$90

TAI CHI 102/103 INTENSIVE (Au)

San Mateo Adult School - Saturn/Venus Rm

081155 M 2:30 - 3:30pm 2/3 - 4/6 \$85

PILATES/YOGA: CORE STRENGTH

PILATES: BALL WORKOUT (Funk)

San Mateo Adult School

081168 W 12:15 - 1:15pm 1/8 - 4/22 \$50

YOGA FOR MIDLIFE

San Bruno Senior Center

(M- Martine -- Th-Scott)

220406 M 2:15 - 3:15pm 1/6 - 4/20 \$50

220407 M 4:30 - 5:30pm 1/6 - 4/20 \$50

220401 Th 10:15 - 11:15am 1/9 - 4/23 \$50

Foster City Community Center (Jean)

081136 T 11:00 - 12:00pm 1/7 - 4/21 \$55

081138 Th 12:15 - 1:15pm 1/9 - 4/23 \$55

Millbrae Community Center (Martine)

220402 Th 10:15 - 11:15pm 1/9 - 4/23 \$50

POSTURE/BALANCE (FALL PREVENTION)

BETTER BALANCE-LEVEL 1

Millbrae Community Center

(T-McGovern -- Th-Funk)

081145 T 1:30 - 2:30pm 1/7 - 2/25 \$55

081146 T 1:30 - 2:30pm 3/3 - 4/21 \$55

081100 Th 12:45 - 1:45pm 1/9 - 2/27 \$55

081101 Th 12:45 - 1:45pm 3/5 - 4/23 \$55

BETTER BALANCE: LEVEL 2 (Funk)

Central Park Recreation Center

081156 M 11:30 - 12:30pm 1/6 - 4/20 \$50

081157 W 10:05 - 11:05am 1/8 - 4/22 \$50

Millbrae Community Center (Funk)

081154 Th 11:30 - 12:30pm 1/9 - 4/23 \$50

BETTER BONES FOR OSTEOPOROSIS

San Mateo Adult School (Funk)

081133 W 1:45 - 2:45pm 1/8 - 4/22 \$120