



The LMC Community Education Program features fee-based, not-for-credit courses that are designed for personal and professional growth and enrichment. You do not need to be a student of Los Medanos College to take part in our programs.

We are passionate about serving East County communities with innovative enrichment programs that help participants find inspiration and motivation. We offer life-long learning lectures, online fundamental skills, online career training, and entrepreneurship workshops.

**LEARN  
MOTIVATE  
CREATE**

[www.losmedanos.edu/communityed](http://www.losmedanos.edu/communityed)

# LIFELONG LEARNING CENTER

Our program offers lectures on specialized topics to provide personal enrichment and lifelong learning opportunities. Lectures are taught by Los Medanos professors who are experts in their field and are passionate about the topics they are addressing. Lectures are typically 2 hours in length and are taught on a variety of subjects including history, economics, art, politics, current events and more. All in-person Lifelong Learning Courses are held at the **Brentwood Center, 1351 Pioneer Square, Brentwood, CA 94513**.

## **Mediterranean Pioneers: Spain, Portugal, Italy**

**Wednesday, 1/14/2026 ..... 1:00-3:00 p.m.**

Learn how Mediterranean immigrants shaped early California Communities through labor, land ownership, and cultural roots.

## **iPhone/iPad: Maximizing Its Many Uses**

**Tuesday, 1/20/2026 ..... 1:00-3:00 p.m.**

Learn how to use more of your iPhone's features with guided instruction and Q&A. This class covers iCloud storage, Photos, Apple Pay, password management, and Apple Mail to help you choose tools that improve everyday efficiency.

## **ANZA 250 Sestercentennial Celebration: California Statehood and United States**

**Wednesday, 1/21/2026 ..... 1:00-3:00 p.m.**

Explore early Spanish settlement in eastern Contra Costa County, tracing roots back to DeAnza's 1776 expedition. Learn how many local families descended from these colonists and discover why we may all be Californios.

## **Apple Watch: Helping You to be Healthy and Safe**

**Thursday, 1/29/2026 ..... 1:00-3:00 p.m.**

Discover how to get more from your Apple Watch by learning key features and customization options. Master Control Center, smart stacks, app switching, and watch faces, and explore five advanced tools to enhance everyday use.

## **Silver Nature Impressions: Beginner Metal Clay Jewelry\***

**Monday, 2/02/26 & 2/09/26 or 5/04/26 & 5/11/26 ..... 6:00-7:30 p.m.**

*Note: This is a two-session course.* Create a solid silver pendant using metal clay in this beginner-friendly course. Learn to roll, imprint, shape, fire, and polish silver using natural textures. All materials included, and students leave with a finished keepsake.

## **AI: Artificial Intelligence With Your Apple Products**

**Tuesday, 2/03/2026 ..... 1:00-3:00 p.m.**

Learn how to use AI features on Apple devices to boost productivity, creativity, and decision-making. This class introduces practical strategies for understanding and effectively leveraging Apple's built-in AI tools in everyday life.

## **Life Saving Skills: Cardiopulmonary Resuscitation (CPR)\***

**Thursday, 2/05/2026, 3/19/2026 or 4/30/2026 ..... 1:00-4:00 p.m.**

Learn life-saving CPR skills for adults, children, and infants in this hands-on class. Understand how to respond to cardiac emergencies and receive a two-year American Heart Association certification upon successful completion.

## **Poetry Writing: Haiku**

**Thursday, 2/05/2026 ..... 1:00-3:00 p.m.**

Explore the art of haiku in this poetry course focused on nature and capturing moments in time. Learn the traditional 5-7-5 form while being guided by Brentwood Poet Laureate Maria Denney.

## **The Evolution of Fast Food**

**Friday, 2/06/2026 ..... 1:00-3:00 p.m.**

Explore how fast food evolved over 30 years—branding, architecture, pricing, technology, and menus—analyzing economic, cultural, and consumer trends, and examining case studies to understand its impact on American life and future directions.

## **AI: Artificial Intelligence Creative Lab**

**Thursday, 2/12/2026 ..... 1:00-3:00 p.m.**

Learn to use AI on Apple devices to simplify daily life, stay organized, and stay safe. This hands-on, senior-friendly class builds confidence, curiosity, and tech skills while keeping learning fun and stress-free.

## **Life Saving Skills:**

### **Emergency First Aid - Beyond Band Aids\***

**Thursday, 2/12/2026, 3/26/2026 or 5/07/2026 ..... 1:00-3:00 p.m.**

Learn essential first aid, CPR, and AED use to respond effectively in emergencies. Taught by experienced RN Susan Lowrey, this course equips you with lifesaving skills for adults, children, and infants—because you are the help until help arrives.

## **The Great Delta Road Trip: 100 Places not to Miss!**

**Wednesday, 2/18/2026 ..... 1:00-3:00 p.m.**

Explore the Sacramento-San Joaquin Delta Heritage Area—over 1,000 square miles of history, culture, and recreation—from historic sites to iconic landmarks, and discover its hidden treasures on the Great Delta Road Trip by car, bike, or foot.

## **Poetry Writing: Couplet Poems**

**Thursday, 2/26/2026 ..... 1:00-3:00 p.m.**

Explore couplet poetry—two-line verses with rhyme or rhythm—in a fun, expressive course taught by Brentwood's Poet Laureate, Maria Denney, celebrating poetry and encouraging creative self-expression.

## **Poetry Writing: Limericks!**

**Thursday, 3/12/2026 ..... 1:00-3:00 p.m.**

Learn to write limericks—playful, five-line rhyming poems—exploring humor, rhythm, and wordplay in a fun, creative, and engaging course.

## **Delta Bridges: Bascule, Turn-table and Vertical Lift**

**Wednesday, 3/18/2026 ..... 1:00-3:00 p.m.**

Take a virtual tour of the 29 diverse bridges spanning the Sacramento and San Joaquin Rivers, exploring movable, lift, turn, cantilever, and even drivable bridges that connect central California's waterways.

## **Poetry Writing: Prose**

**Thursday, 4/02/2026 ..... 1:00-3:00 p.m.**

Explore prose poetry—a storytelling form using imagery, metaphors, and dialogue—guided by Brentwood's Poet Laureate, Maria Denney, to develop your writing skills while having fun expressing your thoughts creatively.

## **Skyscrapers! An Architecture Field Trip Around the World**

**Thursday, 4/16/2026 ..... 1:00-3:00 p.m.**

Explore the history and design of skyscrapers from Chicago to worldwide, with optional sketching, in a course led by architect and Brentwood Poet Laureate Maria Denney, combining architecture, art, and engaging storytelling.

## **Byron Hot Springs:**

### **The Most Fabulous Resort in the West**

**Wednesday, 4/22/2026 ..... 1:00-3:00 p.m.**

Discover Byron Hot Springs, a historic 160-acre resort famed for its mineral waters, grand hotels, Hollywood guests, Prohibition-era entertainment, WWII intrigue, and one of the West's oldest golf courses.

## Byron Hot Springs Tour

(Bonus offering to those that attended the April lecture only)

**Saturday, 5/02/2026 ..... 1:00-3:00 p.m.**

Join historian Carol Jensen for an in-person guided tour of Byron Hot Springs' historic grounds, exploring hotel ruins, mineral baths, and Palm Court. Limited to 20 participants, with safety precautions and adult supervision required for children under 15.

## Poetry Memoir: Writing Your History\*

**Thursday, 5/07/2026 & 5/14/2026 ..... 1:00-3:00 p.m.**

Learn to craft your life stories into poetry memoirs in this two-part class with poet laureate, Maria Denney, guiding you to express memories creatively, deeply, and enjoyably—no prior writing experience needed.

## Devil Mountain Mining:

### Quicksilver, Coal Mines & Sand Mines

**Wednesday, 5/13/2026 ..... 1:00-3:00 p.m.**

Explore East County's post-Gold Rush industrial boom, from mercury and coal mining to investment banking and mechanized production, fueling San Francisco's industry and supporting the Civil War, in a look at California's early Industrial Revolution.

**ONLY \$25!**

Lectures denoted with an asterisk have different prices, visit website for more information

## Balfour, Guthrie & Co: Financing the West and Trade

**Wednesday, 5/20/2026 ..... 1:00-3:00 p.m.**

Discover how British investment by Balfour Williamson Company transformed east Contra Costa County, developing Marsh Ranch, attracting farmers, building infrastructure, and creating Brentwood as a thriving agricultural boom town after the Transcontinental Railway's completion.

## Irrigation Districts and Domestic Water of the East Contra Costa County

**Wednesday, 6/17/2026 ..... 1:00-3:00 p.m.**

Explore California Delta's water management, including irrigation, reclamation districts, and levee maintenance. Learn how ECCID, BBID, and 110 other districts support agriculture and protect over 200 square miles, highlighting water's vital role in the region's economy.

**ENROLL NOW!**

Scan the QR code with your mobile device, or visit the website URL below.

[www.losmedanos.edu/adultlectures](http://www.losmedanos.edu/adultlectures)



## ENTREPRENEURSHIP 101

In partnership with the City of Oakley Entrepreneur Program, we offer free, not-for-credit entrepreneurship workshops that are focused on helping local small businesses in our community grow and expand their economic impact. We design our workshops to be hands-on and tailored to the businesses and industries we are serving. Our instructors are industry experts and entrepreneurs themselves. These courses are offered in a hybrid format. Scan the QR code for registration details.

### California Sales and Use Tax

**Friday, 1/16/2026 ..... 12:00-1:30 p.m.**

Learn California tax and fee basics in this workshop, covering resale certificates, taxable versus nontaxable sales, reporting requirements, internet sales, and special situations, helping small business owners stay compliant with ease.

### Small Business Income and Property Taxation

**Friday, 2/20/2026 ..... 12:00-1:30 p.m.**

This workshop helps small business owners navigate federal and California taxes, covering income, deductions, and filing forms for sole proprietors, partnerships, and corporations, with guidance on compliance, payments, and managing overdue taxes.

### Profits & Losses: Accounting and Bookkeeping

**Friday, 3/20/2026 ..... 12:00-1:30 p.m.**

Learn essential bookkeeping for small businesses, including cash vs. accrual accounting, financial statements, reporting, and the accounting cycle. Concepts are explained in plain language to simplify record-keeping, tax compliance, and business management for non-accountants.



## Human Resources for Business Owners; Independent Contractors (W-1099) Versus Employees (W-2)

**Friday, 4/17/2026 ..... 12:00-1:30 p.m.**

Learn modern HR essentials—recruiting, interviewing, harassment prevention, performance management, and retention—while exploring employee classifications, taxable stipends, workers' compensation, and unemployment benefits to create a safe, productive workplace.

## What Successful Entrepreneurship Looks Like

**Friday, 5/15/2026 ..... 12:00-1:30 p.m.**

Explore entrepreneurship, its challenges, and rewards, emphasizing tenacity, motivation, hard work, and determination, illustrated by Walt Disney's career versus his brother Raymond's path, highlighting the demanding yet potentially rewarding nature of entrepreneurial life.

## Entrepreneurship Capstone Workshop

**Friday, 6/19/2026 ..... 12:00-1:30 p.m.**

This capstone course lets entrepreneurs consolidate their portfolio and pitch concepts to local business leaders, helping Oakley Entrepreneurship Workshop participants move from ideas to actionable implementation.

**ENROLL NOW!**

Scan the QR code with your mobile device, or visit the website URL below.

[www.losmedanos.edu/entrepreneurship](http://www.losmedanos.edu/entrepreneurship)



**FREE!**

## SUBSCRIBE TO OUR NEWSLETTER!

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## ONLINE CAREER COURSES

Los Medanos College in partnership with Ed2Go offers not-for-credit online career courses and training programs that are a perfect fit for students looking for the flexibility of online instruction. All courses and programs earn a certificate of completion issued by Los Medanos College, and many prepare you for industry-recognized certifications. We are here to help you reach your career goals!



### SIX-WEEK FUNDAMENTAL CAREER COURSES

#### Areas of Study

- Arts and Design
- Business
- Computer Applications
- Computer Science
- Construction & Trades
- Health & Fitness
- Hospitality
- Information Technology
- Language
- And many more!

#### Most Popular Courses

- Introduction to Interior Design
- Spanish for Medical Professionals (Self-Paced Tutorial)
- Introduction to SQL
- Business Budgeting for Beginners
- Creating a Successful Business Plan
- Start Your Own Online Business
- Introduction to Google Analytics
- Start Your Own Arts and Crafts Business
- And many more!

### ADVANCED CAREER TRAINING

#### Areas of Study

- Arts and Design
- Business
- Computer Applications
- Computer Science
- Construction and Trades
- Health and Fitness
- Hospitality
- Information Technology
- Language
- And many more!

#### Most Popular Courses

- Medical Billing and Coding
- Certified Paralegal
- Pharmacy Technician
- Certified Clinical Medical Assistant (CCMA)
- Veterinary Assistant
- CompTIA A+ Certification Training
- Certified Residential Interior Designer
- Certified Medical Administrative Assistant with Medical Billing and Coding
- And many more!

**Important Note:** These not-for-credit courses are for professional development only. For academic credit opportunities at Los Medanos College, please visit [www.losmedanos.edu/registration](http://www.losmedanos.edu/registration).

## ENROLL NOW!

Scan the QR code with your mobile device, or visit the website URL below.



[www.losmedanos.edu/communityed/not4credit.aspx](http://www.losmedanos.edu/communityed/not4credit.aspx)

## GET INVOLVED! PROPOSE A COURSE

### LMC Lifelong Learning Adult Lectures

Lifelong Learning Adult Lectures are fee-based, not-for-credit classes designed for personal enrichment. Taught by experts, these 2-hour classes cover diverse topics like history, art, and current events, and are offered on campus or via Zoom. If you are interested in teaching or proposing a course, please contact us at [www.losmedanos.edu/communityed](http://www.losmedanos.edu/communityed)



## CONTACT US!



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