

# Education for Older Adults (EOA) Fall 2025 Classes



**Fall Term:** August 25 to December 21, 2025

**Holidays:** 9/1, 11/11, 11/27, 11/28

**Registration is ongoing.**

## Contact Us

### Phone

Registration inquiries: 909-274-4220

Program inquiries: 909-274-4192

### Email

[eoas@mtsac.edu](mailto:eoas@mtsac.edu)

### Website

[www.mtsac.edu/eoa](http://www.mtsac.edu/eoa)

### Facebook

[www.facebook.com/mtsaceoa](https://www.facebook.com/mtsaceoa)

### Instagram

[www.instagram.com/mtsac\\_eoa](https://www.instagram.com/mtsac_eoa)

### Website QR Code

Scan with your phone



*Printed October 23, 2025  
Class details subject to change.*

*Class details  
are subject to  
change.*

## Table of Contents

|                                                                          |    |
|--------------------------------------------------------------------------|----|
| Registration Information.....                                            | 3  |
| Additional Program Information .....                                     | 4  |
| Class Descriptions .....                                                 | 5  |
| Baldwin Park Julia McNeil Senior Center Classes (BPSC) .....             | 8  |
| Baldwin Park Aquatic Center Classes (BPAQ) .....                         | 9  |
| Covina Senior & Community Center Classes (CSCC) .....                    | 10 |
| Covina Woman’s Club (CWC) .....                                          | 11 |
| Diamond Bar Center Classes (DBC) .....                                   | 12 |
| East San Gabriel Valley Japanese Community Center Classes (ESGVJC) ..... | 13 |
| Gibson Senior Center Classes (GSC) .....                                 | 14 |
| Irwindale Senior Citizen’s Center Classes (IRWN).....                    | 15 |
| La Puente Community Center (LPCC) .....                                  | 16 |
| La Puente Senior Center (LPSC).....                                      | 17 |
| La Verne Community Center Classes (LV).....                              | 18 |
| Mt. San Antonio College Classes (Mt. SAC) .....                          | 19 |
| Palomares Senior Center Classes (PSC) .....                              | 20 |
| Washington Park Classes (WPK).....                                       | 20 |
| San Dimas Senior/Community Center Classes (SD) .....                     | 21 |
| Stanley Plummer Building Classes (PLUM) .....                            | 22 |
| San Dimas Swim & Racquet Club Classes (SDSR).....                        | 23 |
| Walnut Senior Center Classes (WALT).....                                 | 24 |
| West Covina Senior Citizen’s Center Classes (WCSCC) .....                | 25 |
| Shadow Oak Park Classes (SOP) .....                                      | 26 |
| Online Classes .....                                                     | 27 |
| Vocational Re-Entry Program.....                                         | 31 |
| SCE SOS Tech Support.....                                                | 32 |
| Semester Dates.....                                                      | 33 |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/eoa>

Contact us at:

email: [eo@mtsac.edu](mailto:eo@mtsac.edu)

phone: (909) 274-4192

## Registration Information

***Registration is ongoing.***

### **How to Register for a Class**

Students can register for classes online or in person.

**To register online**, complete the noncredit application online each semester. After completing the noncredit application, we will email you a personalized registration link where you can select your classes. The noncredit application is available online at [www.mtsac.edu/noncreditapp](http://www.mtsac.edu/noncreditapp)

**To register in person**, complete a yellow registration card. This registration card serves as your application and registration document. You can get a blank yellow registration card from your teacher. After filling it out completely, please give it back to your teacher for processing.

**To register for impacted classes**, such as Computer Skills classes, see the following page for registration information.

### **Need Help?**

Come see us in person! We have registration support dates out in the community at a location near you. See the following page for details.

All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners. For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

## Additional Program Information

### About the Education for Older Adults Program

Mt. San Antonio College's School of Continuing Education offers classes for older adults that provide opportunities for personal growth and development, community involvement, and skills for mental and physical well-being. Classes are available online and at various senior centers, community centers, and residential facilities. These courses are designed for older adults (age 55+ years). Education for Older Adults (EOA) students enter class with different levels of real-world experience as well as a multitude of educational levels, age variances, and life skills.

### Do you have questions about a class?

All faculty members teach their classes slightly differently based on their knowledge, expertise, and teaching philosophy. It is the policy of Mt. San Antonio College to maintain and encourage freedom for its faculty, within the law, of inquiry, teaching and research, and the pursuit of knowledge.

If you have questions about a specific class, we encourage you to email the faculty member.

### Course Modality

Course Modality refers to how a professor delivers their course.

- **In Person Learning** takes place at a physical location at specific days/times.
- **Synchronous Learning** is online learning that happens in real time. This means that you, your classmates, and your professor interact in a Zoom call through Canvas at a specific time.
- **Asynchronous Learning** is online learning that happens both in real time and on your schedule. All asynchronous classes have a weekly live Zoom call. In addition to the Zoom call, you are responsible for doing some work independently. You will be required to read, watch videos, participate in online discussion forums, or complete assignments outside of the scheduled Zoom time. You have the ability to access and satisfy these requirements within a flexible time frame.

All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners. For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/eoa>

Contact us at:

email: [eo@mtsac.edu](mailto:eo@mtsac.edu)

phone: (909) 274-4192

## Class Descriptions

### Brain Health Classes

#### **OAD BHTH1 Brain Health 1 - Introduction to Brain Training**

Critical thinking and cognitive skills through understanding key structures and functions of the brain. Focus on maintaining and/or improving cognitive abilities through brain training.

#### **OAD BHTH2 Brain Health 2 - Brain Health Topics**

This course improves cognitive abilities by combining brain training with brain health topics/lectures to strengthen and improve brain function. Particular focus on how to live a brain healthy lifestyle.

#### **OAD MBH Music and Brain Health**

This course is designed to help older adults improve their overall cognitive health through the use of music.

### Painting and Drawing

#### **OAD FNA03 Oil Painting**

Principles of drawing, design, color, and composition for oil painting emphasizing creative skill development for the older adult population.

#### **OAD FNA04 Watercolor Painting**

Principles of watercolor painting for the older adult population. Emphasis will be on creative expression to develop primary skills for watercolor as they relate to composition and technique.

#### **OAD FNA06 Ceramics for Older Adults**

Hands-on practice of ceramic fundamentals including wheel-throwing, hand-building, and glazing to improve health for older adults.

#### **OAD FNA32 Drawing— Beginning-Advanced**

Perceptual and technical skills of drawing. Focus on single objects, still life, and landscape.

All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners. For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/eoa>

Contact us at:

email: [eo@mtsac.edu](mailto:eo@mtsac.edu)

phone: (909) 274-4192

## Healthy Aging Classes

### **OAD FN Food and Nutrition for the Older Adult**

Examine nutritional cooking strategies and basic nutrition principles that improve health and vitality for older adults.

### **OAD MOX01 Healthy Aging**

Healthy aging, including diet, nutrition, disease prevention, and application of physical fitness principles to maintain health while aging.

### **OAD MOX02 Healthy Aging - Principles of Slow Movement**

Healthy aging, including diet, nutrition, disease prevention and application of Tai Chi Principles to maintain health while aging for the older adult.

### **OAD MOX04 Healthy Aging - Principles of Posture and Flexibility**

Health aging, including diet, nutrition, disease prevention, and application of Yoga principles to maintaining health while aging for the older adult population.

### **OAD MOX06 Healthy Aging - Principles of Aquatic Resistance**

Healthy aging, including diet nutrition, disease prevention, and application of aquatic resistance principles to maintain health while aging for the older adult population.

### **OAD MOX09 Healthy Aging – Principles of Progressive Resistance**

Healthy aging, including diet, nutrition, disease prevention and application of progressive resistance training principles to maintain strength while aging.

### **OAD MOX11 Healthy Aging – Fall Prevention Balance and Mobility**

Addresses, particularly for older adults, the risks and fears associated with falling. Includes setting realistic goals, minimizing environmental risks, and balance exercises.

All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners. For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

## Lifelong Learning Classes

### **OAD FLIT Financial Literacy in Retirement** *(coming soon in Winter 2026)*

Obtain knowledge and skills needed to successfully navigate and protect finances during retirement. Students will learn how to develop a well-rounded retirement budget that fits their individual needs. Primarily for the older adult.

### **OAD LS Writing Your Life Story**

This course is designed to help older adults write their life stories. Through a series of lectures, activities, and writing exercises, students will learn the necessary skills to construct and document their life stories. The course will cover topics such as timeline creation, memory recall, life purpose, and the importance of sharing stories.

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

**Enroll in tuition-free  
college classes for older  
adults!**



Register online at  
[www.mtsac.edu/eoa](http://www.mtsac.edu/eoa) or register  
in-person with the professor.

## **Baldwin Park Julia McNeil Senior Center Classes (BPSC)**

4100 Baldwin Park Blvd.  
Baldwin Park, CA 91706

| CRN   | Course | Class Title                           | Day        | Start Time | End Time | Start Date | End Date | Professor & Email                         |
|-------|--------|---------------------------------------|------------|------------|----------|------------|----------|-------------------------------------------|
| 22617 | FNA04  | Watercolor Painting                   | M          | 9:00am     | 11:50am  | 8/25       | 12/15    | Angelica Sanchez<br>asanchez487@mtsac.edu |
| 23112 | MOX09  | Principles of Progressive Resistance  | MTW<br>ThF | 11:00am    | 12:05pm  | 8/25       | 10/17    | Frank Ortiz<br>fortiz27@mtsac.edu         |
| 23114 | MOX09  | Principles of Progressive Resistance  | MTW<br>ThF | 11:00am    | 12:05pm  | 10/20      | 12/19    | Frank Ortiz<br>fortiz27@mtsac.edu         |
| 23711 | MOX04  | Principles of Posture and Flexibility | M          | 1:00pm     | 2:05pm   | 8/25       | 12/15    | Kenzie Barnes<br>mbarnes35@mtsac.edu      |
| 22663 | FNA32  | Drawing                               | W          | 9:00am     | 11:50am  | 8/27       | 12/17    | Angelica Sanchez<br>asanchez487@mtsac.edu |
| 23729 | MOX11  | Fall Prevention, Balance and Mobility | F          | 8:00am     | 9:05am   | 8/29       | 12/19    | Marisa Fierro<br>mfierro10@mtsac.edu      |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/eoa>

Contact us at:

email: [eo@mtsac.edu](mailto:eo@mtsac.edu)

phone: (909) 274-4192

**Enroll in tuition-free  
college classes for older  
adults!**



Register online at  
[www.mtsac.edu/ea](http://www.mtsac.edu/ea) or register  
in-person with the professor.

## **Baldwin Park Aquatic Center Classes (BPAQ)**

4100 Baldwin Park Blvd.  
Baldwin Park, CA 91706

| CRN   | Course | Class Title                      | Day    | Start Time | End Time | Start Date | End Date | Professor & Email                 |
|-------|--------|----------------------------------|--------|------------|----------|------------|----------|-----------------------------------|
| 23091 | MOX06  | Principles of Aquatic Resistance | MTWThF | 8:00am     | 9:25am   | 8/25       | 10/17    | Frank Ortiz<br>fortiz27@mtsac.edu |
| 23092 | MOX06  | Principles of Aquatic Resistance | MTWThF | 8:00am     | 9:25am   | 10/20      | 12/19    | Frank Ortiz<br>fortiz27@mtsac.edu |
| 23093 | MOX06  | Principles of Aquatic Resistance | MTWThF | 9:30am     | 10:50am  | 8/25       | 10/17    | Frank Ortiz<br>fortiz27@mtsac.edu |
| 23094 | MOX06  | Principles of Aquatic Resistance | MTWThF | 9:30am     | 10:50am  | 10/20      | 12/19    | Frank Ortiz<br>fortiz27@mtsac.edu |
| 23099 | MOX06  | Principles of Aquatic Resistance | MTWTh  | 7:15pm     | 8:05pm   | 8/25       | 12/18    | Yamil Slim<br>yslim1@mtsac.edu    |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

**Enroll in tuition-free  
college classes for older  
adults!**



Register online at  
[www.mtsac.edu/ea](http://www.mtsac.edu/ea) or register  
in-person with the professor.

## **Covina Senior & Community Center Classes (CSCC)**

815 N. Barranca Ave.  
Covina, CA 91723

| CRN   | Course | Class Title                            | Day | Start Time | End Time | Start Date | End Date | Professor & Email                     |
|-------|--------|----------------------------------------|-----|------------|----------|------------|----------|---------------------------------------|
| 22971 | MOX01  | Healthy Aging                          | M   | 1:00pm     | 1:50pm   | 8/25       | 12/15    | Candice Castro<br>ccastro@mtsac.edu   |
| 24189 | MOX04  | Principles of Posture<br>& Flexibility | T   | 9:00am     | 10:05am  | 8/26       | 12/16    | Shannon Clewley<br>sclewley@mtsac.edu |
| 25049 | LS     | Writing Your Life<br>Story             | T   | 10:15am    | 11:30am  | 11/4       | 12/17    | Marianne Burch<br>ea@mtsac.edu        |
| 22666 | FNA32  | Drawing                                | F   | 9:00am     | 11:50am  | 8/29       | 12/19    | Emma Limtiaco<br>elimtiaco@mtsac.edu  |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

**Enroll in tuition-free  
college classes for older  
adults!**

---



Register online at  
[www.mtsac.edu/ea](http://www.mtsac.edu/ea) or register  
in-person with the professor.

---

## **Covina Woman's Club (CWC)**

128 S. San Jose Ave.  
Covina, CA 91723

| CRN   | Course | Class Title                           | Day | Start Time | End Time | Start Date | End Date | Professor & Email                           |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|---------------------------------------------|
| 22619 | FNA04  | Watercolor Painting                   | M   | 2:30pm     | 4:35pm   | 8/25       | 12/15    | Michelle Emami<br>memami@mtsac.edu          |
| 22903 | MBH    | Music and Brain Health                | T   | 9:00am     | 10:50am  | 8/26       | 12/16    | Jinette Martinez<br>jmartinez1063@mtsac.edu |
| 23117 | MOX11  | Fall Prevention, Balance and Mobility | T   | 11:00am    | 11:50am  | 8/26       | 12/16    | Marisa Fierro<br>mfierro10@mtsac.edu        |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

**Enroll in tuition-free  
college classes for older  
adults!**



Register online at  
[www.mtsac.edu/ea](http://www.mtsac.edu/ea) or register  
in-person with the professor.

## **Diamond Bar Center Classes (DBC)**

1600 S. Grand Ave., Diamond Bar, CA 91765

| CRN   | Course | Class Title                           | Day | Start Time | End Time | Start Date | End Date | Professor & Email                        |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|------------------------------------------|
| 23080 | MOX04  | Principles of Posture and Flexibility | M   | 8:00am     | 9:30am   | 9/8        | 12/15    | Mehta, Surendra<br>smehta9@mtsac.edu     |
| 22967 | MOX01  | Healthy Aging                         | MWF | 9:00am     | 9:50am   | 9/3        | 12/19    | Kenzie Barnes<br>mbarnes35@mtsac.edu     |
| 22969 | MOX01  | Healthy Aging                         | MWF | 10:00am    | 10:50am  | 9/3        | 12/19    | Kenzie Barnes<br>mbarnes35@mtsac.edu     |
| 23083 | MOX04  | Principles of Posture and Flexibility | T   | 10:15am    | 11:20am  | 9/2        | 12/16    | Elizabeth White<br>ewhite31@mtsac.edu    |
| 23085 | MOX04  | Principles of Posture and Flexibility | T   | 11:25am    | 12:30pm  | 9/2        | 12/16    | Elizabeth White<br>ewhite31@mtsac.edu    |
| 22661 | FNA32  | Drawing                               | T   | 12:30pm    | 3:20pm   | 9/2        | 12/16    | Michelle Emami<br>memami@mtsac.edu       |
| 22985 | MOX02  | Principles of Slow Movement           | Th  | 9:30am     | 11:20am  | 9/4        | 12/18    | Raea Figueroa-Darby<br>adarby1@mtsac.edu |
| 22625 | FNA04  | Watercolor Painting                   | Th  | 1:00pm     | 3:50pm   | 9/4        | 12/11    | Kelly Conte<br>kconte@mtsac.edu          |
| 22668 | FNA32  | Drawing                               | F   | 1:00pm     | 3:05pm   | 9/5        | 12/19    | Yasmin Cardona<br>ycardona3@mtsac.edu    |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

**Enroll in tuition-free  
college classes for older  
adults!**

---



Register online at  
[www.mtsac.edu/ea](http://www.mtsac.edu/ea) or register  
in-person with the professor.

---

## **East San Gabriel Valley Japanese Community Center Classes (ESGVJC)**

1203 W. Puente Ave.  
West Covina, CA 91790

| CRN   | Course | Class Title                           | Day | Start Time | End Time | Start Date | End Date | Professor & Email                    |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|--------------------------------------|
| 23712 | MOX04  | Principles of Posture and Flexibility | T   | 12:00pm    | 1:05pm   | 8/26       | 12/16    | Kenzie Barnes<br>mbarnes35@mtsac.edu |
| 23120 | MOX11  | Fall Prevention, Balance and Mobility | W   | 12:40pm    | 1:45pm   | 8/27       | 12/17    | Erin McLaren<br>emclaren@mtsac.edu   |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

**Enroll in tuition-free  
college classes for older  
adults!**



Register online at  
[www.mtsac.edu/ea](http://www.mtsac.edu/ea) or register  
in-person with the professor.

## **Gibson Senior Center Classes (GSC)**

250 N. 3<sup>rd</sup> Ave.  
Upland, CA 91786

| CRN   | Course | Class Title                 | Day | Start Time | End Time | Start Date | End Date | Professor & Email                           |
|-------|--------|-----------------------------|-----|------------|----------|------------|----------|---------------------------------------------|
| 22899 | MBH    | Music and Brain Health      | M   | 9:00am     | 11:05am  | 8/25       | 12/8     | Jinette Martinez<br>jmartinez1063@mtsac.edu |
| 22984 | MOX02  | Principles of Slow Movement | T   | 4:30pm     | 5:20pm   | 8/26       | 12/9     | Blanche Miranda<br>bmiranda22@mtsac.edu     |
| 22659 | FNA32  | Drawing                     | Th  | 1:00pm     | 3:50pm   | 8/28       | 12/18    | Lia May Byrd<br>jmaybyrd@mtsac.edu          |
| 22629 | FNA04  | Watercolor Painting         | F   | 12:55pm    | 3:45pm   | 8/29       | 12/12    | Emma Limtiaco<br>elimtiaco@mtsac.edu        |
| 24291 | FNA06  | Ceramics for Older Adults   | Sa  | 9:30am     | 12:20pm  | 8/30       | 12/13    | Bonnie Lee<br>blee177@mtsac.edu             |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

**Enroll in tuition-free  
college classes for older  
adults!**



Register online at  
[www.mtsac.edu/ea](http://www.mtsac.edu/ea) or register  
in-person with the professor.

## **Irwindale Senior Citizen's Center Classes (IRWN)**

16116 Arrow Hwy., Irwindale, CA 91706

| CRN   | Course | Class Title                           | Day | Start Time | End Time | Start Date | End Date | Professor & Email                        |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|------------------------------------------|
| 23063 | MOX02  | Principles of Slow Movement           | MW  | 9:00am     | 9:50am   | 8/25       | 12/17    | Raea Figueroa-Darby<br>adarby1@mtsac.edu |
| 23065 | MOX02  | Principles of Slow Movement           | MW  | 10:00am    | 10:50am  | 8/25       | 12/17    | Raea Figueroa-Darby<br>adarby1@mtsac.edu |
| 23116 | MOX11  | Fall Prevention, Balance and Mobility | T   | 11:00am    | 11:50am  | 8/26       | 12/16    | Candice Castro<br>ccastro@mtsac.edu      |
| 23037 | MOX01  | Healthy Aging                         | Th  | 1:00pm     | 1:50pm   | 8/28       | 12/18    | Kenzie Barnes<br>mbarnes35@mtsac.edu     |
| 23090 | MOX04  | Principles of Posture and Flexibility | F   | 11:00am    | 11:50am  | 8/29       | 12/19    | Danelle Cole<br>dcole18@mtsac.edu        |
| 23040 | MOX01  | Healthy Aging                         | F   | 1:00pm     | 1:50pm   | 8/29       | 12/19    | Blanche Miranda<br>bmiranda22@mtsac.edu  |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

**Enroll in tuition-free  
college classes for older  
adults!**



Register online at  
[www.mtsac.edu/ea](http://www.mtsac.edu/ea) or register  
in-person with the professor.

## La Puente Community Center (LPCC)

501 Glendora Ave., La Puente, CA 91744

| CRN   | Course | Class Title                           | Day | Start Time | End Time | Start Date | End Date | Professor & Email                       |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|-----------------------------------------|
| 24936 | MOX01  | Healthy Aging                         | M   | 8:00am     | 9:10am   | 9/22       | 12/15    | Shannon Clewley<br>sclewley@mtsac.edu   |
| 24937 | MOX02  | Principles of Slow Movement           | T   | 8:00am     | 9:25am   | 9/23       | 12/16    | Blanche Miranda<br>bmiranda22@mtsac.edu |
| 24938 | MBH    | Music and Brain Health                | T   | 9:55am     | 12:00pm  | 9/23       | 12/16    | James Hartford<br>jhartford@mtsac.edu   |
| 24942 | MOX11  | Fall Prevention, Balance and Mobility | W   | 8:00am     | 9:10am   | 9/24       | 12/17    | Shannon Clewley<br>sclewley@mtsac.edu   |
| 24944 | MOX01  | Healthy Aging                         | W   | 10:30am    | 11:20am  | 9/24       | 12/17    | Candice Castro<br>ccastro@mtsac.edu     |
| 24947 | MOX09  | Principles of Progressive Resistance  | Th  | 8:00am     | 9:25am   | 9/25       | 12/18    | Kenzie Barnes<br>mbarnes35@mtsac.edu    |
| 24945 | MOX01  | Healthy Aging                         | Th  | 5:00pm     | 5:50pm   | 9/25       | 12/18    | Kenzie Barnes<br>mbarnes35@mtsac.edu    |
| 24948 | MOX04  | Principles of Posture and Flexibility | Th  | 6:00pm     | 6:50pm   | 9/25       | 12/18    | Kenzie Barnes<br>mbarnes35@mtsac.edu    |
| 24946 | MOX01  | Healthy Aging                         | F   | 8:00am     | 9:10am   | 9/26       | 12/19    | Shannon Clewley<br>sclewley@mtsac.edu   |
| 24949 | FNA32  | Drawing                               | F   | 9:00am     | 11:50am  | 9/26       | 12/19    | Bernard Johnson<br>bjohnson98@mtsac.edu |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

**Enroll in tuition-free  
college classes for older  
adults!**

---



Register online at  
[www.mtsac.edu/ea](http://www.mtsac.edu/ea) or register  
in-person with the professor.

---

## **La Puente Senior Center (LPSC)**

16001 Main St., La Puente, CA 91744

| CRN   | Course | Class Title                              | Day | Start Time | End Time | Start Date | End Date | Professor & Email                       |
|-------|--------|------------------------------------------|-----|------------|----------|------------|----------|-----------------------------------------|
| 24951 | MOX02  | Principles of Slow Movement              | T   | 10:00am    | 10:50am  | 9/23       | 12/16    | Blanche Miranda<br>bmiranda22@mtsac.edu |
| 24954 | FNA04  | Watercolor Painting                      | Th  | 1:30pm     | 4:20pm   | 9/25       | 12/18    | Michelle Emami<br>memami@mtsac.edu      |
| 24956 | MOX11  | Fall Prevention,<br>Balance and Mobility | F   | 10:00am    | 10:50am  | 9/26       | 12/19    | Shannon Clewley<br>sclewley@mtsac.edu   |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

**Enroll in tuition-free  
college classes for older  
adults!**



Register online at  
[www.mtsac.edu/ea](http://www.mtsac.edu/ea) or register  
in-person with the professor.

## **La Verne Community Center Classes (LV)**

3680 D Street  
La Verne, CA 91750

| CRN   | Course | Class Title                              | Day | Start Time | End Time | Start Date | End Date | Professor & Email                        |
|-------|--------|------------------------------------------|-----|------------|----------|------------|----------|------------------------------------------|
| 22972 | MOX01  | Healthy Aging                            | TTh | 8:15am     | 9:35am   | 8/26       | 12/18    | Danelle Cole<br>dcole18@mtsac.edu        |
| 22620 | FNA04  | Watercolor Painting                      | T   | 9:00am     | 11:50am  | 8/26       | 12/9     | Kelly Conte<br>kconte@mtsac.edu          |
| 23118 | MOX11  | Fall Prevention,<br>Balance and Mobility | TTh | 1:30pm     | 2:20pm   | 8/26       | 12/18    | Yamil Slim<br>yslim1@mtsac.edu           |
| 22664 | FNA32  | Drawing                                  | Th  | 8:55am     | 12:00pm  | 8/28       | 12/18    | Michelle Emami<br>memami@mtsac.edu       |
| 22986 | MOX02  | Principles of Slow<br>Movement           | Th  | 1:00pm     | 2:50pm   | 8/28       | 12/18    | Raea Figueroa-Darby<br>adarby1@mtsac.edu |
| 22609 | FNA03  | Oil Painting                             | F   | 9:00am     | 11:50am  | 8/29       | 12/19    | Atilio Pernisco<br>apernisco@mtsac.edu   |
| 22627 | FNA04  | Watercolor Painting                      | F   | 12:45pm    | 3:50pm   | 8/29       | 12/19    | Sarah Cooper<br>scooper18@mtsac.edu      |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

**Enroll in tuition-free  
college classes for older  
adults!**

---



Register online at  
[www.mtsac.edu/ea](http://www.mtsac.edu/ea) or register  
in-person with the professor.

---

## **Mt. San Antonio College Classes (Mt. SAC)**

1101 N. Grand Ave.  
Walnut, CA 91789

| CRN   | Course | Class Title            | Day | Start Time | End Time | Start Date | End Date | Professor & Email                     | Location |
|-------|--------|------------------------|-----|------------|----------|------------|----------|---------------------------------------|----------|
| 22624 | FNA04  | Watercolor Painting    | W   | 1:00pm     | 3:50pm   | 8/27       | 12/17    | Lia May Byrd<br>jmaybyrd@mtsac.edu    | 80-1200  |
| 22906 | MBH    | Music and Brain Health | Th  | 1:00pm     | 3:50pm   | 8/28       | 12/18    | James Hartford<br>jhartford@mtsac.edu | 80-1401  |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

**Enroll in tuition-free  
college classes for older  
adults!**



Register online at  
[www.mtsac.edu/ea](http://www.mtsac.edu/ea) or register  
in-person with the professor.

## **Palomares Senior Center Classes (PSC)**

499 E. Arrow Hwy., Pomona, CA 91767

| CRN   | Course | Class Title                              | Day | Start Time | End Time | Start Date | End Date | Professor & Email                        |
|-------|--------|------------------------------------------|-----|------------|----------|------------|----------|------------------------------------------|
| 22970 | MOX01  | Healthy Aging                            | MW  | 10:30am    | 11:20am  | 8/25       | 12/17    | Erin McLaren<br>emclaren@mtsac.edu       |
| 22655 | FNA32  | Drawing                                  | M   | 12:45pm    | 3:20pm   | 8/25       | 12/8     | Kelly Conte<br>kconte@mtsac.edu          |
| 23677 | BH2H2  | Brain Health 2                           | T   | 12:30pm    | 2:20pm   | 8/26       | 12/16    | Marisa Fierro<br>mfierro10@mtsac.edu     |
| 23121 | MOX11  | Fall Prevention,<br>Balance and Mobility | Th  | 11:30am    | 12:20pm  | 8/28       | 12/18    | Leslie Hunnicutt<br>lhunnicutt@mtsac.edu |
| 24210 | MOX02  | Principles of Slow<br>Movement           | Th  | 1:00pm     | 2:30pm   | 8/28       | 12/18    | Blanche Miranda<br>bmiranda22@mtsac.edu  |
| 22907 | MBH    | Music and Brain<br>Health                | F   | 9:15am     | 11:25am  | 8/29       | 12/19    | James Hartford<br>jhartford@mtsac.edu    |

## **Washington Park Classes (WPK)**

865 E. Grand Ave.

Pomona, CA 91766

| FCRN  | Course | Class Title                    | Day | Start Time | End Time | Start Date | End Date | Professor & Email                    |
|-------|--------|--------------------------------|-----|------------|----------|------------|----------|--------------------------------------|
| 23023 | MOX01  | Healthy Aging                  | MW  | 10:45am    | 11:35am  | 8/25       | 12/17    | Vanessa Jones<br>vjones11@mtsac.edu  |
| 25050 | MOX02  | Principles of Slow<br>Movement | Th  | 10:45am    | 11:50am  | 10/30      | 12/18    | Marisa Fierro<br>mfierro10@mtsac.edu |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

**Enroll in tuition-free  
college classes for older  
adults!**



Register online at  
[www.mtsac.edu/ea](http://www.mtsac.edu/ea) or register  
in-person with the professor.

## **San Dimas Senior/Community Center Classes (SD)**

201 E. Bonita Ave., San Dimas, CA 91773

| CRN   | Course | Class Title               | Day | Start Time | End Time | Start Date | End Date | Professor & Email                      |
|-------|--------|---------------------------|-----|------------|----------|------------|----------|----------------------------------------|
| 23022 | MOX01  | Healthy Aging             | M   | 9:30am     | 10:20am  | 8/25       | 12/15    | Candice Castro<br>ccastro@mtsac.edu    |
| 22623 | FNA04  | Watercolor Painting       | T   | 1:00pm     | 4:05pm   | 8/26       | 12/9     | Kelly Conte<br>kconte@mtsac.edu        |
| 24912 | LS     | Writing Your Life Story   | T   | 5:30pm     | 7:00pm   | 9/30       | 12/17    | Marisa Fierro<br>mfierro10@mtsac.edu   |
| 22662 | FNA32  | Drawing                   | W   | 9:00am     | 11:50am  | 8/27       | 12/17    | Lia May Byrd<br>jmaybyrd@mtsac.edu     |
| 22173 | BH2H2  | Brain Health 2            | W   | 1:15pm     | 3:35pm   | 8/27       | 12/17    | Karena Friedman<br>kfriedman@mtsac.edu |
| 22171 | BH2H1  | Brain Health 1            | Th  | 1:15pm     | 3:35pm   | 8/28       | 12/18    | Karena Friedman<br>kfriedman@mtsac.edu |
| 24292 | FNA06  | Ceramics for Older Adults | Th  | 6:00pm     | 8:15pm   | 8/28       | 12/11    | Bonnie Lee<br>blee177@mtsac.edu        |
| 23038 | MOX01  | Healthy Aging             | F   | 9:30am     | 10:20am  | 8/29       | 12/19    | Erin McLaren<br>emclaren@mtsac.edu     |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

**Enroll in tuition-free  
college classes for older  
adults!**



Register online at  
[www.mtsac.edu/ea](http://www.mtsac.edu/ea) or register  
in-person with the professor.

## **Stanley Plummer Building Classes (PLUM)**

245 E. Bonita Ave., San Dimas, CA 91773

| CRN   | Course | Class Title                           | Day | Start Time | End Time | Start Date | End Date | Professor & Email                     |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|---------------------------------------|
| 23027 | MOX01  | Healthy Aging                         | TTh | 8:00am     | 8:50am   | 8/26       | 12/18    | Vanessa Jones<br>vjones11@mtsac.edu   |
| 23072 | MOX02  | Principles of Slow Movement           | T   | 9:00am     | 10:05am  | 8/26       | 12/16    | Min Peng<br>mpeng15@mtsac.edu         |
| 23030 | MOX01  | Healthy Aging                         | W   | 9:30am     | 10:20am  | 8/27       | 12/17    | Vanessa Jones<br>vjones11@mtsac.edu   |
| 23087 | MOX04  | Principles of Posture and Flexibility | Th  | 9:00am     | 10:20am  | 8/28       | 12/18    | Shannon Clewley<br>sclewley@mtsac.edu |
| 23077 | MOX02  | Principles of Slow Movement           | F   | 9:00am     | 10:20am  | 8/29       | 12/19    | Min Peng<br>mpeng15@mtsac.edu         |
| 23089 | MOX04  | Principles of Posture and Flexibility | F   | 10:30am    | 11:35am  | 8/29       | 12/19    | Andrea Anello<br>aanello@mtsac.edu    |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

**Enroll in tuition-free  
college classes for older  
adults!**



Register online at  
[www.mtsac.edu/ea](http://www.mtsac.edu/ea) or register  
in-person with the professor.

## **San Dimas Swim & Racquet Club Classes (SDSR)**

990 W. Covina Blvd.  
San Dimas, CA 91773

| CRN   | Course | Class Title                      | Day  | Start Time | End Time | Start Date | End Date | Professor & Email                        |
|-------|--------|----------------------------------|------|------------|----------|------------|----------|------------------------------------------|
| 23095 | MOX06  | Principles of Aquatic Resistance | MF   | 8:45am     | 9:35am   | 8/25       | 12/12    | Leslie Hunnicutt<br>lhunnicutt@mtsac.edu |
| 23096 | MOX06  | Principles of Aquatic Resistance | MF   | 9:45am     | 10:35am  | 8/25       | 12/12    | Leslie Hunnicutt<br>lhunnicutt@mtsac.edu |
| 23097 | MOX06  | Principles of Aquatic Resistance | TWTh | 8:45am     | 9:35am   | 8/26       | 12/11    | Karena Friedman<br>kfriedman@mtsac.edu   |
| 23098 | MOX06  | Principles of Aquatic Resistance | TWTh | 9:45am     | 10:35am  | 8/26       | 12/11    | Karena Friedman<br>kfriedman@mtsac.edu   |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

**Enroll in tuition-free  
college classes for older  
adults!**



Register online at  
[www.mtsac.edu/ea](http://www.mtsac.edu/ea) or register  
in-person with the professor.

## **Walnut Senior Center Classes (WALT)**

21215 La Puente Rd.  
Walnut, CA 91789

| CRN   | Course | Class Title                              | Day | Start Time | End Time | Start Date | End Date | Professor & Email                     |
|-------|--------|------------------------------------------|-----|------------|----------|------------|----------|---------------------------------------|
| 22965 | MOX01  | Healthy Aging                            | MWF | 8:00am     | 8:50am   | 8/25       | 12/19    | Andrea Anello<br>aanello@mtsac.edu    |
| 22968 | MOX01  | Healthy Aging                            | MWF | 9:30am     | 10:35am  | 8/25       | 12/19    | Danelle Cole<br>dcole18@mtsac.edu     |
| 22973 | MOX01  | Healthy Aging                            | T   | 9:00am     | 9:50am   | 8/26       | 12/16    | Elizabeth White<br>ewhite31@mtsac.edu |
| 23713 | MOX01  | Healthy Aging                            | T   | 12:45pm    | 1:35pm   | 8/26       | 12/16    | Danelle Cole<br>dcole18@mtsac.edu     |
| 23086 | MOX04  | Principles of Posture<br>and Flexibility | W   | 10:45am    | 11:50am  | 8/27       | 12/17    | Danelle Cole<br>dcole18@mtsac.edu     |
| 22605 | FNA03  | Oil Painting                             | W   | 1:00pm     | 3:50pm   | 8/27       | 12/10    | Kelly Conte<br>kconte@mtsac.edu       |
| 22607 | FNA03  | Oil Painting                             | Th  | 9:00am     | 11:50am  | 8/28       | 12/11    | Kelly Conte<br>kconte@mtsac.edu       |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

**Enroll in tuition-free  
college classes for older  
adults!**



Register online at  
[www.mtsac.edu/ea](http://www.mtsac.edu/ea) or register  
in-person with the professor.

## **West Covina Senior Citizen's Center Classes (WCSCC)**

2501 E. Cortez St.  
West Covina, CA 91791

| CRN   | Course | Class Title                           | Day | Start Time | End Time | Start Date | End Date | Professor & Email                        |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|------------------------------------------|
| 22966 | MOX01  | Healthy Aging                         | M   | 9:00am     | 9:50am   | 8/25       | 12/8     | Shelby White<br>swhite@mtsac.edu         |
| 22978 | MOX02  | Principles of Slow Movement           | M   | 12:00pm    | 1:25pm   | 8/25       | 12/15    | Blanche Miranda<br>bmiranda22@mtsac.edu  |
| 22983 | MOX02  | Principles of Slow Movement           | M   | 1:30pm     | 2:55pm   | 8/25       | 12/15    | Blanche Miranda<br>bmiranda22@mtsac.edu  |
| 23082 | MOX04  | Principles of Posture and Flexibility | TTh | 10:00am    | 10:50am  | 8/26       | 12/18    | Danelle Cole<br>dcole18@mtsac.edu        |
| 23084 | MOX04  | Principles of Posture and Flexibility | TTh | 11:00am    | 11:50am  | 8/26       | 12/18    | Danelle Cole<br>dcole18@mtsac.edu        |
| 24060 | MOX04  | Principles of Posture and Flexibility | W   | 1:00pm     | 2:30pm   | 8/27       | 12/17    | Surendra Mehta<br>smehta9@mtsac.edu      |
| 22974 | MOX01  | Healthy Aging                         | F   | 9:00am     | 9:50am   | 8/29       | 12/19    | Raea Figueroa-Darby<br>adarby1@mtsac.edu |
| 22975 | MOX01  | Healthy Aging                         | F   | 10:00am    | 10:50am  | 8/29       | 12/19    | Raea Figueroa-Darby<br>adarby1@mtsac.edu |
| 22626 | FNA04  | Watercolor Painting                   | F   | 10:00am    | 12:30pm  | 8/29       | 12/12    | Kelly Conte<br>kconte@mtsac.edu          |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

**Enroll in tuition-free  
college classes for older  
adults!**

---



Register online at  
[www.mtsac.edu/ea](http://www.mtsac.edu/ea) or register  
in-person with the professor.

---

## **Shadow Oak Park Classes (SOP)**

2121 Shadow Oak Dr.  
West Covina, CA 91792

| CRN   | Course | Class Title        | Day | Start Time | End Time | Start Date | End Date | Professor & Email                        |
|-------|--------|--------------------|-----|------------|----------|------------|----------|------------------------------------------|
| 23032 | MOX01  | Healthy Aging      | W   | 10:30am    | 11:20am  | 8/27       | 12/17    | Leslie Hunnicutt<br>lhunnicutt@mtsac.edu |
| 25051 | FN     | Food and Nutrition | Th  | 9:00am     | 11:05am  | 11/6       | 12/18    | Homa Sadeghi<br>hsadeghi2@mtsac.edu      |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

**Enroll in tuition-free  
college classes for older  
adults!**



Register online at  
[www.mtsac.edu/ea](http://www.mtsac.edu/ea) or register  
in-person with the professor.

## Online Classes

| CRN   | Course | Class Title                           | Day | Start Time | End Time | Start Date | End Date | Professor & Email                                  | Modality             |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|----------------------------------------------------|----------------------|
| 21843 | MOX01  | Healthy Aging                         | M   | 7:15am     | 8:25am   | 8/25       | 12/15    | Jeremy Tan<br>jtan9@mtsac.edu                      | ONLINE - Synchronous |
| 21845 | MOX01  | Healthy Aging                         | M   | 8:00am     | 8:50am   | 8/25       | 12/15    | Danelle Cole<br>dcole18@mtsac.edu                  | ONLINE - Synchronous |
| 21844 | MOX01  | Healthy Aging                         | M   | 8:00am     | 8:50am   | 8/25       | 12/15    | Candice Castro<br>ccastro@mtsac.edu                | ONLINE - Synchronous |
| 22134 | MOX04  | Principles of Posture and Flexibility | M   | 8:30am     | 9:55am   | 8/25       | 12/15    | Gabriela Klein<br>gklein@mtsac.edu                 | ONLINE - Synchronous |
| 21846 | MOX01  | Healthy Aging                         | M   | 9:00am     | 9:50am   | 8/25       | 12/15    | Christopher Ryan<br>cryan1@mtsac.edu               | ONLINE - Synchronous |
| 21751 | FNA04  | Watercolor Painting                   | M   | 9:00am     | 11:50am  | 8/25       | 12/15    | Atilio Pernisco<br>apernisco@mtsac.edu             | ONLINE - Synchronous |
| 22314 | MOX11  | Fall Prevention, Balance and Mobility | M   | 10:00am    | 11:25am  | 8/25       | 12/15    | Andrea Anello<br>aanello@mtsac.edu                 | ONLINE - Synchronous |
| 22316 | MOX11  | Fall Prevention, Balance and Mobility | M   | 10:00am    | 11:25am  | 8/25       | 12/15    | Gabriela Klein<br>gklein@mtsac.edu                 | ONLINE - Synchronous |
| 22135 | MOX04  | Principles of Posture and Flexibility | M   | 11:30am    | 12:55pm  | 8/25       | 12/15    | Gabriela Klein<br>gklein@mtsac.edu                 | ONLINE - Synchronous |
| 21894 | MOX02  | Principles of Slow Movement           | M   | 12:30pm    | 1:20pm   | 8/25       | 12/15    | Raea Figueroa-Darby<br>adarby1@mtsac.edu           | ONLINE - Synchronous |
| 22318 | MOX11  | Fall Prevention, Balance and Mobility | M   | 1:00pm     | 2:05pm   | 8/25       | 12/15    | Leslie Hunnicutt<br>lhunnicutt@mtsac.edu           | ONLINE - Synchronous |
| 24218 | MOX04  | Principles of Posture and Flexibility | MW  | 6:30pm     | 7:20pm   | 8/25       | 12/17    | Dhruti Ramchandani<br>dhruti.ramchandani@mtsac.edu | ONLINE - Synchronous |
| 22137 | MOX04  | Principles of Posture and Flexibility | MW  | 7:30pm     | 8:20pm   | 8/25       | 12/17    | Dhruti Ramchandani<br>dhruti.ramchandani@mtsac.edu | ONLINE - Synchronous |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

## Enroll in tuition-free college classes for older adults!



Register online at [www.mtsac.edu/eoa](http://www.mtsac.edu/eoa) or register in-person with the professor.

### Fall 2025

| CRN   | Course | Class Title                           | Day | Start Time | End Time | Start Date | End Date | Professor & Email                           | Modality                |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|---------------------------------------------|-------------------------|
| 22138 | MOX04  | Principles of Posture and Flexibility | T   | 7:15am     | 8:25am   | 8/26       | 12/16    | Jeremy Tan<br>jtan9@mtsac.edu               | ONLINE - Synchronous    |
| 21847 | MOX01  | Healthy Aging                         | T   | 8:00am     | 8:50am   | 8/26       | 12/16    | Candice Castro<br>ccastro@mtsac.edu         | ONLINE - Synchronous    |
| 22195 | MOX09  | Principles of Progressive Resistance  | T   | 9:00am     | 9:50am   | 8/26       | 12/16    | Gabriela Klein<br>gklein@mtsac.edu          | ONLINE - Synchronous    |
| 22139 | MOX04  | Principles of Posture and Flexibility | T   | 9:00am     | 9:50am   | 8/26       | 12/16    | Candice Castro<br>ccastro@mtsac.edu         | ONLINE - Synchronous    |
| 22197 | MOX09  | Principles of Progressive Resistance  | T   | 10:00am    | 10:50am  | 8/26       | 12/16    | Gabriela Klein<br>gklein@mtsac.edu          | ONLINE - Synchronous    |
| 22140 | MOX04  | Principles of Posture and Flexibility | T   | 10:00am    | 10:50am  | 8/26       | 12/9     | Shelby White<br>swhite@mtsac.edu            | ONLINE - Synchronous    |
| 21850 | MOX01  | Healthy Aging                         | T   | 10:00am    | 10:50am  | 8/26       | 12/16    | Leslie Hunnicutt<br>lhunnicutt@mtsac.edu    | ONLINE - Synchronous    |
| 24863 | MOX01  | Healthy Aging                         | T   | 10:00am    | 11:15am  | 9/3        | 12/16    | Kenzie Barnes<br>mbarnes35@mtsac.edu        | ONLINE - Synchronous    |
| 22320 | MOX11  | Fall Prevention, Balance and Mobility | T   | 11:00am    | 11:50am  | 8/26       | 12/16    | Kim SantaBarbara<br>ksantabarbara@mtsac.edu | ONLINE - Synchronous    |
| 21580 | BH2H2  | Brain Health 2                        | T   | 1:00pm     | 3:35pm   | 8/26       | 12/9     | Shelby White<br>swhite@mtsac.edu            | Asynch<br>Zoom 1-2:30pm |
| 21749 | FN     | Food and Nutrition                    | T   | 2:45pm     | 4:10pm   | 8/26       | 12/16    | Miranda Zhan<br>gzhan3@mtsac.edu            | ONLINE - Synchronous    |
| 22177 | MOX04  | Principles of Posture and Flexibility | TTh | 6:30pm     | 7:50pm   | 8/26       | 12/18    | Danelle Cole<br>dcole18@mtsac.edu           | ONLINE - Synchronous    |
| 21853 | MOX01  | Healthy Aging                         | W   | 7:15am     | 8:25am   | 8/27       | 12/17    | Jeremy Tan<br>jtan9@mtsac.edu               | ONLINE - Synchronous    |
| 21877 | MOX01  | Healthy Aging                         | W   | 8:00am     | 8:50am   | 8/27       | 12/17    | Danelle Cole<br>dcole18@mtsac.edu           | ONLINE - Synchronous    |

All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners. For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/eoa>

Contact us at:

email: [eo@mtsac.edu](mailto:eo@mtsac.edu)

phone: (909) 274-4192

**Enroll in tuition-free  
college classes for older  
adults!**



Register online at  
[www.mtsac.edu/ea](http://www.mtsac.edu/ea) or register  
in-person with the professor.

**Fall 2025**

| CRN                                                                                   | Course | Class Title                           | Day | Start Time | End Time | Start Date | End Date | Professor & Email                           | Modality                 |
|---------------------------------------------------------------------------------------|--------|---------------------------------------|-----|------------|----------|------------|----------|---------------------------------------------|--------------------------|
| 21867                                                                                 | MOX01  | Healthy Aging                         | W   | 8:00am     | 8:50am   | 8/27       | 12/17    | Candice Castro<br>ccastro@mtsac.edu         | ONLINE - Synchronous     |
| 22178                                                                                 | MOX04  | Principles of Posture and Flexibility | W   | 8:30am     | 9:55am   | 8/27       | 12/17    | Gabriela Klein<br>gklein@mtsac.edu          | ONLINE - Synchronous     |
| 21710                                                                                 | BH1H1  | Brain Health 1                        | W   | 9:00am     | 11:35am  | 8/27       | 12/17    | Kim SantaBarbara<br>ksantabarbara@mtsac.edu | Asynch<br>Zoom 9-10:30am |
| 21838                                                                                 | FNA32  | Drawing                               | W   | 9:00am     | 11:30am  | 8/27       | 12/10    | Kelly Conte<br>kconte@mtsac.edu             | ONLINE - Synchronous     |
| 21878                                                                                 | MOX01  | Healthy Aging                         | W   | 9:00am     | 9:50am   | 8/27       | 12/17    | Candice Castro<br>ccastro@mtsac.edu         | ONLINE - Synchronous     |
| 21880                                                                                 | MOX01  | Healthy Aging                         | W   | 9:00am     | 9:50am   | 8/27       | 12/17    | Leslie Hunnicutt<br>lhunnicutt@mtsac.edu    | ONLINE - Synchronous     |
| 22323                                                                                 | MOX11  | Fall Prevention, Balance and Mobility | W   | 10:00am    | 11:25am  | 8/27       | 12/17    | Elizabeth White<br>ewhite31@mtsac.edu       | ONLINE - Synchronous     |
| 22326                                                                                 | MOX11  | Fall Prevention, Balance and Mobility | W   | 10:00am    | 11:25am  | 8/27       | 12/17    | Gabriela Klein<br>gklein@mtsac.edu          | ONLINE - Synchronous     |
| 22182                                                                                 | MOX04  | Principles of Posture and Flexibility | W   | 11:30am    | 12:55pm  | 8/27       | 12/17    | Gabriela Klein<br>gklein@mtsac.edu          | ONLINE - Synchronous     |
| 22183                                                                                 | MOX04  | Principles of Posture and Flexibility | Th  | 7:15am     | 8:25am   | 8/28       | 12/18    | Jeremy Tan<br>jtan9@mtsac.edu               | ONLINE - Synchronous     |
| 21885                                                                                 | MOX01  | Healthy Aging                         | Th  | 8:00am     | 8:50am   | 8/28       | 12/18    | Candice Castro<br>ccastro@mtsac.edu         | ONLINE - Synchronous     |
| 22198                                                                                 | MOX09  | Principles of Progressive Resistance  | Th  | 9:00am     | 9:50am   | 8/28       | 12/18    | Gabriela Klein<br>gklein@mtsac.edu          | ONLINE - Synchronous     |
| 21895                                                                                 | MOX02  | Principles of Slow Movement           | Th  | 9:00am     | 9:50am   | 8/28       | 12/11    | Shelby White<br>swhite@mtsac.edu            | ONLINE - Synchronous     |
| <i>The last day of this class (December 11, 2025) will meet in person at Mt. SAC.</i> |        |                                       |     |            |          |            |          |                                             |                          |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

**Enroll in tuition-free  
college classes for older  
adults!**



Register online at  
[www.mtsac.edu/ea](http://www.mtsac.edu/ea) or register  
in-person with the professor.

**Fall 2025**

| CRN   | Course | Class Title                           | Day | Start Time | End Time | Start Date | End Date | Professor & Email                           | Modality                |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|---------------------------------------------|-------------------------|
| 22188 | MOX04  | Principles of Posture and Flexibility | Th  | 9:00am     | 9:50am   | 8/28       | 12/18    | Candice Castro<br>ccastro@mtsac.edu         | ONLINE - Synchronous    |
| 22202 | MOX09  | Principles of Progressive Resistance  | Th  | 10:00am    | 10:50am  | 8/28       | 12/18    | Gabriela Klein<br>gklein@mtsac.edu          | ONLINE - Synchronous    |
| 21887 | MOX01  | Healthy Aging                         | Th  | 10:00am    | 10:50am  | 8/28       | 12/18    | Leslie Hunnicutt<br>lhunnicutt@mtsac.edu    | ONLINE - Synchronous    |
| 24865 | MOX04  | Principles of Posture and Flexibility | Th  | 10:00am    | 11:05am  | 9/5        | 12/18    | Kenzie Barnes<br>mbarnes35@mtsac.edu        | ONLINE - Synchronous    |
| 21888 | MOX01  | Healthy Aging                         | Th  | 11:00am    | 11:50am  | 8/28       | 12/18    | Candice Castro<br>ccastro@mtsac.edu         | ONLINE - Synchronous    |
| 24913 | LS     | Writing Your Life Story               | Th  | 1:00pm     | 3:35pm   | 10/2       | 12/18    | Marisa Fierro<br>mfierro10@mtsac.edu        | Asynch<br>Zoom 1-2:30pm |
| 22310 | MOX09  | Principles of Progressive Resistance  | F   | 7:15am     | 8:20am   | 8/29       | 12/19    | Kenzie Barnes<br>mbarnes35@mtsac.edu        | ONLINE - Synchronous    |
| 21889 | MOX01  | Healthy Aging                         | F   | 8:00am     | 8:50am   | 8/29       | 12/19    | Danelle Cole<br>dcole18@mtsac.edu           | ONLINE - Synchronous    |
| 22192 | MOX04  | Principles of Posture and Flexibility | F   | 8:30am     | 9:55am   | 8/29       | 12/19    | Gabriela Klein<br>gklein@mtsac.edu          | ONLINE - Synchronous    |
| 21891 | MOX01  | Healthy Aging                         | F   | 9:00am     | 10:35am  | 8/29       | 12/12    | Shelby White<br>swhite@mtsac.edu            | ONLINE - Synchronous    |
| 22340 | MOX11  | Fall Prevention, Balance and Mobility | F   | 10:00am    | 11:25am  | 8/29       | 12/19    | Gabriela Klein<br>gklein@mtsac.edu          | ONLINE - Synchronous    |
| 22193 | MOX04  | Principles of Posture and Flexibility | F   | 11:30am    | 12:55pm  | 8/29       | 12/19    | Raea Figueroa-Darby<br>adarby1@mtsac.edu    | ONLINE - Synchronous    |
| 21842 | MBH    | Music and Brain Health                | F   | 1:00pm     | 3:05pm   | 8/29       | 12/19    | Jinette Martinez<br>jmartinez1063@mtsac.edu | ONLINE - Synchronous    |
| 21892 | MOX01  | Healthy Aging                         | Sa  | 8:00am     | 9:50am   | 8/30       | 12/20    | Jeremy Tan<br>jtan9@mtsac.edu               | ONLINE - Synchronous    |

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

## Vocational Re-Entry Program

Mt. San Antonio College's School of Continuing Education offers vocational re-entry (VRE) courses and certificates for adults returning to the workforce and as a means of supplemental income. Classes are available online, on campus, and at various locations and community centers. Students enroll in these classes to learn vocational skills that they can use to start a new career, start their own business, earn additional income, or to support their community. Students can earn certificates in Office Computer Applications, Basic Excel Applications, Basic Computer Presentations & Publication, Digital Media Specialist, Microenterprise, Regenerative Communities, and/or Sewing & Tailoring.

You can view the VRE Schedule online at [www.mtsac.edu/ea](http://www.mtsac.edu/ea).

**All classes are tentative and may change based on enrollment, attendance, and the needs of our students and community partners.** For the most current class schedule, visit our website: <https://www.mtsac.edu/sce/ea>

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

phone: (909) 274-4192

# **SCE SOS**

Our Student Online Support program  
provides noncredit students with LIVE, one-on-one assistance  
with online/technology support to help you navigate, access, and  
succeed in your courses!

## **WHAT WE HELP WITH:**

- Mt. SAC Portal
- Mountie Mail
- Noncredit Application
- Canvas
- Zoom
- And much more!

## **FALL 2025 ZOOM HOURS:**

**Monday-Thursday: 9am-1pm & 3pm-7pm**  
**Friday 8:30am-4pm**

## **FALL 2025 IN-PERSON HOURS:**

**Monday: 9am- 1pm (Bldg 30, Rm 111)**  
**Wednesday: 9am- 1pm (Bldg 40, Rm 127)**  
**Thursday: 9am- 1pm (Bldg 66, Rm 130)**

## **HOW TO CONTACT US:**



**ZOOM: [bit.ly/4fcBSDZ](https://bit.ly/4fcBSDZ)**  
• Scan QR code to join



**FOLLOW: On Instagram!**  
• Scan QR code to join



**CALL: (909) 274-6100**



**EMAIL: [sce@mtsac.edu](mailto:sce@mtsac.edu)**



**WEB: [bit.ly/3VCj6z0](https://bit.ly/3VCj6z0)**

## Semester Dates

### Fall 2025

**Registration is ongoing**

**Classes Begin:** August 25, 2025

**Classes End:** December 21, 2025

**Holidays:** September 1, November 11, November 27, November 28

### Winter 2026

**Registration Begins:** November 12, 2025

**Classes Begin:** January 5, 2026

**Classes End:** February 15, 2026

**Holidays:** January 19, February 13

*No classes from February 16 – February 22, 2026*

### Spring 2026

**Registration Begins:** November 12, 2025

**Classes Begin:** February 23, 2026

**Classes End:** June 14, 2026

**Holidays:** March 31, May 25