

Education for Older Adults (EOA) Fall 2026 Classes



Fall Term: August 24 – December 20, 2026

No Class: September 7, November 11, November 26, November 27

Register today!

Contact Us

Phone

Registration inquiries: 909-274-4220

Program inquiries: 909-274-4192

Email

eoas@mtsac.edu

Website

www.mtsac.edu/eoa

Facebook

www.facebook.com/mtsaceoa

Instagram

www.instagram.com/mtsac_eoa

Website QR Code

Scan with your phone



*Printed 9/28/2026
Class details subject to change.*

*Class details
are subject to
change.*

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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 registration period (Summer/Fall or Winter/Spring). 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.

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 professor. After filling it out completely, please give it back to your professor 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.

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Additional Program Information

About the Education for Older Adults (EOA) 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.

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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.

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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.

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Lifelong Learning

OAD FLIT Financial Literacy in Retirement

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.

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.

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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
21555	FNA04	Watercolor Painting	M	9:00am	11:50am	8/24	12/14	Angelica Sanchez asanchez487@mtsac.edu
21748	MOX09	Principles of Progressive Resistance	MTW ThF	11:00am	12:05pm	8/24	12/18	Frank Ortiz fortiz27@mtsac.edu
21715	MOX04	Principles of Posture and Flexibility	M	1:00pm	2:05pm	8/24	12/14	Kenzie Barnes mbarnes35@mtsac.edu
21570	FNA32	Drawing	W	9:00am	11:50am	8/26	12/16	Angelica Sanchez asanchez487@mtsac.edu
21674	MOX01	Healthy Aging	Th	8:00am	8:50am	8/27	12/17	Blanche Miranda bmiranda22@mtsac.edu
21768	MOX11	Fall Prevention, Balance and Mobility	F	8:00am	9:05am	8/28	12/18	Marisa Fierro mfierro10@mtsac.edu

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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
21741	MOX06	Principles of Aquatic Resistance	MTWThF	8:00am	9:25am	8/24	12/18	Frank Ortiz fortiz27@mtsac.edu
21743	MOX06	Principles of Aquatic Resistance	MTWThF	9:30am	10:50am	8/24	12/18	Frank Ortiz fortiz27@mtsac.edu
21745	MOX06	Principles of Aquatic Resistance	MTWTh	7:15pm	8:05pm	8/24	12/17	Yamil Slim yslim1@mtsac.edu

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Bassett Senior Center Classes (BASSSC)

510 Vineland Ave.
La Puente, CA 91756

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
23988	MOX09	Principles of Progressive Resistance	W	9:00am	9:50am	8/26	12/16	Shannon Clewley sclewley@mtsac.edu
23990	MBH	Music and Brain Health	W	12:00pm	1:50pm	8/26	12/16	Jinette Martinez jmartinez1063@mtsac.edu

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Chino Senior Center Classes (CHISC)

13170 Central Ave.

Chino, CA 91710

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
25176	MOX11	Fall Prevention, Balance and Mobility	Th	8:30am	9:35am	10/22	12/17	Marisa Fierro mfierro10@mtsac.edu

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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
21653	MOX01	Healthy Aging	M	1:00pm	1:50pm	8/24	12/14	Candice Castro ccastro@mtsac.edu
21718	MOX04	Principles of Posture & Flexibility	T	9:00am	10:05am	8/25	12/15	Shannon Clewley sclewley@mtsac.edu
21613	LS	Writing Your Life Story	T	10:15am	12:05pm	8/25	12/15	Marianne Burch mburch1@mtsac.edu
21576	FNA32	Drawing	F	9:00am	11:50am	8/28	12/18	Emma Limtiaco elimtiaco@mtsac.edu

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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
21557	FNA04	Watercolor Painting	M	3:00pm	5:10pm	8/24	12/14	Michelle Emami memami@mtsac.edu
21621	MBH	Music and Brain Health	T	9:00am	10:50am	8/25	12/15	Jinette Martinez jmartinez1063@mtsac.edu
21758	MOX11	Fall Prevention, Balance and Mobility	T	11:00am	11:50am	8/25	12/15	Marisa Fierro mfierro10@mtsac.edu

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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
21711	MOX04	Principles of Posture and Flexibility	M	8:00am	9:30am	8/24	12/14	Surendra Mehta smehta9@mtsac.edu
24128	MOX01	Healthy Aging	MW	8:00am	8:50am	8/24	12/16	Kenzie Barnes mbarnes35@mtsac.edu
21644	MOX01	Healthy Aging	MWF	9:00am	9:50am	8/24	12/18	Kenzie Barnes mbarnes35@mtsac.edu
21649	MOX01	Healthy Aging	MWF	10:00am	10:50am	8/24	12/18	Kenzie Barnes mbarnes35@mtsac.edu
21723	MOX04	Principles of Posture and Flexibility	T	10:15am	11:20am	8/25	12/15	Elizabeth White ewhite31@mtsac.edu
21725	MOX04	Principles of Posture and Flexibility	T	11:25am	12:30pm	8/25	12/15	Elizabeth White ewhite31@mtsac.edu
21569	FNA32	Drawing	T	12:30pm	3:20pm	8/25	12/15	Michelle Emami memami@mtsac.edu
24038	MOX02	Principles of Slow Movement	Th	8:00am	9:20am	8/27	12/17	Raea Figueroa-Darby adarby1@mtsac.edu
21705	MOX02	Principles of Slow Movement	Th	9:30am	11:20am	8/27	12/17	Raea Figueroa-Darby adarby1@mtsac.edu
21561	FNA04	Watercolor Painting	Th	1:00pm	3:50pm	8/27	12/17	Kelly Conte kconte@mtsac.edu
21617	LS	Writing Your Life Story	Th	1:30pm	3:00pm	8/27	12/17	Marianne Burch mburch1@mtsac.edu
21578	FNA32	Drawing	F	1:00pm	3:05pm	8/28	12/18	Yasmin Cardona ycardona3@mtsac.edu

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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
21726	MOX04	Principles of Posture & Flexibility	T	12:40pm	1:45pm	8/25	12/15	Kenzie Barnes mbarnes35@mtsac.edu
21764	MOX11	Fall Prevention, Balance and Mobility	W	12:50pm	1:55pm	8/26	12/16	Erin McLaren emclaren@mtsac.edu

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Gibson Senior Center Classes (GSC)

250 N. 3rd Ave.
Upland, CA 91786

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
21618	MBH	Music and Brain Health	M	9:00am	11:05am	8/24	12/14	Jinette Martinez jmartinez1063@mtsac.edu
21701	MOX02	Principles of Slow Movement	T	4:30pm	5:20pm	8/25	12/15	Blanche Miranda bmiranda22@mtsac.edu
21575	FNA32	Drawing	Th	1:00pm	3:50pm	8/27	12/17	Bernard Johnson bjohnson98@mtsac.edu
21565	FNA04	Watercolor Painting	F	12:55pm	3:45pm	8/28	12/18	Emma Limtiaco elimtiaco@mtsac.edu
21567	FNA06	Ceramics for Older Adults	Sa	9:30am	12:20pm	8/29	12/19	Bonnie Lee blee177@mtsac.edu

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Hacienda Heights Community Center Classes (HHCC)

1234 Valencia Ave.
Hacienda Heights, CA 91745

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
23991	FNA06	Ceramics for Older Adults	M	9:00am	11:50am	8/24	12/14	Kelly Conte kconte@mtsac.edu
23985	MOX01	Healthy Aging	T	9:00am	9:50am	8/25	12/15	Blanche Miranda bmiranda22@mtsac.edu
23989	FNA04	Watercolor Painting	Th	9:00am	11:50am	8/27	12/17	Angelica Sanchez asanchez487@mtsac.edu

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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
21690	MOX02	Principles of Slow Movement	MW	9:00am	9:50am	8/24	12/16	Raea Figueroa-Darby adarby1@mtsac.edu
21691	MOX02	Principles of Slow Movement	MW	10:00am	10:50am	8/24	12/16	Raea Figueroa-Darby adarby1@mtsac.edu
21759	MOX11	Fall Prevention, Balance and Mobility	T	11:00am	11:50am	8/25	12/15	Candice Castro ccastro@mtsac.edu
21681	MOX01	Healthy Aging	Th	1:00pm	1:50pm	8/27	12/17	Kenzie Barnes mbarnes35@mtsac.edu
21739	MOX04	Principles of Posture and Flexibility	F	11:00am	11:50am	8/28	12/18	Danelle Cole dcole18@mtsac.edu
21689	MOX01	Healthy Aging	F	1:00pm	1:50pm	8/28	12/18	Blanche Miranda bmiranda22@mtsac.edu

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La Puente Community Center Classes (LPCC)

501 N. Glendora Ave.
La Puente, CA 91744

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
21566	FNA06	Ceramics for Older Adults	M	4:00pm	6:15pm	8/24	12/14	Bonnie Lee blee177@mtsac.edu
21622	MBH	Music and Brain Health	T	9:55am	12:00pm	8/25	12/15	James Hartford jhartford@mtsac.edu
21671	MOX01	Healthy Aging	W	10:30am	11:20am	8/26	12/16	Candice Castro ccastro@mtsac.edu
21751	MOX09	Principles of Progressive Resistance*	Th	8:15am	9:40am	8/27	12/17	Kenzie Barnes mbarnes35@mtsac.edu
21577	FNA32	Drawing	F	9:00am	11:50am	8/28	12/18	Bernard Johnson bjohnson98@mtsac.edu

*Class will periodically take place outdoors in the courtyard or park during Fall 2026.

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La Puente Senior Center Classes (LPSC)

16001 E. Main St.,
La Puente, CA 91744

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
21698	MOX02	Principles of Slow Movement	T	10:00am	10:50am	8/25	12/15	Blanche Miranda bmiranda22@mtsac.edu
21677	MOX01	Healthy Aging	Th	10:00am	11:05am	8/27	12/17	Erin McLaren emclaren@mtsac.edu
21736	MOX04	Principles of Posture and Flexibility	Th	12:30pm	1:20pm	8/27	12/17	Shannon Clewley sclewley@mtsac.edu
21562	FNA04	Watercolor Painting	Th	1:30pm	4:20pm	8/27	12/17	Michelle Emami memami@mtsac.edu
21769	MOX11	Fall Prevention, Balance and Mobility	F	10:00am	10:50am	8/28	12/18	Shannon Clewley sclewley@mtsac.edu

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La Verne Community Center Classes

3680 D Street
La Verne, CA 91750

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
21564	FNA04	Watercolor Painting	M	9:00am	10:55am	8/24	12/14	Michelle Emami memami@mtsac.edu
21657	MOX01	Healthy Aging	TTh	8:15am	9:35am	8/25	12/17	Danelle Cole dcole18@mtsac.edu
21558	FNA04	Watercolor Painting	T	9:00am	11:50am	8/25	12/15	Kelly Conte kconte@mtsac.edu
21761	MOX11	Fall Prevention, Balance and Mobility	T	1:30pm	2:20pm	8/25	12/15	Yamil Slim yslim1@mtsac.edu
21573	FNA32	Drawing	Th	8:55am	12:00pm	8/27	12/17	Michelle Emami memami@mtsac.edu
21554	FNA03	Oil Painting	Th	12:30pm	2:50pm	8/27	12/17	Atilio Pernisco apernisco@mtsac.edu
21707	MOX02	Principles of Slow Movement	Th	1:00pm	2:50pm	8/27	12/17	Raea Figueroa-Darby adarby1@mtsac.edu
21766	MOX11	Fall Prevention, Balance and Mobility	Th	1:30pm	2:20pm	8/27	12/17	Yamil Slim yslim1@mtsac.edu

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Montclair Senior Center Classes (MONSC)

5111 Benito St.
Montclair, CA 91763

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
23986	MOX02	Principles of Slow Movement	W	9:00am	10:30am	8/26	12/16	Min Peng mpeng15@mtsac.edu

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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
21560	FNA04	Watercolor Painting	W	1:00pm	3:50pm	8/26	12/16	Yasmin Cardona ycardona3@mtsac.edu	80-1220
21624	MBH	Music and Brain Health	Th	1:00pm	3:50pm	8/27	12/17	James Hartford jhartford@mtsac.edu	80-1331

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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
21650	MOX01	Healthy Aging	MW	10:30am	11:20am	8/24	12/16	Erin McLaren emclaren@mtsac.edu
21568	FNA32	Drawing	M	1:15pm	3:45pm	8/24	12/14	Bernard Johnson bjohnson98@mtsac.edu
21484	BHTH2	Brain Health 2	T	12:30pm	2:20pm	8/25	12/15	Marisa Fierro mfierro10@mtsac.edu
21765	MOX11	Fall Prevention, Balance and Mobility	Th	11:30am	12:20pm	8/27	12/17	Leslie Hunnicutt lhunnicutt@mtsac.edu
21708	MOX02	Principles of Slow Movement	Th	1:00pm	2:30pm	8/27	12/17	Blanche Miranda bmiranda22@mtsac.edu
21625	MBH	Music and Brain Health	F	9:15am	11:25am	8/28	12/18	James Hartford jhartford@mtsac.edu

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Washington Park Classes (WPK)

865 E. Grand Ave.

Pomona, CA 91766

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
21651	MOX01	Healthy Aging	MW	10:45am	11:35am	8/24	12/16	Vanessa Jones vjones11@mtsac.edu
24190	MOX04	Principles of Posture and Flexibility	Th	10:45am	11:35am	8/27	12/17	Marisa Fierro mfierro10@mtsac.edu

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Rowland Heights Community Center Classes (PATH)

18150 Pathfinder Rd.,
Rowland Heights, CA 91748

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
21662	MOX01	Healthy Aging	T	10:30am	11:45am	8/25	12/15	Kenzie Barnes mbarnes35@mtsac.edu
21735	MOX04	Principles of Posture and Flexibility	Th	10:30am	11:45am	8/27	12/17	Kenzie Barnes mbarnes35@mtsac.edu

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San Angelo Park Classes (SAP)

245 S. San Angelo Ave.,
La Puente, CA 91746

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
24010	FNA04	Watercolor Painting	M	12:00pm	2:05pm	8/24	12/14	Michelle Emami memami@mtsac.edu
21696	MOX02	Principles of Slow Movement	T	9:00am	10:20am	8/25	12/15	Erin McLaren emclaren@mtsac.edu
21685	MOX01	Healthy Aging	F	9:30am	10:35am	8/28	12/18	Candice Castro ccastro@mtsac.edu

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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
21647	MOX01	Healthy Aging	M	9:30am	10:20am	8/24	12/14	Candice Castro ccastro@mtsac.edu
21559	FNA04	Watercolor Painting	T	1:00pm	4:05pm	8/25	12/15	Kelly Conte kconte@mtsac.edu
21615	LS	Writing Your Life Story	T	5:30pm	7:00pm	8/25	12/15	Marisa Fierro mfierro10@mtsac.edu
21572	FNA32	Drawing	W	9:00am	11:50am	8/26	12/16	Atilio Pernisco apernisco@mtsac.edu
21486	BH2H2	Brain Health 2	W	1:15pm	3:35pm	8/26	12/16	Karena Friedman kfriedman@mtsac.edu
21483	BH2H1	Brain Health 1	Th	1:15pm	3:35pm	8/27	12/17	Karena Friedman kfriedman@mtsac.edu
21687	MOX01	Healthy Aging	F	9:30am	10:20am	8/28	12/18	Erin McLaren emclaren@mtsac.edu

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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
21656	MOX01	Healthy Aging	TTh	8:00am	8:50am	8/25	12/17	Vanessa Jones vjones11@mtsac.edu
21697	MOX02	Principles of Slow Movement	T	9:00am	10:05am	8/25	12/15	Min Peng mpeng15@mtsac.edu
21669	MOX01	Healthy Aging	W	9:30am	10:20am	8/26	12/16	Vanessa Jones vjones11@mtsac.edu
21734	MOX04	Principles of Posture and Flexibility	Th	9:00am	10:20am	8/27	12/17	Shannon Clewley sclewley@mtsac.edu
21709	MOX02	Principles of Slow Movement	F	9:00am	10:20am	8/28	12/18	Min Peng mpeng15@mtsac.edu
21738	MOX04	Principles of Posture and Flexibility	F	10:30am	11:35am	8/28	12/18	Andrea Anello aanello@mtsac.edu

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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
21742	MOX06	Principles of Aquatic Resistance	MF	8:45am	9:35am	8/24	12/11	Leslie Hunnicutt lhunnicutt@mtsac.edu
21744	MOX06	Principles of Aquatic Resistance	MF	9:45am	10:35am	8/24	12/11	Leslie Hunnicutt lhunnicutt@mtsac.edu
21746	MOX06	Principles of Aquatic Resistance	TWTh	8:45am	9:35am	8/25	12/10	Karena Friedman kfriedman@mtsac.edu
21747	MOX06	Principles of Aquatic Resistance	TWTh	9:45am	10:35am	8/25	12/10	Karena Friedman kfriedman@mtsac.edu

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Sunshine Park Classes (SUNP)

515 Deepmead Ave.,

La Puente, CA 91744

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
21619	MBH	Music and Brain Health	M	9:55am	12:00pm	8/24	12/14	James Hartford jhartford@mtsac.edu
24012	MOX04	Principles of Posture and Flexibility	T	9:00am	9:50am	8/25	12/15	Kenzie Barnes mbarnes35@mtsac.edu
24011	MOX11	Fall Prevention, Balance and Mobility	W	10:30am	11:35am	8/26	12/16	Andrea Anello aanello@mtsac.edu

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Walnut Senior Center Classes

21215 La Puente Rd.
Walnut, CA 91789

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
21643	MOX01	Healthy Aging	MWF	8:00am	8:50am	8/24	12/18	Andrea Anello aanello@mtsac.edu
21648	MOX01	Healthy Aging	MWF	9:30am	10:35am	8/24	12/18	Danelle Cole dcole18@mtsac.edu
21659	MOX01	Healthy Aging	T	9:00am	9:50am	8/25	12/15	Elizabeth White ewhite31@mtsac.edu
21663	MOX01	Healthy Aging	T	12:45pm	1:50pm	8/25	12/15	Danelle Cole dcole18@mtsac.edu
21729	MOX04	Principles of Posture and Flexibility	W	10:45am	11:50am	8/26	12/16	Danelle Cole dcole18@mtsac.edu
21552	FNA03	Oil Painting	W	1:00pm	3:50pm	8/26	12/16	Kelly Conte kconte@mtsac.edu
21553	FNA03	Oil Painting	Th	9:00am	11:50am	8/27	12/17	Kelly Conte kconte@mtsac.edu

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West Covina Senior Citizen's Center Classes

2501 E. Cortez St.
West Covina, CA 91791

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
21646	MOX01	Healthy Aging	M	9:00am	9:50am	8/24	12/14	Shelby White swhite@mtsac.edu
21692	MOX02	Principles of Slow Movement	M	12:00pm	1:25pm	8/24	12/14	Blanche Miranda bmiranda22@mtsac.edu
21694	MOX02	Principles of Slow Movement	M	1:30pm	2:55pm	8/24	12/14	Blanche Miranda bmiranda22@mtsac.edu
21722	MOX04	Principles of Posture and Flexibility	TTh	10:00am	10:50am	8/25	12/17	Danelle Cole dcole18@mtsac.edu
21724	MOX04	Principles of Posture and Flexibility	TTh	11:00am	11:50am	8/25	12/17	Danelle Cole dcole18@mtsac.edu
21731	MOX04	Principles of Posture and Flexibility	W	1:00pm	2:30pm	8/26	12/16	Surendra Mehta smehta9@mtsac.edu
21686	MOX01	Healthy Aging	F	9:00am	9:50am	8/28	12/18	Raea Figueroa-Darby adarby1@mtsac.edu
21563	FNA04	Watercolor Painting	F	10:00am	12:30pm	8/28	12/18	Kelly Conte kconte@mtsac.edu
21688	MOX01	Healthy Aging	F	10:00am	10:50am	8/28	12/18	Raea Figueroa-Darby adarby1@mtsac.edu

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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
21672	MOX01	Healthy Aging	W	10:30am	11:20am	8/26	12/16	Leslie Hunnicutt lhunnicutt@mtsac.edu

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William Steinmetz Senior Center Classes (WSSC)

1545 S. Stimson Ave.,
Hacienda Heights, CA 91745

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
21574	FNA32	Drawing	T	9:00am	11:50am	8/25	12/15	Bernard Johnson bjohnson98@mtsac.edu
21673	MOX01	Healthy Aging	W	10:30am	11:20am	8/26	12/16	Shannon Clewley sclewley@mtsac.edu
24037	MOX04	Principles of Posture and Flexibility	Th	11:10am	12:00pm	8/27	12/17	Shannon Clewley sclewley@mtsac.edu

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Online Classes

Monday Classes

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Modality
21640	MOX01	Healthy Aging	M	7:15am	8:25am	8/24	12/14	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
21641	MOX01	Healthy Aging	M	8:00am	8:50am	8/24	12/14	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
21642	MOX01	Healthy Aging	M	8:00am	8:50am	8/24	12/14	Danelle Cole dcole18@mtsac.edu	ONLINE - Synchronous
21712	MOX04	Principles of Posture & Flexibility	M	8:30am	9:55am	8/24	12/14	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
21556	FNA04	Watercolor Painting	M	9:00am	11:50am	8/24	12/14	Atilio Pernisco apernisco@mtsac.edu	ONLINE - Synchronous
21645	MOX01	Healthy Aging	M	9:00am	9:50am	8/24	12/14	Marisa Fierro mfierro10@mtsac.edu	ONLINE - Synchronous
21755	MOX11	Fall Prevention, Balance & Mobility	M	10:00am	11:25am	8/24	12/14	Andrea Anello aanello@mtsac.edu	ONLINE - Synchronous
21756	MOX11	Fall Prevention, Balance & Mobility	M	10:00am	11:25am	8/24	12/14	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
21714	MOX04	Principles of Posture & Flexibility	M	11:30am	12:55pm	8/24	12/14	Kimberley SantaBarbara ksantabarbara@mtsac.edu	ONLINE - Synchronous
21693	MOX02	Principles of Slow Movement	M	12:30pm	1:20pm	8/24	12/14	Raea Figueroa-Darby adarby1@mtsac.edu	ONLINE - Synchronous
21757	MOX11	Fall Prevention, Balance & Mobility	M	1:00pm	2:05pm	8/24	12/14	Leslie Hunnicutt lhunnicutt@mtsac.edu	ONLINE - Synchronous
21716	MOX04	Principles of Posture & Flexibility	MW	7:00pm	7:50pm	8/24	12/16	Dhruti Ramchandani dhruti.ramchandani@mtsac.edu	ONLINE - Synchronous

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Online Classes

Tuesday Classes

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Modality
21717	MOX04	Principles of Posture & Flexibility	T	7:15am	8:25am	8/25	12/15	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
21655	MOX01	Healthy Aging	T	8:00am	8:50am	8/25	12/15	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
21719	MOX04	Principles of Posture & Flexibility	T	9:00am	9:50am	8/25	12/15	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
21749	MOX09	Principles of Progressive Resistance	T	9:00am	9:50am	8/25	12/15	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
21661	MOX01	Healthy Aging	T	10:00am	10:50am	8/25	12/15	Leslie Hunnicutt lhunnicutt@mtsac.edu	ONLINE - Synchronous
21721	MOX04	Principles of Posture & Flexibility	T	10:00am	10:50am	8/25	12/15	Shelby White swhite@mtsac.edu	ONLINE - Synchronous
21750	MOX09	Principles of Progressive Resistance	T	10:00am	10:50am	8/25	12/15	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
21760	MOX11	Fall Prevention, Balance & Mobility	T	11:00am	11:50am	8/25	12/15	Kim SantaBarbara ksantabarbara@mtsac.edu	ONLINE - Synchronous
21485	BH2H2	Brain Health 2	T	1:00pm	3:35pm	8/25	12/15	Shelby White swhite@mtsac.edu	Asynch Zoom 1-2:30pm
21549	FN	Food and Nutrition	T	2:45pm	4:10pm	8/25	12/15	Miranda Zhan gzhan3@mtsac.edu	ONLINE - Synchronous
21727	MOX04	Principles of Posture & Flexibility	TTh	6:30pm	7:50pm	8/25	12/17	Danelle Cole dcole18@mtsac.edu	ONLINE - Synchronous

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Online Classes

Wednesday Classes

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Modality
21664	MOX01	Healthy Aging	W	7:15am	8:25am	8/26	12/16	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
21665	MOX01	Healthy Aging	W	8:00am	8:50am	8/26	12/16	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
21666	MOX01	Healthy Aging	W	8:00am	8:50am	8/26	12/16	Danelle Cole dcole18@mtsac.edu	ONLINE - Synchronous
21728	MOX04	Principles of Posture & Flexibility	W	8:30am	9:55am	8/26	12/16	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
21482	BHTH1	Brain Health 1	W	9:00am	11:20am	8/26	12/16	Kim SantaBarbara ksantabarbara@mtsac.edu	Asynch Zoom 9-10:30am
21571	FNA32	Drawing	W	9:00am	11:30am	8/26	12/16	Kelly Conte kconte@mtsac.edu	ONLINE - Synchronous
21667	MOX01	Healthy Aging	W	9:00am	9:50am	8/26	12/16	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
21668	MOX01	Healthy Aging	W	9:00am	9:50am	8/26	12/16	Leslie Hunnicutt lhunnicutt@mtsac.edu	ONLINE - Synchronous
21762	MOX11	Fall Prevention, Balance & Mobility	W	10:00am	11:25am	8/26	12/16	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
21763	MOX11	Fall Prevention, Balance & Mobility	W	10:00am	11:25am	8/26	12/16	Elizabeth White ewhite31@mtsac.edu	ONLINE - Synchronous
21730	MOX04	Principles of Posture & Flexibility	W	11:30am	12:55pm	8/26	12/16	Kimberley SantaBarbara ksantabarbara@mtsac.edu	ONLINE - Synchronous

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Online Classes

Thursday Classes

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Modality
21732	MOX04	Principles of Posture & Flexibility	Th	7:15am	8:25am	8/27	12/17	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
21675	MOX01	Healthy Aging	Th	8:00am	8:50am	8/27	12/17	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
21704	MOX02	Principles of Slow Movement	Th	9:00am	9:50am	8/27	12/17	Shelby White swhite@mtsac.edu	ONLINE - Synchronous
21733	MOX04	Principles of Posture & Flexibility	Th	9:00am	9:50am	8/27	12/17	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
21752	MOX09	Principles of Progressive Resistance	Th	9:00am	9:50am	8/27	12/17	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
21678	MOX01	Healthy Aging	Th	10:00am	10:50am	8/27	12/17	Leslie Hunnicutt lhunnicutt@mtsac.edu	ONLINE - Synchronous
21753	MOX09	Principles of Progressive Resistance	Th	10:00am	10:50am	8/27	12/17	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
21680	MOX01	Healthy Aging	Th	11:00am	11:50am	8/27	12/17	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
21616	LS	Writing Your Life Story	Th	1:00pm	3:35pm	8/27	12/17	Marisa Fierro mfierro10@mtsac.edu	Asynch Zoom 1-2:30pm

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

phone: (909) 274-4192

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



Register online at
www.mtsac.edu/ea or register
in-person with the professor.

Online Classes

Friday & Saturday Classes

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Modality
21754	MOX09	Principles of Progressive Resistance	F	7:15am	8:20am	8/28	12/18	Kenzie Barnes mbarnes35@mtsac.edu	ONLINE - Synchronous
21682	MOX01	Healthy Aging	F	8:00am	8:50am	8/28	12/18	Danelle Cole dcole18@mtsac.edu	ONLINE - Synchronous
21737	MOX04	Principles of Posture & Flexibility	F	8:30am	9:55am	8/28	12/18	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
21684	MOX01	Healthy Aging	F	9:00am	10:35am	8/28	12/18	Shelby White swhite@mtsac.edu	ONLINE - Synchronous
21770	MOX11	Fall Prevention, Balance & Mobility	F	10:00am	11:25am	8/28	12/18	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
21740	MOX04	Principles of Posture & Flexibility	F	11:30am	12:55pm	8/28	12/18	Raea Figueroa-Darby adarby1@mtsac.edu	ONLINE - Synchronous
21627	MBH	Music and Brain Health	F	1:00pm	3:05pm	8/28	12/18	Jinette Martinez jmartinez1063@mtsac.edu	ONLINE - Synchronous
21683	MOX01	Healthy Aging	Sa	8:00am	9:50am	8/28	12/19	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous

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Contact us at:

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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.

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

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 2026 ZOOM HOURS:

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

FALL 2026 IN-PERSON HOURS:

Monday: 9am- 1pm (Bldg 40, Rm 125)
Wednesday: 9am- 1pm (Bldg 30, Rm 111)
Thursday: 9am- 1pm (Bldg 66, Rm 130)

HOW TO CONTACT US:



ZOOM: bit.ly/4fcBSDZ
• Scan QR code to join



FOLLOW: On Instagram!
• Scan QR code to join



CALL: (909) 274-6100



EMAIL: sce@mtsac.edu



WEB: bit.ly/3VCj6z0

Semester Dates

Fall 2026

Registration Begins: May 6, 2026

Classes Begin: August 24, 2026

Classes End: December 20, 2026

Holidays: September 7, November 11, November 26, November 27

**No classes from December 21, 2026 – January 3, 2027*

Winter 2027

Registration Begins: November 12, 2026

Classes Begin: January 4, 2027

Classes End: February 14, 2027

Holidays: January 18, February 12

**No classes from February 15 – February 21, 2027*

Spring 2027

Registration Begins: November 12, 2026

Classes Begin: February 22, 2027

Classes End: June 13, 2027

Holidays: March 31, May 31