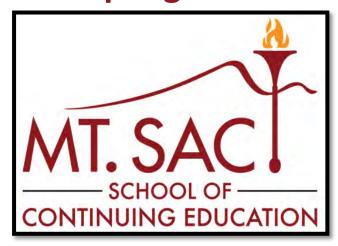
Education for Older Adults Class Schedule Spring 2024



February 26 to June 16, 2024 Holidays: 4/1 and 5/27

Registration begins on Tuesday, January 16

Contact Us

Phone

Registration inquiries: 909-274-4220 Program inquiries: 909-274-4192

Email

eoa@mtsac.edu

Website

www.mtsac.edu/eoa

Facebook

www.facebook.com/mtsaceoa

Instagram

www.instagram.com/mtsac eoa

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Class Location Key

BPAQ ... Baldwin Park Aquatic Center

4100 Baldwin Park Boulevard Baldwin Park, CA. 91706 (626) 813-5270

BPSC ... Baldwin Park Julia McNeil Senior Center

4100 Baldwin Park Blvd, Baldwin Park, CA 91706 (626) 813-5245

CSCC ... Covina Senior & Community Center

815 North Barranca Avenue Covina, CA 91723

Phone: (626) 430-2284

DBC ... Diamond Bar Center

1600 S. Grand Ave. Diamond Bar, CA 91765

Phone: (909) 839-7070

ESGVJC ... East San Gabriel Valley Japanese

Community Center 1203 W Puente Avenue West Covina, CA 91790 Phone: (626) 960-2566

GPP ... Ganesha Park Pool

1575 N. White Ave. Pomona, CA 91768 Phone: (909) 620-2304

GSC ... Gibson Senior Center

250 N. 3rd Ave., Upland, CA 91786

Phone: (909) 981-4501

HERI ... Heritage Park Community Center

2900 Brea Canyon Rd. Diamond Bar, CA 91765 Phone: (909) 396-5699

IRC ... Irwindale Recreation Center

5050 Irwindale Ave. Irwindale, CA 91706 Phone: (626) 430-2248

IRWN ... Irwindale Senior Citizen's Center

16116 Arrow Hwy. Irwindale, CA 91706 Phone: (626) 430-2284

LV ... La Verne Community Center

3680 D Street La Verne, CA 91750 Phone: (909) 596-8776

Mt. SAC ... Mt. San Antonio College

1100 N. Grand Ave. Walnut, CA 91789 Phone: (909) 274-4220

PLUM ... Stanley Plummer Building

245 E. Bonita Ave. San Dimas, CA 91773 Phone: (909) 394-6290

PSC ... Palomares Senior Center

499 East Arrow Highway Pomona, CA 91767 Phone: (909) 620-2324

SD ... San Dimas Senior/Community Center

201 E. Bonita Ave.

San Dimas, CA 91773

Phone: (909) 394-6293

WALT ... Walnut Senior Center

21215 La Puente Rd.

Walnut, CA 91789

Phone: (909) 598-6200

WCSCC ... West Covina Senior Citizen's Center

2501 E. Cortez St.

West Covina, CA 91791

Front desk (626) 331-5366

WPK ... Washington Park

865 E. Grand Avenue

Pomona, CA 91766

Phone: (909) 620-2305

WSSC ... William Steinmetz Senior Center

1545 South Stimson Avenue

Hacienda Heights, CA 91745

Phone: (626) 934-7041

Registration Information

Registration begins on Tuesday, January 16.

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 contact you and help you register for 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 teacher. After filling it out completely, please give it back to your teacher for processing.

Need help?

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

Spring 2024 Registration Support Dates

Registration begins on Tuesday, January 16.

If you need assistance with your registration please come see us at the days, times, and locations listed below. We can assist with your online application, or help you with the paper registration forms. We look forward to seeing you!

Date	Time	Location
Wednesday, January 17	10am-12pm	Irwindale Senior Center
Monday, January 22	10am-12pm	Heritage Park, Diamond Bar
Tuesday, January 23	9am-11am	West Covina Senior Citizen's Center
Wednesday, January 24	10am-12pm	La Verne Community Center
Friday, January 26	10am-12pm	Baldwin Park Julia McNeill Senior Center
Monday, January 29	9am-11am	San Dimas Senior/Community Center
Tuesday, January 30	10am-12pm	Diamond Bar Center
Wednesday, January 31	10am-12pm	Washington Park Community Center, Pomona
Thursday, February 1	10am-12pm	Palomares Senior Center, Pomona
Monday, February 5	10am-12pm	Covina Senior Center
Tuesday, February 6	9am-11am	Walnut Senior Center
Wednesday, February 7	2pm-4pm	Gibson Senior Center, Upland
Thursday, February 8	9am-11am	Mt. SAC, Bldg. 40 – Rm. 140
Tuesday, February 13	2pm-4pm	Online via Zoom https://tinyurl.com/reghelp2024
Wednesday, February 14	10am-12pm	Online via Zoom https://tinyurl.com/reghelp2024

**VRE In Person Technology Classes & Select Sewing Classes

(Sewing class CRNs 43563, 43564 and 43560)

You must come in person to the center where you plan to take class to register for all in person computer classes. Dates and time for registration at each site are listed above. Each person must register for themselves. Students may not register for anyone else. Registration is first come first served.

If you miss the dates listed above, you may attend on the first day of class to see if space is still available. Or, you can contact the professor.

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, skills for mental and physical well-being, and economic self-sufficiency. 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. Some learn about emerging technology to improve communication, while others focus on healthy aging goals.

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 an instructor 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 instructor 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.

Class Schedule

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.

CDN	CRN Day Start Time End T		Fuel Times	Start	End	Location	Instructor O Fracil	
CRN	Day	Start Time	Ena Time	Date	Date	Location	Instructor & Email	
42704	\\\	0.00 414	11:30 AM	2/20	2/28	6/12	ONLINE - Asynch	Bloom, Danielle
43704	43704 W 9:00 AM 11	11.30 AIVI	2/28	0/12	Zoom 9am-10:30am	dbloom@mtsac.edu		
42520	Th	1.00 DN4	2.20 DM 2	1 2/20	6/13	ONLINE - Asynch	Bloom, Danielle	
43530	3530 Th 1:00 PM 3:30 PM	2/29	6/13	Zoom 1pm-2:30pm	dbloom@mtsac.edu			

OAD BHTH 2 - 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.

CRN	Day	ay Start Time End Time Start End		Location	Instructor & Email								
CIXIV	Day	Start Tille	Liiu iiiie	Date	Date	Location	mstructor & Linan						
43680	т	1:00 PM	1.00 DN4	1.00 DN4	3:30 PM	2/27	6/11	ONLINE - Asynch	White, Shelby				
43000	ı	1.00 PIVI	3.30 PIVI	2/2/	2/2/	0/11	Zoom 1pm-2:30pm	swhite@mtsac.edu					
43232	W	1:00 PM	3:20 PM	2/28	6/12	50	Friedman, Karena						
43232	VV	1.00 PIVI	3.20 FIVI	3.20 PIVI	3.20 FIVI	3.20 PIVI	3.20 PIVI	2/20	2/20	2/28 0/12		SD	kfriedman@mtsac.edu
43681	Th	10:00 AM	12.20 DN/	2/29	6/13	ONLINE - Asynch	Jones, Vanessa						
43061	111	10.00 AW	12.30 PW	2/23 0/13	0/13	Zoom 10am-11:30am	vjones11@mtsac.edu						

Healthy Aging Classes

OAD MOX01 Healthy Aging

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

CRN	Day(s)	Start	End	Start	End	Location	Instructor & Email
CIVIT	Day(3)	Time	Time	Date	Date	Location	mstructor & Eman
43471	М	7:20 AM	8:25 AM	2/26	6/10	ONLINE -	Tan, Jeremy
454/1	IVI	7.20 AIVI	6.23 AIVI	2/20	0/10	Synchronous	jtan 9@mtsac.edu
43472	М	8:00 AM	8:50 AM	2/26	6/10	ONLINE -	Castro, Candice
45472	IVI	6.00 AIVI	6.50 AIVI	2/20	0/10	Synchronous	ccastro@mtsac.edu
43473	М	8:00 AM	8:50 AM	2/26	6/10	ONLINE -	Cole, Danelle
43473	IVI	6.00 AIVI	6.30 AIVI	2/20	0/10	Synchronous	dcole18@mtsac.edu
43474	М	9:00 AM	9:50 AM	2/26	6/10	ONLINE -	Hunnicutt, Leslie
43474	IVI	9.00 AIVI	9.30 AIVI	2/20	0/10	Synchronous	lhunnicutt@mtsac.edu
43626	М	9:00 AM	9:50 AM	2/26	6/10	WCSCC	White, Shelby
43020	IVI	9.00 AIVI	9.50 AIVI	2/20	0/10	WCSCC	swhite@mtsac.edu
43627	M	9:30 AM	10:20 AM	2/26	6/10	SD	Castro, Candice
43027	IVI	9.50 AIVI	10.20 AW	2/20	0/10	30	ccastro@mtsac.edu
43629	М	1:00 PM	1:50 PM	2/26	6/10	CSCC	Castro, Candice
43029	IVI	1.00 FIVI	1.30 FIVI	2/20	0/10	CSCC	ccastro@mtsac.edu
43632	N /1 \ N /	10:30 AM	11:20 AM	2/26	6/12	PSC	McLaren, Erin
43032	M,W	10.30 AIVI	11.20 AW	2/20	0/12	PSC	emclaren@mtsac.edu
43633	M,W	10:45 AM	11:35 AM	2/26	6/12	WPK	Jones, Vanessa
43033	101,00	10.43 AW	TI.33 AIVI	2/20	0/12	VVFK	vjones11@mtsac.edu
43634	M,W,F	8:00 AM	8:50 AM	2/26	6/14	WALT	McLaren, Erin
43034	101,00,1	6.00 AIVI	6.50 AIVI	2/20	0/14	VVALI	emclaren@mtsac.edu
43635	M,W,F	9:00 AM	9:50 AM	2/26	6/14	DBC	Barnes, MacKenzie
43033	101,00,1	9.00 AIVI	9.30 AIVI	2/20	0/14	DBC	mbarnes35@mtsac.edu
43636	M,W,F	9:30 AM	10:35 AM	2/26	6/14	WALT	Cole, Danelle
43030	101,00,1	9.50 AIVI	10.55 AIVI	2/20	0/14	VVALI	dcole18@mtsac.edu
43637	M,W,F	10:00 AM	10:50 AM	2/26	6/14	DBC	Barnes, MacKenzie
+3037	1V1, VV, F	TO.OO AIVI	TO:30 AIVI	2/20	0/ 14	DBC	mbarnes35@mtsac.edu
43631	M,T,W,	11:00 AM	12:05 PM	2/26	6/14	BPSC	Ortiz, Frank
43031	Th,F	11.00 AIVI	TZ.UJ FIVI	2/20	0/ 14	Dr 3C	fortiz27@mtsac.edu

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^{*}Class may be full. Please contact the instructor to join the waitlist for the class.

OAD MOX01 Healthy Aging (Continued)

CDN	Dov.(a)	Start	End	Start	End	Location	Instructor 9 Feesil
CRN	Day(s)	Time	Time	Date	Date	Location	Instructor & Email
43476	Т	8:00 AM	8:50 AM	2/27	6/11	ONLINE -	Castro, Candice
43476	ı	8.00 AIVI	6.50 AIVI	2/2/	2/2/ 6/11 S	Synchronous	ccastro@mtsac.edu
43638	Т	9:00 AM	9:50 AM	2/27	6/11	WALT	White, Elizabeth
43036	•	9.00 AIVI	9.50 AIVI	2/2/	0/11	VVALI	ewhite31@mtsac.edu
43477	Т	10.00 414	10:50 AM	2/27	6/11	ONLINE -	Hunnicutt, Leslie
43477	-	10.00 AIVI	10.50 AIVI	2/2/	0/11	Synchronous	lhunnicutt@mtsac.edu
43641	T,Th	8:00 AM	8:50 AM	2/27	6/13	PLUM	Jones, Vanessa
43041	1,111	6.00 AIVI	6.30 AIVI	2/2/	0/13	PLOW	vjones11@mtsac.edu
43642	T,Th	8:15 AM	9:35 AM	2/27	27 6/13	LV	Cole, Danelle
43042	1,111	0.13 AIVI	9.33 AIVI	2/2/		0/13 LV	dcole18@mtsac.edu
43481	W	7:20 AM	8:25 AM	2/28	6/12	ONLINE -	Tan, Jeremy
43461	VV	7.20 AIVI	U.ZJ AIVI Z	2/20 0/12	0/12	Synchronous	jtan 9@mtsac.edu
43482	W	8:00 AM	8:50 AM	2/28	6/12	ONLINE -	Castro, Candice
43402	VV	8.00 AIVI	0.50 AIVI	2/20	0/12	Synchronous	ccastro@mtsac.edu
43483	W	8:00 AM	8:50 AM	2/28	6/12	ONLINE -	Cole, Danelle
43403	VV	8.00 AIVI	0.50 AIVI	2/20	0/12	Synchronous	dcole18@mtsac.edu
43484	W	9:00 AM	9:50 AM	2/28	6/12	ONLINE -	Castro, Candice
43464	VV	9.00 AIVI	9.30 AIVI	2/20	0/12	Synchronous	ccastro@mtsac.edu
43485	W	9:00 AM	9:50 AM	2/28	6/12	ONLINE -	Hunnicutt, Leslie
43463	VV	3.00 AIVI	9.30 AIVI	2/20	0/12	Synchronous	lhunnicutt@mtsac.edu
43643	W	9:30 AM	10:20 AM	2/28	6/12	PLUM	Jones, Vanessa
43043	VV	J.SU AIVI	TO.ZO AIVI	2/20	0/12	FLUIVI	vjones11@mtsac.edu
43645	W	10:30 AM	11.20 414	2/28	6/12	SOP	Hunnicutt, Leslie
43043	VV	10.30 AIVI	TT.ZU AIVI	2/20	0/12	301	lhunnicutt@mtsac.edu

OAD MOX01 Healthy Aging (Continued)

CDN	5 (1)	Start	End	Start	End		1
CRN	Day(s)	Time	Time	Date	Date	Location	Instructor & Email
43478	Th	8:00 AM	8:50 AM	2/29	6/13	ONLINE -	Castro, Candice
43476	1111	6.00 AIVI	6.50 AIVI	2/29 0/13	Synchronous	ccastro@mtsac.edu	
43479	Th	10:00 AM	10:50 AM	2/29	6/13	ONLINE -	Hunnicutt, Leslie
434/3	1111	10.00 AW	10.50 AIVI	2/29	0/13	Synchronous	lhunnicutt@mtsac.edu
43480	Th	11:00 AM	11:50 AM	2/29	6/12	ONLINE -	Castro, Candice
43460	1111	11.00 AW	11.50 AIVI	2/29	6/13	Synchronous	ccastro@mtsac.edu
43640	Th	1:00 PM	1:50 PM	2/29	6/12	IRWN	Hunnicutt, Leslie
43040	1111	1.00 PIVI	1.50 PW	2/29	6/13	ILVVIN	lhunnicutt@mtsac.edu
43469	F	8:00 AM	8:50 AM	3/1	6/14	ONLINE -	Cole, Danelle
43409	Г	6.00 AIVI	6.50 AIVI	5/1	0/14	Synchronous	dcole18@mtsac.edu
43470	F	9:00 AM	10:30 AM	3/1	6/14	ONLINE -	White, Shelby
43470	Г	9.00 AIVI	10.30 AIVI	3/1	0/14	Synchronous	swhite@mtsac.edu
43622	F	9:00 AM	9:50 AM	3/1	6/14	WCSCC	Figueroa-Darby, Raea
43022	ı	9.00 AIVI	9.50 AIVI	J/ I	0/14	WCSCC	adarby1@mtsac.edu
43623	F	9:30 AM	10:20 AM	3/1	6/14	SD	McLaren, Erin
43023	'	9.30 AIVI	10.20 AIVI	3/1	0/14	30	emclaren@mtsac.edu
43624	F	10:00 AM	10:50 AM	3/1	6/14	WCSCC	Figueroa-Darby, Raea
43024		10.00 AIVI	10.50 AIVI	J/ I	0/14	Wesee	adarby1@mtsac.edu
43625	F	1:00 PM	1:50 PM	3/1	6/14	IRWN	Miranda, Blanche
73023	'	1.00 F 101	1.50 1 101	J/ 1	0/ 14	IIVVIV	bmiranda 22@mtsac.edu
43475	Sa	8:30 AM	10:05 AM	3/2	6/15	ONLINE -	Tan, Jeremy
737/3	Ja	J.JU AIVI	10.03 AIVI	J	0/13	Synchronous	jtan9@mtsac.edu

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.

CRN	Day(s)	Start Time	End Time	Start	End	Location	Instructor & Email
CKIV	Day(s)	Start Time	End Time	Date	Date	Location	instructor & Email
43649	M,W	9:00 AM	9:50 AM	2/26	6/12	IRWN	Figueroa-Darby, Raea
43043	101,00	9.00 AIVI	3.50 AIVI	2/20	0/12	IIVVIV	adarby1@mtsac.edu
43650	M,W	10:00 AM	10:50 AM	2/26	6/12	IRWN	Figueroa-Darby, Raea
43030	101,00	10.00 AIVI	10.30 AIVI	2/20	0/12	IIVVIV	adarby1@mtsac.edu
43653	М	1:00 PM	00 PM 1:50 PM 2/26 6/10 GSC	GSC	Chou, Kathy		
43033	IVI	1.00 1 101	1.50 1 101	2/20	0/10	10 GSC	kchou@mtsac.edu
13617	13647 M	12:00 PM	.2:00 PM 1:25 PM	2/26	6/10	wcscc	Figueroa-Darby, Raea
43047						Wesee	adarby1@mtsac.edu
43648	М	1:30 PM	2:55 PM	2/26	6/10	WCSCC	Figueroa-Darby, Raea
7JU7U) IVI	1.50 1 101	2.33 1 101	2/20	0/10	Wesee	adarby1@mtsac.edu
43656	Т	9:00 AM	10:05 AM	2/27	6/11	PLUM	Chou, Kathy
43030		3.00 AIVI	10.03 AIVI	2/2/	0/11	1 20101	kchou@mtsac.edu
43486	Th	9:00 AM	9:50 AM	2/29	6/13	ONLINE -	White, Shelby
43400	111	J.00 AIVI	J.30 AIVI	2/23	0/13	Synchronous	swhite@mtsac.edu
43654	Th	9:30 AM	11:20 AM	2/29	6/13	DBC	Figueroa-Darby, Raea
73034	111	J.30 AIVI	11.20 AIVI	2/23	0/13	DBC	adarby1@mtsac.edu
43655	Th	1:00 PM	1 2:50 PM	2/29	6/13	LV	Figueroa-Darby, Raea
73033	111	1.00 1 101	2.501101	2,23	0,13	LV	adarby1@mtsac.edu

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.

CRN	Dav(s)	Start Time	End Time	Start	End	Location	Instructor & Email
	7(-)			Date	Date		
43705	М	8:00 AM	8:50 AM	2/26	6/10	HERI	Mehta, Surendra
43703	141	0.00 AIVI	0.50 AIVI	2/20	0/10	1121(1	eoa@mtsac.edu
43495	М	8:30 AM	9:55 AM	2/26	6/10	ONLINE -	Klein, Gabriela
43433	171	0.30 AIVI	J.JJ AIVI	2/20	0/10	Synchronous	gklein@mtsac.edu
43496	М	11:30 AM	12:55 PM	2/26	6/10	ONLINE -	Klein, Gabriela
43490	IVI	11.30 AIVI	12.55 F 101	2/20	0/10	Synchronous	gklein@mtsac.edu
43497	Т	7:20 AM	8:25 AM	2/27	6/11	ONLINE -	Tan, Jeremy
43437	ı	7.20 AIVI	O.ZJ AIVI	2/2/	0/11	Synchronous	jtan9@mtsac.edu
43498	Т	9:00 AM	9:50 AM	2/27	6/11	ONLINE -	Castro, Candice
43436	ı	9.00 AIVI	9.30 AIVI	2/2/	0/11	Synchronous	ccastro@mtsac.edu
43659	Т	10:15 AM	11:20 AM	2/27	6/11	DBC	White, Elizabeth
43033	'	TO.TS AIVI	11.20 AIVI	2/2/	0/11	DBC	ewhite31@mtsac.edu
43660	Т	11:25 AM	12:30 PM	2/27	6/11	DBC	White, Elizabeth
43000	ı	11.23 AIVI	12.30 PIVI	2/2/	0/11	DBC	ewhite31@mtsac.edu
43662	T,Th	10:00 AM	10:50 AM	2/27	6/13	WCSCC	Cole, Danelle
43002	1,111	10.00 AIVI	10.30 AIVI	2/2/	0/13	VVC3CC	dcole18@mtsac.edu
43501	T,Th	6:30 PM	7:50 PM	2/27	6/13	ONLINE -	Cole, Danelle
43301	1,111	0.30 F W	7.30 FIVI	2/2/	0/13	Synchronous	dcole18@mtsac.edu
43502	W	8:30 AM	9:55 AM	2/28	6/12	ONLINE -	Klein, Gabriela
43302	VV	6.30 AIVI	3.33 AIVI	2/20	0/12	Synchronous	gklein@mtsac.edu
43503	W	10:00 AM	10:50 AM	2/28	6/12	ONLINE -	White, Shelby
43303	VV	10.00 AIVI	TO.30 AIVI	2/20	0/12	Synchronous	swhite@mtsac.edu
43663	W	10:45 AM	11:50 AM	2/28	6/12	WALT	Cole, Danelle
43003	VV	10.43 AW	II.JU AIVI	2/20	0/12	WALI	dcole18@mtsac.edu
43504	W	11:30 AM	12:55 PM	2/28	6/12	ONLINE -	Klein, Gabriela
43304	VV	11.30 AIVI	17.77 L IAI	2/20	0/12	Synchronous	gklein@mtsac.edu
43505	W	1:00 PM	2:05 PM	2/28	6/12	ONLINE -	Hunnicutt, Leslie
43303	VV	1.00 FIVI	2.03 F 1VI	2/20	0/12	Synchronous	lhunnicutt@mtsac.edu

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^{*}Class may be full. Please contact the instructor to join the waitlist for the class.

OAD MOX04 Healthy Aging - Principles of Posture and Flexibility (Continued)

CRN	Day(s)	Start Time	End Time	Start Date	End Date	Location	Instructor & Email
43499	Th	7:20 AM	8:25 AM 2/29	2/20	2/29 6/13	ONLINE -	Tan, Jeremy
43433	111	7.20 AIVI	O.ZJ AIVI	2/29		Synchronous	jtan 9@mtsac.edu
43500	Th	9:00 AM	9:50 AM	2/20	2/29 6/13	ONLINE -	Castro, Candice
43300	111	9.00 AIVI	9.50 AIVI	2/29		Synchronous	ccastro@mtsac.edu
43661	Th,F 9:00 AM 10:20 AM 2/29 6/	6/13	PLUM	Chou, Kathy			
43001	Th,F	9:00 AM	10:20 AM	2/29	0/13	PLUIVI	kchou@mtsac.edu
43493	F	8:30 AM	9:55 AM	3/1	6/14	ONLINE -	Klein, Gabriela
43493	Г	6.30 AIVI	9.33 AIVI	3/1	0/14	Synchronous	gklein@mtsac.edu
43658	F	11:00 AM	11:50 AM	3/1	6/1/	IRWN	Cole, Danelle
43036	Г	11.00 AIVI	11.50 AIVI	3/1	6/14	ILVVIN	dcole18@mtsac.edu
12101	3494 F 11:30 AM 12:55 PM	2/1	6/1/	ONLINE -	Klein, Gabriela		
43494		11:30 AIVI	12:55 PIVI	3/1	6/14	Synchronous	gklein@mtsac.edu

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.

CRN	Day(s)	Start	End	Start	End	Location	Instructor & Email
CKIN	Day(s)	Time	Time	Date	Date	LUCATION	instructor & cinan
43667	M,T,W,Th,F	8:00 AM	9:20 AM	2/26	6/14	BPAQ	Ortiz, Frank
43007	101,1,00,111,1	6.00 AIVI	9.20 AIVI	2/20	0/14	BPAQ	fortiz27@mtsac.edu
43668	M,T,W,Th,F	9:30 AM	10:50 AM	2/26	6/14	BPAQ	Ortiz, Frank
43008	101,1,00,111,1	3.30 AIVI	10.30 AIVI	2/20	0/14	BFAQ	fortiz 27@mtsac.edu
43666	M,T,W,Th	7:15 PM	8:05 PM	2/26	6/13	BPAQ	Slim, Yamil
43000	101,1,00,111	7.13 FIVI	6.03 FIVI	2/20	0/13	ВРАЦ	yslim1@mtsac.edu
43669	M,T,W,Th	8:45 AM	9:35 AM	2/26	6/13	SDSR	Friedman, Karena
43003	101,1,00,111	0.43 AIVI	3.33 AIVI	2/20	0/13	JUJN	kfriedman@mtsac.edu
43670	M,T,W,Th	9:45 AM	10:35 AM	2/26	6/13	SDSR	Friedman, Karena
43070	101,1,00,111	9.43 AIVI	10.55 AIVI	2/20	0/13	SDSK	kfriedman@mtsac.edu
43664	F	8:45 AM	9:35 AM	3/1	6/14	SDSR	Hunnicutt, Leslie
43004	Г	0.43 AIVI	3.33 AIVI	3/1	0/14	4 3031	lhunnicutt@mtsac.edu
43665	F	9:45 AM	10:35 AM	3/1	6/14	SDSR	Hunnicutt, Leslie
43003	Γ	J.4J AIVI	10.33 AIVI	3/1	0/14	JUJN	lhunnicutt@mtsac.edu

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.

CDN	Davida	Chart Times	Food Times	Start	End	Location	Instructor C Francil
CRN	Day(s)	Start Time	End Time	Date	Date	Location	Instructor & Email
43510	М	10:00 AM	11:25 AM	M 2/26	6/10	ONLINE -	Klein, Gabriela
43310	IVI	10.00 AIVI	II.ZJ AIVI	2/20	2/20 0/10	Synchronous	gklein@mtsac.edu
43511	М	1:00 PM	2:05 PM	2/26	2/26 6/10	ONLINE -	Hunnicutt, Leslie
43311	IVI	1.00 F W	2.03 F101	2/20		Synchronous	lhunnicutt@mtsac.edu
43671	Т	11:00 AM	11:50 AM	2/27	6/11	IRWN	Castro, Candice
43071	ı	11.00 AIVI	11.30 AIVI	2/2/ 6/11	IKVVIV	ccastro@mtsac.edu	
12671	43674 T,Th 1:	1:30 PM	2:20 PM	2/27	6/13	LV	Slim, Yamil
43074		1.30 FIVI				LV	yslim1@mtsac.edu
43512	W	10:00 AM	11:25 AM	2/28	6/12	ONLINE -	Klein, Gabriela
43312	VV	10.00 AIVI	II.ZJ AIVI	2/20	0/12	Synchronous	gklein@mtsac.edu
43507	W	11:00 AM	11:50 AM	2/28	6/12	ONLINE -	White, Shelby
43307	VV	11.00 AIVI	11.30 AIVI	2/20	0/12	Synchronous	swhite@mtsac.edu
43675	W	12:40 PM	1:45 PM	2/28	6/12	ESGVJC	McLaren, Erin
43073	VV	12.40 FIVI	1.43 FIVI	2/20	0/12	LSGVIC	emclaren@mtsac.edu
43672	Th	11:30 AM	12:20 PM	2/29	6/13	PSC	Hunnicutt, Leslie
43072	111	11.30 AIVI	12.20 FIVI	2/29	2/29 0/13	F3C	lhunnicutt@mtsac.edu
43508	F	F 10:00 AM	11:25 AM	3/1	6/14	ONLINE -	Klein, Gabriela
73308		10.00 AW	11.23 AIVI	J/ 1	0/ 14	Synchronous	gklein@mtsac.edu

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.

CRN	Day(s)	Start Time	End Time	Start Date	End Date	Location	Instructor & Email
43570	W	1:00 PM	3:50 PM	2/28	6/12	WALT	Conte, Kelly kconte@mtsac.edu
43569	Th	9:00 AM	11:50 AM	2/29	6/13	WALT	Conte, Kelly kconte@mtsac.edu

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.

CRN	Day(s)	Start Time	End Time	Start	End	Location	Instructor & Email
CKIV	Day(S)			Date	Date		
43467	М	9:00 AM 11:50 AM 2/26 6/10 ONLINE -	ONLINE -	Tucker, Ray			
43407	IVI	9.00 AIVI	II.JU AIVI	2/20	0/10	Synchronous	rtucker@mtsac.edu
43580	М	10:00 AM	11:50 AM	2/26	6/10	BPSC	Sanchez, Angelica
43360	IVI	10.00 AIVI	11.30 AIVI	2/20	0/10	BF3C	asanchez 487@mtsac.edu
43581 T	Т	9:00 AM	11:50 AM	2/27	6/11	LV	Conte, Kelly
45561	ı						kconte@mtsac.edu
42502	Т	1:00 PM	4:05 PM	2/27	6/11	SD	Conte, Kelly
43582	ı	1.00 PW	4.05 PIVI	2/2/	0/11	30	kconte@mtsac.edu
43583	Th	1:00 PM	3:50 PM	2/29	6/13	DBC	Conte, Kelly
43363	111	1.00 PW	3.30 PIVI	2/29	0/13	DBC	kconte@mtsac.edu
12571	F	10:00 AM	12:30 PM	3/1	6/14	WCSCC	Conte, Kelly
43571	Г						kconte@mtsac.edu
43577	F	12:55 PM	4:00 PM	3/1	6/14	LV	Tucker, Ray
433//							rtucker@mtsac.edu

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^{*}Class may be full. Please contact the instructor to join the waitlist for the class.

OAD FNA32 Drawing—Beginning-Advanced

Drawing while emphasizing the development of perceptual and technical skills. Students will advance their abilities in dry and fluid media while expanding their use of the formal elements and principles. The development of works of art will utilize observation of single objects, still life and landscape for representation and expression.

CRN	Day(s)	Start Time	End Time	Start Date	End Date	Location	Instructor & Email
43586	Т	12:30 PM 3:20 PM 2/27 6/11 DBC	DBC	Tucker, Ray			
43380	•	12.30 FIVI	3.20 F W	2/2/	0/11	DBC	rtucker@mtsac.edu
43468 W	W	9:00 AM	11:30 AM	2/28	6/12	ONLINE -	Conte, Kelly
43408	VV					Synchronous	kconte@mtsac.edu
43587	Th	8:55 AM	12:00 PM	2/29	6/13	LV	Tucker, Ray
43367	111	0.33 AIVI	12.00 F W	2/29	0/13		rtucker@mtsac.edu
43584	F	9:00 AM	11:50 AM	3/1	6/14	WSSC	Johnson, Bernard
	ı						bjohnson 98@mtsac.edu
43585	F	1:00 PM	3:05 PM	3/1	6/14	DBC	Cardona, Yasmin
43363							ycardona3@mtsac.edu

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, Microenterprise, or Sewing & Tailoring.

You can view the VRE Schedule online at www.mtsac.edu/eoa.



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SCE SOS

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- Mountie Mail
- Office 365
- Convert Files/Docs
 And much more!
- Download files for coursework
- Noncredit Application

WINTER 2024 ZOOM HOURS:

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

<u> WINTER 2024 HYBRID HOURS (IN-PERSON OR ON ZOOM)</u>

Monday: 9am-1pm (Location: Bldg 30, Rm 111 or on Zoom) Tuesday: 9am-1pm (Location: Bldg 66, Rm 171 or on Zoom) Tuesday: 9am-1pm (Location: Bldg 40, Rm 140 or on Zoom)

HOW TO CONTACT US:



ZOOM: https://mtsac-edu.zoom.us/j/95117998111



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Semester Dates

Winter 2024

Classes Begin: January 8, 2024 Classes End: February 18, 2024

Holidays: January 15 and February 16

Spring 2024

Registration Begins: January 16, 2024 Classes Begin: February 26, 2024

Classes End: June 16, 2024 Holidays: April 1 and May 27

Summer 2024

Registration Begins: May 6, 2024