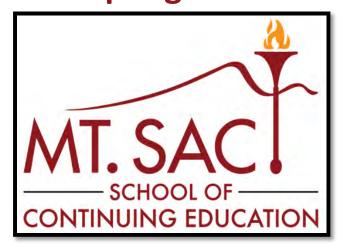
# Education for Older Adults Class Schedule Spring 2024



February 26 to June 16, 2024 Holidays: 4/1 and 5/27 Sign up today!

**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

# **CMRMPK ... Cameron Park, West Covina**

1305 E Cameron Avenue West Covina, CA 91791 Phone: (626) 919-6966

#### **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. 3<sup>rd</sup> 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

# **PATH ... Rowland Heights Community Center**

18150 Pathfinder Rd.

Rowland Heights, CA 91748

Phone: (562) 691-1624

# **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

### **PVPK ... Palmview Park, West Covina**

1340 E Puente Ave,

West Covina, CA 91790

Phone: (626) 919-6966

# SD ... San Dimas Senior/Community Center

201 E. Bonita Ave.

San Dimas, CA 91773

Phone: (909) 394-6293

#### SDSR ... San Dimas Swim & Racquet Club

990 W. Covina Blvd.

San Dimas, CA 91773

Phone: (909) 592-1430

#### SOP ... Shadow Oak Park, West Covina

2121 Shadow Oak Drive

West Covina, CA 91792

Phone: (626) 965-0328

#### **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 is happening now. Sign up today!

# **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 <a href="https://www.mtsac.edu/noncreditapp">www.mtsac.edu/noncreditapp</a>

**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. 138		
Tuesday, February 13	2pm-4pm	Online via Zoom <a href="https://tinyurl.com/reghelp2024">https://tinyurl.com/reghelp2024</a>		
Wednesday, February 14	10am-12pm	Online via Zoom <a href="https://tinyurl.com/reghelp2024">https://tinyurl.com/reghelp2024</a>		

# \*\*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, 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 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.

CRN	Day	Start Time	End Time	Start Date	End Date	Location	Instructor & Email		
43704	W	9:00 AM	11:30 AM	2/28 6/12		ONLINE - Asynch	Bloom, Danielle		
43704	VV	9.00 AIVI	11.50 AIVI	2/20	2,20	0/12	.0 0/12	Zoom 9am-10:30am	dbloom@mtsac.edu
43530	Th	0 Th	1:00 PM	3:30 PM	2/29	6/13	ONLINE - Asynch	Bloom, Danielle	
43330	111	1.00 PIVI	3.30 PIVI	2/29	2/29   0/13	Zoom 1pm-2:30pm	dbloom@mtsac.edu		
4290E	5 Th	1:00 DM	2.20 DM 2/20	3:20 PM	2/29	6/13	S.D.	Friedman, Karena	
43693	43895 Th 1:00 PM		3.20 PIVI	2/29	0/13	SD	kfriedman@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	Start Time	End Time	Start End		Location	Instructor & Email		
				Date	Date				
43680	т (	1:00 PM	3:30 PM	2/27	6/11	ONLINE - Asynch	White, Shelby		
43080	_	1.00 FIVI		2/2/	0/11	Zoom 1pm-2:30pm	swhite@mtsac.edu		
43232	W	۱۸/	۱۸/	W 1:00 PM	3:20 PM 2/28		6/12	כ	Friedman, Karena
43232	VV	1.00 PIVI	3.20 PIVI	2/20	0/12	0/12	SD	kfriedman@mtsac.edu	
12691	Th	10:00 AM	12.20 014	2/29	6/13	ONLINE - Asynch	Jones, Vanessa		
43681	111	10.00 AW	12.30 PW	2/29	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	471 101 7.20	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	3/18	6/10	WCSCC	White, Shelby
43020	IVI	9.00 AIVI	9.50 AIVI	3/10	0/10	WCSCC	swhite@mtsac.edu
43627	М	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	M,W	10:30 AM	11:20 AM	2/26	6/12	PSC	McLaren, Erin
43032	101,00	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	11.33 AIVI	2/20	0/12	VVFIX	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	WALI	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

<sup>9</sup> 

<sup>\*</sup>Class may be full. Please contact the instructor to join the waitlist for the class.

**OAD MOX01 Healthy Aging (Continued)** 

	OXOI IICO		Continue	•	F.,									
CRN	Day(s)	Start	End	Start	End	Location	Instructor & Email							
		Time	Time	Date	Date									
43476	Т	8:00 AM	8:50 AM	2/27	6/11	ONLINE -	Castro, Candice							
43470	•	0.0071171	0.307(141	2/2/	0,11	Synchronous	ccastro@mtsac.edu							
43638	Т	9:00 AM	9:50 AM	2/27	6/11	WALT	White, Elizabeth							
43036	ı	9.00 AIVI	9.50 AIVI	2/2/	0/11	WALI	ewhite31@mtsac.edu							
42477	<b>-</b>	10.00 484	10.50 414	2/27	C /1 1	ONLINE -	Hunnicutt, Leslie							
43477	Т	10:00 AIVI	10:50 AM	2/27	6/11	Synchronous	lhunnicutt@mtsac.edu							
42641	エ エト	0.00 414	0.50 414	2/20	C /12	DILINA	Jones, Vanessa							
43641	T,Th	8:00 AM	8:50 AM	3/26	6/13	PLUM	vjones11@mtsac.edu							
42642	T TI-	0.45 004	0.25 414	2/27	C /4.2	137	Cole, Danelle							
43642	T,Th	8:15 AM	9:35 AM	2/27	6/13	LV	dcole18@mtsac.edu							
42491	24 34 7 20 444 0 3	0.25 414	2/20	00 6/12	ONLINE -	Tan, Jeremy								
43481	W	7:20 AM	8:25 AM	2/28	6/12	Synchronous	jtan9@mtsac.edu							
42492	<b>\</b> \ \ /	0.00 414	0.50 414	2/20	6/12	ONLINE -	Castro, Candice							
43482	W	8:00 AM	8:50 AM	2/28	6/12	Synchronous	ccastro@mtsac.edu							
12102	\A/	0.00 414	0.50 414	2 4 4 4 2 / 2 0	6/12	ONLINE -	Cole, Danelle							
43483	W	8:00 AM	8:50 AM	2/28	6/12	Synchronous	dcole18@mtsac.edu							
43484	W	9:00 AM	9:50 AM	2/20	6/12	ONLINE -	Castro, Candice							
43464	VV	9.00 AIVI	9.50 AIVI	2/28	6/12	Synchronous	ccastro@mtsac.edu							
43485	۱۸/	0.00 414	9:50 AM	2/20	6/12	ONLINE -	Hunnicutt, Leslie							
43463	W	9:00 AM	9.50 AIVI	2/28	6/12	Synchronous	lhunnicutt@mtsac.edu							
12612	\^/	0.20 414	10.20 484	2/27	6/12	DLUM	Jones, Vanessa							
43643	W	9:30 AIVI	10:20 AM	3/27	6/12	PLUM	vjones11@mtsac.edu							
12611	\^/	10.20 414	11.20 444	2/20	6/12	WSSC	Castro, Candice							
43644	W	TO.SU AIVI	11:20 AM	2/28	6/12	WSSC	ccastro@mtsac.edu							
12615	\A/	10.20 414	11.20 444	11.20 484	11.20 484	11.20 444	11.20 444	11.20 414	11.20 444	11.20 444 24	2/20 6/42	6/42	SOB	Hunnicutt, Leslie
43645	W	10:30 AIVI	11:20 AM	2/28	6/12	SOP	lhunnicutt@mtsac.edu							

**OAD MOX01 Healthy Aging (Continued)** 

CRN	Day(s)	Start	End	Start	End	Location	Instructor & Email	
CKIN	Day(s)	Time	Time	Date	Date	Location	instructor & Email	
43478	Th	8:00 AM	8:50 AM	2/20	6/13	ONLINE -	Castro, Candice	
43476	111	6.00 AIVI	6.50 AIVI	2/29	0/13	Synchronous	ccastro@mtsac.edu	
43894	Th	8:30 AM	9:20 AM	2/29	6/13	WSCC	Barnes, MacKenzie	
43094	111	6.50 AIVI	9.20 AIVI	2/29	0/13	WSCC	mbarnes35@mtsac.edu	
43479	Th	10:00 AM	10:50 AM	2/29	6/13	ONLINE -	Hunnicutt, Leslie	
43473	111	10.00 AIVI	10.30 AIVI	2/29	0/13	Synchronous	lhunnicutt@mtsac.edu	
43480	Th	11:00 AM	11:50 AM	2/29	6/13	ONLINE -	Castro, Candice	
43460	111	11.00 AW	11.30 AIVI	2/29	0/13	Synchronous	ccastro@mtsac.edu	
43640	Th	1:00 PM	1:50 PM	2/29	9 6/13 IRWN	Hunnicutt, Leslie		
43040	111	1.00 F W	1.30 F W	2,23	2/29	6/13	IIVVIN	lhunnicutt@mtsac.edu
43469	F	8:00 AM	8:50 AM	3/1	6/14	ONLINE -	Cole, Danelle	
43403	ı	0.00 AIVI	6.50 AIVI	J/ I	0/14	Synchronous	dcole18@mtsac.edu	
43470	F	9:00 AM	10:35 AM	3/1	6/14	ONLINE -	White, Shelby	
43470	'	J.00 AIVI	10.55 AIVI	J/ 1	0/14	Synchronous	swhite@mtsac.edu	
43622	F	9:00 AM	9:50 AM	3/15	6/14	WCSCC	Figueroa-Darby, Raea	
73022	'	J.00 AIVI	J.30 AIVI	3/13	0/14	Wesee	adarby1@mtsac.edu	
43623	F	9:30 AM	10:20 AM	3/1	6/14	SD	McLaren, Erin	
43023	'	J.50 AIVI	10.20 AIVI	J/ 1	0/14	30	emclaren@mtsac.edu	
43624	F	10:00 AM	10:50 AM	3/15	6/14	WCSCC	Figueroa-Darby, Raea	
73027	·	10.00 AIVI	10.30 AIVI	3/13	0/14	Wesee	adarby1@mtsac.edu	
43625	F	1:00 PM	1:50 PM	3/1	6/14	IRWN	Miranda, Blanche	
73023	ı	1.00 F 101	1.50 1101	J/ 1	0/ 14	IIVVIV	bmiranda22@mtsac.edu	
43475	Sa	Sa 8:30 AM	10:20 AM	3/2	6/15	ONLINE -	Tan, Jeremy	
73473	Ja		TO.ZO AIVI	J/ L		Synchronous	jtan 9@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 Date	End Date	Location	Instructor & Email
43649	M,W	9:00 AM	9:50 AM	2/26	6/12	IRWN	Figueroa-Darby, Raea adarby1@mtsac.edu
43650	M,W	10:00 AM	10:50 AM	2/26	6/12	IRWN	Figueroa-Darby, Raea adarby1@mtsac.edu
43653	М	1:00 PM	1:50 PM	2/26	6/10	GSC	Chou, Kathy kchou@mtsac.edu
43647	М	12:00 PM	1:25 PM	3/18	6/10	WCSCC	Figueroa-Darby, Raea adarby1@mtsac.edu
43648	М	1:30 PM	2:55 PM	3/18	6/10	WCSCC	Figueroa-Darby, Raea adarby1@mtsac.edu
43656	Т	9:00 AM	10:05 AM	3/26	6/11	PLUM	Chou, Kathy kchou@mtsac.edu
43486	Th	9:00 AM	9:50 AM	2/29	6/13	ONLINE - Synchronous	White, Shelby swhite@mtsac.edu
43654	Th	9:30 AM	11:20 AM	2/29	6/13	DBC	Figueroa-Darby, Raea adarby1@mtsac.edu
43655	Th	1:00 PM	2:50 PM	2/29	6/13	LV	Figueroa-Darby, Raea adarby1@mtsac.edu
43854	F	10:30 AM	11:35 AM	3/29	6/13	PLUM	Chou, Kathy kchou@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	Day(s)	Start Time	End Time	Start Date	End Date	Location	Instructor & Email
43705	M	8:00 AM	8:50 AM	2/26	6/10	HERI	Mehta, Surendra eoa@mtsac.edu
43495	М	8:30 AM	9:55 AM	2/26	6/10	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
43496	М	11:30 AM	12:55 PM	2/26	6/10	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
43497	Т	7:20 AM	8:25 AM	2/27	6/11	ONLINE - Synchronous	Tan, Jeremy jtan9@mtsac.edu
43498	Т	9:00 AM	9:50 AM	2/27	6/11	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
43503	Т	10:00 AM	10:50 AM	2/27	6/11	ONLINE - Synchronous	White, Shelby swhite@mtsac.edu
43659	Т	10:15 AM	11:20 AM	2/27	6/11	DBC	White, Elizabeth ewhite31@mtsac.edu
43660	Т	11:25 AM	12:30 PM	2/27	6/11	DBC	White, Elizabeth ewhite31@mtsac.edu
43662	T,Th	10:00 AM	11:05 AM	3/12	6/13	WCSCC	Cole, Danelle dcole18@mtsac.edu
43501	T,Th	6:30 PM	7:50 PM	2/27	6/13	ONLINE - Synchronous	Cole, Danelle dcole18@mtsac.edu
43502	W	8:30 AM	9:55 AM	2/28	6/12	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
43663	W	10:45 AM	11:50 AM	2/28	6/12	WALT	Cole, Danelle dcole18@mtsac.edu
43504	W	11:30 AM	12:55 PM	2/28	6/12	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu

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

CRN	Day(s)	Start Time	Fnd Time	Start	End	Location	Instructor & Email				
Citit	Day(s)	Start Time	Liid Tillic	Date	Date	Location	motractor & Email				
43499	Th	7:20 AM	8:25 AM 2/	2/29	2/29 6/13	ONLINE -	Tan, Jeremy				
43433	111	7.20 AIVI	0.23 AIVI	2/29   6/13   9	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	661 Th E 0:00 AM	0.00 414	10.20 414	9:00 AM   10:20 AM	2/20	M 3/28 6	0 (/12	/28 6/13	PLUM	Chou, Kathy
43001	111,5	9:00 AIVI	10.20 AIVI	3/20	0/13	0/13	PLUIVI	kchou@mtsac.edu			
43493	F	8:30 AM 9:5	0.55 414 2/	3/1	6/14	ONLINE -	Klein, Gabriela				
43493	Г	6.30 AIVI	9:55 AM	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	ILVVIA	dcole18@mtsac.edu				
43494	F	11.20 414	M 12:55 PM 3/1 6/14	6/1/	ONLINE -	Klein, Gabriela					
45454	Г	11:30 AM		3/ I	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.

CDN	Dovida	Start	End	Start	End	Location	Instructor 9 Franil
CRN	Day(s)	Time	Time	Date	Date	Location	Instructor & Email
43667	M,T,W,Th,F	8:00 AM	9:25 AM	2/26	6/14	BDAO	Ortiz, Frank
43007	101,1,00,111,6	6.00 AIVI	J.ZJ 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	9.30 AIVI	10.30 AIVI	2/20	0/14	BPAQ	fortiz27@mtsac.edu
43666	M,T,W,Th 7:15 PN	7:15 PM	8:05 PM	2/26	6/13	DDAO	Slim, Yamil
43000			7.131101	7.131101 0.0311	8.03 F W	2/20	3, 13
43669	M,T,W,Th	8:45 AM	9:35 AM	2/26	6/13	SDSR	Friedman, Karena
43003	101,1,00,111	6.43 AIVI	J.33 AIVI	2/20	0/13	אכעכ	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	3.43 AIVI	10.55 AIVI	2/20	0/13	JUJN	kfriedman@mtsac.edu
43664	F	8:45 AM	9:35 AM	3/1	6/14	SDSR	Hunnicutt, Leslie
43004	004 1 8.43 AW 9.33 A	3.33 AIVI	3/1	0/14	SDSK	lhunnicutt@mtsac.edu	
43665	F	F 9:45 AM	10:35 AM	3/1	C /1 A	CUCD	Hunnicutt, Leslie
43003	Г	J.4J AIVI	TO'22 WINI	3/1	6/14	4 SDSR	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 Time	Fred Times	Start	End	Location	Instructor & Franci					
CRN	Day(s)	Start Time	Ena Time	Date	Date	Location	Instructor & Email					
43510	М	10:00 AM	11:25 AM	2/26	6/10	ONLINE -	Klein, Gabriela					
43310	IVI	10.00 AIVI	II.ZJ AIVI	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 F 101	2/20		Synchronous	Ihunnicutt@mtsac.edu					
43671	Т	11:00 AM	11:50 AM	2/27	/27 6/11 IRWN	ID\A/NI	Castro, Candice					
43071	-	11.00 AIVI	II.JU AIVI	2/2/		D/11   IKVVIN	ccastro@mtsac.edu					
12507	43507 T	11:00 AM	11:00 AM 11:50 AM	2/27	6/11	ONLINE -	White, Shelby					
43307						Synchronous	swhite@mtsac.edu					
43674	T,Th	1:30 PM	2:20 PM 2/2	2/27	6/13	LV	Slim, Yamil					
43074	1,111	1.50 PIVI		2/2/		2/2/   6/13	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					
43675	W	12:40 PM	1:45 PM	2/28	6/12	ESGVJC	McLaren, Erin					
43073	VV	12.40 PW	1.45 PIVI   2/28	2/20	6/12	LSGVIC	emclaren@mtsac.edu					
43672	Th	11:30 AM	12:20 PM	2/20	6/12	PSC	Hunnicutt, Leslie					
43072	111	11.50 AIVI	12.20 PIVI 2/29	12.20 PIVI 2/29	vi 2/29   6/1	2.20 FIVI   2/29   0/	29   6/13	6/13	2/29   6/13	0/13	PSC	Ihunnicutt@mtsac.edu
43508	F	10:00 AM	11:25 AM	3/1	6/14	ONLINE -	Klein, Gabriela					
43308		10.00 AW	TT.ZJ MIVI	3/ 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	M 9:00 AM 11:50 AM 2/26 6/10 C		ONLINE -	Tucker, Ray			
43407	IVI	9.00 AIVI	11.50 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	DF3C	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
42592	Т	1:00 PM	4:05 PM	2/27	6/11	CD	Conte, Kelly
43582	ı	1.00 PW	4.05 PW	2/2/	0/11	SD	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	3/15	6/14	WCSCC	Conte, Kelly
43571	Г						kconte@mtsac.edu
*43577	F	12:45 PM	3:50 PM	3/1	6/14	LV	Tucker, Ray
433//							rtucker@mtsac.edu

<sup>17</sup> 

<sup>\*</sup>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
							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 <a href="https://www.mtsac.edu/eoa">www.mtsac.edu/eoa</a>.



# SCHOOL OF CONTINUING EDUCATION STUDENT ONLINE SUPPORT

# SCE SOS

**Our Student Online Support program** provides, LIVE, one-on-one help for noncredit students who need assistance with any technology support to help you succeed, navigate and access your courses!

# WHAT WE HELP WITH:

- Mt. SAC Portal
- **Canvas**
- Zoom

- 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: <a href="https://mtsac-edu.zoom.us/j/95117998111">https://mtsac-edu.zoom.us/j/95117998111</a>



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CALL: (909) 274-6100

# **Semester Dates**

#### Winter 2024

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

Holidays: January 15 and February 16

# Spring 2024

Registration is ongoing

Classes Begin: February 26, 2024

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

#### **Summer 2024**

**Registration Begins**: May 6, 2024

Classes Begin: June 17, 2024

Classes End: Varies - Check schedule for details

Holidays: June 19 and July 4

#### Fall 2024

Registration Begins: May 6, 2024 Classes Begin: August 26, 2024 Classes End: December 22, 2024

Holidays: September 2, November 11, November 28, and November 29

#### Winter 2025

Registration Begins: November 6, 2024

Classes Begin: January 6, 2025 Classes End: February 16, 2025

Holidays: January 20 and February 14

# Spring 2025

Registration Begins: November 6, 2024

Classes Begin: February 24, 2025

Classes End: June 15, 2025

Holidays: March 31 and May 26

Education for Older Adults | 1100 N. Grand Ave., Walnut, CA 91789 909-274-4192 | eoa@mtsac.edu