

Education for Older Adults (EOA) Spring 2025 Classes



Spring Term: February 24 – June 22, 2025

Holidays: 3/31, 5/26, 6/19

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

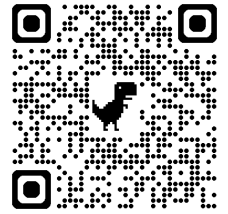


Printed 4/8/25

Class details subject to change.

*Class details
are subject to
change.*

How to Search the Schedule of Classes Online



1. For the most up-to-date schedule of classes, scan the QR code to the right or visit www.mtsac.edu/schedule.

2. Click the blue "Search for Classes" button.
3. Click on the term.
4. Click the "Noncredit" bubble.
5. Type in the Course Number (ex.: MOX01, ESD03).
6. Click the "No" bubble for "Open Classes Only".
7. *Optional:* Select your preferred day(s) of the week.
8. Click "Submit".

Schedule of Classes

Find the Right College Courses for Your Needs

The Schedule of Classes provides information about the range of college credit courses we are offering. We have made every effort to ensure the information is correct. Classes in future semesters are subject to change.

2. Search for Classes

3. Spring 2025
Winter 2025
Fall 2024
Summer 2024

Class Schedule Search for: **Spring 2025**

4. Credit: ☐ Noncredit: ☒

Submit Reset

Subject: ACCS Accesibility Resource Center
BS Basic Skills
BSHS Basic Skills High School
CITZ Citizenship
ESL English as a Second Language
OAD Older Adults
VOC Vocational

5. Course Number: **MOX01**
CRN:
Title:

Start Time: Hour: 05 Minute: 00 am/pm: am
End Time: Hour: 11 Minute: 00 am/pm: pm

7. Days: Mon: ☐ Tue: ☐ Wed: ☐ Thu: ☐ Fri: ☐ Sat: ☐ Sun: ☐

Start Month: <all>
Part of Term: <all>

Special Class Type: <all>
English Corequisites
Math Corequisites
Honors Program Courses
Teacher Prep Institute
Zero Cost Digital Textbook
Low Cost Materials (under \$40)
CSU GE
AA/AS GE
IGETC GE(UC/CSU)

Instructor: <all>
Abbott, James
Ajamian, Mher
Akers, Daniel
Amameda, Clarence
Andrade, Jessica
Anello, Andrea
Atherton, Sam
Avila, Suzanne
Bailey, Denise

Open Classes Only: No: ☒ Yes: ☐
Prerequisites: No: ☒ Yes: ☐

Meeting Type: On-Campus Only: ☐ Hybrid Only: ☐ On-Campus Only: ☐ Any Type: ☒

Time of Day: Any: ☒ Day: ☐ Evening: ☐ Weekend: ☐

Search By Units: <all>
New Classes Only: No: ☒ Yes: ☐

8. Submit Reset

Helpful tip: See our list of class locations ([EOA](#) and [AWD](#)) for acronyms.

For further assistance with navigating this page, contact [Student Online Support \(SOS\)](#) at (909) 274-6100.

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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

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

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.

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phone: (909) 274-4192

Winter & Spring 2025 Impacted Classes Registration Days

Registration begins on Wednesday, November 6, 2024.

If you would like to register for **in-person Computer Skills** class or **other impacted classes**, you **must** attend the registration day at the location where you plan to take the class (*see schedule below*). You do not need to attend a registration date if you are not interested in taking impacted classes. Impacted classes are noted in the schedule book with a double-asterisk (**) next to the CRN.

Date	Time	Location
Thursday, November 14	10am-12pm	Irwindale Senior Center
Friday, November 15	10am-12pm	Baldwin Park Julia McNeil Senior Center
Monday, November 18	10am-12pm	Gibson Senior Center, Upland
Tuesday, November 19	9am-11am	West Covina Senior Citizen's Center
Wednesday, November 20	10am-12pm	San Dimas Senior/Community Center
Thursday, November 21	9am-11am	Walnut Senior Center
Friday, November 22	11:30am-1:30pm	La Verne Community Center
Tuesday, November 26	10am-12pm	Diamond Bar Center
Tuesday, December 3	8:30am-10:30am	Shadow Oak Park, West Covina
Wednesday, December 4	10am-12pm	Washington Park, Pomona
Thursday, December 5	10am-12pm	Palomares Senior Center, Pomona
Monday, December 9	8:30am-10:30am	Heritage Park, Diamond Bar
Wednesday, December 11	9am-11am	Covina Senior Center
Thursday, December 12	10am-12pm	Rowland Heights Community Center

**** In Person Technology Classes & Additional Impacted Classes**

(Additional impacted classes are: Winter CRNs 30924 and 30933 & Spring CRNs 41462 and 41464)

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 apply online at www.mtsac.edu/noncreditapp and contact the office to join the waitlist for the course. Please contact our office if you have any questions, or if you need assistance, at (909) 274-4192 or eo@mtsac.edu.

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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 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 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.

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

Baldwin Park Julia McNeil Senior Center Classes (BPSC)

4100 Baldwin Park Blvd.
Baldwin Park, CA 91706

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41459	FNA04	Watercolor Painting	M	9:00am	11:50am	2/24	6/16	Angelica Sanchez asanchez487@mtsac.edu
41859	MOX09	Principles of Progressive Resistance	MTW ThF	11:00am	12:05pm	2/24	4/18	Frank Ortiz fortiz27@mtsac.edu
41860	MOX09	Principles of Progressive Resistance	MTW ThF	11:00am	12:05pm	4/21	6/6	Frank Ortiz fortiz27@mtsac.edu
44476	FNA32	Drawing	W	9:00am	11:50am	2/26	6/18	Angelica Sanchez asanchez487@mtsac.edu
43501	MBH	Music and Brain Health	Th	9:00am	11:05am	2/27	6/12	James Kung jkung23@mtsac.edu

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Baldwin Park Aquatic Center Classes (BPAQ)

4100 Baldwin Park Blvd.
Baldwin Park, CA 91706

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41934	MOX06	Principles of Aquatic Resistance	MTWThF	8:00am	9:25am	2/24	4/18	Frank Ortiz fortiz27@mtsac.edu
41935	MOX06	Principles of Aquatic Resistance	MTWThF	8:00am	9:25am	4/21	6/20	Frank Ortiz fortiz27@mtsac.edu
41936	MOX06	Principles of Aquatic Resistance	MTWThF	9:30am	10:50am	2/24	4/18	Frank Ortiz fortiz27@mtsac.edu
41937	MOX06	Principles of Aquatic Resistance	MTWThF	9:30am	10:50am	4/21	6/20	Frank Ortiz fortiz27@mtsac.edu
41931	MOX06	Principles of Aquatic Resistance	MTWTh	7:15pm	8:05pm	2/24	6/12	Yamil Slim yslim1@mtsac.edu

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Covina Senior & Community Center Classes (CSCC)

815 N. Barranca Ave.
Covina, CA 91723

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41700	MOX01	Healthy Aging	M	1:00pm	1:50pm	2/24	6/16	Candice Castro ccastro@mtsac.edu
41636	FNA32	Drawing	F	9:00am	11:50am	2/28	6/20	Sarah Cooper scooper18@mtsac.edu

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Covina Woman's Club (CWC)

128 S. San Jose Ave.
Covina, CA 91723

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
44535	FNA04	Watercolor Painting	M	2:30pm	4:35pm	4/21	6/16	Michelle Emami memami@mtsac.edu
44520	MBH	Music and Brain Health	T	9:00am	10:50am	3/18	6/17	Jinette Martinez jmartinez1063@mtsac.edu
44521	MOX11	Fall Prevention, Balance and Mobility	T	11:00am	11:50am	3/18	6/17	Marisa Fierro mfierro10@mtsac.edu

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Diamond Bar Center Classes (DBC)

1600 S. Grand Ave.
Diamond Bar, CA 91765

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41692	MOX01	Healthy Aging	MWF	9:00am	9:50am	2/24	6/20	Kenzie Barnes mbarnes35@mtsac.edu
41696	MOX01	Healthy Aging	MWF	10:00am	10:50am	2/24	6/20	Kenzie Barnes mbarnes35@mtsac.edu
41833	MOX04	Principles of Posture and Flexibility	T	10:15am	11:20am	2/25	6/17	Elizabeth White ewhite31@mtsac.edu
41835	MOX04	Principles of Posture and Flexibility	T	11:25am	12:30pm	2/25	6/17	Elizabeth White ewhite31@mtsac.edu
41635	FNA32	Drawing	T	12:30pm	3:20pm	2/25	6/17	Michelle Emami memami@mtsac.edu
41795	MOX02	Principles of Slow Movement	Th	9:30am	11:20am	2/27	6/12	Raea Figueroa-Darby adarby1@mtsac.edu
41631	FNA04	Watercolor Painting	Th	1:00pm	3:50pm	2/27	6/12	Kelly Conte kconte@mtsac.edu
41638	FNA32	Drawing	F	1:00pm	3:05pm	2/28	6/20	Yasmin Cardona ycardona3@mtsac.edu

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Heritage Park Community Center Classes (HERI)

2900 Brea Canyon Rd.
Diamond Bar, CA 91765

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41829	MOX04	Principles of Posture and Flexibility	M	8:00am	9:30am	2/24	6/16	Surendra Mehta smehta9@mtsac.edu

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Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

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East San Gabriel Valley Japanese Community Center Classes (ESGVJC)

1203 W. Puente Ave.
West Covina, CA 91790

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41863	MOX11	Fall Prevention, Balance and Mobility	W	12:40pm	1:45pm	2/26	6/18	Erin McLaren emclaren@mtsac.edu

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Gibson Senior Center Classes (GSC)

250 N. 3rd Ave.
Upland, CA 91786

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41677	MBH	Music and Brain Health	M	9:00am	11:05am	2/24	6/16	Jinette Martinez jmartinez1063@mtsac.edu
44474	FNA32	Drawing	M	4:00pm	6:50pm	2/24	6/16	Lia May-Byrd jmaybyrd@mtsac.edu
43459	MOX02	Principles of Slow Movement	T	4:30pm	5:20pm	2/25	6/17	Blanche Miranda bmiranda22@mtsac.edu
41633	FNA04	Watercolor Painting	F	2:30pm	5:20pm	2/28	4/11	Emma Limtiaco elimtiaco@mtsac.edu
				12:55pm	3:45pm	4/18	6/20	

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Irwindale Senior Citizen's Center Classes (IRWN)

16116 Arrow Hwy.
Irwindale, CA 91706

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41788	MOX02	Principles of Slow Movement	MW	9:00am	9:50am	2/24	6/18	Raea Figueroa-Darby adarby1@mtsac.edu
41789	MOX02	Principles of Slow Movement	MW	10:00am	10:50am	2/24	6/18	Raea Figueroa-Darby adarby1@mtsac.edu
41861	MOX11	Fall Prevention, Balance and Mobility	T	11:00am	11:50am	2/25	6/17	Candice Castro ccastro@mtsac.edu
41712	MOX01	Healthy Aging	Th	1:00pm	1:50pm	2/27	6/12	Kenzie Barnes mbarnes35@mtsac.edu
41842	MOX04	Principles of Posture and Flexibility	F	11:00am	11:50am	2/28	6/20	Danelle Cole dcole18@mtsac.edu
41717	MOX01	Healthy Aging	F	1:00pm	1:50pm	2/28	6/20	Blanche Miranda bmiranda22@mtsac.edu

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La Verne Community Center Classes (LV)

3680 D Street
La Verne, CA 91750

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41703	MOX01	Healthy Aging	TTh	8:15am	9:35am	2/25	6/12	Danelle Cole dcole18@mtsac.edu
41460	FNA04	Watercolor Painting	T	9:00am	11:50am	2/25	6/17	Kelly Conte kconte@mtsac.edu
41862	MOX11	Fall Prevention, Balance and Mobility	TTh	1:30pm	2:20pm	2/25	6/12	Yamil Slim yslim1@mtsac.edu
41796	MOX02	Principles of Slow Movement	Th	1:00pm	2:50pm	2/27	6/12	Raea Figueroa-Darby adarby1@mtsac.edu
41464	FNA32	Drawing	Th	8:55am	12:00pm	2/27	6/12	Michelle Emami memami@mtsac.edu
41457	FNA03	Oil Painting	F	9:00am	11:50am	2/28	6/20	Atilio Pernisco apernisco@mtsac.edu
41462	FNA04	Watercolor Painting	F	12:45pm	3:50pm	2/28	6/13	Sarah Cooper scooper18@mtsac.edu

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Mt. San Antonio College Classes (Mt. SAC)

1101 N. Grand Ave.
Walnut, CA 91789

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Location
44536	MOX09	Principles of Progressive Resistance	T	7:30am	9:00am	3/4	6/10	Kenzie Barnes mbarnes35@mtsac.edu	720-2200
41630	FNA04	Watercolor Painting	W	1:00pm	3:50pm	2/26	6/18	Lia May-Byrd jmaybyrd@mtsac.edu	80-1421
43496	MBH	Music and Brain Health	Th	1:00pm	3:50pm	2/27	6/12	James Hartford jhartford@mtsac.edu	80-1401

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Palomares Senior Center Classes (PSC)

499 E. Arrow Hwy.
Pomona, CA 91767

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41697	MOX01	Healthy Aging	MW	10:30am	11:20am	2/24	6/18	Erin McLaren emclaren@mtsac.edu
41634	FNA32	Drawing	M	12:45pm	3:20pm	2/24	6/16	Kelly Conte kconte@mtsac.edu
43465	BH1H1	Brain Health 1	T	12:30pm	2:20pm	2/25	6/17	Marisa Fierro mfierro10@mtsac.edu
41864	MOX11	Fall Prevention, Balance and Mobility	Th	11:30am	12:20pm	2/27	6/12	Leslie Hunnicutt lhunnicutt@mtsac.edu
41679	MBH	Music and Brain Health	F	9:15am	11:25am	2/28	6/20	James Hartford jhartford@mtsac.edu

Washington Park Classes (WPK)

865 E. Grand Ave.
Pomona, CA 91766

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41698	MOX01	Healthy Aging	MW	10:45am	11:35am	2/24	6/18	Vanessa Jones vjones11@mtsac.edu

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Rowland Heights Community Center Classes (PATH)

18150 Pathfinder Rd.
Rowland Heights, CA 91748

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
43504	MOX01	Healthy Aging	T	10:00am	11:15am	2/25	6/17	Kenzie Barnes mbarnes35@mtsac.edu
41840	MOX04	Principles of Posture & Flexibility	Th	10:00am	11:05am	2/27	6/12	Kenzie Barnes mbarnes35@mtsac.edu

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San Angelo Park Classes (SAP)

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

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
43460	MOX02	Principles of Slow Movement	T	8:30am	9:50am	2/25	6/17	Blanche Miranda bmiranda22@mtsac.edu
43457	MOX01	Healthy Aging	F	9:30am	10:35am	2/28	6/20	Shannon Clewley sclewley@mtsac.edu

Sunshine Park (SUNP)

515 Deepmead Ave.
La Puente, CA 91744

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
44539	MBH	Music and Brain Health	M	9:00am	11:05am	3/17	6/16	James Hartford jhartford@mtsac.edu
44538	MOX02	Principles of Slow Movement	T	10:15am	11:20am	3/18	6/17	Blanche Miranda bmiranda22@mtsac.edu
44537	ESD02	Production of Boutique Crafts for Retail Sales	W	10:00am	12:05pm	3/19	6/18	Noelia Berumen nberumen4@mtsac.edu

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San Dimas Senior/Community Center Classes (SD)

201 E. Bonita Ave.
San Dimas, CA 91773

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41695	MOX01	Healthy Aging	M	9:30am	10:20am	2/24	6/16	Candice Castro ccastro@mtsac.edu
41461	FNA04	Watercolor Painting	T	1:00pm	4:05pm	2/25	6/10	Kelly Conte kconte@mtsac.edu
41463	FNA32	Drawing	W	9:00am	11:50am	2/26	6/18	Lia May-Byrd jmaybyrd@mtsac.edu
41038	BH2H2	Brain Health 2	W	1:15pm	3:35pm	2/26	6/18	Marisa Fierro mfierro10@mtsac.edu
41037	BH2H1	Brain Health 1	Th	1:15pm	3:35pm	2/27	6/12	Marisa Fierro mfierro10@mtsac.edu
41714	MOX01	Healthy Aging	F	9:30am	10:20am	2/28	6/20	Erin McLaren emclaren@mtsac.edu

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Stanley Plummer Building Classes (PLUM)

245 E. Bonita Ave.
San Dimas, CA 91773

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41792	MOX02	Principles of Slow Movement	T	9:00am	10:05am	2/25	6/17	Min Peng mpeng15@mtsac.edu
41702	MOX01	Healthy Aging	TTh	8:00am	8:50am	2/25	6/12	Vanessa Jones vjones11@mtsac.edu
41706	MOX01	Healthy Aging	W	9:30am	10:20am	2/26	6/18	Vanessa Jones vjones11@mtsac.edu
41839	MOX04	Principles of Posture & Flexibility	Th	9:00am	10:20am	2/27	6/12	Shannon Clewley sclewley@mtsac.edu
41841	MOX04	Principles of Posture & Flexibility	F	10:30am	11:35am	2/28	6/20	Andrea Anello aanello@mtsac.edu
41797	MOX02	Principles of Slow Movement	F	9:00am	10:20am	2/28	6/20	Min Peng mpeng15@mtsac.edu

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San Dimas Swim & Racquet Club Classes (SDSR)

990 W. Covina Blvd.
San Dimas, CA 91773

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
43447 41932 41929 43449 44477	MOX06	Principles of Aquatic Resistance	MTWThF	8:45am	9:35am	2/24	6/20	Christopher Ryan cryan1@mtsac.edu Elizabeth White ewwhite31@mtsac.edu Leslie Hunnicutt lhunnicutt@mtsac.edu Karena Friedman kfriedman@mtsac.edu
43448 41933 41930 43450 44478	MOX06	Principles of Aquatic Resistance	MTWThF	9:45am	10:35am	2/24	6/20	Christopher Ryan cryan1@mtsac.edu Elizabeth White ewwhite31@mtsac.edu Leslie Hunnicutt lhunnicutt@mtsac.edu Karena Friedman kfriedman@mtsac.edu

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Walnut Senior Center Classes (WALT)

21215 La Puente Rd.
Walnut, CA 91789

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41691	MOX01	Healthy Aging	MWF	8:00am	8:50am	2/24	6/20	Andrea Anello aanello@mtsac.edu
41694	MOX01	Healthy Aging	MWF	9:30am	10:35am	2/24	6/20	Danelle Cole dcole18@mtsac.edu
41704	MOX01	Healthy Aging	T	9:00am	9:50am	2/25	6/17	Elizabeth White ewhite31@mtsac.edu
43500	MBH	Music and Brain Health	T	9:00am	11:05am	2/25	6/17	James Kung jkung23@mtsac.edu
41837	MOX04	Principles of Posture & Flexibility	W	10:45am	11:50am	2/26	6/18	Danelle Cole dcole18@mtsac.edu
41455	FNA03	Oil Painting	W	1:00pm	3:50pm	2/26	6/18	Kelly Conte kconte@mtsac.edu
41456	FNA03	Oil Painting	Th	9:00am	11:50am	2/27	6/12	Kelly Conte kconte@mtsac.edu

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West Covina Senior Citizen's Center Classes (WCSCC)

2501 E. Cortez St.
West Covina, CA 91791

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41693	MOX01	Healthy Aging	M	9:00am	9:50am	2/24	6/9	Shelby White swhite@mtsac.edu
41790	MOX02	Principles of Slow Movement	M	12:00pm	1:25pm	2/24	6/16	Blanche Miranda bmiranda22@mtsac.edu
41791	MOX02	Principles of Slow Movement	M	1:30pm	2:55pm	2/24	6/16	Blanche Miranda bmiranda22@mtsac.edu
41832	MOX04	Principles of Posture & Flexibility	TTh	10:00am	10:50am	2/25	6/12	Danelle Cole dcole18@mtsac.edu
41834	MOX04	Principles of Posture & Flexibility	TTh	11:00am	11:50am	2/25	6/12	Danelle Cole dcole18@mtsac.edu
41713	MOX01	Healthy Aging	F	9:00am	9:50am	2/28	6/20	Raea Figueroa-Darby adarby1@mtsac.edu
41716	MOX01	Healthy Aging	F	10:00am	10:50am	2/28	6/20	Raea Figueroa-Darby adarby1@mtsac.edu
41632	FNA04	Watercolor Painting	F	10:00am	12:30pm	2/28	6/20	Kelly Conte kconte@mtsac.edu

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Shadow Oak Park Classes (SOP)

2121 Shadow Oak Dr.
West Covina, CA 91792

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41708	MOX01	Healthy Aging	W	10:30am	11:20am	2/26	6/18	Leslie Hunnicutt lhunnicutt@mtsac.edu

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William Steinmetz Senior Center Classes (WSSC)

1545 S. Stimson Ave.
Hacienda Heights, CA 91745

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41709	MOX01	Healthy Aging	W	10:30am	11:20am	2/26	6/18	Candice Castro ccastro@mtsac.edu
41710	MOX01	Healthy Aging	Th	8:30am	9:20am	2/27	6/12	Kenzie Barnes mbarnes35@mtsac.edu
41637	FNA32	Drawing	F	9:00am	11:50am	2/28	6/20	Bernard Johnson bjohnson98@mtsac.edu

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Online Classes

Spring 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Modality	Professor & Email
41734	MOX01	Healthy Aging	M	7:15am	8:25am	2/24	6/16	ONLINE - Synchronous	Jeremy Tan jtan9@mtsac.edu
41735	MOX01	Healthy Aging	M	8:00am	8:50am	2/24	6/16	ONLINE - Synchronous	Candice Castro ccastro@mtsac.edu
41736	MOX01	Healthy Aging	M	8:00am	8:50am	2/24	6/16	ONLINE - Synchronous	Danelle Cole dcole18@mtsac.edu
41799	MOX04	Principles of Posture and Flexibility	M	8:30am	9:55am	2/24	6/16	ONLINE - Synchronous	Gabriela Klein gklein@mtsac.edu
41737	MOX01	Healthy Aging	M	9:00am	9:50am	2/24	6/16	ONLINE - Synchronous	Leslie Hunnicutt lhunnicutt@mtsac.edu
41730	FNA04	Watercolor Painting	M	9:00am	11:50am	2/24	6/16	ONLINE - Synchronous	Atilio Pernisco apernisco@mtsac.edu
41845	MOX11	Fall Prevention, Balance and Mobility	M	10:00am	11:25am	2/24	6/16	ONLINE - Synchronous	Andrea Anello aanello@mtsac.edu
41846	MOX11	Fall Prevention, Balance and Mobility	M	10:00am	11:25am	2/24	6/16	ONLINE - Synchronous	Gabriela Klein gklein@mtsac.edu
41802	MOX04	Principles of Posture and Flexibility	M	11:30am	12:55pm	2/24	6/16	ONLINE - Synchronous	Gabriela Klein gklein@mtsac.edu
43507	MOX02	Principles of Slow Movement	M	12:30pm	1:20pm	2/24	6/16	ONLINE - Synchronous	Raea Figueroa-Darby adarby1@mtsac.edu
41847	MOX11	Fall Prevention, Balance and Mobility	M	1:00pm	2:05pm	2/24	6/16	ONLINE - Synchronous	Leslie Hunnicutt lhunnicutt@mtsac.edu
41803	MOX04	Principles of Posture and Flexibility	MW	7:00pm	7:50pm	2/24	6/18	ONLINE - Synchronous	Dhruti Ramchandani dhruti.ramchandani@mtsac.edu

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41805	MOX04	Principles of Posture and Flexibility	T	7:15am	8:25am	2/25	6/17	ONLINE - Synchronous	Jeremy Tan jtan9@mtsac.edu
41739	MOX01	Healthy Aging	T	8:00am	8:50am	2/25	6/17	ONLINE - Synchronous	Candice Castro ccastro@mtsac.edu
41812	MOX04	Principles of Posture and Flexibility	T	9:00am	9:50am	2/25	6/17	ONLINE - Synchronous	Candice Castro ccastro@mtsac.edu
41843	MOX09	Principles of Progressive Resistance	T	9:00am	9:50am	2/25	6/17	ONLINE - Synchronous	Gabriela Klein gklein@mtsac.edu
41740	MOX01	Healthy Aging	T	10:00am	10:50am	2/25	6/17	ONLINE - Synchronous	Leslie Hunnicutt lhunnicutt@mtsac.edu
41813	MOX04	Principles of Posture and Flexibility	T	10:00am	10:50am	2/25	6/10	ONLINE - Synchronous	Shelby White swhite@mtsac.edu
41848	MOX11	Fall Prevention, Balance and Mobility	T	11:00am	11:50am	2/25	6/10	ONLINE - Synchronous	Kim SantaBarbara ksantabarbara@mtsac.edu
41886	BHTH2	Brain Health 2	T	1:00pm	3:35pm	2/25	6/10	Asynch Zoom 1-2:30pm	Shelby White swhite@mtsac.edu
43466	FN	Food and Nutrition	T	2:45pm	4:10pm	2/25	6/17	ONLINE - Synchronous	Miranda Zhan gzhan3@mtsac.edu
41814	MOX04	Principles of Posture and Flexibility	TTh	6:30pm	7:50pm	2/25	6/17	ONLINE - Synchronous	Danelle Cole dcole18@mtsac.edu
41741	MOX01	Healthy Aging	W	7:15am	8:25am	2/26	6/18	ONLINE - Synchronous	Jeremy Tan jtan9@mtsac.edu
41742	MOX01	Healthy Aging	W	8:00am	8:50am	2/26	6/18	ONLINE - Synchronous	Candice Castro ccastro@mtsac.edu
41743	MOX01	Healthy Aging	W	8:00am	8:50am	2/26	6/18	ONLINE - Synchronous	Danelle Cole dcole18@mtsac.edu

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41815	MOX04	Principles of Posture and Flexibility	W	8:30am	9:55am	2/26	6/18	ONLINE - Synchronous	Gabriela Klein gklein@mtsac.edu
41744	MOX01	Healthy Aging	W	9:00am	9:50am	2/26	6/18	ONLINE - Synchronous	Candice Castro ccastro@mtsac.edu
41745	MOX01	Healthy Aging	W	9:00am	9:50am	2/26	6/18	ONLINE - Synchronous	Leslie Hunnicutt lhunnicutt@mtsac.edu
41733	FNA32	Drawing	W	9:00am	11:30am	2/26	6/18	ONLINE - Synchronous	Kelly Conte kconte@mtsac.edu
41867	BHTH1	Brain Health 1	W	9:00am	11:35am	2/26	6/18	Asynch Zoom 9-10:30am	Danielle Bloom dbloom@mtsac.edu
41849	MOX11	Fall Prevention, Balance and Mobility	W	10:00am	11:25am	2/26	6/18	ONLINE - Synchronous	Elizabeth White ewhite31@mtsac.edu
41850	MOX11	Fall Prevention, Balance and Mobility	W	10:00am	11:25am	2/26	6/18	ONLINE - Synchronous	Gabriela Klein gklein@mtsac.edu
41816	MOX04	Principles of Posture and Flexibility	W	11:30am	12:55pm	2/26	6/18	ONLINE - Synchronous	Gabriela Klein gklein@mtsac.edu
41818	MOX04	Principles of Posture and Flexibility	Th	7:15am	8:25am	2/27	6/12	ONLINE - Synchronous	Jeremy Tan jtan9@mtsac.edu
41746	MOX01	Healthy Aging	Th	8:00am	8:50am	2/27	6/12	ONLINE - Synchronous	Candice Castro ccastro@mtsac.edu
41766	MOX02	Principles of Slow Movement	Th	9:00am	9:50am	2/27	6/12	ONLINE - Synchronous	Shelby White swhite@mtsac.edu
41819	MOX04	Principles of Posture and Flexibility	Th	9:00am	9:50am	2/27	6/12	ONLINE - Synchronous	Candice Castro ccastro@mtsac.edu
41844	MOX09	Principles of Progressive Resistance	Th	9:00am	9:50am	2/27	6/12	ONLINE - Synchronous	Gabriela Klein gklein@mtsac.edu

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41748	MOX01	Healthy Aging	Th	10:00am	10:50am	2/27	6/12	ONLINE - Synchronous	Leslie Hunnicutt lhunnicutt@mtsac.edu
41749	MOX01	Healthy Aging	Th	11:00am	11:50am	2/27	6/12	ONLINE - Synchronous	Candice Castro ccastro@mtsac.edu
43510	MOX09	Principles of Progressive Resistance	F	7:15am	8:20am	2/28	6/20	ONLINE - Synchronous	Kenzie Barnes mbarnes35@mtsac.edu
41750	MOX01	Healthy Aging	F	8:00am	8:50am	2/28	6/20	ONLINE - Synchronous	Danelle Cole dcole18@mtsac.edu
41820	MOX04	Principles of Posture and Flexibility	F	8:30am	9:55am	2/28	6/20	ONLINE - Synchronous	Gabriela Klein gklein@mtsac.edu
41764	MOX01	Healthy Aging	F	9:00am	10:35am	2/28	6/13	ONLINE - Synchronous	Shelby White swhite@mtsac.edu
41851	MOX11	Fall Prevention, Balance and Mobility	F	10:00am	11:25am	2/28	6/20	ONLINE - Synchronous	Gabriela Klein gklein@mtsac.edu
41825	MOX04	Principles of Posture and Flexibility	F	11:30am	12:55pm	2/28	6/20	ONLINE - Synchronous	Gabriela Klein gklein@mtsac.edu
43467	MBH	Music and Brain Health	F	1:00pm	3:05pm	2/28	6/20	ONLINE - Synchronous	Jinette Martinez jmartinez1063@mtsac.edu
41765	MOX01	Healthy Aging	Sa	8:30am	10:20am	3/1	6/21	ONLINE - Synchronous	Jeremy Tan jtan9@mtsac.edu

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

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SPRING 2025 IN-PERSON HOURS:

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

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CALL: (909) 274-6100



EMAIL: sce@mtsac.edu



WEB: bit.ly/3VCj6z0

Semester Dates

Spring 2025

Registration is ongoing

Classes Begin: February 24, 2025

Classes End: June 22, 2025

Holidays: March 31, May 26, and June 19

Summer 2025

Registration Begins: May 7, 2025

Classes Begin: June 23, 2025

Classes End: August 17, 2025

Holidays: July 4

Fall 2025

Registration Begins: May 7, 2025

Classes Begin: August 25, 2025

Classes End: December 21, 2025

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