

Education for Older Adults (EOA) Summer & Fall 2025 Classes



Summer Term: June 23 to August 17, 2025

Fall Term: August 25 to December 21, 2025

Holidays: 7/4, 9/1, 11/11, 11/27, 11/28

Registration begins on May 7, 2025.

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 May 6, 2025
Class details subject to change.*

*Class details
are subject to
change.*

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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/ea>

Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

Registration Information

Registration begins on Wednesday, May 7, 2025.

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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Summer & Fall 2025 Impacted Classes Registration Dates

Registration begins on Wednesday, May 7, 2025.

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 day 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 number.

Date	Time	Location
Wednesday, May 14	11:30am-1:30pm	Gibson Senior Center, Upland
Thursday, May 15	9:30am-11:30am	Covina Senior & Community Center
Friday, May 16	10:30am-12:30pm	Baldwin Park Julia McNeill Senior Center
Monday, May 19	9am-11am	Heritage Park, Diamond Bar
Tuesday, May 20	10am-12pm	Diamond Bar Center
Wednesday, May 21	9:30am-11:30am	San Dimas Senior/Community Center
Tuesday, May 27	10:30am-12:30pm	La Verne Community Center
Thursday, May 29	9am-11am	Walnut Senior Center
Tuesday, June 3	9am-11am	West Covina Senior Citizen's Center
Thursday, June 5	10am-12pm	Irwindale Senior Center
Tuesday, June 10	10am-12pm	Palomares Senior Center, Pomona

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

(Additional impacted classes are: Summer CRNs 11100, 10695, 10777, 11211, 11213, and 11214 & Fall CRNs 22968, 22455, 23126, 22169, 22171, 22173, 22691, 22693, and 23677.)

Each person must register for themselves. 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.

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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 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 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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Baldwin Park Julia McNeil Senior Center Classes (BPSC)

4100 Baldwin Park Blvd.
Baldwin Park, CA 91706

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
11194	FNA04	Watercolor Painting	M	9:00am	11:50am	6/23	8/11	Angelica Sanchez asanchez487@mtsac.edu
10844	MOX09	Principles of Progressive Resistance	MTW ThF	11:00am	12:05pm	6/23	8/15	Frank Ortiz fortiz27@mtsac.edu
11289	FNA32	Drawing	W	9:00am	11:50am	6/25	8/13	Angelica Sanchez asanchez487@mtsac.edu

Fall 2025

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

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Baldwin Park Aquatic Center Classes (BPAQ)

4100 Baldwin Park Blvd.
Baldwin Park, CA 91706

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
10849	MOX06	Principles of Aquatic Resistance	MTWThF	8:00am	9:25am	6/23	8/15	Frank Ortiz fortiz27@mtsac.edu
10848	MOX06	Principles of Aquatic Resistance	MTWThF	9:30am	10:50am	6/23	8/15	Frank Ortiz fortiz27@mtsac.edu
10847	MOX06	Principles of Aquatic Resistance	MTW	7:15pm	8:25pm	6/23	8/13	Yamil Slim yslim1@mtsac.edu
12272	MOX06	Principles of Aquatic Resistance	F	11:00am	12:30pm	6/27	8/8	Erica Ledezma eledezma@mtsac.edu

Fall 2025

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

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Covina Senior & Community Center Classes (CSCC)

815 N. Barranca Ave.
Covina, CA 91723

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
11095	MOX01	Healthy Aging	M	1:00pm	1:50pm	6/23	8/11	TBA ea@mtsac.edu
11173	FNA32	Drawing	F	9:00am	11:50am	6/27	8/15	Emma Limtiaco elimtiaco@mtsac.edu

Fall 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
22971	MOX01	Healthy Aging	M	1:00pm	1:50pm	8/25	12/15	Candice Castro ccastro@mtsac.edu
22666	FNA32	Drawing	F	9:00am	11:50am	8/29	12/19	Emma Limtiaco elimtiaco@mtsac.edu

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Covina Woman's Club (CWC)

128 S. San Jose Ave.
Covina, CA 91723

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
11540	FNA04	Watercolor Painting	M	2:30pm	4:35pm	6/23	8/11	Michelle Emami memami@mtsac.edu
11536	MBH	Music and Brain Health	T	9:00am	10:50am	6/24	8/12	Jinette Martinez jmartinez1063@mtsac.edu
11539	MOX11	Fall Prevention, Balance and Mobility	T	11:00am	11:50am	6/24	8/12	Marisa Fierro mfierro10@mtsac.edu

Fall 2025

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

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Diamond Bar Center Classes (DBC)

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

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
10876	MOX04	Principles of Posture and Flexibility	M	8:00am	9:30am	6/23	8/11	Surendra Mehta smehta9@mtsac.edu
11102	MOX01	Healthy Aging	MWF	9:00am	9:50am	6/23	8/15	Kenzie Barnes mbarnes35@mtsac.edu
11099	MOX01	Healthy Aging	MWF	10:00am	10:50am	6/23	8/15	Kenzie Barnes mbarnes35@mtsac.edu
10866	MOX04	Principles of Posture and Flexibility	T	10:15am	11:20am	6/24	8/12	Elizabeth White ewhite31@mtsac.edu
10864	MOX04	Principles of Posture and Flexibility	T	11:25am	12:30pm	6/24	8/12	Elizabeth White ewhite31@mtsac.edu
11178	FNA32	Drawing	T	12:30pm	3:20pm	6/24	8/12	Michelle Emami memami@mtsac.edu
11050	MOX02	Principles of Slow Movement	Th	9:30am	11:20am	6/26	8/14	Raea Figueroa-Darby adarby1@mtsac.edu
11187	FNA04	Watercolor Painting	Th	1:00pm	3:50pm	6/26	8/14	Kelly Conte kconte@mtsac.edu
11171	FNA32	Drawing	F	1:00pm	3:10pm	6/27	8/15	Yasmin Cardona ycardona3@mtsac.edu

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Diamond Bar Center Classes

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

Fall 2025

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

Heritage Park Community Center Classes (HERI)

2900 Brea Canyon Rd., Diamond Bar, CA 91765

Fall 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
23080	MOX04	Principles of Posture and Flexibility	M	8:00am	9:30am	9/8	12/15	Mehta, Surendra smehta9@mtsac.edu

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East San Gabriel Valley Japanese Community Center Classes (ESGVJC)

1203 W. Puente Ave.
West Covina, CA 91790

Summer 2025

No classes in the Summer. See you in the Fall!

Fall 2025

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

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Ganesha Park Pool (GPP)

1575 N. White Ave.,
Pomona, CA 91768

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
10846	MOX06	Principles of Aquatic Resistance	TW Th	7:30am	9:20am	6/24	8/7	Karena Friedman kfriedman@mtsac.edu
10845	MOX06	Principles of Aquatic Resistance	F	7:30am	9:20am	6/27	8/8	Quintero, Jorge jqquinteroquintana@mtsac.edu

Fall 2025

No classes in the Fall. See you next year!

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Gibson Senior Center Classes (GSC)

250 N. 3rd Ave.
Upland, CA 91786

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
11169	MBH	Music and Brain Health	M	9:00am	11:15am	6/23	8/11	Jinette Martinez jmartinez1063@mtsac.edu
11288	FNA32	Drawing	M	4:00pm	6:50pm	6/23	8/11	Lia May Byrd jmaybyrd@mtsac.edu
11053	MOX02	Principles of Slow Movement	T	4:30pm	5:20pm	6/24	8/12	Blanche Miranda bmiranda22@mtsac.edu
11183	FNA04	Watercolor Painting	F	12:55pm	3:45pm	6/27	8/15	Emma Limtiaco elimtiaco@mtsac.edu

Fall 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
22899	MBH	Music and Brain Health	M	9:00am	11:05am	8/25	12/8	Jinette Martinez jmartinez1063@mtsac.edu
22659	FNA32	Drawing	M	4:00pm	6:50pm	8/25	12/15	Lia May Byrd jmaybyrd@mtsac.edu
22984	MOX02	Principles of Slow Movement	T	4:30pm	5:20pm	8/26	12/9	Blanche Miranda bmiranda22@mtsac.edu
22629	FNA04	Watercolor Painting	F	12:55pm	3:45pm	8/29	12/12	Emma Limtiaco elimtiaco@mtsac.edu

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Irwindale Recreation Center (IRC)

16053 Calle de Paseo
Irwindale, CA 91706

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
11542	MOX06	Principles of Aquatic Resistance	MTW Th	4:30pm	5:20pm	6/23	8/7	TBA ea@mtsac.edu

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in-person with the professor.

Irwindale Senior Citizen's Center Classes (IRWN)

16116 Arrow Hwy., Irwindale, CA 91706

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
11062	MOX02	Principles of Slow Movement	MW	9:00am	9:50am	6/23	8/13	Raea Figueroa-Darby adarby1@mtsac.edu
11061	MOX02	Principles of Slow Movement	MW	10:00am	10:50am	6/23	8/13	Raea Figueroa-Darby adarby1@mtsac.edu
10827	MOX11	Fall Prevention, Balance and Mobility	T	11:00am	11:50am	6/24	8/12	Candice Castro ccastro@mtsac.edu
11071	MOX01	Healthy Aging	Th	1:00pm	1:50pm	6/26	8/14	Kenzie Barnes mbarnes35@mtsac.edu
10851	MOX04	Principles of Posture and Flexibility	F	11:00am	11:50am	6/27	8/15	Danelle Cole dcole18@mtsac.edu
11064	MOX01	Healthy Aging	F	1:00pm	1:50pm	6/27	8/15	Blanche Miranda bmiranda22@mtsac.edu

Fall 2025

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

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Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

***This is an impacted class. There is a specific date to register. See page 4 for additional information.*

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



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

La Verne Community Center Classes (LV)

3680 D Street
La Verne, CA 91750

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
11091	MOX01	Healthy Aging	TTh	8:15am	9:35am	6/24	8/14	Danelle Cole dcole18@mtsac.edu
11191	FNA04	Watercolor Painting	T	9:00am	11:50am	6/24	8/12	Kelly Conte kconte@mtsac.edu
10826	MOX11	Fall Prevention, Balance and Mobility	TTh	1:30pm	2:20pm	6/24	8/14	Yamil Slim yslim1@mtsac.edu
11174	FNA32	Drawing	Th	8:55am	12:00pm	6/26	8/14	Michelle Emami memami@mtsac.edu
11049	MOX02	Principles of Slow Movement	Th	1:00pm	2:50pm	6/26	8/14	Raea Figueroa-Darby adarby1@mtsac.edu
11196	FNA03	Oil Painting	F	9:00am	11:50am	6/27	8/15	Atilio Pernisco apernisco@mtsac.edu
11185	FNA04	Watercolor Painting	F	12:45pm	3:50pm	6/27	8/15	Sarah Cooper scooper18@mtsac.edu

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Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

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college classes for older
adults!**



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

La Verne Community Center Classes

3680 D Street
La Verne, CA 91750

Fall 2025

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

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Contact us at:

email: eo@mtsac.edu

phone: (909) 274-4192

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www.mtsac.edu/eoa or register
in-person with the professor.

Mt. San Antonio College Classes (Mt. SAC)

1101 N. Grand Ave.
Walnut, CA 91789

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Location
11188	FNA04	Watercolor Painting	W	1:00pm	3:50pm	6/25	8/13	Lia May Byrd jmaybyrd@mtsac.edu	80-1401
11159	MBH	Music and Brain Health	Th	1:00pm	3:50pm	6/26	8/14	James Hartford jhartford@mtsac.edu	80-1401

Fall 2025

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

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Contact us at:

email: eo@mtsac.edu

phone: (909) 274-4192

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

Palomares Senior Center Classes (PSC)

499 E. Arrow Hwy., Pomona, CA 91767

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
11098	MOX01	Healthy Aging	MW	10:30am	11:20am	6/23	8/13	Erin McLaren emclaren@mtsac.edu
11179	FNA32	Drawing	M	12:45pm	3:20pm	6/23	8/11	Kelly Conte kconte@mtsac.edu
**11213	BH2H2	Brain Health 2	T	12:30pm	2:45pm	6/24	8/12	Marisa Fierro mfierro10@mtsac.edu
10822	MOX11	Fall Prevention, Balance and Mobility	Th	11:30am	12:20pm	6/26	8/14	TBA ea@mtsac.edu
11158	MBH	Music and Brain Health	F	9:15am	11:25am	6/27	8/15	James Hartford jhartford@mtsac.edu

Fall 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
22970	MOX01	Healthy Aging	MW	10:30am	11:20am	8/25	12/17	Erin McLaren emclaren@mtsac.edu
22655	FNA32	Drawing	M	12:45pm	3:20pm	8/25	12/8	Kelly Conte kconte@mtsac.edu
**23677	BH2H2	Brain Health 2	T	12:30pm	2:20pm	8/26	12/16	TBA ea@mtsac.edu
23121	MOX11	Fall Prevention, Balance and Mobility	Th	11:30am	12:20pm	8/28	12/18	Leslie Hunnicutt lhunnicutt@mtsac.edu
22907	MBH	Music and Brain Health	F	9:00am	11:10am	8/29	12/19	James Hartford jhartford@mtsac.edu
**22169	BH2H1	Brain Health 1	F	12:30pm	2:20pm	8/29	12/19	TBA ea@mtsac.edu

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Washington Park Classes (WPK)

865 E. Grand Ave.
Pomona, CA 91766

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
11097	MOX01	Healthy Aging	MW	10:45am	11:35am	6/23	8/13	Vanessa Jones vjones11@mtsac.edu

Fall 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
23023	MOX01	Healthy Aging	MW	10:45am	11:35am	8/25	12/17	Vanessa Jones vjones11@mtsac.edu

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Contact us at:

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phone: (909) 274-4192

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

Rowland Heights Community Center Classes (PATH)

18150 Pathfinder Rd.
Rowland Heights, CA 91748

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
10854	MOX04	Principles of Posture and Flexibility	Th	10:00am	11:15am	6/26	8/14	Kenzie Barnes mbarnes35@mtsac.edu

Fall 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
23029	MOX01	Healthy Aging	T	10:00am	11:15am	8/26	12/16	Kenzie Barnes mbarnes35@mtsac.edu
23088	MOX04	Principles of Posture and Flexibility	Th	10:00am	11:05am	8/28	12/18	Kenzie Barnes mbarnes35@mtsac.edu

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San Angelo Park Classes (SAP)

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

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
11056	MOX02	Principles of Slow Movement	T	8:30am	9:50am	6/24	8/12	Blanche Miranda bmiranda22@mtsac.edu
11066	MOX01	Healthy Aging	F	9:30am	10:35am	6/27	8/15	Shannon Clewley sclewley@mtsac.edu

Fall 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
23071	MOX02	Principles of Slow Movement	T	8:30am	9:50am	8/26	12/16	Blanche Miranda bmiranda22@mtsac.edu
23039	MOX01	Healthy Aging	F	9:30am	10:35am	8/29	12/19	Shannon Clewley sclewley@mtsac.edu

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in-person with the professor.

San Dimas Senior/Community Center Classes (SD)

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

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
11101	MOX01	Healthy Aging	M	9:30am	10:20am	6/23	8/11	Candice Castro ccastro@mtsac.edu
11189	FNA04	Watercolor Painting	T	1:00pm	4:05pm	6/24	8/12	Kelly Conte kconte@mtsac.edu
11287	FNA32	Drawing	W	9:00am	11:50am	6/25	8/13	Lia May Byrd jmaybyrd@mtsac.edu
**11211	BH2H2	Brain Health 2	W	1:00pm	3:50pm	6/25	8/13	Marisa Fierro mfierro10@mtsac.edu
**11214	BH2H1	Brain Health 1	Th	1:00pm	3:50pm	6/26	8/14	Marisa Fierro mfierro10@mtsac.edu
11067	MOX01	Healthy Aging	F	9:30am	10:20am	6/27	8/15	Andrea Anello aanello@mtsac.edu

Fall 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
23022	MOX01	Healthy Aging	M	9:30am	10:20am	8/25	12/15	Candice Castro ccastro@mtsac.edu
22623	FNA04	Watercolor Painting	T	1:00pm	4:05pm	8/26	12/9	Kelly Conte kconte@mtsac.edu
22662	FNA32	Drawing	W	9:00am	11:50am	8/27	12/17	Lia May Byrd jmaybyrd@mtsac.edu
**22173	BH2H2	Brain Health 2	W	1:15pm	3:35pm	8/27	12/17	TBA ea@mtsac.edu
**22171	BH2H1	Brain Health 1	Th	1:15pm	3:35pm	8/28	12/18	TBA ea@mtsac.edu
23038	MOX01	Healthy Aging	F	9:30am	10:20am	8/29	12/19	Erin McLaren emclaren@mtsac.edu

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Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

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

Stanley Plummer Building Classes (PLUM)

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

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
11092	MOX01	Healthy Aging	TTh	8:00am	8:50am	6/24	8/14	Vanessa Jones vjones11@mtsac.edu
11055	MOX02	Principles of Slow Movement	T	9:00am	10:05am	6/24	8/12	Marisa Fierro mfierro10@mtsac.edu
11081	MOX01	Healthy Aging	W	9:30am	10:20am	6/25	8/13	Vanessa Jones vjones11@mtsac.edu
10855	MOX04	Principles of Posture and Flexibility	Th	9:00am	10:20am	6/26	8/14	Shannon Clewley sclewley@mtsac.edu
11048	MOX02	Principles of Slow Movement	F	9:00am	10:20am	6/27	8/15	Erin McLaren emclaren@mtsac.edu
10852	MOX04	Principles of Posture and Flexibility	F	10:30am	11:35am	6/27	8/15	Andrea Anello aanello@mtsac.edu

Fall 2025

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

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Contact us at:

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phone: (909) 274-4192

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

San Dimas Swim & Racquet Club Classes (SDSR)

990 W. Covina Blvd.
San Dimas, CA 91773

Summer 2025

No classes in the Summer. See you in the Fall!

Fall 2025

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

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in-person with the professor.

Sunshine Park (SUNP)

515 Deepmead Ave.
La Puente, CA 91744

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
11537	MBH	Music and Brain Health	M	10:00am	12:05am	6/23	8/11	James Hartford jhartford@mtsac.edu
11538	MOX02	Principles of Slow Movement	T	10:15am	11:20am	6/24	8/12	Blanche Miranda bmiranda22@mtsac.edu

Fall 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
22900	MBH	Music and Brain Health	M	10:00am	12:05am	8/25	12/15	James Hartford jhartford@mtsac.edu
23073	MOX02	Principles of Slow Movement	T	10:15am	11:20am	8/26	12/16	Blanche Miranda bmiranda22@mtsac.edu

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Contact us at:

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phone: (909) 274-4192

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in-person with the professor.

Walnut Senior Center Classes (WALT)

21215 La Puente Rd.
Walnut, CA 91789

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
11105	MOX01	Healthy Aging	MWF	8:00am	9:05am	6/23	8/15	Andrea Anello aanello@mtsac.edu
**11100	MOX01	Healthy Aging	MWF	9:30am	10:35am	6/23	8/15	Danelle Cole dcole18@mtsac.edu
11090	MOX01	Healthy Aging	T	9:00am	9:50am	6/24	8/12	Elizabeth White ewhite31@mtsac.edu
12271	MOX01	Healthy Aging	T	12:45pm	1:35pm	6/24	8/12	Danelle Cole dcole18@mtsac.edu
10859	MOX04	Principles of Posture and Flexibility	W	10:45am	11:55am	6/25	8/13	Danelle Cole dcole18@mtsac.edu
11198	FNA03	Oil Painting	W	1:00pm	3:50pm	6/25	8/13	Kelly Conte kconte@mtsac.edu
11197	FNA03	Oil Painting	Th	9:00am	11:50am	6/26	8/14	Kelly Conte kconte@mtsac.edu

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email: ea@mtsac.edu

phone: (909) 274-4192

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

Walnut Senior Center Classes

21215 La Puente Rd.
Walnut, CA 91789

Fall 2025

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

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
11104	MOX01	Healthy Aging	M	9:00am	9:50am	6/23	8/11	Marisa Fierro mfierro10@mtsac.edu
11060	MOX02	Principles of Slow Movement	M	12:00pm	1:25pm	6/23	8/11	Blanche Miranda bmiranda22@mtsac.edu
11058	MOX02	Principles of Slow Movement	M	1:30pm	2:55pm	6/23	8/11	Blanche Miranda bmiranda22@mtsac.edu
10867	MOX04	Principles of Posture and Flexibility	TTh	10:00am	10:50am	6/24	8/14	Danelle Cole dcole18@mtsac.edu
10865	MOX04	Principles of Posture and Flexibility	TTh	11:00am	11:50am	6/24	8/14	Danelle Cole dcole18@mtsac.edu
11069	MOX01	Healthy Aging	F	9:00am	9:50am	6/27	8/15	Raea Figueroa-Darby adarby1@mtsac.edu
11065	MOX01	Healthy Aging	F	10:00am	10:50am	6/27	8/15	Raea Figueroa-Darby adarby1@mtsac.edu
11186	FNA04	Watercolor Painting	F	10:00am	12:30pm	6/27	8/15	Kelly Conte kconte@mtsac.edu

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Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

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West Covina Senior Citizen's Center Classes

2501 E. Cortez St.
West Covina, CA 91791

Fall 2025

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

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Shadow Oak Park Classes (SOP)

2121 Shadow Oak Dr.
West Covina, CA 91792

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
11079	MOX01	Healthy Aging	W	10:30am	11:20am	6/25	8/13	Andrea Anello aanello@mtsac.edu

Fall 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
23032	MOX01	Healthy Aging	W	10:30am	11:20am	8/27	12/17	Leslie Hunnicutt lhunnicutt@mtsac.edu

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Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

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William Steinmetz Senior Center Classes (WSSC)

1545 S. Stimson Ave.
Hacienda Heights, CA 91745

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
11078	MOX01	Healthy Aging	W	10:30am	11:35am	6/25	8/13	Candice Castro ccastro@mtsac.edu
11076	MOX01	Healthy Aging	Th	8:30am	9:35am	6/26	8/14	Kenzie Barnes mbarnes35@mtsac.edu
11172	FNA32	Drawing	F	9:00am	11:50am	6/27	8/15	Bernard Johnson bjohnson98@mtsac.edu

Fall 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
23033	MOX01	Healthy Aging	W	10:30am	11:20am	8/27	12/17	Candice Castro ccastro@mtsac.edu
23034	MOX01	Healthy Aging	Th	8:30am	9:20am	8/28	12/18	Kenzie Barnes mbarnes35@mtsac.edu
22667	FNA32	Drawing	F	9:00am	11:50am	8/29	12/19	Bernard Johnson bjohnson98@mtsac.edu

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www.mtsac.edu/eoa or register
in-person with the professor.

Online Classes

Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Modality
11108	MOX01	Healthy Aging	M	7:15am	8:25am	6/23	8/11	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
11107	MOX01	Healthy Aging	M	8:00am	8:50am	6/23	8/11	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
11106	MOX01	Healthy Aging	M	8:00am	8:50am	6/23	8/11	Danelle Cole dcole18@mtsac.edu	ONLINE - Synchronous
10875	MOX04	Principles of Posture and Flexibility	M	8:30am	9:55am	6/23	8/11	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
11193	FNA04	Watercolor Painting	M	9:00am	11:50am	6/23	8/11	Atilio Pernisco apernisco@mtsac.edu	ONLINE - Synchronous
11103	MOX01	Healthy Aging	M	9:00am	9:50am	6/23	8/11	Ryan, Christopher cryan1@mtsac.edu	ONLINE - Synchronous
10831	MOX11	Fall Prevention, Balance and Mobility	M	10:00am	11:25am	6/23	8/11	Andrea Anello aanello@mtsac.edu	ONLINE - Synchronous
10830	MOX11	Fall Prevention, Balance and Mobility	M	10:00am	11:25am	6/23	8/11	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
10872	MOX04	Principles of Posture and Flexibility	M	11:30am	12:55pm	6/23	8/11	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
11059	MOX02	Principles of Slow Movement	M	12:30pm	1:20pm	6/23	8/11	Raea Figueroa-Darby adarby1@mtsac.edu	ONLINE - Synchronous
10829	MOX11	Fall Prevention, Balance and Mobility	M	1:00pm	2:05pm	6/23	8/11	Andrea Anello aanello@mtsac.edu	ONLINE - Synchronous
10871	MOX04	Principles of Posture and Flexibility	MW	7:00pm	7:50pm	6/23	8/13	Dhruti Ramchandani dhruti.ramchandani@mtsac.edu	ONLINE - Synchronous

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Summer 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Modality
10870	MOX04	Principles of Posture and Flexibility	T	7:15am	8:25am	6/24	8/12	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
11093	MOX01	Healthy Aging	T	8:00am	8:50am	6/24	8/12	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
10869	MOX04	Principles of Posture and Flexibility	T	9:00am	9:50am	6/24	8/12	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
10843	MOX09	Principles of Progressive Resistance	T	9:00am	9:50am	6/24	8/12	Ryan, Christopher cryan1@mtsac.edu	ONLINE - Synchronous
10868	MOX04	Principles of Posture and Flexibility	T	10:00am	10:50am	6/24	8/12	Kim SantaBarbara ksantabarbara@mtsac.edu	ONLINE - Synchronous
11088	MOX01	Healthy Aging	T	10:00am	10:50am	6/24	8/12	TBA ea@mtsac.edu	ONLINE - Synchronous
10828	MOX11	Fall Prevention, Balance and Mobility	T	11:00am	11:50am	6/24	8/12	Kim SantaBarbara ksantabarbara@mtsac.edu	ONLINE - Synchronous
11212	BH2H2	Brain Health 2	T	1:00pm	3:35pm	2/25	6/10	Danielle Bloom dbloom@mtsac.edu	Asynch Zoom 1-2:30pm
11201	FN	Food and Nutrition	T	2:45pm	4:10pm	7/1	8/12	Miranda Zhan gzhan3@mtsac.edu	ONLINE - Synchronous
10861	MOX04	Principles of Posture and Flexibility	TTh	6:30pm	7:50pm	6/24	8/14	Danelle Cole dcole18@mtsac.edu	ONLINE - Synchronous
11086	MOX01	Healthy Aging	W	7:15am	8:25am	6/25	8/13	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
11085	MOX01	Healthy Aging	W	8:00am	8:50am	6/25	8/13	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
11084	MOX01	Healthy Aging	W	8:00am	8:50am	6/25	8/13	Danelle Cole dcole18@mtsac.edu	ONLINE - Synchronous
10860	MOX04	Principles of Posture and Flexibility	W	8:30am	9:55am	6/25	8/13	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous

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Summer 2025

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11083	MOX01	Healthy Aging	W	9:00am	9:50am	6/25	8/13	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
11176	FNA32	Drawing	W	9:00am	11:30am	6/25	8/13	Kelly Conte kconte@mtsac.edu	ONLINE - Synchronous
11215	BH1H1	Brain Health 1	W	9:00am	11:35am	6/25	8/13	Danielle Bloom dbloom@mtsac.edu	Asynch Zoom 9-10:30am
11082	MOX01	Healthy Aging	W	9:00am	9:50am	6/25	8/13	Ryan, Christopher cryan1@mtsac.edu	ONLINE - Synchronous
10824	MOX11	Fall Prevention, Balance and Mobility	W	10:00am	11:25am	6/25	8/13	Elizabeth White ewhite31@mtsac.edu	ONLINE - Synchronous
10823	MOX11	Fall Prevention, Balance and Mobility	W	10:00am	11:25am	6/25	8/13	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
10858	MOX04	Principles of Posture and Flexibility	W	11:30am	12:55pm	6/25	8/13	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
11175	FNA32	Drawing	W	4:00pm	6:25pm	6/25	8/13	Atilio Pernisco apernisco@mtsac.edu	ONLINE - Synchronous
10857	MOX04	Principles of Posture and Flexibility	Th	7:15am	8:25am	6/26	8/14	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
11077	MOX01	Healthy Aging	Th	8:00am	8:50am	6/26	8/14	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
10856	MOX04	Principles of Posture and Flexibility	Th	9:00am	9:50am	6/26	8/14	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
11051	MOX02	Principles of Slow Movement	Th	9:00am	9:50am	6/26	8/14	Marisa Fierro mfierro10@mtsac.edu	ONLINE - Synchronous
10842	MOX09	Principles of Progressive Resistance	Th	9:00am	9:50am	6/26	8/14	Ryan, Christopher cryan1@mtsac.edu	ONLINE - Synchronous

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11074	MOX01	Healthy Aging	Th	10:00am	10:50am	6/26	8/14	Kim SantaBarbara ksantabarbara@mtsac.edu	ONLINE - Synchronous
11073	MOX01	Healthy Aging	Th	11:00am	11:50am	6/26	8/14	Kim SantaBarbara ksantabarbara@mtsac.edu	ONLINE - Synchronous
10841	MOX09	Principles of Progressive Resistance	F	7:15am	8:20am	6/27	8/15	Kenzie Barnes mbarnes35@mtsac.edu	ONLINE - Synchronous
11070	MOX01	Healthy Aging	F	8:00am	8:50am	6/27	8/15	Danelle Cole dcole18@mtsac.edu	ONLINE - Synchronous
10853	MOX04	Principles of Posture and Flexibility	F	8:30am	9:55am	6/27	8/15	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
11068	MOX01	Healthy Aging	F	9:00am	10:35am	6/27	8/15	Ryan, Christopher cryan1@mtsac.edu	ONLINE - Synchronous
10820	MOX11	Fall Prevention, Balance and Mobility	F	10:00am	11:25am	6/27	8/15	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
10850	MOX04	Principles of Posture and Flexibility	F	11:30am	12:55pm	6/27	8/15	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
11157	MBH	Music and Brain Health	F	1:00pm	3:15pm	6/27	8/15	Jinette Martinez jmartinez1063@mtsac.edu	ONLINE - Synchronous
11063	MOX01	Healthy Aging	Sa	8:30am	10:20am	6/28	8/16	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous

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Online Classes

Fall 2025

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21843	MOX01	Healthy Aging	M	7:15am	8:25am	8/25	12/15	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
21845	MOX01	Healthy Aging	M	8:00am	8:50am	8/25	12/15	Danelle Cole dcole18@mtsac.edu	ONLINE - Synchronous
21844	MOX01	Healthy Aging	M	8:00am	8:50am	8/25	12/15	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
22134	MOX04	Principles of Posture and Flexibility	M	8:30am	9:55am	8/25	12/15	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
21846	MOX01	Healthy Aging	M	9:00am	9:50am	8/25	12/15	TBA ea@mtsac.edu	ONLINE - Synchronous
21751	FNA04	Watercolor Painting	M	9:00am	11:50am	8/25	12/15	Atilio Pernisco apernisco@mtsac.edu	ONLINE - Synchronous
22314	MOX11	Fall Prevention, Balance and Mobility	M	10:00am	11:25am	8/25	12/15	Andrea Anello aanello@mtsac.edu	ONLINE - Synchronous
22316	MOX11	Fall Prevention, Balance and Mobility	M	10:00am	11:25am	8/25	12/15	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
22135	MOX04	Principles of Posture and Flexibility	M	11:30am	12:55pm	8/25	12/15	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
21894	MOX02	Principles of Slow Movement	M	12:30pm	1:20pm	8/25	12/15	Raea Figueroa-Darby adarby1@mtsac.edu	ONLINE - Synchronous
22318	MOX11	Fall Prevention, Balance and Mobility	M	1:00pm	2:05pm	8/25	12/15	Leslie Hunnicutt lhunnicutt@mtsac.edu	ONLINE - Synchronous
22137	MOX04	Principles of Posture and Flexibility	MW	7:00pm	7:50pm	8/25	12/17	Dhruti Ramchandani dhruti.ramchandani@mtsac.edu	ONLINE - Synchronous

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Fall 2025

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

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Fall 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Modality
21867	MOX01	Healthy Aging	W	8:00am	8:50am	8/27	12/17	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
22178	MOX04	Principles of Posture and Flexibility	W	8:30am	9:55am	8/27	12/17	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
21710	BH1H1	Brain Health 1	W	9:00am	11:35am	8/27	12/17	Danielle Bloom dbloom@mtsac.edu	Asynch Zoom 9-10:30am
21838	FNA32	Drawing	W	9:00am	11:30am	8/27	12/10	Kelly Conte kconte@mtsac.edu	ONLINE - Synchronous
21878	MOX01	Healthy Aging	W	9:00am	9:50am	8/27	12/17	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
21880	MOX01	Healthy Aging	W	9:00am	9:50am	8/27	12/17	Leslie Hunnicutt lhunnicutt@mtsac.edu	ONLINE - Synchronous
22323	MOX11	Fall Prevention, Balance and Mobility	W	10:00am	11:25am	8/27	12/17	Elizabeth White ewhite31@mtsac.edu	ONLINE - Synchronous
22326	MOX11	Fall Prevention, Balance and Mobility	W	10:00am	11:25am	8/27	12/17	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
22182	MOX04	Principles of Posture and Flexibility	W	11:30am	12:55pm	8/27	12/17	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
23725	FNA03	Oil Painting	W	4:00pm	6:25pm	8/27	12/17	Atilio Pernisco apernisco@mtsac.edu	ONLINE - Synchronous
22183	MOX04	Principles of Posture and Flexibility	Th	7:15am	8:25am	8/28	12/18	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
21885	MOX01	Healthy Aging	Th	8:00am	8:50am	8/28	12/18	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
22198	MOX09	Principles of Progressive Resistance	Th	9:00am	9:50am	8/28	12/18	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
21895	MOX02	Principles of Slow Movement	Th	9:00am	9:50am	8/28	12/11	Shelby White swhite@mtsac.edu	ONLINE - Synchronous
<i>The last day of this class (December 11, 2025) will meet in person at Mt. SAC.</i>									

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Fall 2025

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

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

Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

New Classes Coming Soon!

Look out for these new classes coming this fall.

Check back in July for schedule details.

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. Primarily for the older adult.



OAD FNA06: Ceramics for Older Adults

Designed to help older adults learn the basics of ceramics to improve physical and mental health. Through hands-on practice, instruction, and feedback, older adults will learn the fundamentals of wheel-throwing, hand-building, decorating and glazing ceramic projects. In addition to the technical skill building, older adults will also gain improved coordination and physical strength, greater mental clarity, improved concentration and focus, lowered stress levels, and a healthy outlet for creativity.

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. Primarily for the older adult.



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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.

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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!**

SPRING 2025 ZOOM HOURS:

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

SPRING 2025 IN-PERSON HOURS:

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

HOW TO CONTACT US:



ZOOM: bit.ly/4fcBSDZ
• 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

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

Winter 2026

Registration Begins: November 12, 2025

Classes Begin: January 5, 2026

Classes End: February 15, 2026

Holidays: January 19, February 13

No classes from February 16 – February 22, 2026

Spring 2026

Registration Begins: November 12, 2025

Classes Begin: February 23, 2026

Classes End: June 14, 2026

Holidays: March 31, May 25