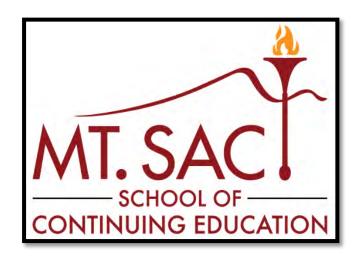
Education for Older Adults Class Schedule Winter 2024



January 8 to February 18, 2024 Holidays: 1/15 and 2/16

Registration begins on Monday, November 6

Contact Us

Phone

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

Email

eoa@mtsac.edu

Website

www.mtsac.edu/eoa

Facebook

www.facebook.com/mtsaceoa

Instagram

www.instagram.com/mtsac eoa

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Class Location Key

BPAQ ... Baldwin Park Aquatic Center

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

BPSC ... Baldwin Park Julia McNeil Senior Center

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

CSCC ... Covina Senior & Community Center

815 North Barranca Avenue Covina, CA 91723 Phone: (626) 430-2284

DBC ... Diamond Bar Center

1600 S. Grand Ave. Diamond Bar, CA 91765 Phone: (909) 839-7070

ESGVJC ... East San Gabriel Valley Japanese

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

GPP ... Ganesha Park Pool

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

GSC ... Gibson Senior Center

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

Phone: (909) 981-4501

HERI ... Heritage Park Community Center

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

IRC ... Irwindale Recreation Center

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

IRWN ... Irwindale Senior Citizen's Center

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

LV ... La Verne Community Center

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

Mt. SAC ... Mt. San Antonio College

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

PLUM ... Stanley Plummer Building

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

PSC ... Palomares Senior Center

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

SD ... San Dimas Senior/Community Center

201 E. Bonita Ave.

San Dimas, CA 91773

Phone: (909) 394-6293

WALT ... Walnut Senior Center

21215 La Puente Rd.

Walnut, CA 91789

Phone: (909) 598-6200

WCSCC ... West Covina Senior Citizen's Center

2501 E. Cortez St.

West Covina, CA 91791

Front desk (626) 331-5366

WPK ... Washington Park

865 E. Grand Avenue

Pomona, CA 91766

Phone: (909) 620-2305

WSSC ... William Steinmetz Senior Center

1545 South Stimson Avenue

Hacienda Heights, CA 91745

Phone: (626) 934-7041

Registration Information

Registration begins on Monday, November 6.

How to Register for a Class

Students can register for classes online or in person.

To register online, complete the noncredit application online each semester. After completing the noncredit application, we will contact you and help you register for classes. The noncredit application is available online at www.mtsac.edu/noncreditapp

To register in person, complete a yellow registration card. This registration card serves as your application and registration document. You can get a blank yellow registration card from your teacher. After filling it out completely, please give it back to your teacher for processing.

Need help?

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

Winter 2024 Registration Support Dates

Registration begins on Monday, November 6.

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 |
|------------------------|-----------|--|
| Tuesday, November 7 | 9am-11am | West Covina Senior Citizen's Center |
| Wednesday, November 8 | 10am-12pm | Washington Park Community Center, Pomona |
| Thursday, November 9 | 10am-12pm | Palomares Senior Center, Pomona |
| Monday, November 13 | 10am-12pm | Heritage Park, Diamond Bar |
| Monday, November 13 | 10am-12pm | Covina Senior Center |
| Tuesday, November 14 | 9am-11am | San Dimas Senior/Community Center |
| Tuesday, November 14 | 10am-12pm | Diamond Bar Center |
| Wednesday, November 15 | 10am-12pm | Irwindale Senior Center |
| Wednesday, November 15 | 2pm-4pm | Gibson Senior Center, Upland |
| Thursday, November 16 | 12nm 2nm | Online via Zoom |
| | 12pm-2pm | https://tinyurl.com/reghelp2024 |
| Monday, November 20 | 9am-11am | Walnut Senior Center |
| Tuesday, November 21 | 10am-12pm | La Verne Community Center |
| Monday, November 27 | 10am-12pm | Mt. SAC, Bldg. 40 – Rm. 140 |
| Tuesday, November 28 | 4pm-6pm | Online via Zoom |
| | 4pm-opm | https://tinyurl.com/reghelp2024 |

**VRE In Person Technology Classes & Select Sewing Classes

(Sewing class CRNs 31128, 31132, and 31134)

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

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

Additional Program Information

About the Education for Older Adults Program

Mt. San Antonio College's School of Continuing Education offers classes for older adults that provide opportunities for personal growth and development, community involvement, skills for mental and physical well-being, and economic self-sufficiency. Classes are available online and at various senior centers, community centers, and residential facilities. These courses are designed for older adults (age 55+ years). Education for Older Adults (EOA) students enter class with different levels of real world experience as well as a multitude of educational levels, age variances, and life skills. Some learn about emerging technology to improve communication, while others focus on healthy aging goals.

Do you have questions about a class?

All faculty members teach their classes slightly differently based on their knowledge, expertise, and teaching philosophy. It is the policy of Mt. San Antonio College to maintain and encourage freedom for its faculty, within the law, of inquiry, teaching and research, and the pursuit of knowledge. If you have questions about a specific class, we encourage you to email the faculty member.

Course Modality

Course Modality refers to how an instructor delivers their course.

- In Person Learning takes place at a physical location at specific days/times.
- **Synchronous Learning** is online learning that happens in real time. This means that you, your classmates, and your instructor interact in a Zoom call through Canvas at a specific time.
- Asynchronous Learning is online learning that happens both in real time and on your schedule. All asynchronous classes have a weekly live Zoom call. In addition to the Zoom call, you are responsible for doing some work independently. You will be required to read, watch videos, participate in online discussion forums, or complete assignments outside of the scheduled Zoom time. You have the ability to access and satisfy these requirements within a flexible time frame.

Class Schedule

Brain Health Classes

OAD BHTH1 - Brain Health 1 Introduction to Brain Training

Critical thinking and cognitive skills through understanding key structures and functions of the brain. Focus on maintaining and/or improving cognitive abilities through brain training.

| CRN | CRN Day Start Time End | | End Time | Start | End | Location | Instructor & Email | | | | |
|-------|--------------------------------------|------------|------------|------------|----------------------|--------------------|-----------------------|------------------|------------|------------------|------------------|
| CKIV | Day | Start Time | Ella Tille | Date | Date | Location | IIISTIUCTOL & EIIIAII | | | | |
| 21250 | ۱۸/ | 0.00 414 | 11:30 AM | 1 1/10 | 2/14 | ONLINE - Asynch | Bloom, Danielle | | | | |
| 31339 | 31359 W 9:00 AM 11:30 <i>A</i> | 9.00 AIVI | 9.00 AIVI | 11.30 AIVI | JU AIVI 11.50 AIVI | Alvi 1/10 | 1/10 | 2/14 | 710 2/14 | Zoom 9am-10:30am | dbloom@mtsac.edu |
| 31108 | Th | 1:00 PM | 2.20 DM | 1/11 | 1/11 | 2/15 | ONLINE - Asynch | Zapata, Kristine | | | |
| 21108 | 1108 Th 1:00 PM 3:30 PM | 5.50 PIVI | 1/11 | 2/13 | Zoom 1pm-2:30pm | kzapata5@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 | Day Start Time End Time Start End | | Location | Instructor & Email | | | | |
|-------|-----------|-----------------------------------|------------|----------|--------------------|----------------------|---------------------|------------------|------------------|
| CKN | Бау | Start rime | Ena mine | Date | Date | LOCATION | instructor & cinali | | |
| 31110 | T 1.00 DN | 1:00 PM | 3:30 PM | 1/9 | 2/13 | ONLINE - Asynch | White, Shelby | | |
| 31110 | ı | 1.00 FIVI | 3.30 1 101 | 1/9 | 1/3 | 2/13 | Zoom 1pm-2:30pm | swhite@mtsac.edu | |
| 30981 | W | ۱۸/ | Q1 \// | 1:00 PM | 3:20 PM | 1 1/10 | 2/14 | SD | Friedman, Karena |
| 30361 | | 1.00 PIVI | J.20 F IVI | 1/10 | 2/14 | טנ | kfriedman@mtsac.edu | | |
| 31109 | 9 Th | 10:00 AM | 12.20 DN/ | 1/11 | 2/15 | ONLINE - Asynch | Jones, Vanessa | | |
| 31109 | 111 | TO.OO AIVI | 12.30 PIVI | 1/11 | 2/13 | Zoom 10:00am-11:30am | vjones11@mtsac.edu | | |

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

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 |
|-------|---------------|------------|-------------|-------|---------------|-------------|----------------------|
| CKIN | Day(s) | Time | Time | Date | Date | LUCALION | Instructor & Email |
| 31085 | N.4 | 7:20 AM | 0.25 414 | 1 /0 | 2/12 | ONLINE - | Tan, Jeremy |
| 21002 | M | 7.20 AIVI | 8:25 AM | 1/8 | 1/8 2/12 | Synchronous | jtan 9@mtsac.edu |
| 31068 | Μ | 8:00 AM | 8:50 AM | 1/8 | 2/12 | ONLINE - | Castro, Candice |
| 21000 | IVI | 6.00 AIVI | 6.50 AIVI | 1/0 | 2/12 | Synchronous | ccastro@mtsac.edu |
| 31075 | М | 8:00 AM | 8:50 AM | 1/8 | 2/12 | ONLINE - | Cole, Danelle |
| 31073 | IVI | 6.00 AIVI | 6.50 AIVI | 1/0 | 2/12 | Synchronous | dcole18@mtsac.edu |
| 31079 | M | 9:00 AM | 9:50 AM | 1/8 | 2/12 | ONLINE - | Hunnicutt, Leslie |
| 31079 | IVI | 9.00 AIVI | 9.30 AIVI | 1/0 | 2/12 | Synchronous | lhunnicutt@mtsac.edu |
| 31208 | М | 9:00 AM | 9:50 AM | 1/8 | 2/12 | WCSCC | White, Shelby |
| 31200 | 171 | 3.00 AIVI | 3.30 AIVI | 1/0 | 2/12 | Wesee | swhite@mtsac.edu |
| 31186 | М | 9:30 AM | 10:20 AM | 1/8 | 2/12 | SD | Castro, Candice |
| 31100 | 171 | J.50 AIVI | 10.20 AIVI | 1/0 | 2/12 | 30 | ccastro@mtsac.edu |
| 31187 | М | 1:00 PM | 1:50 PM | 1/8 | 2/12 | CSCC | Castro, Candice |
| 31107 | 141 | 1.001101 | 1.501101 | 1/0 | 2/12 | CSCC | ccastro@mtsac.edu |
| 31198 | MWF | 8:00 AM | 8:50 AM | 1/8 | 2/16 | WALT | McLaren, Erin |
| 31130 | 101001 | 0.00 AIVI | 0.50 AIVI | 1/0 | 2/10 | VVALI | emclaren@mtsac.edu |
| 31204 | MWF | 9:00 AM | 9:50 AM | 1/8 | 2/16 | DBC | Barnes, MacKenzie |
| 31204 | 101001 | J.00 AIVI | J.50 AIVI | 1/0 | 2/10 | DBC | mbarnes35@mtsac.edu |
| 31188 | MWF | 9:30 AM | 10:35 AM | 1/8 | 2/16 | WALT | Cole, Danelle |
| 31100 | 101001 | J.50 AIVI | 10.55 AIVI | 1/0 | 2/10 | WALI | dcole18@mtsac.edu |
| 31205 | MWF | 10.00 ΔΜ | 10:50 AM | 1/8 | 2/16 | DBC | Barnes, MacKenzie |
| 31203 | 101001 | 10.00 /101 | 10.50 AIVI | 1/0 | 2/10 | DBC | mbarnes35@mtsac.edu |
| 31199 | MW | 10:30 AM | 11:20 AM | 1/8 | 2/14 | PSC | McLaren, Erin |
| 31133 | 10100 | 10.50 AIVI | 11.20 AIVI | -/0 | <i>-</i> / -¬ | 1 30 | emclaren@mtsac.edu |
| 31194 | MW | 10:45 AM | 11:35 AM | 1/8 | 2/14 | WPK | Jones, Vanessa |
| 31134 | 14144 | TO.TO AIVI | 11.55 AIVI | 1,0 | <i>2</i> / ±¬ | VV1 1X | vjones11@mtsac.edu |
| 31202 | MTWThF | 11:00 AM | 12:05 PM | 1/8 | 2/16 | BPSC | Ortiz, Frank |
| 31202 | IVII VV I III | 11.00 AIVI | 12.03 101 | 1/0 | 2/10 | D1 3C | fortiz27@mtsac.edu |

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

OAD MOX01 Healthy Aging (Continued)

| | | Start | (Continue End | Start | End | | |
|-------|--------|----------|------------------|-------|------|-------------------------|---|
| CRN | Day(s) | Time | Time | Date | Date | Location | Instructor & Email |
| 31069 | Т | 8:00 AM | 8:50 AM | 1/9 | 2/13 | ONLINE - Synchronous | Castro, Candice ccastro@mtsac.edu |
| 31207 | Т | 9:00 AM | 9:50 AM | 1/9 | 2/13 | WALT | White, Elizabeth ewhite31@mtsac.edu |
| 31080 | Т | 10:00 AM | 10:50 AM | 1/9 | 2/13 | ONLINE - Synchronous | Hunnicutt, Leslie Ihunnicutt@mtsac.edu |
| 31195 | TTh | 8:00 AM | 8:50 AM | 1/9 | 2/15 | PLUM | Jones, Vanessa vjones11@mtsac.edu |
| 31190 | TTh | 8:15 AM | 9:35 AM | 1/9 | 2/15 | LV | Cole, Danelle dcole18@mtsac.edu |
| 31086 | W | 7:20 AM | 8:25 AM | 1/10 | 2/14 | ONLINE - Synchronous | Tan, Jeremy jtan9@mtsac.edu |
| 31070 | W | 8:00 AM | 8:50 AM | 1/10 | 2/14 | ONLINE - Synchronous | Castro, Candice ccastro@mtsac.edu |
| 31076 | W | 8:00 AM | 8:50 AM | 1/10 | 2/14 | ONLINE - Synchronous | Cole, Danelle dcole18@mtsac.edu |
| 31071 | W | 9:00 AM | 9:50 AM | 1/10 | 2/14 | ONLINE - Synchronous | Castro, Candice ccastro@mtsac.edu |
| 31081 | W | 9:00 AM | 9:50 AM | 1/10 | 2/14 | ONLINE - Synchronous | Hunnicutt, Leslie Ihunnicutt@mtsac.edu |
| 31196 | W | 9:30 AM | 10:20 AM | 1/10 | 2/14 | PLUM | Jones, Vanessa vjones11@mtsac.edu |
| 31072 | W | 10:00 AM | 10:50 AM | 1/10 | 2/14 | Tentative: WSCC | TBA eoa@mtsac.edu |
| 31082 | W | 10:30 AM | 11:20 AM | 1/10 | 2/14 | SOP | Hunnicutt, Leslie Ihunnicutt@mtsac.edu |

OAD MOX01 Healthy Aging (Continued)

| CDAL | 5 (1) | Start | End | Start | End | | 1 | |
|-------|--------|------------|------------|-------|-------------|-------------|-----------------------|-------------------|
| CRN | Day(s) | Time | Time | Date | Date | Location | Instructor & Email | |
| 31073 | Th | 8:00 AM | 8:50 AM | 1/11 | 2/15 | ONLINE - | Castro, Candice | |
| 310/3 | 111 | 0.00 AIVI | 6.30 AIVI | 1/11 | 1/11 2/13 | Synchronous | ccastro@mtsac.edu | |
| 31083 | Th | 10:00 AM | 10:50 AM | 1/11 | 2/15 | ONLINE - | Hunnicutt, Leslie | |
| 31063 | 1111 | 10.00 AIVI | 10.50 AIVI | 1/11 | 2/13 | Synchronous | lhunnicutt@mtsac.edu | |
| 31074 | Th | 11:00 AM | 11:50 AM | 1/11 | 2/15 | ONLINE - | Castro, Candice | |
| 31074 | 111 | 11.00 AW | 11.30 AIVI | 1/11 | 2/13 | Synchronous | ccastro@mtsac.edu | |
| 31193 | Th | 1:00 PM | 1:50 PM | 1/11 | 2/15 | IRWN | Hunnicutt, Leslie | |
| 31193 | 111 | 1.00 PIVI | 1.50 PIVI | 1/11 | 2/15 | ILANIA | lhunnicutt@mtsac.edu | |
| 31077 | F | 8:00 AM | 8:50 AM | 1/12 | 2/16 | ONLINE - | Cole, Danelle | |
| 31077 | Г | 6.00 AIVI | 6.30 AIVI | 1/12 | 12 2/16 | Synchronous | dcole18@mtsac.edu | |
| 31191 | F | 9:00 AM | 9:50 AM | 1/12 | 2/16 | WCSCC | Figueroa-Darby, Raea | |
| 31191 | F | 9:00 AIVI | J.50 AIVI | 1/12 | 2/10 | /12 2/10 | Wesee | adarby1@mtsac.edu |
| 31088 | F | 9:00 AM | 10:30 AM | 1/12 | 2/16 | ONLINE - | White, Shelby | |
| 31088 | ı | 9.00 AIVI | 10.30 AIVI | 1/12 | 2/10 | Synchronous | swhite@mtsac.edu | |
| 31200 | F | 9:30 AM | 10:20 AM | 1/12 | 2/16 | SD | McLaren, Erin | |
| 31200 | | 3.30 AIVI | 10.20 AIVI | 1/12 | 2/10 | 30 | emclaren@mtsac.edu | |
| 31192 | F | 10:00 AM | 10:50 AM | 1/12 | 2/16 | WCSCC | Figueroa-Darby, Raea | |
| 31192 | ı | 10.00 AIVI | 10.30 AIVI | 1/12 | 2/10 | Wesee | adarby1@mtsac.edu | |
| 31201 | F | 1:00 PM | 1:50 PM | 1/12 | 2/16 | IRWN | Miranda, Blanche | |
| 31201 | Г | 1.00 FIVI | 1.30 FIVI | 1/12 | 2/10 | IIVVIN | bmiranda 22@mtsac.edu | |
| 31087 | Sa | 8:30 AM | 10:05 AM | 1/13 | 2/17 | ONLINE - | Tan, Jeremy | |
| 31007 | Ja | 0.30 AIVI | TO.OO MIVI | 1/13 | Z/ 1/ | Synchronous | jtan9@mtsac.edu | |

OAD MOX02 Healthy Aging - Principles of Slow Movement

Healthy aging, including diet, nutrition, disease prevention and application of Tai Chi Principles to maintain health while aging for the older adult.

| CRN | Day(s) | Start Time | End Time | Start Date | End Date | Location | Instructor & Email | | | |
|-------|-----------|-------------------------------|----------------------------|-----------------|-----------------|------------------------|----------------------|-------------|-----|-------------------|
| 31212 | MW | 9:00 AM | 9:50 AM | 1/8 | 2/14 | IRWN | Figueroa-Darby, Raea | | | |
| 31212 | 3.00 J.00 | 9.00 AIVI | 3.30 AIVI | 1/0 | 2/14 | IIIVVIN | adarby1@mtsac.edu | | | |
| 31213 | MW | 10:00 AM | 10:50 AM | 1/8 | 2/14 | IRWN | Figueroa-Darby, Raea | | | |
| 31213 | IVIVV | 10.00 AIVI | 10.30 AIVI | 1/0 | 2/14 | ILVVIA | adarby1@mtsac.edu | | | |
| 31214 | М | 12:00 PM | 1:25 PM | 1/8 | 2/12 | WCSCC | Figueroa-Darby, Raea | | | |
| 31214 | IVI | 12.00 PIVI | 1.23 FIVI | 1/0 | 2/12 | WC3CC | adarby1@mtsac.edu | | | |
| 31216 | М | 1:30 PM | 2:55 PM | 1/8 | 2/12 | WCSCC | Figueroa-Darby, Raea | | | |
| 31210 | IVI | 1.50 PIVI | 2.JJ F 1VI | 1/0 | 2/12 | WCSCC | adarby1@mtsac.edu | | | |
| 31211 | Т | 9:00 AM | 10:05 AM | 1/9 | 2/13 | PLUM | Chou, Kathy | | | |
| 31211 | I | 3.00 AIVI | 10.05 AIVI | 1/9 | 9 2/13 | PLUIVI | kchou@mtsac.edu | | | |
| 31210 | Т | 4:00 PM | 4:50 PM | 1/9 | 2/13 | GSC | Chou, Kathy | | | |
| 31210 | I | 4.00 PIVI | 4.30 FIVI | 1/9 | 2/13 | dsc | kchou@mtsac.edu | | | |
| 31089 | Th | 9:00 AM | 9:50 AM | 1/11 | 2/15 | ONLINE - | White, Shelby | | | |
| 31089 | 111 | 3.00 AIVI | 9.30 AIVI | 1/11 | 2/13 | Synchronous | swhite@mtsac.edu | | | |
| 31217 | Th | 9:30 AM | 11:20 AM | 1/11 | 2/15 | DBC | Figueroa-Darby, Raea | | | |
| 31217 | 111 | 9.30 AIVI 11.20 AIVI 1/11 | 3.30 AW 11.20 AW 1/11 2/13 | 11.20 AIVI 1/ | /I 11.20 AIVI | 5.30 AIVI 11.20 AIVI | 1/11 | ./11 2/15 | DBC | adarby1@mtsac.edu |
| 31218 | Th | 1:00 PM | 2:50 PM | 1/11 | 2/15 | 137 | Figueroa-Darby, Raea | | | |
| 31218 | 111 | 1.00 7101 | 2.30 111 | 1/11 | 2/13 | LV | adarby1@mtsac.edu | | | |

OAD MOX04 Healthy Aging - Principles of Posture and Flexibility

Health aging, including diet, nutrition, disease prevention, and application of Yoga principles to maintaining health while aging for the older adult population.

| CRN | Day(s) | Start Time | End Time | Start Date | End Date | Location | Instructor & Email |
|-------|-------------|------------|-------------|---------------|-------------|-------------|----------------------|
| 31321 | М | 8:00 AM | 8:50 AM | 1/8 | 2/12 | HERI | TBA eoa@mtsac.edu |
| 31093 | М | 8:30 AM | 9:50 AM | 1/8 | 2/12 | ONLINE - | Klein, Gabriela |
| | | | | • | • | Synchronous | gklein@mtsac.edu |
| 31094 | М | 11:30 AM | 12:55 PM | 1/8 | 2/12 | ONLINE - | Klein, Gabriela |
| | | | | - | - | Synchronous | gklein@mtsac.edu |
| 31101 | Т | 7:20 AM | 8:25 AM | 1/9 | 2/13 | ONLINE - | Tan, Jeremy |
| | | | | • | , | Synchronous | jtan9@mtsac.edu |
| 31090 | Т | 9:00 AM | 9:50 AM | 1/9 | 2/13 | ONLINE - | Castro, Candice |
| | | | | , - | , - | Synchronous | ccastro@mtsac.edu |
| 31095 | Т | 10:00 AM | 10:50 AM | 1/9 | 2/13 | ONLINE - | White, Shelby |
| | - | | | _, - | _, _, | Synchronous | swhite@mtsac.edu |
| 31224 | Т | 10:15 AM | 11:20 AM | 1/9 | 2/13 | DBC | White, Elizabeth |
| | • | 201207 | | _, _ | _, _, | 220 | ewhite31@mtsac.edu |
| 31223 | Т | 11:25 AM | 12:30 PM | 1/9 | 2/13 | DBC | White, Elizabeth |
| 31223 | <u> </u> | 11.2371111 | 12.501111 | | 2,13 | 250 | ewhite31@mtsac.edu |
| 31221 | 1221 TTh 10 | 10:00 AM | 10:50 AM | 1/9 | 2/15 | wcscc | Cole, Danelle |
| 31221 | | | 10.507(14) | 1, 3 | 2/13 | Weste | dcole18@mtsac.edu |
| 31092 | TTh | 6:30 PM | 7:50 PM | 1/9 | 2/15 | ONLINE - | Cole, Danelle |
| 31032 | | 0.501101 | 7.50 1 101 | 1/3 | 2/13 | Synchronous | dcole18@mtsac.edu |
| 31096 | W | 8:30 AM | 9:55 AM | 1/10 | 2/14 | ONLINE - | Klein, Gabriela |
| 31090 | VV | 0.30 AIVI | J.JJ AIVI | 1/10 | 2/14 | Synchronous | gklein@mtsac.edu |
| 31251 | W | 10:45 AM | 11:50 AM | 1/10 | 2/14 | WALT | Cole, Danelle |
| 31231 | VV | 10.43 AIVI | TT.50 AIVI | 1/10 | 2/14 | VVALI | dcole18@mtsac.edu |
| 31097 | W | 11:30 AM | 12:55 PM | 1/10 | 2/14 | ONLINE - | Klein, Gabriela |
| 31037 | VV | 11.30 AIVI | TC.JJ L IVI | 1/10 | Z/ 14 | Synchronous | gklein@mtsac.edu |
| 31098 | W | 1:00 PM | 2:05 PM | 1/10 | 2/14 | ONLINE - | Hunnicutt, Leslie |
| 21090 | VV | 1.00 1 101 | 2.03 F IVI | 1, 10 | 2/14 | Synchronous | lhunnicutt@mtsac.edu |

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

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

| CDAL | Davida | Chart Times | Fuel Times | Start | End | l a aati a sa | In atmosphery Q. Free all | |
|-------|--------|-------------|---------------------|-------------|-------------|-------------------|---------------------------|------------------|
| CRN | Day(s) | Start Time | Ena Time | Date | Date | Location | Instructor & Email | |
| 31102 | Th | 7:20 AM | 8:25 AM | 1/11 | 2/15 | ONLINE - | Tan, Jeremy | |
| 31102 | 111 | 7.20 AIVI | O.ZJ AIVI | 1/11 | 2/13 | Synchronous | jtan9@mtsac.edu | |
| 31091 | Th | 9:00 AM | 9:50 AM | 1/11 | 2/15 | ONLINE - | Castro, Candice | |
| 31091 | 111 | 9.00 AIVI | 9.50 AIVI | 1/11 2/15 | Synchronous | ccastro@mtsac.edu | | |
| 31220 | Th | 9:00 AM | 10:20 AM | AM 1/11 2 | 1/11 2/15 | PLUM | Chou, Kathy | |
| 31220 | 111 | 9.00 AIVI | 10.20 AIVI | | | 2/13 | PLUIVI | kchou@mtsac.edu |
| 31099 | F | 8:30 AM | M 9:55 AM 1/12 2/16 | 2/16 | ONLINE - | Klein, Gabriela | | |
| 31099 | Г | 6.30 AIVI | 9.55 AIVI | 1/14 | 1/12 | 2/10 | Synchronous | gklein@mtsac.edu |
| 31225 | F | 9:00 AM | 10:50 AM | 1/12 | 2/16 | PLUM | Chou, Kathy | |
| 31223 | Г | 9.00 AIVI | | 1/12 | 2/10 | PLUIVI | kchou@mtsac.edu | |
| 31222 | F | 11:00 AM | 11:50 AM | 1/12 | 2/16 | IRWN | Cole, Danelle | |
| 31222 | Г | 11.00 AIVI | 11.50 AIVI | 1/12 | 2 2/16 | ILVAIN | dcole18@mtsac.edu | |
| 21100 | F | 11.20 414 | 12:55 PM | 1/12 | 2/16 | ONLINE - | Klein, Gabriela | |
| 31100 | Г | 11:30 AM | 12.33 FIVI | 1/12 | ./12 2/16 | Synchronous | gklein@mtsac.edu | |

OAD MOX06 Healthy Aging - Principles of Aquatic Resistance

Healthy aging, including diet nutrition, disease prevention, and application of aquatic resistance principles to maintain health while aging for the older adult population.

| CRN | Day(s) | Start Time | End Time | Start | End | Location | Instructor & Email |
|-------|--------------|------------|-------------|----------|----------|------------------|----------------------|
| Citit | Day(3) | Start Time | Liid Tillic | Date | Date | Location | mstructor & Eman |
| 21220 | MTWThF | 8:00 AM | 9:20 AM | 1/8 | 2/16 | BPAQ | Ortiz, Frank |
| 31229 | IVII VV IIIF | 6.00 AIVI | J.20 AIVI | 1/0 | 2/10 | BFAQ | fortiz 27@mtsac.edu |
| 21225 | MTWThF | 9:30 AM | 10:50 AM | 1/8 | 2/16 | BPAQ | Ortiz, Frank |
| 31233 | IVII VV IIIF | 9.30 AIVI | 10.50 AIVI | 1/0 | 2/10 | BPAQ | fortiz 27@mtsac.edu |
| 31236 | MTWTh | 7:15 PM | 8:05 PM | 1/8 | 2/15 | PDA O | Slim, Yamil |
| 31230 | 1011 00 111 | 7.13 FIVI | 6.05 PIVI | 1/8 2/15 | BPAQ | yslim1@mtsac.edu | |
| 31226 | N/T\A/Th | 8:45 AM | 9:35 AM | 1/9 | 2/15 | SDSR | Friedman, Karena |
| 31220 | MTWTh | 6.45 AIVI | 3.33 AIVI | 1/9 | 9 2/15 | SDSK | kfriedman@mtsac.edu |
| 31227 | MTWTh | 9:45 AM | 10:35 AM | 1/9 | 2/15 | SDSR | Friedman, Karena |
| 31227 | 1011 00 111 | 9.45 AIVI | 10.55 AIVI | 1/9 | 2/13 | SDSK | kfriedman@mtsac.edu |
| 31237 | F | 8:45 AM | 9:35 AM | 1/12 | 2/16 | CDCD | Hunnicutt, Leslie |
| 31237 | Г | 6.45 AIVI | 9.33 AIVI | 1/12 | 2/10 | SDSR | lhunnicutt@mtsac.edu |
| 31238 | F | 0.45 484 | 10:35 AM | 1/12 | 2/16 | CDCD | Hunnicutt, Leslie |
| 31238 | Г | 9:45 AM | 10.22 AIVI | 1/12 | 2/10 | SDSR | Ihunnicutt@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.

| CRN | Day(s) | Start Time | End Time | Start | End | Location | Instructor & Email | | | | | | | | | | | | |
|-------|--------|------------|------------------------|----------------------|-----------|-------------|----------------------|-----------|-----------|-----------|-----------|-----------|-----------|----------------|--------------|-----|------|------------|----|
| | | | | Date | Date | | | | | | | | | | | | | | |
| 31103 | М | 10:00 AM | 11:25 AM | 1/8 | 2/12 | ONLINE - | Klein, Gabriela | | | | | | | | | | | | |
| 31103 | 171 | 10.00 AIVI | 11.25 AIVI | 1/0 | 2/12 | Synchronous | gklein@mtsac.edu | | | | | | | | | | | | |
| 21104 | N 4 | 1.00 014 | 2.0E DN4 | 1 /0 | 2/12 | ONLINE - | Hunnicutt, Leslie | | | | | | | | | | | | |
| 31104 | М | 1:00 PM | 2:05 PM | 1/8 | 2/12 | Synchronous | Ihunnicutt@mtsac.edu | | | | | | | | | | | | |
| 31228 | Т | 11:00 AM | 11:50 AM | 1/9 | 2/13 | IRWN | Castro, Candice | | | | | | | | | | | | |
| 31228 | ı | 11.00 AIVI | 11.50 AIVI | 1/9 | 2/13 | IKVVIV | ccastro@mtsac.edu | | | | | | | | | | | | |
| 31249 | Т | 11:00 AM | 11:50 AM | 1 /0 | 2/13 | ONLINE - | White, Shelby | | | | | | | | | | | | |
| 31249 | ı | 11.00 AIVI | 11.50 AIVI | 1/9 | 2/13 | Synchronous | swhite@mtsac.edu | | | | | | | | | | | | |
| 21224 | TTL | 1:30 PM |) PM 2:20 PM | 1/9 | 2/15 | 137 | Slim, Yamil | | | | | | | | | | | | |
| 31234 | TTh | | 1:30 PIVI | 1:30 PIVI | 1.50 PIVI | 1.50 PIVI | 1.50 PIVI | 1:30 PIVI | 1:30 PIVI | 1:30 PIVI | 1:30 PIVI | 1:30 PIVI | 1:30 PIVI | 1:30 PIVI 2:20 | 2.20 FIVI 1/ | 1/9 | 2/15 | 1/9 2/15 | LV |
| 21105 | W | 10:00 AM | 11:25 AM | 1/10 | 2/1/ | ONLINE - | Klein, Gabriela | | | | | | | | | | | | |
| 31105 | VV | 10.00 AIVI | 11.25 AIVI | 1/10 | 2/14 | Synchronous | gklein@mtsac.edu | | | | | | | | | | | | |
| 21222 | W | 12:40 PM | 1:45 PM | 1/10 | 2/1/ | ESC)/IC | McLaren, Erin | | | | | | | | | | | | |
| 31233 | VV | 12:40 PIVI | 1.45 PIVI | 1/10 | 2/14 | ESGVJC | emclaren@mtsac.edu | | | | | | | | | | | | |
| 21220 | Th | 11.20 004 | 12.20 DN4 | 1/11 | 2/15 | PSC | Hunnicutt, Leslie | | | | | | | | | | | | |
| 31230 | 111 | 11:30 AM | 12:20 PM 1/11 2/15 | :20 PM 1/11 2/15 | 2/15 | P3C | Ihunnicutt@mtsac.edu | | | | | | | | | | | | |
| 21106 | F | 10:00 AM | 0:00 AM 11:25 AM | 1/12 | 2/16 | ONLINE - | Klein, Gabriela | | | | | | | | | | | | |
| 31106 | Г | TO.OO AIVI | TT.Z3 AIVI | 1/12 | 2/16 | 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 | End | Location | Instructor & Email |
|-------|--------|-------------|-------------|-------|------|----------|--------------------|
| CKIV | Day(s) | Start Tille | Liiu Tiille | Date | Date | Location | |
| 31143 | W | 1:00 PM | 3:50 PM | 1/10 | 2/14 | \A/A T | Conte, Kelly |
| 31143 | VV | 1.00 PIVI | 3.30 PIVI | 1/10 | 2/14 | WALT | kconte@mtsac.edu |
| 21111 | Th | 9:00 AM | 11:50 AM | 1/11 | 2/15 | WALT | Conte, Kelly |
| 31144 | 111 | 9.00 AIVI | 11.50 AW | 1/11 | | | 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 | |
|-------|--------|-------------|------------|-------|------|-------------|------------------------|--|
| CIXIV | Day(s) | Start Tille | Liiu iiiie | Date | Date | Location | mstructor & Linan | |
| 31065 | М | 9:00 AM | 11:50 AM | 1/8 | 2/12 | ONLINE - | Tucker, Ray | |
| 31003 | IVI | 9.00 AIVI | 11.30 AIVI | 1/0 | 2/12 | Synchronous | rtucker@mtsac.edu | |
| 31150 | М | 10:00 AM | 11:50 AM | 1/8 | 2/12 | BPSC | Sanchez, Angelica | |
| 31130 | IVI | 10.00 AIVI | 11.30 AIVI | 1/0 | 2/12 | BF3C | asanchez 487@mtsac.edu | |
| 31146 | Т | 9:00 AM | 11:50 AM | 1/9 | 2/13 | LV | Conte, Kelly | |
| 31140 | 1 | | | | | | kconte@mtsac.edu | |
| 21147 | Т | 1:00 PM | 4:05 PM | 1/9 | 2/13 | SD | Conte, Kelly | |
| 31147 | ı | 1.00 PIVI | 4.05 PIVI | 1/9 | 2/13 | | kconte@mtsac.edu | |
| 31148 | Th | 1:00 PM | 3:50 PM | 1/11 | 2/15 | DBC | Conte, Kelly | |
| 31146 | 111 | 1.00 PIVI | 3.30 PIVI | 1/11 | 2/13 | DBC | kconte@mtsac.edu | |
| 21140 | F | 10:00 AM | 12:30 PM | 1/12 | 2/16 | WCSCC | Conte, Kelly | |
| 31149 | Г | | | | | | kconte@mtsac.edu | |
| 21151 | F | 12:55 PM | 4:00 PM | 1/12 | 2/16 | LV | Tucker, Ray | |
| 31151 | | | | | | | rtucker@mtsac.edu | |

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

OAD FNA32 Drawing—Beginning-Advanced

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

| CRN | Day(s) | Start Time | End Time | Start Date | End Date | Location | Instructor & Email |
|-------|---------|---------------------------------|------------|---------------|-------------|-------------------|-----------------------|
| 31155 | Т | Γ 12:30 PM 3:20 PM 1/9 2/13 DBC | DBC | Tucker, Ray | | | |
| 31133 | • | 12.501101 | 3.2011 | 1/3 | 2/15 | DBC | rtucker@mtsac.edu |
| 21066 | 31066 W | 9:00 AM | 11:30 AM | 1/10 | 2/14 | ONLINE - | Conte, Kelly |
| 31000 | | | | | | Synchronous | kconte@mtsac.edu |
| 21156 | Th | 8:55 AM | 12:00 PM | 1/11 2/15 LV | 2/15 | 11/ | Tucker, Ray |
| 31156 | 111 | 6.33 AIVI | 12.00 PIVI | | LV | rtucker@mtsac.edu | |
| 21152 | F | 0.00 414 | 11.50 414 | 1/12 | 2/16 | MCCC | Johnson, Bernard |
| 31153 | Г | 9:00 AM | 11:50 AM | 1/12 | 2/16 | WSSC | bjohnson 98@mtsac.edu |
| 31152 | F | 1:00 PM | 3:05 PM | 1/12 | 2/16 | DBC | Cardona, Yasmin |
| | | | | | | | ycardona3@mtsac.edu |

Vocational Re-Entry Program

Mt. San Antonio College's School of Continuing Education offers vocational re-entry (VRE) courses and certificates for adults returning to the workforce and as a means of supplemental income. Classes are available online, on campus, and at various locations and community centers. Students enroll in these classes to learn vocational skills that they can use to start a new career, start their own business, earn additional income, or to support their community. Students can earn certificates in Office Computer Applications, Basic Excel Applications, Basic Computer Presentations & Publication, Microenterprise, or Sewing & Tailoring.

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



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!

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- Mt. SAC Portal
- Canvas
- Zoom

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

FALL 2023 ZOOM HOURS:

Monday-Thursday: 9am-1pm & 3pm-7pm

Friday 8:30am-4pm

FALL 2023 HYBRID HOURS (IN-PERSON OR ON ZOOM)

Mondays: 9am - 1pm (Location: Bldg 30, Rm 111 or on Zoom)

HOW TO CONTACT US:



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

- Click the link above to join
- Type the URL address above to join
- Scan QR code to join







CALL: (909) 274-6100



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Semester Dates

Fall 2023

Classes Begin: August 28, 2023 Classes End: December 17, 2023

Holidays: September 4, November 10, November 23, and November 24

Winter 2024

Registration Begins: November 6, 2023

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

Holidays: January 15 and February 16

Spring 2024

Registration Begins: January 16, 2024

Classes Begin: February 26, 2024

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

Summer 2024

Registration Begins: May 6, 2024

Classes Begin: June 20, 2024 (*Thursday*)

Classes End: Varies, see schedule for details

Holidays: July 4