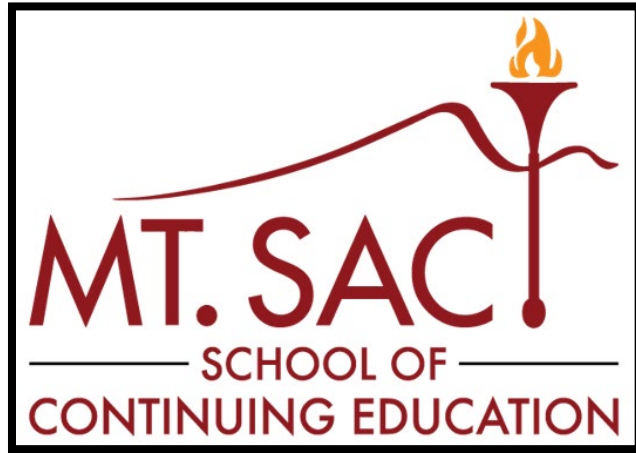


Education for Older Adults Class Schedule Winter & Spring 2025



Winter Term: January 6 - February 16, 2025

Spring Term: February 24 - June 22, 2025

Holidays: 1/20, 2/14, 3/31, 5/26, 6/19

Register begins on November 6, 2024.

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



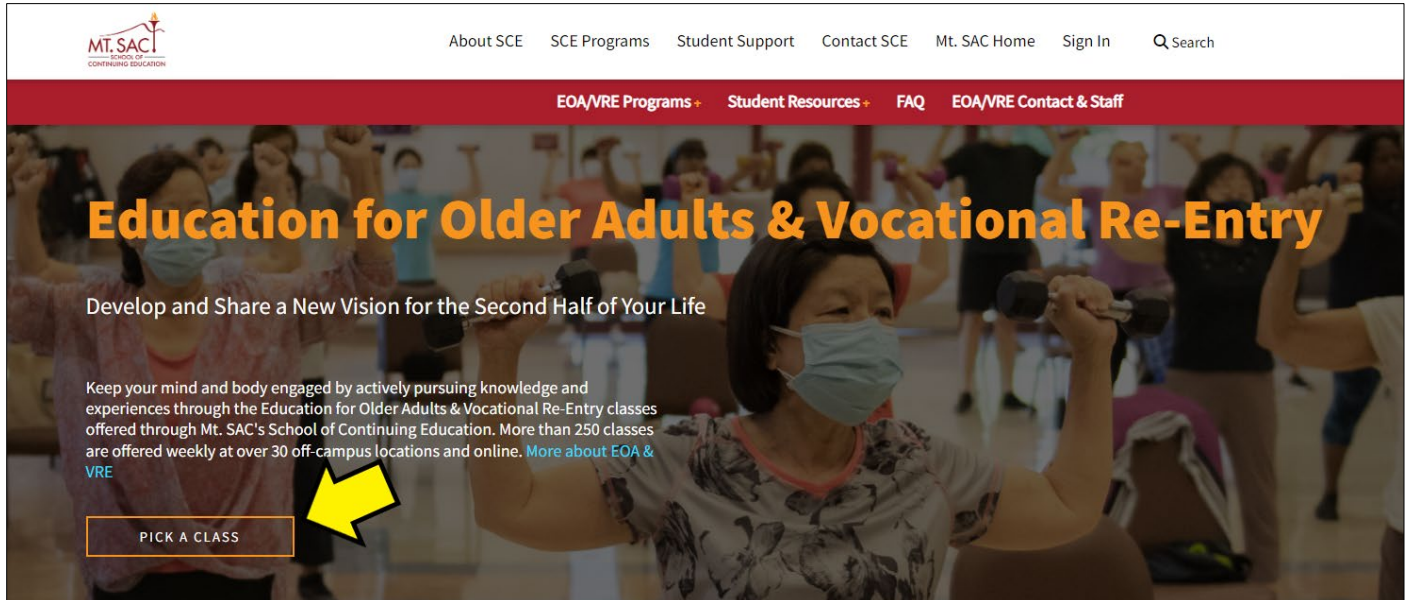
Version 1: Updated 10/15/2024
Schedule subject to change.

The class schedule is subject to change.

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



2. Click on “Pick a Class”



3. Scroll down to “Pick an EOA class” section and click on the type of class you are interested in.



4. Scroll down to see the most current schedule of classes at all locations!

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Registration Information

Registration begins on November 6, 2024.

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.

Winter & Spring 2025 Impacted Classes Registration Support

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 support day at the location where you plan to take the class (*see schedule below*). You do not need to attend a registration support 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, 30933, 31076, 31078, 31079, 31107, 31109 & Spring CRNs 41406, 41462, 41464, 41624, 41870, 41924, 41926)

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.
909-274-4192 | eo@mtsac.edu

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.

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.

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.

Baldwin Park Julia McNeil Senior Center Classes (BPSC)

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

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30916	FNA04 Watercolor Painting	M	10:00 AM	12:10 PM	1/6	2/10	Sanchez, Angelica asanchez487@mtsac.edu
31068	MOX09 Principles of Progressive Resistance	MTW ThF	11:00 AM	12:05 PM	1/6	2/13	Ortiz, Frank fortiz27@mtsac.edu
31233	FN Food and Nutrition	W	10:00 AM	11:50 AM	1/8	2/12	Mariles, Marla mmariles@mtsac.edu
31347	MBH Music and Brain Health	Th	9:00 AM	11:05 AM	1/9	2/13	Kung, James jkung23@mtsac.edu

Spring 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41459	FNA04 Watercolor Painting	M	10:00 AM	11:50 AM	2/24	6/16	Sanchez, Angelica asanchez487@mtsac.edu
41859 41860	MOX09 Principles of Progressive Resistance	MTW ThF	11:00 AM	12:05 PM	2/24	6/20	Ortiz, Frank fortiz27@mtsac.edu
43458	FN Food and Nutrition	W	10:00 AM	11:50 AM	2/26	6/18	Mariles, Marla mmariles@mtsac.edu
43501	MBH Music and Brain Health	Th	9:00 AM	11:05 AM	2/27	6/12	Kung, James jkung23@mtsac.edu

Baldwin Park Aquatic Center Classes (BPAQ)

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

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
31061	MOX06 Principles of Aquatic Resistance	MTWThF	8:00 AM	9:25 AM	1/6	2/13	Ortiz, Frank fortiz27@mtsac.edu
31063	MOX06 Principles of Aquatic Resistance	MTWThF	9:30 AM	10:50 AM	1/6	2/13	Ortiz, Frank fortiz27@mtsac.edu
31065	MOX06 Principles of Aquatic Resistance	MTWTh	7:15 PM	8:05 PM	1/6	2/13	Slim, Yamil yslim1@mtsac.edu

Spring 2025

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

Covina Senior & Community Center Classes (CSCC)

815 N. Barranca Ave.

Covina, CA 91723

Phone: (626) 384-5380

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30974	MOX01 Healthy Aging	M	1:00 PM	1:50 PM	1/6	2/10	Castro, Candice ccastro@mtsac.edu
30907	FN Food and Nutrition	T	9:30 AM	11:35 AM	1/7	2/11	Mariles, Marla mmariles@mtsac.edu
30934	FNA32 Drawing	F	9:00 AM	11:50 AM	1/10	2/7	May-Byrd, Lia jmaybyrd@mtsac.edu

Spring 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41700	MOX01 Healthy Aging	M	1:00 PM	1:50 PM	2/24	6/16	Castro, Candice ccastro@mtsac.edu
41627	FN Food and Nutrition	T	9:30 AM	11:35 AM	2/25	6/17	Mariles, Marla mmariles@mtsac.edu
41636	FNA32 Drawing	F	9:00 AM	11:50 AM	2/28	6/20	May-Byrd, Lia jmaybyrd@mtsac.edu

Diamond Bar Center Classes (DBC)

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

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30966	MOX01 Healthy Aging	MWF	9:00 AM	9:50 AM	1/6	2/12	Barnes, MacKenzie mbarnes35@mtsac.edu
30970	MOX01 Healthy Aging	MWF	10:00 AM	10:50 AM	1/6	2/12	Barnes, MacKenzie mbarnes35@mtsac.edu
31051	MOX04 Principles of Posture and Flexibility	T	10:15 AM	11:20 AM	1/7	2/11	White, Elizabeth ewhite31@mtsac.edu
31053	MOX04 Principles of Posture and Flexibility	T	11:25 AM	12:30 PM	1/7	2/11	White, Elizabeth ewhite31@mtsac.edu
30931	FNA32 Drawing	T	12:30 PM	3:20 PM	1/7	2/11	Tucker, Ray rtucker@mtsac.edu
31045	MOX02 Principles of Slow Movement	Th	9:30 AM	11:20 AM	1/9	2/13	Figueroa-Darby, Raea adarby1@mtsac.edu
30922	FNA04 Watercolor Painting	Th	1:00 PM	3:50 PM	1/9	2/13	Conte, Kelly kconte@mtsac.edu
30936	FNA32 Drawing	F	1:00 PM	3:05 PM	1/10	2/17	Cardona, Yasmin ycardona3@mtsac.edu

Diamond Bar Center Classes

Spring 2025

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

Heritage Park Community Center Classes (HERI)

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

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
31048	MOX04 Principles of Posture and Flexibility	M	8:00 AM	9:30 AM	1/6	2/10	Mehta, Surendra smehta9@mtsac.edu

Spring 2025

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

East San Gabriel Valley Japanese Community Center Classes (ESGVJC)

1203 W. Puente Ave.
West Covina, CA 91790
Phone: (626) 960-2566

Winter 2025

No winter classes. See you in the Spring!

Spring 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41793	MOX02 Principles of Slow Movement	T	12:00 PM	1:05 PM	2/25	6/17	Peng, Min mpeng15@mtsac.edu
41863	MOX11 Fall Prevention, Balance and Mobility	W	12:40 PM	1:45 PM	2/26	6/18	McLaren, Erin emclaren@mtsac.edu

Gibson Senior Center Classes (GSC)

250 N. 3rd Ave.
Upland, CA 91786
Phone: (909) 981-4501

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30939	MBH Music and Brain Health	M	9:00 AM	11:05 AM	1/6	2/10	Martinez, Jinette jmartinez1063@mtsac.edu
31224	MOX02 Principles of Slow Movement	T	4:30 PM	5:20 PM	1/7	2/11	Miranda, Blanche bmiranda22@mtsac.edu
30925	FNA04 Watercolor Painting	F	12:55 PM	3:45 PM	1/10	2/7	May-Byrd, Lia jmaybyrd@mtsac.edu

Spring 2025

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

Irwindale Senior Citizen's Center Classes (IRWN)

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

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
31038	MOX02 Principles of Slow Movement	MW	9:00 AM	9:50 AM	1/6	2/12	Figueroa-Darby, Raea adarby1@mtsac.edu
31039	MOX02 Principles of Slow Movement	MW	10:00 AM	10:50 AM	1/6	2/12	Figueroa-Darby, Raea adarby1@mtsac.edu
31069	MOX11 Fall Prevention, Balance and Mobility	T	11:00 AM	11:50 AM	1/7	2/11	Castro, Candice ccastro@mtsac.edu
30986	MOX01 Healthy Aging	Th	1:00 PM	1:50 PM	1/9	2/13	White, Shelby swhite@mtsac.edu
31060	MOX04 Principles of Posture and Flexibility	F	11:00 AM	11:50 AM	1/10	2/7	Cole, Danelle dcole18@mtsac.edu
30990	MOX01 Healthy Aging	F	1:00 PM	1:50 PM	1/10	2/7	Miranda, Blanche bmiranda22@mtsac.edu

Spring 2025

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

La Verne Community Center Classes (LV)

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

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30919	FNA04 Watercolor Painting	T	9:00 AM	11:50 AM	1/7	2/11	Conte, Kelly kconte@mtsac.edu
30977	MOX01 Healthy Aging	TTh	8:15 AM	9:35 AM	1/7	2/13	Cole, Danelle dcole18@mtsac.edu
31070	MOX11 Fall Prevention, Balance and Mobility	TTh	1:30 PM	2:20 PM	1/7	2/13	Slim, Yamil yslim1@mtsac.edu
**30933	FNA32 Drawing	Th	8:55 AM	12:00 PM	1/9	2/13	Tucker, Ray rtucker@mtsac.edu
31046	MOX02 Principles of Slow Movement	Th	1:00 PM	2:50 PM	1/9	2/13	Figueroa-Darby, Raea adarby1@mtsac.edu
30910	FNA03 Oil Painting	F	9:00 AM	11:50 AM	1/10	2/7	Pernisco, Atilio apernisco@mtsac.edu
**30924	FNA04 Watercolor Painting	F	12:45 PM	3:50 PM	1/10	2/7	Tucker, Ray rtucker@mtsac.edu

Spring 2025

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

Mt. San Antonio College Classes (Mt. SAC)

1101 N. Grand Ave.

Walnut, CA 91789

Phone: (909) 274-4220

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Location	Professor & Email
30921	FNA04 Watercolor Painting	W	1:00 PM	3:50 PM	1/8	2/12	80-1401	May-Byrd, Lia jmaybyrd@mtsac.edu
31238	MBH Music and Brain Health	Th	1:00 PM	3:50 PM	1/9	2/13	80-1401	Hartford, James jhartford@mtsac.edu

Spring 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Location	Professor & Email
41630	FNA04 Watercolor Painting	W	1:00 PM	3:50 PM	2/26	6/18	80-1421	May-Byrd, Lia jmaybyrd@mtsac.edu
43496	MBH Music and Brain Health	Th	1:00 PM	3:50 PM	2/27	6/12	80-1401	Hartford, James jhartford@mtsac.edu

Palomares Senior Center Classes (PSC)

499 E. Arrow Hwy.
Pomona, CA 91767
Phone: (909) 620-2324

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30930	FNA32 Drawing	M	12:45 PM	3:20 PM	1/6	2/10	Conte, Kelly kconte@mtsac.edu
30971	MOX01 Healthy Aging	MW	10:30 AM	11:20 AM	1/6	2/12	McLaren, Erin emclaren@mtsac.edu
31072	MOX11 Fall Prevention, Balance and Mobility	Th	11:30 AM	12:20 PM	1/9	2/13	Hunnicutt, Leslie lhunnicutt@mtsac.edu
30940	MBH Music and Brain Health	F	9:00 AM	11:10 AM	1/10	2/7	Hartford, James jhartford@mtsac.edu

Spring 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41634	FNA32 Drawing	M	12:45 PM	3:20 PM	2/24	6/16	Conte, Kelly kconte@mtsac.edu
41697	MOX01 Healthy Aging	MW	10:30 AM	11:20 AM	2/24	6/18	McLaren, Erin emclaren@mtsac.edu
43465	BHTH1 Brain Health 1	T	12:30 PM	2:20 PM	2/25	6/17	Fierro, Marisa mfierro10@mtsac.edu
41864	MOX11 Fall Prevention, Balance and Mobility	Th	11:30 AM	12:20 PM	2/27	6/12	Hunnicutt, Leslie lhunnicutt@mtsac.edu
41679	MBH Music and Brain Health	F	9:00 AM	11:10 AM	2/28	6/20	Hartford, James jhartford@mtsac.edu

Washington Park Classes (WPK)

865 E. Grand Ave.
Pomona, CA 91766
Phone: (909) 620-2305

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30972	MOX01 Healthy Aging	MW	10:45 AM	11:35 AM	1/6	2/12	Jones, Vanessa vjones11@mtsac.edu

Spring 2025

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

Rowland Heights Community Center Classes (PATH)

18150 Pathfinder Rd.
Rowland Heights, CA 91748
Phone: (562) 691-1624

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
31335	MOX01 Healthy Aging	TBD					
31058	MOX04 Principles of Posture and Flexibility	Th	10:00 AM	11:15 AM	1/9	2/13	Barnes, MacKenzie mbarnes35@mtsac.edu

Spring 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
43504	MOX01 Healthy Aging	TBD					
41840	MOX04 Principles of Posture and Flexibility	Th	10:00 AM	11:05 AM	2/27	6/12	Barnes, MacKenzie mbarnes35@mtsac.edu

San Angelo Park Classes (SAP)

245 S. San Angelo Ave.

La Puente, CA 91746

Phone: (626) 968-2666

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
31220	MBH Music and Brain Health	M	9:00 AM	11:05 AM	1/6	2/10	Kung, James jkung23@mtsac.edu
31222	MOX02 Principles of Slow Movement	T	8:30 AM	9:50 AM	1/7	2/11	Miranda, Blanche bmiranda22@mtsac.edu
31215	MOX01 Healthy Aging	F	9:30 AM	10:35 AM	1/9	2/13	Shannon Clewley sclewley@mtsac.edu

Spring 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
43456	MBH Music and Brain Health	M	9:00 AM	11:05 AM	2/24	6/16	Kung, James jkung23@mtsac.edu
43460	MOX02 Principles of Slow Movement	T	8:30 AM	9:50 AM	2/25	6/17	Miranda, Blanche bmiranda22@mtsac.edu
43463	MOX04 Principles of Posture and Flexibility	T	12:00 PM	1:05 PM	2/25	6/17	SantaBarbara, Kim ksantabarbara@mtsac.edu
43457	MOX01 Healthy Aging	F	9:30 AM	10:35 AM	2/28	6/20	Shannon Clewley sclewley@mtsac.edu

San Dimas Senior/Community Center Classes (SD)

201 E. Bonita Ave.
San Dimas, CA 91773
Phone: (909) 394-6293

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30969	MOX01 Healthy Aging	M	9:30 AM	10:20 AM	1/6	2/10	Castro, Candice ccastro@mtsac.edu
30920	FNA04 Watercolor Painting	T	1:00 PM	4:05 PM	1/7	2/11	Conte, Kelly kconte@mtsac.edu
30932	FNA32 Drawing	W	9:00 AM	11:50 AM	1/8	2/12	May-Byrd, Lia jmaybyrd@mtsac.edu
30988	MOX01 Healthy Aging	F	9:30 AM	10:20 AM	1/10	2/7	McLaren, Erin emclaren@mtsac.edu

Spring 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41695	MOX01 Healthy Aging	M	9:30 AM	10:20 AM	2/24	6/16	Castro, Candice ccastro@mtsac.edu
41461	FNA04 Watercolor Painting	T	1:00 PM	4:05 PM	2/25	6/10	Conte, Kelly kconte@mtsac.edu
41463	FNA32 Drawing	W	9:00 AM	11:50 AM	2/26	6/18	May-Byrd, Lia jmaybyrd@mtsac.edu
41038	BHTH2 Brain Health 2	W	1:00 PM	3:20 PM	2/26	6/18	Fierro, Marisa mfierro10@mtsac.edu
41037	BHTH1 Brain Health 1	Th	1:00 PM	3:20 PM	2/27	6/12	Fierro, Marisa mfierro10@mtsac.edu
41714	MOX01 Healthy Aging	F	9:30 AM	10:20 AM	2/28	6/20	McLaren, Erin emclaren@mtsac.edu

Stanley Plummer Building Classes (PLUM)

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

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
31042	MOX02 Principles of Slow Movement	T	9:00 AM	10:05 AM	1/7	2/11	Peng, Min mpeng15@mtsac.edu
30976	MOX01 Healthy Aging	TTh	8:00 AM	8:50 AM	1/7	2/13	Jones, Vanessa vjones11@mtsac.edu
30980	MOX01 Healthy Aging	W	9:30 AM	10:20 AM	1/8	2/12	Jones, Vanessa vjones11@mtsac.edu
31057	MOX04 Principles of Posture and Flexibility	Th	9:00 AM	10:20 AM	1/9	2/13	Clewley, Shannon sclewley@mtsac.edu
31047	MOX02 Principles of Slow Movement	F	9:00 AM	10:20 AM	1/10	2/7	Peng, Min mpeng15@mtsac.edu
31059	MOX04 Principles of Posture and Flexibility	F	10:30 AM	11:35 AM	1/10	2/7	Anello, Andrea aanello@mtsac.edu

Spring 2025

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

San Dimas Swim & Racquet Club Classes (SDSR)

990 W. Covina Blvd.
San Dimas, CA 91773
Phone: (909) 394-6283

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
31393 31062 31066	MOX06 Principles of Aquatic Resistance	MTWThF	8:45 AM	9:35 AM	1/6	2/13	Friedman, Karena kfriedman@mtsac.edu Hunnicut, Leslie lhunnicut@mtsac.edu
31394 31064 31067	MOX06 Principles of Aquatic Resistance	MTWThF	9:45 AM	10:35 AM	1/6	2/13	Friedman, Karena kfriedman@mtsac.edu Hunnicut, Leslie lhunnicut@mtsac.edu

Spring 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
43447 41932 41929 43449	MOX06 Principles of Aquatic Resistance	MTWThF	8:45 AM	9:35 AM	2/24	6/20	Friedman, Karena kfriedman@mtsac.edu Hunnicut, Leslie lhunnicut@mtsac.edu
43448 41933 41930 43450	MOX06 Principles of Aquatic Resistance	MTWThF	9:45 AM	10:35 AM	2/24	6/20	Friedman, Karena kfriedman@mtsac.edu Hunnicut, Leslie lhunnicut@mtsac.edu

Walnut Senior Center Classes (WALT)

21215 La Puente Rd.

Walnut, CA 91789

Phone: (909) 598-6200

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
31213	FN Food and Nutrition	M	2:00 PM	3:25 PM	1/6	2/10	Amaya, Ava aamaya10@mtsac.edu
30965	MOX01 Healthy Aging	MWF	8:00 AM	9:05 AM	1/6	2/7	Anello, Andrea aanello@mtsac.edu
30968	MOX01 Healthy Aging	MWF	9:30 AM	10:35 AM	1/6	2/7	Cole, Danelle dcole18@mtsac.edu
30978	MOX01 Healthy Aging	T	9:00 AM	9:50 AM	1/7	2/11	White, Elizabeth ewhite31@mtsac.edu
31237	MBH Music and Brain Health	T	9:00 AM	11:05 AM	1/7	2/11	Kung, James jkung23@mtsac.edu
31055	MOX04 Principles of Posture and Flexibility	W	10:45 AM	11:55 AM	1/8	2/12	Cole, Danelle dcole18@mtsac.edu
30908	FNA03 Oil Painting	W	1:00 PM	3:50 PM	1/8	2/12	Conte, Kelly kconte@mtsac.edu
30909	FNA03 Oil Painting	Th	9:00 AM	11:50 AM	1/9	2/13	Conte, Kelly kconte@mtsac.edu

Walnut Senior Center Classes

Spring 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
43452	FN Food and Nutrition	M	2:00 PM	3:25 PM	2/24	6/16	Amaya, Ava aamaya10@mtsac.edu
41691	MOX01 Healthy Aging	MWF	8:00 AM	8:50 AM	2/24	6/20	Anello, Andrea aanello@mtsac.edu
41694	MOX01 Healthy Aging	MWF	9:30 AM	10:35 AM	2/24	6/20	Cole, Danelle dcole18@mtsac.edu
41704	MOX01 Healthy Aging	T	9:00 AM	9:50 AM	2/25	6/17	White, Elizabeth ewhite31@mtsac.edu
43500	MBH Music and Brain Health	T	9:00 AM	11:05 AM	2/25	6/17	Kung, James jkung23@mtsac.edu
41837	MOX04 Principles of Posture and Flexibility	W	10:45 AM	11:50 AM	2/26	6/18	Cole, Danelle dcole18@mtsac.edu
41455	FNA03 Oil Painting	W	1:00 PM	3:50 PM	2/26	6/18	Conte, Kelly kconte@mtsac.edu
41456	FNA03 Oil Painting	Th	9:00 AM	11:50 AM	2/27	6/12	Conte, Kelly kconte@mtsac.edu

West Covina Senior Citizen's Center Classes (WCSCC)

2501 E. Cortez St.
West Covina, CA 91791
Phone: (626) 331-5366

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30967	MOX01 Healthy Aging	M	9:00 AM	9:50 AM	1/6	2/10	White, Shelby swhite@mtsac.edu
31040	MOX02 Principles of Slow Movement	M	12:00 PM	1:25 PM	1/6	2/10	Miranda, Blanche bmiranda22@mtsac.edu
31041	MOX02 Principles of Slow Movement	M	1:30 PM	2:55 PM	1/6	2/10	Miranda, Blanche bmiranda22@mtsac.edu
31050	MOX04 Principles of Posture and Flexibility	TTh	10:00 AM	10:50 AM	1/7	2/13	Cole, Danelle dcole18@mtsac.edu
31052	MOX04 Principles of Posture and Flexibility	TTh	11:00 AM	11:50 AM	1/7	2/13	Cole, Danelle dcole18@mtsac.edu
30987	MOX01 Healthy Aging	F	9:00 AM	9:50 AM	1/10	2/7	Figueroa-Darby, Raea adarby1@mtsac.edu
30989	MOX01 Healthy Aging	F	10:00 AM	10:50 AM	1/10	2/7	Figueroa-Darby, Raea adarby1@mtsac.edu
30923	FNA04 Watercolor Painting	F	10:00 AM	12:30 PM	1/10	2/7	Conte, Kelly kconte@mtsac.edu

West Covina Senior Center Classes

Spring 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41693	MOX01 Healthy Aging	M	9:00 AM	9:50 AM	2/24	6/9	White, Shelby swhite@mtsac.edu
41790	MOX02 Principles of Slow Movement	M	12:00 PM	1:25 PM	2/24	6/16	Miranda, Blanche bmiranda22@mtsac.edu
41791	MOX02 Principles of Slow Movement	M	1:30 PM	2:55 PM	2/24	6/16	Miranda, Blanche bmiranda22@mtsac.edu
41832	MOX04 Principles of Posture and Flexibility	TTh	10:00 AM	10:50 AM	2/25	6/17	Cole, Danelle dcole18@mtsac.edu
41834	MOX04 Principles of Posture and Flexibility	TTh	11:00 AM	11:50 AM	2/25	6/17	Cole, Danelle dcole18@mtsac.edu
41713	MOX01 Healthy Aging	F	9:00 AM	9:50 AM	2/28	6/20	Figueroa-Darby, Raea adarby1@mtsac.edu
41716	MOX01 Healthy Aging	F	10:00 AM	10:50 AM	2/28	6/20	Figueroa-Darby, Raea adarby1@mtsac.edu
41632	FNA04 Watercolor Painting	F	10:00 AM	12:30 PM	2/28	6/20	Conte, Kelly kconte@mtsac.edu

Shadow Oak Park Classes (SOP)

2121 Shadow Oak Dr.
West Covina, CA 91792
Phone: (626) 965-0328

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30982	MOX01 Healthy Aging	W	10:30 AM	11:20 AM	1/8	2/12	Hunnicutt, Leslie lhunnicutt@mtsac.edu

Spring 2025

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

William Steinmetz Senior Center Classes (WSSC)

1545 S. Stimson Ave.
Hacienda Heights, CA 91745
Phone: (626) 934-7041

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30983	MOX01 Healthy Aging	W	10:30 AM	11:35 AM	1/8	2/12	Castro, Candice ccastro@mtsac.edu
30984	MOX01 Healthy Aging	Th	8:30 AM	9:35 AM	1/9	2/13	Barnes, MacKenzie mbarnes35@mtsac.edu
30935	FNA32 Drawing	F	9:00 AM	11:50 AM	1/10	2/7	Johnson, Bernard bjohnson98@mtsac.edu

Spring 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41709	MOX01 Healthy Aging	W	10:30 AM	11:35 AM	2/26	6/18	Castro, Candice ccastro@mtsac.edu
41710	MOX01 Healthy Aging	Th	8:30 AM	9:35 AM	2/27	6/12	Barnes, MacKenzie mbarnes35@mtsac.edu
41637	FNA32 Drawing	F	9:00 AM	11:50 AM	2/28	6/20	Johnson, Bernard bjohnson98@mtsac.edu

Online Classes

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Modality	Professor & Email
30993	MOX01 Healthy Aging	M	7:15 AM	8:25 AM	1/6	2/10	ONLINE - Synchronous	Tan, Jeremy jtan9@mtsac.edu
30994	MOX01 Healthy Aging	M	8:00 AM	8:50 AM	1/6	2/10	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
30995	MOX01 Healthy Aging	M	8:00 AM	8:50 AM	1/6	2/10	ONLINE - Synchronous	Cole, Danelle dcole18@mtsac.edu
31012	MOX04 Principles of Posture and Flexibility	M	8:30 AM	9:55 AM	1/6	2/10	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
30996	MOX01 Healthy Aging	M	9:00 AM	9:50 AM	1/6	2/10	ONLINE - Synchronous	Hunnicut, Leslie lhunnicut@mtsac.edu
30991	FNA04 Watercolor Painting	M	9:00 AM	11:50 AM	1/6	2/10	ONLINE - Synchronous	Tucker, Ray rtucker@mtsac.edu
31027	MOX11 Fall Prevention, Balance and Mobility	M	10:00 AM	11:25 AM	1/6	2/10	ONLINE - Synchronous	Anello, Andrea aanello@mtsac.edu
31028	MOX11 Fall Prevention, Balance and Mobility	M	10:00 AM	11:25 AM	1/6	2/10	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
31013	MOX04 Principles of Posture and Flexibility	M	11:30 AM	12:55 PM	1/6	2/10	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
31417	MOX02 Principles of Slow Movement	M	12:30 PM	1:20 PM	1/6	2/10	ONLINE - Synchronous	Figueroa-Darby, Raea adarby1@mtsac.edu
31029	MOX11 Fall Prevention, Balance and Mobility	M	1:00 PM	2:05 PM	1/6	2/10	ONLINE - Synchronous	Hunnicut, Leslie lhunnicut@mtsac.edu
31014	MOX04 Principles of Posture and Flexibility	MW	7:00 PM	7:50 PM	1/6	2/12	ONLINE - Synchronous	Ramchandani, Dhruti dhruti.ramchandani@mtsac.edu
31015	MOX04 Principles of Posture and Flexibility	T	7:15 AM	8:25 AM	1/7	2/11	ONLINE - Synchronous	Tan, Jeremy jtan9@mtsac.edu
30997	MOX01 Healthy Aging	T	8:00 AM	8:50 AM	1/7	2/11	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
31016	MOX04 Principles of Posture and Flexibility	T	9:00 AM	9:50 AM	1/7	2/11	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
31025	MOX09 Principles of Progressive Resistance	T	9:00 AM	9:50 AM	1/7	2/11	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
30998	MOX01 Healthy Aging	T	10:00 AM	10:50 AM	1/7	2/11	ONLINE - Synchronous	Hunnicut, Leslie lhunnicut@mtsac.edu

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Modality	Professor & Email
31017	MOX04 Principles of Posture and Flexibility	T	10:00 AM	10:50 AM	1/7	2/11	ONLINE - Synchronous	White, Shelby swhite@mtsac.edu
31030	MOX11 Fall Prevention, Balance and Mobility	T	11:00 AM	11:50 AM	1/7	2/11	ONLINE - Synchronous	White, Shelby swhite@mtsac.edu
31230	MOX04 Principles of Posture and Flexibility	T	12:00 PM	12:50 PM	1/7	2/11	ONLINE - Synchronous	Hunnicut, Leslie lhunnicut@mtsac.edu
30538	BHTH2 Brain Health 2	T	1:00 PM	3:50 PM	1/7	2/11	Asynch Zoom 1-2:30pm	White, Shelby swhite@mtsac.edu
31236	FN Food and Nutrition	T	2:45 PM	4:10 PM	1/7	2/11	ONLINE - Synchronous	Zhan, Miranda gzhan3@mtsac.edu
31018	MOX04 Principles of Posture and Flexibility	TTh	6:30 PM	7:50 PM	1/7	2/13	ONLINE - Synchronous	Cole, Danelle dcole18@mtsac.edu
30999	MOX01 Healthy Aging	W	7:15 AM	8:25 AM	1/8	2/12	ONLINE - Synchronous	Tan, Jeremy jtan9@mtsac.edu
31000	MOX01 Healthy Aging	W	8:00 AM	8:50 AM	1/8	2/12	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
31001	MOX01 Healthy Aging	W	8:00 AM	8:50 AM	1/8	2/12	ONLINE - Synchronous	Cole, Danelle dcole18@mtsac.edu
31019	MOX04 Principles of Posture and Flexibility	W	8:30 AM	9:55 AM	1/8	2/12	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
31002	MOX01 Healthy Aging	W	9:00 AM	9:50 AM	1/8	2/12	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
31003	MOX01 Healthy Aging	W	9:00 AM	9:50 AM	1/8	2/12	ONLINE - Synchronous	Hunnicut, Leslie lhunnicut@mtsac.edu
30992	FNA32 Drawing	W	9:00 AM	11:30 AM	1/8	2/12	ONLINE - Synchronous	Conte, Kelly kconte@mtsac.edu
30536	BHTH1 Brain Health 1	W	9:00 AM	11:50 AM	1/8	2/12	Asynch Zoom 9-10:30am	Bloom, Danielle dbloom@mtsac.edu
31031	MOX11 Fall Prevention, Balance and Mobility	W	10:00 AM	11:25 AM	1/8	2/12	ONLINE - Synchronous	White, Elizabeth ewhite31@mtsac.edu
31032	MOX11 Fall Prevention, Balance and Mobility	W	10:00 AM	11:25 AM	1/8	2/12	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
31020	MOX04 Principles of Posture and Flexibility	W	11:30 AM	12:55 PM	1/8	2/12	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu

Winter 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Modality	Professor & Email
31021	MOX04 Principles of Posture and Flexibility	Th	7:15 AM	8:25 AM	1/9	2/13	ONLINE - Synchronous	Tan, Jeremy jtan9@mtsac.edu
31004	MOX01 Healthy Aging	Th	8:00 AM	8:50 AM	1/9	2/13	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
31011	MOX02 Principles of Slow Movement	Th	9:00 AM	9:50 AM	1/9	2/13	ONLINE - Synchronous	White, Shelby swhite@mtsac.edu
31022	MOX04 Principles of Posture and Flexibility	Th	9:00 AM	9:50 AM	1/9	2/13	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
31026	MOX09 Principles of Progressive Resistance	Th	9:00 AM	9:50 AM	1/9	2/13	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
31419	FN Food and Nutrition	Th	9:00 AM	10:25 AM	1/9	2/13	ONLINE - Synchronous	Zhan, Miranda gzhan3@mtsac.edu
31005	MOX01 Healthy Aging	Th	10:00 AM	10:50 AM	1/9	2/13	ONLINE - Synchronous	Hunnicut, Leslie lhunnicut@mtsac.edu
31006	MOX01 Healthy Aging	Th	11:00 AM	11:50 AM	1/9	2/13	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
31330	MOX09 Principles of Progressive Resistance	F	7:15 AM	8:20 AM	1/10	2/7	ONLINE - Synchronous	Barnes, MacKenzie mbarnes35@mtsac.edu
31007	MOX01 Healthy Aging	F	8:00 AM	8:50 AM	1/10	2/7	ONLINE - Synchronous	Cole, Danelle dcole18@mtsac.edu
31023	MOX04 Principles of Posture and Flexibility	F	8:30 AM	9:55 AM	1/10	2/7	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
31008	MOX01 Healthy Aging	F	9:00 AM	10:35 AM	1/10	2/7	ONLINE - Synchronous	White, Shelby swhite@mtsac.edu
31033	MOX11 Fall Prevention, Balance and Mobility	F	10:00 AM	11:25 AM	1/10	2/7	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
31024	MOX04 Principles of Posture and Flexibility	F	11:30 AM	12:55 PM	1/10	2/7	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
31235	MBH Music and Brain Health	F	1:00 PM	3:05 PM	1/10	2/7	ONLINE - Synchronous	Martinez, Jinette jmartinez1063@mtsac.edu
31009	MOX01 Healthy Aging	Sa	8:30 AM	10:20 AM	1/11	2/15	ONLINE - Synchronous	Tan, Jeremy jtan9@mtsac.edu

Spring 2025

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Modality	Professor & Email
41734	MOX01 Healthy Aging	M	7:15 AM	8:25 AM	2/24	6/16	ONLINE - Synchronous	Tan, Jeremy jtan9@mtsac.edu
41735	MOX01 Healthy Aging	M	8:00 AM	8:50 AM	2/24	6/16	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
41736	MOX01 Healthy Aging	M	8:00 AM	8:50 AM	2/24	6/16	ONLINE - Synchronous	Cole, Danelle dcole18@mtsac.edu
41799	MOX04 Principles of Posture and Flexibility	M	8:30 AM	9:55 AM	2/24	6/16	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
41737	MOX01 Healthy Aging	M	9:00 AM	9:50 AM	2/24	6/16	ONLINE - Synchronous	Hunnicut, Leslie lhunnicut@mtsac.edu
41730	FNA04 Watercolor Painting	M	9:00 AM	11:50 AM	2/24	6/16	ONLINE - Synchronous	Tucker, Ray rtucker@mtsac.edu
41845	MOX11 Fall Prevention, Balance and Mobility	M	10:00 AM	11:25 AM	2/24	6/16	ONLINE - Synchronous	Anello, Andrea aanello@mtsac.edu
41846	MOX11 Fall Prevention, Balance and Mobility	M	10:00 AM	11:25 AM	2/24	6/16	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
41802	MOX04 Principles of Posture and Flexibility	M	11:30 AM	12:55 PM	2/24	6/16	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
43507	MOX02 Principles of Slow Movement	M	12:30 PM	1:20 PM	2/24	6/16	ONLINE - Synchronous	Figueroa-Darby, Raea adarby1@mtsac.edu
41847	MOX11 Fall Prevention, Balance and Mobility	M	1:00 PM	2:05 PM	2/24	6/16	ONLINE - Synchronous	Hunnicut, Leslie lhunnicut@mtsac.edu
41803	MOX04 Principles of Posture and Flexibility	MW	7:00 PM	7:50 PM	2/24	6/18	ONLINE - Synchronous	Ramchandani, Dhruti dhruti.ramchandani@mtsac.edu
41805	MOX04 Principles of Posture and Flexibility	T	7:15 AM	8:25 AM	2/25	6/17	ONLINE - Synchronous	Tan, Jeremy jtan9@mtsac.edu
41739	MOX01 Healthy Aging	T	8:00 AM	8:50 AM	2/25	6/17	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
41812	MOX04 Principles of Posture and Flexibility	T	9:00 AM	9:50 AM	2/25	6/17	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
41843	MOX09 Principles of Progressive Resistance	T	9:00 AM	9:50 AM	2/25	6/17	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
41740	MOX01 Healthy Aging	T	10:00 AM	10:50 AM	2/25	6/17	ONLINE - Synchronous	Hunnicut, Leslie lhunnicut@mtsac.edu

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CRN	Class	Day	Start Time	End Time	Start Date	End Date	Modality	Professor & Email
41813	MOX04 Principles of Posture and Flexibility	T	10:00 AM	10:50 AM	2/25	6/10	ONLINE - Synchronous	White, Shelby swhite@mtsac.edu
41848	MOX11 Fall Prevention, Balance and Mobility	T	11:00 AM	11:50 AM	2/25	6/10	ONLINE - Synchronous	White, Shelby swhite@mtsac.edu
Spring 43509	MOX04 Principles of Posture and Flexibility	T	12:00 PM	12:50 PM	2/25	6/17	ONLINE - Synchronous	Hunnicut, Leslie lhunnicut@mtsac.edu
41886	BH2H2 Brain Health 2	T	1:00 PM	3:35 PM	2/25	6/10	Asynch Zoom 1-2:30pm	White, Shelby swhite@mtsac.edu
43466	FN Food and Nutrition	T	2:45 PM	4:10 PM	2/25	6/17	ONLINE - Synchronous	Zhan, Miranda gzhan3@mtsac.edu
41814	MOX04 Principles of Posture and Flexibility	TTh	6:30 PM	7:50 PM	2/25	6/17	ONLINE - Synchronous	Cole, Danelle dcole18@mtsac.edu
41741	MOX01 Healthy Aging	W	7:15 AM	8:25 AM	2/26	6/18	ONLINE - Synchronous	Tan, Jeremy jt看9@mtsac.edu
41742	MOX01 Healthy Aging	W	8:00 AM	8:50 AM	2/26	6/18	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
41743	MOX01 Healthy Aging	W	8:00 AM	8:50 AM	2/26	6/18	ONLINE - Synchronous	Cole, Danelle dcole18@mtsac.edu
41815	MOX04 Principles of Posture and Flexibility	W	8:30 AM	9:55 AM	2/26	6/18	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
41744	MOX01 Healthy Aging	W	9:00 AM	9:50 AM	2/26	6/18	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
41745	MOX01 Healthy Aging	W	9:00 AM	9:50 AM	2/26	6/18	ONLINE - Synchronous	Hunnicut, Leslie lhunnicut@mtsac.edu
41733	FNA32 Drawing- Beginning Through Advanced	W	9:00 AM	11:30 AM	2/26	6/18	ONLINE - Synchronous	Conte, Kelly kconte@mtsac.edu
41867	BH2H1 Brain Health 1	W	9:00 AM	11:35 AM	2/26	6/18	Asynch Zoom 9-10:30am	Bloom, Danielle dbloom@mtsac.edu
41849	MOX11 Fall Prevention, Balance and Mobility	W	10:00 AM	11:25 AM	2/26	6/18	ONLINE - Synchronous	White, Elizabeth ewhite31@mtsac.edu
41850	MOX11 Fall Prevention, Balance and Mobility	W	10:00 AM	11:25 AM	2/26	6/18	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
41816	MOX04 Principles of Posture and Flexibility	W	11:30 AM	12:55 PM	2/26	6/18	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu

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CRN	Class	Day	Start Time	End Time	Start Date	End Date	Modality	Professor & Email
41818	MOX04 Principles of Posture and Flexibility	Th	7:15 AM	8:25 AM	2/27	6/12	ONLINE - Synchronous	Tan, Jeremy jtan9@mtsac.edu
41746	MOX01 Healthy Aging	Th	8:00 AM	8:50 AM	2/27	6/12	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
41766	MOX02 Principles of Slow Movement	Th	9:00 AM	9:50 AM	2/27	6/12	ONLINE - Synchronous	White, Shelby swhite@mtsac.edu
41819	MOX04 Principles of Posture and Flexibility	Th	9:00 AM	9:50 AM	2/27	6/12	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
41844	MOX09 Principles of Progressive Resistance	Th	9:00 AM	9:50 AM	2/27	6/12	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
43487	FN Food and Nutrition	Th	9:00 AM	10:25 AM	2/27	6/12	ONLINE - Synchronous	Zhan, Miranda gzhan3@mtsac.edu
41748	MOX01 Healthy Aging	Th	10:00 AM	10:50 AM	2/27	6/12	ONLINE - Synchronous	Hunnicut, Leslie lhunnicut@mtsac.edu
41749	MOX01 Healthy Aging	Th	11:00 AM	11:50 AM	2/27	6/12	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
43510	MOX09 Principles of Progressive Resistance	F	7:15 AM	8:20 AM	2/28	6/20	ONLINE - Synchronous	Barnes, MacKenzie mbarnes35@mtsac.edu
41750	MOX01 Healthy Aging	F	8:00 AM	8:50 AM	2/28	6/20	ONLINE - Synchronous	Cole, Danelle dcole18@mtsac.edu
41820	MOX04 Principles of Posture and Flexibility	F	8:30 AM	9:55 AM	2/28	6/20	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
41764	MOX01 Healthy Aging	F	9:00 AM	10:35 AM	2/28	6/13	ONLINE - Synchronous	White, Shelby swhite@mtsac.edu
41851	MOX11 Fall Prevention, Balance and Mobility	F	10:00 AM	11:25 AM	2/28	6/20	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
41825	MOX04 Principles of Posture and Flexibility	F	11:30 AM	12:55 PM	2/28	6/20	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
43467	MBH Music and Brain Health	F	1:00 PM	3:05 PM	2/28	6/20	ONLINE - Synchronous	Martinez, Jinette jmartinez1063@mtsac.edu
41765	MOX01 Healthy Aging	Sa	8:30 AM	10:20 AM	3/1	6/21	ONLINE - Synchronous	Tan, Jeremy jtan9@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, 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!

FALL 2024 ZOOM HOURS:

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

FALL 2024 IN-PERSON HOURS:

Monday: 9am- 1pm (Bldg 30, Rm 111)
Tuesday: 9am- 1pm (Bldg 66, Rm 171)
Tuesday: 9am- 1pm (Bldg 40, Rm 127)

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 →



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CALL: (909) 274-6100



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Semester Dates

Fall 2024

Registration is ongoing

Classes Begin: August 26, 2024

Classes End: December 22, 2024

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

Winter 2025

Registration Begins: November 6, 2024

Classes Begin: January 6, 2025

Classes End: February 16, 2025

Holidays: January 20 and February 14

Spring 2025

Registration Begins: November 6, 2024

Classes Begin: February 24, 2025

Classes End: June 22, 2025

Holidays: March 31, May 26, and June 19