# Education for Older Adults (EOA) Winter & Spring 2026 Classes



Winter Term: January 5 – February 15, 2026

Spring Term: February 23 – June 14, 2026

No Class: 1/19, 2/13, 2/16-2/22, 3/31, 5/25

Registration begins on November 12, 2025.

### **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

# Website QR Code

Scan with your phone



Printed November 4, 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: <a href="https://www.mtsac.edu/sce/eoa">https://www.mtsac.edu/sce/eoa</a>

### **Registration Information**

Registration begins on Wednesday, November 12, 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 registration period (Summer/Fall or Winter/Spring). After completing the noncredit application, we will email you a personalized registration link where you can select your classes. The noncredit application is available online at <a href="https://www.mtsac.edu/noncreditapp">www.mtsac.edu/noncreditapp</a>.

**To register in person,** complete a yellow registration card. This registration card serves as your application and registration document. You can get a blank yellow registration card from your professor. After filling it out completely, please give it back to your professor 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 2026 Impacted Classes Registration Dates

### Registration begins on Wednesday, November 12, 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 an asterisk (\*) next to the CRN number.

Date	Time	Location
Monday, November 17	8:30am-12:30pm	Mt. SAC Bldg. 40, Room 140
This date/time is for on campus AC	CCS ILCAC classes only:	
Winter CRNs 30243, 30420, 30580	& Spring CRNs 41353, 4	11354, 41358.
Tuesday, November 18	12pm-2pm	La Puente Senior Center
Wednesday, November 19	10am-12pm	Gibson Senior Center, Upland
Thursday, November 20	10am-12pm	Irwindale Senior Citizen's Center
Friday, November 21	10am-12pm	La Verne Community Center
Tuesday, November 25	8:30am-10:30am	Shadow Oak Park, West Covina
Tuesday, December 2	9am-11am	Walnut Senior Center
Wednesday, December 3	9am-11am	Diamond Bar Center
Monday, December 8	9:30am-11:30am	San Dimas Senior/Community Center
Tuesday, December 9	9am-11am	West Covina Senior Citizen's Center
Wednesday, December 10	9am-11am	Palmview Park, West Covina
This date/time is for the Palmview	Park ACCS ILCAC classes	s only: Winter CRN 30572 & Spring CRN 41357.
Wednesday, December 10	10am-12pm	Washington Park, Pomona
Thursday, December 11	9:30am-11:30am	Palomares Senior Center, Pomona
Tuesday, December 16	9am-11am	Baldwin Park Senior Center
Wednesday, December 17	9:30am-11:30am	Covina Senior & Community Center

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

(Additional impacted classes are: Winter CRNs 30314, 30315, 30598, 30639, 30652, 30670, 30715, 30720 & Spring CRNs 40787, 40788, 40789, 41160, 41236, 41270, 41347, 41348, 41436, 41582).

Each person must register for themselves. Registration is first-come, first-served. If you miss the dates listed above, you may apply online at <a href="https://www.mtsac.edu/noncreditapp">www.mtsac.edu/noncreditapp</a> and contact the office to join the waitlist for the course.

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: <a href="https://www.mtsac.edu/sce/eoa">https://www.mtsac.edu/sce/eoa</a>

# **Additional Program Information**

### **About the Education for Older Adults (EOA) 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 FNA06 Ceramics for Older Adults**

Hands-on practice of ceramic fundamentals including wheel-throwing, hand-building, and glazing to improve health for older adults.

### OAD FNA32 Drawing—Beginning-Advanced

Perceptual and technical skills of drawing. Focus on single objects, still life, and landscape.

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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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### **Lifelong Learning**

### **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.

### **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.



# **Baldwin Park Julia McNeil Senior Center Classes (BPSC)**

4100 Baldwin Park Blvd. Baldwin Park, CA 91706

#### **Winter 2026**

CRN	Course	Class Title	Day	Start	End	Start	End	Professor & Email
CKIV	Course	Class Title	Day	Time	Time	Date	Date	Professor & Efficient
30593	FNA04	Watercolor Painting	М	9:00am	11:50am	1/5	2/9	Angelica Sanchez asanchez487@mtsac.edu
30611	мохо9	Principles of Progressive Resistance	MTW ThF	11:00am	12:05pm	1/5	2/13	Frank Ortiz fortiz27@mtsac.edu
30283	MOX04	Principles of Posture and Flexibility	М	1:00pm	2:05pm	1/5	2/9	Kenzie Barnes mbarnes35@mtsac.edu
30643	FNA32	Drawing	W	9:00am	11:50am	1/7	2/11	Angelica Sanchez asanchez487@mtsac.edu
30311	MOX11	Fall Prevention, Balance and Mobility	F	8:00am	9:05am	1/9	2/13	Marisa Fierro mfierro10@mtsac.edu

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Contact us at:

email: eoa@mtsac.edu

<sup>\*</sup>This is an impacted class. There is a specific date to register. See page 4 for more information.



### **Baldwin Park Julia McNeil Senior Center Classes (BPSC)**

4100 Baldwin Park Blvd. Baldwin Park, CA 91706

### Spring 2026

CRN	Course	Class Title	Day	Start	End	Start	End	Professor & Email
CKIV	Course	Class Title	Day	Time	Time	Date	Date	Professor & Efficient
41228	FNA04	Watercolor Painting	М	9:00am	11:50am	2/23	6/8	Angelica Sanchez asanchez487@mtsac.edu
41568	мохо9	Principles of Progressive Resistance	MTW ThF	11:00am	12:05pm	2/23	4/17	Frank Ortiz fortiz27@mtsac.edu
41569	мохо9	Principles of Progressive Resistance	MTW ThF	11:00am	12:05pm	4/20	6/12	Frank Ortiz fortiz27@mtsac.edu
41516	MOX04	Principles of Posture and Flexibility	М	1:00pm	2:05pm	2/23	6/8	Kenzie Barnes mbarnes35@mtsac.edu
41268	FNA32	Drawing	W	9:00am	11:50am	2/25	6/10	Angelica Sanchez asanchez487@mtsac.edu
41576	MOX11	Fall Prevention, Balance and Mobility	F	8:00am	9:05am	2/27	6/12	Marisa Fierro mfierro10@mtsac.edu

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Contact us at:

email: eoa@mtsac.edu

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### **Baldwin Park Aquatic Center Classes (BPAQ)**

4100 Baldwin Park Blvd. Baldwin Park, CA 91706

#### Winter 2026

CRN	Course	Class Title	Day	Start	End	Start	End	Professor & Email
CKIN	Course	Class Title	Day	Time	Time	Date	Date	Professor & Email
30591	мох06	Principles of Aquatic	MTWThF	8:00am	9:25am	1/5	2/13	Frank Ortiz
30331	IVIOXOO	Resistance	IVII VV IIII	6.00aiii	J.ZJaiii	1/3	2/13	fortiz27@mtsac.edu
30599	MOX06	<b>Principles of Aquatic</b>	MTWThF	9:30am	10:50am	1/5	2/13	Frank Ortiz
30399	IVIOAUU	Resistance	IVIIVVIIIF	9.50aiii	10.50aiii	1/3	2/13	fortiz27@mtsac.edu
30622	MOX06	Principles of Aquatic	MTW	7:15pm	8:05pm	1/5	2/13	Yamil Slim
30022	IVIOAUG	Resistance	IVIIVV	7.13biii	ο.υ3μπ	1/5	2/13	yslim1@mtsac.edu

### Spring 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41559	мохо6	Principles of Aquatic Resistance	MTWThF	8:00am	9:25am	2/23	4/17	Frank Ortiz fortiz27@mtsac.edu
41560	мохо6	Principles of Aquatic Resistance	MTWThF	8:00am	9:25am	4/20	6/12	Frank Ortiz fortiz27@mtsac.edu
41562	МОХ06	Principles of Aquatic Resistance	MTWThF	9:30am	10:50am	2/23	4/17	Frank Ortiz fortiz27@mtsac.edu
41563	мохо6	Principles of Aquatic Resistance	MTWThF	9:30am	10:50am	4/20	6/12	Frank Ortiz fortiz27@mtsac.edu
41565	МОХ06	Principles of Aquatic Resistance	MTWTh	7:15pm	8:05pm	2/23	6/11	Yamil Slim yslim1@mtsac.edu

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# **Covina Senior & Community Center Classes (CSCC)**

815 N. Barranca Ave. Covina, CA 91723

#### Winter 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30281	MOX01	Healthy Aging	M	1:00pm	1:50pm	1/5	2/9	Candice Castro ccastro@mtsac.edu
30631	MOX04	Principles of Posture & Flexibility	Т	9:00am	10:10am	1/6	2/10	Shannon Clewley sclewley@mtsac.edu
31403	LS	Writing Your Life Story	Т	10:15am	11:30am	1/6	2/10	TBA eoa@mtsac.edu
30665	FNA32	Drawing	F	9:00am	11:50am	1/9	2/13	Emma Limtiaco elimtiaco@mtsac.edu

### Spring 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41455	MOX01	Healthy Aging	М	1:00pm	1:50pm	2/23	6/8	Candice Castro
		Principles of Posture						ccastro@mtsac.edu TBA
41517	MOX04	& Flexibility	T	9:00am	10:05am	2/24	6/9	eoa@mtsac.edu
42344	LS	Writing Your Life	т	10:15am	11:30am	2/24	6/9	TBA
72344	LS	Story	•	10.154111	11.500111	2/27	0,3	eoa@mtsac.edu
41274	FNA32	Drawing	F	9:00am	11:50am	2/27	6/12	Emma Limtiaco
712/4	TIVAJZ	Diawing	'	J.00a111	11.50aiii	2/2/	0,12	elimtiaco@mtsac.edu

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Register online at <a href="https://www.mtsac.edu/eoa">www.mtsac.edu/eoa</a> or register in-person with the professor.

### Covina Woman's Club (CWC)

128 S. San Jose Ave. Covina, CA 91723

#### **Winter 2026**

CRN	Course	Class Title	Day	Start	End	Start	End	Professor & Email
CKIN	Course	Class Title	Day	Time	Time	Date	Date	Professor & Efficient
30621	FNA04	Watercolor Painting	М	2:30pm	4:40pm	1/5	2/9	Michelle Emami
30021	I NAU4	Watercolor Failiting	IVI	2.30pm	4.40pm	1/3	2/3	memami@mtsac.edu
30629	MBH	Music and Brain Health	_	9:00am	10:50am	1/6	2/10	Jinette Martinez
30029	IVIDII	iviusic and brain Health	ı	9.00aiii	10.50a111	1/0	2/10	jmartinez1063@mtsac.edu
20206	MOX11	Fall Prevention, Balance	_	11:00am	11:50am	1 /6	2/10	Marisa Fierro
30286	INIOXII	and Mobility	l	11.00am	11.50am	1/6	2/10	mfierro10@mtsac.edu

### Spring 2026

CRN	Course	Class Title	Day	Start	End	Start	End	Professor & Email
				Time	Time	Date	Date	
41229	FNA04	Watercolor Painting	М	2:30pm	4:35pm	2/23	6/8	Michelle Emami
41223	TIVAU	watercolor rainting	171	2.30pm	4.55pm	2/23	0/0	memami@mtsac.edu
41419	МВН	Music and Brain Health	_	9:00am	10:50am	2/24	6/9	TBA
41415	IVIDII	iviusic and brain Health	ı	3.00aiii	10.50aiii	2/24	0/9	eoa@mtsac.edu
41570	MOX11	Fall Prevention, Balance	_	11.000.00	11.F0am	2/24	6/0	Marisa Fierro
415/0	INIOXII	and Mobility		11:00am	11:50am	2/24	6/9	mfierro10@mtsac.edu

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Contact us at:

email: eoa@mtsac.edu

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### **Diamond Bar Center Classes (DBC)**

1600 S. Grand Ave. Diamond Bar, CA 91765

### Winter 2026

CRN	Course	Class Title	Day	Start	End	Start	End	Professor & Email
CKIN	Course	Class Title	Day	Time	Time	Date	Date	Professor & Effidir
30590	MOX04	Principles of Posture	М	8:00am	9:30am	1 / ⊑	2/0	Surendra Mehta
30590	WIOXU4	and Flexibility	IVI	8.004111	9:30am	1/5	2/9	smehta9@mtsac.edu
30595	MOX01	Healthy Aging	MWF	9:00am	9:50am	1/5	2/13	Kenzie Barnes
30333	IVIOXUI	rieditily Aging	IVIVVE	3.00aiii	3.30aiii	1/3	2/13	mbarnes35@mtsac.edu
30604	MOX01	Healthy Aging	MWF	10:00am	10:50am	1/5	2/13	Kenzie Barnes
30004	MOXUI	ricaltity Aging	101001	10.00aiii	10.30aiii	1/3	2/13	mbarnes35@mtsac.edu
30285	MOX04	Principles of Posture	Т	10:15am	11:20am	1/6	2/10	Elizabeth White
30283	WIOXU4	and Flexibility	•	10.134111	11.200111	1/0	2/10	ewhite31@mtsac.edu
30288	MOX04	Principles of Posture	Т	11:25am	12:30pm	1/6	2/10	Elizabeth White
30200	IVIOAU4	and Flexibility	'	11.234111	12.50pm	1/0	2/10	ewhite31@mtsac.edu
30640	FNA32	Drawing	Т	12:30pm	3:20pm	1/6	2/10	Michelle Emami
30040	FNA32	Drawing	ı	12.30pm	3.20pm	1/0	2/10	memami@mtsac.edu
31411	FN	Food and Nutrition	W	1:00pm	2:50pm	1/6	1/13	TBA
31411	111	1 000 and Natificion	VV	1.00pm	2.30pm	1/0	1/13	eoa@mtsac.edu
30655	MOX02	Principles of Slow	Th	9:30am	11:20am	1/6	1/13	TBA
30033	IVIOAUZ	Movement	111	J.50aiii	11.200111	1/0	1/13	eoa@mtsac.edu
30658	FNA04	Watercolor Painting	Th	1:00pm	3:50pm	1/7	2/11	Kelly Conte
30038	TNAU4	watercolor ramting	111	1.00pm	3.30pm	1//	2/11	kconte@mtsac.edu
31404	LS	Writing Your Life Story	Th	1:30pm	3:00pm	1/8	2/12	TBA
31404		Witting rour Life Story	111	1.50pm	3.00pm	1/0	2/12	eoa@mtsac.edu
30672	FNA32	Drawing	F	1:00pm	3:15pm	1/8	2/12	Yasmin Cardona
30072	114/132	Diawing	'	1.00piii	3.13piii	1,0	2/12	ycardona3@mtsac.edu

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### **Diamond Bar Center Classes**

1600 S. Grand Ave. Diamond Bar, CA 91765

### Spring 2026

CRN	Course	Class Title	Day	Start	End	Start	End	Professor & Email
<b>O</b> 111 c				Time	Time	Date	Date	
41502	NAOVOA	Principles of Posture	N 4	0.000.00	0.200.00	2/22	C /O	Surendra Mehta
41502	MOX04	and Flexibility	M	8:00am	9:30am	2/23	6/8	smehta 9@mtsac.edu
41433	MOX01	Healthy Aging	MWF	9:00am	9:50am	2/23	6/12	Kenzie Barnes
41433	IVIOXUI	rieditily Agilig	IVIVVE	9.00aiii	3.30aiii	2/23	0/12	mbarnes35@mtsac.edu
41437	MOX01	Healthy Aging	MWF	10:00am	10:50am	2/23	6/12	Kenzie Barnes
41437	IVIOXUI	rieditily Aging	IVIVVI	10.00aiii	10.30aiii	2/23	0/12	mbarnes35@mtsac.edu
41501	MOX04	Principles of Posture	T	10:15am	11:20am	2/24	6/9	Elizabeth White
41301	IVIOAU4	and Flexibility	'	10.15aiii	11.20aiii	2/24	0/9	ewhite31@mtsac.edu
41505	MOX04	Principles of Posture	Т	11,2500	12,2000	2/24	6/0	Elizabeth White
41505	WOXU4	and Flexibility	l	11:25am	12:30pm	2/24	6/9	ewhite31@mtsac.edu
41267	FNA32	Drawing	Т	12,2000	2,2000	2/24	6/9	Michelle Emami
41267	FNA32	Drawing	I	12:30pm	3:20pm	2/24	6/9	memami@mtsac.edu
42360	FN	Food and Nutrition	W	1:00pm	2:E0nm	2/25	6/10	TBA
42300	FIN	rood and Nutrition	VV	1.00pm	2:50pm	2/23	0/10	eoa@mtsac.edu
41498	MOX02	Principles of Slow	Th	9:30am	11:20am	2/26	6/11	Raea Figueroa-Darby
41430	IVIOAUZ	Movement	'''	9.50aiii	11.20aiii	2/20	0/11	adarby1@mtsac.edu
41234	FNA04	Watercolor Painting	Th	1:00pm	3:50pm	2/26	6/11	Kelly Conte
41254	FNA04	Watercolor Painting	111	1.00pm	3.50piii	2/20	0/11	kconte@mtsac.edu
42348	LS	Writing Your Life Story	Th	1:30pm	3:00pm	2/26	6/11	TBA
42340	LS	withing four the story	111	1.30hiii	3.00piii	2/20	0/11	eoa@mtsac.edu
41276	FNA32	Drawing	F	1:00pm	3:05pm	2/27	6/12	Yasmin Cardona
412/0	TINASZ	Diawing	ľ	1.00piii	3.03piii	2/2/	0/12	ycardona3@mtsac.edu

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: <a href="https://www.mtsac.edu/sce/eoa">https://www.mtsac.edu/sce/eoa</a>

<sup>\*</sup>This is an impacted class. There is a specific date to register. See page 4 for more information.



# East San Gabriel Valley Japanese Community Center Classes (ESGVJC)

1203 W. Puente Ave. West Covina, CA 91790

### Winter 2026

No classes in the Winter. See you in the Spring!

### Spring 2026

CRN Cou	Course	Class Title	Day	Start	End	Start	End	Professor & Email
CKIV	Course	Class Title		Time	Time	Date	Date	Professor & Efficient
41518	MOX04	Principles of Posture & Flexibility	Т	12:40pm	1:45pm	2/24	6/9	Kenzie Barnes mbarnes35@mtsac.edu
41573	MOX11	Fall Prevention, Balance and Mobility	W	12:40pm	1:45pm	2/25	6/10	Erin McLaren emclaren@mtsac.edu

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<sup>\*</sup>This is an impacted class. There is a specific date to register. See page 4 for more information.



Register online at <a href="https://www.mtsac.edu/eoa">www.mtsac.edu/eoa</a> or register in-person with the professor.

# **Gibson Senior Center Classes (GSC)**

250 N. 3<sup>rd</sup> Ave. Upland, CA 91786

### Winter 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30594	МВН	Music and Brain Health	М	9:00am	11:10am	1/5	2/9	Jinette Martinez jmartinez1063@mtsac.edu
31408	FN	Food and Nutrition	Т	2:00pm	4:50pm	1/6	2/10	TBA eoa@mtsac.edu
30306	MOX02	Principles of Slow Movement	Т	4:30pm	5:20pm	1/6	2/10	Blanche Miranda bmiranda22@mtsac.edu
31413	FLIT	Financial Literacy in Retirement	W	9:30am	11:00am	1/7	2/11	TBA eoa@mtsac.edu
30659	FNA32	Drawing	Th	1:00pm	3:50pm	1/8	2/12	Lia May Byrd jmaybyrd@mtsac.edu
30671	FNA04	Watercolor Painting	F	12:30pm	3:20pm	1/9	2/13	Emma Limtiaco elimtiaco@mtsac.edu
30793	FNA06	Ceramics for Older Adults	Sa	9:30am	12:20pm	1/10	2/14	Bonnie Lee blee177@mtsac.edu

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: <a href="https://www.mtsac.edu/sce/eoa">https://www.mtsac.edu/sce/eoa</a>

Contact us at: email: e

email: eoa@mtsac.edu

<sup>\*</sup>This is an impacted class. There is a specific date to register. See page 4 for more information.



Register online at <a href="https://www.mtsac.edu/eoa">www.mtsac.edu/eoa</a> or register in-person with the professor.

# **Gibson Senior Center Classes (GSC)**

250 N. 3<sup>rd</sup> Ave. Upland, CA 91786

### Spring 2026

CRN	Course	Class Title	Day	Start	End	Start	End	Professor & Email
				Time	Time	Date	Date	
41394	МВН	Music and Brain	М	9:00am	11:10am	2/23	6/8	TBA
41334	IVIDII	Health	101	3.00aiii	11.104111	2/23	0/8	eoa@mtsac.edu
42356	FN	Food and Nutrition	Т	2:00pm	4:50pm	2/24	6/9	TBA
42330	1 11	1 000 and Natificion	'	2.00pm	4.50pm	2/24	0/3	eoa@mtsac.edu
41512	MOX02	<b>Principles of Slow</b>	Т	4:30pm	5:20pm	2/24	6/9	TBA
41312	IVIONUZ	Movement	'	4.50pm	J.20piii	2/24	0/3	eoa@mtsac.edu
42364	FLIT	Financial Literacy in	W	9:30am	11:00am	2/25	6/10	TBA
42304	FLII	Retirement	VV	9.50aiii	11.00aiii	2/23	0/10	eoa@mtsac.edu
41271	FNA32	Drawing	Th	1:00pm	3:50pm	2/26	6/11	Lia May Byrd
412/1	TIVASZ	Drawing	111	1.000111	3.30pm	2/20	0/11	jmaybyrd@mtsac.edu
41237	FNA04	Watercolor Painting	F	12:30pm	3:20pm	2/27	6/12	Emma Limtiaco
41237	TIVAU4	watercolor rainting	'	12.30pm	3.20pm	2/2/	0/12	elimtiaco@mtsac.edu
42350	FNA06	Ceramics for Older	Sa	9:30am	12:20pm	2/28	6/13	Bonnie Lee
42330	TIVAUU	Adults	Ja	3.30a111	12.20μπ	2/20	0/13	blee177@mtsac.edu

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Contact us at:

email: eoa@mtsac.edu

<sup>\*</sup>This is an impacted class. There is a specific date to register. See page 4 for more information.



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# **Irwindale Senior Citizen's Center Classes (IRWN)**

16116 Arrow Hwy. Irwindale, CA 91706

### Winter 2026

CRN	Course	Class Title	Day	Start	End	Start	End	Professor & Email
CIVIV	Course	Class Title	Day	Time	Time	Date	Date	FIOIESSOI & Liliali
30506	MOX02	Principles of Slow	MW	9:00am	9:50am	1/5	2/11	TBA
30390	IVIOAUZ	Movement	10100	3.00aiii	3.30aiii	1/3	2/11	eoa@mtsac.edu
30606	MOX02	Principles of Slow	MW	10:00am	10·50am	1/5	2/11	TBA
30000	IVIOAUZ	Movement	10100	10.00aiii	10.50aiii	1/3	2/11	eoa@mtsac.edu
30287	MOX11	Fall Prevention, Balance	Т	11:00am	11.50am	1/6	2/10	Candice Castro
30287	IVIOXII	and Mobility	'	11.00aiii	11.50aiii	1/0	2/10	ccastro@mtsac.edu
30299	MOX01	Healthy Aging	Th	1:00pm	1:50pm	1/8	2/12	Kenzie Barnes
30233	IVIONOI	ricaltily Aging	111	1.00pm	1.50pm	1/0	2/12	mbarnes35@mtsac.edu
20200	MOX04	Principles of Posture	F	11:00am	11.50am	1/9	2/13	Danelle Cole
30290	IVIOXU4	and Flexibility		11.00aiii	11.50aiii	1/9	2/13	dcole18@mtsac.edu
30304	MOX01	Hoalthy Aging		1:00pm	1:50pm	1/9	2/13	Blanche Miranda
30304	INOVOI	Healthy Aging	F	1.00pm	1.50μπ	1/9	2/13	bmiranda22@mtsac.edu

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<sup>\*</sup>This is an impacted class. There is a specific date to register. See page 4 for more information.



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# **Irwindale Senior Citizen's Center Classes (IRWN)**

16116 Arrow Hwy. Irwindale, CA 91706

### Spring 2026

CRN	Course	Class Title	Day	Start	End	Start	End	Professor & Email	
CINI	Course	Class Title	Day	Time	Time	Date	Date	Troicesor & Email	
30596	MOX02	Principles of Slow	MW	9:00am	9:50am	2/23	6/10	Raea Figueroa-Darby	
30396	IVIOAUZ	Movement	IVIVV	9.00a111	9.50a111	2/23	6/10	adarby1@mtsac.edu	
30606	MOX02	Principles of Slow	MW	10·00am	10:50am	2/23	6/10	Raea Figueroa-Darby	
30000	IVIOAUZ	Movement	IVIVV	10.00aiii	10.30aiii	2/23	0/10	adarby1@mtsac.edu	
30287	MOX11	Fall Prevention, Balance	Т	11·00am	11:50am	2/24	6/9	Candice Castro	
30287	IVIOXII	and Mobility	-	11.00aiii	11.50aiii	2/24	0/9	ccastro@mtsac.edu	
30299	MOX01	Healthy Aging	Th	1:00pm	1:50pm	2/26	6/11	Kenzie Barnes	
30233	IVIONOI	ricaltity Aging	111	1.00pm	1.50piii	2/20	0/11	mbarnes35@mtsac.edu	
30290	MOX04	Principles of Posture	F	11·00am	11:50am	2/27	6/12	Danelle Cole	
30290	IVIOAU4	and Flexibility	_	11.00aiii	11.50aiii	2/2/	0/12	dcole18@mtsac.edu	
30304	MOX01	Healthy Aging	F	1:00pm	1:50pm	2/27	6/12	TBA	
30304	IVIOXUI	ricaltily Agilig	'	1.00μπ	1.50μπ	2/2/	0/12	eoa@mtsac.edu	

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<sup>\*</sup>This is an impacted class. There is a specific date to register. See page 4 for more information.



# La Puente Community Center Classes (LPCC)

501 N. Glendora Ave. La Puente, CA 91744

### Winter 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
31394	MOX01	Healthy Aging	М	8:30am	9:40am	1/5	2/9	Shannon Clewley sclewley@mtsac.edu
31424	FNA06	Ceramics for Older Adults	М	4:00pm	5:50pm	1/5	2/9	Bonnie Lee blee177@mtsac.edu
31406	MOX02	Principles of Slow Movement	Т	8:15am	9:40am	1/6	2/10	Blanche Miranda bmiranda22@mtsac.edu
31421	МВН	Music and Brain Health	Т	9:55am	12:00pm	1/6	2/10	James Hartford jhartford@mtsac.edu
31417	MOX11	Fall Prevention, Balance and Mobility	W	8:30am	9:40am	1/7	2/11	Shannon Clewley sclewley@mtsac.edu
31392	MOX01	Healthy Aging	W	10:30am	11:20am	1/7	2/11	Candice Castro ccastro@mtsac.edu
31419	МОХ09	Principles of Progressive Resistance	Th	8:15am	9:40am	1/8	2/12	Kenzie Barnes mbarnes35@mtsac.edu
31391	MOX01	Healthy Aging	Th	5:00pm	5:50pm	1/8	2/12	Kenzie Barnes mbarnes35@mtsac.edu
31398	MOX04	Principles of Posture and Flexibility	Th	6:00pm	6:50pm	1/8	2/12	Kenzie Barnes mbarnes35@mtsac.edu
31393	MOX01	Healthy Aging	F	8:30am	9:40am	1/9	2/13	Shannon Clewley sclewley@mtsac.edu
31422	FNA32	Drawing	F	9:00am	11:50am	1/9	2/13	Bernard Johnson bjohnson98@mtsac.edu

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<sup>\*</sup>This is an impacted class. There is a specific date to register. See page 4 for more information.



# La Puente Community Center Classes (LPCC)

501 N. Glendora Ave. La Puente, CA 91744

### Spring 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
42280	MOX01	Healthy Aging	М	8:30am	9:40am	2/23	6/8	TBA eoa@mtsac.edu
42352	FNA06	Ceramics for Older Adults	М	4:00pm	5:50pm	2/23	6/8	Bonnie Lee blee177@mtsac.edu
42338	MOX02	Principles of Slow Movement	Т	8:15am	9:40am	2/24	6/9	TBA eoa@mtsac.edu
42342	МВН	Music and Brain Health	Т	9:55am	12:00pm	2/24	6/9	James Hartford jhartford@mtsac.edu
42329	MOX11	Fall Prevention, Balance and Mobility	W	8:30am	9:40am	2/25	6/10	TBA eoa@mtsac.edu
42284	MOX01	Healthy Aging	W	10:30am	11:20am	2/25	6/10	Candice Castro ccastro@mtsac.edu
42332	мохо9	Principles of Progressive Resistance	Th	8:15am	9:40am	2/26	6/11	Kenzie Barnes mbarnes35@mtsac.edu
42281	MOX01	Healthy Aging	Th	5:00pm	5:50pm	2/26	6/11	Kenzie Barnes mbarnes35@mtsac.edu
42336	MOX04	Principles of Posture and Flexibility	Th	6:00pm	6:50pm	2/26	6/11	Kenzie Barnes mbarnes35@mtsac.edu
42279	MOX01	Healthy Aging	F	8:30am	9:40am	2/27	6/12	TBA eoa@mtsac.edu
42278	FNA32	Drawing	F	9:00am	11:50am	2/27	6/12	Bernard Johnson bjohnson98@mtsac.edu

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### La Puente Senior Center Classes (LPSC)

16001 E. Main St., La Puente, CA 91744

### **Winter 2026**

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
31405	MOX02	Principles of Slow Movement	T	10:00am	10:50am	1/6	2/10	Blanche Miranda bmiranda22@mtsac.edu
31396	MOX01	Healthy Aging	Th	10:00am	10:50am	1/8	2/12	TBA eoa@mtsac.edu
31400	MOX04	Principles of Posture and Flexibility	Th	12:30pm	1:20pm	1/8	2/12	TBA eoa@mtsac.edu
31410	FN	Food and Nutrition	Th	1:30pm	3:50pm	1/8	2/12	TBA eoa@mtsac.edu
31420	FNA04	Watercolor Painting	Th	1:30pm	4:20pm	1/8	2/12	Michelle Emami memami@mtsac.edu
31416	MOX11	Fall Prevention, Balance and Mobility	F	10:00am	10:50am	1/9	2/13	Shannon Clewley sclewley@mtsac.edu

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Contact us at:

email: eoa@mtsac.edu

<sup>\*</sup>This is an impacted class. There is a specific date to register. See page 4 for more information.



Register online at <a href="https://www.mtsac.edu/eoa">www.mtsac.edu/eoa</a> or register in-person with the professor.

### La Puente Senior Center Classes (LPSC)

16001 E. Main St., La Puente, CA 91744

### Spring 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
42339	MOX02	Principles of Slow Movement	Т	10:00am	10:50am	2/24	6/9	TBA eoa@mtsac.edu
42282	MOX01	Healthy Aging	Th	10:00am	10:50am	2/26	6/11	TBA eoa@mtsac.edu
42337	MOX04	Principles of Posture and Flexibility	Th	12:30pm	1:20pm	2/26	6/11	TBA eoa@mtsac.edu
42357	FN	Food and Nutrition	Th	1:30pm	3:50pm	2/26	6/11	TBA eoa@mtsac.edu
42355	FNA04	Watercolor Painting	Th	1:30pm	4:20pm	2/26	6/11	Michelle Emami memami@mtsac.edu
42328	MOX11	Fall Prevention, Balance and Mobility	F	10:00am	10:50am	2/27	6/12	TBA eoa@mtsac.edu

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Contact us at:

email: eoa@mtsac.edu

<sup>\*</sup>This is an impacted class. There is a specific date to register. See page 4 for more information.



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### La Verne Community Center Classes (LV)

3680 D Street La Verne, CA 91750

### **Winter 2026**

CRN	Course	Class Title	Day	Start	End	Start	End	Professor & Email
CINIV	Course	Class Title	Day	Time	Time	Date	Date	Professor & Lilian
30624	MOX01	Healthy Aging	TTh	8:15am	9:35am	1/6	2/12	Danelle Cole
30024	WOXOI	ricallity Aging		0.134111	J.55am	1,0	2/ 12	dcole18@mtsac.edu
30627	FNA04	Watercolor Painting	Т	9:00am	11:50am	1/6	2/10	Kelly Conte
30027	TIVAU4	Watercolor Fainting	-	3.00aiii	11.50aiii	1/0	2/10	kconte@mtsac.edu
30642	MOX11	Fall Prevention,	TTh	1:30pm	2:20pm	1/6	2/12	Yamil Slim
30042	INIOVII	Balance and Mobility	1 1111	1.50μπ	2.20μπ	1/0	2/12	yslim1@mtsac.edu
*30652	FNA32	Drawing	Th	8:55am	12:00pm	1/8	2/12	Michelle Emami
30032	FINASZ	Drawing		0.554111	12.00pm	1/0	2/12	memami@mtsac.edu
20001	N40V03	Principles of Slow	T L	1.000.00	2.500.00	1 /0	2/12	TBA
30661	MOX02	Movement	Th	1:00pm	2:50pm	1/8	2/12	eoa@mtsac.edu
30664	FNA03	Oil Painting	F	9:00am	11:50am	1/9	2/13	Atilio Pernisco
30004	FINAUS	Oli Pallitilig	Г	9.00aiii	11.50aiii	1/9	2/13	apernisco@mtsac.edu
*30670	FNA04	Watercolor Painting	F	12:45pm	3:50pm	1/9	9 2/13	Sarah Cooper
30070	I INAU4	watercolor Fairting	ı	12.43pm	J.JUPIII	1/3	2/13	scooper18@mtsac.edu

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: <a href="https://www.mtsac.edu/sce/eoa">https://www.mtsac.edu/sce/eoa</a>

Contact us at:

email: eoa@mtsac.edu

<sup>\*</sup>This is an impacted class. There is a specific date to register. See page 4 for more information.



Register online at <a href="https://www.mtsac.edu/eoa">www.mtsac.edu/eoa</a> or register in-person with the professor.

# **La Verne Community Center Classes**

3680 D Street La Verne, CA 91750

### Spring 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41458	MOX01	Healthy Aging	TTh	8:15am	9:35am	2/24	6/11	Danelle Cole
						_,		dcole18@mtsac.edu
41230	FNA04	Watercolor Painting	Т	9:00am	11:50am	2/24	6/9	Kelly Conte
11230	1147101	watercolor rameing		3.00am	11.500111		0,3	kconte@mtsac.edu
42437	MOX11	Fall Prevention,	Т	1:30pm	2:20pm	2/24	6/9	Yamil Slim
42437	IVIOXII	Balance and Mobility	•	1.30pm	2.20μπ	2/24	0/9	yslim1@mtsac.edu
*41270	FNA32	Drawing	Th	8:55am	12:00pm	2/26	6/11	Michelle Emami
41270	TIVASZ	Drawing	111	0.558111	12.00pm	2/20	0/11	memami@mtsac.edu
41499	MOX02	<b>Principles of Slow</b>	Th	1:00pm	2:50pm	2/26	6/11	Raea Figueroa-Darby
41499	ΙνίΟλυΖ	Movement	111	1.000111	2.50pm	2/20	0/11	adarby1@mtsac.edu
41572	MOX11	Fall Prevention,	Th	1:30pm	2:20nm	2/26	6/11	Yamil Slim
415/2	INIOVII	Balance and Mobility	111	1.50piii	2:20pm	2/20	0/11	yslim1@mtsac.edu
41224	FNA03	Oil Painting	F	9:00am	11:50am	2/27	6/12	Atilio Pernisco
41224	TIVAUS	On Familing	ı	3.00a111	11.50aiii	2/2/	0/12	apernisco@mtsac.edu
*41236	FNA04	Watercolor Painting	F	12:45pm	3:50pm	2/27	6/12	Sarah Cooper
41230	111/04	watercolor rainting	'	12.43piii	J.JUPIII	2/2/	0/ 12	scooper18@mtsac.edu

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<sup>\*</sup>This is an impacted class. There is a specific date to register. See page 4 for more information.



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# Mt. San Antonio College Classes (Mt. SAC)

1101 N. Grand Ave. Walnut, CA 91789

#### Winter 2026

CRN	Course	Class Title	Day	Start Time		Start Date		Professor & Email	Location
30649	FNA04	Watercolor Painting	W	1:00pm	3:50pm	1/7	2/11	Lia May Byrd jmaybyrd@mtsac.edu	ТВА
30660	МВН	Music and Brain Health	Th	1:00pm	3:50pm	1/8	2/12	James Hartford jhartford@mtsac.edu	ТВА

### Spring 2026

CRN	Course	Class Title	Day	Start	End	Start	End	Professor & Email	Location
Citit	Course	Class Title	Day	Time	Time	Date	Date	Troressor & Email	Location
41233	FNA04	Watercolor Painting	V	1:00pm	3:50pm	2/25	6/10	Lia May Byrd jmaybyrd@mtsac.edu	ТВА
41421	МВН	Music and Brain Health	Th	1:00pm	3:50pm	2/26	6/11	James Hartford jhartford@mtsac.edu	ТВА

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Contact us at:

email: eoa@mtsac.edu

<sup>\*</sup>This is an impacted class. There is a specific date to register. See page 4 for more information.



Register online at <a href="https://www.mtsac.edu/eoa">www.mtsac.edu/eoa</a> or register in-person with the professor.

### **Palomares Senior Center Classes (PSC)**

499 E. Arrow Hwy. Pomona, CA 91767

### Winter 2026

CRN	Course	Class Title	Day	Start	End	Start	End	Professor & Email
CIVIV	Course	Class Title	Day	Time	Time	Date	Date	Professor & Linan
30609	MOX01	Healthy Aging	MW	10:30am	11:20am	1/5	2/11	Erin McLaren
						_, _	_,	emclaren@mtsac.edu
30613	FNA32	Drawing	М	12:45pm	3:20pm	1/5	2/9	Kelly Conte
30013	110/132	Diawing	141	12. <del>1</del> 3pm	3.20pm	1, 3	2	kconte@mtsac.edu
*30639	BHTH2	Brain Health 2	Т	12:30pm	3:20pm	1/6	2/10	Marisa Fierro
30033	DITTIL	Brain Health 2	'	12.30μπ	3.20pm	-, 0	2,10	mfierro10@mtsac.edu
30309	MOX11	Fall Prevention,	Th	11:30am	12:20pm	1/8	2/12	Leslie Hunnicutt
30309	INIOXII	Balance and Mobility	111	11.50am	12.20pm	1/0	2/12	lhunnicutt@mtsac.edu
30791	MOX02	Principles of Slow	Th	1:00nm	2:20nm	1 /0	2/12	Blanche Miranda
30791	IVIOAUZ	Movement	111	1:00pm	2:30pm	1/8	2/12	bmiranda22@mtsac.edu
30667	МВН	Music and Brain	F	9:15am	11:25am	1/9	2/13	James Hartford
30007	IVIDI	Health	Г	3.13aili	11.234111	1/9	2/13	mfierro10@mtsac.edu Leslie Hunnicutt Ihunnicutt@mtsac.edu Blanche Miranda bmiranda22@mtsac.edu

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Contact us at:

email: eoa@mtsac.edu

<sup>\*</sup>This is an impacted class. There is a specific date to register. See page 4 for more information.



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# **Palomares Senior Center Classes (PSC)**

499 E. Arrow Hwy. Pomona, CA 91767

### Spring 2026

CRN	Course	Class Title	Day	Start	End	Start	End	Professor & Email
CKIV	Course	Class Title	Day	Time	Time	Date	Date	Professor & Efficient
41444	MOX01	Healthy Aging	MW	10:30am	11:20am	2/23	6/10	Erin McLaren
	IVIONOI	ricaltily Agilig	10100	10.304111	11.200111			emclaren@mtsac.edu
41266	FNA32	Drawing	М	12:45pm	3:20pm	2/23	6/8	Kelly Conte
	TIVASZ	Diawing	171	12.45pm	3.20piii			kconte@mtsac.edu
*40788	BHTH2	Brain Health 2	Т	12:30pm	2:20pm	2/24	6/9	Marisa Fierro
	BHIHZ	Drain ricaitii 2	'	12.50μπ	2.20pm			mfierro10@mtsac.edu
41574	MOX11	Fall Prevention,	Th	11·20am	12:20pm	2/26	6/11	Leslie Hunnicutt
	IVIOXII	Balance and Mobility	=	11.50aiii	12.20pm			lhunnicutt@mtsac.edu
43564	MOX02	Principles of Slow	Th	1:00nm	2:30pm	2/26	6/11	TBA
	IVIOAUZ	Movement	111	1:00pm	2.50pm			eoa@mtsac.edu
41422	МВН	Music and Brain	F	9:15am	11:25am	2/27	6/12	James Hartford
	IVIDI	Health	Г	3.13dill	11.234111			jhartford@mtsac.edu

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Contact us at:

email: eoa@mtsac.edu

<sup>\*</sup>This is an impacted class. There is a specific date to register. See page 4 for more information.



Register online at <a href="https://www.mtsac.edu/eoa">www.mtsac.edu/eoa</a> or register in-person with the professor.

### **Washington Park Classes (WPK)**

865 E. Grand Ave. Pomona, CA 91766

### Winter 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date		Professor & Email
30610	MOX01	Healthy Aging	MW	10:45am	11:35am	1/5	2/11	Vanessa Jones vjones11@mtsac.edu
31407	MOX02	Principles of Slow Movement	Th	10:45am	11:35am	1/8	2/12	TBA eoa@mtsac.edu

### Spring 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date		Professor & Email
41445	MOX01	Healthy Aging	MW	10:45am	11:35am	2/23	6/10	Vanessa Jones vjones11@mtsac.edu
42340	MOX02	Principles of Slow Movement	Th	10:45am	11:35am	2/26	6/11	TBA eoa@mtsac.edu

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Contact us at:

email: eoa@mtsac.edu

<sup>\*</sup>This is an impacted class. There is a specific date to register. See page 4 for more information.



### San Dimas Senior/Community Center Classes (SD)

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

### Winter 2026

CRN	Course	Class Title	Day	Start	End	Start	End	Professor & Email
CKIV	Course	Class Title	Day	Time	Time	Date	Date	Professor & Efficient
30279	MOX01	Healthy Aging	М	9:30am	10:20am	1/5	2/9	Candice Castro
30273	IVIOXUI	ricaltify Aging	IVI	9.30aiii	10.204111	1/0	2/9	ccastro@mtsac.edu
30641	FNA04	Watercolor Painting	Т	1:00pm	4:05pm	1/6	2/10	Kelly Conte
30041	FINAU4	Watercolor Fairting	_	1.00pm	4.03pm	1/0		kconte@mtsac.edu
31401	LS	Writing Your Life	Т	5:30pm	7:00pm	1/6	2/10	Marisa Fierro
31401	LS	Story	'	3.30pm	7.00pm	1/0	2/10	mfierro10@mtsac.edu
30644	FNA32	Drawing	W	9:00am	11:50am	1/7	2/11	Lia May Byrd
30044	TINASZ	Drawing	VV	3.00aiii	11.30aiii	1//	2/11	jmaybyrd@mtsac.edu
*30315	BHTH2	Brain Health 2	W	1:15pm	3:35pm	1/7	2/11	Karena Friedman
30313	DITITIZ	Diaminicatur 2	VV	1.130111	3.33piii	1//	2/11	kfriedman@mtsac.edu
*30314	BHTH1	Brain Health 1	Th	1:15pm	3:35pm	1/8	2/12	Karena Friedman
30314	DITITIT	Dialii ilealiii 1	111	1.13piii	3.33piii	1/0	2/12	kfriedman@mtsac.edu
30302	MOX01	Healthy Aging	F	9:30am	10:20am	1/9	2/13	Erin McLaren
30302	IVIOAUI	ricaltity Agilig	ı	3.30aiii	10.200111	1/3		emclaren@mtsac.edu

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Contact us at: email: eoa@mtsac.edu

<sup>\*</sup>This is an impacted class. There is a specific date to register. See page 4 for more information.



# San Dimas Senior/Community Center Classes (SD)

201 E. Bonita Ave. San Dimas, CA 91773

### Spring 2026

CRN	Course	Class Title	Day	Start	End	Start	End	Professor & Email
CINI	Course	Class Title	Day	Time	Time	Date	Date	Professor & Liftair
41435	MOX01	Healthy Aging	М	9:30am	10:20am	2/23	6/8	Candice Castro
41433	IVIONOI	ricaltily Aging	171	3.30aiii	10.204111	2/23	0/0	ccastro@mtsac.edu
41232	FNA04	Watercolor Painting	Т	1:00pm	4:05pm	2/24	6/9	Kelly Conte
41232	TINAU4	Watercolor Fainting	_	1.00pm	4.03pm	2/24	6/9	kconte@mtsac.edu
42346	LS	Writing Your Life	Т	5:30pm	7:00pm	2/24	6/9	Marisa Fierro
42340	LS	Story	'	3.30piii	7.00pm	2/24	0/9	mfierro10@mtsac.edu
41269	FNA32	Drawing	W	9:00am	11:50am	2/25	6/10	Lia May Byrd
41203	TIVASZ	Diawing	VV	3.00aiii	11.50aiii	2/23	0/10	jmaybyrd@mtsac.edu
*40789	BHTH2	Brain Health 2	W	1:15pm	3:35pm	2/25	6/10	Karena Friedman
40703	DITTILL	Diaminicalui 2	VV	1.130111	3.33pm	2/23	0,10	kfriedman@mtsac.edu
*40787	BHTH1	Brain Health 1	Th	1:15pm	3:35pm	2/26	6/11	Karena Friedman
40787	DITITIT	Diaminicalul 1	111	1.130111	3.33piii	2/20	0/11	kfriedman@mtsac.edu
/1/73	MOX01	Healthy Aging	F	9:30am	10:20am	2/27	6/12	Erin McLaren
41473	IVIONOI	ricaltily Agilig	'	J.50aiii	10.204111	2,21	0/12	emclaren@mtsac.edu

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Contact us at: ei

email: eoa@mtsac.edu

<sup>\*</sup>This is an impacted class. There is a specific date to register. See page 4 for more information.



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### **Stanley Plummer Building Classes (PLUM)**

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

#### Winter 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30623	MOX01	Healthy Aging	TTh	8:00am	8:50am	1/6	2/12	Vanessa Jones vjones11@mtsac.edu
30630	MOX02	Principles of Slow Movement	Т	9:00am	10:10am	1/6	2/10	Min Peng mpeng15@mtsac.edu
30292	MOX01	Healthy Aging	W	9:30am	10:20am	1/7	2/11	Vanessa Jones vjones11@mtsac.edu
30654	MOX04	Principles of Posture and Flexibility	Th	9:00am	10:20am	1/8	2/12	Shannon Clewley sclewley@mtsac.edu
30668	MOX02	Principles of Slow Movement	F	9:00am	10:20am	1/9	2/13	Min Peng mpeng15@mtsac.edu
30289	MOX04	Principles of Posture and Flexibility	F	10:30am	11:35am	1/9	2/13	Andrea Anello aanello@mtsac.edu

### **Spring 2026**

- 6	pring 2020											
CRN	Course	Class Title	Day	Start	End	Start	End	Professor & Email				
CKIV	Course	Class Title	Day	Time	Time	Date	Date	Professor & Ellian				
41457	MOX01	Healthy Aging	TTh	8:00am	8:50am	2/24	6/11	Vanessa Jones vjones11@mtsac.edu				
41496	MOX02	Principles of Slow Movement	Т	9:00am	10:05am	2/24	6/9	Min Peng mpeng15@mtsac.edu				
41463	MOX01	Healthy Aging	W	9:30am	10:20am	2/25	6/10	Vanessa Jones vjones11@mtsac.edu				
41507	MOX04	Principles of Posture and Flexibility	Th	9:00am	10:20am	2/26	6/11	TBA eoa@mtsac.edu				
41500	MOX02	Principles of Slow Movement	F	9:00am	10:20am	2/27	6/12	Min Peng mpeng15@mtsac.edu				
41508	MOX04	Principles of Posture and Flexibility	F	10:30am	11:35am	2/27	6/12	Andrea Anello aanello@mtsac.edu				

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### San Dimas Swim & Racquet Club Classes (SDSR)

990 W. Covina Blvd. San Dimas, CA 91773

### Winter 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30592	MOX06	Principles of Aquatic Resistance	MF	8:45am	9:35am	1/5	2/13	Leslie Hunnicutt Ihunnicutt@mtsac.edu
30600	MOX06	Principles of Aquatic Resistance	MF	9:45am	10:35am	1/5	2/13	Leslie Hunnicutt Ihunnicutt@mtsac.edu
30626	мохо6	Principles of Aquatic Resistance	TWTh	8:45am	9:35am	1/6	2/12	Karena Friedman kfriedman@mtsac.edu
30633	МОХ06	Principles of Aquatic Resistance	TWTh	9:45am	10:35am	1/6	2/12	Karena Friedman kfriedman@mtsac.edu

### Spring 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41561	МОХ06	Principles of Aquatic Resistance	MF	8:45am	9:35am	2/23	6/5	Leslie Hunnicutt Ihunnicutt@mtsac.edu
41564	мохо6	Principles of Aquatic Resistance	MF	9:45am	10:35am	2/23	6/5	Leslie Hunnicutt Ihunnicutt@mtsac.edu
41566	мохо6	Principles of Aquatic Resistance	TWTh	8:45am	9:35am	2/24	6/4	Karena Friedman kfriedman@mtsac.edu
41567	мохо6	Principles of Aquatic Resistance	TWTh	9:45am	10:35am	2/24	6/4	Karena Friedman kfriedman@mtsac.edu

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# **Walnut Senior Center Classes (WALT)**

21215 La Puente Rd. Walnut, CA 91789

### Winter 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30589	MOX01	Healthy Aging	MWF	8:00am	8:50am	1/5	2/13	Andrea Anello aanello@mtsac.edu
*30598	MOX01	Healthy Aging	MWF	9:30am	10:35am	1/5	2/13	Danelle Cole dcole18@mtsac.edu
30284	MOX01	Healthy Aging	Т	9:00am	9:50am	1/6	2/10	Elizabeth White ewhite31@mtsac.edu
31412	FLIT	Financial Literacy in Retirement	Т	9:30am	11:00am	1/6	2/10	TBA eoa@mtsac.edu
30291	MOX01	Healthy Aging	Т	12:45pm	1:35pm	1/7	2/11	Danelle Cole dcole18@mtsac.edu
30645	MOX04	Principles of Posture and Flexibility	W	10:45am	11:55am	1/7	2/11	Danelle Cole dcole18@mtsac.edu
30648	FNA03	Oil Painting	W	1:00pm	3:50pm	1/8	2/12	Kelly Conte kconte@mtsac.edu
30653	FNA03	Oil Painting	Th	9:00am	11:50am	1/7	2/11	Kelly Conte kconte@mtsac.edu

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<sup>\*</sup>This is an impacted class. There is a specific date to register. See page 4 for more information.



### **Walnut Senior Center Classes**

21215 La Puente Rd. Walnut, CA 91789

#### Spring 2026

CRN	Course	Class Title	Day	Start	End	Start	End	Professor & Email
CIVIV	Course	Class Title	Day	Time	Time	Date	Date	Fiolessoi & Lilian
41432	MOX01	Healthy Aging	MWF	8:00am	8:50am	2/23	6/12	Andrea Anello
11132	WOXOI		101001	0.000111	0.504111	2,23	0,12	aanello@mtsac.edu
*41436	MOX01	Healthy Aging	MWF	9:30am	10:35am	2/23	6/12	Danelle Cole
41430	WOXOI		101001	J.500111	10.554111	2,23	0,12	dcole18@mtsac.edu
41459	MOX01	Healthy Aging	T	9:00am	9:50am	2/24	6/9	Elizabeth White
41433	WOXOI	Treating 7.5mg		J.000111	3.304111	Z/ Z¬	0,3	ewhite31@mtsac.edu
42362	FLIT	Financial Literacy in	<sub>T</sub>	9:30am	11:00am	2/24	6/9	TBA
42302	1 [11	Retirement	'	9.30aiii	11.00aiii	2/24	0/9	eoa@mtsac.edu
41462	MOX01	Healthy Aging	Т	12:45pm	1:25nm	2/24	6/9	Danelle Cole
41402	IVIOXUI	ricaltily Aging	l	12.43pm	1.55piii	2/24	0/9	dcole18@mtsac.edu
41519	MOX04	<b>Principles of Posture</b>	W	10.4Fam	11:50am	2/25	6/10	Danelle Cole
41519	WIOXU4	and Flexibility	VV	10.45aiii	11.50aiii	2/25	6/10	dcole18@mtsac.edu
41222	FNA03	Oil Painting	W	1:00pm	3:50pm	2/25	6/10	Kelly Conte
41222	FINAUS	Oli Fallitilig	VV	1.00pm	3.30piii	2/23	0/10	kconte@mtsac.edu
41223	FNA03	Oil Painting	Th	9:00am	11:50am	2/26	6/11	Kelly Conte
41223	TIVAUS	On Failting	'''	3.00aiii	TT.JUaiii	2/20	0/11	kconte@mtsac.edu

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## West Covina Senior Citizen's Center Classes (WCSCC)

2501 E. Cortez St. West Covina, CA 91791

#### **Winter 2026**

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30274	MOX01	Healthy Aging	М	9:00am	9:50am	1/5	2/9	Shelby White swhite@mtsac.edu
30612	MOX02	Principles of Slow Movement	М	12:00pm	1:25pm	1/5	2/9	Blanche Miranda bmiranda22@mtsac.edu
30615	MOX02	Principles of Slow Movement	М	1:30pm	2:55pm	1/5	2/9	Blanche Miranda bmiranda22@mtsac.edu
30635	MOX04	Principles of Posture and Flexibility	TTh	10:00am	10:50am	1/6	2/12	Danelle Cole dcole18@mtsac.edu
30637	MOX04	Principles of Posture and Flexibility	TTh	11:00am	11:50am	1/6	2/12	Danelle Cole dcole18@mtsac.edu
31402	LS	Writing Your Life Story	Т	1:00pm	2:30pm	1/6	2/10	TBA eoa@mtsac.edu
30650	MOX04	Principles of Posture and Flexibility	W	1:00pm	2:30pm	1/7	2/11	Surendra Mehta smehta9@mtsac.edu
30300	MOX01	Healthy Aging	F	9:00am	9:50am	1/9	2/13	TBA eoa@mtsac.edu
30303	MOX01	Healthy Aging	F	10:00am	10:50am	1/9	2/13	TBA eoa@mtsac.edu
30669	FNA04	Watercolor Painting	F	10:00am	12:30pm	1/9	2/13	Kelly Conte kconte@mtsac.edu

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### **West Covina Senior Citizen's Center Classes**

2501 E. Cortez St. West Covina, CA 91791

#### Spring 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41434	MOX01	Healthy Aging	М	9:00am	9:50am	2/23	6/8	Shelby White swhite@mtsac.edu
41493	MOX02	Principles of Slow Movement	М	12:00pm	1:25pm	2/23	6/8	TBA eoa@mtsac.edu
41494	MOX02	Principles of Slow Movement	М	1:30pm	2:55pm	2/23	6/8	TBA eoa@mtsac.edu
41503	MOX04	Principles of Posture and Flexibility	TTh	10:00am	10:50am	2/24	6/11	Danelle Cole dcole18@mtsac.edu
41504	MOX04	Principles of Posture and Flexibility	TTh	11:00am	11:50am	2/24	6/11	Danelle Cole dcole18@mtsac.edu
42347	LS	Writing Your Life Story	Т	1:00pm	2:30pm	2/24	6/9	TBA eoa@mtsac.edu
41506	MOX04	Principles of Posture and Flexibility	W	1:00pm	2:30pm	2/25	6/10	Surendra Mehta smehta9@mtsac.edu
41471	MOX01	Healthy Aging	F	9:00am	9:50am	2/27	6/12	Raea Figueroa-Darby adarby1@mtsac.edu
41474	MOX01	Healthy Aging	F	10:00am	10:50am	2/27	6/12	Raea Figueroa-Darby adarby1@mtsac.edu
41235	FNA04	Watercolor Painting	F	10:00am	12:30pm	2/27	6/12	Kelly Conte kconte@mtsac.edu

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Contact us at:

email: eoa@mtsac.edu

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## **Shadow Oak Park Classes (SOP)**

2121 Shadow Oak Dr. West Covina, CA 91792

#### Winter 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30294	MOX01	Healthy Aging	W	10:30am	11:20am	1/7	2/11	Leslie Hunnicutt Ihunnicutt@mtsac.edu
31409	FN	Food and Nutrition	Th	9:00am	11:50am	1/8	2/12	TBA eoa@mtsac.edu

#### Spring 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41465	MOX01	Healthy Aging	W	10:30am	11:20am	2/25	6/10	Leslie Hunnicutt Ihunnicutt@mtsac.edu
42359	FN	Food and Nutrition	Th	9:00am	11:50am	2/26	6/11	TBA eoa@mtsac.edu

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### **Online Classes**

#### Winter 2026 - Monday Classes

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Modality
30430	MOX01	Healthy Aging	М	7:15am	8:25am	1/5	2/9	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
30431	MOX01	Healthy Aging	М	8:00am	8:50am	1/5	2/9	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
30432	MOX01	Healthy Aging	М	8:00am	8:50am	1/5	2/9	Danelle Cole dcole18@mtsac.edu	ONLINE - Synchronous
30169	MOX04	Principles of Posture & Flexibility	М	8:30am	9:55am	1/5	2/9	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
30161	FNA04	Watercolor Painting	М	9:00am	11:50am	1/5	2/9	Atilio Pernisco apernisco@mtsac.edu	ONLINE - Synchronous
30433	MOX01	Healthy Aging	М	9:00am	9:50am	1/5	2/9	TBA eoa@mtsac.edu	ONLINE - Synchronous
30270	MOX11	Fall Prevention, Balance & Mobility	М	10:00am	11:25am	1/5	2/9	Andrea Anello aanello@mtsac.edu	ONLINE - Synchronous
30271	MOX11	Fall Prevention, Balance & Mobility	М	10:00am	11:25am	1/5	2/9	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
30170	MOX04	Principles of Posture & Flexibility	М	11:30am	12:55pm	1/5	2/9	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
30474	MOX02	Principles of Slow Movement	М	12:30pm	1:20pm	1/5	2/9	TBA eoa@mtsac.edu	ONLINE - Synchronous
30489	MOX11	Fall Prevention, Balance & Mobility	М	1:00pm	2:05pm	1/5	2/9	Leslie Hunnicutt Ihunnicutt@mtsac.edu	ONLINE - Synchronous
30171	МОХ04	Principles of Posture & Flexibility	MW	6:30pm	7:20pm	1/5	2/11	Dhruti Ramchandani dhruti.ramchandani@mtsac.edu	ONLINE - Synchronous
30790	MOX04	Principles of Posture & Flexibility	MW	7:30pm	8:20pm	1/5	2/11	Dhruti Ramchandani dhruti.ramchandani@mtsac.edu	ONLINE - Synchronous

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## **Online Classes**

### Winter 2026 - Tuesday Classes

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Modality
30172	MOX04	Principles of Posture & Flexibility	Т	7:15am	8:25am	1/6	2/10	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
30444	MOX01	Healthy Aging	Т	8:00am	8:50am	1/6	2/10	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
30265	мох09	Principles of Progressive Resistance	Т	9:00am	9:50am	1/6	2/10	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
30482	MOX04	Principles of Posture & Flexibility	Т	9:00am	9:50am	1/6	2/10	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
30266	мох09	Principles of Progressive Resistance	Т	10:00am	10:50am	1/6	2/10	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
30446	MOX01	Healthy Aging	Т	10:00am	10:50am	1/6	2/10	Leslie Hunnicutt Ihunnicutt@mtsac.edu	ONLINE - Synchronous
30483	MOX04	Principles of Posture & Flexibility	Τ	10:00am	10:50am	1/6	2/10	Shelby White swhite@mtsac.edu	ONLINE - Synchronous
30490	MOX11	Fall Prevention, Balance & Mobility	Т	11:00am	11:50am	1/6	2/10	Kim SantaBarbara ksantabarbara@mtsac.edu	ONLINE - Synchronous
30363	BHTH2	Brain Health 2	Т	1:00pm	3:50pm	1/6	2/10	Shelby White swhite@mtsac.edu	Asynch Zoom 1-2:30pm
30159	FN	Food and Nutrition	Т	2:45pm	4:10pm	1/6	2/10	Miranda Zhan gzhan3@mtsac.edu	ONLINE - Synchronous
30173	MOX04	Principles of Posture & Flexibility	TTh	6:30pm	7:50pm	1/6	2/12	Danelle Cole dcole18@mtsac.edu	ONLINE - Synchronous

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### **Online Classes**

#### Winter 2026 - Wednesday Classes

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Modality
30165	MOX01	Healthy Aging	W	7:15am	8:25am	1/7	2/11	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
30448	MOX01	Healthy Aging	W	8:00am	8:50am	1/7	2/11	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
30449	MOX01	Healthy Aging	W	8:00am	8:50am	1/7	2/11	Danelle Cole dcole18@mtsac.edu	ONLINE - Synchronous
30259	MOX04	Principles of Posture & Flexibility	W	8:30am	9:55am	1/7	2/11	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
30162	FNA32	Drawing	W	9:00am	11:30am	1/7	2/11	Kelly Conte kconte@mtsac.edu	ONLINE - Synchronous
30364	BHTH1	Brain Health 1	W	9:00am	11:50am	1/7	2/11	Kim SantaBarbara ksantabarbara@mtsac.edu	Asynch Zoom 9-10:30am
30450	MOX01	Healthy Aging	W	9:00am	9:50am	1/7	2/11	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
30451	MOX01	Healthy Aging	W	9:00am	9:50am	1/7	2/11	Leslie Hunnicutt Ihunnicutt@mtsac.edu	ONLINE - Synchronous
30272	MOX11	Fall Prevention, Balance & Mobility	W	10:00am	11:25am	1/7	2/11	Elizabeth White ewhite31@mtsac.edu	ONLINE - Synchronous
30276	MOX11	Fall Prevention, Balance & Mobility	W	10:00am	11:25am	1/7	2/11	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
30260	МОХ04	Principles of Posture &Flexibility	W	11:30am	12:55pm	1/7	2/11	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
30160	FNA03	Oil Painting	W	4:00pm	6:25pm	1/7	2/11	Atilio Pernisco apernisco@mtsac.edu	ONLINE - Synchronous

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### **Online Classes**

### Winter 2026 - Thursday Classes

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Modality
30261	MOX04	Principles of Posture & Flexibility	Th	7:15am	8:25am	1/8	2/12	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
30457	MOX01	Healthy Aging	Th	8:00am	8:50am	1/8	2/12	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
30267	МОХ09	Principles of Progressive Resistance	Th	9:00am	9:50am	1/8	2/12	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
30479	MOX02	Principles of Slow Movement	Th	9:00am	9:50am	1/8	2/12	Shelby White swhite@mtsac.edu	ONLINE - Synchronous
30486	MOX04	Principles of Posture and Flexibility	Th	9:00am	9:50am	1/8	2/12	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
30268	мох09	Principles of Progressive Resistance	Th	10:00am	10:50am	1/8	2/12	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
30460	MOX01	Healthy Aging	Th	10:00am	10:50am	1/8	2/12	Leslie Hunnicutt Ihunnicutt@mtsac.edu	ONLINE - Synchronous
30462	MOX01	Healthy Aging	Th	11:00am	11:50am	1/8	2/12	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
31386	LS	Writing Your Life Story	Th	1:00pm	3:35pm	1/8	1/15	Marisa Fierro mfierro10@mtsac.edu	Asynch Zoom 1-2:30pm

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### **Online Classes**

#### Winter 2026 - Friday & Saturday Classes

CRN	Course	Class Title	Day	Start	End	Start	End	Professor & Email	Modality
	Country	0.000 110.0	<b>-</b> .,	Time	Time	Date	Date		
30269	МОХ09	Principles of	F	7:15am	8:20am	1/9	2/13	Kenzie Barnes	ONLINE -
		Progressive Resistance						mbarnes35@mtsac.edu	Synchronous
30464	MOX01	Healthy Aging	F	8:00am	8:50am	1/9	2/13	Danelle Cole	ONLINE -
50.0.		Treaterly 7 Sing	•	- Crocarri	0.504111	Ξ/ 3	2, 13	dcole18@mtsac.edu	Synchronous
20262	N40V04	Principles of Posture	_	0.200	0.550.00	1 /0	2/12	Gabriela Klein	ONLINE -
30263	MOX04	& Flexibility	F	8:30am	9:55am	1/9	2/13	gklein@mtsac.edu	Synchronous
20166	N40V01	Lloolthy Aging	г	0.000	10.25am	1 /0	2/12	Shelby White	ONLINE -
30166	MOX01	Healthy Aging	F	9:00am	10:35am	1/9	2/13	swhite@mtsac.edu	Synchronous
20277	NAOV11	Fall Prevention,	_	10.000	11.250.00	1 /0	2/12	Gabriela Klein	ONLINE -
30277	MOX11	Balance & Mobility	F	10:00am	11:25am	1/9	2/13	gklein@mtsac.edu	Synchronous
20264	1400/04	Principles of Posture	L	44.20	42.55	4 /0	2/42	TBA	ONLINE -
30264	MOX04	& Flexibility	F	11:30am	12:55pm	1/9	2/13	eoa@mtsac.edu	Synchronous
20464	1 4 D L L	Music and Brain	L	1.00	2.45	1 /0	2/42	Jinette Martinez	ONLINE -
30164	MBH	Health	F	1:00pm	3:15pm	1/9	2/13	jmartinez1063@mtsac.edu	Synchronous
30167	MOX01	Healthy Aging	Sa	8:00am	9:50am	1/10	2/14	Jeremy Tan	ONLINE -
30107	INIOVOT	Healthy Aging	Sa	o.uuaiii	3.30aili	1/10	2/ 14	jtan9@mtsac.edu	Synchronous

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email: eoa@mtsac.edu

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### **Online Classes**

## **Spring 2026 – Monday Classes**

CRN	Course	Class Title	Day	Start	End 	Start	End	Professor & Email	Modality
				Time	Time	Date	Date		-
41366	MOX01	Healthy Aging	М	7:15am	8:25am	2/23	6/8	Jeremy Tan	ONLINE -
		1100101177181118		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	0.204		0,0	jtan9@mtsac.edu	Synchronous
41367	MOX01	Healthy Aging	М	8:00am	8:50am	2/23	6/8	Candice Castro	ONLINE -
11307	WOXOI	Treaterly 7 Sing		0.000111	0.50am	2,23	0,0	ccastro@mtsac.edu	Synchronous
41368	MOX01	Healthy Aging	М	8:00am	8:50am	2/23	6/8	Danelle Cole	ONLINE -
41308	IVIOXUI	Healthy Aging	IVI	0.00aiii	0.Juaiii	2/23	0/8	dcole18@mtsac.edu	Synchronous
41 4 4 7	NAOVOA	Principles of		0.20	0.55	2/22	C /O	Gabriela Klein	ONLINE -
41447	MOX04	Posture & Flexibility	M	8:30am	9:55am	2/23	6/8	gklein@mtsac.edu	Synchronous
44262	ENLA O 4	Matagalag Daigtiga	N 4	0.00	11.50	2/22	<i>c.</i> /o	Atilio Pernisco	ONLINE -
41363	FNA04	Watercolor Painting	M	9:00am	11:50am	2/23	6/8	apernisco@mtsac.edu	Synchronous
44260	140004	I I a a libra A ada a	N 4	0.00	0.50	2/22	C /O	TBA	ONLINE -
41369	MOX01	Healthy Aging	M	9:00am	9:50am	2/23	6/8	eoa@mtsac.edu	Synchronous
44540		Fall Prevention,		10.00	44.05	2/22	c /o	Andrea Anello	ONLINE -
41549	MOX11	Balance & Mobility	M	10:00am	11:25am	2/23	6/8	aanello@mtsac.edu	Synchronous
		Fall Prevention,		10.00	44.0=	2/22	0.10	Gabriela Klein	ONLINE -
41550	MOX11	Balance & Mobility	M	10:00am	11:25am	2/23	6/8	gklein@mtsac.edu	Synchronous
		Principles of						Gabriela Klein	ONLINE -
41448	MOX04	Posture & Flexibility	M	11:30am	12:55pm	2/23	6/8	gklein@mtsac.edu	Synchronous
		Principles of Slow							ONLINE -
41409	MOX02	Movement	М	12:30pm	1:20pm	2/23	6/8	Raea Figueroa-Darby adarby1@mtsac.edu	Synchronous
								• -	,
41552	MOX11	Fall Prevention,	М	1:00pm	2:05pm	2/23	6/8	Leslie Hunnicutt	ONLINE -
		Balance & Mobility		'	'	•		lhunnicutt@mtsac.edu	Synchronous
41451	MOX04	Principles of	MW	7:00pm	7:50pm	2/23	6/10	Dhruti Ramchandani	ONLINE -
71751	1410/104	Posture & Flexibility	14144	7.00piii	7.50pm	2/23	5/ 10	dhruti.ramchandani@mtsac.edu	Synchronous

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### **Online Classes**

## **Spring 2026 – Tuesday Classes**

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Modality
41452	MOX04	Principles of Posture & Flexibility	Т	7:15am	8:25am	2/24	6/9	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
41370	MOX01	Healthy Aging	Т	8:00am	8:50am	2/24	6/9	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
41453	MOX04	Principles of Posture & Flexibility	Т	9:00am	9:50am	2/24	6/9	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
41528	мох09	Principles of Progressive Resistance	Т	9:00am	9:50am	2/24	6/9	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
41371	MOX01	Healthy Aging	T	10:00am	10:50am	2/24	6/9	Leslie Hunnicutt Ihunnicutt@mtsac.edu	ONLINE - Synchronous
41521	MOX04	Principles of Posture & Flexibility	Т	10:00am	10:50am	2/24	6/9	Shelby White swhite@mtsac.edu	ONLINE - Synchronous
41529	мохо9	Principles of Progressive Resistance	Т	10:00am	10:50am	2/24	6/9	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
41553	MOX11	Fall Prevention, Balance & Mobility	Т	11:00am	11:50am	2/24	6/9	TBA eoa@mtsac.edu	ONLINE - Synchronous
41620	BHTH2	Brain Health 2	Т	1:00pm	3:35pm	2/24	6/9	Shelby White swhite@mtsac.edu	Asynch Zoom 1-2:30pm
41361	FN	Food and Nutrition	T	2:45pm	4:10pm	2/24	6/9	Miranda Zhan gzhan3@mtsac.edu	ONLINE - Synchronous
41522	МОХ04	Principles of Posture & Flexibility	TTh	6:30pm	7:50pm	2/24	6/11	Danelle Cole dcole18@mtsac.edu	ONLINE - Synchronous

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### **Online Classes**

## **Spring 2026 – Wednesday Classes**

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Modality
41372	MOX01	Healthy Aging	W	7:15am	8:25am	2/25	6/10	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
41397	MOX01	Healthy Aging	W	8:00am	8:50am	2/25	6/10	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
41398	MOX01	Healthy Aging	W	8:00am	8:50am	2/25	6/10	Danelle Cole dcole18@mtsac.edu	ONLINE - Synchronous
41523	MOX04	Principles of Posture & Flexibility	W	8:30am	9:55am	2/25	6/10	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
41618	BHTH1	Brain Health 1	W	9:00am	11:20am	2/25	6/10	TBA eoa@mtsac.edu	Asynch Zoom 9-10:30am
41364	FNA32	Drawing	W	9:00am	11:30am	2/25	6/10	Kelly Conte kconte@mtsac.edu	ONLINE - Synchronous
41399	MOX01	Healthy Aging	W	9:00am	9:50am	2/25	6/10	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
41400	MOX01	Healthy Aging	W	9:00am	9:50am	2/25	6/10	Leslie Hunnicutt Ihunnicutt@mtsac.edu	ONLINE - Synchronous
41554	MOX11	Fall Prevention, Balance & Mobility	W	10:00am	11:25am	2/25	6/10	Elizabeth White ewhite31@mtsac.edu	ONLINE - Synchronous
41555	MOX11	Fall Prevention, Balance & Mobility	W	10:00am	11:25am	2/25	6/10	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
41524	МОХ04	Principles of Posture & Flexibility	W	11:30am	12:55pm	2/25	6/10	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
41362	FNA03	Oil Painting	W	4:00pm	6:25pm	2/25	6/10	Atilio Pernisco apernisco@mtsac.edu	ONLINE - Synchronous

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### **Online Classes**

### **Spring 2026 – Thursday Classes**

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Modality
41525	MOX04	Principles of Posture & Flexibility	Th	7:15am	8:25am	2/26	6/11	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
41401	MOX01	Healthy Aging	Th	8:00am	8:50am	2/26	6/11	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
41410	MOX02	Principles of Slow Movement	Th	9:00am	9:50am	2/26	6/11	Shelby White swhite@mtsac.edu	ONLINE - Synchronous
41526	MOX04	Principles of Posture & Flexibility	Th	9:00am	9:50am	2/26	6/11	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
41530	МОХ09	Principles of Progressive Resistance	Th	9:00am	9:50am	2/26	6/11	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
41402	MOX01	Healthy Aging	Th	10:00am	10:50am	2/26	6/11	Leslie Hunnicutt Ihunnicutt@mtsac.edu	ONLINE - Synchronous
41531	МОХ09	Principles of Progressive Resistance	Th	10:00am	10:50am	2/26	6/11	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
41403	MOX01	Healthy Aging	Th	11:00am	11:50am	2/26	6/11	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
42172	LS	Writing Your Life Story	Th	1:00pm	3:35pm	2/26	6/11	Marisa Fierro mfierro10@mtsac.edu	Asynch Zoom 1-2:30pm

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### **Online Classes**

## **Spring 2026 – Friday & Saturday Classes**

CRN	Course	Class Title	Day	Start	End	Start	End	Professor & Email	Modality
				Time	Time	Date	Date	Professor & Efficient	iviouality
41532	мох09	Principles of Progressive Resistance	F	7:15am	8:20am	2/27	6/12	Kenzie Barnes mbarnes35@mtsac.edu	ONLINE - Synchronous
41404	MOX01	Healthy Aging	F	8:00am	8:50am	2/27	6/12	Danelle Cole dcole18@mtsac.edu	ONLINE - Synchronous
41514	MOX04	Principles of Posture & Flexibility	F	8:30am	9:55am	2/27	6/12	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
41405	MOX01	Healthy Aging	F	9:00am	10:35am	2/27	6/12	Shelby White swhite@mtsac.edu	ONLINE - Synchronous
41556	MOX11	Fall Prevention, Balance & Mobility	F	10:00am	11:25am	2/27	6/12	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
41527	MOX04	Principles of Posture & Flexibility	F	11:30am	12:55pm	2/27	6/12	Raea Figueroa-Darby adarby1@mtsac.edu	ONLINE - Synchronous
41365	МВН	Music and Brain Health	F	1:00pm	3:05pm	2/27	6/12	TBA eoa@mtsac.edu	ONLINE - Synchronous
41406	MOX01	Healthy Aging	Sa	8:00am	9:50am	2/28	6/13	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: <a href="https://www.mtsac.edu/sce/eoa">https://www.mtsac.edu/sce/eoa</a>

Contact us at:

email: eoa@mtsac.edu

<sup>\*</sup>This is an impacted class. There is a specific date to register. See page 4 for more information.

### **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/eoa.

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## SCHOOL OF CONTINUING EDUCATION STUDENT ONLINE SUPPORT

# 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
- **Canvas**

- Mountie Mail
- Zoom

- Noncredit Application
- And much more!

## **FALL 2025 ZOOM HOURS:**

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

Friday 8:30am-4pm

## **FALL 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



WEB: bit.ly/3VCj6z0



EMAIL: sce@mtsac.edu





#### **Semester Dates**

#### Fall 2025

Registration is ongoing

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