

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

eoas@mtsac.edu

Website

www.mtsac.edu/eoa

Facebook

www.facebook.com/mtsaceoa

Instagram

www.instagram.com/mtsac_eoa

Website QR Code

Scan with your phone



*Printed November 10, 2025
Class details subject to change.*

*Class details
are subject to
change.*

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

Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

Registration Information

Registration begins on Wednesday, 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 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 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.

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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
<i>This date/time is for on campus ACCS ILCAC classes only: Winter CRNs 30243, 30420, 30580 & Spring CRNs 41353, 41354, 41358.</i>		
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
<i>This date/time is for the Palmview Park ACCS ILCAC classes only: Winter CRN 30572 & Spring CRN 41357.</i>		
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 www.mtsac.edu/noncreditapp and contact the office to join the waitlist for the course.

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Additional Program Information

About the Education for Older Adults (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.

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

Baldwin Park Julia McNeil Senior Center Classes (BPSC)

4100 Baldwin Park Blvd.
Baldwin Park, CA 91706

Winter 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30593	FNA04	Watercolor Painting	M	9:00am	11:50am	1/5	2/9	Angelica Sanchez asanchez487@mtsac.edu
30611	MOX09	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	M	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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Baldwin Park Julia McNeil Senior Center Classes (BPSC)

4100 Baldwin Park Blvd.
Baldwin Park, CA 91706

Spring 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41228	FNA04	Watercolor Painting	M	9:00am	11:50am	2/23	6/8	Angelica Sanchez asanchez487@mtsac.edu
41568	MOX09	Principles of Progressive Resistance	MTW ThF	11:00am	12:05pm	2/23	4/17	Frank Ortiz fortiz27@mtsac.edu
41569	MOX09	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	M	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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Baldwin Park Aquatic Center Classes (BPAQ)

4100 Baldwin Park Blvd.
Baldwin Park, CA 91706

Winter 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30591	MOX06	Principles of Aquatic Resistance	MTWThF	8:00am	9:25am	1/5	2/13	Frank Ortiz fortiz27@mtsac.edu
30599	MOX06	Principles of Aquatic Resistance	MTWThF	9:30am	10:50am	1/5	2/13	Frank Ortiz fortiz27@mtsac.edu
30622	MOX06	Principles of Aquatic Resistance	MTW	7:15pm	8:05pm	1/5	2/13	Yamil Slim yslim1@mtsac.edu

Spring 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41559	MOX06	Principles of Aquatic Resistance	MTWThF	8:00am	9:25am	2/23	4/17	Frank Ortiz fortiz27@mtsac.edu
41560	MOX06	Principles of Aquatic Resistance	MTWThF	8:00am	9:25am	4/20	6/12	Frank Ortiz fortiz27@mtsac.edu
41562	MOX06	Principles of Aquatic Resistance	MTWThF	9:30am	10:50am	2/23	4/17	Frank Ortiz fortiz27@mtsac.edu
41563	MOX06	Principles of Aquatic Resistance	MTWThF	9:30am	10:50am	4/20	6/12	Frank Ortiz fortiz27@mtsac.edu
41565	MOX06	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	T	9:00am	10:10am	1/6	2/10	Shannon Clewley sclewley@mtsac.edu
31403	LS	Writing Your Life Story	T	10:15am	11:30am	1/6	2/10	TBA ea@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	M	1:00pm	1:50pm	2/23	6/8	Candice Castro ccastro@mtsac.edu
41517	MOX04	Principles of Posture & Flexibility	T	9:00am	10:05am	2/24	6/9	Shannon Clewley sclewley@mtsac.edu
42344	LS	Writing Your Life Story	T	10:15am	11:30am	2/24	6/9	TBA ea@mtsac.edu
41274	FNA32	Drawing	F	9:00am	11:50am	2/27	6/12	Emma Limtiaco elimtiaco@mtsac.edu

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Covina Woman's Club (CWC)

128 S. San Jose Ave.
Covina, CA 91723

Winter 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30621	FNA04	Watercolor Painting	M	2:30pm	4:40pm	1/5	2/9	Michelle Emami memami@mtsac.edu
30629	MBH	Music and Brain Health	T	9:00am	10:50am	1/6	2/10	Jinette Martinez jmartinez1063@mtsac.edu
30286	MOX11	Fall Prevention, Balance and Mobility	T	11:00am	11:50am	1/6	2/10	Marisa Fierro mfierro10@mtsac.edu

Spring 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41229	FNA04	Watercolor Painting	M	2:30pm	4:35pm	2/23	6/8	Michelle Emami memami@mtsac.edu
41419	MBH	Music and Brain Health	T	9:00am	10:50am	2/24	6/9	TBA ea@mtsac.edu
41570	MOX11	Fall Prevention, Balance and Mobility	T	11:00am	11:50am	2/24	6/9	Marisa Fierro mfierro10@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 Time	End Time	Start Date	End Date	Professor & Email
30590	MOX04	Principles of Posture and Flexibility	M	8:00am	9:30am	1/5	2/9	Surendra Mehta smehta9@mtsac.edu
30595	MOX01	Healthy Aging	MWF	9:00am	9:50am	1/5	2/13	Kenzie Barnes mbarnes35@mtsac.edu
30604	MOX01	Healthy Aging	MWF	10:00am	10:50am	1/5	2/13	Kenzie Barnes mbarnes35@mtsac.edu
30285	MOX04	Principles of Posture and Flexibility	T	10:15am	11:20am	1/6	2/10	Elizabeth White ewhite31@mtsac.edu
30288	MOX04	Principles of Posture and Flexibility	T	11:25am	12:30pm	1/6	2/10	Elizabeth White ewhite31@mtsac.edu
30640	FNA32	Drawing	T	12:30pm	3:20pm	1/6	2/10	Michelle Emami memami@mtsac.edu
31411	FN	Food and Nutrition	W	1:00pm	2:50pm	1/6	1/13	TBA ea@mtsac.edu
30655	MOX02	Principles of Slow Movement	Th	9:30am	11:20am	1/6	1/13	TBA ea@mtsac.edu
30658	FNA04	Watercolor Painting	Th	1:00pm	3:50pm	1/7	2/11	Kelly Conte kconte@mtsac.edu
31404	LS	Writing Your Life Story	Th	1:30pm	3:00pm	1/8	2/12	TBA ea@mtsac.edu
30672	FNA32	Drawing	F	1:00pm	3:15pm	1/8	2/12	Yasmin Cardona 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 Time	End Time	Start Date	End Date	Professor & Email
41502	MOX04	Principles of Posture and Flexibility	M	8:00am	9:30am	2/23	6/8	Surendra Mehta smehta9@mtsac.edu
41433	MOX01	Healthy Aging	MWF	9:00am	9:50am	2/23	6/12	Kenzie Barnes mbarnes35@mtsac.edu
41437	MOX01	Healthy Aging	MWF	10:00am	10:50am	2/23	6/12	Kenzie Barnes mbarnes35@mtsac.edu
41501	MOX04	Principles of Posture and Flexibility	T	10:15am	11:20am	2/24	6/9	Elizabeth White ewhite31@mtsac.edu
41505	MOX04	Principles of Posture and Flexibility	T	11:25am	12:30pm	2/24	6/9	Elizabeth White ewhite31@mtsac.edu
41267	FNA32	Drawing	T	12:30pm	3:20pm	2/24	6/9	Michelle Emami memami@mtsac.edu
42360	FN	Food and Nutrition	W	1:00pm	2:50pm	2/25	6/10	TBA ea@mtsac.edu
41498	MOX02	Principles of Slow Movement	Th	9:30am	11:20am	2/26	6/11	Raea Figueroa-Darby adarby1@mtsac.edu
41234	FNA04	Watercolor Painting	Th	1:00pm	3:50pm	2/26	6/11	Kelly Conte kconte@mtsac.edu
42348	LS	Writing Your Life Story	Th	1:30pm	3:00pm	2/26	6/11	TBA ea@mtsac.edu
41276	FNA32	Drawing	F	1:00pm	3:05pm	2/27	6/12	Yasmin Cardona ycardona3@mtsac.edu

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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	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41518	MOX04	Principles of Posture & Flexibility	T	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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Gibson Senior Center Classes (GSC)

250 N. 3rd Ave.
Upland, CA 91786

Winter 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30594	MBH	Music and Brain Health	M	9:00am	11:10am	1/5	2/9	Jinette Martinez jmartinez1063@mtsac.edu
31408	FN	Food and Nutrition	T	2:00pm	4:50pm	1/6	2/10	TBA ea@mtsac.edu
30306	MOX02	Principles of Slow Movement	T	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 ea@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

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Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

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

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www.mtsac.edu/ea or register
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Gibson Senior Center Classes (GSC)

250 N. 3rd Ave.
Upland, CA 91786

Spring 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41394	MBH	Music and Brain Health	M	9:00am	11:10am	2/23	6/8	TBA ea@mtsac.edu
42356	FN	Food and Nutrition	T	2:00pm	4:50pm	2/24	6/9	TBA ea@mtsac.edu
41512	MOX02	Principles of Slow Movement	T	4:30pm	5:20pm	2/24	6/9	Blanche Miranda bmiranda22@mtsac.edu
42364	FLIT	Financial Literacy in Retirement	W	9:30am	11:00am	2/25	6/10	TBA ea@mtsac.edu
41271	FNA32	Drawing	Th	1:00pm	3:50pm	2/26	6/11	Lia May Byrd jmaybyrd@mtsac.edu
41237	FNA04	Watercolor Painting	F	12:30pm	3:20pm	2/27	6/12	Emma Limtiaco elimtiaco@mtsac.edu
42350	FNA06	Ceramics for Older Adults	Sa	9:30am	12:20pm	2/28	6/13	Bonnie Lee blee177@mtsac.edu

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Contact us at: email: ea@mtsac.edu phone: (909) 274-4192

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in-person with the professor.

Irwindale Senior Citizen's Center Classes (IRWN)

16116 Arrow Hwy.
Irwindale, CA 91706

Winter 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30596	MOX02	Principles of Slow Movement	MW	9:00am	9:50am	1/5	2/11	TBA eoa@mtsac.edu
30606	MOX02	Principles of Slow Movement	MW	10:00am	10:50am	1/5	2/11	TBA eoa@mtsac.edu
30287	MOX11	Fall Prevention, Balance and Mobility	T	11:00am	11:50am	1/6	2/10	Candice Castro ccastro@mtsac.edu
30299	MOX01	Healthy Aging	Th	1:00pm	1:50pm	1/8	2/12	Kenzie Barnes mbarnes35@mtsac.edu
30290	MOX04	Principles of Posture and Flexibility	F	11:00am	11:50am	1/9	2/13	Danelle Cole dcole18@mtsac.edu
30304	MOX01	Healthy Aging	F	1:00pm	1:50pm	1/9	2/13	Blanche Miranda bmiranda22@mtsac.edu

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Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

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in-person with the professor.

Irwindale Senior Citizen's Center Classes (IRWN)

16116 Arrow Hwy.
Irwindale, CA 91706

Spring 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41491	MOX02	Principles of Slow Movement	MW	9:00am	9:50am	2/23	6/10	Raea Figueroa-Darby adarby1@mtsac.edu
41492	MOX02	Principles of Slow Movement	MW	10:00am	10:50am	2/23	6/10	Raea Figueroa-Darby adarby1@mtsac.edu
41571	MOX11	Fall Prevention, Balance and Mobility	T	11:00am	11:50am	2/24	6/9	Candice Castro ccastro@mtsac.edu
41470	MOX01	Healthy Aging	Th	1:00pm	1:50pm	2/26	6/11	Kenzie Barnes mbarnes35@mtsac.edu
41509	MOX04	Principles of Posture and Flexibility	F	11:00am	11:50am	2/27	6/12	Danelle Cole dcole18@mtsac.edu
41475	MOX01	Healthy Aging	F	1:00pm	1:50pm	2/27	6/12	Blanche Miranda bmiranda22@mtsac.edu

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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	M	8:30am	9:40am	1/5	2/9	Shannon Clewley sclewley@mtsac.edu
31424	FNA06	Ceramics for Older Adults	M	4:00pm	5:50pm	1/5	2/9	Bonnie Lee blee177@mtsac.edu
31406	MOX02	Principles of Slow Movement	T	8:15am	9:40am	1/6	2/10	Blanche Miranda bmiranda22@mtsac.edu
31421	MBH	Music and Brain Health	T	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	MOX09	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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Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

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adults!**



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

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	M	8:30am	9:40am	2/23	6/8	Shannon Clewley sclewley@mtsac.edu
42352	FNA06	Ceramics for Older Adults	M	4:00pm	5:50pm	2/23	6/8	Bonnie Lee blee177@mtsac.edu
42338	MOX02	Principles of Slow Movement	T	8:15am	9:40am	2/24	6/9	Blanche Miranda bmiranda22@mtsac.edu
42342	MBH	Music and Brain Health	T	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	Shannon Clewley sclewley@mtsac.edu
42284	MOX01	Healthy Aging	W	10:30am	11:20am	2/25	6/10	Candice Castro ccastro@mtsac.edu
42332	MOX09	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	Shannon Clewley sclewley@mtsac.edu
42278	FNA32	Drawing	F	9:00am	11:50am	2/27	6/12	Bernard Johnson bjohnson98@mtsac.edu

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Contact us at:

email: eo@mtsac.edu

phone: (909) 274-4192

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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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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	T	10:00am	10:50am	2/24	6/9	Blanche Miranda bmiranda22@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	Shannon Clewley sclewley@mtsac.edu

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in-person with the professor.

La Verne Community Center Classes (LV)

3680 D Street
La Verne, CA 91750

Winter 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30624	MOX01	Healthy Aging	TTh	8:15am	9:35am	1/6	2/12	Danelle Cole dcole18@mtsac.edu
30627	FNA04	Watercolor Painting	T	9:00am	11:50am	1/6	2/10	Kelly Conte kconte@mtsac.edu
30642	MOX11	Fall Prevention, Balance and Mobility	TTh	1:30pm	2:20pm	1/6	2/12	Yamil Slim yslim1@mtsac.edu
*30652	FNA32	Drawing	Th	8:55am	12:00pm	1/8	2/12	Michelle Emami memami@mtsac.edu
30661	MOX02	Principles of Slow Movement	Th	1:00pm	2:50pm	1/8	2/12	TBA ea@mtsac.edu
30664	FNA03	Oil Painting	F	9:00am	11:50am	1/9	2/13	Atilio Pernisco apernisco@mtsac.edu
*30670	FNA04	Watercolor Painting	F	12:45pm	3:50pm	1/9	2/13	Sarah Cooper scooper18@mtsac.edu

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phone: (909) 274-4192

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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	T	9:00am	11:50am	2/24	6/9	Kelly Conte kconte@mtsac.edu
42437	MOX11	Fall Prevention, Balance and Mobility	T	1:30pm	2:20pm	2/24	6/9	Yamil Slim yslim1@mtsac.edu
*41270	FNA32	Drawing	Th	8:55am	12:00pm	2/26	6/11	Michelle Emami memami@mtsac.edu
41499	MOX02	Principles of Slow Movement	Th	1:00pm	2:50pm	2/26	6/11	Raea Figueroa-Darby adarby1@mtsac.edu
41572	MOX11	Fall Prevention, Balance and Mobility	Th	1:30pm	2:20pm	2/26	6/11	Yamil Slim yslim1@mtsac.edu
41224	FNA03	Oil Painting	F	9:00am	11:50am	2/27	6/12	Atilio Pernisco apernisco@mtsac.edu
*41236	FNA04	Watercolor Painting	F	12:45pm	3:50pm	2/27	6/12	Sarah Cooper scooper18@mtsac.edu

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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	End Time	Start Date	End Date	Professor & Email	Location
30649	FNA04	Watercolor Painting	W	1:00pm	3:50pm	1/7	2/11	Lia May Byrd jmaybyrd@mtsac.edu	80-1401
30660	MBH	Music and Brain Health	Th	1:00pm	3:50pm	1/8	2/12	James Hartford jhartford@mtsac.edu	80-1401

Spring 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Location
41233	FNA04	Watercolor Painting	W	1:00pm	3:50pm	2/25	6/10	Lia May Byrd jmaybyrd@mtsac.edu	80-1200
41421	MBH	Music and Brain Health	Th	1:00pm	3:50pm	2/26	6/11	James Hartford jhartford@mtsac.edu	80-1401

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Palomares Senior Center Classes (PSC)

499 E. Arrow Hwy.
Pomona, CA 91767

Winter 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30609	MOX01	Healthy Aging	MW	10:30am	11:20am	1/5	2/11	Erin McLaren emclaren@mtsac.edu
30613	FNA32	Drawing	M	12:45pm	3:20pm	1/5	2/9	Kelly Conte kconte@mtsac.edu
*30639	BH2H2	Brain Health 2	T	12:30pm	3:20pm	1/6	2/10	Marisa Fierro mfierro10@mtsac.edu
30309	MOX11	Fall Prevention, Balance and Mobility	Th	11:30am	12:20pm	1/8	2/12	Leslie Hunnicutt lhunnicutt@mtsac.edu
30791	MOX02	Principles of Slow Movement	Th	1:00pm	2:30pm	1/8	2/12	Blanche Miranda bmiranda22@mtsac.edu
30667	MBH	Music and Brain Health	F	9:15am	11:25am	1/9	2/13	James Hartford jhartford@mtsac.edu

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Palomares Senior Center Classes (PSC)

499 E. Arrow Hwy.
Pomona, CA 91767

Spring 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41444	MOX01	Healthy Aging	MW	10:30am	11:20am	2/23	6/10	Erin McLaren emclaren@mtsac.edu
41266	FNA32	Drawing	M	12:45pm	3:20pm	2/23	6/8	Kelly Conte kconte@mtsac.edu
*40788	BH2H2	Brain Health 2	T	12:30pm	2:20pm	2/24	6/9	Marisa Fierro mfierro10@mtsac.edu
41574	MOX11	Fall Prevention, Balance and Mobility	Th	11:30am	12:20pm	2/26	6/11	Leslie Hunnicutt lhunnicutt@mtsac.edu
43564	MOX02	Principles of Slow Movement	Th	1:00pm	2:30pm	2/26	6/11	Blanche Miranda bmiranda22@mtsac.edu
41422	MBH	Music and Brain Health	F	9:15am	11:25am	2/27	6/12	James Hartford jhartford@mtsac.edu

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Washington Park Classes (WPK)

865 E. Grand Ave.
Pomona, CA 91766

Winter 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End 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	Marisa Fierro mfierro10@mtsac.edu

Spring 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End 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	Marisa Fierro mfierro10@mtsac.edu

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San Dimas Senior/Community Center Classes (SD)

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

Winter 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30279	MOX01	Healthy Aging	M	9:30am	10:20am	1/5	2/9	Candice Castro ccastro@mtsac.edu
30641	FNA04	Watercolor Painting	T	1:00pm	4:05pm	1/6	2/10	Kelly Conte kconte@mtsac.edu
31401	LS	Writing Your Life Story	T	5:30pm	7:00pm	1/6	2/10	Marisa Fierro mfierro10@mtsac.edu
30644	FNA32	Drawing	W	9:00am	11:50am	1/7	2/11	Lia May Byrd jmaybyrd@mtsac.edu
*30315	BH2H2	Brain Health 2	W	1:15pm	3:35pm	1/7	2/11	Karena Friedman kfriedman@mtsac.edu
*30314	BH2H1	Brain Health 1	Th	1:15pm	3:35pm	1/8	2/12	Karena Friedman kfriedman@mtsac.edu
30302	MOX01	Healthy Aging	F	9:30am	10:20am	1/9	2/13	Erin McLaren emclaren@mtsac.edu

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Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

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in-person with the professor.

San Dimas Senior/Community Center Classes (SD)

201 E. Bonita Ave.
San Dimas, CA 91773

Spring 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41435	MOX01	Healthy Aging	M	9:30am	10:20am	2/23	6/8	Candice Castro ccastro@mtsac.edu
41232	FNA04	Watercolor Painting	T	1:00pm	4:05pm	2/24	6/9	Kelly Conte kconte@mtsac.edu
42346	LS	Writing Your Life Story	T	5:30pm	7:00pm	2/24	6/9	Marisa Fierro mfierro10@mtsac.edu
41269	FNA32	Drawing	W	9:00am	11:50am	2/25	6/10	Lia May Byrd jmaybyrd@mtsac.edu
*40789	BH2H2	Brain Health 2	W	1:15pm	3:35pm	2/25	6/10	Karena Friedman kfriedman@mtsac.edu
*40787	BH2H1	Brain Health 1	Th	1:15pm	3:35pm	2/26	6/11	Karena Friedman kfriedman@mtsac.edu
41473	MOX01	Healthy Aging	F	9:30am	10:20am	2/27	6/12	Erin McLaren emclaren@mtsac.edu

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Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

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

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	T	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

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41457	MOX01	Healthy Aging	TTh	8:00am	8:50am	2/24	6/11	Vanessa Jones vjones11@mtsac.edu
41496	MOX02	Principles of Slow Movement	T	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	Shannon Clewley sclewley@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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Contact us at:

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phone: (909) 274-4192

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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 lhunnicutt@mtsac.edu
30600	MOX06	Principles of Aquatic Resistance	MF	9:45am	10:35am	1/5	2/13	Leslie Hunnicutt lhunnicutt@mtsac.edu
30626	MOX06	Principles of Aquatic Resistance	TWTh	8:45am	9:35am	1/6	2/12	Karena Friedman kfriedman@mtsac.edu
30633	MOX06	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	MOX06	Principles of Aquatic Resistance	MF	8:45am	9:35am	2/23	6/5	Leslie Hunnicutt lhunnicutt@mtsac.edu
41564	MOX06	Principles of Aquatic Resistance	MF	9:45am	10:35am	2/23	6/5	Leslie Hunnicutt lhunnicutt@mtsac.edu
41566	MOX06	Principles of Aquatic Resistance	TWTh	8:45am	9:35am	2/24	6/4	Karena Friedman kfriedman@mtsac.edu
41567	MOX06	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	T	9:00am	9:50am	1/6	2/10	Elizabeth White ewhite31@mtsac.edu
31412	FLIT	Financial Literacy in Retirement	T	9:30am	11:00am	1/6	2/10	TBA eoa@mtsac.edu
30291	MOX01	Healthy Aging	T	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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Walnut Senior Center Classes

21215 La Puente Rd.
Walnut, CA 91789

Spring 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
41432	MOX01	Healthy Aging	MWF	8:00am	8:50am	2/23	6/12	Andrea Anello aanello@mtsac.edu
*41436	MOX01	Healthy Aging	MWF	9:30am	10:35am	2/23	6/12	Danelle Cole dcole18@mtsac.edu
41459	MOX01	Healthy Aging	T	9:00am	9:50am	2/24	6/9	Elizabeth White ewhite31@mtsac.edu
42362	FLIT	Financial Literacy in Retirement	T	9:30am	11:00am	2/24	6/9	TBA eoa@mtsac.edu
41462	MOX01	Healthy Aging	T	12:45pm	1:35pm	2/24	6/9	Danelle Cole dcole18@mtsac.edu
41519	MOX04	Principles of Posture and Flexibility	W	10:45am	11:50am	2/25	6/10	Danelle Cole dcole18@mtsac.edu
41222	FNA03	Oil Painting	W	1:00pm	3:50pm	2/25	6/10	Kelly Conte kconte@mtsac.edu
41223	FNA03	Oil Painting	Th	9:00am	11:50am	2/26	6/11	Kelly Conte kconte@mtsac.edu

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West Covina Senior Citizen's Center Classes (WCSCC)

2501 E. Cortez St.
West Covina, CA 91791

Winter 2026

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
30274	MOX01	Healthy Aging	M	9:00am	9:50am	1/5	2/9	Shelby White swhite@mtsac.edu
30612	MOX02	Principles of Slow Movement	M	12:00pm	1:25pm	1/5	2/9	Blanche Miranda bmiranda22@mtsac.edu
30615	MOX02	Principles of Slow Movement	M	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	T	1:00pm	2:30pm	1/6	2/10	TBA ea@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 ea@mtsac.edu
30303	MOX01	Healthy Aging	F	10:00am	10:50am	1/9	2/13	TBA ea@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	M	9:00am	9:50am	2/23	6/8	Shelby White swhite@mtsac.edu
41493	MOX02	Principles of Slow Movement	M	12:00pm	1:25pm	2/23	6/8	Blanche Miranda bmiranda22@mtsac.edu
41494	MOX02	Principles of Slow Movement	M	1:30pm	2:55pm	2/23	6/8	Blanche Miranda bmiranda22@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	T	1:00pm	2:30pm	2/24	6/9	TBA ea@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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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 lhunnicutt@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 lhunnicutt@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	M	7:15am	8:25am	1/5	2/9	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
30431	MOX01	Healthy Aging	M	8:00am	8:50am	1/5	2/9	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
30432	MOX01	Healthy Aging	M	8:00am	8:50am	1/5	2/9	Danelle Cole dcole18@mtsac.edu	ONLINE - Synchronous
30169	MOX04	Principles of Posture & Flexibility	M	8:30am	9:55am	1/5	2/9	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
30161	FNA04	Watercolor Painting	M	9:00am	11:50am	1/5	2/9	Atilio Pernisco apernisco@mtsac.edu	ONLINE - Synchronous
30433	MOX01	Healthy Aging	M	9:00am	9:50am	1/5	2/9	TBA ea@mtsac.edu	ONLINE - Synchronous
30270	MOX11	Fall Prevention, Balance & Mobility	M	10:00am	11:25am	1/5	2/9	Andrea Anello aanello@mtsac.edu	ONLINE - Synchronous
30271	MOX11	Fall Prevention, Balance & Mobility	M	10:00am	11:25am	1/5	2/9	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
30170	MOX04	Principles of Posture & Flexibility	M	11:30am	12:55pm	1/5	2/9	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
30474	MOX02	Principles of Slow Movement	M	12:30pm	1:20pm	1/5	2/9	TBA ea@mtsac.edu	ONLINE - Synchronous
30489	MOX11	Fall Prevention, Balance & Mobility	M	1:00pm	2:05pm	1/5	2/9	Leslie Hunnicutt lhunnicutt@mtsac.edu	ONLINE - Synchronous
30171	MOX04	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	T	7:15am	8:25am	1/6	2/10	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
30444	MOX01	Healthy Aging	T	8:00am	8:50am	1/6	2/10	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
30265	MOX09	Principles of Progressive Resistance	T	9:00am	9:50am	1/6	2/10	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
30482	MOX04	Principles of Posture & Flexibility	T	9:00am	9:50am	1/6	2/10	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
30266	MOX09	Principles of Progressive Resistance	T	10:00am	10:50am	1/6	2/10	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
30446	MOX01	Healthy Aging	T	10:00am	10:50am	1/6	2/10	Leslie Hunnicutt lhunnicutt@mtsac.edu	ONLINE - Synchronous
30483	MOX04	Principles of Posture & Flexibility	T	10:00am	10:50am	1/6	2/10	Shelby White swhite@mtsac.edu	ONLINE - Synchronous
31344	MOX11	Fall Prevention, Balance & Mobility	T	11:00am	11:50am	1/6	2/10	Kim SantaBarbara ksantabarbara@mtsac.edu	ONLINE - Synchronous
30363	BH2H2	Brain Health 2	T	1:00pm	3:50pm	1/6	2/10	Shelby White swhite@mtsac.edu	Asynch Zoom 1-2:30pm
30159	FN	Food and Nutrition	T	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 lhunnicutt@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	MOX04	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	MOX09	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	MOX09	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 lhunnicutt@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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www.mtsac.edu/ea or register
in-person with the professor.

Online Classes

Winter 2026 – Friday & Saturday Classes

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Modality
30269	MOX09	Principles of Progressive Resistance	F	7:15am	8:20am	1/9	2/13	Kenzie Barnes mbarnes35@mtsac.edu	ONLINE - Synchronous
30464	MOX01	Healthy Aging	F	8:00am	8:50am	1/9	2/13	Danelle Cole dcole18@mtsac.edu	ONLINE - Synchronous
30263	MOX04	Principles of Posture & Flexibility	F	8:30am	9:55am	1/9	2/13	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
30166	MOX01	Healthy Aging	F	9:00am	10:35am	1/9	2/13	Shelby White swhite@mtsac.edu	ONLINE - Synchronous
30277	MOX11	Fall Prevention, Balance & Mobility	F	10:00am	11:25am	1/9	2/13	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
30264	MOX04	Principles of Posture & Flexibility	F	11:30am	12:55pm	1/9	2/13	TBA ea@mtsac.edu	ONLINE - Synchronous
30164	MBH	Music and Brain Health	F	1:00pm	3:15pm	1/9	2/13	Jinette Martinez jmartinez1063@mtsac.edu	ONLINE - Synchronous
30167	MOX01	Healthy Aging	Sa	8:00am	9:50am	1/10	2/14	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous

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

Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

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Online Classes

Spring 2026 – Monday Classes

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Modality
41366	MOX01	Healthy Aging	M	7:15am	8:25am	2/23	6/8	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
41367	MOX01	Healthy Aging	M	8:00am	8:50am	2/23	6/8	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
41368	MOX01	Healthy Aging	M	8:00am	8:50am	2/23	6/8	Danelle Cole dcole18@mtsac.edu	ONLINE - Synchronous
41447	MOX04	Principles of Posture & Flexibility	M	8:30am	9:55am	2/23	6/8	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
41363	FNA04	Watercolor Painting	M	9:00am	11:50am	2/23	6/8	Atilio Pernisco apernisco@mtsac.edu	ONLINE - Synchronous
41369	MOX01	Healthy Aging	M	9:00am	9:50am	2/23	6/8	TBA ea@mtsac.edu	ONLINE - Synchronous
41549	MOX11	Fall Prevention, Balance & Mobility	M	10:00am	11:25am	2/23	6/8	Andrea Anello aanello@mtsac.edu	ONLINE - Synchronous
41550	MOX11	Fall Prevention, Balance & Mobility	M	10:00am	11:25am	2/23	6/8	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
41448	MOX04	Principles of Posture & Flexibility	M	11:30am	12:55pm	2/23	6/8	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
41409	MOX02	Principles of Slow Movement	M	12:30pm	1:20pm	2/23	6/8	Raea Figueroa-Darby adarby1@mtsac.edu	ONLINE - Synchronous
41552	MOX11	Fall Prevention, Balance & Mobility	M	1:00pm	2:05pm	2/23	6/8	Leslie Hunnicutt lhunnicutt@mtsac.edu	ONLINE - Synchronous
41451	MOX04	Principles of Posture & Flexibility	MW	7:00pm	7:50pm	2/23	6/10	Dhruti Ramchandani dhruti.ramchandani@mtsac.edu	ONLINE - 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	T	7:15am	8:25am	2/24	6/9	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
41370	MOX01	Healthy Aging	T	8:00am	8:50am	2/24	6/9	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
41453	MOX04	Principles of Posture & Flexibility	T	9:00am	9:50am	2/24	6/9	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
41528	MOX09	Principles of Progressive Resistance	T	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 lhunnicutt@mtsac.edu	ONLINE - Synchronous
41521	MOX04	Principles of Posture & Flexibility	T	10:00am	10:50am	2/24	6/9	Shelby White swhite@mtsac.edu	ONLINE - Synchronous
41529	MOX09	Principles of Progressive Resistance	T	10:00am	10:50am	2/24	6/9	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
41553	MOX11	Fall Prevention, Balance & Mobility	T	11:00am	11:50am	2/24	6/9	Kim SantaBarbara ksantabarbara@mtsac.edu	ONLINE - Synchronous
41620	BH2H2	Brain Health 2	T	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	MOX04	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	Kim SantaBarbara ksantabarbara@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 lhunnicutt@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	MOX04	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	MOX09	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 lhunnicutt@mtsac.edu	ONLINE - Synchronous
41531	MOX09	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 Time	End Time	Start Date	End Date	Professor & Email	Modality
41532	MOX09	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	MBH	Music and Brain Health	F	1:00pm	3:05pm	2/27	6/12	TBA ea@mtsac.edu	ONLINE - Synchronous
41406	MOX01	Healthy Aging	Sa	8:00am	9:50am	2/28	6/13	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous

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Vocational Re-Entry Program

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

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

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SCE SOS

Our Student Online Support program
provides noncredit students with LIVE, one-on-one assistance
with online/technology support to help you navigate, access, and
succeed in your courses!

WHAT WE HELP WITH:

- Mt. SAC Portal
- Mountie Mail
- Noncredit Application
- Canvas
- Zoom
- And much more!

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



EMAIL: sce@mtsac.edu



WEB: bit.ly/3VCj6z0

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