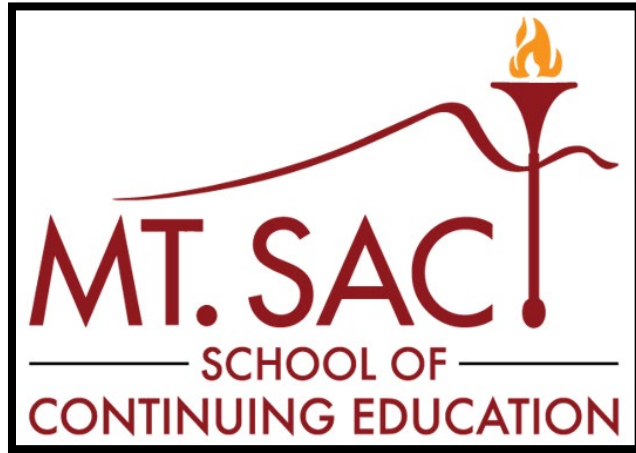


Education for Older Adults Class Schedule Summer & Fall 2024



Summer Term: June 17 to August 18, 2024

Fall Term: August 26-December 15, 2024

Holidays: 6/19, 7/4, 9/2, 11/11, 11/28, & 11/29

Registration begins on Monday, May 6, 2024.

Contact Us

Phone

Registration inquiries: 909-274-4220

Program inquiries: 909-274-4192

Email

eoas@mtsac.edu

Website

www.mtsac.edu/eoa

Facebook

www.facebook.com/mtsaceoa

Instagram

www.instagram.com/mtsac_eoa

Website QR Code

Scan with your phone



Version 1: Updated 4/29/24
Schedule subject to change.

The class schedule is subject to change.

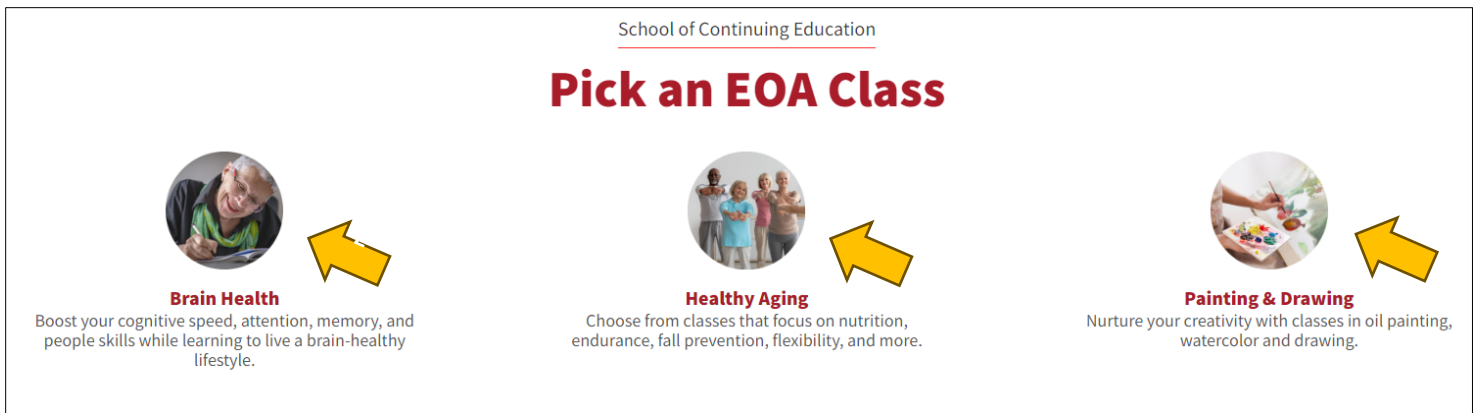
1. For the most up-to-date schedule of classes, visit our website or scan the QR code to the right. Website: www.mtsac.edu/eoa.



2. Click on “Pick a Class”



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



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

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Registration Information

Registration begins on May 6.

How to Register for a Class

Students can register for classes online or in person.

To register online, complete the noncredit application online each semester. After completing the noncredit application, we will email you a personalized registration link where you can select your classes. The noncredit application is available online at www.mtsac.edu/noncreditapp

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

To register for in-person *Computer Skills* classes or *other impacted classes*, see the following page for registration information.

Need help?

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

Summer & Fall 2024 Registration Support Dates

Registration begins on Monday, May 6.

If you would like to register for **in-person Computer Skills** class or **other impacted class**, you **must** attend the registration support day at the location where you plan to take the class (*see schedule below*). You do not need to attend registration support day if you are not interested in taking impacted classes. Impacted classes are noted in the schedule book with a double-asterisk (**) next to the CRN number.

Date	Time	Location
Tuesday, May 7	10am-12pm	Diamond Bar Center
Wednesday, May 8	10am-12pm	Heritage Park, Diamond Bar
Thursday, May 9	10am-12pm	La Verne Community Center
Friday, May 10	10am-12pm	Baldwin Park Julia McNeil Senior Center
Monday, May 13	9am-11am	San Dimas Senior/Community Center
Tuesday, May 14	9am-11am	West Covina Senior Citizen's Center
Wednesday, May 15	10am-12pm	Washington Park, Pomona
Thursday, May 16	10am-12pm	Palomares Senior Center, Pomona
Friday, May 17	10am-12pm	Irwindale Senior Center
Tuesday, May 21	9am-11am	Walnut Senior Center
Wednesday, May 22	11am-1pm	Gibson Senior Center, Upland
Wednesday, May 29	10am-12pm	Covina Senior Center

** In Person Technology Classes & Additional Impacted Classes

(Additional impacted classes are: Summer CRNs 11576, 11563, 11564, and 11587 & Fall CRNs 23478, 23595, 23610, and 23593)

Each person must register for themselves. Students may not register for anyone else. Registration is first-come, first-served.

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

Additional Program Information

About the Education for Older Adults Program

Mt. San Antonio College's School of Continuing Education offers classes for older adults that provide opportunities for personal growth and development, community involvement, and skills for mental and physical well-being. Classes are available online and at various senior centers, community centers, and residential facilities. These courses are designed for older adults (age 55+ years). Education for Older Adults (EOA) students enter class with different levels of real world experience as well as a multitude of educational levels, age variances, and life skills.

Do you have questions about a class?

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

Course Modality

Course Modality refers to how an instructor delivers their course.

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

Class 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 (*tentative start date fall 2024*)

Examine the connections between music and brain health, while learning strategies for strengthening memory skills with music. Focus on improving cognitive functions through engaging musical exercises and interactive challenges. Students will express their knowledge by creating their own music and displaying their mastery of the material in a collaborative performance. Primarily for the older adult.

Painting and Drawing

OAD FNA03 Oil Painting

Principles of drawing, design, color, and composition for oil painting emphasizing creative skill development for the older adult population.

OAD FNA04 Watercolor Painting

Principles of watercolor painting for the older adult population. Emphasis will be on creative expression to develop primary skills for watercolor as they relate to composition and technique.

OAD FNA32 Drawing— Beginning-Advanced

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

Healthy Aging Classes

OAD FN Food and Nutrition for the Older Adult *(tentative start date fall 2024)*

Examine nutritional cooking strategies for older adults seeking to improve their health and vitality. Basic nutrition principles, and how these principles apply to older adults. Students will review the unique nutritional needs and challenges of aging adults, and learn how to better meet their daily nutrient requirements. Participants will learn how to incorporate nutrient dense ingredients and cooking techniques to create meals that are tasty and nutritious. By the end of the course, students will gain an understanding of how proper nutrition and healthy lifestyle choices can help older adults increase their quality of life.

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 *(tentative start date fall 2024)*

Healthy aging, including diet, nutrition, disease prevention and application of progressive resistance training principles to maintain strength and prevent osteopenia while aging. Primarily for the older adult.

OAD MOX11 Healthy Aging – Fall Prevention Balance and Mobility

Addresses, particularly for older adults, the risks and fears associated with falling. Includes setting realistic goals, minimizing environmental risks and balance exercises.

Baldwin Park Julia McNeil Senior Center Classes

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

Summer 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
11571	FNA04 Watercolor Painting	M	10:00 AM	11:50 AM	6/17	8/12	Sanchez, Angelica asanchez487@mtsac.edu
11636	MOX01 Healthy Aging	MTW ThF	11:00 AM	12:05 PM	6/17	8/16	Ortiz, Frank fortiz27@mtsac.edu

Fall 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
23471	FNA04 Watercolor Painting	M	10:00 AM	11:50 AM	8/26	12/16	Sanchez, Angelica asanchez487@mtsac.edu
23653	MOX09 Principles of Progressive Resistance	MTW ThF	11:00 AM	12:05 PM	8/26	12/20	Ortiz, Frank fortiz27@mtsac.edu

Baldwin Park Aquatic Center Classes

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

Summer 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
11675	MOX06 Principles of Aquatic Resistance	MTWThF	8:00 AM	9:25 AM	6/17	8/16	Ortiz, Frank fortiz27@mtsac.edu
11676	MOX06 Principles of Aquatic Resistance	MTWThF	9:30 AM	10:50 AM	6/17	8/16	Ortiz, Frank fortiz27@mtsac.edu
11678	MOX06 Principles of Aquatic Resistance	MTWTh	7:15 PM	8:20 PM	6/17	8/15	Ledezma, Erica eledezma@mtsac.edu

Fall 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
23541	MOX06 Principles of Aquatic Resistance	MTWThF	8:00 AM	9:25 AM	8/26	12/20	Ortiz, Frank fortiz27@mtsac.edu
23543	MOX06 Principles of Aquatic Resistance	MTWThF	9:30 AM	10:50 AM	8/26	12/20	Ortiz, Frank fortiz27@mtsac.edu
23545	MOX06 Principles of Aquatic Resistance	MTWTh	7:15 PM	8:05 PM	8/26	12/19	Slim, Yamil yslim1@mtsac.edu

Covina Senior & Community Center Classes

815 N. Barranca Ave.

Covina, CA 91723

Phone: (626) 430-2284

Summer 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
11638	MOX01 Healthy Aging	M	1:00 PM	1:50 PM	6/17	8/12	Castro, Candice ccastro@mtsac.edu
12008	FNA32 Drawing	F	9:00 AM	11:50 AM	6/21	8/16	May-Byrd, Lia jmaybyrd@mtsac.edu

Fall 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
23498	MOX01 Healthy Aging	M	1:00 PM	1:50 PM	8/26	12/16	Castro, Candice ccastro@mtsac.edu
23659	FN Food and Nutrition	T	9:30 AM	11:35 AM	8/27	12/17	Zhan, Miranda gzhan3@mtsac.edu
23638	FNA32 Drawing	F	9:00 AM	11:50 AM	8/30	12/20	May-Byrd, Lia jmaybyrd@mtsac.edu

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Diamond Bar Center Classes

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

Summer 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
11664	MOX04 Principles of Posture and Flexibility	M	8:00 AM	8:50 AM	6/24	8/12	Mehta, Surendra smehta9@mtsac.edu
11628	MOX01 Healthy Aging	MWF	9:00 AM	9:50 AM	6/24	8/16	Barnes, MacKenzie mbarnes35@mtsac.edu
11632	MOX01 Healthy Aging	MWF	10:00 AM	10:50 AM	6/24	8/16	Barnes, MacKenzie mbarnes35@mtsac.edu
11666	MOX04 Principles of Posture and Flexibility	T	10:15 AM	11:20 AM	6/25	8/13	White, Elizabeth ewhite31@mtsac.edu
11667	MOX04 Principles of Posture and Flexibility	T	11:25 AM	12:30 PM	6/25	8/13	White, Elizabeth ewhite31@mtsac.edu
11577	FNA32 Drawing	T	12:30 PM	3:20 PM	6/25	8/6	Tucker, Ray rtucker@mtsac.edu
11661	MOX02 Principles of Slow Movement	Th	9:30 AM	11:20 AM	6/27	8/15	Figueroa-Darby, Raea adarby1@mtsac.edu
11574	FNA04 Watercolor Painting	Th	1:00 PM	3:50 PM	6/27	8/15	Conte, Kelly kconte@mtsac.edu
11580	FNA32 Drawing	F	1:00 PM	3:05 PM	6/28	8/16	Cardona, Yasmin ycardona3@mtsac.edu

Diamond Bar Center Classes

Fall 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
23490	MOX01 Healthy Aging	MWF	9:00 AM	9:50 AM	9/4	12/13	Barnes, MacKenzie mbarnes35@mtsac.edu
23493	MOX01 Healthy Aging	MWF	10:00 AM	10:50 AM	9/4	12/13	Barnes, MacKenzie mbarnes35@mtsac.edu
23534	MOX04 Principles of Posture and Flexibility	T	10:15 AM	11:20 AM	9/3	12/10	White, Elizabeth ewhite31@mtsac.edu
23535	MOX04 Principles of Posture and Flexibility	T	11:25 AM	12:30 PM	9/3	12/10	White, Elizabeth ewhite31@mtsac.edu
23524	FNA32 Drawing	T	12:30 PM	3:20 PM	9/3	12/10	Tucker, Ray rtucker@mtsac.edu
23521	MOX02 Principles of Slow Movement	Th	9:30 AM	11:20 AM	9/5	12/12	Figueroa-Darby, Raea adarby1@mtsac.edu
23475	FNA04 Watercolor Painting	Th	1:00 PM	3:50 PM	9/5	12/12	Conte, Kelly kconte@mtsac.edu
23528	FNA32 Drawing	F	1:00 PM	3:05 PM	9/6	12/13	Cardona, Yasmin ycardona3@mtsac.edu

Heritage Park Community Center Classes

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

Summer 2024

No classes at Heritage Park this summer. See you in the fall!

Fall 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
23531	MOX04 Principles of Posture and Flexibility	M	8:00 AM	8:50 AM	9/9	12/9	Mehta, Surendra eoa@mtsac.edu

East San Gabriel Valley Japanese Community Center Classes

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

Summer 2024

No classes at the East San Gabriel Valley Japanese Community Center this summer.
See you in the fall!

Fall 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
23644	MOX02 Principles of Slow Movement	T	12:00 PM	1:05 PM	8/27	12/17	TBA eoa@mtsac.edu
23576	MOX11 Fall Prevention, Balance and Mobility	W	12:40 PM	1:45 PM	8/28	12/18	McLaren, Erin emclaren@mtsac.edu

Ganesha Park Pool Classes

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

Summer 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
11679	MOX06 Principles of Aquatic Resistance	TWTh	7:30 AM	8:20 AM	6/18	8/8	Friedman, Karena kfriedman@mtsac.edu
11680	MOX06 Principles of Aquatic Resistance	TWTh	8:30 AM	9:20 AM	6/18	8/8	Friedman, Karena kfriedman@mtsac.edu
11681	MOX06 Principles of Aquatic Resistance	F	7:30 AM	8:20 AM	6/21	8/9	Clewley, Shannon sclewley@mtsac.edu
11682	MOX06 Principles of Aquatic Resistance	F	8:30 AM	9:20 AM	6/21	8/9	Clewley, Shannon sclewley@mtsac.edu

Fall 2024

No classes at Ganesha Park Pool this fall. See you next summer!

Gibson Senior Center Classes

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

Summer 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
12091	ELL04 Lifelong Learning for Older Adults	M	9:00 AM	11:05 AM	6/20	8/15	TBA eoa@mtsac.edu
12148	MOX01 Healthy Aging	M	2:00 PM	3:25 PM	6/20	8/15	Zhan, Miranda gzhan3@mtsac.edu
11998	MOX04 Principles of Posture and Flexibility	T	4:00 PM	4:50 PM	6/18	8/13	Slim, Yamil yslim1@mtsac.edu
12005	FNA04 Watercolor Painting	F	1:00 PM	3:35 PM	6/21	8/16	May-Byrd, Lia jmaybyrd@mtsac.edu

Fall 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
23658	MBH Music and Brain Health	M	9:00 AM	11:05 AM	8/26	12/16	TBA eoa@mtsac.edu
23656	FN Food and Nutrition	M	2:00 PM	3:25 PM	8/26	12/16	Zhan, Miranda gzhan3@mtsac.edu
23642	MOX04 Principles of Posture and Flexibility	T	4:00 PM	4:50 PM	8/29	12/19	TBA eoa@mtsac.edu
23479	FNA04 Watercolor Painting	F	12:55 PM	3:45 PM	8/30	12/20	May-Byrd, Lia jmaybyrd@mtsac.edu

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Irwindale Senior Citizen's Center Classes

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

Summer 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
11654	MOX02 Principles of Slow Movement	MW	9:00 AM	9:50 AM	6/17	8/14	Figueroa-Darby, Raea adarby1@mtsac.edu
11655	MOX02 Principles of Slow Movement	MW	10:00 AM	10:50 AM	6/17	8/14	Figueroa-Darby, Raea adarby1@mtsac.edu
11671	MOX11 Fall Prevention, Balance and Mobility	T	11:00 AM	11:50 AM	6/18	8/13	Castro, Candice ccastro@mtsac.edu
11646	MOX01 Healthy Aging	Th	1:00 PM	1:50 PM	6/20	8/15	Barnes, MacKenzie mbarnes35@mtsac.edu
11669	MOX04 Principles of Posture and Flexibility	F	11:00 AM	11:50 AM	6/21	8/16	Cole, Danelle dcole18@mtsac.edu
11650	MOX01 Healthy Aging	F	1:00 PM	1:50 PM	6/21	8/16	Miranda, Blanche bmiranda22@mtsac.edu

Fall 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
23516	MOX02 Principles of Slow Movement	MW	9:00 AM	9:50 AM	8/26	12/18	Figueroa-Darby, Raea adarby1@mtsac.edu
23517	MOX02 Principles of Slow Movement	MW	10:00 AM	10:50 AM	8/26	12/18	Figueroa-Darby, Raea adarby1@mtsac.edu
23574	MOX11 Fall Prevention, Balance and Mobility	T	11:00 AM	11:50 AM	8/27	12/17	Castro, Candice ccastro@mtsac.edu
23511	MOX01 Healthy Aging	Th	1:00 PM	1:50 PM	8/29	12/19	Hunnicut, Leslie lhunnicut@mtsac.edu
23540	MOX04 Principles of Posture and Flexibility	F	11:00 AM	11:50 AM	8/30	12/20	Cole, Danelle dcole18@mtsac.edu
23515	MOX01 Healthy Aging	F	1:00 PM	1:50 PM	8/30	12/20	Miranda, Blanche bmiranda22@mtsac.edu

Irwindale Recreation Center Classes

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

Summer 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
11677	MOX06 Principles of Aquatic Resistance	MTW Th	4:30 PM	5:20 PM	6/17	8/8	Barnes, MacKenzie mbarnes35@mtsac.edu

Fall 2024

No classes at Irwindale Recreation Center this fall. See you next summer!

La Verne Community Center Classes

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

Summer 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
11572	FNA04 Watercolor Painting	T	9:00 AM	11:50 AM	6/18	8/13	Conte, Kelly kconte@mtsac.edu
11641	MOX01 Healthy Aging	TTh	8:15 AM	9:35 AM	6/18	8/15	Cole, Danelle dcole18@mtsac.edu
11672	MOX11 Fall Prevention, Balance and Mobility	TTh	1:30 PM	2:20 PM	6/18	8/15	Slim, Yamil yslim1@mtsac.edu
11578	FNA32 Drawing	Th	8:55 AM	12:00 PM	6/20	8/8	Tucker, Ray rtucker@mtsac.edu
11662	MOX02 Principles of Slow Movement	Th	1:00 PM	2:50 PM	6/20	8/15	Figueroa-Darby, Raea adarby1@mtsac.edu
12000	FNA03 Oil Painting	F	9:00 AM	11:50 AM	6/21	8/16	Pernisco, Atilio apernisco@mtsac.edu
**11576	FNA04 Watercolor Painting	F	12:45 PM	3:50 PM	6/21	8/9	Tucker, Ray rtucker@mtsac.edu

La Verne Community Center Classes

Fall 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
23472	FNA04 Watercolor Painting	T	9:00 AM	11:50 AM	8/27	12/17	Conte, Kelly kconte@mtsac.edu
23501	MOX01 Healthy Aging	TTh	8:15 AM	9:35 AM	8/27	12/19	Cole, Danelle dcole18@mtsac.edu
23575	MOX11 Fall Prevention, Balance and Mobility	TTh	1:30 PM	2:20 PM	8/27	12/19	Slim, Yamil yslim1@mtsac.edu
23526	FNA32 Drawing	Th	8:55 AM	12:00 PM	8/29	12/19	Tucker, Ray rtucker@mtsac.edu
23522	MOX02 Principles of Slow Movement	Th	1:00 PM	2:50 PM	8/29	12/19	Figueroa-Darby, Raea adarby1@mtsac.edu
23635	FNA03 Oil Painting	F	9:00 AM	11:50 AM	8/30	12/20	Pernisco, Atilio apernisco@mtsac.edu
**23478	FNA04 Watercolor Painting	F	12:45 PM	3:50 PM	8/30	12/20	Tucker, Ray rtucker@mtsac.edu

Mt. San Antonio College Classes

1101 N. Grand Ave.
Walnut, CA 91789
Phone: (909) 274-4220

Summer 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Location	Instructor & Email
12010	FNA32 Drawing	W	1:00 PM	3:50 PM	6/26	8/14	80-1401	May-Byrd, Lia jmaybyrd@mtsac.edu

Fall 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Location	Instructor & Email
23474	FNA04 Watercolor Painting	W	1:00 PM	3:50 PM	8/28	12/18	80-1401	May-Byrd, Lia jmaybyrd@mtsac.edu

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Palomares Senior Center Classes

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

Summer 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
12147	FNA32 Drawing	M	12:45 PM	2:50 PM	6/17	8/12	Pernisco, Atilio apernisco@mtsac.edu
11633	MOX01 Healthy Aging	MW	10:30 AM	11:20 AM	6/17	8/14	McLaren, Erin emclaren@mtsac.edu
11673	MOX11 Fall Prevention, Balance and Mobility	Th	11:30 AM	12:20 PM	6/20	8/15	Slim, Yamil yslim1@mtsac.edu

Fall 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
23661	FNA32 Drawing	M	12:45 PM	2:50 PM	8/26	12/16	Pernisco, Atilio apernisco@mtsac.edu
23494	MOX01 Healthy Aging	MW	10:30 AM	11:20 AM	8/26	12/18	McLaren, Erin emclaren@mtsac.edu
23577	MOX11 Fall Prevention, Balance and Mobility	Th	11:30 AM	12:20 PM	8/29	12/19	Hunnicut, Leslie lhunnicut@mtsac.edu
23657	MBH Music and Brain Health	F	9:00 AM	11:05 AM	8/30	12/20	TBA eoa@mtsac.edu

Washington Park Classes

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

Summer 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
11635	MOX01 Healthy Aging	MW	10:45 AM	11:35 AM	6/17	8/14	Jones, Vanessa vjones11@mtsac.edu

Fall 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
23495	MOX01 Healthy Aging	MW	10:45 AM	11:35 AM	8/26	12/18	Jones, Vanessa vjones11@mtsac.edu

Rowland Heights Community Center Classes

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

Summer 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
12152	MOX04 Principles of Posture and Flexibility	Th	10:00 AM	11:05 AM	6/20	8/15	Barnes, MacKenzie mbarnes35@mtsac.edu

Fall 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
23641	MOX04 Principles of Posture and Flexibility	Th	10:00 AM	11:05 AM	8/29	12/19	Barnes, MacKenzie mbarnes35@mtsac.edu

San Dimas Swim & Racquet Club Classes

990 W. Covina Blvd.
San Dimas, CA 91773
Phone: (909) 592-1430

Summer 2024

No classes at the San Dimas Swim & Racquet Club this summer. See you in the fall!

Fall 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
23542	MOX06 Principles of Aquatic Resistance	MTWTh	8:45 AM	9:35 AM	8/26	12/19	Friedman, Karena kfriedman@mtsac.edu
23544	MOX06 Principles of Aquatic Resistance	MTWTh	9:45 AM	10:35 AM	8/26	12/19	Friedman, Karena kfriedman@mtsac.edu
23546	MOX06 Principles of Aquatic Resistance	F	8:45 AM	9:35 AM	8/30	12/20	Hunnicutt, Leslie lhunnicutt@mtsac.edu
23547	MOX06 Principles of Aquatic Resistance	F	9:45 AM	10:35 AM	8/30	12/20	Hunnicutt, Leslie lhunnicutt@mtsac.edu

San Dimas Senior/Community Center Classes

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

Summer 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
11630	MOX01 Healthy Aging	M	9:30 AM	10:20 AM	6/17	8/12	Castro, Candice ccastro@mtsac.edu
11573	FNA04 Watercolor Painting	T	1:00 PM	4:05 PM	6/18	8/13	Conte, Kelly kconte@mtsac.edu
12009	FNA32 Drawing	W	9:00 AM	11:50 AM	6/26	8/14	May-Byrd, Lia jmaybyrd@mtsac.edu
11452	BHTH2 Brain Health 2	W	1:00 PM	3:20 PM	6/26	8/7	Friedman, Karena kfriedman@mtsac.edu
11421	BHTH1 Brain Health 1	Th	1:00 PM	3:20 PM	6/20	8/8	Friedman, Karena kfriedman@mtsac.edu
11648	MOX01 Healthy Aging	F	9:30 AM	10:20 AM	6/21	8/16	McLaren, Erin emclaren@mtsac.edu

Fall 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
23491	MOX01 Healthy Aging	M	9:30 AM	10:20 AM	8/26	12/16	Castro, Candice ccastro@mtsac.edu
23473	FNA04 Watercolor Painting	T	1:00 PM	4:05 PM	8/27	12/17	Conte, Kelly kconte@mtsac.edu
23525	FNA32 Drawing	W	9:00 AM	11:50 AM	8/28	12/18	May-Byrd, Lia jmaybyrd@mtsac.edu
23438	BHTH2 Brain Health 2	W	1:00 PM	3:20 PM	8/28	12/18	Friedman, Karena kfriedman@mtsac.edu
23437	BHTH1 Brain Health 1	Th	1:00 PM	3:20 PM	8/29	12/19	Friedman, Karena kfriedman@mtsac.edu
23513	MOX01 Healthy Aging	F	9:30 AM	10:20 AM	8/30	12/20	McLaren, Erin emclaren@mtsac.edu

Stanley Plummer Building Classes

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

Summer 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
11658	MOX02 Principles of Slow Movement	T	9:00 AM	10:05 AM	6/18	8/13	McLaren, Erin emclaren@mtsac.edu
11640	MOX01 Healthy Aging	TTh	8:00 AM	8:50 AM	6/18	8/15	Jones, Vanessa vjones11@mtsac.edu
11651	MOX01 Healthy Aging	W	9:30 AM	10:20 AM	6/26	8/14	Jones, Vanessa vjones11@mtsac.edu
12007	MOX04 Principles of Posture and Flexibility	Th	9:00 AM	10:20 AM	6/20	8/15	McLaren, Erin emclaren@mtsac.edu
11663	MOX02 Principles of Slow Movement	F	9:00 AM	10:20 AM	6/21	8/16	Anello, Andrea aanello@mtsac.edu
11668	MOX04 Principles of Posture and Flexibility	F	10:30 AM	11:35 AM	6/21	8/16	Anello, Andrea aanello@mtsac.edu

Fall 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
23520	MOX02 Principles of Slow Movement	T	9:00 AM	10:05 AM	8/27	12/17	TBA eoa@mtsac.edu
23500	MOX01 Healthy Aging	TTh	8:00 AM	8:50 AM	8/27	12/19	Jones, Vanessa vjones11@mtsac.edu
23505	MOX01 Healthy Aging	W	9:30 AM	10:20 AM	8/28	12/18	Jones, Vanessa vjones11@mtsac.edu
23537	MOX04 Principles of Posture and Flexibility	Th	9:00 AM	10:20 AM	8/29	12/19	Clewley, Shannon sclewley@mtsac.edu
23538	MOX04 Principles of Posture and Flexibility	Th	9:00 AM	10:20 AM	8/29	12/20	TBA eoa@mtsac.edu
23523	MOX02 Principles of Slow Movement	F	9:00 AM	10:20 AM	8/30	12/20	TBA eoa@mtsac.edu
23539	MOX04 Principles of Posture and Flexibility	F	10:30 AM	11:35 AM	8/30	12/20	TBA eoa@mtsac.edu

Walnut Senior Center Classes

21215 La Puente Rd.
Walnut, CA 91789
Phone: (909) 598-6200

Summer 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
11613	MOX01 Healthy Aging	MWF	8:00 AM	8:50 AM	6/17	8/16	McLaren, Erin emclaren@mtsac.edu
11631	MOX01 Healthy Aging	MWF	9:30 AM	10:35 AM	6/17	8/16	Cole, Danelle dcole18@mtsac.edu
11642	MOX01 Healthy Aging	T	9:00 AM	9:50 AM	6/18	8/13	White, Elizabeth ewhite31@mtsac.edu
11670	MOX04 Principles of Posture and Flexibility	W	10:45 AM	11:50 AM	6/26	8/14	Cole, Danelle dcole18@mtsac.edu
11569	FNA03 Oil Painting	W	1:00 PM	3:50 PM	6/26	8/14	Conte, Kelly kconte@mtsac.edu
11568	FNA03 Oil Painting	Th	9:00 AM	11:50 AM	6/20	8/15	Conte, Kelly kconte@mtsac.edu

Fall 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
23488	MOX01 Healthy Aging	MWF	8:00 AM	8:50 AM	8/26	12/20	McLaren, Erin emclaren@mtsac.edu
23492	MOX01 Healthy Aging	MWF	9:30 AM	10:35 AM	8/26	12/20	Cole, Danelle dcole18@mtsac.edu
23502	MOX01 Healthy Aging	T	9:00 AM	9:50 AM	8/27	12/17	White, Elizabeth ewhite31@mtsac.edu
23536	MOX04 Principles of Posture and Flexibility	W	10:45 AM	11:50 AM	8/28	12/18	Cole, Danelle dcole18@mtsac.edu
23599	FNA03 Oil Painting	W	1:00 PM	3:50 PM	8/28	12/18	Conte, Kelly kconte@mtsac.edu
23600	FNA03 Oil Painting	Th	9:00 AM	11:50 AM	8/29	12/19	Conte, Kelly kconte@mtsac.edu

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West Covina Senior Citizen's Center Classes

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

Summer 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
11629	MOX01 Healthy Aging	M	9:00 AM	9:50 AM	6/17	8/12	Slim, Yamil yslim1@mtsac.edu
11656	MOX02 Principles of Slow Movement	M	12:00 PM	1:25 PM	6/17	8/12	Figuroa-Darby, Raea adarby1@mtsac.edu
11657	MOX02 Principles of Slow Movement	M	1:30 PM	2:55 PM	6/17	8/12	Figuroa-Darby, Raea adarby1@mtsac.edu
11665	MOX04 Principles of Posture and Flexibility	TTh	10:00 AM	10:50 AM	6/18	8/15	Cole, Danelle dcole18@mtsac.edu
12093	MOX04 Principles of Posture and Flexibility	TTh	11:00 AM	11:50 AM	6/18	8/15	Cole, Danelle dcole18@mtsac.edu
11647	MOX01 Healthy Aging	F	9:00 AM	9:50 AM	6/21	8/16	Figuroa-Darby, Raea adarby1@mtsac.edu
11649	MOX01 Healthy Aging	F	10:00 AM	10:50 AM	6/21	8/16	Figuroa-Darby, Raea adarby1@mtsac.edu
11575	FNA04 Watercolor Painting	F	10:00 AM	12:30 PM	6/21	8/16	Conte, Kelly kconte@mtsac.edu

West Covina Senior Citizen's Center Classes

Fall 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
23489	MOX01 Healthy Aging	M	9:00 AM	9:50 AM	8/26	12/9	White, Shelby swhite@mtsac.edu
23518	MOX02 Principles of Slow Movement	M	12:00 PM	1:25 PM	8/26	12/16	Figuroa-Darby, Raea adarby1@mtsac.edu
23519	MOX02 Principles of Slow Movement	M	1:30 PM	2:55 PM	8/26	12/16	Figuroa-Darby, Raea adarby1@mtsac.edu
23533	MOX04 Principles of Posture and Flexibility	TTh	10:00 AM	10:50 AM	8/27	12/19	Cole, Danelle dcole18@mtsac.edu
23643	MOX04 Principles of Posture and Flexibility	TTh	11:00 AM	11:50 AM	8/27	12/19	Cole, Danelle dcole18@mtsac.edu
23512	MOX01 Healthy Aging	F	9:00 AM	9:50 AM	8/30	12/20	Figuroa-Darby, Raea adarby1@mtsac.edu
23477	FNA04 Watercolor Painting	F	10:00 AM	12:30 PM	8/30	12/20	Conte, Kelly kconte@mtsac.edu
23514	MOX01 Healthy Aging	F	10:00 AM	10:50 AM	8/30	12/20	Figuroa-Darby, Raea adarby1@mtsac.edu

Shadow Oak Park Classes

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

Summer 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
12014	FNA04 Watercolor Painting	M	9:00 AM	11:50 AM	6/17	8/12	Pernisco, Atilio apernisco@mtsac.edu
11652	MOX01 Healthy Aging	W	10:30 AM	11:20 AM	6/26	8/8	Friedman, Karena kfriedman@mtsac.edu

Fall 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
23637	FNA04 Watercolor Painting	M	9:00 AM	11:50 AM	8/26	12/16	Pernisco, Atilio apernisco@mtsac.edu
23508	MOX01 Healthy Aging	W	10:30 AM	11:20 AM	8/28	12/18	Hunnicut, Leslie lhunnicut@mtsac.edu

William Steinmetz Senior Center Classes

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

Summer 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
11653	MOX01 Healthy Aging	W	10:30 AM	11:35 AM	6/26	8/14	Castro, Candice ccastro@mtsac.edu
11644	MOX01 Healthy Aging	Th	8:30 AM	9:35 AM	6/20	8/15	Barnes, MacKenzie mbarnes35@mtsac.edu
11579	FNA32 Drawing	F	9:00 AM	11:50 AM	6/21	8/16	Johnson, Bernard bjohnson98@mtsac.edu

Fall 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
23507	MOX01 Healthy Aging	W	10:30 AM	11:20 AM	8/28	12/18	Castro, Candice ccastro@mtsac.edu
23509	MOX01 Healthy Aging	Th	8:30 AM	9:20 AM	8/29	12/19	Barnes, MacKenzie mbarnes35@mtsac.edu
23527	FNA32 Drawing	F	9:00 AM	11:50 AM	8/30	12/20	Johnson, Bernard bjohnson98@mtsac.edu

Online Classes

Summer 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Location	Instructor & Email
10913	MOX01 Healthy Aging	M	7:20 AM	8:25 AM	6/17	8/12	ONLINE - Synchronous	Tan, Jeremy jtan9@mtsac.edu
10914	MOX01 Healthy Aging	M	8:00 AM	8:50 AM	6/17	8/12	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
10915	MOX01 Healthy Aging	M	8:00 AM	8:50 AM	6/17	8/12	ONLINE - Synchronous	Cole, Danelle dcole18@mtsac.edu
10931	MOX04 Principles of Posture and Flexibility	M	8:30 AM	9:55 AM	6/17	8/12	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
10916	MOX01 Healthy Aging	M	9:00 AM	9:50 AM	6/17	8/12	ONLINE - Synchronous	Anello, Andrea aanello@mtsac.edu
10911	FNA04 Watercolor Painting	M	9:00 AM	11:50 AM	6/17	8/5	ONLINE - Synchronous	Tucker, Ray rtucker@mtsac.edu
10975	MOX11 Fall Prevention, Balance and Mobility	M	10:00 AM	11:25 AM	6/17	8/12	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
10976	MOX11 Fall Prevention, Balance and Mobility	M	10:00 AM	11:25 AM	6/17	8/12	ONLINE - Synchronous	Anello, Andrea aanello@mtsac.edu
10932	MOX04 Principles of Posture and Flexibility	M	11:30 AM	12:55 PM	6/17	8/12	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
10977	MOX11 Fall Prevention, Balance and Mobility	M	1:00 PM	2:05 PM	6/17	8/12	ONLINE - Synchronous	Anello, Andrea aanello@mtsac.edu
10933	MOX04 Principles of Posture and Flexibility	T	7:20 AM	8:25 AM	6/18	8/13	ONLINE - Synchronous	Tan, Jeremy jtan9@mtsac.edu
10917	MOX01 Healthy Aging	T	8:00 AM	8:50 AM	6/18	8/13	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
10934	MOX04 Principles of Posture and Flexibility	T	9:00 AM	9:50 AM	6/18	8/13	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
10918	MOX01 Healthy Aging	T	10:00 AM	10:50 AM	6/18	8/13	ONLINE - Synchronous	Clewley, Shannon scllewley@mtsac.edu
10935	MOX04 Principles of Posture and Flexibility	T	10:00 AM	10:50 AM	6/18	8/13	ONLINE - Synchronous	Barnes, MacKenzie mbarnes35@mtsac.edu
10978	MOX11 Fall Prevention, Balance and Mobility	T	11:00 AM	11:50 AM	6/18	8/13	ONLINE - Synchronous	Barnes, MacKenzie mbarnes35@mtsac.edu
10985	BH2H2 Brain Health 2	T	1:00 PM	3:30 PM	6/18	8/13	Asynch Zoom 1:00pm - 2:30pm	Bloom, Danielle dbloom@mtsac.edu

10936	MOX04 Principles of Posture and Flexibility	TTh	6:30 PM	7:50 PM	6/18	8/15	ONLINE - Synchronous	Cole, Danelle dcole18@mtsac.edu
10925	MOX01 Healthy Aging	W	7:20 AM	8:25 AM	6/26	8/14	ONLINE - Synchronous	Tan, Jeremy jtan9@mtsac.edu
10926	MOX01 Healthy Aging	W	8:00 AM	8:50 AM	6/26	8/14	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
10927	MOX01 Healthy Aging	W	8:00 AM	8:50 AM	6/26	8/7	ONLINE - Synchronous	Cole, Danelle dcole18@mtsac.edu
10941	MOX04 Principles of Posture and Flexibility	W	8:30 AM	9:55 AM	6/26	8/14	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
10984	BHTH1 Brain Health 1	W	9:00 AM	11:30 AM	6/26	8/14	Asynch Zoom 9:00am - 10:30am	Bloom, Danielle dbloom@mtsac.edu
10928	MOX01 Healthy Aging	W	9:00 AM	9:50 AM	6/26	8/14	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
10929	MOX01 Healthy Aging	W	9:00 AM	9:50 AM	6/26	8/14	ONLINE - Synchronous	Anello, Andrea aanello@mtsac.edu
10912	FNA32 Drawing	W	9:00 AM	11:30 AM	6/26	8/14	ONLINE - Synchronous	Conte, Kelly kconte@mtsac.edu
10981	MOX11 Fall Prevention, Balance and Mobility	W	10:00 AM	11:25 AM	6/26	8/14	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
10982	MOX11 Fall Prevention, Balance and Mobility	W	10:00 AM	11:25 AM	6/26	8/14	ONLINE - Synchronous	Anello, Andrea aanello@mtsac.edu
10942	MOX04 Principles of Posture and Flexibility	W	11:30 AM	12:55 PM	6/26	8/14	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
10937	MOX04 Principles of Posture and Flexibility	Th	7:20 AM	8:25 AM	6/20	8/15	ONLINE - Synchronous	Tan, Jeremy jtan9@mtsac.edu
10919	MOX01 Healthy Aging	Th	8:00 AM	8:50 AM	6/20	8/15	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
10930	MOX02 Principles of Slow Movement	Th	9:00 AM	9:50 AM	6/20	8/15	ONLINE - Synchronous	White, Elizabeth ewhite31@mtsac.edu
10938	MOX04 Principles of Posture and Flexibility	Th	9:00 AM	9:50 AM	6/20	8/15	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
10920	MOX01 Healthy Aging	Th	10:00 AM	10:50 AM	6/20	8/15	ONLINE - Synchronous	White, Elizabeth ewhite31@mtsac.edu
10921	MOX01 Healthy Aging	Th	11:00 AM	11:50 AM	6/20	8/15	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
10983	BHTH1 Brain Health 1	Th	1:00 PM	3:30 PM	6/20	8/15	Asynch Zoom 1:00pm - 2:30pm	Bloom, Danielle dbloom@mtsac.edu

10922	MOX01 Healthy Aging	F	8:00 AM	8:50 AM	6/21	8/16	ONLINE - Synchronous	Cole, Danelle dcole18@mtsac.edu
10939	MOX04 Principles of Posture and Flexibility	F	8:30 AM	9:55 AM	6/21	8/16	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
10923	MOX01 Healthy Aging	F	10:00 AM	10:50 AM	6/21	8/16	ONLINE - Synchronous	Clewley, Shannon sclewley@mtsac.edu
10979	MOX11 Fall Prevention, Balance and Mobility	F	10:00 AM	11:25 AM	6/21	8/16	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
10980	MOX11 Fall Prevention, Balance and Mobility	F	10:00 AM	11:25 AM	6/21	8/16	ONLINE - Synchronous	White, Elizabeth ewhite31@mtsac.edu
10940	MOX04 Principles of Posture and Flexibility	F	11:30 AM	12:55 PM	6/21	8/16	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
10924	MOX01 Healthy Aging	Sa	8:30 AM	10:20 AM	6/22	8/17	ONLINE - Synchronous	Tan, Jeremy jtan9@mtsac.edu

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Online Classes

Fall 2024

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Location	Instructor & Email
23148	MOX01 Healthy Aging	M	7:20 AM	8:25 AM	8/26	12/16	ONLINE - Synchronous	Tan, Jeremy jtan9@mtsac.edu
23149	MOX01 Healthy Aging	M	8:00 AM	8:50 AM	8/26	12/16	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
23150	MOX01 Healthy Aging	M	8:00 AM	8:50 AM	8/26	12/16	ONLINE - Synchronous	Cole, Danelle dcole18@mtsac.edu
23361	MOX04 Principles of Posture and Flexibility	M	8:30 AM	9:55 AM	8/26	12/16	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
23146	FNA04 Watercolor Painting	M	9:00 AM	11:50 AM	8/26	12/16	ONLINE - Synchronous	Tucker, Ray rtucker@mtsac.edu
23151	MOX01 Healthy Aging	M	9:00 AM	9:50 AM	8/26	12/16	ONLINE - Synchronous	Hunnicut, Leslie lhunnicut@mtsac.edu
23345	MOX11 Fall Prevention, Balance and Mobility	M	10:00 AM	11:25 AM	8/26	12/16	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
23319	MOX04 Principles of Posture and Flexibility	M	11:30 AM	12:55 PM	8/26	12/16	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
23346	MOX11 Fall Prevention, Balance and Mobility	M	1:00 PM	2:05 PM	8/26	12/16	ONLINE - Synchronous	Hunnicut, Leslie lhunnicut@mtsac.edu
23320	MOX04 Principles of Posture and Flexibility	T	7:20 AM	8:25 AM	8/27	12/17	ONLINE - Synchronous	Tan, Jeremy jtan9@mtsac.edu
23152	MOX01 Healthy Aging	T	8:00 AM	8:50 AM	8/27	12/17	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
23322	MOX04 Principles of Posture and Flexibility	T	9:00 AM	9:50 AM	8/27	12/17	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
23660	MOX09 strength - need actual title from Shelby	T	9:00 AM	9:50 AM	8/27	12/17	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
23153	MOX01 Healthy Aging	T	10:00 AM	10:50 AM	8/27	12/17	ONLINE - Synchronous	Hunnicut, Leslie lhunnicut@mtsac.edu
23323	MOX04 Principles of Posture and Flexibility	T	10:00 AM	10:50 AM	8/27	12/10	ONLINE - Synchronous	White, Shelby swhite@mtsac.edu
23347	MOX11 Fall Prevention, Balance and Mobility	T	11:00 AM	11:50 AM	8/27	12/10	ONLINE - Synchronous	White, Shelby swhite@mtsac.edu
23367	BHTH2 Brain Health 2	T	1:00 PM	3:30 PM	8/27	12/10	Asynch Zoom 1:00pm - 2:30pm	White, Shelby swhite@mtsac.edu

23325	MOX04 Principles of Posture and Flexibility	TTh	6:30 PM	7:50 PM	8/27	12/19	ONLINE - Synchronous	Cole, Danelle dcole18@mtsac.edu
23154	MOX01 Healthy Aging	W	7:20 AM	8:25 AM	8/28	12/18	ONLINE - Synchronous	Tan, Jeremy jtan9@mtsac.edu
23155	MOX01 Healthy Aging	W	8:00 AM	8:50 AM	8/28	12/18	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
23297	MOX01 Healthy Aging	W	8:00 AM	8:50 AM	8/28	12/18	ONLINE - Synchronous	Cole, Danelle dcole18@mtsac.edu
23328	MOX04 Principles of Posture and Flexibility	W	8:30 AM	9:55 AM	8/28	12/18	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
23145	BHTH1 Brain Health 1	W	9:00 AM	11:30 AM	8/28	12/18	Asynch Zoom 9:00am - 10:30am	Bloom, Danielle dbloom@mtsac.edu
23147	FNA32 Drawing	W	9:00 AM	11:30 AM	8/28	12/18	ONLINE - Synchronous	Conte, Kelly kconte@mtsac.edu
23298	MOX01 Healthy Aging	W	9:00 AM	9:50 AM	8/28	12/18	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
23299	MOX01 Healthy Aging	W	9:00 AM	9:50 AM	8/28	12/18	ONLINE - Synchronous	Hunnicut, Leslie lhunnicut@mtsac.edu
23348	MOX11 Fall Prevention, Balance and Mobility	W	10:00 AM	11:25 AM	8/28	12/18	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
23329	MOX04 Principles of Posture and Flexibility	W	11:30 AM	12:55 PM	8/28	12/18	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
23330	MOX04 Principles of Posture and Flexibility	Th	7:20 AM	8:25 AM	8/29	12/19	ONLINE - Synchronous	Tan, Jeremy jtan9@mtsac.edu
23300	MOX01 Healthy Aging	Th	8:00 AM	8:50 AM	8/29	12/19	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
23318	MOX02 Principles of Slow Movement	Th	9:00 AM	9:50 AM	8/29	12/12	ONLINE - Synchronous	White, Shelby swhite@mtsac.edu
23332	MOX04 Principles of Posture and Flexibility	Th	9:00 AM	9:50 AM	8/29	12/19	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
23663	MOX09 strength - need actual title from Shelby	Th	9:00 AM	9:50 AM	8/29	12/19	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
23301	MOX01 Healthy Aging	Th	10:00 AM	10:50 AM	8/29	12/19	ONLINE - Synchronous	Hunnicut, Leslie lhunnicut@mtsac.edu
23302	MOX01 Healthy Aging	Th	11:00 AM	11:50 AM	8/29	12/19	ONLINE - Synchronous	Castro, Candice ccastro@mtsac.edu
23366	BHTH1 Brain Health 1	Th	1:00 PM	3:30 PM	8/29	12/19	Asynch Zoom 1:00pm - 2:30pm	Bloom, Danielle dbloom@mtsac.edu

23303	MOX01 Healthy Aging	F	8:00 AM	8:50 AM	8/30	12/20	ONLINE - Synchronous	Cole, Danelle dcole18@mtsac.edu
23333	MOX04 Principles of Posture and Flexibility	F	8:30 AM	9:55 AM	8/30	12/20	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
23304	MOX01 Healthy Aging	F	9:00 AM	10:35 AM	8/30	12/13	ONLINE - Synchronous	White, Shelby swhite@mtsac.edu
23349	MOX11 Fall Prevention, Balance and Mobility	F	10:00 AM	11:25 AM	8/30	12/20	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
23334	MOX04 Principles of Posture and Flexibility	F	11:30 AM	12:55 PM	8/30	12/20	ONLINE - Synchronous	Klein, Gabriela gklein@mtsac.edu
23305	MOX01 Healthy Aging	Sa	8:30 AM	10:20 AM	8/31	12/21	ONLINE - Synchronous	Tan, Jeremy jtan9@mtsac.edu

Vocational Re-Entry Program

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

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

SCE SOS

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

WHAT WE HELP WITH:

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

SPRING 2024 ZOOM HOURS:

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

SPRING 2024 IN-PERSON HOURS:

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

HOW TO CONTACT US:



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

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



CALL: (909) 274-6100



EMAIL: sce@mtsac.edu



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@MTSACSOS

Semester Dates

Spring 2024

Registration is ongoing

Classes Begin: February 26, 2024

Classes End: June 16, 2024

Holidays: April 1 and May 27

Summer 2024

Registration Begins: May 6, 2024

Classes Begin: June 17, 2024

Classes End: Varies - Check schedule for details

Holidays: June 19 and July 4

Fall 2024

Registration Begins: May 6, 2024

Classes Begin: August 26, 2024

Classes End: December 22, 2024

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

Winter 2025

Registration Begins: November 6, 2024

Classes Begin: January 6, 2025

Classes End: February 16, 2025

Holidays: January 20 and February 14

Spring 2025

Registration Begins: November 6, 2024

Classes Begin: February 24, 2025

Classes End: June 15, 2025

Holidays: March 31 and May 26