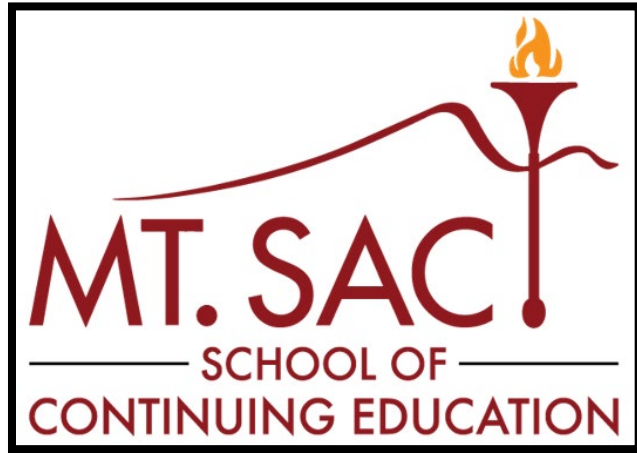


Education for Older Adults Class Schedule Fall 2024



Fall Term: August 26-December 22, 2024
Holidays: 9/2, 11/11, 11/28, 11/29

Register today!

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



The class schedule is subject to change.

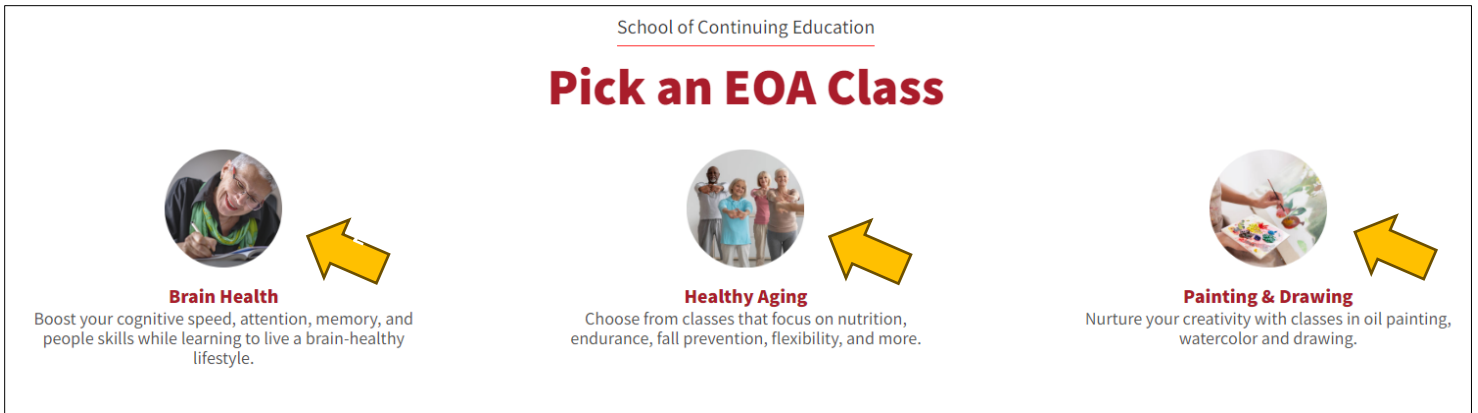
1. For the most up-to-date schedule of classes, visit our website or scan the QR code to the right. Website: www.mtsac.edu/eoa.



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 is happening now. Sign up today!

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.

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

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

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

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 (BPSC)

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

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
24398	FN Food and Nutrition	W	10:00 AM	11:50 AM	10/16	12/18	Mariles, Marla mmariles@mtsac.edu
24922	MBH Music and Brain Health	Th	9:00 AM	11:05 AM	10/31	12/19	Kung, James eoa@mtsac.edu

Baldwin Park Aquatic Center Classes (BPAQ)

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

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 (CSCC)

815 N. Barranca Ave.

Covina, CA 91723

Phone: (626) 384-5380

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

Diamond Bar Center Classes (DBC)

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

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 (HERI)

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

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 smehta9@mtsac.edu

East San Gabriel Valley Japanese Community Center Classes (ESGVJC)

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

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	SantaBarbara, Kim ksantabarbara@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

Gibson Senior Center Classes (GSC)

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

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	Martinez, Jinette jmartinez1063@mtsac.edu
24859	MOX02 Principles of Slow Movement	T	4:30 PM	5:20 PM	8/29	12/19	Miranda, Blanche bmiranda22@mtsac.edu
23479	FNA04 Watercolor Painting	F	12:55 PM	3:45 PM	8/30	12/20	May-Byrd, Lia jmaybyrd@mtsac.edu

Irwindale Senior Citizen's Center Classes (IRWN)

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

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	Hunnicuttt, Leslie lhunnicuttt@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

La Verne Community Center Classes (LV)

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

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 (Mt. SAC)

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

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Location	Instructor & Email
24397	MOX09 Principles of Progressive Resistance	T	3:00 PM	4:30 PM	10/22	12/10	720-2200	Barnes, MacKenzie mbarnes35@mtsac.edu
23474	FNA04 Watercolor Painting	W	1:00 PM	3:50 PM	8/28	12/18	80-1401	May-Byrd, Lia jmaybyrd@mtsac.edu

Palomares Senior Center Classes (PSC)

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

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	Conte, Kelly kconte@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	10/25	12/20	Hartford, James eoa@mtsac.edu

Washington Park Classes (WPK)

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

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 (PATH)

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

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 Angelo Park (SAP)

245 S. San Angelo Ave.

La Puente, CA 91746

Phone: (626) 968-2666

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
24912	MOX01 Healthy Aging	F	9:30 AM	10:35 AM	10/25	12/20	Shannon Clewley sclewley@mtsac.edu

San Dimas Senior/Community Center Classes (SD)

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

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	12/10	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	Jones, Vanessa vjones11@mtsac.edu
23437	BHTH1 Brain Health 1	Th	1:00 PM	3:20 PM	8/29	12/19	Jones, Vanessa vjones11@mtsac.edu
23513	MOX01 Healthy Aging	F	9:30 AM	10:20 AM	8/30	12/20	McLaren, Erin emclaren@mtsac.edu

San Dimas Swim & Racquet Club Classes (SDSR)

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

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
24087 23546 24095 23542 24095	MOX06 Principles of Aquatic Resistance	MTWThF	8:45 AM	9:35 AM	8/26	12/13	Friedman, Karena kfriedman@mtsac.edu Hunnicut, Leslie lhunnicut@mtsac.edu Barnes, MacKenzie mbarnes35@mtsac.edu Fierro, Marisa mnfierro@mtsac.edu
23547 24093 24097 23544 24093	MOX06 Principles of Aquatic Resistance	MTWThF	9:45 AM	10:35 AM	8/26	12/13	Friedman, Karena kfriedman@mtsac.edu Hunnicut, Leslie lhunnicut@mtsac.edu Barnes, MacKenzie mbarnes35@mtsac.edu Fierro, Marisa mnfierro@mtsac.edu

Stanley Plummer Building Classes (PLUM)

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

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	McLaren, Erin emclaren@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
23523	MOX02 Principles of Slow Movement	F	9:00 AM	10:20 AM	8/30	12/20	Anello, Andrea aanello@mtsac.edu
23539	MOX04 Principles of Posture and Flexibility	F	10:30 AM	11:35 AM	8/30	12/20	Anello, Andrea aanello@mtsac.edu

Walnut Senior Center Classes (WALT)

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

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
24067	FN Food and Nutrition	M	2:00 PM	3:25 PM	10/14	12/16	Amaya, Ava aamaya10@mtsac.edu
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

West Covina Senior Citizen's Center Classes (WCSCC)

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

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	Miranda, Blanche bmiranda22@mtsac.edu
23519	MOX02 Principles of Slow Movement	M	1:30 PM	2:55 PM	8/26	12/16	Miranda, Blanche bmiranda22@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 (SOP)

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

CRN	Class	Day	Start Time	End Time	Start Date	End Date	Instructor & Email
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 (WSSC)

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

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

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
24050	MOX11 Fall Prevention, Balance and Mobility	M	10:00 AM	11:25 AM	8/26	12/16	ONLINE - Synchronous	Anello, Andrea aanello@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
24069	MOX04 Principles of Posture and Flexibility	MW	7:00 PM	7:50 PM	8/26	12/18	ONLINE - Synchronous	Ramchandani, Dhruvi Dhruvi.ramchandani@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 Principles of Progressive Resistance	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
24068	FN Food and Nutrition	T	2:30 PM	3:55 PM	8/27	12/17	ONLINE - Synchronous	Zhan, Miranda gzhan3@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	Hunnicutt, Leslie lhunnicutt@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
24070	MOX11 Fall Prevention, Balance and Mobility	W	10:00 AM	11:25 AM	8/28	12/18	ONLINE - Synchronous	White, Elizabeth ewhite31@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 Principles of Progressive Resistance	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
24066	MBH Music and Brain Health	F	1:00 PM	3:05 PM	8/30	12/20	ONLINE - Synchronous	Martinez, Jinette Jmartinez1063@mtsac.edu
23305	MOX01 Healthy Aging	Sa	8:30 AM	10:20 AM	8/31	12/14	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.



SCHOOL OF CONTINUING EDUCATION STUDENT ONLINE SUPPORT

SCE SOS

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

WHAT WE HELP WITH:

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

FALL 2024 ZOOM HOURS:

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

FALL 2024 IN-PERSON HOURS:

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

HOW TO CONTACT US:



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

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



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Semester Dates

Fall 2024

Registration is ongoing

Classes Begin: August 26, 2024

Classes End: December 22, 2024

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

Winter 2025

Registration Begins: November 6, 2024

Classes Begin: January 6, 2025

Classes End: February 16, 2025

Holidays: January 20 and February 14

Spring 2025

Registration Begins: November 6, 2024

Classes Begin: February 24, 2025

Classes End: June 22, 2025

Holidays: March 31, May 26, and June 19