

Education for Older Adults (EOA) Fall 2025 Classes



Fall Term: August 25 to December 21, 2025

Holidays: 9/1, 11/11, 11/27, 11/28

Registration is ongoing.

Contact Us

Phone

Registration inquiries: 909-274-4220

Program inquiries: 909-274-4192

Email

eo@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 October 23, 2025
Class details subject to change.*

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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/eoa>

Contact us at:

email: eo@mtsac.edu

phone: (909) 274-4192

Registration Information

Registration is ongoing.

How to Register for a Class

Students can register for classes online or in person.

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

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

To register for impacted classes, such as Computer Skills classes, see the following page for registration information.

Need Help?

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

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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 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 Classes

OAD FLIT Financial Literacy in Retirement *(coming soon in Winter 2026)*

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. Primarily for the older adult.

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

Baldwin Park Julia McNeil Senior Center Classes (BPSC)

4100 Baldwin Park Blvd.
Baldwin Park, CA 91706

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
22617	FNA04	Watercolor Painting	M	9:00am	11:50am	8/25	12/15	Angelica Sanchez asanchez487@mtsac.edu
23112	MOX09	Principles of Progressive Resistance	MTW ThF	11:00am	12:05pm	8/25	10/17	Frank Ortiz fortiz27@mtsac.edu
23114	MOX09	Principles of Progressive Resistance	MTW ThF	11:00am	12:05pm	10/20	12/19	Frank Ortiz fortiz27@mtsac.edu
23711	MOX04	Principles of Posture and Flexibility	M	1:00pm	2:05pm	8/25	12/15	Kenzie Barnes mbarnes35@mtsac.edu
22663	FNA32	Drawing	W	9:00am	11:50am	8/27	12/17	Angelica Sanchez asanchez487@mtsac.edu
23729	MOX11	Fall Prevention, Balance and Mobility	F	8:00am	9:05am	8/29	12/19	Marisa Fierro mfierro10@mtsac.edu

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Baldwin Park Aquatic Center Classes (BPAQ)

4100 Baldwin Park Blvd.
Baldwin Park, CA 91706

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
23091	MOX06	Principles of Aquatic Resistance	MTWThF	8:00am	9:25am	8/25	10/17	Frank Ortiz fortiz27@mtsac.edu
23092	MOX06	Principles of Aquatic Resistance	MTWThF	8:00am	9:25am	10/20	12/19	Frank Ortiz fortiz27@mtsac.edu
23093	MOX06	Principles of Aquatic Resistance	MTWThF	9:30am	10:50am	8/25	10/17	Frank Ortiz fortiz27@mtsac.edu
23094	MOX06	Principles of Aquatic Resistance	MTWThF	9:30am	10:50am	10/20	12/19	Frank Ortiz fortiz27@mtsac.edu
23099	MOX06	Principles of Aquatic Resistance	MTWTh	7:15pm	8:05pm	8/25	12/18	Yamil Slim yslim1@mtsac.edu

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Covina Senior & Community Center Classes (CSCC)

815 N. Barranca Ave.
Covina, CA 91723

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
22971	MOX01	Healthy Aging	M	1:00pm	1:50pm	8/25	12/15	Candice Castro ccastro@mtsac.edu
24189	MOX04	Principles of Posture & Flexibility	T	9:00am	10:05am	8/26	12/16	Shannon Clewley sclewley@mtsac.edu
25049	LS	Writing Your Life Story	T	10:15am	11:30am	11/4	12/17	Marianne Burch ea@mtsac.edu
22666	FNA32	Drawing	F	9:00am	11:50am	8/29	12/19	Emma Limtiaco elimtiaco@mtsac.edu

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Covina Woman's Club (CWC)

128 S. San Jose Ave.
Covina, CA 91723

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
22619	FNA04	Watercolor Painting	M	2:30pm	4:35pm	8/25	12/15	Michelle Emami memami@mtsac.edu
22903	MBH	Music and Brain Health	T	9:00am	10:50am	8/26	12/16	Jinette Martinez jmartinez1063@mtsac.edu
23117	MOX11	Fall Prevention, Balance and Mobility	T	11:00am	11:50am	8/26	12/16	Marisa Fierro mfierro10@mtsac.edu

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Diamond Bar Center Classes (DBC)

1600 S. Grand Ave., Diamond Bar, CA 91765

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
23080	MOX04	Principles of Posture and Flexibility	M	8:00am	9:30am	9/8	12/15	Mehta, Surendra smehta9@mtsac.edu
22967	MOX01	Healthy Aging	MWF	9:00am	9:50am	9/3	12/19	Kenzie Barnes mbarnes35@mtsac.edu
22969	MOX01	Healthy Aging	MWF	10:00am	10:50am	9/3	12/19	Kenzie Barnes mbarnes35@mtsac.edu
23083	MOX04	Principles of Posture and Flexibility	T	10:15am	11:20am	9/2	12/16	Elizabeth White ewhite31@mtsac.edu
23085	MOX04	Principles of Posture and Flexibility	T	11:25am	12:30pm	9/2	12/16	Elizabeth White ewhite31@mtsac.edu
22661	FNA32	Drawing	T	12:30pm	3:20pm	9/2	12/16	Michelle Emami memami@mtsac.edu
22985	MOX02	Principles of Slow Movement	Th	9:30am	11:20am	9/4	12/18	Raea Figueroa-Darby adarby1@mtsac.edu
22625	FNA04	Watercolor Painting	Th	1:00pm	3:50pm	9/4	12/11	Kelly Conte kconte@mtsac.edu
22668	FNA32	Drawing	F	1:00pm	3:05pm	9/5	12/19	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

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
23712	MOX04	Principles of Posture and Flexibility	T	12:00pm	1:05pm	8/26	12/16	Kenzie Barnes mbarnes35@mtsac.edu
23120	MOX11	Fall Prevention, Balance and Mobility	W	12:40pm	1:45pm	8/27	12/17	Erin McLaren emclaren@mtsac.edu

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Gibson Senior Center Classes (GSC)

250 N. 3rd Ave.
Upland, CA 91786

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
22899	MBH	Music and Brain Health	M	9:00am	11:05am	8/25	12/8	Jinette Martinez jmartinez1063@mtsac.edu
22984	MOX02	Principles of Slow Movement	T	4:30pm	5:20pm	8/26	12/9	Blanche Miranda bmiranda22@mtsac.edu
22659	FNA32	Drawing	Th	1:00pm	3:50pm	8/28	12/18	Lia May Byrd jmaybyrd@mtsac.edu
22629	FNA04	Watercolor Painting	F	12:55pm	3:45pm	8/29	12/12	Emma Limtiaco elimtiaco@mtsac.edu
24291	FNA06	Ceramics for Older Adults	Sa	9:30am	12:20pm	8/30	12/13	Bonnie Lee blee177@mtsac.edu

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Irwindale Senior Citizen's Center Classes (IRWN)

16116 Arrow Hwy., Irwindale, CA 91706

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
23063	MOX02	Principles of Slow Movement	MW	9:00am	9:50am	8/25	12/17	Raea Figueroa-Darby adarby1@mtsac.edu
23065	MOX02	Principles of Slow Movement	MW	10:00am	10:50am	8/25	12/17	Raea Figueroa-Darby adarby1@mtsac.edu
23116	MOX11	Fall Prevention, Balance and Mobility	T	11:00am	11:50am	8/26	12/16	Candice Castro ccastro@mtsac.edu
23037	MOX01	Healthy Aging	Th	1:00pm	1:50pm	8/28	12/18	Kenzie Barnes mbarnes35@mtsac.edu
23090	MOX04	Principles of Posture and Flexibility	F	11:00am	11:50am	8/29	12/19	Danelle Cole dcole18@mtsac.edu
23040	MOX01	Healthy Aging	F	1:00pm	1:50pm	8/29	12/19	Blanche Miranda bmiranda22@mtsac.edu

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La Puente Community Center (LPCC)

501 Glendora Ave., La Puente, CA 91744

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
24936	MOX01	Healthy Aging	M	8:00am	9:10am	9/22	12/15	Shannon Clewley sclewley@mtsac.edu
24937	MOX02	Principles of Slow Movement	T	8:00am	9:25am	9/23	12/16	Blanche Miranda bmiranda22@mtsac.edu
24938	MBH	Music and Brain Health	T	9:55am	12:00pm	9/23	12/16	James Hartford jhartford@mtsac.edu
24942	MOX11	Fall Prevention, Balance and Mobility	W	8:00am	9:10am	9/24	12/17	Shannon Clewley sclewley@mtsac.edu
24944	MOX01	Healthy Aging	W	10:30am	11:20am	9/24	12/17	Candice Castro ccastro@mtsac.edu
24947	MOX09	Principles of Progressive Resistance	Th	8:00am	9:25am	9/25	12/18	Kenzie Barnes mbarnes35@mtsac.edu
24945	MOX01	Healthy Aging	Th	5:00pm	5:50pm	9/25	12/18	Kenzie Barnes mbarnes35@mtsac.edu
24948	MOX04	Principles of Posture and Flexibility	Th	6:00pm	6:50pm	9/25	12/18	Kenzie Barnes mbarnes35@mtsac.edu
24946	MOX01	Healthy Aging	F	8:00am	9:10am	9/26	12/19	Shannon Clewley sclewley@mtsac.edu
24949	FNA32	Drawing	F	9:00am	11:50am	9/26	12/19	Bernard Johnson bjohnson98@mtsac.edu

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La Puente Senior Center (LPSC)

16001 Main St., La Puente, CA 91744

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
24951	MOX02	Principles of Slow Movement	T	10:00am	10:50am	9/23	12/16	Blanche Miranda bmiranda22@mtsac.edu
24954	FNA04	Watercolor Painting	Th	1:30pm	4:20pm	9/25	12/18	Michelle Emami memami@mtsac.edu
24956	MOX11	Fall Prevention, Balance and Mobility	F	10:00am	10:50am	9/26	12/19	Shannon Clewley sclewley@mtsac.edu

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La Verne Community Center Classes (LV)

3680 D Street
La Verne, CA 91750

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
22972	MOX01	Healthy Aging	TTh	8:15am	9:35am	8/26	12/18	Danelle Cole dcole18@mtsac.edu
22620	FNA04	Watercolor Painting	T	9:00am	11:50am	8/26	12/9	Kelly Conte kconte@mtsac.edu
23118	MOX11	Fall Prevention, Balance and Mobility	TTh	1:30pm	2:20pm	8/26	12/18	Yamil Slim yslim1@mtsac.edu
22664	FNA32	Drawing	Th	8:55am	12:00pm	8/28	12/18	Michelle Emami memami@mtsac.edu
22986	MOX02	Principles of Slow Movement	Th	1:00pm	2:50pm	8/28	12/18	Raea Figueroa-Darby adarby1@mtsac.edu
22609	FNA03	Oil Painting	F	9:00am	11:50am	8/29	12/19	Atilio Pernisco apernisco@mtsac.edu
22627	FNA04	Watercolor Painting	F	12:45pm	3:50pm	8/29	12/19	Sarah Cooper scooper18@mtsac.edu

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Mt. San Antonio College Classes (Mt. SAC)

1101 N. Grand Ave.
Walnut, CA 91789

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Location
22624	FNA04	Watercolor Painting	W	1:00pm	3:50pm	8/27	12/17	Lia May Byrd jmaybyrd@mtsac.edu	80-1200
22906	MBH	Music and Brain Health	Th	1:00pm	3:50pm	8/28	12/18	James Hartford jhartford@mtsac.edu	80-1401

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Palomares Senior Center Classes (PSC)

499 E. Arrow Hwy., Pomona, CA 91767

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
22970	MOX01	Healthy Aging	MW	10:30am	11:20am	8/25	12/17	Erin McLaren emclaren@mtsac.edu
22655	FNA32	Drawing	M	12:45pm	3:20pm	8/25	12/8	Kelly Conte kconte@mtsac.edu
23677	BH2H2	Brain Health 2	T	12:30pm	2:20pm	8/26	12/16	Marisa Fierro mfierro10@mtsac.edu
23121	MOX11	Fall Prevention, Balance and Mobility	Th	11:30am	12:20pm	8/28	12/18	Leslie Hunnicutt lhunnicutt@mtsac.edu
24210	MOX02	Principles of Slow Movement	Th	1:00pm	2:30pm	8/28	12/18	Blanche Miranda bmiranda22@mtsac.edu
22907	MBH	Music and Brain Health	F	9:15am	11:25am	8/29	12/19	James Hartford jhartford@mtsac.edu

Washington Park Classes (WPK)

865 E. Grand Ave.

Pomona, CA 91766

FCRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
23023	MOX01	Healthy Aging	MW	10:45am	11:35am	8/25	12/17	Vanessa Jones vjones11@mtsac.edu
25050	MOX02	Principles of Slow Movement	Th	10:45am	11:50am	10/30	12/18	Marisa Fierro mfierro10@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/ea or register
in-person with the professor.

San Dimas Senior/Community Center Classes (SD)

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

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
23022	MOX01	Healthy Aging	M	9:30am	10:20am	8/25	12/15	Candice Castro ccastro@mtsac.edu
22623	FNA04	Watercolor Painting	T	1:00pm	4:05pm	8/26	12/9	Kelly Conte kconte@mtsac.edu
24912	LS	Writing Your Life Story	T	5:30pm	7:00pm	9/30	12/17	Marisa Fierro mfierro10@mtsac.edu
22662	FNA32	Drawing	W	9:00am	11:50am	8/27	12/17	Lia May Byrd jmaybyrd@mtsac.edu
22173	BH2H2	Brain Health 2	W	1:15pm	3:35pm	8/27	12/17	Karena Friedman kfriedman@mtsac.edu
22171	BH2H1	Brain Health 1	Th	1:15pm	3:35pm	8/28	12/18	Karena Friedman kfriedman@mtsac.edu
24292	FNA06	Ceramics for Older Adults	Th	6:00pm	8:15pm	8/28	12/11	Bonnie Lee blee177@mtsac.edu
23038	MOX01	Healthy Aging	F	9:30am	10:20am	8/29	12/19	Erin McLaren emclaren@mtsac.edu

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Stanley Plummer Building Classes (PLUM)

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

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
23027	MOX01	Healthy Aging	TTh	8:00am	8:50am	8/26	12/18	Vanessa Jones vjones11@mtsac.edu
23072	MOX02	Principles of Slow Movement	T	9:00am	10:05am	8/26	12/16	Min Peng mpeng15@mtsac.edu
23030	MOX01	Healthy Aging	W	9:30am	10:20am	8/27	12/17	Vanessa Jones vjones11@mtsac.edu
23087	MOX04	Principles of Posture and Flexibility	Th	9:00am	10:20am	8/28	12/18	Shannon Clewley sclewley@mtsac.edu
23077	MOX02	Principles of Slow Movement	F	9:00am	10:20am	8/29	12/19	Min Peng mpeng15@mtsac.edu
23089	MOX04	Principles of Posture and Flexibility	F	10:30am	11:35am	8/29	12/19	Andrea Anello aanello@mtsac.edu

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San Dimas Swim & Racquet Club Classes (SDSR)

990 W. Covina Blvd.
San Dimas, CA 91773

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
23095	MOX06	Principles of Aquatic Resistance	MF	8:45am	9:35am	8/25	12/12	Leslie Hunnicutt lhunnicutt@mtsac.edu
23096	MOX06	Principles of Aquatic Resistance	MF	9:45am	10:35am	8/25	12/12	Leslie Hunnicutt lhunnicutt@mtsac.edu
23097	MOX06	Principles of Aquatic Resistance	TWTh	8:45am	9:35am	8/26	12/11	Karena Friedman kfriedman@mtsac.edu
23098	MOX06	Principles of Aquatic Resistance	TWTh	9:45am	10:35am	8/26	12/11	Karena Friedman kfriedman@mtsac.edu

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Walnut Senior Center Classes (WALT)

21215 La Puente Rd.
Walnut, CA 91789

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
22965	MOX01	Healthy Aging	MWF	8:00am	8:50am	8/25	12/19	Andrea Anello aanello@mtsac.edu
22968	MOX01	Healthy Aging	MWF	9:30am	10:35am	8/25	12/19	Danelle Cole dcole18@mtsac.edu
22973	MOX01	Healthy Aging	T	9:00am	9:50am	8/26	12/16	Elizabeth White ewhite31@mtsac.edu
23713	MOX01	Healthy Aging	T	12:45pm	1:35pm	8/26	12/16	Danelle Cole dcole18@mtsac.edu
23086	MOX04	Principles of Posture and Flexibility	W	10:45am	11:50am	8/27	12/17	Danelle Cole dcole18@mtsac.edu
22605	FNA03	Oil Painting	W	1:00pm	3:50pm	8/27	12/10	Kelly Conte kconte@mtsac.edu
22607	FNA03	Oil Painting	Th	9:00am	11:50am	8/28	12/11	Kelly Conte kconte@mtsac.edu

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www.mtsac.edu/ea or register
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West Covina Senior Citizen's Center Classes (WCSCC)

2501 E. Cortez St.
West Covina, CA 91791

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
22966	MOX01	Healthy Aging	M	9:00am	9:50am	8/25	12/8	Shelby White swhite@mtsac.edu
22978	MOX02	Principles of Slow Movement	M	12:00pm	1:25pm	8/25	12/15	Blanche Miranda bmiranda22@mtsac.edu
22983	MOX02	Principles of Slow Movement	M	1:30pm	2:55pm	8/25	12/15	Blanche Miranda bmiranda22@mtsac.edu
23082	MOX04	Principles of Posture and Flexibility	TTh	10:00am	10:50am	8/26	12/18	Danelle Cole dcole18@mtsac.edu
23084	MOX04	Principles of Posture and Flexibility	TTh	11:00am	11:50am	8/26	12/18	Danelle Cole dcole18@mtsac.edu
24060	MOX04	Principles of Posture and Flexibility	W	1:00pm	2:30pm	8/27	12/17	Surendra Mehta smehta9@mtsac.edu
22974	MOX01	Healthy Aging	F	9:00am	9:50am	8/29	12/19	Raea Figueroa-Darby adarby1@mtsac.edu
22975	MOX01	Healthy Aging	F	10:00am	10:50am	8/29	12/19	Raea Figueroa-Darby adarby1@mtsac.edu
22626	FNA04	Watercolor Painting	F	10:00am	12:30pm	8/29	12/12	Kelly Conte kconte@mtsac.edu

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Shadow Oak Park Classes (SOP)

2121 Shadow Oak Dr.
West Covina, CA 91792

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email
23032	MOX01	Healthy Aging	W	10:30am	11:20am	8/27	12/17	Leslie Hunnicutt lhunnicutt@mtsac.edu
25051	FN	Food and Nutrition	Th	9:00am	11:05am	11/6	12/18	Homa Sadeghi hsadeghi2@mtsac.edu

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Online Classes

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Modality
21843	MOX01	Healthy Aging	M	7:15am	8:25am	8/25	12/15	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
21845	MOX01	Healthy Aging	M	8:00am	8:50am	8/25	12/15	Danelle Cole dcole18@mtsac.edu	ONLINE - Synchronous
21844	MOX01	Healthy Aging	M	8:00am	8:50am	8/25	12/15	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
22134	MOX04	Principles of Posture and Flexibility	M	8:30am	9:55am	8/25	12/15	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
21846	MOX01	Healthy Aging	M	9:00am	9:50am	8/25	12/15	Christopher Ryan cryan1@mtsac.edu	ONLINE - Synchronous
21751	FNA04	Watercolor Painting	M	9:00am	11:50am	8/25	12/15	Atilio Pernisco apernisco@mtsac.edu	ONLINE - Synchronous
22314	MOX11	Fall Prevention, Balance and Mobility	M	10:00am	11:25am	8/25	12/15	Andrea Anello aanello@mtsac.edu	ONLINE - Synchronous
22316	MOX11	Fall Prevention, Balance and Mobility	M	10:00am	11:25am	8/25	12/15	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
22135	MOX04	Principles of Posture and Flexibility	M	11:30am	12:55pm	8/25	12/15	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
21894	MOX02	Principles of Slow Movement	M	12:30pm	1:20pm	8/25	12/15	Raea Figueroa-Darby adarby1@mtsac.edu	ONLINE - Synchronous
22318	MOX11	Fall Prevention, Balance and Mobility	M	1:00pm	2:05pm	8/25	12/15	Leslie Hunnicutt lhunnicutt@mtsac.edu	ONLINE - Synchronous
24218	MOX04	Principles of Posture and Flexibility	MW	6:30pm	7:20pm	8/25	12/17	Dhruti Ramchandani dhruti.ramchandani@mtsac.edu	ONLINE - Synchronous
22137	MOX04	Principles of Posture and Flexibility	MW	7:30pm	8:20pm	8/25	12/17	Dhruti Ramchandani dhruti.ramchandani@mtsac.edu	ONLINE - Synchronous

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Fall 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Modality
22138	MOX04	Principles of Posture and Flexibility	T	7:15am	8:25am	8/26	12/16	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
21847	MOX01	Healthy Aging	T	8:00am	8:50am	8/26	12/16	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
22195	MOX09	Principles of Progressive Resistance	T	9:00am	9:50am	8/26	12/16	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
22139	MOX04	Principles of Posture and Flexibility	T	9:00am	9:50am	8/26	12/16	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
22197	MOX09	Principles of Progressive Resistance	T	10:00am	10:50am	8/26	12/16	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
22140	MOX04	Principles of Posture and Flexibility	T	10:00am	10:50am	8/26	12/9	Shelby White swhite@mtsac.edu	ONLINE - Synchronous
21850	MOX01	Healthy Aging	T	10:00am	10:50am	8/26	12/16	Leslie Hunnicutt lhunnicutt@mtsac.edu	ONLINE - Synchronous
24863	MOX01	Healthy Aging	T	10:00am	11:15am	9/3	12/16	Kenzie Barnes mbarnes35@mtsac.edu	ONLINE - Synchronous
22320	MOX11	Fall Prevention, Balance and Mobility	T	11:00am	11:50am	8/26	12/16	Kim SantaBarbara ksantabarbara@mtsac.edu	ONLINE - Synchronous
21580	BH2H2	Brain Health 2	T	1:00pm	3:35pm	8/26	12/9	Shelby White swhite@mtsac.edu	Asynch Zoom 1-2:30pm
21749	FN	Food and Nutrition	T	2:45pm	4:10pm	8/26	12/16	Miranda Zhan gzhan3@mtsac.edu	ONLINE - Synchronous
22177	MOX04	Principles of Posture and Flexibility	TTh	6:30pm	7:50pm	8/26	12/18	Danelle Cole dcole18@mtsac.edu	ONLINE - Synchronous
21853	MOX01	Healthy Aging	W	7:15am	8:25am	8/27	12/17	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
21877	MOX01	Healthy Aging	W	8:00am	8:50am	8/27	12/17	Danelle Cole dcole18@mtsac.edu	ONLINE - Synchronous

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phone: (909) 274-4192

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Fall 2025

CRN	Course	Class Title	Day	Start Time	End Time	Start Date	End Date	Professor & Email	Modality
21867	MOX01	Healthy Aging	W	8:00am	8:50am	8/27	12/17	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
22178	MOX04	Principles of Posture and Flexibility	W	8:30am	9:55am	8/27	12/17	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
21710	BH1H1	Brain Health 1	W	9:00am	11:35am	8/27	12/17	Kim SantaBarbara ksantabarbara@mtsac.edu	Asynch Zoom 9-10:30am
21838	FNA32	Drawing	W	9:00am	11:30am	8/27	12/10	Kelly Conte kconte@mtsac.edu	ONLINE - Synchronous
21878	MOX01	Healthy Aging	W	9:00am	9:50am	8/27	12/17	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
21880	MOX01	Healthy Aging	W	9:00am	9:50am	8/27	12/17	Leslie Hunnicutt lhunnicutt@mtsac.edu	ONLINE - Synchronous
22323	MOX11	Fall Prevention, Balance and Mobility	W	10:00am	11:25am	8/27	12/17	Elizabeth White ewhite31@mtsac.edu	ONLINE - Synchronous
22326	MOX11	Fall Prevention, Balance and Mobility	W	10:00am	11:25am	8/27	12/17	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
22182	MOX04	Principles of Posture and Flexibility	W	11:30am	12:55pm	8/27	12/17	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
22183	MOX04	Principles of Posture and Flexibility	Th	7:15am	8:25am	8/28	12/18	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous
21885	MOX01	Healthy Aging	Th	8:00am	8:50am	8/28	12/18	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
22198	MOX09	Principles of Progressive Resistance	Th	9:00am	9:50am	8/28	12/18	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
21895	MOX02	Principles of Slow Movement	Th	9:00am	9:50am	8/28	12/11	Shelby White swhite@mtsac.edu	ONLINE - Synchronous
<i>The last day of this class (December 11, 2025) will meet in person at Mt. SAC.</i>									

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Fall 2025

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22188	MOX04	Principles of Posture and Flexibility	Th	9:00am	9:50am	8/28	12/18	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
22202	MOX09	Principles of Progressive Resistance	Th	10:00am	10:50am	8/28	12/18	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
21887	MOX01	Healthy Aging	Th	10:00am	10:50am	8/28	12/18	Leslie Hunnicutt lhunnicutt@mtsac.edu	ONLINE - Synchronous
24865	MOX04	Principles of Posture and Flexibility	Th	10:00am	11:05am	9/5	12/18	Kenzie Barnes mbarnes35@mtsac.edu	ONLINE - Synchronous
21888	MOX01	Healthy Aging	Th	11:00am	11:50am	8/28	12/18	Candice Castro ccastro@mtsac.edu	ONLINE - Synchronous
24913	LS	Writing Your Life Story	Th	1:00pm	3:35pm	10/2	12/18	Marisa Fierro mfierro10@mtsac.edu	Asynch Zoom 1-2:30pm
22310	MOX09	Principles of Progressive Resistance	F	7:15am	8:20am	8/29	12/19	Kenzie Barnes mbarnes35@mtsac.edu	ONLINE - Synchronous
21889	MOX01	Healthy Aging	F	8:00am	8:50am	8/29	12/19	Danelle Cole dcole18@mtsac.edu	ONLINE - Synchronous
22192	MOX04	Principles of Posture and Flexibility	F	8:30am	9:55am	8/29	12/19	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
21891	MOX01	Healthy Aging	F	9:00am	10:35am	8/29	12/12	Shelby White swhite@mtsac.edu	ONLINE - Synchronous
22340	MOX11	Fall Prevention, Balance and Mobility	F	10:00am	11:25am	8/29	12/19	Gabriela Klein gklein@mtsac.edu	ONLINE - Synchronous
22193	MOX04	Principles of Posture and Flexibility	F	11:30am	12:55pm	8/29	12/19	Raea Figueroa-Darby adarby1@mtsac.edu	ONLINE - Synchronous
21842	MBH	Music and Brain Health	F	1:00pm	3:05pm	8/29	12/19	Jinette Martinez jmartinez1063@mtsac.edu	ONLINE - Synchronous
21892	MOX01	Healthy Aging	Sa	8:00am	9:50am	8/30	12/20	Jeremy Tan jtan9@mtsac.edu	ONLINE - Synchronous

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Contact us at:

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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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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