

# Education for Older Adults (EOA) Fall 2026 Classes



**Fall Term:** August 24 – December 20, 2026

**No Class:** September 7, November 11, November 26, November 27

**Register today!**

## Contact Us

### Phone

Registration inquiries: 909-274-4220

Program inquiries: 909-274-4192

### Email

[eoas@mtsac.edu](mailto:eoas@mtsac.edu)

### Website

[www.mtsac.edu/eoa](http://www.mtsac.edu/eoa)

### Facebook

[www.facebook.com/mtsaceoa](https://www.facebook.com/mtsaceoa)

### Instagram

[www.instagram.com/mtsac\\_eoa](https://www.instagram.com/mtsac_eoa)

### Website QR Code

Scan with your phone



*Printed 8/20/2026  
Class details subject to change.*

*Class details  
are subject to  
change.*

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Contact us at:

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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 registration period (Summer/Fall or Winter/Spring). After completing the noncredit application, we will email you a personalized registration link where you can select your classes. The noncredit application is available online at [www.mtsac.edu/noncreditapp](http://www.mtsac.edu/noncreditapp).

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

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

### **Need Help?**

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

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## Additional Program Information

### About the Education for Older Adults (EOA) Program

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

### Do you have questions about a class?

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

### Course Modality

Course Modality refers to how a professor delivers their course.

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

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## Class Descriptions

### Brain Health Classes

#### **OAD BHTH1 Brain Health 1 - Introduction to Brain Training**

Critical thinking and cognitive skills through understanding key structures and functions of the brain. Focus on maintaining and/or improving cognitive abilities through brain training.

#### **OAD BHTH2 Brain Health 2 - Brain Health Topics**

This course improves cognitive abilities by combining brain training with brain health topics/lectures to strengthen and improve brain function. Particular focus on how to live a brain healthy lifestyle.

#### **OAD MBH Music and Brain Health**

This course is designed to help older adults improve their overall cognitive health through the use of music.

### Painting and Drawing

#### **OAD FNA03 Oil Painting**

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

#### **OAD FNA04 Watercolor Painting**

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

#### **OAD FNA06 Ceramics for Older Adults**

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

#### **OAD FNA32 Drawing— Beginning-Advanced**

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

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## Healthy Aging Classes

### **OAD FN Food and Nutrition for the Older Adult**

Examine nutritional cooking strategies and basic nutrition principles that improve health and vitality for older adults.

### **OAD MOX01 Healthy Aging**

Healthy aging, including diet, nutrition, disease prevention, and application of physical fitness principles to maintain health while aging.

### **OAD MOX02 Healthy Aging - Principles of Slow Movement**

Healthy aging, including diet, nutrition, disease prevention and application of Tai Chi Principles to maintain health while aging for the older adult.

### **OAD MOX04 Healthy Aging - Principles of Posture and Flexibility**

Health aging, including diet, nutrition, disease prevention, and application of Yoga principles to maintaining health while aging for the older adult population.

### **OAD MOX06 Healthy Aging - Principles of Aquatic Resistance**

Healthy aging, including diet nutrition, disease prevention, and application of aquatic resistance principles to maintain health while aging for the older adult population.

### **OAD MOX09 Healthy Aging – Principles of Progressive Resistance**

Healthy aging, including diet, nutrition, disease prevention and application of progressive resistance training principles to maintain strength while aging.

### **OAD MOX11 Healthy Aging – Fall Prevention Balance and Mobility**

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

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## **Lifelong Learning**

### **OAD FLIT Financial Literacy in Retirement**

Obtain knowledge and skills needed to successfully navigate and protect finances during retirement. Students will learn how to develop a well-rounded retirement budget that fits their individual needs.

### **OAD LS Writing Your Life Story**

This course is designed to help older adults write their life stories. Through a series of lectures, activities, and writing exercises, students will learn the necessary skills to construct and document their life stories. The course will cover topics such as timeline creation, memory recall, life purpose, and the importance of sharing stories.

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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                         |
|-------|--------|---------------------------------------|------------|------------|----------|------------|----------|-------------------------------------------|
| 21555 | FNA04  | Watercolor Painting                   | M          | 9:00am     | 11:50am  | 8/24       | 12/14    | Angelica Sanchez<br>asanchez487@mtsac.edu |
| 21748 | MOX09  | Principles of Progressive Resistance  | MTW<br>ThF | 11:00am    | 12:05pm  | 8/24       | 12/18    | Frank Ortiz<br>fortiz27@mtsac.edu         |
| 21715 | MOX04  | Principles of Posture and Flexibility | M          | 1:00pm     | 2:05pm   | 8/24       | 12/14    | Kenzie Barnes<br>mbarnes35@mtsac.edu      |
| 21570 | FNA32  | Drawing                               | W          | 9:00am     | 11:50am  | 8/26       | 12/16    | Angelica Sanchez<br>asanchez487@mtsac.edu |
| 21674 | MOX01  | Healthy Aging                         | Th         | 8:00am     | 8:50am   | 8/27       | 12/17    | Blanche Miranda<br>bmiranda22@mtsac.edu   |
| 21768 | MOX11  | Fall Prevention, Balance and Mobility | F          | 8:00am     | 9:05am   | 8/28       | 12/18    | Marisa Fierro<br>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                 |
|-------|--------|----------------------------------|--------|------------|----------|------------|----------|-----------------------------------|
| 21741 | MOX06  | Principles of Aquatic Resistance | MTWThF | 8:00am     | 9:25am   | 8/24       | 12/18    | Frank Ortiz<br>fortiz27@mtsac.edu |
| 21743 | MOX06  | Principles of Aquatic Resistance | MTWThF | 9:30am     | 10:50am  | 8/24       | 12/18    | Frank Ortiz<br>fortiz27@mtsac.edu |
| 21745 | MOX06  | Principles of Aquatic Resistance | MTWTh  | 7:15pm     | 8:05pm   | 8/24       | 12/17    | Yamil Slim<br>yslim1@mtsac.edu    |

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## **Bassett Senior Center Classes (BASSSC)**

510 Vineland Ave.  
La Puente, CA 91756

| CRN   | Course | Class Title                          | Day | Start Time | End Time | Start Date | End Date | Professor & Email                           |
|-------|--------|--------------------------------------|-----|------------|----------|------------|----------|---------------------------------------------|
| 23988 | MOX09  | Principles of Progressive Resistance | W   | 9:00am     | 9:50am   | 8/26       | 12/16    | Shannon Clewley<br>sclewley@mtsac.edu       |
| 23990 | MBH    | Music and Brain Health               | W   | 12:00pm    | 1:50pm   | 8/26       | 12/16    | Jinette Martinez<br>jmartinez1063@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                     |
|-------|--------|----------------------------------------|-----|------------|----------|------------|----------|---------------------------------------|
| 21653 | MOX01  | Healthy Aging                          | M   | 1:00pm     | 1:50pm   | 8/24       | 12/14    | Candice Castro<br>ccastro@mtsac.edu   |
| 21718 | MOX04  | Principles of Posture<br>& Flexibility | T   | 9:00am     | 10:05am  | 8/25       | 12/15    | Shannon Clewley<br>sclewley@mtsac.edu |
| 21613 | LS     | Writing Your Life<br>Story             | T   | 10:15am    | 12:05pm  | 8/25       | 12/15    | Marianne Burch<br>mburch1@mtsac.edu   |
| 21576 | FNA32  | Drawing                                | F   | 9:00am     | 11:50am  | 8/28       | 12/18    | Emma Limtiaco<br>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                           |
|-------|--------|------------------------------------------|-----|------------|----------|------------|----------|---------------------------------------------|
| 21557 | FNA04  | Watercolor Painting                      | M   | 3:00pm     | 5:10pm   | 8/24       | 12/14    | Michelle Emami<br>memami@mtsac.edu          |
| 21621 | MBH    | Music and Brain Health                   | T   | 9:00am     | 10:50am  | 8/25       | 12/15    | Jinette Martinez<br>jmartinez1063@mtsac.edu |
| 21758 | MOX11  | Fall Prevention, Balance<br>and Mobility | T   | 11:00am    | 11:50am  | 8/25       | 12/15    | Marisa Fierro<br>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                        |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|------------------------------------------|
| 21711 | MOX04  | Principles of Posture and Flexibility | M   | 8:00am     | 9:30am   | 8/24       | 12/14    | Surendra Mehta<br>smehta9@mtsac.edu      |
| 24128 | MOX01  | Healthy Aging                         | MW  | 8:00am     | 8:50am   | 8/24       | 12/16    | Kenzie Barnes<br>mbarnes35@mtsac.edu     |
| 21644 | MOX01  | Healthy Aging                         | MWF | 9:00am     | 9:50am   | 8/24       | 12/18    | Kenzie Barnes<br>mbarnes35@mtsac.edu     |
| 21649 | MOX01  | Healthy Aging                         | MWF | 10:00am    | 10:50am  | 8/24       | 12/18    | Kenzie Barnes<br>mbarnes35@mtsac.edu     |
| 21723 | MOX04  | Principles of Posture and Flexibility | T   | 10:15am    | 11:20am  | 8/25       | 12/15    | Elizabeth White<br>ewhite31@mtsac.edu    |
| 21725 | MOX04  | Principles of Posture and Flexibility | T   | 11:25am    | 12:30pm  | 8/25       | 12/15    | Elizabeth White<br>ewhite31@mtsac.edu    |
| 21569 | FNA32  | Drawing                               | T   | 12:30pm    | 3:20pm   | 8/25       | 12/15    | Michelle Emami<br>memami@mtsac.edu       |
| 24038 | MOX02  | Principles of Slow Movement           | Th  | 8:00am     | 9:20am   | 8/27       | 12/17    | Raea Figueroa-Darby<br>adarby1@mtsac.edu |
| 21705 | MOX02  | Principles of Slow Movement           | Th  | 9:30am     | 11:20am  | 8/27       | 12/17    | Raea Figueroa-Darby<br>adarby1@mtsac.edu |
| 21561 | FNA04  | Watercolor Painting                   | Th  | 1:00pm     | 3:50pm   | 8/27       | 12/17    | Kelly Conte<br>kconte@mtsac.edu          |
| 21617 | LS     | Writing Your Life Story               | Th  | 1:30pm     | 3:00pm   | 8/27       | 12/17    | Marianne Burch<br>mburch1@mtsac.edu      |
| 21578 | FNA32  | Drawing                               | F   | 1:00pm     | 3:05pm   | 8/28       | 12/18    | Yasmin Cardona<br>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                    |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|--------------------------------------|
| 21726 | MOX04  | Principles of Posture & Flexibility   | T   | 12:40pm    | 1:45pm   | 8/25       | 12/15    | Kenzie Barnes<br>mbarnes35@mtsac.edu |
| 21764 | MOX11  | Fall Prevention, Balance and Mobility | W   | 12:50pm    | 1:55pm   | 8/26       | 12/16    | Erin McLaren<br>emclaren@mtsac.edu   |

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

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

| CRN   | Course | Class Title                 | Day | Start Time | End Time | Start Date | End Date | Professor & Email                           |
|-------|--------|-----------------------------|-----|------------|----------|------------|----------|---------------------------------------------|
| 21618 | MBH    | Music and Brain Health      | M   | 9:00am     | 11:05am  | 8/24       | 12/14    | Jinette Martinez<br>jmartinez1063@mtsac.edu |
| 21701 | MOX02  | Principles of Slow Movement | T   | 4:30pm     | 5:20pm   | 8/25       | 12/15    | Blanche Miranda<br>bmiranda22@mtsac.edu     |
| 21575 | FNA32  | Drawing                     | Th  | 1:00pm     | 3:50pm   | 8/27       | 12/17    | Bernard Johnson<br>bjohnson98@mtsac.edu     |
| 21565 | FNA04  | Watercolor Painting         | F   | 12:55pm    | 3:45pm   | 8/28       | 12/18    | Emma Limtiaco<br>elimtiaco@mtsac.edu        |
| 21567 | FNA06  | Ceramics for Older Adults   | Sa  | 9:30am     | 12:20pm  | 8/29       | 12/19    | Bonnie Lee<br>blee177@mtsac.edu             |

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## **Hacienda Heights Community Center Classes (HHCC)**

1234 Valencia Ave.  
Hacienda Heights, CA 91745

| CRN   | Course | Class Title               | Day | Start Time | End Time | Start Date | End Date | Professor & Email                         |
|-------|--------|---------------------------|-----|------------|----------|------------|----------|-------------------------------------------|
| 23991 | FNA06  | Ceramics for Older Adults | M   | 9:00am     | 11:50am  | 8/24       | 12/14    | Kelly Conte<br>kconte@mtsac.edu           |
| 23985 | MOX01  | Healthy Aging             | T   | 9:00am     | 9:50am   | 8/25       | 12/15    | Blanche Miranda<br>bmiranda22@mtsac.edu   |
| 23989 | FNA04  | Watercolor Painting       | Th  | 9:00am     | 11:50am  | 8/27       | 12/17    | Angelica Sanchez<br>asanchez487@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                        |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|------------------------------------------|
| 21690 | MOX02  | Principles of Slow Movement           | MW  | 9:00am     | 9:50am   | 8/24       | 12/16    | Raea Figueroa-Darby<br>adarby1@mtsac.edu |
| 21691 | MOX02  | Principles of Slow Movement           | MW  | 10:00am    | 10:50am  | 8/24       | 12/16    | Raea Figueroa-Darby<br>adarby1@mtsac.edu |
| 21759 | MOX11  | Fall Prevention, Balance and Mobility | T   | 11:00am    | 11:50am  | 8/25       | 12/15    | Candice Castro<br>ccastro@mtsac.edu      |
| 21681 | MOX01  | Healthy Aging                         | Th  | 1:00pm     | 1:50pm   | 8/27       | 12/17    | Kenzie Barnes<br>mbarnes35@mtsac.edu     |
| 21739 | MOX04  | Principles of Posture and Flexibility | F   | 11:00am    | 11:50am  | 8/28       | 12/18    | Danelle Cole<br>dcole18@mtsac.edu        |
| 21689 | MOX01  | Healthy Aging                         | F   | 1:00pm     | 1:50pm   | 8/28       | 12/18    | Blanche Miranda<br>bmiranda22@mtsac.edu  |

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## **La Puente Community Center Classes (LPCC)**

501 N. Glendora Ave.  
La Puente, CA 91744

| CRN   | Course | Class Title                           | Day | Start Time | End Time | Start Date | End Date | Professor & Email                       |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|-----------------------------------------|
| 21566 | FNA06  | Ceramics for Older Adults             | M   | 4:00pm     | 6:15pm   | 8/24       | 12/14    | Bonnie Lee<br>blee177@mtsac.edu         |
| 21622 | MBH    | Music and Brain Health                | T   | 9:55am     | 12:00pm  | 8/25       | 12/15    | James Hartford<br>jhartford@mtsac.edu   |
| 21671 | MOX01  | Healthy Aging                         | W   | 10:30am    | 11:20am  | 8/26       | 12/16    | Candice Castro<br>ccastro@mtsac.edu     |
| 21751 | MOX09  | Principles of Progressive Resistance* | Th  | 8:15am     | 9:40am   | 8/27       | 12/17    | Kenzie Barnes<br>mbarnes35@mtsac.edu    |
| 21577 | FNA32  | Drawing                               | F   | 9:00am     | 11:50am  | 8/28       | 12/18    | Bernard Johnson<br>bjohnson98@mtsac.edu |

\*Class will periodically take place outdoors in the courtyard or park during Fall 2026.

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## **La Puente Senior Center Classes (LPSC)**

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

| CRN   | Course | Class Title                           | Day | Start Time | End Time | Start Date | End Date | Professor & Email                       |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|-----------------------------------------|
| 21698 | MOX02  | Principles of Slow Movement           | T   | 10:00am    | 10:50am  | 8/25       | 12/15    | Blanche Miranda<br>bmiranda22@mtsac.edu |
| 21677 | MOX01  | Healthy Aging                         | Th  | 10:00am    | 11:05am  | 8/27       | 12/17    | Erin McLaren<br>emclaren@mtsac.edu      |
| 21736 | MOX04  | Principles of Posture and Flexibility | Th  | 12:30pm    | 1:20pm   | 8/27       | 12/17    | Shannon Clewley<br>sclewley@mtsac.edu   |
| 21551 | FN     | Food and Nutrition                    | Th  | 1:30pm     | 3:50pm   | 10/22      | 12/17    | TBA<br>ea@mtsac.edu                     |
| 21562 | FNA04  | Watercolor Painting                   | Th  | 1:30pm     | 4:20pm   | 8/27       | 12/17    | Michelle Emami<br>memami@mtsac.edu      |
| 21769 | MOX11  | Fall Prevention, Balance and Mobility | F   | 10:00am    | 10:50am  | 8/28       | 12/18    | Shannon Clewley<br>sclewley@mtsac.edu   |

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## **La Verne Community Center Classes**

3680 D Street  
La Verne, CA 91750

| CRN   | Course | Class Title                              | Day | Start Time | End Time | Start Date | End Date | Professor & Email                        |
|-------|--------|------------------------------------------|-----|------------|----------|------------|----------|------------------------------------------|
| 21564 | FNA04  | Watercolor Painting                      | M   | 9:00am     | 10:55am  | 8/24       | 12/14    | Michelle Emami<br>memami@mtsac.edu       |
| 21657 | MOX01  | Healthy Aging                            | TTh | 8:15am     | 9:35am   | 8/25       | 12/17    | Danelle Cole<br>dcole18@mtsac.edu        |
| 21558 | FNA04  | Watercolor Painting                      | T   | 9:00am     | 11:50am  | 8/25       | 12/15    | Kelly Conte<br>kconte@mtsac.edu          |
| 21761 | MOX11  | Fall Prevention,<br>Balance and Mobility | T   | 1:30pm     | 2:20pm   | 8/25       | 12/15    | Yamil Slim<br>yslim1@mtsac.edu           |
| 21573 | FNA32  | Drawing                                  | Th  | 8:55am     | 12:00pm  | 8/27       | 12/17    | Michelle Emami<br>memami@mtsac.edu       |
| 21554 | FNA03  | Oil Painting                             | Th  | 12:30pm    | 2:50pm   | 8/27       | 12/17    | Atilio Pernisco<br>apernisco@mtsac.edu   |
| 21707 | MOX02  | Principles of Slow<br>Movement           | Th  | 1:00pm     | 2:50pm   | 8/27       | 12/17    | Raea Figueroa-Darby<br>adarby1@mtsac.edu |
| 21766 | MOX11  | Fall Prevention,<br>Balance and Mobility | Th  | 1:30pm     | 2:20pm   | 8/27       | 12/17    | Yamil Slim<br>yslim1@mtsac.edu           |

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## **Montclair Senior Center Classes (MONSC)**

5111 Benito St.  
Montclair, CA 91763

| CRN   | Course | Class Title                 | Day | Start Time | End Time | Start Date | End Date | Professor & Email             |
|-------|--------|-----------------------------|-----|------------|----------|------------|----------|-------------------------------|
| 23986 | MOX02  | Principles of Slow Movement | W   | 9:00am     | 10:30am  | 8/26       | 12/16    | Min Peng<br>mpeng15@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 |
|-------|--------|------------------------|-----|------------|----------|------------|----------|---------------------------------------|----------|
| 21560 | FNA04  | Watercolor Painting    | W   | 1:00pm     | 3:50pm   | 8/26       | 12/16    | Yasmin Cardona<br>ycardona3@mtsac.edu | 80-1220  |
| 21624 | MBH    | Music and Brain Health | Th  | 1:00pm     | 3:50pm   | 8/27       | 12/17    | James Hartford<br>jhartford@mtsac.edu | 80-1331  |

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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                        |
|-------|--------|------------------------------------------|-----|------------|----------|------------|----------|------------------------------------------|
| 21650 | MOX01  | Healthy Aging                            | MW  | 10:30am    | 11:20am  | 8/24       | 12/16    | Erin McLaren<br>emclaren@mtsac.edu       |
| 21568 | FNA32  | Drawing                                  | M   | 1:15pm     | 3:45pm   | 8/24       | 12/14    | Bernard Johnson<br>bjohnson98@mtsac.edu  |
| 21484 | BHTH2  | Brain Health 2                           | T   | 12:30pm    | 2:20pm   | 8/25       | 12/15    | Marisa Fierro<br>mfierro10@mtsac.edu     |
| 21765 | MOX11  | Fall Prevention,<br>Balance and Mobility | Th  | 11:30am    | 12:20pm  | 8/27       | 12/17    | Leslie Hunnicutt<br>lhunnicutt@mtsac.edu |
| 21708 | MOX02  | Principles of Slow<br>Movement           | Th  | 1:00pm     | 2:30pm   | 8/27       | 12/17    | Blanche Miranda<br>bmiranda22@mtsac.edu  |
| 21625 | MBH    | Music and Brain<br>Health                | F   | 9:15am     | 11:25am  | 8/28       | 12/18    | James Hartford<br>jhartford@mtsac.edu    |

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

865 E. Grand Ave.

Pomona, CA 91766

| CRN   | Course | Class Title                              | Day | Start Time | End Time | Start Date | End Date | Professor & Email                    |
|-------|--------|------------------------------------------|-----|------------|----------|------------|----------|--------------------------------------|
| 21651 | MOX01  | Healthy Aging                            | MW  | 10:45am    | 11:35am  | 8/24       | 12/16    | Vanessa Jones<br>vjones11@mtsac.edu  |
| 24190 | MOX04  | Principles of Posture<br>and Flexibility | Th  | 10:45am    | 11:35am  | 8/27       | 12/17    | Marisa Fierro<br>mfierro10@mtsac.edu |

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## **Rowland Heights Community Center Classes (PATH)**

18150 Pathfinder Rd.,  
Rowland Heights, CA 91748

| CRN   | Course | Class Title                              | Day | Start Time | End Time | Start Date | End Date | Professor & Email                    |
|-------|--------|------------------------------------------|-----|------------|----------|------------|----------|--------------------------------------|
| 21662 | MOX01  | Healthy Aging                            | T   | 10:30am    | 11:45am  | 8/25       | 12/15    | Kenzie Barnes<br>mbarnes35@mtsac.edu |
| 21735 | MOX04  | Principles of Posture<br>and Flexibility | Th  | 10:30am    | 11:45am  | 8/27       | 12/17    | Kenzie Barnes<br>mbarnes35@mtsac.edu |

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## **San Angelo Park Classes (SAP)**

245 S. San Angelo Ave.,  
La Puente, CA 91746

| CRN   | Course | Class Title                 | Day | Start Time | End Time | Start Date | End Date | Professor & Email                   |
|-------|--------|-----------------------------|-----|------------|----------|------------|----------|-------------------------------------|
| 24010 | FNA04  | Watercolor Painting         | M   | 12:00pm    | 2:05pm   | 8/24       | 12/14    | Michelle Emami<br>memami@mtsac.edu  |
| 21696 | MOX02  | Principles of Slow Movement | T   | 9:00am     | 10:20am  | 8/25       | 12/15    | Erin McLaren<br>emclaren@mtsac.edu  |
| 21685 | MOX01  | Healthy Aging               | F   | 9:30am     | 10:35am  | 8/28       | 12/18    | Candice Castro<br>ccastro@mtsac.edu |

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## **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                      |
|-------|--------|-------------------------|-----|------------|----------|------------|----------|----------------------------------------|
| 21647 | MOX01  | Healthy Aging           | M   | 9:30am     | 10:20am  | 8/24       | 12/14    | Candice Castro<br>ccastro@mtsac.edu    |
| 21559 | FNA04  | Watercolor Painting     | T   | 1:00pm     | 4:05pm   | 8/25       | 12/15    | Kelly Conte<br>kconte@mtsac.edu        |
| 21615 | LS     | Writing Your Life Story | T   | 5:30pm     | 7:00pm   | 8/25       | 12/15    | Marisa Fierro<br>mfierro10@mtsac.edu   |
| 21572 | FNA32  | Drawing                 | W   | 9:00am     | 11:50am  | 8/26       | 12/16    | Atilio Pernisco<br>apernisco@mtsac.edu |
| 21486 | BH2H2  | Brain Health 2          | W   | 1:15pm     | 3:35pm   | 8/26       | 12/16    | Karena Friedman<br>kfriedman@mtsac.edu |
| 21483 | BH2H1  | Brain Health 1          | Th  | 1:15pm     | 3:35pm   | 8/27       | 12/17    | Karena Friedman<br>kfriedman@mtsac.edu |
| 21687 | MOX01  | Healthy Aging           | F   | 9:30am     | 10:20am  | 8/28       | 12/18    | Erin McLaren<br>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                     |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|---------------------------------------|
| 21656 | MOX01  | Healthy Aging                         | TTh | 8:00am     | 8:50am   | 8/25       | 12/17    | Vanessa Jones<br>vjones11@mtsac.edu   |
| 21697 | MOX02  | Principles of Slow Movement           | T   | 9:00am     | 10:05am  | 8/25       | 12/15    | Min Peng<br>mpeng15@mtsac.edu         |
| 21669 | MOX01  | Healthy Aging                         | W   | 9:30am     | 10:20am  | 8/26       | 12/16    | Vanessa Jones<br>vjones11@mtsac.edu   |
| 21734 | MOX04  | Principles of Posture and Flexibility | Th  | 9:00am     | 10:20am  | 8/27       | 12/17    | Shannon Clewley<br>sclewley@mtsac.edu |
| 21709 | MOX02  | Principles of Slow Movement           | F   | 9:00am     | 10:20am  | 8/28       | 12/18    | Min Peng<br>mpeng15@mtsac.edu         |
| 21738 | MOX04  | Principles of Posture and Flexibility | F   | 10:30am    | 11:35am  | 8/28       | 12/18    | Andrea Anello<br>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                        |
|-------|--------|----------------------------------|------|------------|----------|------------|----------|------------------------------------------|
| 21742 | MOX06  | Principles of Aquatic Resistance | MF   | 8:45am     | 9:35am   | 8/24       | 12/11    | Leslie Hunnicutt<br>lhunnicutt@mtsac.edu |
| 21744 | MOX06  | Principles of Aquatic Resistance | MF   | 9:45am     | 10:35am  | 8/24       | 12/11    | Leslie Hunnicutt<br>lhunnicutt@mtsac.edu |
| 21746 | MOX06  | Principles of Aquatic Resistance | TWTh | 8:45am     | 9:35am   | 8/25       | 12/10    | Karena Friedman<br>kfriedman@mtsac.edu   |
| 21747 | MOX06  | Principles of Aquatic Resistance | TWTh | 9:45am     | 10:35am  | 8/25       | 12/10    | Karena Friedman<br>kfriedman@mtsac.edu   |

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## **Sunshine Park Classes (SUNP)**

515 Deepmead Ave.,  
La Puente, CA 91744

| CRN   | Course | Class Title                           | Day | Start Time | End Time | Start Date | End Date | Professor & Email                     |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|---------------------------------------|
| 21619 | MBH    | Music and Brain Health                | M   | 9:55am     | 12:00pm  | 8/24       | 12/14    | James Hartford<br>jhartford@mtsac.edu |
| 24012 | MOX04  | Principles of Posture and Flexibility | T   | 9:00am     | 9:50am   | 8/25       | 12/15    | Kenzie Barnes<br>mbarnes35@mtsac.edu  |
| 24011 | MOX11  | Fall Prevention, Balance and Mobility | W   | 10:30am    | 11:35am  | 8/26       | 12/16    | Andrea Anello<br>aanello@mtsac.edu    |

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## **Walnut Senior Center Classes**

21215 La Puente Rd.  
Walnut, CA 91789

| CRN   | Course | Class Title                           | Day | Start Time | End Time | Start Date | End Date | Professor & Email                     |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|---------------------------------------|
| 21643 | MOX01  | Healthy Aging                         | MWF | 8:00am     | 8:50am   | 8/24       | 12/18    | Andrea Anello<br>aanello@mtsac.edu    |
| 21648 | MOX01  | Healthy Aging                         | MWF | 9:30am     | 10:35am  | 8/24       | 12/18    | Danelle Cole<br>dcole18@mtsac.edu     |
| 21659 | MOX01  | Healthy Aging                         | T   | 9:00am     | 9:50am   | 8/25       | 12/15    | Elizabeth White<br>ewhite31@mtsac.edu |
| 21663 | MOX01  | Healthy Aging                         | T   | 12:45pm    | 1:35pm   | 8/25       | 12/15    | Danelle Cole<br>dcole18@mtsac.edu     |
| 21729 | MOX04  | Principles of Posture and Flexibility | W   | 10:45am    | 11:50am  | 8/26       | 12/16    | Danelle Cole<br>dcole18@mtsac.edu     |
| 21552 | FNA03  | Oil Painting                          | W   | 1:00pm     | 3:50pm   | 8/26       | 12/16    | Kelly Conte<br>kconte@mtsac.edu       |
| 21553 | FNA03  | Oil Painting                          | Th  | 9:00am     | 11:50am  | 8/27       | 12/17    | Kelly Conte<br>kconte@mtsac.edu       |

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

2501 E. Cortez St.  
West Covina, CA 91791

| CRN   | Course | Class Title                           | Day | Start Time | End Time | Start Date | End Date | Professor & Email                        |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|------------------------------------------|
| 21646 | MOX01  | Healthy Aging                         | M   | 9:00am     | 9:50am   | 8/24       | 12/14    | Shelby White<br>swhite@mtsac.edu         |
| 21692 | MOX02  | Principles of Slow Movement           | M   | 12:00pm    | 1:25pm   | 8/24       | 12/14    | Blanche Miranda<br>bmiranda22@mtsac.edu  |
| 21694 | MOX02  | Principles of Slow Movement           | M   | 1:30pm     | 2:55pm   | 8/24       | 12/14    | Blanche Miranda<br>bmiranda22@mtsac.edu  |
| 21722 | MOX04  | Principles of Posture and Flexibility | TTh | 10:00am    | 10:50am  | 8/25       | 12/17    | Danelle Cole<br>dcole18@mtsac.edu        |
| 21724 | MOX04  | Principles of Posture and Flexibility | TTh | 11:00am    | 11:50am  | 8/25       | 12/17    | Danelle Cole<br>dcole18@mtsac.edu        |
| 21731 | MOX04  | Principles of Posture and Flexibility | W   | 1:00pm     | 2:30pm   | 8/26       | 12/16    | Surendra Mehta<br>smehta9@mtsac.edu      |
| 21686 | MOX01  | Healthy Aging                         | F   | 9:00am     | 9:50am   | 8/28       | 12/18    | Raea Figueroa-Darby<br>adarby1@mtsac.edu |
| 21563 | FNA04  | Watercolor Painting                   | F   | 10:00am    | 12:30pm  | 8/28       | 12/18    | Kelly Conte<br>kconte@mtsac.edu          |
| 21688 | MOX01  | Healthy Aging                         | F   | 10:00am    | 10:50am  | 8/28       | 12/18    | Raea Figueroa-Darby<br>adarby1@mtsac.edu |

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[www.mtsac.edu/ea](http://www.mtsac.edu/ea) or register  
in-person with the professor.

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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                        |
|-------|--------|--------------------|-----|------------|----------|------------|----------|------------------------------------------|
| 21672 | MOX01  | Healthy Aging      | W   | 10:30am    | 11:20am  | 8/26       | 12/16    | Leslie Hunnicutt<br>lhunnicutt@mtsac.edu |
| 21550 | FN     | Food and Nutrition | Th  | 9:00am     | 11:50am  | 10/22      | 12/17    | TBA<br>ea@mtsac.edu                      |

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

Contact us at:

email: [ea@mtsac.edu](mailto:ea@mtsac.edu)

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in-person with the professor.

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## **William Steinmetz Senior Center Classes (WSSC)**

1545 S. Stimson Ave.,  
Hacienda Heights, CA 91745

| CRN   | Course | Class Title                              | Day | Start Time | End Time | Start Date | End Date | Professor & Email                       |
|-------|--------|------------------------------------------|-----|------------|----------|------------|----------|-----------------------------------------|
| 21574 | FNA32  | Drawing                                  | T   | 9:00am     | 11:50am  | 8/25       | 12/15    | Bernard Johnson<br>bjohnson98@mtsac.edu |
| 21673 | MOX01  | Healthy Aging                            | W   | 10:30am    | 11:20am  | 8/26       | 12/16    | Shannon Clewley<br>sclewley@mtsac.edu   |
| 24037 | MOX04  | Principles of Posture<br>and Flexibility | Th  | 11:10am    | 12:00pm  | 8/27       | 12/17    | Shannon Clewley<br>sclewley@mtsac.edu   |

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## Online Classes

### Monday Classes

| CRN   | Course | Class Title                         | Day | Start Time | End Time | Start Date | End Date | Professor & Email                                  | Modality             |
|-------|--------|-------------------------------------|-----|------------|----------|------------|----------|----------------------------------------------------|----------------------|
| 21640 | MOX01  | Healthy Aging                       | M   | 7:15am     | 8:25am   | 8/24       | 12/14    | Jeremy Tan<br>jtan9@mtsac.edu                      | ONLINE - Synchronous |
| 21641 | MOX01  | Healthy Aging                       | M   | 8:00am     | 8:50am   | 8/24       | 12/14    | Candice Castro<br>ccastro@mtsac.edu                | ONLINE - Synchronous |
| 21642 | MOX01  | Healthy Aging                       | M   | 8:00am     | 8:50am   | 8/24       | 12/14    | Danelle Cole<br>dcole18@mtsac.edu                  | ONLINE - Synchronous |
| 21712 | MOX04  | Principles of Posture & Flexibility | M   | 8:30am     | 9:55am   | 8/24       | 12/14    | Gabriela Klein<br>gklein@mtsac.edu                 | ONLINE - Synchronous |
| 21556 | FNA04  | Watercolor Painting                 | M   | 9:00am     | 11:50am  | 8/24       | 12/14    | Atilio Pernisco<br>apernisco@mtsac.edu             | ONLINE - Synchronous |
| 21645 | MOX01  | Healthy Aging                       | M   | 9:00am     | 9:50am   | 8/24       | 12/14    | Marisa Fierro<br>mfierro10@mtsac.edu               | ONLINE - Synchronous |
| 21755 | MOX11  | Fall Prevention, Balance & Mobility | M   | 10:00am    | 11:25am  | 8/24       | 12/14    | Andrea Anello<br>aanello@mtsac.edu                 | ONLINE - Synchronous |
| 21756 | MOX11  | Fall Prevention, Balance & Mobility | M   | 10:00am    | 11:25am  | 8/24       | 12/14    | Gabriela Klein<br>gklein@mtsac.edu                 | ONLINE - Synchronous |
| 21714 | MOX04  | Principles of Posture & Flexibility | M   | 11:30am    | 12:55pm  | 8/24       | 12/14    | Kimberley SantaBarbara<br>ksantabarbara@mtsac.edu  | ONLINE - Synchronous |
| 21693 | MOX02  | Principles of Slow Movement         | M   | 12:30pm    | 1:20pm   | 8/24       | 12/14    | Raea Figueroa-Darby<br>adarby1@mtsac.edu           | ONLINE - Synchronous |
| 21757 | MOX11  | Fall Prevention, Balance & Mobility | M   | 1:00pm     | 2:05pm   | 8/24       | 12/14    | Leslie Hunnicutt<br>lhunnicutt@mtsac.edu           | ONLINE - Synchronous |
| 21716 | MOX04  | Principles of Posture & Flexibility | MW  | 7:00pm     | 7:50pm   | 8/24       | 12/16    | Dhruti Ramchandani<br>dhruti.ramchandani@mtsac.edu | ONLINE - Synchronous |

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## Online Classes

### Tuesday Classes

| CRN   | Course | Class Title                          | Day | Start Time | End Time | Start Date | End Date | Professor & Email                           | Modality                |
|-------|--------|--------------------------------------|-----|------------|----------|------------|----------|---------------------------------------------|-------------------------|
| 21717 | MOX04  | Principles of Posture & Flexibility  | T   | 7:15am     | 8:25am   | 8/25       | 12/15    | Jeremy Tan<br>jtan9@mtsac.edu               | ONLINE - Synchronous    |
| 21655 | MOX01  | Healthy Aging                        | T   | 8:00am     | 8:50am   | 8/25       | 12/15    | Candice Castro<br>ccastro@mtsac.edu         | ONLINE - Synchronous    |
| 21719 | MOX04  | Principles of Posture & Flexibility  | T   | 9:00am     | 9:50am   | 8/25       | 12/15    | Candice Castro<br>ccastro@mtsac.edu         | ONLINE - Synchronous    |
| 21749 | MOX09  | Principles of Progressive Resistance | T   | 9:00am     | 9:50am   | 8/25       | 12/15    | Gabriela Klein<br>gklein@mtsac.edu          | ONLINE - Synchronous    |
| 21661 | MOX01  | Healthy Aging                        | T   | 10:00am    | 10:50am  | 8/25       | 12/15    | Leslie Hunnicutt<br>lhunnicutt@mtsac.edu    | ONLINE - Synchronous    |
| 21721 | MOX04  | Principles of Posture & Flexibility  | T   | 10:00am    | 10:50am  | 8/25       | 12/15    | Shelby White<br>swhite@mtsac.edu            | ONLINE - Synchronous    |
| 21750 | MOX09  | Principles of Progressive Resistance | T   | 10:00am    | 10:50am  | 8/25       | 12/15    | Gabriela Klein<br>gklein@mtsac.edu          | ONLINE - Synchronous    |
| 21760 | MOX11  | Fall Prevention, Balance & Mobility  | T   | 11:00am    | 11:50am  | 8/25       | 12/15    | Kim SantaBarbara<br>ksantabarbara@mtsac.edu | ONLINE - Synchronous    |
| 21485 | BH2H2  | Brain Health 2                       | T   | 1:00pm     | 3:35pm   | 8/25       | 12/15    | Shelby White<br>swhite@mtsac.edu            | Asynch<br>Zoom 1-2:30pm |
| 21549 | FN     | Food and Nutrition                   | T   | 2:45pm     | 4:10pm   | 8/25       | 12/15    | Miranda Zhan<br>gzhan3@mtsac.edu            | ONLINE - Synchronous    |
| 21727 | MOX04  | Principles of Posture & Flexibility  | TTh | 6:30pm     | 7:50pm   | 8/25       | 12/17    | Danelle Cole<br>dcole18@mtsac.edu           | ONLINE - Synchronous    |

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## Online Classes

### Wednesday Classes

| CRN   | Course | Class Title                         | Day | Start Time | End Time | Start Date | End Date | Professor & Email                                 | Modality                 |
|-------|--------|-------------------------------------|-----|------------|----------|------------|----------|---------------------------------------------------|--------------------------|
| 21664 | MOX01  | Healthy Aging                       | W   | 7:15am     | 8:25am   | 8/26       | 12/16    | Jeremy Tan<br>jtan9@mtsac.edu                     | ONLINE - Synchronous     |
| 21665 | MOX01  | Healthy Aging                       | W   | 8:00am     | 8:50am   | 8/26       | 12/16    | Candice Castro<br>ccastro@mtsac.edu               | ONLINE - Synchronous     |
| 21666 | MOX01  | Healthy Aging                       | W   | 8:00am     | 8:50am   | 8/26       | 12/16    | Danelle Cole<br>dcole18@mtsac.edu                 | ONLINE - Synchronous     |
| 21728 | MOX04  | Principles of Posture & Flexibility | W   | 8:30am     | 9:55am   | 8/26       | 12/16    | Gabriela Klein<br>gklein@mtsac.edu                | ONLINE - Synchronous     |
| 21482 | BHTH1  | Brain Health 1                      | W   | 9:00am     | 11:20am  | 8/26       | 12/16    | Kim SantaBarbara<br>ksantabarbara@mtsac.edu       | Asynch<br>Zoom 9-10:30am |
| 21571 | FNA32  | Drawing                             | W   | 9:00am     | 11:30am  | 8/26       | 12/16    | Kelly Conte<br>kconte@mtsac.edu                   | ONLINE - Synchronous     |
| 21667 | MOX01  | Healthy Aging                       | W   | 9:00am     | 9:50am   | 8/26       | 12/16    | Candice Castro<br>ccastro@mtsac.edu               | ONLINE - Synchronous     |
| 21668 | MOX01  | Healthy Aging                       | W   | 9:00am     | 9:50am   | 8/26       | 12/16    | Leslie Hunnicutt<br>lhunnicutt@mtsac.edu          | ONLINE - Synchronous     |
| 21762 | MOX11  | Fall Prevention, Balance & Mobility | W   | 10:00am    | 11:25am  | 8/26       | 12/16    | Gabriela Klein<br>gklein@mtsac.edu                | ONLINE - Synchronous     |
| 21763 | MOX11  | Fall Prevention, Balance & Mobility | W   | 10:00am    | 11:25am  | 8/26       | 12/16    | Elizabeth White<br>ewhite31@mtsac.edu             | ONLINE - Synchronous     |
| 21730 | MOX04  | Principles of Posture & Flexibility | W   | 11:30am    | 12:55pm  | 8/26       | 12/16    | Kimberley SantaBarbara<br>ksantabarbara@mtsac.edu | ONLINE - Synchronous     |

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## Online Classes

### Thursday Classes

| CRN   | Course | Class Title                          | Day | Start Time | End Time | Start Date | End Date | Professor & Email                        | Modality                |
|-------|--------|--------------------------------------|-----|------------|----------|------------|----------|------------------------------------------|-------------------------|
| 21732 | MOX04  | Principles of Posture & Flexibility  | Th  | 7:15am     | 8:25am   | 8/27       | 12/17    | Jeremy Tan<br>jtan9@mtsac.edu            | ONLINE - Synchronous    |
| 21675 | MOX01  | Healthy Aging                        | Th  | 8:00am     | 8:50am   | 8/27       | 12/17    | Candice Castro<br>ccastro@mtsac.edu      | ONLINE - Synchronous    |
| 21704 | MOX02  | Principles of Slow Movement          | Th  | 9:00am     | 9:50am   | 8/27       | 12/17    | Shelby White<br>swhite@mtsac.edu         | ONLINE - Synchronous    |
| 21733 | MOX04  | Principles of Posture & Flexibility  | Th  | 9:00am     | 9:50am   | 8/27       | 12/17    | Candice Castro<br>ccastro@mtsac.edu      | ONLINE - Synchronous    |
| 21752 | MOX09  | Principles of Progressive Resistance | Th  | 9:00am     | 9:50am   | 8/27       | 12/17    | Gabriela Klein<br>gklein@mtsac.edu       | ONLINE - Synchronous    |
| 21678 | MOX01  | Healthy Aging                        | Th  | 10:00am    | 10:50am  | 8/27       | 12/17    | Leslie Hunnicutt<br>lhunnicutt@mtsac.edu | ONLINE - Synchronous    |
| 21753 | MOX09  | Principles of Progressive Resistance | Th  | 10:00am    | 10:50am  | 8/27       | 12/17    | Gabriela Klein<br>gklein@mtsac.edu       | ONLINE - Synchronous    |
| 21680 | MOX01  | Healthy Aging                        | Th  | 11:00am    | 11:50am  | 8/27       | 12/17    | Candice Castro<br>ccastro@mtsac.edu      | ONLINE - Synchronous    |
| 21616 | LS     | Writing Your Life Story              | Th  | 1:00pm     | 3:35pm   | 8/27       | 12/17    | Marisa Fierro<br>mfierro10@mtsac.edu     | Asynch<br>Zoom 1-2:30pm |

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## Online Classes

### Friday & Saturday Classes

| CRN   | Course | Class Title                          | Day | Start Time | End Time | Start Date | End Date | Professor & Email                           | Modality             |
|-------|--------|--------------------------------------|-----|------------|----------|------------|----------|---------------------------------------------|----------------------|
| 21754 | MOX09  | Principles of Progressive Resistance | F   | 7:15am     | 8:20am   | 8/28       | 12/18    | Kenzie Barnes<br>mbarnes35@mtsac.edu        | ONLINE - Synchronous |
| 21682 | MOX01  | Healthy Aging                        | F   | 8:00am     | 8:50am   | 8/28       | 12/18    | Danelle Cole<br>dcole18@mtsac.edu           | ONLINE - Synchronous |
| 21737 | MOX04  | Principles of Posture & Flexibility  | F   | 8:30am     | 9:55am   | 8/28       | 12/18    | Gabriela Klein<br>gklein@mtsac.edu          | ONLINE - Synchronous |
| 21684 | MOX01  | Healthy Aging                        | F   | 9:00am     | 10:35am  | 8/28       | 12/18    | Shelby White<br>swhite@mtsac.edu            | ONLINE - Synchronous |
| 21770 | MOX11  | Fall Prevention, Balance & Mobility  | F   | 10:00am    | 11:25am  | 8/28       | 12/18    | Gabriela Klein<br>gklein@mtsac.edu          | ONLINE - Synchronous |
| 21740 | MOX04  | Principles of Posture & Flexibility  | F   | 11:30am    | 12:55pm  | 8/28       | 12/18    | Raea Figueroa-Darby<br>adarby1@mtsac.edu    | ONLINE - Synchronous |
| 21627 | MBH    | Music and Brain Health               | F   | 1:00pm     | 3:05pm   | 8/28       | 12/18    | Jinette Martinez<br>jmartinez1063@mtsac.edu | ONLINE - Synchronous |
| 21683 | MOX01  | Healthy Aging                        | Sa  | 8:00am     | 9:50am   | 8/28       | 12/19    | Jeremy Tan<br>jtan9@mtsac.edu               | ONLINE - Synchronous |

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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](http://www.mtsac.edu/ea).

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- Noncredit Application
- Canvas
- Zoom
- And much more!

## **FALL 2026 ZOOM HOURS:**

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

## **FALL 2026 IN-PERSON HOURS:**

**Monday: 9am- 1pm (Bldg 40, Rm 125)**  
**Wednesday: 9am- 1pm (Bldg 30, Rm 111)**  
**Thursday: 9am- 1pm (Bldg 66, Rm 130)**

## **HOW TO CONTACT US:**



**ZOOM: [bit.ly/4fcBSDZ](https://bit.ly/4fcBSDZ)**  
• Scan QR code to join



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**EMAIL: [sce@mtsac.edu](mailto:sce@mtsac.edu)**



**WEB: [bit.ly/3VCj6z0](https://bit.ly/3VCj6z0)**

## Semester Dates

### Fall 2026

**Registration Begins:** May 6, 2026

**Classes Begin:** August 24, 2026

**Classes End:** December 20, 2026

**Holidays:** September 7, November 11, November 26, November 27

*\*No classes from December 21, 2026 – January 3, 2027*

### Winter 2027

**Registration Begins:** November 12, 2026

**Classes Begin:** January 4, 2027

**Classes End:** February 14, 2027

**Holidays:** January 18, February 12

*\*No classes from February 15 – February 22, 2027*

### Spring 2027

**Registration Begins:** November 12, 2026

**Classes Begin:** February 23, 2027

**Classes End:** June 13, 2027

**Holidays:** March 31, May 31