# 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**
eoa@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 9/28/2026*
*Class details subject to change.*

***Class details are subject to change.***

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

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

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

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

## Need Help?

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

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# 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.

## 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.

**Enroll in tuition-free college classes for older adults!**

MT. SAC
Mt. San Antonio College

Register online at 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 |
|---|---|---|---|---|---|---|---|---|
| 21555 | FNA04 | Watercolor Painting | M | 9:00am | 11:50am | 8/24 | 12/14 | Angelica Sanchez asanchez487@mtsac.edu |
| 21748 | MOX09 | Principles of Progressive Resistance | MTW ThF | 11:00am | 12:05pm | 8/24 | 12/18 | Frank Ortiz fortiz27@mtsac.edu |
| 21715 | MOX04 | Principles of Posture and Flexibility | M | 1:00pm | 2:05pm | 8/24 | 12/14 | Kenzie Barnes mbarnes35@mtsac.edu |
| 21570 | FNA32 | Drawing | W | 9:00am | 11:50am | 8/26 | 12/16 | Angelica Sanchez asanchez487@mtsac.edu |
| 21674 | MOX01 | Healthy Aging | Th | 8:00am | 8:50am | 8/27 | 12/17 | Blanche Miranda bmiranda22@mtsac.edu |
| 21768 | MOX11 | Fall Prevention, Balance and Mobility | F | 8:00am | 9:05am | 8/28 | 12/18 | 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 |
|---|---|---|---|---|---|---|---|---|
| 21741 | MOX06 | Principles of Aquatic Resistance | MTWThF | 8:00am | 9:25am | 8/24 | 12/18 | Frank Ortiz fortiz27@mtsac.edu |
| 21743 | MOX06 | Principles of Aquatic Resistance | MTWThF | 9:30am | 10:50am | 8/24 | 12/18 | Frank Ortiz fortiz27@mtsac.edu |
| 21745 | MOX06 | Principles of Aquatic Resistance | MTWTh | 7:15pm | 8:05pm | 8/24 | 12/17 | Yamil Slim 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 sclewley@mtsac.edu |
| 23990 | MBH | Music and Brain Health | W | 12:00pm | 1:50pm | 8/26 | 12/16 | Jinette Martinez jmartinez1063@mtsac.edu |

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## Chino Senior Center Classes (CHISC)

13170 Central Ave.
Chino, CA 91710

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|---|---|---|---|---|---|---|---|---|
| 25176 | MOX11 | Fall Prevention, Balance and Mobility | Th | 8:30am | 9:35am | 10/22 | 12/17 | Marisa Fierro mfierro10@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 ccastro@mtsac.edu |
| 21718 | MOX04 | Principles of Posture & Flexibility | T | 9:00am | 10:05am | 8/25 | 12/15 | Shannon Clewley sclewley@mtsac.edu |
| 21613 | LS | Writing Your Life Story | T | 10:15am | 12:05pm | 8/25 | 12/15 | Marianne Burch mburch1@mtsac.edu |
| 21576 | FNA32 | Drawing | F | 9:00am | 11:50am | 8/28 | 12/18 | 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 |
|---|---|---|---|---|---|---|---|---|
| 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 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 smehta9@mtsac.edu |
| 24128 | MOX01 | Healthy Aging | MW | 8:00am | 8:50am | 8/24 | 12/16 | Kenzie Barnes mbarnes35@mtsac.edu |
| 21644 | MOX01 | Healthy Aging | MWF | 9:00am | 9:50am | 8/24 | 12/18 | Kenzie Barnes mbarnes35@mtsac.edu |
| 21649 | MOX01 | Healthy Aging | MWF | 10:00am | 10:50am | 8/24 | 12/18 | Kenzie Barnes mbarnes35@mtsac.edu |
| 21723 | MOX04 | Principles of Posture and Flexibility | T | 10:15am | 11:20am | 8/25 | 12/15 | Elizabeth White ewhite31@mtsac.edu |
| 21725 | MOX04 | Principles of Posture and Flexibility | T | 11:25am | 12:30pm | 8/25 | 12/15 | Elizabeth White ewhite31@mtsac.edu |
| 21569 | FNA32 | Drawing | T | 12:30pm | 3:20pm | 8/25 | 12/15 | Michelle Emami memami@mtsac.edu |
| 24038 | MOX02 | Principles of Slow Movement | Th | 8:00am | 9:20am | 8/27 | 12/17 | Raea Figueroa-Darby adarby1@mtsac.edu |
| 21705 | MOX02 | Principles of Slow Movement | Th | 9:30am | 11:20am | 8/27 | 12/17 | Raea Figueroa-Darby adarby1@mtsac.edu |
| 21561 | FNA04 | Watercolor Painting | Th | 1:00pm | 3:50pm | 8/27 | 12/17 | Kelly Conte kconte@mtsac.edu |
| 21617 | LS | Writing Your Life Story | Th | 1:30pm | 3:00pm | 8/27 | 12/17 | Marianne Burch mburch1@mtsac.edu |
| 21578 | FNA32 | Drawing | F | 1:00pm | 3:05pm | 8/28 | 12/18 | 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 |
|---|---|---|---|---|---|---|---|---|
| 21726 | MOX04 | Principles of Posture & Flexibility | T | 12:40pm | 1:45pm | 8/25 | 12/15 | Kenzie Barnes mbarnes35@mtsac.edu |
| 21764 | MOX11 | Fall Prevention, Balance and Mobility | W | 12:50pm | 1:55pm | 8/26 | 12/16 | 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 |
|---|---|---|---|---|---|---|---|---|
| 21618 | MBH | Music and Brain Health | M | 9:00am | 11:05am | 8/24 | 12/14 | Jinette Martinez jmartinez1063@mtsac.edu |
| 21701 | MOX02 | Principles of Slow Movement | T | 4:30pm | 5:20pm | 8/25 | 12/15 | Blanche Miranda bmiranda22@mtsac.edu |
| 21575 | FNA32 | Drawing | Th | 1:00pm | 3:50pm | 8/27 | 12/17 | Bernard Johnson bjohnson98@mtsac.edu |
| 21565 | FNA04 | Watercolor Painting | F | 12:55pm | 3:45pm | 8/28 | 12/18 | Emma Limtiaco elimtiaco@mtsac.edu |
| 21567 | FNA06 | Ceramics for Older Adults | Sa | 9:30am | 12:20pm | 8/29 | 12/19 | Bonnie Lee 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 adarby1@mtsac.edu |
| 21691 | MOX02 | Principles of Slow Movement | MW | 10:00am | 10:50am | 8/24 | 12/16 | Raea Figueroa-Darby adarby1@mtsac.edu |
| 21759 | MOX11 | Fall Prevention, Balance and Mobility | T | 11:00am | 11:50am | 8/25 | 12/15 | Candice Castro ccastro@mtsac.edu |
| 21681 | MOX01 | Healthy Aging | Th | 1:00pm | 1:50pm | 8/27 | 12/17 | Kenzie Barnes mbarnes35@mtsac.edu |
| 21739 | MOX04 | Principles of Posture and Flexibility | F | 11:00am | 11:50am | 8/28 | 12/18 | Danelle Cole dcole18@mtsac.edu |
| 21689 | MOX01 | Healthy Aging | F | 1:00pm | 1:50pm | 8/28 | 12/18 | Blanche Miranda 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 blee177@mtsac.edu |
| 21622 | MBH | Music and Brain Health | T | 9:55am | 12:00pm | 8/25 | 12/15 | James Hartford jhartford@mtsac.edu |
| 21671 | MOX01 | Healthy Aging | W | 10:30am | 11:20am | 8/26 | 12/16 | Candice Castro ccastro@mtsac.edu |
| 21751 | MOX09 | Principles of Progressive Resistance* | Th | 8:15am | 9:40am | 8/27 | 12/17 | Kenzie Barnes mbarnes35@mtsac.edu |
| 21577 | FNA32 | Drawing | F | 9:00am | 11:50am | 8/28 | 12/18 | Bernard Johnson 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 bmiranda22@mtsac.edu |
| 21677 | MOX01 | Healthy Aging | Th | 10:00am | 11:05am | 8/27 | 12/17 | Erin McLaren emclaren@mtsac.edu |
| 21736 | MOX04 | Principles of Posture and Flexibility | Th | 12:30pm | 1:20pm | 8/27 | 12/17 | Shannon Clewley sclewley@mtsac.edu |
| 21562 | FNA04 | Watercolor Painting | Th | 1:30pm | 4:20pm | 8/27 | 12/17 | Michelle Emami memami@mtsac.edu |
| 21769 | MOX11 | Fall Prevention, Balance and Mobility | F | 10:00am | 10:50am | 8/28 | 12/18 | Shannon Clewley 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 memami@mtsac.edu |
| 21657 | MOX01 | Healthy Aging | TTh | 8:15am | 9:35am | 8/25 | 12/17 | Danelle Cole dcole18@mtsac.edu |
| 21558 | FNA04 | Watercolor Painting | T | 9:00am | 11:50am | 8/25 | 12/15 | Kelly Conte kconte@mtsac.edu |
| 21761 | MOX11 | Fall Prevention, Balance and Mobility | T | 1:30pm | 2:20pm | 8/25 | 12/15 | Yamil Slim yslim1@mtsac.edu |
| 21573 | FNA32 | Drawing | Th | 8:55am | 12:00pm | 8/27 | 12/17 | Michelle Emami memami@mtsac.edu |
| 21554 | FNA03 | Oil Painting | Th | 12:30pm | 2:50pm | 8/27 | 12/17 | Atilio Pernisco apernisco@mtsac.edu |
| 21707 | MOX02 | Principles of Slow Movement | Th | 1:00pm | 2:50pm | 8/27 | 12/17 | Raea Figueroa-Darby adarby1@mtsac.edu |
| 21766 | MOX11 | Fall Prevention, Balance and Mobility | Th | 1:30pm | 2:20pm | 8/27 | 12/17 | Yamil Slim yslim1@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/eoa

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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 |

**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: **eoa@mtsac.edu** phone: **(909) 274-4192**

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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 ycardona3@mtsac.edu | 80-1220 |
| 21624 | MBH | Music and Brain Health | Th | 1:00pm | 3:50pm | 8/27 | 12/17 | James Hartford jhartford@mtsac.edu | 80-1331 |

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

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MT. SAC
Mt. San Antonio College

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

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

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

## 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 vjones11@mtsac.edu |
| 24190 | MOX04 | Principles of Posture and Flexibility | Th | 10:45am | 11:35am | 8/27 | 12/17 | Marisa Fierro 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 mbarnes35@mtsac.edu |
| 21735 | MOX04 | Principles of Posture and Flexibility | Th | 10:30am | 11:45am | 8/27 | 12/17 | Kenzie Barnes 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 memami@mtsac.edu |
| 21696 | MOX02 | Principles of Slow Movement | T | 9:00am | 10:20am | 8/25 | 12/15 | Erin McLaren emclaren@mtsac.edu |
| 21685 | MOX01 | Healthy Aging | F | 9:30am | 10:35am | 8/28 | 12/18 | Candice Castro ccastro@mtsac.edu |

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Mt. San Antonio College

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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 ccastro@mtsac.edu |
| 21559 | FNA04 | Watercolor Painting | T | 1:00pm | 4:05pm | 8/25 | 12/15 | Kelly Conte kconte@mtsac.edu |
| 21615 | LS | Writing Your Life Story | T | 5:30pm | 7:00pm | 8/25 | 12/15 | Marisa Fierro mfierro10@mtsac.edu |
| 21572 | FNA32 | Drawing | W | 9:00am | 11:50am | 8/26 | 12/16 | Atilio Pernisco apernisco@mtsac.edu |
| 21486 | BHTH2 | Brain Health 2 | W | 1:15pm | 3:35pm | 8/26 | 12/16 | Karena Friedman kfriedman@mtsac.edu |
| 21483 | BHTH1 | Brain Health 1 | Th | 1:15pm | 3:35pm | 8/27 | 12/17 | Karena Friedman kfriedman@mtsac.edu |
| 21687 | MOX01 | Healthy Aging | F | 9:30am | 10:20am | 8/28 | 12/18 | 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 |
|---|---|---|---|---|---|---|---|---|
| 21656 | MOX01 | Healthy Aging | TTh | 8:00am | 8:50am | 8/25 | 12/17 | Vanessa Jones vjones11@mtsac.edu |
| 21697 | MOX02 | Principles of Slow Movement | T | 9:00am | 10:05am | 8/25 | 12/15 | Min Peng mpeng15@mtsac.edu |
| 21669 | MOX01 | Healthy Aging | W | 9:30am | 10:20am | 8/26 | 12/16 | Vanessa Jones vjones11@mtsac.edu |
| 21734 | MOX04 | Principles of Posture and Flexibility | Th | 9:00am | 10:20am | 8/27 | 12/17 | Shannon Clewley sclewley@mtsac.edu |
| 21709 | MOX02 | Principles of Slow Movement | F | 9:00am | 10:20am | 8/28 | 12/18 | Min Peng mpeng15@mtsac.edu |
| 21738 | MOX04 | Principles of Posture and Flexibility | F | 10:30am | 11:35am | 8/28 | 12/18 | 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 |
|---|---|---|---|---|---|---|---|---|
| 21742 | MOX06 | Principles of Aquatic Resistance | MF | 8:45am | 9:35am | 8/24 | 12/11 | Leslie Hunnicutt lhunnicutt@mtsac.edu |
| 21744 | MOX06 | Principles of Aquatic Resistance | MF | 9:45am | 10:35am | 8/24 | 12/11 | Leslie Hunnicutt lhunnicutt@mtsac.edu |
| 21746 | MOX06 | Principles of Aquatic Resistance | TWTh | 8:45am | 9:35am | 8/25 | 12/10 | Karena Friedman kfriedman@mtsac.edu |
| 21747 | MOX06 | Principles of Aquatic Resistance | TWTh | 9:45am | 10:35am | 8/25 | 12/10 | Karena Friedman 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 jhartford@mtsac.edu |
| 24012 | MOX04 | Principles of Posture and Flexibility | T | 9:00am | 9:50am | 8/25 | 12/15 | Kenzie Barnes mbarnes35@mtsac.edu |
| 24011 | MOX11 | Fall Prevention, Balance and Mobility | W | 10:30am | 11:35am | 8/26 | 12/16 | Andrea Anello 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 aanello@mtsac.edu |
| 21648 | MOX01 | Healthy Aging | MWF | 9:30am | 10:35am | 8/24 | 12/18 | Danelle Cole dcole18@mtsac.edu |
| 21659 | MOX01 | Healthy Aging | T | 9:00am | 9:50am | 8/25 | 12/15 | Elizabeth White ewhite31@mtsac.edu |
| 21663 | MOX01 | Healthy Aging | T | 12:45pm | 1:50pm | 8/25 | 12/15 | Danelle Cole dcole18@mtsac.edu |
| 21729 | MOX04 | Principles of Posture and Flexibility | W | 10:45am | 11:50am | 8/26 | 12/16 | Danelle Cole dcole18@mtsac.edu |
| 21552 | FNA03 | Oil Painting | W | 1:00pm | 3:50pm | 8/26 | 12/16 | Kelly Conte kconte@mtsac.edu |
| 21553 | FNA03 | Oil Painting | Th | 9:00am | 11:50am | 8/27 | 12/17 | Kelly Conte 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 swhite@mtsac.edu |
| 21692 | MOX02 | Principles of Slow Movement | M | 12:00pm | 1:25pm | 8/24 | 12/14 | Blanche Miranda bmiranda22@mtsac.edu |
| 21694 | MOX02 | Principles of Slow Movement | M | 1:30pm | 2:55pm | 8/24 | 12/14 | Blanche Miranda bmiranda22@mtsac.edu |
| 21722 | MOX04 | Principles of Posture and Flexibility | TTh | 10:00am | 10:50am | 8/25 | 12/17 | Danelle Cole dcole18@mtsac.edu |
| 21724 | MOX04 | Principles of Posture and Flexibility | TTh | 11:00am | 11:50am | 8/25 | 12/17 | Danelle Cole dcole18@mtsac.edu |
| 21731 | MOX04 | Principles of Posture and Flexibility | W | 1:00pm | 2:30pm | 8/26 | 12/16 | Surendra Mehta smehta9@mtsac.edu |
| 21686 | MOX01 | Healthy Aging | F | 9:00am | 9:50am | 8/28 | 12/18 | Raea Figueroa-Darby adarby1@mtsac.edu |
| 21563 | FNA04 | Watercolor Painting | F | 10:00am | 12:30pm | 8/28 | 12/18 | Kelly Conte kconte@mtsac.edu |
| 21688 | MOX01 | Healthy Aging | F | 10:00am | 10:50am | 8/28 | 12/18 | Raea Figueroa-Darby adarby1@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 |
|---|---|---|---|---|---|---|---|---|
| 21672 | MOX01 | Healthy Aging | W | 10:30am | 11:20am | 8/26 | 12/16 | Leslie Hunnicutt lhunnicutt@mtsac.edu |

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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 bjohnson98@mtsac.edu |
| 21673 | MOX01 | Healthy Aging | W | 10:30am | 11:20am | 8/26 | 12/16 | Shannon Clewley sclewley@mtsac.edu |
| 24037 | MOX04 | Principles of Posture and Flexibility | Th | 11:10am | 12:00pm | 8/27 | 12/17 | Shannon Clewley 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 jtan9@mtsac.edu | ONLINE - Synchronous |
| 21641 | MOX01 | Healthy Aging | M | 8:00am | 8:50am | 8/24 | 12/14 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 21642 | MOX01 | Healthy Aging | M | 8:00am | 8:50am | 8/24 | 12/14 | Danelle Cole dcole18@mtsac.edu | ONLINE - Synchronous |
| 21712 | MOX04 | Principles of Posture & Flexibility | M | 8:30am | 9:55am | 8/24 | 12/14 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 21556 | FNA04 | Watercolor Painting | M | 9:00am | 11:50am | 8/24 | 12/14 | Atilio Pernisco apernisco@mtsac.edu | ONLINE - Synchronous |
| 21645 | MOX01 | Healthy Aging | M | 9:00am | 9:50am | 8/24 | 12/14 | Marisa Fierro mfierro10@mtsac.edu | ONLINE - Synchronous |
| 21755 | MOX11 | Fall Prevention, Balance & Mobility | M | 10:00am | 11:25am | 8/24 | 12/14 | Andrea Anello aanello@mtsac.edu | ONLINE - Synchronous |
| 21756 | MOX11 | Fall Prevention, Balance & Mobility | M | 10:00am | 11:25am | 8/24 | 12/14 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 21714 | MOX04 | Principles of Posture & Flexibility | M | 11:30am | 12:55pm | 8/24 | 12/14 | Kimberley SantaBarbara ksantabarbara@mtsac.edu | ONLINE - Synchronous |
| 21693 | MOX02 | Principles of Slow Movement | M | 12:30pm | 1:20pm | 8/24 | 12/14 | Raea Figueroa-Darby adarby1@mtsac.edu | ONLINE - Synchronous |
| 21757 | MOX11 | Fall Prevention, Balance & Mobility | M | 1:00pm | 2:05pm | 8/24 | 12/14 | Leslie Hunnicutt lhunnicutt@mtsac.edu | ONLINE - Synchronous |
| 21716 | MOX04 | Principles of Posture & Flexibility | MW | 7:00pm | 7:50pm | 8/24 | 12/16 | Dhruti Ramchandani 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 jtan9@mtsac.edu | ONLINE - Synchronous |
| 21655 | MOX01 | Healthy Aging | T | 8:00am | 8:50am | 8/25 | 12/15 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 21719 | MOX04 | Principles of Posture & Flexibility | T | 9:00am | 9:50am | 8/25 | 12/15 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 21749 | MOX09 | Principles of Progressive Resistance | T | 9:00am | 9:50am | 8/25 | 12/15 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 21661 | MOX01 | Healthy Aging | T | 10:00am | 10:50am | 8/25 | 12/15 | Leslie Hunnicutt lhunnicutt@mtsac.edu | ONLINE - Synchronous |
| 21721 | MOX04 | Principles of Posture & Flexibility | T | 10:00am | 10:50am | 8/25 | 12/15 | Shelby White swhite@mtsac.edu | ONLINE - Synchronous |
| 21750 | MOX09 | Principles of Progressive Resistance | T | 10:00am | 10:50am | 8/25 | 12/15 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 21760 | MOX11 | Fall Prevention, Balance & Mobility | T | 11:00am | 11:50am | 8/25 | 12/15 | Kim SantaBarbara ksantabarbara@mtsac.edu | ONLINE - Synchronous |
| 21485 | BHTH2 | Brain Health 2 | T | 1:00pm | 3:35pm | 8/25 | 12/15 | Shelby White swhite@mtsac.edu | Asynch **Zoom 1-2:30pm** |
| 21549 | FN | Food and Nutrition | T | 2:45pm | 4:10pm | 8/25 | 12/15 | Miranda Zhan gzhan3@mtsac.edu | ONLINE - Synchronous |
| 21727 | MOX04 | Principles of Posture & Flexibility | TTh | 6:30pm | 7:50pm | 8/25 | 12/17 | Danelle Cole 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 jtan9@mtsac.edu | ONLINE - Synchronous |
| 21665 | MOX01 | Healthy Aging | W | 8:00am | 8:50am | 8/26 | 12/16 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 21666 | MOX01 | Healthy Aging | W | 8:00am | 8:50am | 8/26 | 12/16 | Danelle Cole dcole18@mtsac.edu | ONLINE - Synchronous |
| 21728 | MOX04 | Principles of Posture & Flexibility | W | 8:30am | 9:55am | 8/26 | 12/16 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 21482 | BHTH1 | Brain Health 1 | W | 9:00am | 11:20am | 8/26 | 12/16 | Kim SantaBarbara ksantabarbara@mtsac.edu | Asynch **Zoom 9-10:30am** |
| 21571 | FNA32 | Drawing | W | 9:00am | 11:30am | 8/26 | 12/16 | Kelly Conte kconte@mtsac.edu | ONLINE - Synchronous |
| 21667 | MOX01 | Healthy Aging | W | 9:00am | 9:50am | 8/26 | 12/16 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 21668 | MOX01 | Healthy Aging | W | 9:00am | 9:50am | 8/26 | 12/16 | Leslie Hunnicutt lhunnicutt@mtsac.edu | ONLINE - Synchronous |
| 21762 | MOX11 | Fall Prevention, Balance & Mobility | W | 10:00am | 11:25am | 8/26 | 12/16 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 21763 | MOX11 | Fall Prevention, Balance & Mobility | W | 10:00am | 11:25am | 8/26 | 12/16 | Elizabeth White ewhite31@mtsac.edu | ONLINE - Synchronous |
| 21730 | MOX04 | Principles of Posture & Flexibility | W | 11:30am | 12:55pm | 8/26 | 12/16 | Kimberley SantaBarbara ksantabarbara@mtsac.edu | ONLINE - Synchronous |

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

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

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

# 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 jtan9@mtsac.edu | ONLINE - Synchronous |
| 21675 | MOX01 | Healthy Aging | Th | 8:00am | 8:50am | 8/27 | 12/17 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 21704 | MOX02 | Principles of Slow Movement | Th | 9:00am | 9:50am | 8/27 | 12/17 | Shelby White swhite@mtsac.edu | ONLINE - Synchronous |
| 21733 | MOX04 | Principles of Posture & Flexibility | Th | 9:00am | 9:50am | 8/27 | 12/17 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 21752 | MOX09 | Principles of Progressive Resistance | Th | 9:00am | 9:50am | 8/27 | 12/17 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 21678 | MOX01 | Healthy Aging | Th | 10:00am | 10:50am | 8/27 | 12/17 | Leslie Hunnicutt lhunnicutt@mtsac.edu | ONLINE - Synchronous |
| 21753 | MOX09 | Principles of Progressive Resistance | Th | 10:00am | 10:50am | 8/27 | 12/17 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 21680 | MOX01 | Healthy Aging | Th | 11:00am | 11:50am | 8/27 | 12/17 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 21616 | LS | Writing Your Life Story | Th | 1:00pm | 3:35pm | 8/27 | 12/17 | Marisa Fierro mfierro10@mtsac.edu | Asynch **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 mbarnes35@mtsac.edu | ONLINE - Synchronous |
| 21682 | MOX01 | Healthy Aging | F | 8:00am | 8:50am | 8/28 | 12/18 | Danelle Cole dcole18@mtsac.edu | ONLINE - Synchronous |
| 21737 | MOX04 | Principles of Posture & Flexibility | F | 8:30am | 9:55am | 8/28 | 12/18 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 21684 | MOX01 | Healthy Aging | F | 9:00am | 10:35am | 8/28 | 12/18 | Shelby White swhite@mtsac.edu | ONLINE - Synchronous |
| 21770 | MOX11 | Fall Prevention, Balance & Mobility | F | 10:00am | 11:25am | 8/28 | 12/18 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 21740 | MOX04 | Principles of Posture & Flexibility | F | 11:30am | 12:55pm | 8/28 | 12/18 | Raea Figueroa-Darby adarby1@mtsac.edu | ONLINE - Synchronous |
| 21627 | MBH | Music and Brain Health | F | 1:00pm | 3:05pm | 8/28 | 12/18 | Jinette Martinez jmartinez1063@mtsac.edu | ONLINE - Synchronous |
| 21683 | MOX01 | Healthy Aging | Sa | 8:00am | 9:50am | 8/28 | 12/19 | Jeremy Tan jtan9@mtsac.edu | ONLINE - Synchronous |

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## Vocational Re-Entry Program

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

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

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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
- Canvas
- Mountie Mail
- Zoom
- Noncredit Application
- 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
- Scan QR code to join

CALL: (909) 274-6100

EMAIL: sce@mtsac.edu

FOLLOW: On Instagram!
- Scan QR code to join

WEB: 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 21, 2027*

## Spring 2027

**Registration Begins**: November 12, 2026
**Classes Begin**: February 22, 2027
**Classes End**: June 13, 2027
**Holidays**: March 31, May 31