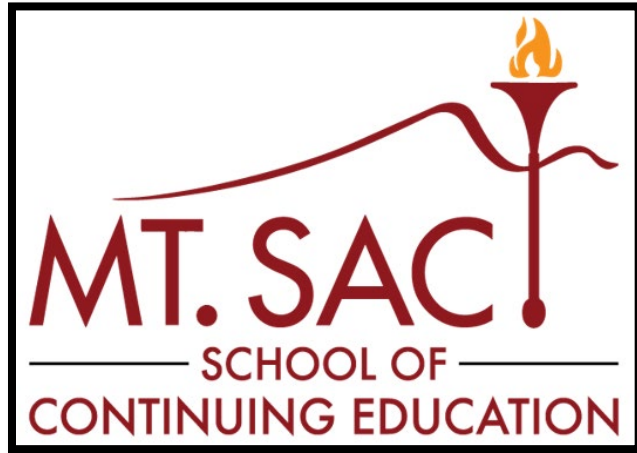


Education for Older Adults (EOA) Class Schedule Winter & Spring 2025



Winter Term: January 6 - February 16, 2025

Spring Term: February 24 - June 22, 2025

Holidays: 1/20, 2/14, 3/31, 5/26, 6/19

Register begins on November 6, 2024.

Contact Us

Phone

Registration inquiries: 909-274-4220

Program inquiries: 909-274-4192

Email

eo@mtsac.edu

Website

www.mtsac.edu/eoa

Facebook

www.facebook.com/mtsaceoa

Instagram

www.instagram.com/mtsac_eoa

Website QR Code

Scan with your phone



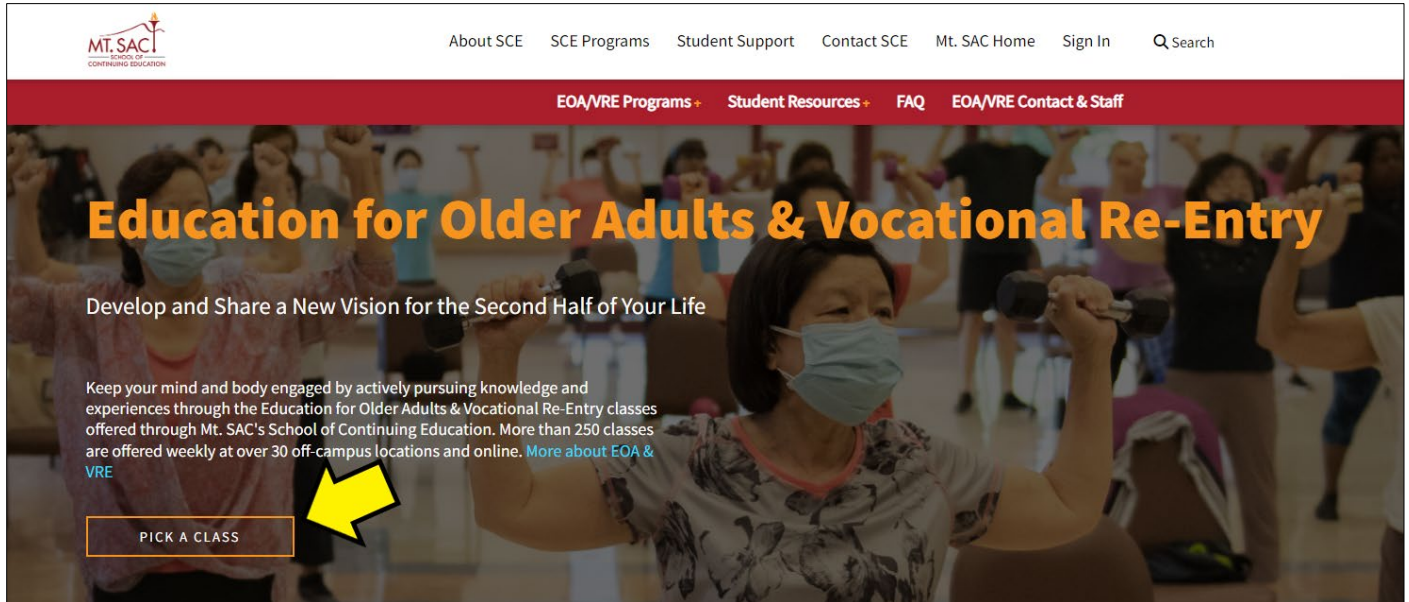
Version 3: Updated 11/13/2024
Schedule subject to change.

The class schedule is subject to change.

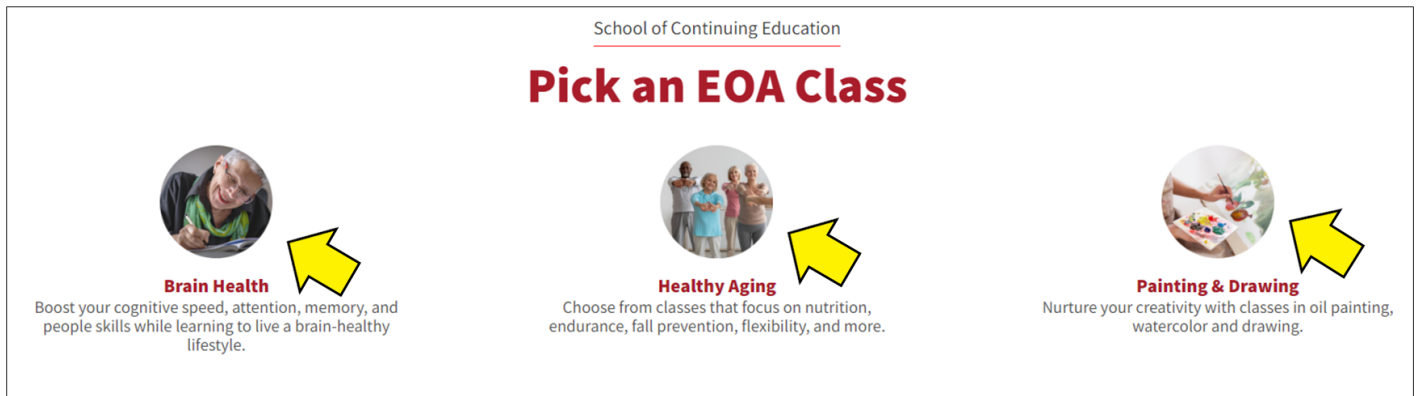
1. For the most up-to-date schedule of classes, visit our website or scan the QR code to the right. Website: www.mtsac.edu/ea.



2. Click on “Pick a Class”



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



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

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Registration Information

Registration begins on November 6, 2024.

How to Register for a Class

Students can register for classes online or in person.

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

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

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

Need Help?

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

Winter & Spring 2025 Impacted Classes Registration Support

Registration begins on Wednesday, November 6, 2024.

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

| Date | Time | Location |
|------------------------|----------------|---|
| Thursday, November 14 | 10am-12pm | Irwindale Senior Center |
| Friday, November 15 | 10am-12pm | Baldwin Park Julia McNeil Senior Center |
| Monday, November 18 | 10am-12pm | Gibson Senior Center, Upland |
| Tuesday, November 19 | 9am-11am | West Covina Senior Citizen's Center |
| Wednesday, November 20 | 10am-12pm | San Dimas Senior/Community Center |
| Thursday, November 21 | 9am-11am | Walnut Senior Center |
| Friday, November 22 | 11:30am-1:30pm | La Verne Community Center |
| Tuesday, November 26 | 10am-12pm | Diamond Bar Center |
| Tuesday, December 3 | 8:30am-10:30am | Shadow Oak Park, West Covina |
| Wednesday, December 4 | 10am-12pm | Washington Park, Pomona |
| Thursday, December 5 | 10am-12pm | Palomares Senior Center, Pomona |
| Monday, December 9 | 8:30am-10:30am | Heritage Park, Diamond Bar |
| Wednesday, December 11 | 9am-11am | Covina Senior Center |
| Thursday, December 12 | 10am-12pm | Rowland Heights Community Center |

** In Person Technology Classes & Additional Impacted Classes

(Additional impacted classes are: Winter CRNs 30924 and 30933 & Spring CRNs 41462 and 41464)

Each person must register for themselves. Students may not register for anyone else. Registration is first-come, first-served. If you miss the dates listed above, you may apply online at www.mtsac.edu/noncreditapp and contact the office to join the waitlist for the course.

Please contact our office if you have any questions, or if you need assistance.
909-274-4192 | eo@mtsac.edu

Additional Program Information

About the Education for Older Adults Program

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

Do you have questions about a class?

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

Course Modality

Course Modality refers to how an 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.

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 FNA32 Drawing— Beginning-Advanced

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

Healthy Aging Classes

OAD FN Food and Nutrition for the Older Adult

Examine nutritional cooking strategies 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.

Baldwin Park Julia McNeil Senior Center Classes (BPSC)

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

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--|------------|------------|----------|------------|----------|--|
| 30916 | FNA04 Watercolor Painting | M | 10:00 AM | 12:10 PM | 1/6 | 2/10 | Sanchez, Angelica asanchez487@mtsac.edu |
| 31068 | MOX09 Principles of Progressive Resistance | MTW ThF | 11:00 AM | 12:05 PM | 1/6 | 2/13 | Ortiz, Frank fortiz27@mtsac.edu |
| 31233 | FN Food and Nutrition | W | 10:00 AM | 11:50 AM | 1/8 | 2/12 | Mariles, Marla mmariles@mtsac.edu |
| 31347 | MBH Music and Brain Health | Th | 9:00 AM | 11:05 AM | 1/9 | 2/13 | Kung, James jkung23@mtsac.edu |

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|----------------|--|------------|------------|----------|------------|----------|--|
| 41459 | FNA04 Watercolor Painting | M | 10:00 AM | 11:50 AM | 2/24 | 6/16 | Sanchez, Angelica asanchez487@mtsac.edu |
| 41859 41860 | MOX09 Principles of Progressive Resistance | MTW ThF | 11:00 AM | 12:05 PM | 2/24 | 6/20 | Ortiz, Frank fortiz27@mtsac.edu |
| 43458 | FN Food and Nutrition | W | 10:00 AM | 11:50 AM | 2/26 | 6/18 | Mariles, Marla mmariles@mtsac.edu |
| 43501 | MBH Music and Brain Health | Th | 9:00 AM | 11:05 AM | 2/27 | 6/12 | Kung, James jkung23@mtsac.edu |

Baldwin Park Aquatic Center Classes (BPAQ)

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

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--|--------|------------|----------|------------|----------|------------------------------------|
| 31061 | MOX06 Principles of Aquatic Resistance | MTWThF | 8:00 AM | 9:25 AM | 1/6 | 2/13 | Ortiz, Frank fortiz27@mtsac.edu |
| 31063 | MOX06 Principles of Aquatic Resistance | MTWThF | 9:30 AM | 10:50 AM | 1/6 | 2/13 | Ortiz, Frank fortiz27@mtsac.edu |
| 31065 | MOX06 Principles of Aquatic Resistance | MTWTh | 7:15 PM | 8:05 PM | 1/6 | 2/13 | Slim, Yamil yslim1@mtsac.edu |

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|----------------|--|--------|------------|----------|------------|----------|------------------------------------|
| 41934 41935 | MOX06 Principles of Aquatic Resistance | MTWThF | 8:00 AM | 9:25 AM | 2/24 | 6/20 | Ortiz, Frank fortiz27@mtsac.edu |
| 41936 41937 | MOX06 Principles of Aquatic Resistance | MTWThF | 9:30 AM | 10:50 AM | 2/24 | 6/20 | Ortiz, Frank fortiz27@mtsac.edu |
| 41931 | MOX06 Principles of Aquatic Resistance | MTWTh | 7:15 PM | 8:05 PM | 2/24 | 6/18 | Slim, Yamil yslim1@mtsac.edu |

Covina Senior & Community Center Classes (CSCC)

815 N. Barranca Ave.

Covina, CA 91723

Phone: (626) 384-5380

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|-----------------------|-----|------------|----------|------------|----------|--------------------------------------|
| 30974 | MOX01 Healthy Aging | M | 1:00 PM | 1:50 PM | 1/6 | 2/10 | Castro, Candice ccastro@mtsac.edu |
| 30907 | FN Food and Nutrition | T | 9:30 AM | 11:35 AM | 1/7 | 2/11 | Mariles, Marla mmariles@mtsac.edu |
| 30934 | FNA32 Drawing | F | 9:00 AM | 11:50 AM | 1/10 | 2/7 | May-Byrd, Lia jmaybyrd@mtsac.edu |

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|-----------------------|-----|------------|----------|------------|----------|--------------------------------------|
| 41700 | MOX01 Healthy Aging | M | 1:00 PM | 1:50 PM | 2/24 | 6/16 | Castro, Candice ccastro@mtsac.edu |
| 41627 | FN Food and Nutrition | T | 9:30 AM | 11:35 AM | 2/25 | 6/17 | Mariles, Marla mmariles@mtsac.edu |
| 41636 | FNA32 Drawing | F | 9:00 AM | 11:50 AM | 2/28 | 6/20 | May-Byrd, Lia jmaybyrd@mtsac.edu |

Diamond Bar Center Classes (DBC)

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

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|--|
| 30966 | MOX01 Healthy Aging | MWF | 9:00 AM | 9:50 AM | 1/6 | 2/12 | Barnes, MacKenzie mbarnes35@mtsac.edu |
| 30970 | MOX01 Healthy Aging | MWF | 10:00 AM | 10:50 AM | 1/6 | 2/12 | Barnes, MacKenzie mbarnes35@mtsac.edu |
| 31051 | MOX04 Principles of Posture and Flexibility | T | 10:15 AM | 11:20 AM | 1/7 | 2/11 | White, Elizabeth ewhite31@mtsac.edu |
| 31053 | MOX04 Principles of Posture and Flexibility | T | 11:25 AM | 12:30 PM | 1/7 | 2/11 | White, Elizabeth ewhite31@mtsac.edu |
| 30931 | FNA32 Drawing | T | 12:30 PM | 3:20 PM | 1/7 | 2/11 | Tucker, Ray rtucker@mtsac.edu |
| 31045 | MOX02 Principles of Slow Movement | Th | 9:30 AM | 11:20 AM | 1/9 | 2/13 | Figuroa-Darby, Raea adarby1@mtsac.edu |
| 30922 | FNA04 Watercolor Painting | Th | 1:00 PM | 3:50 PM | 1/9 | 2/13 | Conte, Kelly kconte@mtsac.edu |
| 30936 | FNA32 Drawing | F | 1:00 PM | 3:05 PM | 1/10 | 2/17 | Cardona, Yasmin ycardona3@mtsac.edu |

Diamond Bar Center Classes

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|--|
| 41692 | MOX01 Healthy Aging | MWF | 9:00 AM | 9:50 AM | 2/24 | 6/20 | Barnes, MacKenzie mbarnes35@mtsac.edu |
| 41696 | MOX01 Healthy Aging | MWF | 10:00 AM | 10:50 AM | 2/24 | 6/20 | Barnes, MacKenzie mbarnes35@mtsac.edu |
| 41833 | MOX04 Principles of Posture and Flexibility | T | 10:15 AM | 11:20 AM | 2/25 | 6/17 | White, Elizabeth ewhite31@mtsac.edu |
| 41835 | MOX04 Principles of Posture and Flexibility | T | 11:25 AM | 12:30 PM | 2/25 | 6/17 | White, Elizabeth ewhite31@mtsac.edu |
| 41635 | FNA32 Drawing | T | 12:30 PM | 3:20 PM | 2/25 | 6/17 | Tucker, Ray rtucker@mtsac.edu |
| 41795 | MOX02 Principles of Slow Movement | Th | 9:30 AM | 11:20 AM | 2/27 | 6/12 | Figuroa-Darby, Raea adarby1@mtsac.edu |
| 41631 | FNA04 Watercolor Painting | Th | 1:00 PM | 3:50 PM | 2/27 | 6/12 | Conte, Kelly kconte@mtsac.edu |
| 41638 | FNA32 Drawing | F | 1:00 PM | 3:05 PM | 2/28 | 6/20 | Cardona, Yasmin ycardona3@mtsac.edu |

Heritage Park Community Center Classes (HERI)

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

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|--------------------------------------|
| 31048 | MOX04 Principles of Posture and Flexibility | M | 8:00 AM | 9:30 AM | 1/6 | 2/10 | Mehta, Surendra smehta9@mtsac.edu |

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|--------------------------------------|
| 41829 | MOX04 Principles of Posture and Flexibility | M | 8:00 AM | 9:30 AM | 2/24 | 6/16 | Mehta, Surendra smehta9@mtsac.edu |

East San Gabriel Valley Japanese Community Center Classes (ESGVJC)

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

Winter 2025

No winter classes. See you in the Spring!

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|-------------------------------------|
| 41793 | MOX02 Principles of Slow Movement | T | 12:00 PM | 1:05 PM | 2/25 | 6/17 | Peng, Min mpeng15@mtsac.edu |
| 41863 | MOX11 Fall Prevention, Balance and Mobility | W | 12:40 PM | 1:45 PM | 2/26 | 6/18 | McLaren, Erin emclaren@mtsac.edu |

Gibson Senior Center Classes (GSC)

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

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|-----------------------------------|-----|------------|----------|------------|----------|--|
| 30939 | MBH Music and Brain Health | M | 9:00 AM | 11:05 AM | 1/6 | 2/10 | Martinez, Jinette jmartinez1063@mtsac.edu |
| 31224 | MOX02 Principles of Slow Movement | T | 4:30 PM | 5:20 PM | 1/7 | 2/11 | Miranda, Blanche bmiranda22@mtsac.edu |
| 30925 | FNA04 Watercolor Painting | F | 12:55 PM | 3:45 PM | 1/10 | 2/7 | May-Byrd, Lia jmaybyrd@mtsac.edu |

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|-----------------------------------|-----|------------|----------|------------|----------|--|
| 41677 | MBH Music and Brain Health | M | 9:00 AM | 11:05 AM | 2/24 | 6/16 | Martinez, Jinette jmartinez1063@mtsac.edu |
| 43459 | MOX02 Principles of Slow Movement | T | 4:30 PM | 5:20 PM | 2/25 | 6/17 | Miranda, Blanche bmiranda22@mtsac.edu |
| 41633 | FNA04 Watercolor Painting | F | 12:55 PM | 3:45 PM | 2/28 | 6/20 | May-Byrd, Lia jmaybyrd@mtsac.edu |

Irwindale Senior Citizen's Center Classes (IRWN)

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

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|---|
| 31038 | MOX02 Principles of Slow Movement | MW | 9:00 AM | 9:50 AM | 1/6 | 2/12 | Figueroa-Darby, Raea adarby1@mtsac.edu |
| 31039 | MOX02 Principles of Slow Movement | MW | 10:00 AM | 10:50 AM | 1/6 | 2/12 | Figueroa-Darby, Raea adarby1@mtsac.edu |
| 31069 | MOX11 Fall Prevention, Balance and Mobility | T | 11:00 AM | 11:50 AM | 1/7 | 2/11 | Castro, Candice ccastro@mtsac.edu |
| 30986 | MOX01 Healthy Aging | Th | 1:00 PM | 1:50 PM | 1/9 | 2/13 | White, Shelby swhite@mtsac.edu |
| 31060 | MOX04 Principles of Posture and Flexibility | F | 11:00 AM | 11:50 AM | 1/10 | 2/7 | Cole, Danelle dcole18@mtsac.edu |
| 30990 | MOX01 Healthy Aging | F | 1:00 PM | 1:50 PM | 1/10 | 2/7 | Miranda, Blanche bmiranda22@mtsac.edu |

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|---|
| 41788 | MOX02 Principles of Slow Movement | MW | 9:00 AM | 9:50 AM | 2/24 | 6/18 | Figueroa-Darby, Raea adarby1@mtsac.edu |
| 41789 | MOX02 Principles of Slow Movement | MW | 10:00 AM | 10:50 AM | 2/24 | 6/18 | Figueroa-Darby, Raea adarby1@mtsac.edu |
| 41861 | MOX11 Fall Prevention, Balance and Mobility | T | 11:00 AM | 11:50 AM | 2/25 | 6/17 | Castro, Candice ccastro@mtsac.edu |
| 41712 | MOX01 Healthy Aging | Th | 1:00 PM | 1:50 PM | 2/27 | 6/12 | White, Shelby swhite@mtsac.edu |
| 41842 | MOX04 Principles of Posture and Flexibility | F | 11:00 AM | 11:50 AM | 2/28 | 6/20 | Cole, Danelle dcole18@mtsac.edu |
| 41717 | MOX01 Healthy Aging | F | 1:00 PM | 1:50 PM | 2/28 | 6/20 | Miranda, Blanche bmiranda22@mtsac.edu |

La Verne Community Center Classes (LV)

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

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|---------|--|-----|------------|----------|------------|----------|---|
| 30919 | FNA04 Watercolor Painting | T | 9:00 AM | 11:50 AM | 1/7 | 2/11 | Conte, Kelly kconte@mtsac.edu |
| 30977 | MOX01 Healthy Aging | TTh | 8:15 AM | 9:35 AM | 1/7 | 2/13 | Cole, Danelle dcole18@mtsac.edu |
| 31070 | MOX11 Fall Prevention, Balance and Mobility | TTh | 1:30 PM | 2:20 PM | 1/7 | 2/13 | Slim, Yamil yslim1@mtsac.edu |
| **30933 | FNA32 Drawing | Th | 8:55 AM | 12:00 PM | 1/9 | 2/13 | Tucker, Ray rtucker@mtsac.edu |
| 31046 | MOX02 Principles of Slow Movement | Th | 1:00 PM | 2:50 PM | 1/9 | 2/13 | Figueroa-Darby, Raea adarby1@mtsac.edu |
| 30910 | FNA03 Oil Painting | F | 9:00 AM | 11:50 AM | 1/10 | 2/7 | Pernisco, Atilio apernisco@mtsac.edu |
| **30924 | FNA04 Watercolor Painting | F | 12:45 PM | 3:50 PM | 1/10 | 2/7 | Tucker, Ray rtucker@mtsac.edu |

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|---------|--|-----|------------|----------|------------|----------|---|
| 41460 | FNA04 Watercolor Painting | T | 9:00 AM | 11:50 AM | 2/25 | 6/17 | Conte, Kelly kconte@mtsac.edu |
| 41703 | MOX01 Healthy Aging | TTh | 8:15 AM | 9:35 AM | 2/25 | 6/17 | Cole, Danelle dcole18@mtsac.edu |
| 41862 | MOX11 Fall Prevention, Balance and Mobility | TTh | 1:30 PM | 2:20 PM | 2/25 | 6/17 | Slim, Yamil yslim1@mtsac.edu |
| **41464 | FNA32 Drawing | Th | 8:55 AM | 12:00 PM | 2/27 | 6/12 | Tucker, Ray rtucker@mtsac.edu |
| 41796 | MOX02 Principles of Slow Movement | Th | 1:00 PM | 2:50 PM | 2/27 | 6/12 | Figueroa-Darby, Raea adarby1@mtsac.edu |
| 41457 | FNA03 Oil Painting | F | 9:00 AM | 11:50 AM | 2/28 | 6/20 | Pernisco, Atilio apernisco@mtsac.edu |
| **41462 | FNA04 Watercolor Painting | F | 12:45 PM | 3:50 PM | 2/28 | 6/13 | Tucker, Ray rtucker@mtsac.edu |

Mt. San Antonio College Classes (Mt. SAC)

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

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Location | Professor & Email |
|-------|----------------------------|-----|------------|----------|------------|----------|----------|--|
| 30921 | FNA04 Watercolor Painting | W | 1:00 PM | 3:50 PM | 1/8 | 2/12 | 80-1401 | Cardona, Yasmin ycardona3@mtsac.edu |
| 31238 | MBH Music and Brain Health | Th | 1:00 PM | 3:50 PM | 1/9 | 2/13 | 80-1401 | Hartford, James jhartford@mtsac.edu |

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Location | Professor & Email |
|-------|----------------------------|-----|------------|----------|------------|----------|----------|--|
| 41630 | FNA04 Watercolor Painting | W | 1:00 PM | 3:50 PM | 2/26 | 6/18 | 80-1421 | May-Byrd, Lia jmaybyrd@mtsac.edu |
| 43496 | MBH Music and Brain Health | Th | 1:00 PM | 3:50 PM | 2/27 | 6/12 | 80-1401 | Hartford, James jhartford@mtsac.edu |

Palomares Senior Center Classes (PSC)

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

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|---|
| 30930 | FNA32 Drawing | M | 12:45 PM | 3:20 PM | 1/6 | 2/10 | Conte, Kelly kconte@mtsac.edu |
| 30971 | MOX01 Healthy Aging | MW | 10:30 AM | 11:20 AM | 1/6 | 2/12 | McLaren, Erin emclaren@mtsac.edu |
| 31072 | MOX11 Fall Prevention, Balance and Mobility | Th | 11:30 AM | 12:20 PM | 1/9 | 2/13 | Hunnicutt, Leslie lhunnicutt@mtsac.edu |
| 30940 | MBH Music and Brain Health | F | 9:00 AM | 11:10 AM | 1/10 | 2/7 | Hartford, James jhartford@mtsac.edu |

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|---|
| 41634 | FNA32 Drawing | M | 12:45 PM | 3:20 PM | 2/24 | 6/16 | Conte, Kelly kconte@mtsac.edu |
| 41697 | MOX01 Healthy Aging | MW | 10:30 AM | 11:20 AM | 2/24 | 6/18 | McLaren, Erin emclaren@mtsac.edu |
| 43465 | BHTH1 Brain Health 1 | T | 12:30 PM | 2:20 PM | 2/25 | 6/17 | Fierro, Marisa mfierro10@mtsac.edu |
| 41864 | MOX11 Fall Prevention, Balance and Mobility | Th | 11:30 AM | 12:20 PM | 2/27 | 6/12 | Hunnicutt, Leslie lhunnicutt@mtsac.edu |
| 41679 | MBH Music and Brain Health | F | 9:00 AM | 11:10 AM | 2/28 | 6/20 | Hartford, James jhartford@mtsac.edu |

Washington Park Classes (WPK)

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

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---------------------|-----|------------|----------|------------|----------|--------------------------------------|
| 30972 | MOX01 Healthy Aging | MW | 10:45 AM | 11:35 AM | 1/6 | 2/12 | Jones, Vanessa vjones11@mtsac.edu |

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---------------------|-----|------------|----------|------------|----------|--------------------------------------|
| 41698 | MOX01 Healthy Aging | MW | 10:45 AM | 11:35 AM | 2/24 | 6/18 | Jones, Vanessa vjones11@mtsac.edu |

Rowland Heights Community Center Classes (PATH)

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

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|--|
| 31335 | MOX01 Healthy Aging | T | 10:00 AM | 11:15 AM | 1/7 | 2/11 | Barnes, MacKenzie mbarnes35@mtsac.edu |
| 31058 | MOX04 Principles of Posture and Flexibility | Th | 10:00 AM | 11:15 AM | 1/9 | 2/13 | Barnes, MacKenzie mbarnes35@mtsac.edu |

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|--|
| 43504 | MOX01 Healthy Aging | T | 10:00 AM | 11:15 AM | 2/25 | 6/17 | Barnes, MacKenzie mbarnes35@mtsac.edu |
| 41840 | MOX04 Principles of Posture and Flexibility | Th | 10:00 AM | 11:05 AM | 2/27 | 6/12 | Barnes, MacKenzie mbarnes35@mtsac.edu |

San Angelo Park Classes (SAP)

245 S. San Angelo Ave.

La Puente, CA 91746

Phone: (626) 968-2666

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|-----------------------------------|-----|------------|----------|------------|----------|--|
| 31220 | MBH Music and Brain Health | M | 9:00 AM | 11:05 AM | 1/6 | 2/10 | Kung, James jkung23@mtsac.edu |
| 31222 | MOX02 Principles of Slow Movement | T | 8:30 AM | 9:50 AM | 1/7 | 2/11 | Miranda, Blanche bmiranda22@mtsac.edu |
| 31215 | MOX01 Healthy Aging | F | 9:30 AM | 10:35 AM | 1/9 | 2/13 | Shannon Clewley sclewley@mtsac.edu |

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|--|
| 43456 | MBH Music and Brain Health | M | 9:00 AM | 11:05 AM | 2/24 | 6/16 | Kung, James jkung23@mtsac.edu |
| 43460 | MOX02 Principles of Slow Movement | T | 8:30 AM | 9:50 AM | 2/25 | 6/17 | Miranda, Blanche bmiranda22@mtsac.edu |
| 43463 | MOX04 Principles of Posture and Flexibility | T | 12:00 PM | 1:05 PM | 2/25 | 6/17 | SantaBarbara, Kim ksantabarbara@mtsac.edu |
| 43457 | MOX01 Healthy Aging | F | 9:30 AM | 10:35 AM | 2/28 | 6/20 | Shannon Clewley sclewley@mtsac.edu |

San Dimas Senior/Community Center Classes (SD)

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

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---------------------------|-----|------------|----------|------------|----------|---|
| 30969 | MOX01 Healthy Aging | M | 9:30 AM | 10:20 AM | 1/6 | 2/10 | Castro, Candice ccastro@mtsac.edu |
| 30920 | FNA04 Watercolor Painting | T | 1:00 PM | 4:05 PM | 1/7 | 2/11 | Conte, Kelly kconte@mtsac.edu |
| 30932 | FNA32 Drawing | W | 9:00 AM | 11:50 AM | 1/8 | 2/12 | May-Byrd, Lia jmaybyrd@mtsac.edu |
| 31557 | BHTH2 Brain Health 2 | W | 1:00 PM | 3:20 PM | 1/8 | 2/12 | Friedman, Karena kfriedman@mtsac.edu |
| 31556 | BHTH1 Brain Health 1 | Th | 1:00 PM | 3:20 PM | 1/9 | 2/13 | Jones, Vanessa vjones11@mtsac.edu |
| 30988 | MOX01 Healthy Aging | F | 9:30 AM | 10:20 AM | 1/10 | 2/7 | McLaren, Erin emclaren@mtsac.edu |

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---------------------------|-----|------------|----------|------------|----------|---------------------------------------|
| 41695 | MOX01 Healthy Aging | M | 9:30 AM | 10:20 AM | 2/24 | 6/16 | Castro, Candice ccastro@mtsac.edu |
| 41461 | FNA04 Watercolor Painting | T | 1:00 PM | 4:05 PM | 2/25 | 6/10 | Conte, Kelly kconte@mtsac.edu |
| 41463 | FNA32 Drawing | W | 9:00 AM | 11:50 AM | 2/26 | 6/18 | May-Byrd, Lia jmaybyrd@mtsac.edu |
| 41038 | BHTH2 Brain Health 2 | W | 1:15 PM | 3:35 PM | 2/26 | 6/18 | Fierro, Marisa mfierro10@mtsac.edu |
| 41037 | BHTH1 Brain Health 1 | Th | 1:15 PM | 3:35 PM | 2/27 | 6/12 | Fierro, Marisa mfierro10@mtsac.edu |
| 41714 | MOX01 Healthy Aging | F | 9:30 AM | 10:20 AM | 2/28 | 6/20 | McLaren, Erin emclaren@mtsac.edu |

Stanley Plummer Building Classes (PLUM)

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

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|--|
| 31042 | MOX02 Principles of Slow Movement | T | 9:00 AM | 10:05 AM | 1/7 | 2/11 | Peng, Min mpeng15@mtsac.edu |
| 30976 | MOX01 Healthy Aging | TTh | 8:00 AM | 8:50 AM | 1/7 | 2/13 | Jones, Vanessa vjones11@mtsac.edu |
| 30980 | MOX01 Healthy Aging | W | 9:30 AM | 10:20 AM | 1/8 | 2/12 | Jones, Vanessa vjones11@mtsac.edu |
| 31057 | MOX04 Principles of Posture and Flexibility | Th | 9:00 AM | 10:20 AM | 1/9 | 2/13 | Clewley, Shannon sclewley@mtsac.edu |
| 31047 | MOX02 Principles of Slow Movement | F | 9:00 AM | 10:20 AM | 1/10 | 2/7 | Peng, Min mpeng15@mtsac.edu |
| 31059 | MOX04 Principles of Posture and Flexibility | F | 10:30 AM | 11:35 AM | 1/10 | 2/7 | Anello, Andrea aanello@mtsac.edu |

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|--|
| 41792 | MOX02 Principles of Slow Movement | T | 9:00 AM | 10:05 AM | 2/25 | 6/17 | Peng, Min mpeng15@mtsac.edu |
| 41702 | MOX01 Healthy Aging | TTh | 8:00 AM | 8:50 AM | 2/25 | 6/17 | Jones, Vanessa vjones11@mtsac.edu |
| 41706 | MOX01 Healthy Aging | W | 9:30 AM | 10:20 AM | 2/26 | 6/18 | Jones, Vanessa vjones11@mtsac.edu |
| 41839 | MOX04 Principles of Posture and Flexibility | Th | 9:00 AM | 10:20 AM | 2/27 | 6/12 | Clewley, Shannon sclewley@mtsac.edu |
| 41797 | MOX02 Principles of Slow Movement | F | 9:00 AM | 10:20 AM | 2/28 | 6/20 | Peng, Min mpeng15@mtsac.edu |
| 41841 | MOX04 Principles of Posture and Flexibility | F | 10:30 AM | 11:35 AM | 2/28 | 6/20 | Anello, Andrea aanello@mtsac.edu |

San Dimas Swim & Racquet Club Classes (SDSR)

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

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------------------------|--|--------|------------|----------|------------|----------|--|
| 31393 31062 31066 | MOX06 Principles of Aquatic Resistance | MTWThF | 8:45 AM | 9:35 AM | 1/6 | 2/13 | Friedman, Karena kfriedman@mtsac.edu Hunnicut, Leslie lhunnicut@mtsac.edu |
| 31394 31064 31067 | MOX06 Principles of Aquatic Resistance | MTWThF | 9:45 AM | 10:35 AM | 1/6 | 2/13 | Friedman, Karena kfriedman@mtsac.edu Hunnicut, Leslie lhunnicut@mtsac.edu |

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|----------------------------------|--|--------|------------|----------|------------|----------|--|
| 43447 41932 41929 43449 | MOX06 Principles of Aquatic Resistance | MTWThF | 8:45 AM | 9:35 AM | 2/24 | 6/20 | Friedman, Karena kfriedman@mtsac.edu Hunnicut, Leslie lhunnicut@mtsac.edu |
| 43448 41933 41930 43450 | MOX06 Principles of Aquatic Resistance | MTWThF | 9:45 AM | 10:35 AM | 2/24 | 6/20 | Friedman, Karena kfriedman@mtsac.edu Hunnicut, Leslie lhunnicut@mtsac.edu |

Walnut Senior Center Classes (WALT)

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

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|--|
| 31213 | FN Food and Nutrition | M | 2:00 PM | 3:25 PM | 1/6 | 2/10 | Amaya, Ava aamaya10@mtsac.edu |
| 30965 | MOX01 Healthy Aging | MWF | 8:00 AM | 9:05 AM | 1/6 | 2/7 | Anello, Andrea aanello@mtsac.edu |
| 30968 | MOX01 Healthy Aging | MWF | 9:30 AM | 10:35 AM | 1/6 | 2/7 | Cole, Danelle dcole18@mtsac.edu |
| 30978 | MOX01 Healthy Aging | T | 9:00 AM | 9:50 AM | 1/7 | 2/11 | White, Elizabeth ewhite31@mtsac.edu |
| 31237 | MBH Music and Brain Health | T | 9:00 AM | 11:05 AM | 1/7 | 2/11 | Kung, James jkung23@mtsac.edu |
| 31055 | MOX04 Principles of Posture and Flexibility | W | 10:45 AM | 11:55 AM | 1/8 | 2/12 | Cole, Danelle dcole18@mtsac.edu |
| 30908 | FNA03 Oil Painting | W | 1:00 PM | 3:50 PM | 1/8 | 2/12 | Conte, Kelly kconte@mtsac.edu |
| 30909 | FNA03 Oil Painting | Th | 9:00 AM | 11:50 AM | 1/9 | 2/13 | Conte, Kelly kconte@mtsac.edu |

Walnut Senior Center Classes

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|--|
| 43452 | FN Food and Nutrition | M | 2:00 PM | 3:25 PM | 2/24 | 6/16 | Amaya, Ava aamaya10@mtsac.edu |
| 41691 | MOX01 Healthy Aging | MWF | 8:00 AM | 8:50 AM | 2/24 | 6/20 | Anello, Andrea aanello@mtsac.edu |
| 41694 | MOX01 Healthy Aging | MWF | 9:30 AM | 10:35 AM | 2/24 | 6/20 | Cole, Danelle dcole18@mtsac.edu |
| 41704 | MOX01 Healthy Aging | T | 9:00 AM | 9:50 AM | 2/25 | 6/17 | White, Elizabeth ewhite31@mtsac.edu |
| 43500 | MBH Music and Brain Health | T | 9:00 AM | 11:05 AM | 2/25 | 6/17 | Kung, James jkung23@mtsac.edu |
| 41837 | MOX04 Principles of Posture and Flexibility | W | 10:45 AM | 11:50 AM | 2/26 | 6/18 | Cole, Danelle dcole18@mtsac.edu |
| 41455 | FNA03 Oil Painting | W | 1:00 PM | 3:50 PM | 2/26 | 6/18 | Conte, Kelly kconte@mtsac.edu |
| 41456 | FNA03 Oil Painting | Th | 9:00 AM | 11:50 AM | 2/27 | 6/12 | Conte, Kelly kconte@mtsac.edu |

West Covina Senior Citizen's Center Classes (WCSCC)

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

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|--|
| 30967 | MOX01 Healthy Aging | M | 9:00 AM | 9:50 AM | 1/6 | 2/10 | White, Shelby swhite@mtsac.edu |
| 31040 | MOX02 Principles of Slow Movement | M | 12:00 PM | 1:25 PM | 1/6 | 2/10 | Miranda, Blanche bmiranda22@mtsac.edu |
| 31041 | MOX02 Principles of Slow Movement | M | 1:30 PM | 2:55 PM | 1/6 | 2/10 | Miranda, Blanche bmiranda22@mtsac.edu |
| 31050 | MOX04 Principles of Posture and Flexibility | TTh | 10:00 AM | 10:50 AM | 1/7 | 2/13 | Cole, Danelle dcole18@mtsac.edu |
| 31052 | MOX04 Principles of Posture and Flexibility | TTh | 11:00 AM | 11:50 AM | 1/7 | 2/13 | Cole, Danelle dcole18@mtsac.edu |
| 30987 | MOX01 Healthy Aging | F | 9:00 AM | 9:50 AM | 1/10 | 2/7 | Figuroa-Darby, Raea adarby1@mtsac.edu |
| 30989 | MOX01 Healthy Aging | F | 10:00 AM | 10:50 AM | 1/10 | 2/7 | Figuroa-Darby, Raea adarby1@mtsac.edu |
| 30923 | FNA04 Watercolor Painting | F | 10:00 AM | 12:30 PM | 1/10 | 2/7 | Conte, Kelly kconte@mtsac.edu |

West Covina Senior Center Classes

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|---|
| 41693 | MOX01 Healthy Aging | M | 9:00 AM | 9:50 AM | 2/24 | 6/9 | White, Shelby swhite@mtsac.edu |
| 41790 | MOX02 Principles of Slow Movement | M | 12:00 PM | 1:25 PM | 2/24 | 6/16 | Miranda, Blanche bmiranda22@mtsac.edu |
| 41791 | MOX02 Principles of Slow Movement | M | 1:30 PM | 2:55 PM | 2/24 | 6/16 | Miranda, Blanche bmiranda22@mtsac.edu |
| 41832 | MOX04 Principles of Posture and Flexibility | TTh | 10:00 AM | 10:50 AM | 2/25 | 6/17 | Cole, Danelle dcole18@mtsac.edu |
| 41834 | MOX04 Principles of Posture and Flexibility | TTh | 11:00 AM | 11:50 AM | 2/25 | 6/17 | Cole, Danelle dcole18@mtsac.edu |
| 41713 | MOX01 Healthy Aging | F | 9:00 AM | 9:50 AM | 2/28 | 6/20 | Figueroa-Darby, Raea adarby1@mtsac.edu |
| 41716 | MOX01 Healthy Aging | F | 10:00 AM | 10:50 AM | 2/28 | 6/20 | Figueroa-Darby, Raea adarby1@mtsac.edu |
| 41632 | FNA04 Watercolor Painting | F | 10:00 AM | 12:30 PM | 2/28 | 6/20 | Conte, Kelly kconte@mtsac.edu |

Shadow Oak Park Classes (SOP)

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

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---------------------|-----|------------|----------|------------|----------|---|
| 30982 | MOX01 Healthy Aging | W | 10:30 AM | 11:20 AM | 1/8 | 2/12 | Hunnicut, Leslie lhunnicut@mtsac.edu |

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---------------------|-----|------------|----------|------------|----------|---|
| 41708 | MOX01 Healthy Aging | W | 10:30 AM | 11:20 AM | 2/26 | 6/18 | Hunnicut, Leslie lhunnicut@mtsac.edu |

William Steinmetz Senior Center Classes (WSSC)

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

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---------------------|-----|------------|----------|------------|----------|--|
| 30983 | MOX01 Healthy Aging | W | 10:30 AM | 11:35 AM | 1/8 | 2/12 | Castro, Candice ccastro@mtsac.edu |
| 30984 | MOX01 Healthy Aging | Th | 8:30 AM | 9:35 AM | 1/9 | 2/13 | Barnes, MacKenzie mbarnes35@mtsac.edu |
| 30935 | FNA32 Drawing | F | 9:00 AM | 11:50 AM | 1/10 | 2/7 | Johnson, Bernard bjohnson98@mtsac.edu |

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|---------------------|-----|------------|----------|------------|----------|--|
| 41709 | MOX01 Healthy Aging | W | 10:30 AM | 11:35 AM | 2/26 | 6/18 | Castro, Candice ccastro@mtsac.edu |
| 41710 | MOX01 Healthy Aging | Th | 8:30 AM | 9:35 AM | 2/27 | 6/12 | Barnes, MacKenzie mbarnes35@mtsac.edu |
| 41637 | FNA32 Drawing | F | 9:00 AM | 11:50 AM | 2/28 | 6/20 | Johnson, Bernard bjohnson98@mtsac.edu |

Online Classes

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Modality | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|----------------------|---|
| 30993 | MOX01 Healthy Aging | M | 7:15 AM | 8:25 AM | 1/6 | 2/10 | ONLINE - Synchronous | Tan, Jeremy jtan9@mtsac.edu |
| 30994 | MOX01 Healthy Aging | M | 8:00 AM | 8:50 AM | 1/6 | 2/10 | ONLINE - Synchronous | Castro, Candice ccastro@mtsac.edu |
| 30995 | MOX01 Healthy Aging | M | 8:00 AM | 8:50 AM | 1/6 | 2/10 | ONLINE - Synchronous | Cole, Danelle dcole18@mtsac.edu |
| 31012 | MOX04 Principles of Posture and Flexibility | M | 8:30 AM | 9:55 AM | 1/6 | 2/10 | ONLINE - Synchronous | Klein, Gabriela gklein@mtsac.edu |
| 30996 | MOX01 Healthy Aging | M | 9:00 AM | 9:50 AM | 1/6 | 2/10 | ONLINE - Synchronous | Hunnicut, Leslie lhunnicut@mtsac.edu |
| 30991 | FNA04 Watercolor Painting | M | 9:00 AM | 11:50 AM | 1/6 | 2/10 | ONLINE - Synchronous | Tucker, Ray rtucker@mtsac.edu |
| 31027 | MOX11 Fall Prevention, Balance and Mobility | M | 10:00 AM | 11:25 AM | 1/6 | 2/10 | ONLINE - Synchronous | Anello, Andrea aanello@mtsac.edu |
| 31028 | MOX11 Fall Prevention, Balance and Mobility | M | 10:00 AM | 11:25 AM | 1/6 | 2/10 | ONLINE - Synchronous | Klein, Gabriela gklein@mtsac.edu |
| 31013 | MOX04 Principles of Posture and Flexibility | M | 11:30 AM | 12:55 PM | 1/6 | 2/10 | ONLINE - Synchronous | Klein, Gabriela gklein@mtsac.edu |
| 31417 | MOX02 Principles of Slow Movement | M | 12:30 PM | 1:20 PM | 1/6 | 2/10 | ONLINE - Synchronous | Figueroa-Darby, Raea adarby1@mtsac.edu |
| 31029 | MOX11 Fall Prevention, Balance and Mobility | M | 1:00 PM | 2:05 PM | 1/6 | 2/10 | ONLINE - Synchronous | Hunnicut, Leslie lhunnicut@mtsac.edu |
| 31014 | MOX04 Principles of Posture and Flexibility | MW | 7:00 PM | 7:50 PM | 1/6 | 2/12 | ONLINE - Synchronous | Ramchandani, Dhruvi dhruvi.ramchandani@mtsac.edu |
| 31015 | MOX04 Principles of Posture and Flexibility | T | 7:15 AM | 8:25 AM | 1/7 | 2/11 | ONLINE - Synchronous | Tan, Jeremy jtan9@mtsac.edu |
| 30997 | MOX01 Healthy Aging | T | 8:00 AM | 8:50 AM | 1/7 | 2/11 | ONLINE - Synchronous | Castro, Candice ccastro@mtsac.edu |
| 31016 | MOX04 Principles of Posture and Flexibility | T | 9:00 AM | 9:50 AM | 1/7 | 2/11 | ONLINE - Synchronous | Castro, Candice ccastro@mtsac.edu |
| 31025 | MOX09 Principles of Progressive Resistance | T | 9:00 AM | 9:50 AM | 1/7 | 2/11 | ONLINE - Synchronous | Klein, Gabriela gklein@mtsac.edu |
| 30998 | MOX01 Healthy Aging | T | 10:00 AM | 10:50 AM | 1/7 | 2/11 | ONLINE - Synchronous | Hunnicut, Leslie lhunnicut@mtsac.edu |

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Modality | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|--------------------------|---|
| 31017 | MOX04 Principles of Posture and Flexibility | T | 10:00 AM | 10:50 AM | 1/7 | 2/11 | ONLINE - Synchronous | White, Shelby swhite@mtsac.edu |
| 31030 | MOX11 Fall Prevention, Balance and Mobility | T | 11:00 AM | 11:50 AM | 1/7 | 2/11 | ONLINE - Synchronous | White, Shelby swhite@mtsac.edu |
| 31230 | MOX04 Principles of Posture and Flexibility | T | 12:00 PM | 12:50 PM | 1/7 | 2/11 | ONLINE - Synchronous | Hunnicut, Leslie lhunnicut@mtsac.edu |
| 30538 | BHTH2 Brain Health 2 | T | 1:00 PM | 3:50 PM | 1/7 | 2/11 | Asynch Zoom 1-2:30pm | White, Shelby swhite@mtsac.edu |
| 31236 | FN Food and Nutrition | T | 2:45 PM | 4:10 PM | 1/7 | 2/11 | ONLINE - Synchronous | Zhan, Miranda gzhan3@mtsac.edu |
| 31018 | MOX04 Principles of Posture and Flexibility | TTh | 6:30 PM | 7:50 PM | 1/7 | 2/13 | ONLINE - Synchronous | Cole, Danelle dcole18@mtsac.edu |
| 30999 | MOX01 Healthy Aging | W | 7:15 AM | 8:25 AM | 1/8 | 2/12 | ONLINE - Synchronous | Tan, Jeremy jtan9@mtsac.edu |
| 31000 | MOX01 Healthy Aging | W | 8:00 AM | 8:50 AM | 1/8 | 2/12 | ONLINE - Synchronous | Castro, Candice ccastro@mtsac.edu |
| 31001 | MOX01 Healthy Aging | W | 8:00 AM | 8:50 AM | 1/8 | 2/12 | ONLINE - Synchronous | Cole, Danelle dcole18@mtsac.edu |
| 31019 | MOX04 Principles of Posture and Flexibility | W | 8:30 AM | 9:55 AM | 1/8 | 2/12 | ONLINE - Synchronous | Klein, Gabriela gklein@mtsac.edu |
| 31002 | MOX01 Healthy Aging | W | 9:00 AM | 9:50 AM | 1/8 | 2/12 | ONLINE - Synchronous | Castro, Candice ccastro@mtsac.edu |
| 31003 | MOX01 Healthy Aging | W | 9:00 AM | 9:50 AM | 1/8 | 2/12 | ONLINE - Synchronous | Hunnicut, Leslie lhunnicut@mtsac.edu |
| 30992 | FNA32 Drawing | W | 9:00 AM | 11:30 AM | 1/8 | 2/12 | ONLINE - Synchronous | Conte, Kelly kconte@mtsac.edu |
| 30536 | BHTH1 Brain Health 1 | W | 9:00 AM | 11:50 AM | 1/8 | 2/12 | Asynch Zoom 9-10:30am | Bloom, Danielle dbloom@mtsac.edu |
| 31031 | MOX11 Fall Prevention, Balance and Mobility | W | 10:00 AM | 11:25 AM | 1/8 | 2/12 | ONLINE - Synchronous | White, Elizabeth ewhite31@mtsac.edu |
| 31032 | MOX11 Fall Prevention, Balance and Mobility | W | 10:00 AM | 11:25 AM | 1/8 | 2/12 | ONLINE - Synchronous | Klein, Gabriela gklein@mtsac.edu |
| 31020 | MOX04 Principles of Posture and Flexibility | W | 11:30 AM | 12:55 PM | 1/8 | 2/12 | ONLINE - Synchronous | Klein, Gabriela gklein@mtsac.edu |

Winter 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Modality | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|----------------------|--|
| 31021 | MOX04 Principles of Posture and Flexibility | Th | 7:15 AM | 8:25 AM | 1/9 | 2/13 | ONLINE - Synchronous | Tan, Jeremy jtan9@mtsac.edu |
| 31004 | MOX01 Healthy Aging | Th | 8:00 AM | 8:50 AM | 1/9 | 2/13 | ONLINE - Synchronous | Castro, Candice ccastro@mtsac.edu |
| 31011 | MOX02 Principles of Slow Movement | Th | 9:00 AM | 9:50 AM | 1/9 | 2/13 | ONLINE - Synchronous | White, Shelby swhite@mtsac.edu |
| 31022 | MOX04 Principles of Posture and Flexibility | Th | 9:00 AM | 9:50 AM | 1/9 | 2/13 | ONLINE - Synchronous | Castro, Candice ccastro@mtsac.edu |
| 31026 | MOX09 Principles of Progressive Resistance | Th | 9:00 AM | 9:50 AM | 1/9 | 2/13 | ONLINE - Synchronous | Klein, Gabriela gklein@mtsac.edu |
| 31419 | FN Food and Nutrition | Th | 9:00 AM | 10:25 AM | 1/9 | 2/13 | ONLINE - Synchronous | Zhan, Miranda gzhan3@mtsac.edu |
| 31005 | MOX01 Healthy Aging | Th | 10:00 AM | 10:50 AM | 1/9 | 2/13 | ONLINE - Synchronous | Hunnicutt, Leslie lhunnicutt@mtsac.edu |
| 31006 | MOX01 Healthy Aging | Th | 11:00 AM | 11:50 AM | 1/9 | 2/13 | ONLINE - Synchronous | Castro, Candice ccastro@mtsac.edu |
| 31330 | MOX09 Principles of Progressive Resistance | F | 7:15 AM | 8:20 AM | 1/10 | 2/7 | ONLINE - Synchronous | Barnes, MacKenzie mbarnes35@mtsac.edu |
| 31007 | MOX01 Healthy Aging | F | 8:00 AM | 8:50 AM | 1/10 | 2/7 | ONLINE - Synchronous | Cole, Danelle dcole18@mtsac.edu |
| 31023 | MOX04 Principles of Posture and Flexibility | F | 8:30 AM | 9:55 AM | 1/10 | 2/7 | ONLINE - Synchronous | Klein, Gabriela gklein@mtsac.edu |
| 31008 | MOX01 Healthy Aging | F | 9:00 AM | 10:35 AM | 1/10 | 2/7 | ONLINE - Synchronous | White, Shelby swhite@mtsac.edu |
| 31033 | MOX11 Fall Prevention, Balance and Mobility | F | 10:00 AM | 11:25 AM | 1/10 | 2/7 | ONLINE - Synchronous | Klein, Gabriela gklein@mtsac.edu |
| 31024 | MOX04 Principles of Posture and Flexibility | F | 11:30 AM | 12:55 PM | 1/10 | 2/7 | ONLINE - Synchronous | Klein, Gabriela gklein@mtsac.edu |
| 31235 | MBH Music and Brain Health | F | 1:00 PM | 3:05 PM | 1/10 | 2/7 | ONLINE - Synchronous | Martinez, Jinette jmartinez1063@mtsac.edu |
| 31009 | MOX01 Healthy Aging | Sa | 8:30 AM | 10:20 AM | 1/11 | 2/15 | ONLINE - Synchronous | Tan, Jeremy jtan9@mtsac.edu |

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Modality | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|----------------------|---|
| 41734 | MOX01 Healthy Aging | M | 7:15 AM | 8:25 AM | 2/24 | 6/16 | ONLINE - Synchronous | Tan, Jeremy jtan9@mtsac.edu |
| 41735 | MOX01 Healthy Aging | M | 8:00 AM | 8:50 AM | 2/24 | 6/16 | ONLINE - Synchronous | Castro, Candice ccastro@mtsac.edu |
| 41736 | MOX01 Healthy Aging | M | 8:00 AM | 8:50 AM | 2/24 | 6/16 | ONLINE - Synchronous | Cole, Danelle dcole18@mtsac.edu |
| 41799 | MOX04 Principles of Posture and Flexibility | M | 8:30 AM | 9:55 AM | 2/24 | 6/16 | ONLINE - Synchronous | Klein, Gabriela gklein@mtsac.edu |
| 41737 | MOX01 Healthy Aging | M | 9:00 AM | 9:50 AM | 2/24 | 6/16 | ONLINE - Synchronous | Hunnicut, Leslie lhunnicut@mtsac.edu |
| 41730 | FNA04 Watercolor Painting | M | 9:00 AM | 11:50 AM | 2/24 | 6/16 | ONLINE - Synchronous | Tucker, Ray rtucker@mtsac.edu |
| 41845 | MOX11 Fall Prevention, Balance and Mobility | M | 10:00 AM | 11:25 AM | 2/24 | 6/16 | ONLINE - Synchronous | Anello, Andrea aanello@mtsac.edu |
| 41846 | MOX11 Fall Prevention, Balance and Mobility | M | 10:00 AM | 11:25 AM | 2/24 | 6/16 | ONLINE - Synchronous | Klein, Gabriela gklein@mtsac.edu |
| 41802 | MOX04 Principles of Posture and Flexibility | M | 11:30 AM | 12:55 PM | 2/24 | 6/16 | ONLINE - Synchronous | Klein, Gabriela gklein@mtsac.edu |
| 43507 | MOX02 Principles of Slow Movement | M | 12:30 PM | 1:20 PM | 2/24 | 6/16 | ONLINE - Synchronous | Figueroa-Darby, Raea adarby1@mtsac.edu |
| 41847 | MOX11 Fall Prevention, Balance and Mobility | M | 1:00 PM | 2:05 PM | 2/24 | 6/16 | ONLINE - Synchronous | Hunnicut, Leslie lhunnicut@mtsac.edu |
| 41803 | MOX04 Principles of Posture and Flexibility | MW | 7:00 PM | 7:50 PM | 2/24 | 6/18 | ONLINE - Synchronous | Ramchandani, Dhruvi dhruvi.ramchandani@mtsac.edu |
| 41805 | MOX04 Principles of Posture and Flexibility | T | 7:15 AM | 8:25 AM | 2/25 | 6/17 | ONLINE - Synchronous | Tan, Jeremy jtan9@mtsac.edu |
| 41739 | MOX01 Healthy Aging | T | 8:00 AM | 8:50 AM | 2/25 | 6/17 | ONLINE - Synchronous | Castro, Candice ccastro@mtsac.edu |
| 41812 | MOX04 Principles of Posture and Flexibility | T | 9:00 AM | 9:50 AM | 2/25 | 6/17 | ONLINE - Synchronous | Castro, Candice ccastro@mtsac.edu |
| 41843 | MOX09 Principles of Progressive Resistance | T | 9:00 AM | 9:50 AM | 2/25 | 6/17 | ONLINE - Synchronous | Klein, Gabriela gklein@mtsac.edu |
| 41740 | MOX01 Healthy Aging | T | 10:00 AM | 10:50 AM | 2/25 | 6/17 | ONLINE - Synchronous | Hunnicut, Leslie lhunnicut@mtsac.edu |

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Modality | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|--------------------------|---|
| 41813 | MOX04 Principles of Posture and Flexibility | T | 10:00 AM | 10:50 AM | 2/25 | 6/10 | ONLINE - Synchronous | White, Shelby swhite@mtsac.edu |
| 41848 | MOX11 Fall Prevention, Balance and Mobility | T | 11:00 AM | 11:50 AM | 2/25 | 6/10 | ONLINE - Synchronous | White, Shelby swhite@mtsac.edu |
| 43509 | MOX04 Principles of Posture and Flexibility | T | 12:00 PM | 12:50 PM | 2/25 | 6/17 | ONLINE - Synchronous | Hunnicutt, Leslie lhunnicutt@mtsac.edu |
| 41886 | BHTH2 Brain Health 2 | T | 1:00 PM | 3:35 PM | 2/25 | 6/10 | Asynch Zoom 1-2:30pm | White, Shelby swhite@mtsac.edu |
| 43466 | FN Food and Nutrition | T | 2:45 PM | 4:10 PM | 2/25 | 6/17 | ONLINE - Synchronous | Zhan, Miranda gzhan3@mtsac.edu |
| 41814 | MOX04 Principles of Posture and Flexibility | TTh | 6:30 PM | 7:50 PM | 2/25 | 6/17 | ONLINE - Synchronous | Cole, Danelle dcole18@mtsac.edu |
| 41741 | MOX01 Healthy Aging | W | 7:15 AM | 8:25 AM | 2/26 | 6/18 | ONLINE - Synchronous | Tan, Jeremy jtan9@mtsac.edu |
| 41742 | MOX01 Healthy Aging | W | 8:00 AM | 8:50 AM | 2/26 | 6/18 | ONLINE - Synchronous | Castro, Candice ccastro@mtsac.edu |
| 41743 | MOX01 Healthy Aging | W | 8:00 AM | 8:50 AM | 2/26 | 6/18 | ONLINE - Synchronous | Cole, Danelle dcole18@mtsac.edu |
| 41815 | MOX04 Principles of Posture and Flexibility | W | 8:30 AM | 9:55 AM | 2/26 | 6/18 | ONLINE - Synchronous | Klein, Gabriela gklein@mtsac.edu |
| 41744 | MOX01 Healthy Aging | W | 9:00 AM | 9:50 AM | 2/26 | 6/18 | ONLINE - Synchronous | Castro, Candice ccastro@mtsac.edu |
| 41745 | MOX01 Healthy Aging | W | 9:00 AM | 9:50 AM | 2/26 | 6/18 | ONLINE - Synchronous | Hunnicutt, Leslie lhunnicutt@mtsac.edu |
| 41733 | FNA32 Drawing- Beginning Through Advanced | W | 9:00 AM | 11:30 AM | 2/26 | 6/18 | ONLINE - Synchronous | Conte, Kelly kconte@mtsac.edu |
| 41867 | BHTH1 Brain Health 1 | W | 9:00 AM | 11:35 AM | 2/26 | 6/18 | Asynch Zoom 9-10:30am | Bloom, Danielle dbloom@mtsac.edu |
| 41849 | MOX11 Fall Prevention, Balance and Mobility | W | 10:00 AM | 11:25 AM | 2/26 | 6/18 | ONLINE - Synchronous | White, Elizabeth ewhite31@mtsac.edu |
| 41850 | MOX11 Fall Prevention, Balance and Mobility | W | 10:00 AM | 11:25 AM | 2/26 | 6/18 | ONLINE - Synchronous | Klein, Gabriela gklein@mtsac.edu |
| 41816 | MOX04 Principles of Posture and Flexibility | W | 11:30 AM | 12:55 PM | 2/26 | 6/18 | ONLINE - Synchronous | Klein, Gabriela gklein@mtsac.edu |

Spring 2025

| CRN | Class | Day | Start Time | End Time | Start Date | End Date | Modality | Professor & Email |
|-------|---|-----|------------|----------|------------|----------|----------------------|--|
| 41818 | MOX04 Principles of Posture and Flexibility | Th | 7:15 AM | 8:25 AM | 2/27 | 6/12 | ONLINE - Synchronous | Tan, Jeremy jtan9@mtsac.edu |
| 41746 | MOX01 Healthy Aging | Th | 8:00 AM | 8:50 AM | 2/27 | 6/12 | ONLINE - Synchronous | Castro, Candice ccastro@mtsac.edu |
| 41766 | MOX02 Principles of Slow Movement | Th | 9:00 AM | 9:50 AM | 2/27 | 6/12 | ONLINE - Synchronous | White, Shelby swhite@mtsac.edu |
| 41819 | MOX04 Principles of Posture and Flexibility | Th | 9:00 AM | 9:50 AM | 2/27 | 6/12 | ONLINE - Synchronous | Castro, Candice ccastro@mtsac.edu |
| 41844 | MOX09 Principles of Progressive Resistance | Th | 9:00 AM | 9:50 AM | 2/27 | 6/12 | ONLINE - Synchronous | Klein, Gabriela gklein@mtsac.edu |
| 43487 | FN Food and Nutrition | Th | 9:00 AM | 10:25 AM | 2/27 | 6/12 | ONLINE - Synchronous | Zhan, Miranda gzhan3@mtsac.edu |
| 41748 | MOX01 Healthy Aging | Th | 10:00 AM | 10:50 AM | 2/27 | 6/12 | ONLINE - Synchronous | Hunnicutt, Leslie lhunnicutt@mtsac.edu |
| 41749 | MOX01 Healthy Aging | Th | 11:00 AM | 11:50 AM | 2/27 | 6/12 | ONLINE - Synchronous | Castro, Candice ccastro@mtsac.edu |
| 43510 | MOX09 Principles of Progressive Resistance | F | 7:15 AM | 8:20 AM | 2/28 | 6/20 | ONLINE - Synchronous | Barnes, MacKenzie mbarnes35@mtsac.edu |
| 41750 | MOX01 Healthy Aging | F | 8:00 AM | 8:50 AM | 2/28 | 6/20 | ONLINE - Synchronous | Cole, Danelle dcole18@mtsac.edu |
| 41820 | MOX04 Principles of Posture and Flexibility | F | 8:30 AM | 9:55 AM | 2/28 | 6/20 | ONLINE - Synchronous | Klein, Gabriela gklein@mtsac.edu |
| 41764 | MOX01 Healthy Aging | F | 9:00 AM | 10:35 AM | 2/28 | 6/13 | ONLINE - Synchronous | White, Shelby swhite@mtsac.edu |
| 41851 | MOX11 Fall Prevention, Balance and Mobility | F | 10:00 AM | 11:25 AM | 2/28 | 6/20 | ONLINE - Synchronous | Klein, Gabriela gklein@mtsac.edu |
| 41825 | MOX04 Principles of Posture and Flexibility | F | 11:30 AM | 12:55 PM | 2/28 | 6/20 | ONLINE - Synchronous | Klein, Gabriela gklein@mtsac.edu |
| 43467 | MBH Music and Brain Health | F | 1:00 PM | 3:05 PM | 2/28 | 6/20 | ONLINE - Synchronous | Martinez, Jinette jmartinez1063@mtsac.edu |
| 41765 | MOX01 Healthy Aging | Sa | 8:30 AM | 10:20 AM | 3/1 | 6/21 | ONLINE - Synchronous | Tan, Jeremy jtan9@mtsac.edu |

Vocational Re-Entry Program

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

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



SCHOOL OF CONTINUING EDUCATION STUDENT ONLINE SUPPORT

SCE SOS

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

WHAT WE HELP WITH:

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

FALL 2024 ZOOM HOURS:

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

FALL 2024 IN-PERSON HOURS:

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

HOW TO CONTACT US:



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

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



CALL: (909) 274-6100



EMAIL: sce@mtsac.edu



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Semester Dates

Fall 2024

Registration is ongoing

Classes Begin: August 26, 2024

Classes End: December 22, 2024

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

Winter 2025

Registration Begins: November 6, 2024

Classes Begin: January 6, 2025

Classes End: February 16, 2025

Holidays: January 20 and February 14

Spring 2025

Registration Begins: November 6, 2024

Classes Begin: February 24, 2025

Classes End: June 22, 2025

Holidays: March 31, May 26, and June 19