

Education for Older Adults (EOA) Winter & Spring 2026 Classes



Winter Term: January 5 – February 15, 2026

Spring Term: February 23 – June 14, 2026

No Class: 1/19, 2/13, 2/16-2/22, 3/31, 5/25

Register today!

Contact Us

Phone

Registration inquiries: 909-274-4220

Program inquiries: 909-274-4192

Email

eoas@mtsac.edu

Website

www.mtsac.edu/eoa

Facebook

www.facebook.com/mtsaceoa

Instagram

www.instagram.com/mtsac_eoa

Website QR Code

Scan with your phone



*Printed December 17, 2025
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/ea>

Contact us at:

email: ea@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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Winter & Spring 2026 Impacted Classes Registration Dates

Registration begins on Wednesday, November 12, 2025.

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

| Date | Time | Location |
|--|----------------|-------------------------------------|
| Monday, November 17 | 8:30am-12:30pm | Mt. SAC Bldg. 40, Room 140 |
| <i>This date/time is for on campus ACCS ILCAC classes only: Winter CRNs 30243, 30420, 30580 & Spring CRNs 41353, 41354, 41358.</i> | | |
| Tuesday, November 18 | 12pm-2pm | La Puente Senior Center |
| Wednesday, November 19 | 10am-12pm | Gibson Senior Center, Upland |
| Thursday, November 20 | 10am-12pm | Irwindale Senior Citizen's Center |
| Friday, November 21 | 10am-12pm | La Verne Community Center |
| Tuesday, November 25 | 8:30am-10:30am | Shadow Oak Park, West Covina |
| Tuesday, December 2 | 9am-11am | Walnut Senior Center |
| Wednesday, December 3 | 9am-11am | Diamond Bar Center |
| Monday, December 8 | 9:30am-11:30am | San Dimas Senior/Community Center |
| Tuesday, December 9 | 9am-11am | West Covina Senior Citizen's Center |
| Wednesday, December 10 | 9am-11am | Palmview Park, West Covina |
| <i>This date/time is for the Palmview Park ACCS ILCAC classes only: Winter CRN 30572 & Spring CRN 41357.</i> | | |
| Wednesday, December 10 | 10am-12pm | Washington Park, Pomona |
| Thursday, December 11 | 9:30am-11:30am | Palomares Senior Center, Pomona |
| Tuesday, December 16 | 9am-11am | Baldwin Park Senior Center |
| Wednesday, December 17 | 9:30am-11:30am | Covina Senior & Community Center |

* In Person Technology Classes & Additional Impacted Classes

(Additional impacted classes are: Winter CRNs 30314, 30315, 30598, 30639, 30652, 30670, 30715, 30720 & Spring CRNs 40787, 40788, 40789, 41160, 41236, 41270, 41347, 41348, 41436, 41582).

Each person must register for themselves. 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.

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Additional Program Information

About the Education for Older Adults (EOA) Program

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

Do you have questions about a class?

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

Course Modality

Course Modality refers to how a professor delivers their course.

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

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Class Descriptions

Brain Health Classes

OAD BHTH1 Brain Health 1 - Introduction to Brain Training

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

OAD BHTH2 Brain Health 2 - Brain Health Topics

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

OAD MBH Music and Brain Health

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

Painting and Drawing

OAD FNA03 Oil Painting

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

OAD FNA04 Watercolor Painting

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

OAD FNA06 Ceramics for Older Adults

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

OAD FNA32 Drawing— Beginning-Advanced

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

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Healthy Aging Classes

OAD FN Food and Nutrition for the Older Adult

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

OAD MOX01 Healthy Aging

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

OAD MOX02 Healthy Aging - Principles of Slow Movement

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

OAD MOX04 Healthy Aging - Principles of Posture and Flexibility

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

OAD MOX06 Healthy Aging - Principles of Aquatic Resistance

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

OAD MOX09 Healthy Aging – Principles of Progressive Resistance

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

OAD MOX11 Healthy Aging – Fall Prevention Balance and Mobility

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

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Lifelong Learning

OAD FLIT Financial Literacy in Retirement

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

OAD LS Writing Your Life Story

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

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

Baldwin Park Julia McNeil Senior Center Classes (BPSC)

4100 Baldwin Park Blvd.
Baldwin Park, CA 91706

Winter 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|---------------------------------------|------------|------------|----------|------------|----------|---|
| 30593 | FNA04 | Watercolor Painting | M | 9:00am | 11:50am | 1/5 | 2/9 | Angelica Sanchez asanchez487@mtsac.edu |
| 30611 | MOX09 | Principles of Progressive Resistance | MTW ThF | 11:00am | 12:05pm | 1/5 | 2/13 | Frank Ortiz fortiz27@mtsac.edu |
| 30283 | MOX04 | Principles of Posture and Flexibility | M | 1:00pm | 2:05pm | 1/5 | 2/9 | Kenzie Barnes mbarnes35@mtsac.edu |
| 30643 | FNA32 | Drawing | W | 9:00am | 11:50am | 1/7 | 2/11 | Angelica Sanchez asanchez487@mtsac.edu |
| 31397 | MOX01 | Healthy Aging | Th | 8:00am | 8:50am | 1/8 | 2/12 | Blanche Miranda bmiranda22@mtsac.edu |
| 30311 | MOX11 | Fall Prevention, Balance and Mobility | F | 8:00am | 9:05am | 1/9 | 2/13 | Marisa Fierro mfierro10@mtsac.edu |

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Baldwin Park Julia McNeil Senior Center Classes (BPSC)

4100 Baldwin Park Blvd.
Baldwin Park, CA 91706

Spring 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|---------------------------------------|------------|------------|----------|------------|----------|---|
| 41228 | FNA04 | Watercolor Painting | M | 9:00am | 11:50am | 2/23 | 6/8 | Angelica Sanchez asanchez487@mtsac.edu |
| 41568 | MOX09 | Principles of Progressive Resistance | MTW ThF | 11:00am | 12:05pm | 2/23 | 4/17 | Frank Ortiz fortiz27@mtsac.edu |
| 41569 | MOX09 | Principles of Progressive Resistance | MTW ThF | 11:00am | 12:05pm | 4/20 | 6/12 | Frank Ortiz fortiz27@mtsac.edu |
| 41516 | MOX04 | Principles of Posture and Flexibility | M | 1:00pm | 2:05pm | 2/23 | 6/8 | Kenzie Barnes mbarnes35@mtsac.edu |
| 41268 | FNA32 | Drawing | W | 9:00am | 11:50am | 2/25 | 6/10 | Angelica Sanchez asanchez487@mtsac.edu |
| 42285 | MOX01 | Healthy Aging | Th | 8:00am | 8:50am | 2/26 | 6/11 | Blanche Miranda bmiranda22@mtsac.edu |
| 41576 | MOX11 | Fall Prevention, Balance and Mobility | F | 8:00am | 9:05am | 2/27 | 6/12 | Marisa Fierro mfierro10@mtsac.edu |

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Baldwin Park Aquatic Center Classes (BPAQ)

4100 Baldwin Park Blvd.
Baldwin Park, CA 91706

Winter 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|----------------------------------|--------|------------|----------|------------|----------|-----------------------------------|
| 30591 | MOX06 | Principles of Aquatic Resistance | MTWThF | 8:00am | 9:25am | 1/5 | 2/13 | Frank Ortiz fortiz27@mtsac.edu |
| 30599 | MOX06 | Principles of Aquatic Resistance | MTWThF | 9:30am | 10:50am | 1/5 | 2/13 | Frank Ortiz fortiz27@mtsac.edu |
| 30622 | MOX06 | Principles of Aquatic Resistance | MTWTh | 7:15pm | 8:05pm | 1/5 | 2/13 | Yamil Slim yslim1@mtsac.edu |

Spring 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|----------------------------------|--------|------------|----------|------------|----------|-----------------------------------|
| 41559 | MOX06 | Principles of Aquatic Resistance | MTWThF | 8:00am | 9:25am | 2/23 | 4/17 | Frank Ortiz fortiz27@mtsac.edu |
| 41560 | MOX06 | Principles of Aquatic Resistance | MTWThF | 8:00am | 9:25am | 4/20 | 6/12 | Frank Ortiz fortiz27@mtsac.edu |
| 41562 | MOX06 | Principles of Aquatic Resistance | MTWThF | 9:30am | 10:50am | 2/23 | 4/17 | Frank Ortiz fortiz27@mtsac.edu |
| 41563 | MOX06 | Principles of Aquatic Resistance | MTWThF | 9:30am | 10:50am | 4/20 | 6/12 | Frank Ortiz fortiz27@mtsac.edu |
| 41565 | MOX06 | Principles of Aquatic Resistance | MTWTh | 7:15pm | 8:05pm | 2/23 | 6/11 | Yamil Slim yslim1@mtsac.edu |

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Covina Senior & Community Center Classes (CSCC)

815 N. Barranca Ave.
Covina, CA 91723

Winter 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|-------------------------------------|-----|------------|----------|------------|----------|---------------------------------------|
| 30281 | MOX01 | Healthy Aging | M | 1:00pm | 1:50pm | 1/5 | 2/9 | Candice Castro ccastro@mtsac.edu |
| 30631 | MOX04 | Principles of Posture & Flexibility | T | 9:00am | 10:10am | 1/6 | 2/10 | Shannon Clewley sclewley@mtsac.edu |
| 31403 | LS | Writing Your Life Story | T | 10:15am | 11:30am | 1/6 | 2/10 | Marianne Burch mburch1@mtsac.edu |
| 30665 | FNA32 | Drawing | F | 9:00am | 11:50am | 1/9 | 2/13 | Emma Limtiaco elimtiaco@mtsac.edu |

Spring 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|-------------------------------------|-----|------------|----------|------------|----------|---------------------------------------|
| 41455 | MOX01 | Healthy Aging | M | 1:00pm | 1:50pm | 2/23 | 6/8 | Candice Castro ccastro@mtsac.edu |
| 41517 | MOX04 | Principles of Posture & Flexibility | T | 9:00am | 10:05am | 2/24 | 6/9 | Shannon Clewley sclewley@mtsac.edu |
| 42344 | LS | Writing Your Life Story | T | 10:15am | 11:30am | 2/24 | 6/9 | Marianne Burch mburch1@mtsac.edu |
| 41274 | FNA32 | Drawing | F | 9:00am | 11:50am | 2/27 | 6/12 | Emma Limtiaco elimtiaco@mtsac.edu |

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Covina Woman's Club (CWC)

128 S. San Jose Ave.
Covina, CA 91723

Winter 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|---|
| 30621 | FNA04 | Watercolor Painting | M | 2:30pm | 4:40pm | 1/5 | 2/9 | Michelle Emami memami@mtsac.edu |
| 30629 | MBH | Music and Brain Health | T | 9:00am | 10:50am | 1/6 | 2/10 | Jinette Martinez jmartinez1063@mtsac.edu |
| 30286 | MOX11 | Fall Prevention, Balance and Mobility | T | 11:00am | 11:50am | 1/6 | 2/10 | Marisa Fierro mfierro10@mtsac.edu |

Spring 2026

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|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|---|
| 41229 | FNA04 | Watercolor Painting | M | 2:30pm | 4:35pm | 2/23 | 6/8 | Michelle Emami memami@mtsac.edu |
| 41419 | MBH | Music and Brain Health | T | 9:00am | 10:50am | 2/24 | 6/9 | Jinette Martinez jmartinez1063@mtsac.edu |
| 41570 | MOX11 | Fall Prevention, Balance and Mobility | T | 11:00am | 11:50am | 2/24 | 6/9 | Marisa Fierro mfierro10@mtsac.edu |

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Diamond Bar Center Classes (DBC)

1600 S. Grand Ave.
Diamond Bar, CA 91765

Winter 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|---------------------------------------|
| 30590 | MOX04 | Principles of Posture and Flexibility | M | 8:00am | 9:30am | 1/5 | 2/9 | Surendra Mehta smehta9@mtsac.edu |
| 30595 | MOX01 | Healthy Aging | MWF | 9:00am | 9:50am | 1/5 | 2/13 | Kenzie Barnes mbarnes35@mtsac.edu |
| 30604 | MOX01 | Healthy Aging | MWF | 10:00am | 10:50am | 1/5 | 2/13 | Kenzie Barnes mbarnes35@mtsac.edu |
| 30285 | MOX04 | Principles of Posture and Flexibility | T | 10:15am | 11:20am | 1/6 | 2/10 | Elizabeth White ewhite31@mtsac.edu |
| 30288 | MOX04 | Principles of Posture and Flexibility | T | 11:25am | 12:30pm | 1/6 | 2/10 | Elizabeth White ewhite31@mtsac.edu |
| 30640 | FNA32 | Drawing | T | 12:30pm | 3:20pm | 1/6 | 2/10 | Michelle Emami memami@mtsac.edu |
| 30655 | MOX02 | Principles of Slow Movement | Th | 9:30am | 11:20am | 1/6 | 1/13 | Erin McLaren emclaren@mtsac.edu |
| 30658 | FNA04 | Watercolor Painting | Th | 1:00pm | 3:50pm | 1/7 | 2/11 | Kelly Conte kconte@mtsac.edu |
| 31404 | LS | Writing Your Life Story | Th | 1:30pm | 3:00pm | 1/8 | 2/12 | Marianne Burch mburch1@mtsac.edu |
| 30672 | FNA32 | Drawing | F | 1:00pm | 3:15pm | 1/8 | 2/12 | Yasmin Cardona ycardona3@mtsac.edu |

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Diamond Bar Center Classes

1600 S. Grand Ave.
Diamond Bar, CA 91765

Spring 2026

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|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|--|
| 41502 | MOX04 | Principles of Posture and Flexibility | M | 8:00am | 9:30am | 2/23 | 6/8 | Surendra Mehta smehta9@mtsac.edu |
| 41433 | MOX01 | Healthy Aging | MWF | 9:00am | 9:50am | 2/23 | 6/12 | Kenzie Barnes mbarnes35@mtsac.edu |
| 41437 | MOX01 | Healthy Aging | MWF | 10:00am | 10:50am | 2/23 | 6/12 | Kenzie Barnes mbarnes35@mtsac.edu |
| 41501 | MOX04 | Principles of Posture and Flexibility | T | 10:15am | 11:20am | 2/24 | 6/9 | Elizabeth White ewhite31@mtsac.edu |
| 41505 | MOX04 | Principles of Posture and Flexibility | T | 11:25am | 12:30pm | 2/24 | 6/9 | Elizabeth White ewhite31@mtsac.edu |
| 41267 | FNA32 | Drawing | T | 12:30pm | 3:20pm | 2/24 | 6/9 | Michelle Emami memami@mtsac.edu |
| 41498 | MOX02 | Principles of Slow Movement | Th | 9:30am | 11:20am | 2/26 | 6/11 | Raea Figueroa-Darby adarby1@mtsac.edu |
| 41234 | FNA04 | Watercolor Painting | Th | 1:00pm | 3:50pm | 2/26 | 6/11 | Kelly Conte kconte@mtsac.edu |
| 42348 | LS | Writing Your Life Story | Th | 1:30pm | 3:00pm | 2/26 | 6/11 | Marianne Burch mburch1@mtsac.edu |
| 41276 | FNA32 | Drawing | F | 1:00pm | 3:05pm | 2/27 | 6/12 | 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

Winter 2026

No classes in the Winter. See you in the Spring!

Spring 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|--------------------------------------|
| 41518 | MOX04 | Principles of Posture & Flexibility | T | 12:40pm | 1:45pm | 2/24 | 6/9 | Kenzie Barnes mbarnes35@mtsac.edu |
| 41573 | MOX11 | Fall Prevention, Balance and Mobility | W | 12:40pm | 1:45pm | 2/25 | 6/10 | Erin McLaren emclaren@mtsac.edu |

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Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

**This is an impacted class. There is a specific date to register. See page 4 for more information.*

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



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

Gibson Senior Center Classes (GSC)

250 N. 3rd Ave.
Upland, CA 91786

Winter 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|----------------------------------|-----|------------|----------|------------|----------|---|
| 30594 | MBH | Music and Brain Health | M | 9:00am | 11:10am | 1/5 | 2/9 | Jinette Martinez jmartinez1063@mtsac.edu |
| 31408 | FN | Food and Nutrition | T | 2:00pm | 4:50pm | 1/6 | 2/10 | Homa Sadeghi hsadeghi2@mtsac.edu |
| 30306 | MOX02 | Principles of Slow Movement | T | 4:30pm | 5:20pm | 1/6 | 2/10 | Blanche Miranda bmiranda22@mtsac.edu |
| 31413 | FLIT | Financial Literacy in Retirement | W | 9:30am | 11:00am | 1/7 | 2/11 | TBA ea@mtsac.edu |
| 30659 | FNA32 | Drawing | Th | 1:00pm | 3:50pm | 1/8 | 2/12 | Lia May Byrd jmaybyrd@mtsac.edu |
| 30671 | FNA04 | Watercolor Painting | F | 12:30pm | 3:20pm | 1/9 | 2/13 | Emma Limtiaco elimtiaco@mtsac.edu |
| 30793 | FNA06 | Ceramics for Older Adults | Sa | 9:30am | 12:20pm | 1/10 | 2/14 | Bonnie Lee blee177@mtsac.edu |

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

Gibson Senior Center Classes (GSC)

250 N. 3rd Ave.
Upland, CA 91786

Spring 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|----------------------------------|-----|------------|----------|------------|----------|---|
| 41394 | MBH | Music and Brain Health | M | 9:00am | 11:10am | 2/23 | 6/8 | Jinette Martinez jmartinez1063@mtsac.edu |
| 42356 | FN | Food and Nutrition | T | 2:00pm | 4:50pm | 2/24 | 6/9 | Homa Sadeghi hsadeghi2@mtsac.edu |
| 41512 | MOX02 | Principles of Slow Movement | T | 4:30pm | 5:20pm | 2/24 | 6/9 | Blanche Miranda bmiranda22@mtsac.edu |
| 42364 | FLIT | Financial Literacy in Retirement | W | 9:30am | 11:00am | 2/25 | 6/10 | TBA ea@mtsac.edu |
| 41271 | FNA32 | Drawing | Th | 1:00pm | 3:50pm | 2/26 | 6/11 | Lia May Byrd jmaybyrd@mtsac.edu |
| 41237 | FNA04 | Watercolor Painting | F | 12:30pm | 3:20pm | 2/27 | 6/12 | Emma Limtiaco elimtiaco@mtsac.edu |
| 42350 | FNA06 | Ceramics for Older Adults | Sa | 9:30am | 12:20pm | 2/28 | 6/13 | Bonnie Lee blee177@mtsac.edu |

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Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

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

Irwindale Senior Citizen's Center Classes (IRWN)

16116 Arrow Hwy.
Irwindale, CA 91706

Winter 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|---|
| 30596 | MOX02 | Principles of Slow Movement | MW | 9:00am | 9:50am | 1/5 | 2/11 | Marisa Fierro mfierro10@mtsac.edu |
| 30606 | MOX02 | Principles of Slow Movement | MW | 10:00am | 10:50am | 1/5 | 2/11 | Marisa Fierro mfierro10@mtsac.edu |
| 30287 | MOX11 | Fall Prevention, Balance and Mobility | T | 11:00am | 11:50am | 1/6 | 2/10 | Candice Castro ccastro@mtsac.edu |
| 30299 | MOX01 | Healthy Aging | Th | 1:00pm | 1:50pm | 1/8 | 2/12 | Kenzie Barnes mbarnes35@mtsac.edu |
| 30290 | MOX04 | Principles of Posture and Flexibility | F | 11:00am | 11:50am | 1/9 | 2/13 | Danelle Cole dcole18@mtsac.edu |
| 30304 | MOX01 | Healthy Aging | F | 1:00pm | 1:50pm | 1/9 | 2/13 | Blanche Miranda bmiranda22@mtsac.edu |

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phone: (909) 274-4192

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in-person with the professor.

Irwindale Senior Citizen's Center Classes (IRWN)

16116 Arrow Hwy.
Irwindale, CA 91706

Spring 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|--|
| 41491 | MOX02 | Principles of Slow Movement | MW | 9:00am | 9:50am | 2/23 | 6/10 | Raea Figueroa-Darby adarby1@mtsac.edu |
| 41492 | MOX02 | Principles of Slow Movement | MW | 10:00am | 10:50am | 2/23 | 6/10 | Raea Figueroa-Darby adarby1@mtsac.edu |
| 41571 | MOX11 | Fall Prevention, Balance and Mobility | T | 11:00am | 11:50am | 2/24 | 6/9 | Candice Castro ccastro@mtsac.edu |
| 41470 | MOX01 | Healthy Aging | Th | 1:00pm | 1:50pm | 2/26 | 6/11 | Kenzie Barnes mbarnes35@mtsac.edu |
| 41509 | MOX04 | Principles of Posture and Flexibility | F | 11:00am | 11:50am | 2/27 | 6/12 | Danelle Cole dcole18@mtsac.edu |
| 41475 | MOX01 | Healthy Aging | F | 1:00pm | 1:50pm | 2/27 | 6/12 | Blanche Miranda bmiranda22@mtsac.edu |

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Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

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

La Puente Community Center Classes (LPCC)

501 N. Glendora Ave.
La Puente, CA 91744

Winter 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|------------|---------------|--------------------------------------|------------|-------------------|-----------------|-------------------|-----------------|---|
| 31424 | FNA06 | Ceramics for Older Adults | M | 4:00pm | 5:50pm | 1/5 | 2/9 | Bonnie Lee blee177@mtsac.edu |
| 31406 | MOX02 | Principles of Slow Movement | T | 8:15am | 9:40am | 1/6 | 2/10 | Blanche Miranda bmiranda22@mtsac.edu |
| 31421 | MBH | Music and Brain Health | T | 9:55am | 12:00pm | 1/6 | 2/10 | James Hartford jhartford@mtsac.edu |
| 31392 | MOX01 | Healthy Aging | W | 10:30am | 11:20am | 1/7 | 2/11 | Candice Castro ccastro@mtsac.edu |
| 31419 | MOX09 | Principles of Progressive Resistance | Th | 8:15am | 9:40am | 1/8 | 2/12 | Kenzie Barnes mbarnes35@mtsac.edu |
| 31422 | FNA32 | Drawing | F | 9:00am | 11:50am | 1/9 | 2/13 | Bernard Johnson bjohnson98@mtsac.edu |

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

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adults!**



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

La Puente Community Center Classes (LPCC)

501 N. Glendora Ave.
La Puente, CA 91744

Spring 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|--------------------------------------|-----|------------|----------|------------|----------|---|
| 42352 | FNA06 | Ceramics for Older Adults | M | 4:00pm | 5:50pm | 2/23 | 6/8 | Bonnie Lee blee177@mtsac.edu |
| 42338 | MOX02 | Principles of Slow Movement | T | 8:15am | 9:40am | 2/24 | 6/9 | Blanche Miranda bmiranda22@mtsac.edu |
| 42342 | MBH | Music and Brain Health | T | 9:55am | 12:00pm | 2/24 | 6/9 | James Hartford jhartford@mtsac.edu |
| 42284 | MOX01 | Healthy Aging | W | 10:30am | 11:20am | 2/25 | 6/10 | Candice Castro ccastro@mtsac.edu |
| 42332 | MOX09 | Principles of Progressive Resistance | Th | 8:15am | 9:40am | 2/26 | 6/11 | Kenzie Barnes mbarnes35@mtsac.edu |
| 42278 | FNA32 | Drawing | F | 9:00am | 11:50am | 2/27 | 6/12 | Bernard Johnson bjohnson98@mtsac.edu |

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Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

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

La Puente Senior Center Classes (LPSC)

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

Winter 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|--|
| 31405 | MOX02 | Principles of Slow Movement | T | 10:00am | 10:50am | 1/6 | 2/10 | Blanche Miranda bmiranda22@mtsac.edu |
| 31396 | MOX01 | Healthy Aging | Th | 10:00am | 10:50am | 1/8 | 2/12 | Jorge Quintero jqinteroquintana@mtsac.edu |
| 31400 | MOX04 | Principles of Posture and Flexibility | Th | 12:30pm | 1:20pm | 1/8 | 2/12 | Candice Castro ccastro@mtsac.edu |
| 31410 | FN | Food and Nutrition | Th | 1:30pm | 3:50pm | 1/8 | 2/12 | Marla Mariles mmariles@mtsac.edu |
| 31420 | FNA04 | Watercolor Painting | Th | 1:30pm | 4:20pm | 1/8 | 2/12 | Michelle Emami memami@mtsac.edu |
| 31416 | MOX11 | Fall Prevention, Balance and Mobility | F | 10:00am | 10:50am | 1/9 | 2/13 | Shannon Clewley sclewley@mtsac.edu |

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Contact us at:

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phone: (909) 274-4192

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**Enroll in tuition-free
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adults!**



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

La Puente Senior Center Classes (LPSC)

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

Spring 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|--|
| 42339 | MOX02 | Principles of Slow Movement | T | 10:00am | 10:50am | 2/24 | 6/9 | Blanche Miranda bmiranda22@mtsac.edu |
| 42282 | MOX01 | Healthy Aging | Th | 10:00am | 11:05am | 2/26 | 6/11 | Jorge Quintero jqquinteroquintana@mtsac.edu |
| 42337 | MOX04 | Principles of Posture and Flexibility | Th | 12:30pm | 1:20pm | 2/26 | 6/11 | Shannon Clewley sclewley@mtsac.edu |
| 42357 | FN | Food and Nutrition | Th | 1:30pm | 3:50pm | 2/26 | 6/11 | Marla Mariles mmariles@mtsac.edu |
| 42355 | FNA04 | Watercolor Painting | Th | 1:30pm | 4:20pm | 2/26 | 6/11 | Michelle Emami memami@mtsac.edu |
| 42328 | MOX11 | Fall Prevention, Balance and Mobility | F | 10:00am | 10:50am | 2/27 | 6/12 | Shannon Clewley sclewley@mtsac.edu |

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

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Register online at
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in-person with the professor.

La Verne Community Center Classes (LV)

3680 D Street
La Verne, CA 91750

Winter 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|--------|--------|--|-----|------------|----------|------------|----------|--|
| 30624 | MOX01 | Healthy Aging | TTh | 8:15am | 9:35am | 1/6 | 2/12 | Danelle Cole dcole18@mtsac.edu |
| 30627 | FNA04 | Watercolor Painting | T | 9:00am | 11:50am | 1/6 | 2/10 | Kelly Conte kconte@mtsac.edu |
| 30642 | MOX11 | Fall Prevention, Balance and Mobility | TTh | 1:30pm | 2:20pm | 1/6 | 2/12 | Yamil Slim yslim1@mtsac.edu |
| *30652 | FNA32 | Drawing | Th | 8:55am | 12:00pm | 1/8 | 2/12 | Michelle Emami memami@mtsac.edu |
| 30661 | MOX02 | Principles of Slow Movement | Th | 1:00pm | 2:50pm | 1/8 | 2/12 | Min Peng mpeng15@mtsac.edu |
| 30664 | FNA03 | Oil Painting | F | 9:00am | 11:50am | 1/9 | 2/13 | Atilio Pernisco apernisco@mtsac.edu |
| *30670 | FNA04 | Watercolor Painting | F | 12:45pm | 3:50pm | 1/9 | 2/13 | Sarah Cooper scooper18@mtsac.edu |

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Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

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

La Verne Community Center Classes

3680 D Street
La Verne, CA 91750

Spring 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|--------|--------|--|-----|------------|----------|------------|----------|--|
| 41458 | MOX01 | Healthy Aging | TTh | 8:15am | 9:35am | 2/24 | 6/11 | Danelle Cole dcole18@mtsac.edu |
| 41230 | FNA04 | Watercolor Painting | T | 9:00am | 11:50am | 2/24 | 6/9 | Kelly Conte kconte@mtsac.edu |
| 42437 | MOX11 | Fall Prevention, Balance and Mobility | T | 1:30pm | 2:20pm | 2/24 | 6/9 | Yamil Slim yslim1@mtsac.edu |
| *41270 | FNA32 | Drawing | Th | 8:55am | 12:00pm | 2/26 | 6/11 | Michelle Emami memami@mtsac.edu |
| 41499 | MOX02 | Principles of Slow Movement | Th | 1:00pm | 2:50pm | 2/26 | 6/11 | Raea Figueroa-Darby adarby1@mtsac.edu |
| 41572 | MOX11 | Fall Prevention, Balance and Mobility | Th | 1:30pm | 2:20pm | 2/26 | 6/11 | Yamil Slim yslim1@mtsac.edu |
| 41224 | FNA03 | Oil Painting | F | 9:00am | 11:50am | 2/27 | 6/12 | Atilio Pernisco apernisco@mtsac.edu |
| *41236 | FNA04 | Watercolor Painting | F | 12:45pm | 3:50pm | 2/27 | 6/12 | Sarah Cooper scooper18@mtsac.edu |

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Mt. San Antonio College Classes (Mt. SAC)

1101 N. Grand Ave.
Walnut, CA 91789

Winter 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email | Location |
|-------|--------|------------------------|-----|------------|----------|------------|----------|---------------------------------------|----------|
| 30649 | FNA04 | Watercolor Painting | W | 1:00pm | 3:50pm | 1/7 | 2/11 | Lia May Byrd jmaybyrd@mtsac.edu | 80-1401 |
| 30660 | MBH | Music and Brain Health | Th | 1:00pm | 3:50pm | 1/8 | 2/12 | James Hartford jhartford@mtsac.edu | 80-1401 |

Spring 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email | Location |
|-------|--------|------------------------|-----|------------|----------|------------|----------|---------------------------------------|----------|
| 41233 | FNA04 | Watercolor Painting | W | 1:00pm | 3:50pm | 2/25 | 6/10 | Lia May Byrd jmaybyrd@mtsac.edu | 80-1200 |
| 41421 | MBH | Music and Brain Health | Th | 1:00pm | 3:50pm | 2/26 | 6/11 | James Hartford jhartford@mtsac.edu | 80-1401 |

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Palomares Senior Center Classes (PSC)

499 E. Arrow Hwy.
Pomona, CA 91767

Winter 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|--------|--------|--|-----|------------|----------|------------|----------|--|
| 30609 | MOX01 | Healthy Aging | MW | 10:30am | 11:20am | 1/5 | 2/11 | Erin McLaren emclaren@mtsac.edu |
| 30613 | FNA32 | Drawing | M | 12:45pm | 3:20pm | 1/5 | 2/9 | Kelly Conte kconte@mtsac.edu |
| *30639 | BH2H2 | Brain Health 2 | T | 12:30pm | 3:20pm | 1/6 | 2/10 | Marisa Fierro mfierro10@mtsac.edu |
| 30309 | MOX11 | Fall Prevention, Balance and Mobility | Th | 11:30am | 12:20pm | 1/8 | 2/12 | Leslie Hunnicutt lhunnicutt@mtsac.edu |
| 30791 | MOX02 | Principles of Slow Movement | Th | 1:00pm | 2:30pm | 1/8 | 2/12 | Blanche Miranda bmiranda22@mtsac.edu |
| 30667 | MBH | Music and Brain Health | F | 9:15am | 11:25am | 1/9 | 2/13 | James Hartford jhartford@mtsac.edu |

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

Palomares Senior Center Classes (PSC)

499 E. Arrow Hwy.
Pomona, CA 91767

Spring 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|--------|--------|--|-----|------------|----------|------------|----------|--|
| 41444 | MOX01 | Healthy Aging | MW | 10:30am | 11:20am | 2/23 | 6/10 | Erin McLaren emclaren@mtsac.edu |
| 41266 | FNA32 | Drawing | M | 12:45pm | 3:20pm | 2/23 | 6/8 | Kelly Conte kconte@mtsac.edu |
| *40788 | BH2H2 | Brain Health 2 | T | 12:30pm | 2:20pm | 2/24 | 6/9 | Marisa Fierro mfierro10@mtsac.edu |
| 41574 | MOX11 | Fall Prevention, Balance and Mobility | Th | 11:30am | 12:20pm | 2/26 | 6/11 | Leslie Hunnicutt lhunnicutt@mtsac.edu |
| 43564 | MOX02 | Principles of Slow Movement | Th | 1:00pm | 2:30pm | 2/26 | 6/11 | Blanche Miranda bmiranda22@mtsac.edu |
| 41422 | MBH | Music and Brain Health | F | 9:15am | 11:25am | 2/27 | 6/12 | James Hartford jhartford@mtsac.edu |

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Washington Park Classes (WPK)

865 E. Grand Ave.
Pomona, CA 91766

Winter 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|-----------------------------|-----|------------|----------|------------|----------|--------------------------------------|
| 30610 | MOX01 | Healthy Aging | MW | 10:45am | 11:35am | 1/5 | 2/11 | Vanessa Jones vjones11@mtsac.edu |
| 31407 | MOX02 | Principles of Slow Movement | Th | 10:45am | 11:35am | 1/8 | 2/12 | Marisa Fierro mfierro10@mtsac.edu |

Spring 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|-----------------------------|-----|------------|----------|------------|----------|--------------------------------------|
| 41445 | MOX01 | Healthy Aging | MW | 10:45am | 11:35am | 2/23 | 6/10 | Vanessa Jones vjones11@mtsac.edu |
| 42340 | MOX02 | Principles of Slow Movement | Th | 10:45am | 11:35am | 2/26 | 6/11 | Marisa Fierro mfierro10@mtsac.edu |

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

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San Dimas Senior/Community Center Classes (SD)

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

Winter 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|--------|--------|-------------------------|-----|------------|----------|------------|----------|--|
| 30279 | MOX01 | Healthy Aging | M | 9:30am | 10:20am | 1/5 | 2/9 | Candice Castro ccastro@mtsac.edu |
| 30641 | FNA04 | Watercolor Painting | T | 1:00pm | 4:05pm | 1/6 | 2/10 | Kelly Conte kconte@mtsac.edu |
| 31401 | LS | Writing Your Life Story | T | 5:30pm | 7:00pm | 1/6 | 2/10 | Marisa Fierro mfierro10@mtsac.edu |
| 30644 | FNA32 | Drawing | W | 9:00am | 11:50am | 1/7 | 2/11 | Lia May Byrd jmaybyrd@mtsac.edu |
| *30315 | BHTH2 | Brain Health 2 | W | 1:15pm | 3:35pm | 1/7 | 2/11 | Karena Friedman kfriedman@mtsac.edu |
| *30314 | BHTH1 | Brain Health 1 | Th | 1:15pm | 3:35pm | 1/8 | 2/12 | Karena Friedman kfriedman@mtsac.edu |
| 30302 | MOX01 | Healthy Aging | F | 9:30am | 10:20am | 1/9 | 2/13 | Erin McLaren emclaren@mtsac.edu |

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

Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

**This is an impacted class. There is a specific date to register. See page 4 for more information.*

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



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

San Dimas Senior/Community Center Classes (SD)

201 E. Bonita Ave.
San Dimas, CA 91773

Spring 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|--------|--------|-------------------------|-----|------------|----------|------------|----------|--|
| 41435 | MOX01 | Healthy Aging | M | 9:30am | 10:20am | 2/23 | 6/8 | Candice Castro ccastro@mtsac.edu |
| 41232 | FNA04 | Watercolor Painting | T | 1:00pm | 4:05pm | 2/24 | 6/9 | Kelly Conte kconte@mtsac.edu |
| 42346 | LS | Writing Your Life Story | T | 5:30pm | 7:00pm | 2/24 | 6/9 | Marisa Fierro mfierro10@mtsac.edu |
| 41269 | FNA32 | Drawing | W | 9:00am | 11:50am | 2/25 | 6/10 | Lia May Byrd jmaybyrd@mtsac.edu |
| *40789 | BH2H2 | Brain Health 2 | W | 1:15pm | 3:35pm | 2/25 | 6/10 | Karena Friedman kfriedman@mtsac.edu |
| *40787 | BH2H1 | Brain Health 1 | Th | 1:15pm | 3:35pm | 2/26 | 6/11 | Karena Friedman kfriedman@mtsac.edu |
| 41473 | MOX01 | Healthy Aging | F | 9:30am | 10:20am | 2/27 | 6/12 | Erin McLaren emclaren@mtsac.edu |

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

**This is an impacted class. There is a specific date to register. See page 4 for more information.*

**Enroll in tuition-free
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adults!**



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

Stanley Plummer Building Classes (PLUM)

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

Winter 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|---------------------------------------|
| 30623 | MOX01 | Healthy Aging | TTh | 8:00am | 8:50am | 1/6 | 2/12 | Vanessa Jones vjones11@mtsac.edu |
| 30630 | MOX02 | Principles of Slow Movement | T | 9:00am | 10:10am | 1/6 | 2/10 | Min Peng mpeng15@mtsac.edu |
| 30292 | MOX01 | Healthy Aging | W | 9:30am | 10:20am | 1/7 | 2/11 | Vanessa Jones vjones11@mtsac.edu |
| 30654 | MOX04 | Principles of Posture and Flexibility | Th | 9:00am | 10:20am | 1/8 | 2/12 | Shannon Clewley sclewley@mtsac.edu |
| 30668 | MOX02 | Principles of Slow Movement | F | 9:00am | 10:20am | 1/9 | 2/13 | Min Peng mpeng15@mtsac.edu |
| 30289 | MOX04 | Principles of Posture and Flexibility | F | 10:30am | 11:35am | 1/9 | 2/13 | Andrea Anello aanello@mtsac.edu |

Spring 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|---------------------------------------|
| 41457 | MOX01 | Healthy Aging | TTh | 8:00am | 8:50am | 2/24 | 6/11 | Vanessa Jones vjones11@mtsac.edu |
| 41496 | MOX02 | Principles of Slow Movement | T | 9:00am | 10:05am | 2/24 | 6/9 | Min Peng mpeng15@mtsac.edu |
| 41463 | MOX01 | Healthy Aging | W | 9:30am | 10:20am | 2/25 | 6/10 | Vanessa Jones vjones11@mtsac.edu |
| 41507 | MOX04 | Principles of Posture and Flexibility | Th | 9:00am | 10:20am | 2/26 | 6/11 | Shannon Clewley sclewley@mtsac.edu |
| 41500 | MOX02 | Principles of Slow Movement | F | 9:00am | 10:20am | 2/27 | 6/12 | Min Peng mpeng15@mtsac.edu |
| 41508 | MOX04 | Principles of Posture and Flexibility | F | 10:30am | 11:35am | 2/27 | 6/12 | Andrea Anello aanello@mtsac.edu |

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Contact us at:

email: eo@mtsac.edu

phone: (909) 274-4192

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

San Dimas Swim & Racquet Club Classes (SDSR)

990 W. Covina Blvd.
San Dimas, CA 91773

Winter 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|----------------------------------|------|------------|----------|------------|----------|--|
| 30592 | MOX06 | Principles of Aquatic Resistance | MF | 8:45am | 9:35am | 1/5 | 2/13 | Leslie Hunnicutt lhunnicutt@mtsac.edu |
| 30600 | MOX06 | Principles of Aquatic Resistance | MF | 9:45am | 10:35am | 1/5 | 2/13 | Leslie Hunnicutt lhunnicutt@mtsac.edu |
| 30626 | MOX06 | Principles of Aquatic Resistance | TWTh | 8:45am | 9:35am | 1/6 | 2/12 | Karena Friedman kfriedman@mtsac.edu |
| 30633 | MOX06 | Principles of Aquatic Resistance | TWTh | 9:45am | 10:35am | 1/6 | 2/12 | Karena Friedman kfriedman@mtsac.edu |

Spring 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|----------------------------------|------|------------|----------|------------|----------|--|
| 41561 | MOX06 | Principles of Aquatic Resistance | MF | 8:45am | 9:35am | 2/23 | 6/5 | Leslie Hunnicutt lhunnicutt@mtsac.edu |
| 41564 | MOX06 | Principles of Aquatic Resistance | MF | 9:45am | 10:35am | 2/23 | 6/5 | Leslie Hunnicutt lhunnicutt@mtsac.edu |
| 41566 | MOX06 | Principles of Aquatic Resistance | TWTh | 8:45am | 9:35am | 2/24 | 6/4 | Karena Friedman kfriedman@mtsac.edu |
| 41567 | MOX06 | Principles of Aquatic Resistance | TWTh | 9:45am | 10:35am | 2/24 | 6/4 | Karena Friedman kfriedman@mtsac.edu |

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Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

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adults!**



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

Walnut Senior Center Classes (WALT)

21215 La Puente Rd.
Walnut, CA 91789

Winter 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|---------|--------|---------------------------------------|-----|------------|----------|------------|----------|--|
| 30589 | MOX01 | Healthy Aging | MWF | 8:00am | 8:50am | 1/5 | 2/13 | Andrea Anello aanello@mtsac.edu |
| *^30598 | MOX01 | Healthy Aging | MWF | 9:30am | 10:35am | 1/5 | 2/13 | Danelle Cole dcole18@mtsac.edu |
| ^30284 | MOX01 | Healthy Aging | T | 9:00am | 9:50am | 1/6 | 2/10 | Elizabeth White ewhite31@mtsac.edu |
| 31412 | FLIT | Financial Literacy in Retirement | T | 9:30am | 11:00am | 1/6 | 2/10 | Lily Gidcumb lily.gidcumb@mtsac.edu |
| ^30291 | MOX01 | Healthy Aging | T | 12:45pm | 1:35pm | 1/7 | 2/11 | Danelle Cole dcole18@mtsac.edu |
| 30645 | MOX04 | Principles of Posture and Flexibility | W | 10:45am | 11:55am | 1/7 | 2/11 | Danelle Cole dcole18@mtsac.edu |
| 30648 | FNA03 | Oil Painting | W | 1:00pm | 3:50pm | 1/8 | 2/12 | Kelly Conte kconte@mtsac.edu |
| 30653 | FNA03 | Oil Painting | Th | 9:00am | 11:50am | 1/7 | 2/11 | Kelly Conte kconte@mtsac.edu |

^PLEASE NOTE: The first week of this class will take place outdoors at Suzanne Park (625 Suzanne Rd., Walnut CA 91789).

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

Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

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

Walnut Senior Center Classes

21215 La Puente Rd.
Walnut, CA 91789

Spring 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|--------|--------|---------------------------------------|-----|------------|----------|------------|----------|---------------------------------------|
| 41432 | MOX01 | Healthy Aging | MWF | 8:00am | 8:50am | 2/23 | 6/12 | Andrea Anello aanello@mtsac.edu |
| *41436 | MOX01 | Healthy Aging | MWF | 9:30am | 10:35am | 2/23 | 6/12 | Danelle Cole dcole18@mtsac.edu |
| 41459 | MOX01 | Healthy Aging | T | 9:00am | 9:50am | 2/24 | 6/9 | Elizabeth White ewhite31@mtsac.edu |
| 42362 | FLIT | Financial Literacy in Retirement | T | 9:30am | 11:00am | 2/24 | 6/9 | TBA eoa@mtsac.edu |
| 41462 | MOX01 | Healthy Aging | T | 12:45pm | 1:35pm | 2/24 | 6/9 | Danelle Cole dcole18@mtsac.edu |
| 41519 | MOX04 | Principles of Posture and Flexibility | W | 10:45am | 11:50am | 2/25 | 6/10 | Danelle Cole dcole18@mtsac.edu |
| 41222 | FNA03 | Oil Painting | W | 1:00pm | 3:50pm | 2/25 | 6/10 | Kelly Conte kconte@mtsac.edu |
| 41223 | FNA03 | Oil Painting | Th | 9:00am | 11:50am | 2/26 | 6/11 | Kelly Conte kconte@mtsac.edu |

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Contact us at:

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phone: (909) 274-4192

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

West Covina Senior Citizen's Center Classes (WCSCC)

2501 E. Cortez St.
West Covina, CA 91791

Winter 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|---|
| 30274 | MOX01 | Healthy Aging | M | 9:00am | 9:50am | 1/5 | 2/9 | Yamil Slim yslim1@mtsac.edu |
| 30612 | MOX02 | Principles of Slow Movement | M | 12:00pm | 1:25pm | 1/5 | 2/9 | Blanche Miranda bmiranda22@mtsac.edu |
| 30615 | MOX02 | Principles of Slow Movement | M | 1:30pm | 2:55pm | 1/5 | 2/9 | Blanche Miranda bmiranda22@mtsac.edu |
| 30635 | MOX04 | Principles of Posture and Flexibility | TTh | 10:00am | 10:50am | 1/6 | 2/12 | Danelle Cole dcole18@mtsac.edu |
| 30637 | MOX04 | Principles of Posture and Flexibility | TTh | 11:00am | 11:50am | 1/6 | 2/12 | Danelle Cole dcole18@mtsac.edu |
| 31402 | LS | Writing Your Life Story | T | 1:00pm | 2:30pm | 1/6 | 2/10 | Marianne Burch mburch1@mtsac.edu |
| 30650 | MOX04 | Principles of Posture and Flexibility | W | 1:00pm | 2:30pm | 1/7 | 2/11 | Surendra Mehta smehta9@mtsac.edu |
| 30300 | MOX01 | Healthy Aging | F | 9:00am | 9:50am | 1/9 | 2/13 | Yamil Slim yslim1@mtsac.edu |
| 30303 | MOX01 | Healthy Aging | F | 10:00am | 10:50am | 1/9 | 2/13 | Yamil Slim yslim1@mtsac.edu |
| 30669 | FNA04 | Watercolor Painting | F | 10:00am | 12:30pm | 1/9 | 2/13 | Kelly Conte kconte@mtsac.edu |

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

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adults!**



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

West Covina Senior Citizen's Center Classes

2501 E. Cortez St.
West Covina, CA 91791

Spring 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|--|
| 41434 | MOX01 | Healthy Aging | M | 9:00am | 9:50am | 2/23 | 6/8 | Shelby White swhite@mtsac.edu |
| 41493 | MOX02 | Principles of Slow Movement | M | 12:00pm | 1:25pm | 2/23 | 6/8 | Blanche Miranda bmiranda22@mtsac.edu |
| 41494 | MOX02 | Principles of Slow Movement | M | 1:30pm | 2:55pm | 2/23 | 6/8 | Blanche Miranda bmiranda22@mtsac.edu |
| 41503 | MOX04 | Principles of Posture and Flexibility | TTh | 10:00am | 10:50am | 2/24 | 6/11 | Danelle Cole dcole18@mtsac.edu |
| 41504 | MOX04 | Principles of Posture and Flexibility | TTh | 11:00am | 11:50am | 2/24 | 6/11 | Danelle Cole dcole18@mtsac.edu |
| 42347 | LS | Writing Your Life Story | T | 1:00pm | 2:30pm | 2/24 | 6/9 | Marianne Burch mburch1@mtsac.edu |
| 41506 | MOX04 | Principles of Posture and Flexibility | W | 1:00pm | 2:30pm | 2/25 | 6/10 | Surendra Mehta smehta9@mtsac.edu |
| 41471 | MOX01 | Healthy Aging | F | 9:00am | 9:50am | 2/27 | 6/12 | Raea Figueroa-Darby adarby1@mtsac.edu |
| 41474 | MOX01 | Healthy Aging | F | 10:00am | 10:50am | 2/27 | 6/12 | Raea Figueroa-Darby adarby1@mtsac.edu |
| 41235 | FNA04 | Watercolor Painting | F | 10:00am | 12:30pm | 2/27 | 6/12 | Kelly Conte kconte@mtsac.edu |

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Contact us at:

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phone: (909) 274-4192

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in-person with the professor.

Shadow Oak Park Classes (SOP)

2121 Shadow Oak Dr.
West Covina, CA 91792

Winter 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|--------------------|-----|------------|----------|------------|----------|--|
| 30294 | MOX01 | Healthy Aging | W | 10:30am | 11:20am | 1/7 | 2/11 | Leslie Hunnicutt lhunnicutt@mtsac.edu |
| 31409 | FN | Food and Nutrition | Th | 9:00am | 11:50am | 1/8 | 2/12 | Marla Mariles mmariles@mtsac.edu |

Spring 2026

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email |
|-------|--------|--------------------|-----|------------|----------|------------|----------|--|
| 41465 | MOX01 | Healthy Aging | W | 10:30am | 11:20am | 2/25 | 6/10 | Leslie Hunnicutt lhunnicutt@mtsac.edu |
| 42359 | FN | Food and Nutrition | Th | 9:00am | 11:50am | 2/26 | 6/11 | Marla Mariles mmariles@mtsac.edu |

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Contact us at:

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phone: (909) 274-4192

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in-person with the professor.

Online Classes

Winter 2026 – Monday Classes

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email | Modality |
|-------|--------|-------------------------------------|-----|------------|----------|------------|----------|--|----------------------|
| 30430 | MOX01 | Healthy Aging | M | 7:15am | 8:25am | 1/5 | 2/9 | Jeremy Tan jtan9@mtsac.edu | ONLINE - Synchronous |
| 30431 | MOX01 | Healthy Aging | M | 8:00am | 8:50am | 1/5 | 2/9 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 30432 | MOX01 | Healthy Aging | M | 8:00am | 8:50am | 1/5 | 2/9 | Danelle Cole dcole18@mtsac.edu | ONLINE - Synchronous |
| 30169 | MOX04 | Principles of Posture & Flexibility | M | 8:30am | 9:55am | 1/5 | 2/9 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 30161 | FNA04 | Watercolor Painting | M | 9:00am | 11:50am | 1/5 | 2/9 | Atilio Pernisco apernisco@mtsac.edu | ONLINE - Synchronous |
| 30433 | MOX01 | Healthy Aging | M | 9:00am | 9:50am | 1/5 | 2/9 | Elizabeth White Ewhite31@mtsac.edu | ONLINE - Synchronous |
| 30270 | MOX11 | Fall Prevention, Balance & Mobility | M | 10:00am | 11:25am | 1/5 | 2/9 | Andrea Anello aanello@mtsac.edu | ONLINE - Synchronous |
| 30271 | MOX11 | Fall Prevention, Balance & Mobility | M | 10:00am | 11:25am | 1/5 | 2/9 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 30170 | MOX04 | Principles of Posture & Flexibility | M | 11:30am | 12:55pm | 1/5 | 2/9 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 30474 | MOX02 | Principles of Slow Movement | M | 12:30pm | 1:20pm | 1/5 | 2/9 | Elizabeth White Ewhite31@mtsac.edu | ONLINE - Synchronous |
| 30489 | MOX11 | Fall Prevention, Balance & Mobility | M | 1:00pm | 2:05pm | 1/5 | 2/9 | Leslie Hunnicutt lhunnicutt@mtsac.edu | ONLINE - Synchronous |
| 30171 | MOX04 | Principles of Posture & Flexibility | MW | 6:30pm | 7:20pm | 1/5 | 2/11 | Dhruti Ramchandani dhruti.ramchandani@mtsac.edu | ONLINE - Synchronous |
| 30790 | MOX04 | Principles of Posture & Flexibility | MW | 7:30pm | 8:20pm | 1/5 | 2/11 | Dhruti Ramchandani dhruti.ramchandani@mtsac.edu | ONLINE - Synchronous |

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Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

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Online Classes

Winter 2026 – Tuesday Classes

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email | Modality |
|-------|--------|--------------------------------------|-----|------------|----------|------------|----------|---|-------------------------|
| 30172 | MOX04 | Principles of Posture & Flexibility | T | 7:15am | 8:25am | 1/6 | 2/10 | Jeremy Tan jtan9@mtsac.edu | ONLINE - Synchronous |
| 30444 | MOX01 | Healthy Aging | T | 8:00am | 8:50am | 1/6 | 2/10 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 30265 | MOX09 | Principles of Progressive Resistance | T | 9:00am | 9:50am | 1/6 | 2/10 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 30482 | MOX04 | Principles of Posture & Flexibility | T | 9:00am | 9:50am | 1/6 | 2/10 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 30266 | MOX09 | Principles of Progressive Resistance | T | 10:00am | 10:50am | 1/6 | 2/10 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 30446 | MOX01 | Healthy Aging | T | 10:00am | 10:50am | 1/6 | 2/10 | Leslie Hunnicutt lhunnicutt@mtsac.edu | ONLINE - Synchronous |
| 30483 | MOX04 | Principles of Posture & Flexibility | T | 10:00am | 10:50am | 1/6 | 2/10 | Shelby White swhite@mtsac.edu | ONLINE - Synchronous |
| 31344 | MOX11 | Fall Prevention, Balance & Mobility | T | 11:00am | 11:50am | 1/6 | 2/10 | Kim SantaBarbara ksantabarbara@mtsac.edu | ONLINE - Synchronous |
| 30363 | BH2H2 | Brain Health 2 | T | 1:00pm | 3:50pm | 1/6 | 2/10 | Leslie Hunnicutt lhunnicutt@mtsac.edu | Asynch Zoom 1-2:30pm |
| 30159 | FN | Food and Nutrition | T | 2:45pm | 4:10pm | 1/6 | 2/10 | Miranda Zhan gzhan3@mtsac.edu | ONLINE - Synchronous |
| 30173 | MOX04 | Principles of Posture & Flexibility | TTh | 6:30pm | 7:50pm | 1/6 | 2/12 | Danelle Cole dcole18@mtsac.edu | ONLINE - Synchronous |

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phone: (909) 274-4192

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in-person with the professor.

Online Classes

Winter 2026 – Wednesday Classes

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email | Modality |
|-------|--------|-------------------------------------|-----|------------|----------|------------|----------|--|-------------------------|
| 30165 | MOX01 | Healthy Aging | W | 7:15am | 8:25am | 1/7 | 2/11 | Jeremy Tan jtan9@mtsac.edu | ONLINE - Synchronous |
| 30448 | MOX01 | Healthy Aging | W | 8:00am | 8:50am | 1/7 | 2/11 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 30449 | MOX01 | Healthy Aging | W | 8:00am | 8:50am | 1/7 | 2/11 | Danelle Cole dcole18@mtsac.edu | ONLINE - Synchronous |
| 30259 | MOX04 | Principles of Posture & Flexibility | W | 8:30am | 9:55am | 1/7 | 2/11 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 30162 | FNA32 | Drawing | W | 9:00am | 11:30am | 1/7 | 2/11 | Kelly Conte kconte@mtsac.edu | ONLINE - Synchronous |
| 30450 | MOX01 | Healthy Aging | W | 9:00am | 9:50am | 1/7 | 2/11 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 30451 | MOX01 | Healthy Aging | W | 9:00am | 9:50am | 1/7 | 2/11 | Leslie Hunnicutt lhunnicutt@mtsac.edu | ONLINE - Synchronous |
| 30272 | MOX11 | Fall Prevention, Balance & Mobility | W | 10:00am | 11:25am | 1/7 | 2/11 | Elizabeth White ewhite31@mtsac.edu | ONLINE - Synchronous |
| 30276 | MOX11 | Fall Prevention, Balance & Mobility | W | 10:00am | 11:25am | 1/7 | 2/11 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 30260 | MOX04 | Principles of Posture & Flexibility | W | 11:30am | 12:55pm | 1/7 | 2/11 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 30364 | BH1H1 | Brain Health 1 | W | 2:00pm | 4:50pm | 1/7 | 2/11 | Marisa Fierro mfierro10@mtsac.edu | Asynch Zoom 2-3:30pm |

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Contact us at:

email: ea@mtsac.edu

phone: (909) 274-4192

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adults!**



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www.mtsac.edu/ea or register
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Online Classes

Winter 2026 – Thursday Classes

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email | Modality |
|-------|--------|---------------------------------------|-----|------------|----------|------------|----------|--|-------------------------|
| 30261 | MOX04 | Principles of Posture & Flexibility | Th | 7:15am | 8:25am | 1/8 | 2/12 | Jeremy Tan jtan9@mtsac.edu | ONLINE - Synchronous |
| 30457 | MOX01 | Healthy Aging | Th | 8:00am | 8:50am | 1/8 | 2/12 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 30267 | MOX09 | Principles of Progressive Resistance | Th | 9:00am | 9:50am | 1/8 | 2/12 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 30479 | MOX02 | Principles of Slow Movement | Th | 9:00am | 9:50am | 1/8 | 2/12 | Shelby White swhite@mtsac.edu | ONLINE - Synchronous |
| 30486 | MOX04 | Principles of Posture and Flexibility | Th | 9:00am | 9:50am | 1/8 | 2/12 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 30268 | MOX09 | Principles of Progressive Resistance | Th | 10:00am | 10:50am | 1/8 | 2/12 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 30460 | MOX01 | Healthy Aging | Th | 10:00am | 10:50am | 1/8 | 2/12 | Leslie Hunnicutt lhunnicutt@mtsac.edu | ONLINE - Synchronous |
| 30462 | MOX01 | Healthy Aging | Th | 11:00am | 11:50am | 1/8 | 2/12 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 31386 | LS | Writing Your Life Story | Th | 1:00pm | 3:35pm | 1/8 | 1/15 | Marisa Fierro mfierro10@mtsac.edu | Asynch Zoom 1-2:30pm |

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Online Classes

Winter 2026 – Friday & Saturday Classes

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email | Modality |
|-------|--------|--------------------------------------|-----|------------|----------|------------|----------|---|----------------------|
| 30269 | MOX09 | Principles of Progressive Resistance | F | 7:15am | 8:20am | 1/9 | 2/13 | Kenzie Barnes mbarnes35@mtsac.edu | ONLINE - Synchronous |
| 30464 | MOX01 | Healthy Aging | F | 8:00am | 8:50am | 1/9 | 2/13 | Danelle Cole dcole18@mtsac.edu | ONLINE - Synchronous |
| 30263 | MOX04 | Principles of Posture & Flexibility | F | 8:30am | 9:55am | 1/9 | 2/13 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 30166 | MOX01 | Healthy Aging | F | 9:00am | 10:35am | 1/9 | 2/13 | Shelby White swhite@mtsac.edu | ONLINE - Synchronous |
| 30277 | MOX11 | Fall Prevention, Balance & Mobility | F | 10:00am | 11:25am | 1/9 | 2/13 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 30264 | MOX04 | Principles of Posture & Flexibility | F | 11:30am | 12:55pm | 1/9 | 2/13 | Kenzie Barnes mbarnes35@mtsac.edu | ONLINE - Synchronous |
| 30164 | MBH | Music and Brain Health | F | 1:00pm | 3:15pm | 1/9 | 2/13 | Jinette Martinez jmartinez1063@mtsac.edu | ONLINE - Synchronous |
| 30167 | MOX01 | Healthy Aging | Sa | 8:00am | 9:50am | 1/10 | 2/14 | Jeremy Tan jtan9@mtsac.edu | ONLINE - Synchronous |

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phone: (909) 274-4192

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Online Classes

Spring 2026 – Monday Classes

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email | Modality |
|-------|--------|-------------------------------------|-----|------------|----------|------------|----------|--|----------------------|
| 41366 | MOX01 | Healthy Aging | M | 7:15am | 8:25am | 2/23 | 6/8 | Jeremy Tan jtan9@mtsac.edu | ONLINE - Synchronous |
| 41367 | MOX01 | Healthy Aging | M | 8:00am | 8:50am | 2/23 | 6/8 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 41368 | MOX01 | Healthy Aging | M | 8:00am | 8:50am | 2/23 | 6/8 | Danelle Cole dcole18@mtsac.edu | ONLINE - Synchronous |
| 41447 | MOX04 | Principles of Posture & Flexibility | M | 8:30am | 9:55am | 2/23 | 6/8 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 41363 | FNA04 | Watercolor Painting | M | 9:00am | 11:50am | 2/23 | 6/8 | Atilio Pernisco apernisco@mtsac.edu | ONLINE - Synchronous |
| 41369 | MOX01 | Healthy Aging | M | 9:00am | 9:50am | 2/23 | 6/8 | Marisa Fierro mfierro10@mtsac.edu | ONLINE - Synchronous |
| 41549 | MOX11 | Fall Prevention, Balance & Mobility | M | 10:00am | 11:25am | 2/23 | 6/8 | Andrea Anello aanello@mtsac.edu | ONLINE - Synchronous |
| 41550 | MOX11 | Fall Prevention, Balance & Mobility | M | 10:00am | 11:25am | 2/23 | 6/8 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 41448 | MOX04 | Principles of Posture & Flexibility | M | 11:30am | 12:55pm | 2/23 | 6/8 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 41409 | MOX02 | Principles of Slow Movement | M | 12:30pm | 1:20pm | 2/23 | 6/8 | Raea Figueroa-Darby adarby1@mtsac.edu | ONLINE - Synchronous |
| 41552 | MOX11 | Fall Prevention, Balance & Mobility | M | 1:00pm | 2:05pm | 2/23 | 6/8 | Leslie Hunnicutt lhunnicutt@mtsac.edu | ONLINE - Synchronous |
| 41451 | MOX04 | Principles of Posture & Flexibility | MW | 7:00pm | 7:50pm | 2/23 | 6/10 | Dhruti Ramchandani dhruti.ramchandani@mtsac.edu | ONLINE - Synchronous |

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Contact us at:

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phone: (909) 274-4192

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Online Classes

Spring 2026 – Tuesday Classes

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email | Modality |
|-------|--------|--------------------------------------|-----|------------|----------|------------|----------|---|-------------------------|
| 41452 | MOX04 | Principles of Posture & Flexibility | T | 7:15am | 8:25am | 2/24 | 6/9 | Jeremy Tan jtan9@mtsac.edu | ONLINE - Synchronous |
| 41370 | MOX01 | Healthy Aging | T | 8:00am | 8:50am | 2/24 | 6/9 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 41453 | MOX04 | Principles of Posture & Flexibility | T | 9:00am | 9:50am | 2/24 | 6/9 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 41528 | MOX09 | Principles of Progressive Resistance | T | 9:00am | 9:50am | 2/24 | 6/9 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 41371 | MOX01 | Healthy Aging | T | 10:00am | 10:50am | 2/24 | 6/9 | Leslie Hunnicutt lhunnicutt@mtsac.edu | ONLINE - Synchronous |
| 41521 | MOX04 | Principles of Posture & Flexibility | T | 10:00am | 10:50am | 2/24 | 6/9 | Shelby White swhite@mtsac.edu | ONLINE - Synchronous |
| 41529 | MOX09 | Principles of Progressive Resistance | T | 10:00am | 10:50am | 2/24 | 6/9 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 41553 | MOX11 | Fall Prevention, Balance & Mobility | T | 11:00am | 11:50am | 2/24 | 6/9 | Kim SantaBarbara ksantabarbara@mtsac.edu | ONLINE - Synchronous |
| 41620 | BH2H2 | Brain Health 2 | T | 1:00pm | 3:35pm | 2/24 | 6/9 | Shelby White swhite@mtsac.edu | Asynch Zoom 1-2:30pm |
| 41361 | FN | Food and Nutrition | T | 2:45pm | 4:10pm | 2/24 | 6/9 | Miranda Zhan gzhan3@mtsac.edu | ONLINE - Synchronous |
| 41522 | MOX04 | Principles of Posture & Flexibility | TTh | 6:30pm | 7:50pm | 2/24 | 6/11 | Danelle Cole dcole18@mtsac.edu | ONLINE - Synchronous |

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phone: (909) 274-4192

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adults!**



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

Online Classes

Spring 2026 – Wednesday Classes

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email | Modality |
|-------|--------|-------------------------------------|-----|------------|----------|------------|----------|---|-----------------------|
| 41372 | MOX01 | Healthy Aging | W | 7:15am | 8:25am | 2/25 | 6/10 | Jeremy Tan jtan9@mtsac.edu | ONLINE - Synchronous |
| 41397 | MOX01 | Healthy Aging | W | 8:00am | 8:50am | 2/25 | 6/10 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 41398 | MOX01 | Healthy Aging | W | 8:00am | 8:50am | 2/25 | 6/10 | Danelle Cole dcole18@mtsac.edu | ONLINE - Synchronous |
| 41523 | MOX04 | Principles of Posture & Flexibility | W | 8:30am | 9:55am | 2/25 | 6/10 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 41618 | BHTH1 | Brain Health 1 | W | 9:00am | 11:20am | 2/25 | 6/10 | Kim SantaBarbara ksantabarbara@mtsac.edu | Asynch Zoom 9-10:30am |
| 41364 | FNA32 | Drawing | W | 9:00am | 11:30am | 2/25 | 6/10 | Kelly Conte kconte@mtsac.edu | ONLINE - Synchronous |
| 41399 | MOX01 | Healthy Aging | W | 9:00am | 9:50am | 2/25 | 6/10 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 41400 | MOX01 | Healthy Aging | W | 9:00am | 9:50am | 2/25 | 6/10 | Leslie Hunnicutt lhunnicutt@mtsac.edu | ONLINE - Synchronous |
| 41554 | MOX11 | Fall Prevention, Balance & Mobility | W | 10:00am | 11:25am | 2/25 | 6/10 | Elizabeth White ewhite31@mtsac.edu | ONLINE - Synchronous |
| 41555 | MOX11 | Fall Prevention, Balance & Mobility | W | 10:00am | 11:25am | 2/25 | 6/10 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 41524 | MOX04 | Principles of Posture & Flexibility | W | 11:30am | 12:55pm | 2/25 | 6/10 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |

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Contact us at:

email: eo@mtsac.edu

phone: (909) 274-4192

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

Online Classes

Spring 2026 – Thursday Classes

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email | Modality |
|-------|--------|--------------------------------------|-----|------------|----------|------------|----------|--|-------------------------|
| 41525 | MOX04 | Principles of Posture & Flexibility | Th | 7:15am | 8:25am | 2/26 | 6/11 | Jeremy Tan jtan9@mtsac.edu | ONLINE - Synchronous |
| 41401 | MOX01 | Healthy Aging | Th | 8:00am | 8:50am | 2/26 | 6/11 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 41410 | MOX02 | Principles of Slow Movement | Th | 9:00am | 9:50am | 2/26 | 6/11 | Shelby White swhite@mtsac.edu | ONLINE - Synchronous |
| 41526 | MOX04 | Principles of Posture & Flexibility | Th | 9:00am | 9:50am | 2/26 | 6/11 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 41530 | MOX09 | Principles of Progressive Resistance | Th | 9:00am | 9:50am | 2/26 | 6/11 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 41402 | MOX01 | Healthy Aging | Th | 10:00am | 10:50am | 2/26 | 6/11 | Leslie Hunnicutt lhunnicutt@mtsac.edu | ONLINE - Synchronous |
| 41531 | MOX09 | Principles of Progressive Resistance | Th | 10:00am | 10:50am | 2/26 | 6/11 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 41403 | MOX01 | Healthy Aging | Th | 11:00am | 11:50am | 2/26 | 6/11 | Candice Castro ccastro@mtsac.edu | ONLINE - Synchronous |
| 42172 | LS | Writing Your Life Story | Th | 1:00pm | 3:35pm | 2/26 | 6/11 | Marisa Fierro mfierro10@mtsac.edu | Asynch Zoom 1-2:30pm |

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Online Classes

Spring 2026 – Friday & Saturday Classes

| CRN | Course | Class Title | Day | Start Time | End Time | Start Date | End Date | Professor & Email | Modality |
|-------|--------|--------------------------------------|-----|------------|----------|------------|----------|---|----------------------|
| 41532 | MOX09 | Principles of Progressive Resistance | F | 7:15am | 8:20am | 2/27 | 6/12 | Kenzie Barnes mbarnes35@mtsac.edu | ONLINE - Synchronous |
| 41404 | MOX01 | Healthy Aging | F | 8:00am | 8:50am | 2/27 | 6/12 | Danelle Cole dcole18@mtsac.edu | ONLINE - Synchronous |
| 41514 | MOX04 | Principles of Posture & Flexibility | F | 8:30am | 9:55am | 2/27 | 6/12 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 41405 | MOX01 | Healthy Aging | F | 9:00am | 10:35am | 2/27 | 6/12 | Shelby White swhite@mtsac.edu | ONLINE - Synchronous |
| 41556 | MOX11 | Fall Prevention, Balance & Mobility | F | 10:00am | 11:25am | 2/27 | 6/12 | Gabriela Klein gklein@mtsac.edu | ONLINE - Synchronous |
| 41527 | MOX04 | Principles of Posture & Flexibility | F | 11:30am | 12:55pm | 2/27 | 6/12 | Raea Figueroa-Darby adarby1@mtsac.edu | ONLINE - Synchronous |
| 41365 | MBH | Music and Brain Health | F | 1:00pm | 3:05pm | 2/27 | 6/12 | Jinette Martinez jmartinez1063@mtsac.edu | ONLINE - Synchronous |
| 41406 | MOX01 | Healthy Aging | Sa | 8:00am | 9:50am | 2/28 | 6/13 | 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/ea.

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SCE SOS

**Our Student Online Support program
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with online/technology support to help you navigate, access, and
succeed in your courses!**

WHAT WE HELP WITH:

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

FALL 2025 ZOOM HOURS:

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

FALL 2025 IN-PERSON HOURS:

**Monday: 9am- 1pm (Bldg 30, Rm 111)
Wednesday: 9am- 1pm (Bldg 40, Rm 127)
Thursday: 9am- 1pm (Bldg 66, Rm 130)**

HOW TO CONTACT US:



ZOOM: bit.ly/4fcBSDZ
• Scan QR code to join



FOLLOW: On Instagram!
• Scan QR code to join



CALL: (909) 274-6100



EMAIL: sce@mtsac.edu



WEB: bit.ly/3VCj6z0

Semester Dates

Winter 2026

Registration is ongoing

Classes Begin: January 5, 2026

Classes End: February 15, 2026

Holidays: January 19, February 13

No classes from February 16 – February 22, 2026

Spring 2026

Registration is ongoing

Classes Begin: February 23, 2026

Classes End: June 14, 2026

Holidays: March 31, May 25