



(650) 940-1333



MVLAAdultSchool

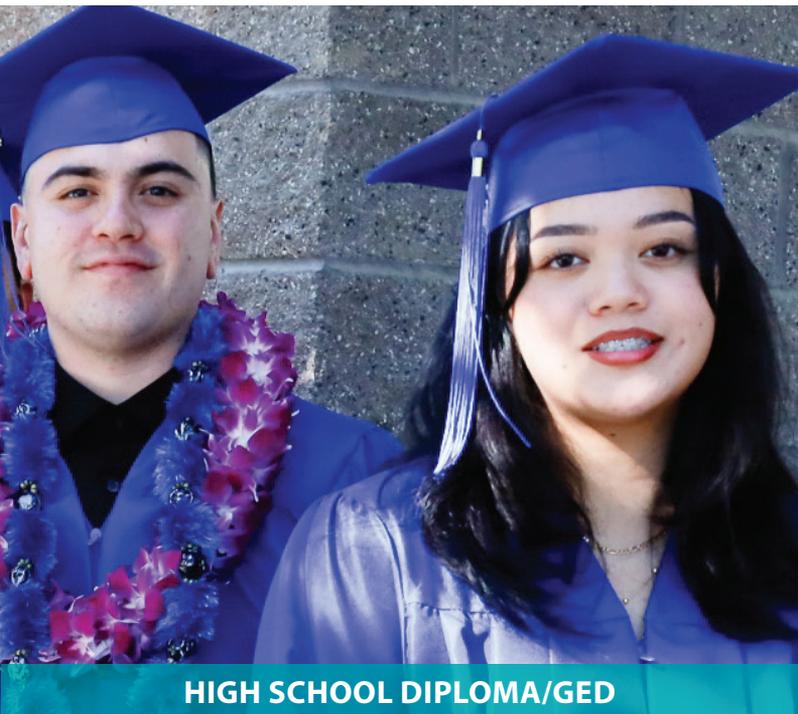


333 Moffett Blvd  
Mountain View CA 94043

# MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

## FALL 2024 COURSE CATALOG

**CLASS REGISTRATION BEGINS AUGUST 9**



**HIGH SCHOOL DIPLOMA/GED**



**CAREER TECHNICAL EDUCATION**



**ENGLISH AS A SECOND LANGUAGE & CITIZENSHIP**

For more information, visit us at

[mvla.net/AS](https://mvla.net/AS)

**MVLA**  
ADULT SCHOOL

## DIRECTOR'S MESSAGE - FALL 2024



Dear MVLA Community,

Welcome to the Fall 2024 Semester! As the new school year commences, I want to reiterate MVLA district's core values of *Excellence, Equity and Engagement*. These key principles have served as a compass guiding our school towards our ultimate goal of Student Success.

Last year, we conducted focus groups and surveys to our adult school stakeholders: students, staff, educational partners, community-based organizations, employers and industry leaders to obtain feedback. I am pleased to share that our adult ed community has collectively identified **Achievement, Diversity, Learning, Support and Success** to be the top 5 values embodied in our adult school mission. You as our community have spoken, and we are listening. Our leadership team will ensure that these values remain at the core of the adult school mission as we continue to refine and shape our vision for the future. I would like to extend my heartfelt thanks to our MVLA Community who have played such an important role in our school's continuous self-study process.

This year, we are excited to present two exciting and FREE Integrated Education and Training options leading to careers in Healthcare and Business. *Medical Terminology for Advanced ESL* is a foundational course that helps prepare English Language Learners for entry into healthcare training programs such as Certified Nursing Assistant, Home Health Aide, Eye Care Technician, Medical Office Assistant and more. Students who successfully complete this course will be eligible for tuition-free entry into one of our Healthcare Certificate programs as well as a paid externship opportunity. *Advanced ESL Writing and Word Processing* is the second foundational course that helps prepare students for entry into business office skills training. Students who successfully complete this course will be eligible for tuition-free entry into one of our medical office or business programs. Students who complete either of these courses can also earn college credit. MVLA Adult School continues to provide high quality education to empower our students to grow personally and professionally in order to become self-reliant and productive members of our community. Thank you for continuing to choose MVLA on your journey as a student, teacher, tutor, volunteer, advocate, partner, friend. Our school continues to grow and flourish because of YOU.

A handwritten signature in white ink that reads "Julie". The signature is elegant and cursive.

Sincerely  
Julie Vo, M.Ed  
Director of Adult Education



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### FALL 2024 CALENDAR

**FALL 2024  
REGISTRATION BEGINS:  
Friday, August 9, 2024**

**NOTE:** Registration for Career Technical Education classes is ongoing.

**Visit [mvla.net/AS](https://mvla.net/AS) or call (650) 940-1333**

**FALL 2024 SESSION  
Tuesday, August 20 - Thursday, December 19, 2024**

**HOLIDAYS/NO CLASSES  
September 2, November 11, November 25 - 29**

**WINTER BREAK  
December 20, 2024 - January 3, 2025**

**CHECK FOR UPDATES  
[mvla.net/AS](https://mvla.net/AS)**

## HOW TO REGISTER

**The MVLA Adult School is offering both in-person and a limited number of distance learning (DL) classes for Fall 2024.**

**Masks are recommended for at-risk individuals in indoor spaces and may be required in CTE clinical sites.**

**Online registration is available** for most classes. Classes are open to residents of California only.

### **ONLINE REGISTRATION BEGINS AUGUST 9**

**NOTE:** Registration for Career Technical Education classes is ongoing.

Go to **[mvla.net/AS](https://mvla.net/AS)** and click the Registration link. We accept VISA or MasterCard.

If you encounter any issues during the registration process, or if you have registered for classes at the adult school in the past, but have never registered online, **please email us at [adulted@mvla.net](mailto:adulted@mvla.net)** and your message will be forwarded to a staff member who can assist you.

Please include your contact phone number as well as your email address in your message.

Additional registration information and our refund policy can be found on page 36.

# CTE - CAREER TECHNICAL EDUCATION

This chart provides an overview of the career training programs and pathways offered by the MVLA Adult School.  
Not every course or program is offered each session.  
Please refer to the listing of Fall 2024 courses on the following pages.

## CAREER TRAINING PROGRAMS AND PATHWAYS

### HEALTH SCIENCE AND MEDICAL TECHNOLOGY

#### Certificate Programs

**Certified Nursing Assistant (CNA)**  
*State Certification (180 hours)*

**Home Health Aide (HHA)**  
*State Certification (48 hours)*

**Acute Care**  
*(116 hours)*

**Eye Care Technician (Optometric Assistant)**  
*(58+ hours)*

**Medical Assistant (MA) - Front and Back Office**  
*National Certification (535 hours)*

**Medical Office Assistant (MOA)**  
*National Certification (100+ hours)*

**Medical Records Specialist**  
*National Certification (200+ hours)*

**Physical Therapy Technician / Aide**  
*National Certification (140 hours)*

#### Continuing Education Units (CEUs)

**Workshops for CNA / HHA Certificate Renewal**

### BUSINESS AND FINANCE

#### General Accounting Clerk Certificate

**Accounting 1A**  
**Accounting 1B**  
**Payroll Records and Procedures**  
**QuickBooks Pro**

### INFORMATION AND COMMUNICATION TECHNOLOGIES

#### Certificate Programs

**Amazon Web Services (AWS) Cloud Computing**  
**Google Applied Digital Skills**  
*Entry Level Project Management (100 hours)*  
**Network Support Specialist**  
*CompTIA Network+ Preparation Industry Certificate (100 hours)*  
**Technical Support Specialist**  
*CompTIA A+ Preparation Industry Certificate (126 hours)*

#### Career Pathways

**Cisco Certified Network Associate**  
**Coding Academy**  
*Introduction to Java*  
*Introduction to Python*  
*Intermediate Python*  
**Adobe Photoshop**  
**Web Development**  
*Web Design Fundamentals (HTML, CSS and JavaScript)*  
*Introduction to Python*  
*AWS Cloud Computing*



# CTE - CAREER TECHNICAL EDUCATION

## MVLA ADULT SCHOOL OFFERS COMPREHENSIVE TRAINING PROGRAMS AND CAREER PATHWAYS IN THE FOLLOWING INDUSTRY SECTORS:

**Health Science & Medical Technology, Business & Finance, and Information & Communication Technologies.**

The MVLA Adult School Career Technical Education program is in person for Fall 2024.

Masks are recommended for at-risk individuals in indoor spaces and may be required in CTE clinical sites.

Please note that for all Career Technical Education classes, a 10% cancellation fee will be assessed for refunds requested at least one week before the first class meeting, and no refunds will be given within one week of the first class meeting. Please refer to the refund policy on page 36 of this catalog.

For more information about our Career Technical Education programs, contact:  
francisco.preciado@mvla.net or (650) 940-1333 x4013

## HEALTH SCIENCE AND MEDICAL TECHNOLOGY

	FA 24	WI 25
<b>FOUNDATIONAL COURSES</b>		
Adult CPR: Basic Life Support (BLS) for Healthcare Providers	✓	✓
Medical Terminology		TBD
<b>CERTIFICATE PROGRAMS</b>		
Certified Nursing Assistant (CNA)	✓	✓
Home Health Aide (HHA)	✓	✓
Acute Care		TBD
Eye Care Technician (Optometric Assistant)	✓	TBD
Medical Assistant (MA)	✓	✓
Medical Office Assistant (MOA)	TBD	TBD
<b>Medical Records Specialist</b>		
Electronic Health Record Keeping	TBD	✓
Medical Billing and Coding	TBD	TBD
<b>CONTINUING EDUCATION UNITS (CEUs)</b>		
Workshops for CNA/HHA Certificate Renewal (CEUs)	✓	✓



**Students who would like to register for the Certified Nursing Assistant (CNA), Medical Assistant (MA), or Eye Care Technician programs are required to attend the Healthcare Orientation before enrolling.**

### ORIENTATION 2024 DATES

066103	9/4/2024	Wed	4:30PM - 7:00PM	Adult Sch 109
066104	9/6/2024	Fri	9:00AM - 11:30AM	AdultSch 201
066105	10/25/2024	Fri	9:00AM - 11:30AM	Adult Sch 201
066106	11/15/2024	Fri	9:00AM - 11:30AM	Adult Sch 201
066107	11/19/2024	Tue	4:30PM - 7:00PM	Adult Sch 202

**Additional dates may be added.  
Please check [mvla.net/AS](http://mvla.net/AS) for updates.**

### HEALTH SCIENCE AND MEDICAL TECHNOLOGY

#### REQUIRED HEALTHCARE ORIENTATION

- for CNA, MA & Eye Care Tech only  
(Prerequisite for Enrollment)

Students may register in the Certified Nursing Assistant or Eye Care Tech program after they have attended an orientation and passed a reading assessment (given at the end of orientation). Students may register in Medical Assistant programs (space permitting) any time after they have attended an orientation and provided proof of HS diploma or GED certificate. Orientations will be held in person. All orientations are free of charge. Register online. Additional dates may be added. Please check [mvla.net/AS](http://mvla.net/AS) for updates.

Upcoming orientation dates:

#### Day Orientations

Fri 9:00AM - 11:30AM on 9/6, 10/25, 11/15

#### Evening Orientations

Tue 4:30PM - 7:00PM on 9/3, 11/19

Check page 3 or online for dates/times.

#### CERTIFIED NURSING ASSISTANT (CNA) PROGRAM

(Articulation with Mission College Courses  
HOC 19B, HOC 19AL, HOC 19A for 6.5 credits)

The Certified Nursing Assistant (CNA) program prepares students for entry-level employment in skilled nursing and long-term care facilities and equips them to pass the state certification examination. Students must complete 80 hours of classroom instruction and 100 hours of supervised clinical training. Depending on the facility, clinical training may start as early as 7:00AM (day program). ALL required paperwork is due at the start of the program. Free mandatory resume workshop. Job placement assistance is provided.

**INSTRUCTORS:** Pagel/Factora/Rocco (AM) & Langundino/Vitug (PM)

**PREREQUISITES:** Students must attend a required healthcare orientation prior to registering for this program. Check page 3 and [mvla.net/AS](http://mvla.net/AS) for upcoming dates and information. Register online at [mvla.net/AS](http://mvla.net/AS).

Students must wear navy blue scrubs and solid white shoes while at school and in clinical and must provide proof of valid TB tests and immunizations by the program's start. Flu shot required between October and March. In addition, students are required to obtain Live Scan fingerprinting. They have the option of

providing the school with a copy of the completed Live Scan form or having it done on site during the first week of classes for the fee of \$55.

This is an in-person course. Classes will begin in the classroom at MVLA Adult School. Clinical rotation will take place at a clinical site. Additional course information will be provided to students during the first week of the program.

#### DAY PROGRAM:

063076 Mon - Thu 8:00AM - 2:30PM  
8/20 - 10/24, no class on 9/2 (10 weeks)  
AdultSch/200

\$650 fee for textbooks, supplemental materials, and instruments  
NNAAP exam fee of \$120

#### EVENING PROGRAM:

063077 Mon - Thu 4:30PM - 8:30PM  
8/20 - 12/3, no class on 9/2, 11/11, 11/25 - 11/28 (14 weeks)  
AdultSch/200

\$650 fee for textbooks, supplemental materials, and instruments  
NNAAP exam fee of \$120



## HEALTH SCIENCE AND MEDICAL TECHNOLOGY



### **HOME HEALTH AIDE (HHA) CERTIFICATION COURSE (48 HRS)**

**(Articulation with Mission College Courses  
AHL 019F AND AHL 019G FOR 2.0 CREDITS)**

Home Health Aide is one of the fastest-growing careers in the United States and is projected to grow by 38% through 2024. This is a 48-hour course that focuses on developing skills related to the care of clients in their own homes. Students must successfully complete 24 hours of classroom instruction and 24 hours of supervised clinical training. Attend both of our CNA/HHA courses and become dually certified by the State of California. In-person skills practice will take place at approved clinical sites. In the event that the clinical site is not available for clinical skills practice, small cohorts of students can complete the skills practice requirement in the adult school skills lab, according to safety guidelines provided by CDPH. ALL required paperwork is due before the start of the program. Free mandatory resume workshop. Job placement assistance will be provided. Contact the front desk to register.

#### **PREREQUISITES:**

- An HHA document packet must be picked up in person to register for the class.
- A copy of the CNA license is required.
- Proof of a valid TB test and immunizations must be provided before the start of the program.
- A flu shot is required between October and April.
- Documents can be sent to Carolina De Zan at [carolina.dezan@mvla.net](mailto:carolina.dezan@mvla.net).
- Students must submit their packet one week before classes begin.

**INSTRUCTOR:** Langundino/Vitug

#### **DAY PROGRAM:**

069642 Mon - Thu 8:00AM - 2:30PM  
10/28 - 11/7 (2 weeks)  
AdultSch/200  
\$130

# CTE - CAREER TECHNICAL EDUCATION

## WORKSHOPS FOR CNA/HHA CERTIFICATE RENEWAL – CONTINUING EDUCATION UNITS (CEUs)

As a California Certified Nursing Assistant, you need to have 48 hours of continuing education to renew your certificate. In addition, you must show proof that you have worked at least one paid day within 2 years in a facility where you provided nursing related services. A California Home Health Aide must complete 24 hours of CEUs within 2 years. Don't allow your certificate to expire! We offer classes and workshops to keep your certificate current. Choose from one of the options to meet your CEU requirements. All classes have been approved by the California Department of Public Health and qualify for CEUs.

**INSTRUCTOR:** Lovejoy Langundino

Students must have a current CNA/HHA certificate in order to participate in the workshops. When registering, type in your name as it appears on your CNA/HHA certificate. Students are required to register at least two days before the workshop date. See workshop dates, times, and topics in the table below.

DATE	DAY	TIME	CLASS #	LOCATION	INSTRUCTOR	TOPIC	CEUs	FEE
12/9	Mon	5:30PM - 7:30PM	063341	Room 200	Langundino	Infection Control (Part 1)	2	\$20
12/10	Tue	5:30PM - 7:30PM	063342	Room 200	Langundino	Infection Control (Part 2)	2	\$20

## BASIC LIFE SUPPORT (BLS) FOR HEALTHCARE PROVIDERS - CLASSROOM

In this classroom-based course, healthcare professionals learn to recognize several life-threatening emergencies, provide CPR to victims of all ages, use an AED, and relieve choking in a safe, timely, and effective manner. Successful course completion requires full participation in classroom and skills sessions, as well as successful performance in skill and knowledge evaluations. Please wear comfortable clothing.

**INSTRUCTORS:** Kimberly Kunde/Nelson Ceron

062678 8/30 Fri 9:00AM - 1:00PM  
AdultSch/200 \$70

062680 10/18 Fri 9:00AM - 1:00PM  
AdultSch/200 \$70

062679 9/20 Fri 9:00AM - 1:00PM  
AdultSch/200 \$70

062681 12/13 Fri 9:00AM - 1:00PM  
AdultSch/200 \$70

## EYE CARE TECHNICIAN (OPTOMETRIC ASSISTANT)

This in-person course is designed for students seeking a career in the healthcare field with an emphasis on optometry and eye care. Eye Care Technicians are part of the vision care team. They work with the optometrist to assist patients with front-office customer service, pre-testing evaluations, and eyewear selection needs. This course is the first step on your career ladder to become an Optician, Frame Stylist, or Paraoptometric Coding Specialist. Students who complete the course are eligible for a fully paid apprenticeship opportunity through our partnership with the California Society for Opticians (CSSO) and Chabot College. The Eye Care Technician Program will address clinical, customer service, sales, eyewear, styling skills, and how to work with ophthalmologists and optometrists. Students must attend a required skills lab on Wednesdays for additional hands-on

practice with ophthalmic tools and equipment. Students in this course will be able to participate in an Optometric Assistant externship to get hands-on practice. This course will prepare students for the anatomy/physiology portion of the National Optician competency exam administered by the American Board of Opticianry (ABO).

**INSTRUCTOR:** Mira Singer

**PREREQUISITES:** Students must attend a required healthcare orientation prior to registering for this program. Register online at [mvla.net/AS](http://mvla.net/AS). Check page 3 or [mvla.net/AS](http://mvla.net/AS) for upcoming dates and information. The Medical Terminology Fundamentals course is highly recommended.

064281 Tue/Thu 5:30PM - 8:30PM  
8/20 - 10/17 (10 weeks), no class on 9/2  
AdultSch/109  
\$150

# CTE - CAREER TECHNICAL EDUCATION



## MEDICAL ASSISTANT TRAINING PROGRAM NATIONAL CERTIFICATION (NCMA) – FRONT AND BACK OFFICE

This program prepares students to qualify for entry-level positions in private practices, group practices, urgent care facilities, and hospitals. Medical assistants perform administrative and clinical tasks related to the Front and Back Office to keep medical practices running smoothly. The course combines classroom instruction with a lab practicum component. Students are required to complete 375 hours of theory/lab before they take the national certification test, followed by 160 hours of externship, which provides students with the necessary practice and skills. A typing test should be taken to assess a student's ability to type 35 words per minute.

Free mandatory resume workshop. Job placement assistance is provided.

**INSTRUCTOR:** Dr. Abhaya Karangutkar

MA classes fill up quickly! We recommend attending an orientation as early as 6 months before the class start date.

**PREREQUISITES:** Students must attend a required Healthcare Orientation prior to registering for this program.

Check page 3 or [mvla.net/AS](http://mvla.net/AS) for upcoming dates and to register. Medical Terminology is strongly recommended.

Proof of a HS Diploma or GED is required for registration

### FALL PROGRAM MON - FRI 8:00AM - 2:30PM

062040 8/26 - 12/13  
no class on 9/2, 11/11, 11/25 - 11/29 (15 weeks)  
AdultSch/202

\$950 fee for textbooks, supplemental materials, and instruments  
NCCT exam fee of \$119

## CTE - CAREER TECHNICAL EDUCATION

### ELECTRONIC HEALTH RECORD KEEPING (EHR)

This course introduces students to the concepts and skills they will need for a successful career in medical office billing and computerized practice management. Students will acquire an in-depth knowledge of the medical billing cycle and the use of health information technology in physicians' practices. The course centers on advanced MediSoft V19 training, where students will practice hands on how to enter patient information, work with cases, create claims, post insurance payments, create reports, and schedule. Students completing this course will receive a course completion certificate for Electronic Health Record Keeping. Masks are strongly recommended.

**INSTRUCTOR:** Dr. Abebe Gelagay

**REQUIRED TEXTS AND MATERIALS:** Students must purchase a textbook or eBook: *Computers in the Medical Office*, 9<sup>th</sup> Edition, Sanderson, ISBN: 9780077836382. All required online assignments and the interactive eBook for this course are available on McGraw-Hill Connect.

066226 Mon - Thu 8:00AM - 12:00PM  
8/26 - 10/15, no class on 9/2  
AdultSch 201  
\$175

### MEDICAL BILLING AND CODING

Medical insurance plays an important role in the financial well-being of every healthcare business. This course provides the students with knowledge of the fundamentals of ICD-10 and CPT coding, managed-care contracts, reimbursement procedures, and insurance referrals for the healthcare industry. In addition, students will obtain basic knowledge of the billing and coding procedures for medical practice. Students will learn how to code and enter information into a computer system and understand how an invoice is generated and sent to the patient. Students completing this course will receive a course completion certificate for Medical Insurance Billing and Coding.

**INSTRUCTOR:** Dr. Abebe Gelagay

**REQUIRED TEXTS AND MATERIALS:** Students must purchase a textbook or eBook: *Medical Insurance: A Revenue Cycle Process Approach*, 8<sup>th</sup> Edition, Valerius/Bayes/Newby/Blochowiak, McGraw-Hill Education, MHID: 1259608557, ISBN: 9781259608551. All required online assignments and the interactive eBook for this course are available on McGraw-Hill Connect.

060430 Mon - Thu 8:00AM - 12:00PM  
10/16 - 12/18, no class on 11/11, 11/25-11/28 (6 weeks)  
AdultSch/201  
\$175

### SCHOLARSHIP OPPORTUNITY

#### ATTEND HEALTHCARE TRAINING FREE

Students who complete Medical Terminology for Advanced ESL with a passing grade can earn a scholarship to attend any MVLA Adult School healthcare training program FREE OF COST. Qualifying students can choose to enroll in:

- Certified Nursing Assistant
- Eye Care Technician
- Medical Assistant
- Medical Office Assistant
- Medical Records Specialist

More information will be provided at the mandatory orientation/information session.

Contact:

MVLA Adult School Director Julie Vo at [julie.vo@mvla.net](mailto:julie.vo@mvla.net)

# FREE!

## CLASS IN THE FALL SEMESTER

### NEW! MS WORD FOR ADVANCED ESL

MVLA Adult School will be offering a new course to help prepare higher-level ESL students for entry-level careers in a medical or business office setting. This course is meant for students who speak and write English as a second language. Those enrolling in this class should be adults at the intermediate or high level offered in MVLA Adult School's regular ESL classes who need help on their writing, vocabulary, and grammar skills to be ready for college-level coursework. The class will meet four evenings per week, with two days dedicated to advanced English study in academic grammar, vocabulary, and writing. Students will focus on learning Microsoft Word, a widely used word-processing software tool, from a CTE instructor. Students will be eligible to earn college credits by taking this course and can meet with the school's transition adviser to help them navigate the community college application process.

**Students who complete this course with a passing grade can earn a scholarship to attend a related healthcare training program FREE.**

**MS WORD FOR ADVANCED ESL**  
Mon - Thu 5:30PM - 8:30PM  
8/26 - 11/7, no class on 9/2  
AdultSch/202



**TO REGISTER:**  
scan the QR Code  
on your phone



# CTE - CAREER TECHNICAL EDUCATION



## MEDICAL TERMINOLOGY FOR ADVANCED ESL

This course will help prepare higher-level ESL students for entry-level careers in healthcare. This course is meant for students who speak and write English as a second language. Those enrolling in this class should be adults at intermediate-high or advanced level ESL who need help on their reading, writing, vocabulary, and grammar skills to be ready for college and career. This is a foundational course that helps prepare students for healthcare training programs such as Certified Nursing Assistant, Home Health Aide, Eye Care Technician, Medical Office Assistant and more. The class will meet up to five mornings per week, with two days dedicated to advanced English study in academic language, vocabulary, and writing. Three days per week, students will focus on learning medical terminology from a CTE instructor. The class will also utilize Google Classroom. Students will be eligible to earn college credits by taking this course and can meet with the school's transition adviser to help them apply to college or for employment in the healthcare field.

**PREREQUISITE:** Students are required to attend a mandatory orientation/information session to determine their English proficiency level. Please call the adult school main office at (650) 940-1333 for information on how to sign up for the required orientation.

### PROGRAM RESUMES WINTER 2025

Mon - Thu 9:00AM - 12:00PM  
AdultSch/109

### Upcoming REQUIRED Orientation Dates/Times:

#### ADDITIONAL ORIENTATION DATES WILL BE AVAILABLE IN NOVEMBER

063514	Fri 9/27	9:00AM - 11:30AM	AdultSch/109
063515	Fri 10/11	9:00AM - 11:30AM	AdultSch/109
063516	Fri 11/1	9:00AM - 11:30AM	AdultSch/109
063517	Fri 11/15	9:00AM - 11:30AM	AdultSch/109

Check [mvla.net/AS](http://mvla.net/AS) for updates



TO REGISTER:  
scan the QR Code  
on your phone

### REGISTER FOR ONE OF THESE CLASSES AT:

[tinyurl.com/3t93a85d](https://tinyurl.com/3t93a85d)  
or use the QR Code

**BUSINESS AND FINANCE**

	FA 24	WI 25
<b>Foundational Courses</b>		
Small Business Administration	TBD	TBD
<b>Certificate Programs</b>		
<b>General Accounting Clerk Certificate:</b>		
Accounting 1A	✓	✓
Accounting 1B	✓	TBD
Payroll Records and Procedures	✓	✓
QuickBooks Pro	✓	TBD

**ACCOUNTING 1A: PRINCIPLES OF SMALL BUSINESS ACCOUNTING**

This course introduction to basic accounting procedures is for new or potential business owners and those who want to increase their knowledge of working with ledgers, debits and credits, and financial statements. After completing this course, students will be able to analyze business transactions, record journal entries, post to general ledger accounts, and prepare financial statements. Students must complete both Accounting 1A and Accounting 1B to receive a certificate of completion.

**INSTRUCTOR:** Dr. Abebe Gelagay

**REQUIRED TEXTS AND MATERIALS:** Students must purchase a textbook or eBook: *College Accounting*, 16<sup>th</sup> Edition, Price, Haddock, Farina, ISBN: 9781260780413. This textbook covers both Accounting 1A and Accounting 1B courses.

061846 Mon/Wed 5:30PM - 9:00PM  
8/26 - 10/14, no class on 9/2 (7 weeks)  
AdultSch/201  
\$70

**ACCOUNTING 1B: PRINCIPLES OF SMALL BUSINESS ACCOUNTING**

**PREREQUISITES:** Accounting 1A. This course introduces the procedures involved in accounts receivable, accounts payable, cash receipts, cash payments, and accounting for purchases. It also includes preparing state sales tax returns, payroll computations, payroll taxes, deposits, and reports. Students must complete both Accounting 1A and Accounting 1B to receive a certificate of completion.

**INSTRUCTOR:** Dr. Abebe Gelagay

**REQUIRED TEXTS AND MATERIALS:** Students must purchase a textbook or eBook: *College Accounting*, 16<sup>th</sup> Edition, Price, Haddock, Farina, ISBN: 9781260780413. This textbook covers both Accounting 1A and Accounting 1B courses.

061847 Mon/Wed 5:30PM - 9:00PM  
10/16 - 12/17, no class on 11/11, 11/25, 11/27 (8 weeks)  
AdultSch/201  
\$70

**GENERAL ACCOUNTING CLERK CERTIFICATE**

Students who complete all four of the following classes: Accounting 1A, Accounting 1B, Payroll Records and Procedures, and QuickBooks Pro are eligible to receive a General Accounting Clerk certificate. The program includes a resume workshop.



*Accounting 1A and Accounting 1B are articulated with Mission College Course ACC 023. Students can earn 3.0 credits upon completion of both classes.*

**QUICKBOOKS PRO**

QuickBooks is a popular accounting software commonly used by small and mid-sized businesses. It is a powerful tool to manage your business or private finances more effectively. This course is designed to empower you to

# CTE - CAREER TECHNICAL EDUCATION

use this software to its full potential by teaching you basics, such as how to pay bills, print checks, and track expenses. You will also learn how to exchange data with Microsoft Excel and other software applications. You will be able to track employee time and job costs; create reports comparing estimated costs to actuals; organize your finances all in one place; easily create invoices and track sales and expenses; get reliable records for tax time; manage customer, vendor, and employee data; and learn how to go paperless with online banking. Students completing this course will receive a general computer accounting certificate.

**INSTRUCTOR:** Dr. Abebe Gelagay

**REQUIRED TEXTS AND MATERIALS:** Students must purchase a textbook or eBook: *Computer Accounting with QuickBooks 2021*, Donna Kay, ISBN: 9781259917004.

064025 Tue/Thu 5:30PM - 9:00PM  
10/17 - 12/18, no class on 11/26, 11/28 (7 weeks)  
AdultSch/201  
\$70

## PAYROLL RECORDS AND PROCEDURES

This course provides well-rounded and practical instruction in how to perform payroll work. It focuses on the payroll activities associated with calculating, recording, transferring data, and the management aspects of payroll such as state and federal tax reports. After completing this course, students will be able to understand federal payroll laws and regulations, calculate gross earnings and deductions, handle payroll records, and prepare and report federal and state payroll tax returns. Students completing this course receive a general payroll certificate.

**INSTRUCTOR:** Dr. Abebe Gelagay

**REQUIRED TEXTS AND MATERIALS:** Students must purchase a textbook or eBook: *Payroll Accounting*, 5<sup>th</sup> Edition, Landin, ISBN-13: 9781260260144, ISBN-10: 1260260143.

060717 Tue/Thu 5:30PM - 9:00PM  
8/27 - 10/15 (8 weeks)  
AdultSch/201  
\$70

## INFORMATION AND COMMUNICATION TECHNOLOGIES

	FA 24	WI 25
<b>FOUNDATIONAL COURSES</b>		
<b>NEW!</b> Intro to Excel 365	✓	✓
Intro to Google Applications		TBD
<b>Coding Academy:</b>		
Introduction to Java		✓
Introduction to the Python Programming Language	✓	✓
Intermediate Python Programming	✓	TBD
Adobe Photoshop		TBD
Web Design Fundamentals with HTML, CSS and JavaScript		✓
<b>Certificate Programs</b>		
(ONLINE) Introduction to Cloud Computing in Amazon Web Services (AWS)	✓	✓
Google Applied Digital Skills		TBD

## CTE - CAREER TECHNICAL EDUCATION

### INTRODUCTION TO THE PYTHON PROGRAMMING LANGUAGE

Python is a popular, general-purpose, multi-paradigm, open-source scripting language used extensively in a variety of industries. This hands-on course is intended for newcomers to programming. The curriculum includes all the fundamental concepts and structures of Python and is designed to teach the most important software development techniques, such as reading and writing to standard IO, using operators, controlling the flow of execution, using functions, built-in sequence types, and basic object-oriented programming concepts.

This is an introductory course and previous programming knowledge is helpful but not required. It is ideal for any technically curious individual looking to learn a high in-demand, dynamic programming language. Students are advised to bring their own laptop, earbuds, and mouse.

**INSTRUCTOR:** Maribeth Coyne

062760 Mon/Wed 6:00PM - 9:00PM  
8/21 - 10/16, no class on 9/2 (9 weeks)  
AdultSch/105  
\$70

### INTERMEDIATE PYTHON (DATA ANALYSIS)

The "Intermediate Python" course aims to equip students with comprehensive skills in data analysis, utilizing the powerful Python programming language and its libraries. This course focuses on advanced data manipulation, statistical analysis, and visualization techniques. Students will be prepared to tackle real-world data challenges through a blend of lectures, hands-on exercises, and collaborative projects. Students are advised to bring their laptops, earbuds, and mouse.

**INSTRUCTOR:** Bethany Wang

062800 Tue/Thu 6:00PM - 9:00PM  
10/22 - 12/17, no class on 11/26, 11/28 (8 weeks)  
AdultSch/105  
\$70

### **NEW!** INTRODUCTION TO EXCEL 365 (Articulation with Mission College Course CAP062B for 1.0 credit)

Dive into the world of Excel with our Introduction to Excel course, designed specifically for those beginning their

journey in data management and analysis. Whether you're looking to streamline tasks, enhance productivity, or unlock new insights from data, this course sets the foundation for mastering Excel's most impactful features. Through interactive learning and practical exercises, you'll explore the Excel interface and discover how to manage and edit data effectively. Starting with the basics, this course covers everything from entering and editing data to moving and copying cell data across sheets and workbooks.

**INSTRUCTOR:** Nitu Sidhu

**PREREQUISITE:** Experience using a PC

060300 Mon/Wed 6:00PM - 9:00PM  
10/21 - 12/18, no class on 11/11, 11/25, 11/27 (8 weeks)  
AdultSch/202  
\$70

### (ONLINE) INTRODUCTION TO CLOUD COMPUTING IN AMAZON WEB SERVICES - ENTRY-LEVEL CERTIFICATE

Amazon Web Services (AWS) is the world's most comprehensive cloud platform, offering services to millions of customers, including startups, large companies, and government agencies. Taking this course can serve as a stepping stone to employment within these enterprises. This is a foundational course to help prepare students for an entry-level AWS-certified cloud practitioner career using official AWS Academy Cloud Foundations material. This course introduces cloud computing which shifts information systems from on-premises computing infrastructure to highly scalable internet architectures using the Amazon AWS platform. The course provides a basic understanding of cloud computing technologies and provides students with the ability to configure, deploy, and manage cloud facilities, including simple and complex compute instances, web servers, and web services. Taking this course will help students to prepare for the Cloud Practitioner Exam. More information about how to sign up for this exam will be provided in class.

**INSTRUCTOR:** Nancy Reid

**PREREQUISITES:** Basic computer literacy. High School Diploma or GED recommended. Access to personal computer, internet/Wi-Fi, Canvas, and Zoom is required to enroll in this course.

DL061111 Mon/Wed 6:00PM - 9:00PM  
8/26 - 11/20, no class on 9/2, 11/11 (12 weeks)  
Zoom Online  
\$70

# ESL - ENGLISH AS A SECOND LANGUAGE



## FOR NEW STUDENTS

ESL and Citizenship classes will resume in August. New students interested in enrolling in ESL classes in the fall must take a placement test in person, on site at the adult school.

**Dates and times for registration and placement tests in August will be announced by August 1, 2024 on the website at [mvla.net/AS](http://mvla.net/AS). Please check our website or contact the adult school on or after that date for information about fall ESL classes.**

## MVLA ADULT SCHOOL OFFERS IN-PERSON ESL CLASSES

AT TWO LOCATIONS DEPENDING ON STUDENT NEED.

### 6 LEVELS OF BASIC ENGLISH INSTRUCTION

Morning 9:00AM - 12:00PM

Evening 6:00PM - 9:00PM

### BEGINNING HIGH TO ADVANCED LOW LEVELS

Afternoon 12:30PM - 3:30PM

#### CLASSES HELD AT

MVLA Adult School

333 Moffett Blvd, Mountain View, CA 94043

### SENIOR-FOCUSED ESL CLASSES (AGE 55+ ONLY)

Mon/Thu/Fri 9:00AM - 10:30AM

Mon/Thu/Fri 10:45AM - 12:15PM

#### CLASSES HELD AT

Mountain View Senior Center

266 Escuela Ave, Mountain View, CA 94040

# MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

## ESL - ENGLISH AS A SECOND LANGUAGE



DAYS	FREQUENCY	TIMES	LEVELS
Mon - Fri	Daily	9:00AM - 12:00PM	All levels
Mon - Thu	4 Days	12:30PM - 3:30PM	Beginning High to Advanced Low
Mon - Thu	4 Nights	6:00PM - 9:00PM	All levels
Mon/Thu/Fri	3 Days	9:00AM - 10:30AM	Beginning Low ONLY Senior-focused* (Age 55+only)
Mon/Thu/Fri	3 Days	10:45AM - 12:15PM	Beginning High/Intermediate Low ONLY Senior-focused* (Age 55+only)

*\*These classes are held at the Mountain View Senior Center located at 266 Escuela Ave, Mountain View, CA 94040*

Priority is given to residents of Mountain View, Los Altos, and Los Altos Hills. Residents of those three cities can register for the placement test at an earlier date. Residents of all other cities will register for the placement test at a later date. Proof of residency may be required.

Testing sessions include general information about the school and programs. Students should be available to stay for the entire process.

Placement into classes is not guaranteed even if a student has contacted the school or taken the placement test. The

screening process and test are given to determine if there is an English class available at a level that is right for the student. Students should not sign up for testing if they know their English level is higher than the ESL program. They will not be assigned to a class.

New students are placed on a space-available basis. Some classes are full and students may have to wait for a place in class. Additional placement testing dates will be listed on the website at [mvla.net/AS](http://mvla.net/AS) later in the fall.

# ESL - ENGLISH AS A SECOND LANGUAGE

## FOR CONTINUING STUDENTS

Returning (already enrolled) ESL students must come back to MVLA Adult School on **Tuesday, August 20**. Students who return at a later date may be put on a waitlist and may have to wait for a place in class.

Returning (already enrolled) ESL students at the Mountain View Senior Center must come back to class on **Thursday, August 22**. Students who return at a later date may be put on a waitlist and may have to wait for a place in class.

Regular attendance is required in all ESL classes. These classes are free.

**NO ESL CLASSES WILL BE HELD**  
9/2, 11/11, 11/25-11/29

## FALL 2024 CITIZENSHIP PREPARATION (INTERMEDIATE-LEVEL ESL OR ABOVE)

Study important information about American history, government, culture and geography. Practice answering questions for the citizenship interview. Students should enroll at least 3 months before sending in their application for U.S. citizenship.

There is no test for joining a Citizenship class but students should be permanent residents eligible for U.S. citizenship and be planning to send their N-400 application within the next year. These classes are free.

There are three options for the U.S. Citizenship Preparation classes. Students can choose to enroll in one or more of the following:

### U.S. CITIZENSHIP PREPARATION: IN-PERSON INSTRUCTION (ONGOING)

**INSTRUCTOR:** Staff

Thu 12:30PM - 3:30PM

Starts 8/22

AdultSch/203

Classes meet in person at MVLA Adult School.

### U.S. CITIZENSHIP PREPARATION: ONLINE INSTRUCTION (ONGOING)

**INSTRUCTOR:** Sandy Cutshall

Mon 6:00PM - 9:00PM, Starts 9/9 - Zoom Online

Classes meet online via Zoom. Students who would like to attend this class will need to download and install the Zoom application on a computer, tablet, or mobile device with an internet connection and microphone/webcam. There is a free printed packet to enrich this class which can be downloaded or picked up at the Adult School front office.

### NEW- QUICK PREP COURSE FOR CITIZENSHIP: AN IN-PERSON WORKSHOP (12 HOURS)

**INSTRUCTOR:** Sandy Cutshall

Mon - Thurs 12:30PM - 3:30PM

9/23 - 9/26

AdultSch/205

This fall we will be offering a week-long intensive workshop designed to help students quickly prepare for the U.S. Citizenship interview. Students should be able to attend all four days of class (12 hours) in person. This workshop is particularly appropriate for students who will be going to their USCIS interview within the next six months.

Students who are interested in signing up for Citizenship classes or the new Citizenship workshop can contact [mvlaeslprogram@gmail.com](mailto:mvlaeslprogram@gmail.com) or (650) 940-1333. The teacher will email interested students more information.

# MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL HIGH SCHOOL & GED PROGRAMS



## PLEASE CHECK:

[as.mvla.net/Registration/Programs/GED](https://as.mvla.net/Registration/Programs/GED) for program updates. For information about any of our programs, contact the Program Coordinator: [danielle.dinh@mvla.net](mailto:danielle.dinh@mvla.net) or (650) 940-1333, ext. 4104.

## HIGH SCHOOL DIPLOMA

FREE PROGRAM FOR ADULTS, STARTS TUE 8/20/24 – OPEN ENTRY/EXIT

Mountain View Los Altos High School District offers a high school diploma program for persons 18 years of age and older who want to complete their high school credits through a combination of online coursework and weekly in-person meetings with teachers. This program is recommended for adult students who need 30 credits or fewer to complete an MVLA high school diploma. A credit evaluation based on an official transcript is required before beginning the program. To be considered for the program, please drop off all official transcripts to senior staff secretary, Marina Sandoval, in Room 104 or email [marina.sandoval@mvla.net](mailto:marina.sandoval@mvla.net).

**NOTE:** All diploma programs meet district and state requirements. Classes begin Tuesday, August 20.

Adult students can obtain academic support from teachers during lab hours in Room 104:

Mon - Thu 9:00AM - 8:30PM

Fri 12:00PM - 4:00PM

8/20 - 12/18, no class 9/2, 11/11, 11/25 - 11/29

AdultSch/104

## CONCURRENT ENROLLMENT/CREDIT RECOVERY

STARTS TUES 8/20/24 – OPEN TO MVLA DISTRICT HIGH SCHOOL STUDENTS WITH REFERRAL

MVLA Adult School offers part-time high school coursework to currently attending MVLA High School District students who are 16 years old or older. Students must consult their high school counselor in order to be officially referred to this program during the regular school year. Concurrent orientations are mandatory and held weekly on Thursdays at 4:30PM, Adult School Room 106.

Concurrent students can obtain academic support from teachers during lab hours in Room 104:

Mon - Thu 9:00AM - 8:30PM

Fri 12:00PM - 4:00PM

8/20 - 12/18, no class 9/2, 11/11, 11/25 - 11/29

AdultSch/104

# HIGH SCHOOL & GED PROGRAMS

## YOUNG PARENTS PROGRAMS (YPP)

STARTS TUES 8/20/24 – OPEN TO MVLA DISTRICT HIGH SCHOOL STUDENTS WITH REFERRAL

Pregnant and parenting teens in the MVLA district can earn credits towards their high school diploma in a safe and supportive environment. This is a blended program with online courses and direct instruction. Free lunch and infant childcare are available while students are on site.

Mon - Thu 12:30PM - 3:30PM

8/20 - 12/18, no class 9/2, 11/11, 11/25 - 11/29

AdultSch/104

## PRE-GED TEST PREPARATION

FREE PROGRAM FOR ADULTS, STARTS TUE 8/20/24 – OPEN ENTRY/EXIT

Designed primarily for ESL Advanced students whose first language is not English, but who can speak and understand spoken English, and any adults who need extensive instruction in reading, vocabulary, and basic writing skills in order to advance to our regular GED Preparation classes. You must register for and attend a GED Preparation class orientation prior to enrolling for this class. See the orientation table for dates available.

Visit [mvla.net/AS](https://mvla.net/AS) to access our online registration site. Classes begin Tuesday, August 20.



## PRE-GED DAY PROGRAM

OPEN ENTRY/EXIT

020305 Mon - Fri 9:00AM-12:00PM

8/20 - 12/18, no class 9/2, 11/11, 11/25 - 11/29

AdultSch/106

## PRE-GED EVENING PROGRAM

OPEN ENTRY/EXIT

020703 Mon - Thu 6:00PM - 8:30PM

8/20 - 12/18, no class 9/2, 11/11, 11/25 - 11/29

AdultSch/106

## PRE-GED & GED ORIENTATION

Before enrolling in our Pre-GED or GED Test Preparation Courses, students need to attend a GED Orientation session first. Orientation is scheduled for the following dates. Please sign up at [mvla.net/AS](https://mvla.net/AS).

Date	Time	Location
Tue 8/13/24	9:00AM - 11:00AM	Rm 203
Wed 8/14/24	5:00PM - 7:00PM	Zoom
Wed 8/21/24	5:00PM - 7:00PM	Rm 203
Wed 8/28/24	5:00PM - 7:00PM	Rm 203
Tue 9/3/24	9:00AM - 11:00AM	Rm 203
Wed 9/11/24	5:00PM - 7:00PM	Rm 203
Wed 9/25/24	5:00PM - 7:00PM	Rm 203
Tue 10/1/24	9:00AM - 11:00AM	Rm 203
Wed 10/9/24	5:00PM - 7:00PM	Rm 203
Wed 10/23/24	5:00PM - 7:00PM	Rm 203
Tue 11/5/24	9:00AM - 11:00AM	Rm 203
Wed 11/13/24	5:00PM - 7:00PM	Rm 203
Wed 11/20/24	5:00PM - 7:00PM	Rm 203
Tue 12/3/24	9:00AM - 11:00AM	Rm 203
Wed 12/11/24	5:00PM - 7:00PM	Rm 203
Wed 12/18/24	5:00PM - 7:00PM	Rm 203

# MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL HIGH SCHOOL & GED PROGRAMS



## GED TEST PREPARATION

FREE PROGRAM FOR ADULTS, STARTS TUE 8/20/24 – OPEN ENTRY/EXIT

Individualized instruction and group discussions are offered to students in Language Arts, Math, Social Studies, and Science. You must register for and attend a GED Preparation class orientation prior to enrolling in this class.

Visit [mvla.net/AS](https://mvla.net/AS) to access our online registration site. Classes begin Tuesday, August 20.

## GED DAY PROGRAM

OPEN ENTRY/EXIT

020305 Mon - Fri 9:00AM-12:00PM  
8/20 - 12/18, no class 9/2, 11/11, 11/25 - 11/29  
AdultSch/106

## GED EVENING PROGRAM

OPEN ENTRY/EXIT

020703 Mon - Thu 6:00 - 8:30PM  
8/20 - 12/18, no class 9/2, 11/11, 11/25 - 11/29  
AdultSch/106

## GED EN ESPAÑOL

PROGRAMA GRATIS PARA LOS ADULTOS, EMPIEZA MARTES 20/8/24

¿Necesitas un título equivalente al título de la preparatoria para un empleo o colegio? Instrucción individual y ayuda académica en español está disponible en las artes de lenguajes, matemáticas, ciencias, y estudios sociales para pasar los exámenes de GED. Regístrate y haz una cita con la coordinadora del programa para empezar. Las clases empiezan el martes 20 de agosto. Se puede empezar en cualquier momento durante el año escolar.

Visita [mvla.net/AS](https://mvla.net/AS) para registrarse.

FREE PROGRAM FOR ADULTS, STARTS TUE 8/20/24 - OPEN ENTRY/EXIT

Do you need a high school equivalency for work or college? Individualized and group instruction in Spanish is available in Language Arts, Math, Science, and Social Studies to help you pass the GED tests in Spanish. Register and meet with the program coordinator to begin. Classes start Tuesday, August 20.

Visit [mvla.net/AS](https://mvla.net/AS) to register.

## GED TESTING

MVLA Adult School is an official Pearson VUE computer-based GED test center. Tests are held at the adult school on Tuesday and Thursday evenings during the Fall, Winter, and Spring semesters. Testing candidates: please make your appointments and payments online through [ged.com](https://ged.com). Please visit [https://ged.com/about\\_test/scheduling/](https://ged.com/about_test/scheduling/) for more information on GED Testing.



# PARENT & FAMILY EDUCATION

## MOUNTAIN VIEW PARENT NURSERY SCHOOL (MVPNS)

Call (408) 883-KIDS or visit [mvpns.org](http://mvpns.org) to learn more about our programs and enrollment for the 2024-2025 school year. Mountain View Parent Nursery School (MVPNS) is located at 1535 Oak Avenue, Los Altos, adjacent to Foothill Covenant Church. Visit our website at [mvpns.org](http://mvpns.org) or email us at [info@mvpns.org](mailto:info@mvpns.org)

**INSTRUCTORS:** Claire Koukoutsakis, Sandra Mitchell, Susan Pence, Val Walker

## PARENT AND CHILD CLASSES: THE TODDLER

Children must be 15 months old by September 1. The child and parent spend one 2-hour session a week together at school with the parent observing, participating, and meeting other parents of similar-age children. There will be a lecture/discussion for the parents to learn how to best support their child's growth and development near the end of each session.

Thu 3:00PM - 5:00PM

MVPNS



## PARENT PARTICIPATION PRESCHOOL: THE TWO, THREE, FOUR AND FIVE-YEAR-OLD

Children must be 2, 3, or 4 years old for prospective classes by September 1. Classes are held 2, 3 or 4 days per week for 2.5 or 3 hours per session depending on age. Parents are required to work in the classroom approximately one day per week. We provide high-quality early childhood education in a parent participation program. The program fosters healthy growth and development of preschool age children through developmentally appropriate practices and parent education. We provide opportunities to explore and learn through blocks, manipulatives, dramatic play, cooking, art, literacy, science, math, and the outdoors. We value play, nature, and the development of the whole child (social, emotional, cognitive, and physical).

### TWO-DAY CLASSES:

Mon/Wed class for 2s / young 3s	8:55AM - 11:25AM
Tue/Thu class for 2s / young 3s	8:55AM - 11:25AM
Tue/Thu class for 3s / young 4s	8:55AM - 11:45AM

### THREE-DAY CLASS:

Mon/Wed/Fri for 3.5s / 4s / 5s	8:55AM - 11:45AM
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## CHILDCARE CENTER AT MVLA ADULT SCHOOL

This program is for parents studying ESL and includes parent education and support. Space is limited. Eligibility is based on low economic status. Low English level students have priority enrollment. The child development program requires regular attendance and participation in classes/activities.

For more information, call (650) 940-1333.

### Child Care Resumes Fall 2024

Mon - Fri 9:00AM - 12:00PM

Adult Sch/Child Dev Ctr



## COMMUNITY INTEREST & OLDER ADULTS

MVLA Adult School is offering classes for Community Interest & Older Adults classes in Fall 2024. Visit [mvla.net/AS](https://mvla.net/AS) to access our online registration site.

If you encounter any issues during the registration process, or if you have registered for classes at the Adult School in the past, but have never registered online, please email us at [adulthood@mvla.net](mailto:adulthood@mvla.net) and your message will be forwarded to a staff member who can assist you. Please include your contact phone number as well as your email address in your message. For more information about the program, please contact our Assistant Director Jonathan Fu at [jonathan.fu@mvla.net](mailto:jonathan.fu@mvla.net) or (650) 940-1333 x 4010.

### 55+ COMPUTER AND TECHNOLOGY SKILLS

#### ESSENTIAL COMPUTING SKILLS, BEGINNING

This course provides students with a foundation in computer concepts: Introduction to Windows Basics, Computer Hardware, Software, Using a Computer, Internet, Safety and Maintenance, and Using a Flash Drive.

**INSTRUCTOR:** Eugenia (Genie) Njolito

089200 Mon/Wed 9:30AM - 11:30AM

10/21 - 11/6 (6 meetings)

Mtn View Senior Ctr/Technology Room

Age 55+ \$82/other \$102

#### INTRODUCTION TO IPAD

This course introduces iPads to students who have little or no experience with iPads. Students will learn how to set up an iPad, use Facetime and other apps to communicate with friends and family, take pictures, search the internet, send and receive email, and download apps. The class will be hands on and interactive, with the goal of making each student feel confident using the iPad. The class will also spend some time learning accessibility settings, such as making the display and text size bigger, activating touch accommodations to assist with difficulty using the

touchscreen, and using the voiceover feature to read the items on the screen.

**INSTRUCTOR:** Eugenia (Genie) Njolito

**PREREQUISITES:** Students must bring an iPad to class.

089400 Mon/Wed 9:30AM - 11:00AM

9/9 - 9/25 (6 meetings)

Mtn View Senior Ctr/Technology Room

Age 55+ \$62/other \$82

#### SMARTPHONE PHOTOGRAPHY

This course introduces the basics of using a smartphone's digital camera. Students will learn how to store, edit, delete, share, and take pictures and record videos. Students will also learn how to use free photo editing apps. Some fundamental photography principles will also be covered.

**INSTRUCTOR:** Eugenia (Genie) Njolito

**PREREQUISITES:** Students must bring a smartphone to class.

089500 Mon/Wed 9:30AM - 11:00AM

9/30 - 10/16 (6 meetings)

Mtn View Senior Ctr/Technology Room

Age 55+ \$62/other \$82

### ARTS & CRAFTS

#### CALLIGRAPHY AND ITS USES: CARDS, INVITATIONS, AND ENVELOPES

Have you ever wanted to learn how to letter an elegant card or envelope, a place card or an invitation? This is a class for you! We will begin with learning the basics about calligraphy pens and ink. Students bring just a tablet of paper to the first class. A variety of pens will be available at the first class to try out. Right or left handers are welcome. Basic styles of calligraphy will be introduced and tried out in class. All levels are invited to join.

Students will supply their own pens, paper and ink after the first class.

**INSTRUCTOR:** Sara Loesch-Frank

080113 Thu 9:30AM - 12:00PM

9/26 - 12/5 (10 meetings), no class on 11/28

Mtn View Senior Ctr/Arts & Crafts

Age 55+ \$171/other \$191

# COMMUNITY INTEREST & OLDER ADULTS

## CERAMICS, BEGINNING AND INTERMEDIATE

Beginning students are very welcome and will learn various hand-building techniques in clay and glazing. Painting with colorful underglazes will also be featured. No wheel-throwing techniques will be covered. Intermediate students will work on projects of their choice, although there is no commercial mass production allowed. A \$30 materials fee for glazes and clay is included in the registration fee.

**INSTRUCTOR:** Susan Worley

080222 Wed 1:00PM - 4:00PM  
9/25 - 12/4 (10 meetings), no class on 11/27  
Mtn View Senior Ctr/Arts & Crafts  
Age 55+ \$201/other \$221



## JAPANESE FLOWER ARRANGING, IKEBANA

Study the philosophy, harmony and balance of the Sogetsu School Ikebana. Learn the beauty of simple lines, form and use of space. No materials fee; students will bring their own flowers.

**INSTRUCTOR:** Katsuko Thielke

081111 Tue 9:30AM - 12:00PM  
9/10 - 12/3 (11 meetings), no class on 10/15, 11/26  
Mtn View Senior Ctr/Arts & Crafts  
Age 55+ \$157/other \$177

081112 Thu 1:00PM - 3:30PM  
9/12 - 12/5 (11 meetings), no class on 10/17, 11/28  
Mtn View Senior Ctr/Arts & Crafts  
Age 55+ \$157/other \$177

## TWO-DAY LANDSCAPE WATERCOLOR WORKSHOP

Welcome to the wonderful world of landscape watercolor! Join us for four two-day workshops to explore this amazing and expressive way to make art. These workshops are for all levels. There will be a demo painting of a landscape, and class members can follow along or work on something of their own choosing. A short get-going presentation will give new painters enough basic technique that they will be ready to create a real painting the first day. A supplies list will be provided before the first day.

**INSTRUCTOR:** Karen Olsen

080920 Tue/Thu 1:30PM - 4:00PM  
10/22 - 10/24 (2 meetings)  
Los Altos United Methodist Church | Room 8  
Age 55+ \$33/other \$53

080921 Tue/Thu 1:30PM - 4:00PM  
11/5 - 11/7 (2 meetings)  
Los Altos United Methodist Church | Room 8  
Age 55+ \$33/other \$53

080922 Tue/Thu 1:30PM - 4:00PM  
11/19 - 11/21 (2 meetings)  
Los Altos United Methodist Church | Room 8  
Age 55+ \$33/other \$53

### CURRENT EVENTS

#### CURRENT AFFAIRS (HYBRID IN PERSON/DISTANCE LEARNING)

A discussion-based class that deals with federal, state, and local issues. Is the American glass half-empty or half-full? Topics include the economy, individual rights, the American political situation, and many other issues drawn straight from the daily headlines.

This is a hybrid class, with the option to meet in person or on Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

**INSTRUCTOR:** Sylvia Halloran, [sylvia.halloran@mvla.net](mailto:sylvia.halloran@mvla.net)

087213 Mon 1:00PM - 3:00PM

9/9 - 12/2 (11 meetings), no class on 11/11, 11/25

Mtn View Senior Ctr/Arts & Crafts

Age 55+ \$151/other \$171



### LANGUAGE ARTS & LANGUAGES

#### CHINESE, BEGINNING

Learn the most popular language in the world. Be able to speak accurately with tones right at the start. At the end of the quarter, students will be able to recognize all the phonetic elements, read and speak Chinese through phonetics and conduct simple conversations. Characters will be introduced in the next quarter.

**TEXTBOOK:** *Chinese Express (Joy Chinese in 3 months)* by Liu, Hongmin (ISBN-10: 756191587X)

**INSTRUCTOR:** Wing Hung (Lucia) Wu, [winghung.wu@mvla.net](mailto:winghung.wu@mvla.net)

080406 Thu 2:00PM - 4:00PM

9/12 - 11/21 (11 meetings)

Mtn View Senior Ctr/Multi B

Age 55+ \$151/other \$171

#### CHINESE, INTERMEDIATE

Learn the most popular language in the world. Explore modern China through various popular topics about the modern generation. Continue to expand vocabulary, grammar, & character reading. Class includes individual presentation, small group and whole class interaction, listening comprehension, translation exercises and characters reading. 300 characters will be introduced.

**TEXTBOOK:** *Chinese Express 2* by Liu, Hongmin (ISBN-10: 7561923430)

**INSTRUCTOR:** Wing Hung (Lucia) Wu, [winghung.wu@mvla.net](mailto:winghung.wu@mvla.net)

**PREREQUISITE:** One year of Chinese learning, able to read Chinese phonetics with tones properly plus knowledge of some basic vocabulary, grammar, and characters.

087020 Thu 6:00PM - 8:00PM

9/12 - 11/21 (11 meetings)

Mtn View Senior Ctr/Multi B

Age 55+ \$181/other \$201

#### CREATIVE WRITING (HYBRID/DISTANCE LEARNING)

Students maximize their creative energy and growth within a supportive and encouraging forum of fellow writers. Students will be inspired to pursue new projects or bring their in-progress work to read in a safe and helpful environment. All levels of experience are welcome!

This is a hybrid class, with the option to meet in person or on Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

**INSTRUCTOR:** Sylvia Halloran, [sylvia.halloran@mvla.net](mailto:sylvia.halloran@mvla.net)

089411 Wed 10:00AM - 12:00PM

9/11 - 12/4 (12 meetings), no class on 11/27

Mtn View Senior Ctr/Arts & Crafts

Age 55+ \$165/other \$185



# COMMUNITY INTEREST & OLDER ADULTS

## CREATIVE WRITING (DISTANCE LEARNING)

Students maximize their creative energy and growth within a supportive and encouraging forum of fellow writers. Students will be inspired to pursue new projects or bring their in-progress work to read in a safe and helpful environment. All levels of experience are welcome!

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

**INSTRUCTOR:** Sylvia Halloran, [sylvia.halloran@mvla.net](mailto:sylvia.halloran@mvla.net)

DL089412 Wed 7:00PM - 9:00PM  
9/11 - 12/4 (12 meetings), no class on 11/27  
MVLA Adult School/Zoom Online  
Age 55+ \$145/other \$165

## FINNISH LANGUAGE (DISTANCE LEARNING)

Join us in a Finntastic way to learn the Finnish language and explore the culture of Finland. One of the few Finnish language classes in the Bay Area! All levels are welcome and will be given group and individual attention. Beginners are encouraged to start in Fall, since this is an ongoing class.

This is an online class and meetings will be held via Zoom. Students will receive a Zoom invitation via email prior to the first class meeting. Students will need to download and install the Zoom app on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

**INSTRUCTOR:** Tuula Beals, [tuula.beals@mvla.net](mailto:tuula.beals@mvla.net)

DL500511 Tue 7:00PM - 9:00PM  
9/17 - 11/19 (10 meetings)  
MVLA Adult School/Zoom Online  
Age 55+ \$132/other \$152

## FRENCH, BEGINNING (DISTANCE LEARNING)

Bonjour! Students with no French instruction will learn the fundamentals of French pronunciation and will develop basic everyday conversational skills with focus on phonetics, grammar, listening comprehension, reading and writing exercises. The students will also become familiar with French culture and customs.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application.

**TEXTBOOK:** *Dis-moi!* textbook online (ISBN - 0673-216276)

**INSTRUCTOR:** Pary Sarraf, [pary.sarraf@gmail.com](mailto:pary.sarraf@gmail.com)

DL084110 Wed 12:30PM - 2:30PM  
9/11 - 12/4 (12 meetings), no class on 11/27  
MVLA Adult School/Zoom Online  
Age 55+ \$215/other \$235

## FRENCH, INTERMEDIATE (DISTANCE LEARNING)

The focus is on conversation and pronunciation. Students will expand listening comprehension and communication skills through their command of grammar. They will also increase vocabulary and improve their writing style with attention to syntax and advanced sentence structure. The workbook will be provided in class. Contact the instructor about placement if needed.

This is an online class and meetings will be held via Zoom. Students will receive a Zoom invitation via email prior to the first class meeting. Students will need to download and install the Zoom app on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

**TEXTBOOK:** Students must purchase the textbook *Viens voir!* (ISBN - 0673 - 216284) prior to the first meeting

**INSTRUCTOR:** Pary Sarraf, [pary.sarraf@gmail.com](mailto:pary.sarraf@gmail.com)

**PREREQUISITE:** Completion of Beginning French

DL084115 Wed 3:30PM - 5:30PM  
9/11 - 12/4 (12 meetings), no class on 11/27  
MVLA Adult School/Zoom Online  
Age 55+ \$215/other \$235

## FRENCH, CONVERSATION (DISTANCE LEARNING)

Students will initiate and participate in a variety of conversational topics in real-life settings including current events, literature, art, history, civilization, cuisine, travel, hobbies and more. Students will increase vocabulary and enhance their communication skills, as well as grammar and syntax. They will expand their ability to express thoughts and opinions in discussions of social and cultural issues. Course material will be provided by the instructor.

This is an online class and meetings will be held via Zoom. Students will receive a Zoom invitation via email prior to the first class meeting. Students will need to download and install the Zoom app on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

**INSTRUCTOR:** Pary Sarraf, [pary.sarraf@gmail.com](mailto:pary.sarraf@gmail.com)

**PREREQUISITE:** Completion of Intermediate French

DL084103 Wed 9:30AM - 11:30AM  
9/11 - 12/4 (12 meetings), no class on 11/27  
MVLA Adult School/Zoom Online  
Age 55+ \$215/other \$235

## COMMUNITY INTEREST & OLDER ADULTS

### GERMAN, BEGINNING A1 (DISTANCE LEARNING)

Willkommen! Students with no prior German instruction will learn the principles of grammar and usage, practice dialogues, and discover the culture of German-speaking countries.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

**TEXTBOOK:** *Passwort Deutsch 1, A1 (ISBN: 978-3-12-676410-0)*

**INSTRUCTOR:** Dorith Endler, dorith.endler@mvla.net

DL502715 Thu 6:30PM - 8:30PM

9/12 - 12/5 (12 meetings), no class on 11/28

MVLA Adult School/Zoom Online

Age 55+ \$262/other \$282

### GERMAN, INTERMEDIATE A2 (DISTANCE LEARNING)

Students will continue to learn the principles of grammar and usage, practice dialogues, and discover the culture of German-speaking countries.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

**TEXTBOOK:** *Passwort Deutsch (Kurs- und Übungsbuch mit Audio-CD) 3, ISBN 978-3-12-676416-2*

**INSTRUCTOR:** Dorith Endler, dorith.endler@mvla.net

**PREREQUISITE:** Beginning German or equivalent

DL502720 Mon 6:30PM - 8:30PM

9/9 - 12/2 (11 meetings), no class on 11/11, 11/25

MVLA Adult School/Zoom Online

Age 55+ \$239/other \$259

### GERMAN CONVERSATION (DISTANCE LEARNING)

Willkommen! Do you want to speak German? Contribute about whatever you are interested in and talk about texts, songs, and poems from German speaking countries.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

**INSTRUCTOR:** Dorith Endler, dorith.endler@mvla.net

DL084701 Wed 1:30PM - 3:30PM

9/11 - 12/4 (12 meetings), no class on 11/27

MVLA Adult School/Zoom Online

Age 55+ \$262/other \$282

### ITALIAN, ADVANCED BOOK CLUB (DISTANCE LEARNING)

Do not miss this opportunity to challenge yourself while reading and conversing completely in Italian. The selected book contains complex grammatical structures that enhance your ability to incorporate new idioms and vocabulary in different contexts. Conversation about the first chapters will start on the first meeting and then you will receive a detailed reading program for the rest of the course. Please contact the teacher to know the title of the book and order your copy as soon as possible (paperback or e-book).

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

**INSTRUCTOR:** Stefania Filigheddu, stefania.filigheddu@gmail.com

**PREREQUISITES:** Very advanced Italian skills. This class is intended for language students who speak fluently and are committed to read weekly and consistently 35-40 pages of a novel written by an Italian author.

DL088020 Mon 7:00PM - 8:30PM

9/9 - 10/28 (8 meetings)

MVLA Adult School/Zoom Online

Age 55+ \$98/other \$118

### ITALIAN, ADVANCED GRAMMAR REVIEW AND CONVERSATION

This class is best suited for students who completed the Italian grammar program, including the Subjunctive and have, preferably, an advanced level of vocabulary and speaking skills. Using a conversational approach in a comfortable and enjoyable atmosphere, you will continue to expand your vocabulary and learn more complex grammatical structures and expressions in varied contexts. Homework assignments will be given regularly. Class is conducted only in Italian. Please ask the instructor for the title of the textbook.

**INSTRUCTOR:** Stefania Filigheddu, stefania.filigheddu@gmail.com

# COMMUNITY INTEREST & OLDER ADULTS

**PREREQUISITES:** Italian, Advanced 3 or Equivalent

088034 Wed 9:30AM - 11:30AM

9/11 - 11/20 (10 meetings), no class on 10/16

Mtn View Community Ctr/Cedar Room

Age 55+ \$176/other \$196

## ITALIAN, BEGINNING 1 (DISTANCE LEARNING)

Come ti chiami? Di dove sei? Ti piace il gelato? What's your name? Where are you from? Do you like gelato? Start learning basic vocabulary, grammar, and expressions in an enjoyable atmosphere and be ready for your next real or virtual trip to Italy. Class is conducted partially in Italian and homework assignments will be given regularly. This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

**INSTRUCTOR:** Stefania Filigheddu, stefania.filigheddu@gmail.com

**TEXTBOOK:** *Nuovo Espresso 1, A1, Libro dello studente e esercizi - con videocorso* by L. Ziglio, G. Rizzo, Alma, Edizioni, ISBN 978-88-6182-317-4

DL088001 Fri 9:00AM - 10:30AM

9/13 - 11/22 (9 meetings), no class on 10/4, 11/1

MVLA Adult School/Zoom Online

Age 55+ \$112/other \$132

## ITALIAN, INTERMEDIATE

In a positive learning environment, you will be expanding your vocabulary and learning more grammatical structures and expressions. The course will include many conversational activities to prepare students to communicate effectively in many real-life situations. Homework assignments will be given regularly. Class is conducted only in Italian.

**TEXTBOOK:** *Nuovo Espresso 2 Libro dello studente e esercizi* by M Bali, G. Rizzo – Alma Edizioni

We will start the program from chapter 6.

**INSTRUCTOR:** Stefania Filigheddu, stefania.filigheddu@gmail.com

**PREREQUISITES:** Knowledge of high beginning vocabulary and grammar, including present tense, perfect, and imperfect.

088012 Mon 9:30AM - 11:30AM

9/9 - 11/18 (10 meetings), no class on 11/11

Mtn View Community Ctr/Cedar Room

Age 55+ \$176/other \$196

## MEMOIRS WRITING (DISTANCE LEARNING)

Stimulate your thinking as you rediscover your past by listening to the memoirs of others online. Follow weekly memory prompts, gather ideas to proceed with what you have already begun, or bring in what you have already written for a final class "edit" for clarity, logic, and style.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

**INSTRUCTOR:** Sylvia Halloran, sylvia.halloran@mvla.net

DL089511 Thu 1:00PM - 3:00PM

9/12 - 12/5 (12 meetings), no class on 11/28

MVLA Adult School/Zoom Online

Age 55+ \$145/other \$165

DL089512 Fri 10:00AM - 12:00PM

9/13 - 12/6 (12 meetings), no class on 11/29

MVLA Adult School/Zoom Online

Age 55+ \$145/other \$165

## SPANISH, BEGINNING IA/IB (DISTANCE LEARNING)

This is a beginning combo Spanish class that immerses students in a creative and engaging learning environment. Students will acquire and develop listening, speaking, reading, and writing skills in Spanish, and will develop their interpersonal communicative skill and confidence through virtual interaction with other classmates and the teacher. This is a fun, relaxed class where students are active participants in classroom activities in Spanish. Let's chat in Spanish!

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

**TEXTBOOKS:** *¡Exprésate! Spanish 1* (ISBN:9780030676789) and *¡Exprésate! Spanish 1 Cuaderno de actividades* (ISBN: 9780030744662). Used books can be purchased online at a low price.

**INSTRUCTOR:** Sarah Hsu

DL501215 Thu 5:30PM - 7:00PM

9/12-12/5 (12 meetings), no class on 11/28

MVLA Adult School/Zoom Online

Age 55+ \$156/other \$176

## COMMUNITY INTEREST & OLDER ADULTS

### SPANISH, BEGINNING IIA (DISTANCE LEARNING)

In this course, students will continue to acquire and develop their listening, speaking, reading and writing skills. Major grammatical structure of the present indicative, preterite and imperfect tense review, and introduction of future tense. This is a fun and relaxed class that allows students to practice their skill in real-life situations.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam

**TEXTBOOKS:** *¡Exprésate! Spanish 2* (ISBN: 9780030453229) and *¡Exprésate! Spanish 2 Cuaderno de vocabulario y gramática* (ISBN: 9780030744976). Used books can be purchased online at a low price.

**INSTRUCTOR:** Sarah Hsu

**PREREQUISITE:** Beginning Spanish IB or equivalent

DL501202 Thu 7:10PM - 8:40PM

9/12 - 12/5 (12 meetings), no class on 11/28

MVLA Adult School/Zoom Online

Age 55+ \$156/other \$176

### SPANISH, BEGINNING IIIA (DISTANCE LEARNING)

In this course, students will be speaking Spanish with their peers and teacher most of the time. This course focuses on students' language development. In grammar, students will be learning the different uses of the subjunctive mood, as well as the present perfect, conditional, and future tenses. Students will be learning new vocabulary words in every session and will be encouraged to speak Spanish with classmates outside of the virtual classroom. This is a fun and relaxed class that allows students to practice their language skills using real-life situations.

**TEXTBOOKS:** *¡Exprésate! Spanish 3* (ISBN: 9780030453724) and *¡Exprésate! Spanish 3 Cuaderno de vocabulario y gramática* (ISBN: 9780030744983). Used books can be purchased online at a low price.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

**INSTRUCTOR:** Sarah Hsu

**PREREQUISITE:** Beginning Spanish IIB or equivalent

DL501209 Tue 5:30PM - 7:00PM

9/10 - 12/3 (12 meetings), no class on 11/26

MVLA Adult School/Zoom Online

Age 55+ \$156/other \$176

### SPANISH, ADVANCED CONVERSATION (DISTANCE LEARNING)

This course is designed to help students boost their confidence in Spanish. The class will be instructed in the target language only, Spanish. Students will read a passage and then converse with the teacher about the topic. This is an online class and meetings will be held via zoom. Instructor will email meeting information to the students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

**INSTRUCTOR:** Sarah Hsu

**PREREQUISITES:** Spanish IIIA or equivalent

DL503000 Tue 7:10PM - 8:40PM

9/10 - 12/3 (12 meetings), no class on 11/26

MVLA Adult School/Zoom Online

Age 55+ \$156/other \$176

## MUSIC & DANCE

### BALLET BARRE WITH FLOOR BARRE, WITH JEAN

Promote balance, strength and mobility, with classical ballet technique at the barre, combined with mat work and light conditioning for adults of all ages. No experience necessary. Condition to upbeat, fun, classical music. Develop grace, expressiveness, and confidence. The instructor makes movement easier for each individual. The MVLA Adult School and the class instructor assume no

responsibility for any injuries arising from participating in this class.

**INSTRUCTOR:** Jean Elvin

083320 Thu 4:15PM - 5:30PM

9/12 - 12/5 (12 meetings), no class on 11/28

Mtn View Senior Ctr/Dance & Movement

Age 55+ \$129/other \$149

# COMMUNITY INTEREST & OLDER ADULTS



## **BEGINNERS FOR BROADWAY!**

Tired of the same old exercise routine? Learn basic tap steps: shuffle, flap, ball change, cramp rolls, grapevines, time steps, and pivots (no spins, no taps). All abilities welcome; no previous experience necessary. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

**INSTRUCTOR:** Marnie Ridgway, [am\\_consulting@usa.net](mailto:am_consulting@usa.net)

082910 Tue/Thu 11:30AM - 12:30PM  
9/10 - 12/5 (24 meetings), no class on 11/26, 11/28  
Mtn View Senior Ctr/Dance & Movement  
Age 55+ \$205/other \$225

## **BELLY DANCE, BEGINNING**

This class explores the fundamental movements of Belly Dance. Students will learn the basic hip, chest, and arm movements, including posture, isolations, and shimmies. Dynamic choreographs will be taught to incorporate new movements. Wear comfortable clothing and either dance shoes or bare feet. No dance experience required. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

**INSTRUCTOR:** Paula Villa Infante, [paula.villa@gmail.com](mailto:paula.villa@gmail.com)

800025 Mon 7:30PM - 8:30PM  
9/9 - 12/2 (10 meetings), no class on 10/14, 11/11, 11/25  
Mtn View Senior Ctr/Dance & Movement  
Age 55+ \$83/other \$103

## **CHORUS**

Join our fun performing chorus: all abilities welcome! Learn vocalizing and sight-singing techniques in a range of music styles (including sacred) to perform during the holidays.

**INSTRUCTOR:** Marnie Ridgway, [am\\_consulting@usa.net](mailto:am_consulting@usa.net)

080521 Wed 9:30AM - 11:30AM  
9/11 - 12/11 (13 meetings), no class on 11/27  
Mtn View Senior Ctr/Multi A  
Age 55+ \$89/other \$109

## **SOCIAL BALLROOM DANCE**

This class will serve as an introduction to the social dance world including Ballroom, Latin, and Nightclub dances. No need to be sitting on the sideline when you attend an event that includes dancing. The teacher will respond to requests by the students for dances of interest. Typically, a selection from the ballroom dances like waltz, foxtrot, and tango, and from the Latin dances like rumba and cha-cha. Also, the class may include nightclub dances

## COMMUNITY INTEREST & OLDER ADULTS

like swing, nightclub two-step, and salsa. Beginners will become familiar with basic steps, while advanced students will get individual attention on improving techniques. Past students have found this class provides exercise, and studies have shown dancing keeps the mind sharp. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participation in this class

**INSTRUCTOR:** Gene Esswein

080130 Mon 7:30PM - 8:45PM  
9/9 - 12/2 (11 meetings), no class on 11/11, 11/25  
Mtn View Senior Ctr/Social Hall  
Age 55+ \$106/other \$126

### HULA, ALL LEVELS

Beginner to Advanced Hula, learn traditional hula incorporated with language and culture of the islands. Beginning students will learn basic steps, posture, coordination of hand and feet movements, intermediate and advanced students will learn more advanced choreography. Suggested clothing: something comfortable for dance class including a skirt or wrap.

**INSTRUCTOR:** Karen Sanico

801815 Tue 7:00PM - 8:00PM  
9/10 - 12/3 (12 meetings), no class on 11/26  
Mtn View Senior Ctr/Dance & Movement  
Age 55+ \$154/other \$174

### MOVIN' TO THE OLDIES

Get your groove on to music from the 40s, 50s, and 60s! Low-impact, non-twisting exercise (with optional hand weights) to improve balance and breathing. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

**INSTRUCTOR:** Marnie Ridgway, am\_consulting@usa.net

082920 Tue/Thu 1:40PM - 2:40PM  
9/10 - 12/5 (24 meetings), no class on 11/26, 11/28  
Mtn View Senior Ctr/Dance & Movement  
Age 55+ \$164/other \$184

### ORCHESTRA

The MVLA Adult School Orchestra is a full orchestra consisting of a diverse group of adult musicians with music reading ability and technical skills. The group is passionate

about serving the community through performing music. There will be some scheduled performances at the Mountain View Senior Center towards the end of each session.

**INSTRUCTOR:** Sylvia Halloran, sylvia.halloran@mvla.net

081321 Wed 1:00PM - 4:00PM  
9/11 - 12/4 (12 meetings), no class on 11/27  
Mtn View Senior Ctr/Multi A  
Age 55+ \$99/other \$119

### STRING ENSEMBLE WORKSHOP

Do you play violin and want a place where you can develop your ensemble skills? Want to dust off your viola chops after letting them sit in the case for years? Always wanted to play cello? Need to put Uncle Jed's string bass back into use? Join the new String Ensemble Workshop and play easy arrangements of music for strings with other beginning and intermediate students. Join the ensemble for the joy of making music with others in a supportive and encouraging environment free of criticism or judgment. From bowing to sight-reading, fingering to posture hints, this 90-minute class will help students play in a group with other string instruments.

**INSTRUCTOR:** Sylvia Halloran, sylvia.halloran@mvla.net

**PREREQUISITES:** Students need some familiarity with their instrument.

081330 Fri 2:30PM - 4:00PM  
9/13 - 12/6 (12 meetings), no class on 11/22, 11/29  
Mtn View Senior Ctr/Multi A  
Age 55+ \$91/other \$111

### WORKOUT ON BROADWAY!

Continue to tap your way into fitness to the sounds of Broadway and popular music, by permission of the instructor. No taps. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

**INSTRUCTOR:** Marnie Ridgway, am\_consulting@usa.net

**PREREQUISITE:** Beginners for Broadway or Instructor Approval

082901 Tue/Thu 12:35PM - 1:35PM  
9/10 - 12/5 (24 meetings), no class on 11/26, 11/28  
Mtn View Senior Ctr/Dance & Movement  
Age 55+ \$164/other \$184

# COMMUNITY INTEREST & OLDER ADULTS

## NEEDLE ARTS & KNITTING

### KNITTING WORKSHOP, ALL LEVELS

Have you ever faced a “brick wall” with a knitting project? Come join others who are looking for solutions. Learn to read directions successfully. Projects incorporating a variety of knitting techniques will be offered. Beginners will need a skein (ball) of cotton yarn and either #7 or #8 knitting needles, preferably a 16” circular needle. **Please note class on 9/17 will be in the Maple Room.**

**INSTRUCTOR:** Caroline Hui, caroline.hui@mvla.net

087311 Tue 1:00PM - 3:00PM  
9/10 - 12/3 (12 meetings), no class on 11/26  
Mtn View Community Ctr/Cedar Room  
Age 55+ \$144/other \$164

### NEEDLE ARTS: BASIC TECHNIQUES OF NEEDLEPOINT AND COUNTED CROSS STITCH

A class that encompasses all ages, levels and interests, needle arts emphasizes needlepoint and counted cross stitch techniques. Alternative stitches, finishing, and solving individual problems are included in the instruction. **Please note class on 10/12 will be in the Elm Room.**

**INSTRUCTOR:** Caroline Hui, caroline.hui@mvla.net

087411 Wed 1:15PM - 3:15PM  
9/11 - 12/4 (12 meetings), no class on 11/27  
Mtn View Community Ctr/Cedar Room  
Age 55+ \$144/other \$164

## PHYSICAL FITNESS & LIFESTYLE WELLNESS

### EXERCISE FOR THE OLDER ADULT

Are your daily routines inhibited because you are plagued with stiffness and limited movement? Are you afraid your balance is rapidly declining and you may need to depend on special aids? This class includes specific strengthening exercises from a sitting or standing position. Students must bring their own dumbbells (2.5 or 5 pounds) and mini bands (light or medium resistance). The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

**INSTRUCTOR:** Alejandra Picollo, alejandrapicollo822@gmail.com

082602 Mon 2:15PM - 3:00PM  
9/9 - 12/2 (11 meetings), no class on 11/11,11/25  
Mtn View Senior Ctr/Multi A  
Age 55+ \$106/other \$126

### FELDENKRAIS® AWARENESS THROUGH MOVEMENT®, WITH JEAN

Improve coordination and quality of movement naturally. Surprise yourself with a new sense of well-being in all areas: back, neck, shoulders, balance and transitions from the floor. Gentle movements reduce pain and stiffness and restore grace. Improve not only physically, but also in self-concept and creativity. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

**INSTRUCTOR:** Jean Elvin

083311 Fri 10:00AM - 11:15AM  
9/13 - 12/6 (11 meetings), no class on 11/15, 11/29  
Mtn View Senior Ctr/Multi A  
Age 55+ \$94/other \$114

### HIKE FOR HEALTH

Hikes are conducted in open space preserves, county parks & coastal trails. Students must be in good physical health and able to hike 4.5 to 6 miles round trip at a moderate pace. Required: hiking boots or sturdy shoes with good tread. Daypack with water, snack and basic first aid kit. Hiking poles are highly recommended for hills. Carpools are set up in the meeting room before each hike. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

**INSTRUCTOR:** Roberta Hutchinson

**PREREQUISITES:** Students must be in good physical health and able to hike 4.5 to 6 miles roundtrip at a moderate pace. Hiking boots or sturdy shoes with good tread. Daypack with water, snack, and basic first aid kit. Hiking poles are highly recommended for hills.

089600 Thu 9:00AM - 1:30PM  
9/12 - 12/5 (11 meetings), no class on 10/17, 11/28  
Foothills Congregational Church/Learning Center  
Age 55+ \$136/other \$156

# COMMUNITY INTEREST & OLDER ADULTS



## MINDFULNESS MEDITATION - INVITATION TO MEDITATE IN STILLNESS AND MOTION

This class invites you to experience the power of mindfulness both in stillness and motion. Decades of extensive studies show the power of systematic mindfulness can relieve mental and physical stress by recognizing the habitual thought patterns and awaken our positive capacities and bring balance to body, mind and heart. This class incorporates systematic guided mindfulness meditation, mindful yoga movement, group discussion and reflection. Please bring a yoga mat, two blocks and two yoga blankets or towels.

The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

**INSTRUCTOR:** Farzaneh

**PREREQUISITES:** A yoga mat, two blocks and two yoga blankets or towels

089810 Tue 5:30PM - 6:30PM

9/17 - 11/19 (10 meetings)

Mtn View Senior Ctr/Dance & Movement

Age 55+ \$86/other \$106

## PILATES + YOGA

This class will begin with Standing Pilates to warm up joints, improve posture, and strengthen core and balance. Next, the Yoga section will include basic asanas (poses) using pranayama (breathing) techniques for mindful Slow Flow Yoga practice and meditation. At the end of class, you will feel refreshed and energized. All levels are welcome. Please bring a mat, towel and water bottle. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

**INSTRUCTOR:** Setsuko Chiba

**PREREQUISITES:** Mat, towel and water bottle

600322 Fri 12:00 PM - 1:00 PM

9/13 - 11/8 (9 meetings)

Mtn View Senior Ctr/Dance & Movement

Age 55+ \$77/other \$97

## RESTORATIVE YOGA - UNWIND, RELAX, AND REJUVENATE

Gentle, supportive and therapeutic are just a few words that describe restorative yoga.

Restorative yoga is a practice of passive healing. A Meditative and slower paced practice that includes a series of simple and supported postures. A practice known for its ability to shift the balance from fight-or-flight response (sympathetic nervous system) to your relaxation response or (parasympathetic system) which results in reducing stress and allowing deep healing and relaxation. It is an excellent pathway to relax the body, quiet the mind and open the heart. A perfect way to end any day. Each class will include some stretching, light movement and breath work to prepare the participants for holding poses on the floor with the help of yoga props to release and relax the body.

The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

**INSTRUCTOR:** Farzaneh Azadan

**PREREQUISITES:** Please bring a mat, at least two yoga blocks, two or more yoga blankets or heavy towels, yoga strap or long tie.

089900 Wed 5:30PM - 6:30PM

9/18 - 11/20 (10 meetings)

Mtn View Senior Ctr/Dance & Movement

Age 55+ \$114/other \$134

# COMMUNITY INTEREST & OLDER ADULTS

## HATHA YOGA

Hatha Yoga is the foundation of yoga. This class focuses on posture (asanas), breathwork (pranayama), and relaxation. With the slow-paced movements and hold period of each asana, you will have the opportunity to find the play between strength, flexibility, stability, and a greater understanding of the mind and body connection. Please bring a yoga mat, yoga belt, two yoga blocks, and two yoga blankets or heavy weight towels. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

**INSTRUCTOR:** Farzaneh

**PREREQUISITES:** Yoga mat, yoga belt, two yoga blocks, and two yoga blankets or heavy weight towels.

601402 Tue 10:00AM - 11:00AM

9/17 - 11/19 (10 meetings)

Los Altos United Methodist Church/Creekside A&B

Age 55+ \$85/other \$105

## TAI CHI AND QIGONG, CHEN STYLE - BEGINNING

This class will introduce the Chen-style Taijiquan form, Silk-reeling Exercises, and Wuji Qigong. Silk-reeling Exercises are a series of spiral movements which promote muscle relaxation and flexibility by reducing physical tension and strain. Wuji Qigong (standing meditation) will help students to cultivate internal energy (qi) with proper body alignment for better internal energy flow which will enhance their immune systems, and to reduce physical and mental stress. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

**INSTRUCTOR:** Master Anthony Wong, wongwaiyi@hotmail.com. For more information, visit chenfamilytaiji.com

601121 Mon 6:30PM - 7:45PM

9/9 - 12/2 (11 meetings), no class on 11/26

Los Altos Methodist Church/Creekside Lobby

Age 55+ \$137/other \$157

## TAI CHI AND APPLICATIONS, CHEN STYLE - INTERMEDIATE

This class will continue the Chen-style Taijiquan form, the intentions and details for various movements will be presented in this class. The Chen-style Taijiquan form is soft and graceful with strong rooted stands that will help

students to develop strength, balance, coordination and an understanding of basic Taiji principles. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

**INSTRUCTOR:** Master Anthony Wong, wongwaiyi@hotmail.com. For more information, visit chenfamilytaiji.com

601123 Mon 7:45PM - 9:00PM

9/9 - 12/2 (11 meetings), no class on 11/26

Los Altos United Methodist Church/Creekside Lobby

Age 55+ \$137/other \$157

## ZUMBA GOLD

Come join us for exciting Latin and international dance rhythms created in the original Zumba and designed for the Older Adult. Includes Merengue, Salsa, Cha Cha, Cumbia, Calypso, and Rock and Roll. This program provides the participant with a safe and effective total body workout! It's fun, different, easy, and effective, and it's great for the mind, body, and soul. No previous dance experience required. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

**INSTRUCTOR:** Alejandra Picollo, alejandrapicollo822@gmail.com

082400 Wed 11:45AM - 12:45PM

9/11-12/4 (12 meetings), no class on 11/27

Mtn View Senior Ctr/Multi A

Age 55+ \$\$112/other \$132

## ZUMBA, LATIN AEROBIC DANCE EXERCISE

Zumba combines high energy and motivating Latin music with easy-to-follow dance steps. This feel-happy workout (twice weekly) is great for the body and the mind! Routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone/sculpt the body and maximize caloric output, fat burning, and total body toning. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

**INSTRUCTOR:** Alejandra Picollo, alejandrapicollo822@gmail.com

801609 Tue/Thu 8:45AM - 9:45AM

9/10 - 12/5 (24 meetings), no class on 11/26, 11/28

Los Altos United Methodist Church/Creekside Lobby

Age 55+ \$185/other \$205

## STUDENT SUPPORT SERVICES

### STUDENT SUPPORT SERVICES

Are you new to the internet? Do you need help getting onto the internet from your computer or device? Do you need more guidance and practice with how to send and receive an email? Do you want to learn how to access your class online resources? MVLA's Technology Advocate team can help!

**MVLA's Technology Advocate team offers 3 types of technology support services to students:**

1. General Technology Resources, an online video library of "How To" tutorials for all programs (accessible 24/7).  
**Visit [mvla.net/AS/techsupport](http://mvla.net/AS/techsupport)**
2. Technology Support Workshops, topic-focused workshops, available as needed. *See below or visit our website for upcoming workshops.*
3. One-on-One Support to help with individual needs, available by appointment or during drop-in office hours.

*Onsite and Online drop-in support available.*

#### TECHNOLOGY ADVOCATE DROP-IN OFFICE HOURS

Mon: 12:30PM - 9:00PM	Tue: 8:30AM - 10:30AM	Wed: Not available	Thu: 8:30AM - 9:30AM 10:30AM - 2:30PM	Fri: 8:30AM - 12:30PM
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Location: Room 105

### TECHNOLOGY WORKSHOPS FOR STUDENTS

#### TECHNOLOGY WORKSHOPS FOR STUDENTS

MVLA Adult School Technology Workshops are available to all students. Students are encouraged to register for one or more of these workshops either before or at the start of a new program/course at MVLA Adult School.

All workshops are free of charge. Visit [mvla.net/AS](http://mvla.net/AS) for a list of upcoming workshop dates and to register online. Workshops will be held in person at MVLA Adult School.

#### BASIC COMPUTER SKILLS WORKSHOP

Are you new to computers? Would you like to familiarize yourself with using a computer? This workshop provides students with a foundational knowledge of computers. Learn how to identify parts of a computer, perform basic functions, and follow instructions using a computer. At the end of the workshop, students will have a working knowledge of computers and be able to use a computer.

#### BASIC INTERNET & EMAIL SKILLS WORKSHOPS

Are you new to the internet? Do you need help getting onto the internet from your computer or device?

You will learn to access the internet, be able to navigate within the internet, and use email to fully experience and be successful in your class. Students will be provided Chromebooks in this workshop but are encouraged to bring their own device (computer, laptop, phone).

Topics include:

- How to access the internet
- Difference between a browser versus a search engine
- How to search for information on the internet
- How to use email
- Other topics as requested



# STUDENT SUPPORT SERVICES

## IN-PERSON WORKSHOPS:

605002	Basic Internet & Email Skills	Tue 9/10	9:30AM - 10:30AM	AdultSch/105
605003	Basic Internet & Email Skills	Mon 9/16	1:00PM - 2:00PM	AdultSch/105
605004	Basic Internet & Email Skills	Mon 9/16	7:00PM - 8:00PM	AdultSch/105
601004	Basic Computer Skills	Tue 9/17	9:30AM - 10:30AM	AdultSch/105
605005	Basic Internet & Email Skills	Mon 12/2	7:00PM - 8:00PM	AdultSch/105
605006	Basic Internet & Email Skills	Tue 12/3	9:30AM - 10:30AM	AdultSch/105



Check the Technology Support for Students webpage at [mvla.net/AS/techsupport](https://mvla.net/AS/techsupport) for information about additional upcoming workshops.

Jim Wong, Technology Advocate  
 MVLA Office: (650) 940-1333 x4105 / [jim.wong@mvla.net](mailto:jim.wong@mvla.net)

# STUDENT SUPPORT SERVICES



## ACADEMIC TUTORING

### WANT TO VOLUNTEER?

We often have openings for volunteer tutors in all programs. Both morning and evening times needed. For more information, contact the Transition Adviser: [gina.riccitelli@mvla.net](mailto:gina.riccitelli@mvla.net) or (650) 940-1333 x4014

## CALWORKS PROGRAM

If you meet certain eligibility requirements, you may be qualified for CalWORKs assistance. CalWORKs provides qualified families with benefits including cash aid, childcare, transportation and educational cost reimbursement. For more information or to apply, visit [cdss.ca.gov/calworks](http://cdss.ca.gov/calworks) or the Mountain View Santa Clara County Social Services Agency: [sccgov.org/sites/ssa/financial-assistance/Pages/calworks-program.aspx](http://sccgov.org/sites/ssa/financial-assistance/Pages/calworks-program.aspx)

Already a CalWORKs participant? MVLA's CalWORKs representative will help and partner with you while you attend classes at MVLA Adult School. Our CalWORKs representative is available by phone, email, or text during the office hours listed here and by appointment.

You may contact our representative at:  
Jim Wong, CalWORKs Site Representative  
MVLA Office: (650) 940-1333 x4105 / [jim.wong@mvla.net](mailto:jim.wong@mvla.net)  
Text: (408) 766-4368

Office hours, room 105:  
Mon: 12:30PM - 9:00PM  
Tu: 8:30AM - 10:30AM  
W: Not available  
Th: 8:30AM - 9:30AM & 10:30AM-2:30PM  
F: 8:30AM - 12:30PM  
Also available by appointment

# STUDENT SUPPORT SERVICES

## TRANSITION ADVISING AND CAREER SERVICES

The MVLA Transition Adviser works one-on-one with adult students to ensure they attain the education and career success they deserve, by facilitating seamless transition to higher education and the workforce. Transition advising and career services are available to students registered in any of our core classes or programs, up to one year after course completion.

They include:

- Job Seeking Assistance
- Resume Writing
- Job Search Information

- Career Exploration
- Networking
- Interview Practice
- College Selection, Application, Registration
- Connection to Support Services

Visit our Transition Advising and Career Services web page for more information: [mvla.net/AS/Services/index.html](https://mvla.net/AS/Services/index.html)

Gina Riccitelli, Transition Adviser

Office: (650) 940-1333 x4014 / [gina.riccitelli@mvla.net](mailto:gina.riccitelli@mvla.net)

Direct: (650) 434-4475

## IN-PERSON CAREER WORKSHOPS

Visit [mvla.net/AS](https://mvla.net/AS) for a current list of available workshops.

### DISCOVER YOUR STRENGTHS

Do you know what makes you special? Do you have the words to explain your talents, strengths, assets and skills to an employer or interviewer? In this workshop, you will uncover your unique qualities and be able to confidently express all that you have to offer.

604112	Thu 9/5	12:15PM - 1:30PM	AdultSch/201
604113	Thu 10/24	12:15PM - 1:30PM	AdultSch/201

### RESUME WORKSHOP

What makes an effective resume? Learn how to write a resume that will get you noticed. In this workshop, you will learn to build a summary statement, highlight your skills, and write clear accomplishment statements on a well-formatted resume. It is highly recommended to attend the Discover Your Strengths workshop prior to this workshop.

603214	Thu 9/19	12:15PM - 1:30PM	AdultSch/201
603215	Thu 11/7	12:15PM - 1:30PM	AdultSch/201

### INTERVIEWING PREPARATION

Now that you have an interview, how should you prepare? What types of questions will be asked? What's the best way to answer? Learn how to stay calm and strong in an interview. Learn how to answer questions in a way that best demonstrates your knowledge and qualifications.

603413	Thu 10/10	12:15PM - 1:30PM	AdultSch/201
603414	Thu 12/5	12:15PM - 1:30PM	AdultSch/201

### APPOINTMENTS

Student appointments can be made by email, phone, or online. Contact our Transition Adviser Gina Riccitelli: [gina.riccitelli@mvla.net](mailto:gina.riccitelli@mvla.net) (650) 940-1333 x 4014 or (650) 434-4475 (direct)

<https://calendly.com/gina-riccitelli/transition-adviser>

VISIT OUR TRANSITION ADVISING AND CAREER SERVICES WEB PAGE FOR MORE INFORMATION  
[as.mvla.net/Services/Transition-Advising-and-Career-Services](https://as.mvla.net/Services/Transition-Advising-and-Career-Services)

## REGISTRATION INFORMATION

### REGISTRATION BEGINS AUGUST 9

**NOTE:** Registration for Career Technical Education classes is ongoing.

Visit [mvla.net/AS](https://mvla.net/AS) or call (650) 940-1333

**The MVLA Adult School is offering both In-Person and Hybrid/Distance Learning classes for Fall 2024.**

Online registration is available for most classes. Classes are open to residents of California only.

**MASKS ARE RECOMMENDED FOR AT-RISK INDIVIDUALS IN INDOOR SPACES AND MAY BE REQUIRED IN CTE CLINICAL SITES.**

Visit [mvla.net/AS](https://mvla.net/AS) or call (650) 940-1333.



### ONLINE REGISTRATION

Go to [mvla.net/AS](https://mvla.net/AS) and click the Registration link. We accept VISA or MasterCard.

If you encounter any issues during the registration process, or if you have registered for classes at the adult school in the past, but have never registered online, please email us at [adulthood@mvla.net](mailto:adulthood@mvla.net) and your message will be forwarded to a staff member who can assist you. Please include your contact phone number as well as your email address in your message.

**Who Is Eligible to Register** Classes are open to residents of California only, 18 years and older. High school enrolled students, 16 years and older, may register for an adult education class for credit after getting approval from their home school and the adult school office prior to registering or attending.

### PUBLIC NOTICE

**MVLA ADULT SCHOOL NON-DISCRIMINATION POLICY**  
Mountain View Los Altos Union High School District Adult School does not discriminate in its educational programs, activities, or employment practices with respect to ethnic group, religion, gender, color, race, national origin or physical or mental disability.

#### EQUAL OPPORTUNITY STATEMENT

As a WIOA Title-I financially assisted program, Mountain View Los Altos Adult School is an equal opportunity employer/program. Auxiliary aids and services are available upon request for individuals with disabilities.

### REFUND POLICY

Please choose classes carefully. Because the fees collected pay teachers' salaries, we must limit our refund policy.

**Refunds will only be given if requested at least one week before the first class meeting.** No refunds will be given within one week of the first class meeting. **For all Career Technical Education classes, a 10% cancellation fee will be assessed** for refunds requested at least one week before the first class meeting, and no refunds will be given within one week of the first class meeting. We cannot accept medical, business, travel, or other reasons for not participating in a class.

Thank you for your cooperation. If there is not sufficient enrollment by the preregistration deadline and your class is canceled, we will issue a refund to your credit card.

### COMPLAINT PROCESS

The Mountain View Los Altos Union High School District has a uniform complaint process as required in Code of Regulations, Title 5, Section 4622. MVLA UHSD Policy AR 1312.3(a). Leyla Benson, Associate Superintendent of Human Resources, is the designated compliance officer. A copy of that policy is available at the MVLA Adult School front office. The policy provides for mediation or investigation, presentation of information relevant to the complaint, follow-up and remedies or appeals as appropriate. **For more information, call (650) 940-4650, X0041 or email [leyla.benson@mvla.net](mailto:leyla.benson@mvla.net).**

# MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

## MISSION STATEMENT

The Adult School is committed to serving adult learners who will gain the knowledge, skills and proficiency necessary to achieve personal goals in employment, secondary education, and English language skills in order to become self-reliant and productive members of the community.

MOUNTAIN VIEW LOS ALTOS HIGH SCHOOL DISTRICT  
Superintendent & Board of Trustees

Dr. Phil Faillace  
Mr. Sanjay Dave

Ms. Thida Cornes  
Dr. Esmeralda Ortiz

Ms. Catherine Vonnegut  
Mr. Eric Volta, Supt.

## Schoolwide Learner Outcomes

### Students will:

- > Set goals and progress towards them
- > Achieve a measurable increase in knowledge, skills and proficiency in their goal area
- > Be able to apply knowledge, skills and proficiency to employment and continuing education

### North Santa Clara County Consortium (NSCCC)

The MVLA Adult School is a member of the North Santa Clara County Consortium (NSCCC), a collaboration that serves the communities of Cupertino, Los Altos, Los Altos Hills, Mountain View, Palo Alto, and Sunnyvale, as well as portions of San Jose. Its mission is to coordinate and align programs, create linkages, and develop regional plans to better serve the educational needs of adults in the region. Meet the members of the consortium.



FOOTHILL  
COLLEGE

MVLA  
ADULT SCHOOL  
Learning for a Lifetime



FUHSD Adult School  
One School Educating All

DeAnza  
College



### The Mountain View Los Altos Adult School has been accredited by the Western Association of Schools & Colleges since 1965.

The Mountain View Los Altos Adult School is a Pearson VUE Test Center; an NCCT (National Center for Competency Testing) test site for Medical Assistants, Medical Office Assistants, and Medical Insurance and Coding Specialists; an AMCA (American Medical Certification Association) test center for Physical Therapy Aide (PTA); and a CompTIA-approved academic partner.



National Center for  
Competency Testing



American Medical Certification Association





MVLAAdultSchool



(650) 940-1333



333 Moffett Blvd  
Mountain View CA 94043

Mountain View Los Altos Adult School  
333 Moffett Blvd  
Mountain View, CA 94043  
mvla.net/AS

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High School District

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**MVLA**  
ADULT SCHOOL  
Learning for a Lifetime



### ADULT SCHOOL & CLASS LOCATIONS

-  **ADULT SCHOOL**  
333 Moffett Blvd., Mountain View  
Adult Education Office: (650) 940-1333
-  **LAHS**  
Los Altos High School  
201 Almond Ave., Los Altos
-  **MVHS**  
Mountain View High School  
3535 Truman Ave., Mountain View  
(at Bryant Ave.)
-  **MVLA**  
District Office  
1299 Bryant Ave., Mountain View
-  **MVPNS**  
MV Parent Nursery School  
1535 Oak Ave., Los Altos  
(adjacent to Foothill Covenant Church)
-  **MVCCtr**  
Mountain View Community Center  
201 S. Rengstorff Ave., Mountain View
-  **MVSRctr**  
Mountain View Senior Center  
266 Escuela Ave., Mountain View
-  **FCC**  
Foothills Congregational Church, UCC  
461 Orange Ave., Los Altos
-  **LAUMC**  
Los Altos United Methodist Church  
655 Magdalena Ave., Los Altos

**MVLA**  
ADULT SCHOOL