



(650) 940-1333



MVLAAdultSchool



333 Moffett Blvd
Mountain View CA 94043

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

SUMMER 2023 COURSE CATALOG

CLASS REGISTRATION BEGINS MAY 12



HIGH SCHOOL DIPLOMA/GED



CAREER TECHNICAL EDUCATION



ENGLISH AS A SECOND LANGUAGE

For more information, visit us at

mvla.net/AS

MVLA
ADULT SCHOOL



DIRECTOR'S MESSAGE - SUMMER 2023



Dear MVLA Community,

Summer is a great time to explore new interests and opportunities. MVLA Adult School's Summer Session begins June 12th with an exciting array of course offerings in Career Technical Education, English as a Second Language and Community Interest. Educate and elevate yourself by expanding your knowledge and technology skills. Thinking of entering the healthcare field? Take a foundational course in Medical Terminology to help prepare for entry into our Certified Nursing Assistant, Medical Assistant or Eye Care Technician programs. Looking to develop a new interest? Enrich yourself by learning a new language, acquiring new artistic skills or improving overall health and wellness through gentle exercise or dance classes. Remember that learning is for a lifetime at MVLA Adult School. Come out and enjoy the summer with us. We offer support every step of the way towards a brighter tomorrow.

A stylized, handwritten signature in white ink that reads "Julie". The signature is fluid and cursive, with a large loop at the end.

Sincerely
Julie Vo, M.Ed
Director of Adult Education



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SUMMER 2023 CALENDAR

**SUMMER 2023
REGISTRATION BEGINS:**
Friday, May 12, 2023

NOTE: Registration for
Career Technical Education classes is ongoing.

Visit mvla.net/AS or call (650) 940-1333

SUMMER 2023 SESSION
Mon, June 12 - Fri, July 28, 2023

HOLIDAYS/NO CLASSES
June 19, July 4

CHECK FOR UPDATES
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 Summer 2023.

Masks are strongly recommended for all in-person classes.

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

ONLINE REGISTRATION BEGINS MAY 12

NOTE: Registration for Career Technical Education classes is ongoing.

Go to **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** 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 28.

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

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 Summer 2023 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)

**NEW! 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

**NEW! 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 Design Fundamentals with
HTML, CSS and JavaScript**



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.

For Summer 2023, most courses are being offered in person. Masks strongly recommended.

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 28 of this catalog.

For more information about our Career Technical Education programs, contact:
julie.vo@mvla.net or (650) 940-1333 x4012.

HEALTH SCIENCE AND MEDICAL TECHNOLOGY

SU 23 FA 23		
FOUNDATIONAL COURSES		
Adult CPR: Basic Life Support (BLS) for Healthcare Providers	✓	✓
Medical Terminology	✓	✓
CERTIFICATE PROGRAMS		
Certified Nursing Assistant (CNA)	✓	✓
Home Health Aide (HHA)		TBD
Acute Care		TBD
Eye Care Technician (Optometric Assistant)		✓
Medical Assistant (MA)	✓	✓
Medical Office Assistant (MOA)		TBD
Medical Records Specialist		
Electronic Health Record Keeping		TBD
Medical Billing and Coding		TBD
Physical Therapy Technician/Aide		TBD
CONTINUING EDUCATION UNITS (CEUS)		
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 2023 DATES

066066	5/19/23	Fri	9:00AM - 11:30AM	AdultSch 201
066067	5/23/23	Tue	4:30PM - 7:00PM	Adult Sch 202
066072	6/30/23	Fri	9:00AM - 11:30AM	AdultSch 201
066073	7/11/23	Tue	9:00AM - 11:30AM	AdultSch 201
066075	7/28/23	Fri	9:00AM - 11:30AM	AdultSch 109

**Additional dates may be added.
Please check 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 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. Masks strongly recommended. All orientations are free of charge. Register online. Additional dates may be added. Please check mvla.net/AS for updates. Upcoming orientation dates: May 19, May 23, June 30, July 11, July 28. Check page 3 or online for dates/times.

CERTIFIED NURSING ASSISTANT (CNA) PROGRAM

**(Articulation with Mission College Courses
AH 020D/AH 020E for 5.5 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 successfully 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) or 3:00PM (evening program). ALL required paperwork is due before start of program. Free mandatory resume workshop. Job placement assistance provided. Masks strongly recommended.

INSTRUCTORS: Criselda Imperio (AM), Lovejoy Lagundino (PM)

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

Students need to wear navy blue scrubs and solid white shoes while at school and in clinical and must provide proof of valid TB test and immunizations before start of program. Flu shot required between October and April. 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 the MVLA Adult School. In the event of a school closure, classes will transition to distance learning. Clinical rotation will take place at a clinical site. In the event that a clinical site is unable to take students, clinical training hours will be temporarily simulated/demonstrated online on distance learning platforms, Zoom and Google Classroom. Specified face-to-face skills will resume when clinical sites are open to students and/or when the MVLA Adult School reopens and skills lab/classroom are accessible. Additional course information will be provided to students during the first week of the program.

DAY PROGRAM (FAST TRACK):

063069 Mon - Thu 8:00AM - 2:30PM

There are 3 additional Friday classes on 7/14 and 7/28, and 8/4.

6/7 – 8/9, no class on 6/19, 7/4 (9 weeks)

AdultSch 200

\$650 fee for textbooks, supplemental materials, and instruments

NNAAP exam fee of \$120

CTE - CAREER TECHNICAL EDUCATION

HEALTH SCIENCE AND MEDICAL TECHNOLOGY

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. Masks strongly recommended.

INSTRUCTOR: Tamara Rood-Spenker

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 2 days before the workshop date. See workshop dates, times, and topics in table below.

DATE	DAY	TIME	CLASS #	LOCATION	INSTRUCTOR	TOPIC	CEUs	FEE
6/23	Fri	8:00AM - 2:30PM	063333	Room 200	Spenker	Infection Control	6	\$39

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. Masks strongly recommended.

INSTRUCTOR: Kimberly Kunde

062662 6/2 Fri 9:00AM - 1:00PM AdultSch 200 \$70
062663 7/28 Fri 9:00AM - 1:00PM AdultSch 200 \$70

(ONLINE) MEDICAL TERMINOLOGY FUNDAMENTALS

This foundational course is designed for students seeking a career in the healthcare field. The class will focus on introducing students to the vocabulary used by medical professionals in medical offices, hospitals, skilled nursing facilities, and other healthcare settings. Students will learn the basic rules of medical terminology and explore the word roots, suffixes and prefixes, and combining forms commonly used. Students learn to spell, define, and pronounce common medical terms as well as

abbreviations. In this course, students will have a general overview of all body systems and their functions. It also covers disease transmission, and body directions, planes, and cavities. Masks strongly recommended.

INSTRUCTOR: Tamara Rood-Spenker

There is 1 required in-person meeting on 7/13. The rest are conducted online.

Access to internet/Wi-Fi, scanner, printer, Google Classroom, Zoom, and Kahoot is required to enroll in this course.

Medical Terminology

DL063426 Tue/Thu 9:00AM - 12:00PM
6/13 - 7/13, no class on 7/4 (5 weeks)
AdultSch 109/Zoom Online
\$70

THIS COURSE IS HIGHLY RECOMMENDED FOR ANYONE PLANNING TO ENROLL IN:

*Certified Nursing Assistant
Medical Assistant
Medical Records Specialist
Medical Office Assistant programs
Any healthcare-related training*

CTE - CAREER TECHNICAL EDUCATION

HEALTH SCIENCE AND MEDICAL TECHNOLOGY



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 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 provided. Masks strongly recommended.

INSTRUCTOR: Dr. Abhaya Karangutkar

MA classes fill up quickly! We recommend attending an orientation.

PREREQUISITES: Students must attend a required Healthcare Orientation prior to registering for this program. Check page 3 or mvla.net/AS for upcoming dates and to register. Medical Terminology is highly recommended. Proof of HS Diploma or GED required for registration.

ONGOING SPRING PROGRAM:	FALL PROGRAM:
062038 Mon - Fri 8:00AM - 2:30PM	Mon - Fri 8:00AM - 2:30PM
4/24 - 7/27, no class on 5/29, 6/19, 7/4 (17 weeks)	Starts August 22, 2023
AdultSch 202	AdultSch 202
\$950 fee for textbooks, supplemental materials, and instruments NCCT exam fee of \$119	

BUSINESS AND FINANCE

	SU 23	FA 23
Foundational Courses		
Small Business Administration		✓
Certificate Programs		
General Accounting Clerk Certificate:		
Accounting 1A		✓
Accounting 1B		TBD
Payroll Records and Procedures		✓
QuickBooks Pro		TBD

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.



CTE - CAREER TECHNICAL EDUCATION

INFORMATION AND COMMUNICATION TECHNOLOGIES

SU 23 FA 23		
FOUNDATIONAL COURSES		
New Introduction to Google Applications	✓	
Coding Academy:		
Introduction to the Python Programming Language		TBD
Intermediate Python Programming	✓	TBD
Adobe Photoshop		TBD
Web Design Fundamentals with HTML, CSS and JavaScript		TBD
Certificate Programs		
New Introduction to Cloud Computing in Amazon Web Services (AWS)		✓
Google Applied Digital Skills – Entry Level Project Management		✓

INTERMEDIATE PYTHON PROGRAMMING

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 students with a fundamental understanding of the Python language. 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 intermediate courses previous Python programming knowledge is required. Students are advised to bring their own laptop, earbuds, and mouse. Masks strongly recommended.

INSTRUCTOR: David Malpica

062755 Tue/Thu 9:30AM - 12:30PM

6/13 – 7/27, no class 7/4 (7 weeks)

AdultSch 105

\$70

INTRODUCTION TO GOOGLE APPS

This class covers the basics of Gmail and Google Chat. It also covers basic Google Docs skills of creating, editing, and formatting documents; applying paragraph formatting rules; using tables, applying bullets & numbers; and inserting graphics. In addition, the class touches upon managing files, creating folders, deleting files, renaming files, and sharing files from Google Drive. Finally, the Google Slides Application is explored and used to create effective presentations using animation, transitions, objects, videos, images, text boxes, and shapes. The class promotes basic public speaking skills. Masks strongly recommended.

INSTRUCTOR: Patty Medina

PREREQUISITES: High School Diploma or GED recommended

060800 Mon/Wed/Fri 9:00AM - 12:00PM

7/03 – 7/28, (4 weeks)

AdultSch 201

\$70

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

ESL - ENGLISH AS A SECOND LANGUAGE

SUMMER 2023

SUMMER SESSION JUNE 13 - JULY 20, 2023

Basic English instruction (in person) Tues, Wed, Thurs, 9:00AM - 11:00AM (6 hours/week)	Basic English instruction (online) Tues, Wed, Thurs, 6:30PM - 8:30PM (6 hours/week)
In-person classes are held at MVLA Adult School, 333 Moffett Blvd, Mountain View, CA 94043. Online classes are held via Zoom. No class on 7/4.	

Students may only attend one class time this summer (either morning in person or evening online, but not both). Regular attendance is mandatory in all ESL classes: ESL Beginning (Low-High), ESL Intermediate (Low-High), and ESL Advanced. These classes are free. Masks are encouraged for all in-person classes at the adult school.

There will not be senior-focused ESL classes at the Mountain View Senior Center in the mornings over the summer. These classes will return in the fall.

Students who would like to attend an online ESL class 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.

If someone has completed the ESL program at another California Adult School, has taken many years of English classes as part of elementary and secondary education (6 or more), or has taken college or university classes in their country or the USA, our classes will not meet their needs. Anyone meeting this description should NOT sign up for placement testing as they will not get a place in a class. Our partner colleges (fhda.edu or foothill.edu) offer more advanced ESL options. We cannot offer classes to students who are visiting California for short-term stays.

FOR NEW STUDENTS: ESL ORIENTATION AND PLACEMENT TEST JUNE 7, 2023

Orientation/testing is offered in 2 sessions at MVLA Adult School:	
9:00AM - 12:00PM (in-person test for in-person AM classes)	6:00PM - 9:00PM (in-person test for online PM classes)
MUST REGISTER IN ADVANCE IN PERSON: Mountain View/Los Altos residents: 9:00AM on May 31 Residents of other cities: 9:00AM on June 5	MUST REGISTER IN ADVANCE IN PERSON: Mountain View/Los Altos residents: 6:00PM on May 31 Residents of other cities: 6:00PM on June 5

All students eligible for ESL classes this summer must take a placement test in person, on site at the adult school on June 7. This includes any students wishing to enroll in evening online classes. All interested students must come to the school to register in person. Space is limited.

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 on May 31. Residents of all other cities can register for the placement test starting June 5, depending on space. 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 we have 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.

ESL - ENGLISH AS A SECOND LANGUAGE

CITIZENSHIP PREPARATION

ONLINE ONLY

CITIZENSHIP SCHEDULE (Summer 2023) - 4 Classes: June 26, July 3, July 10, July 17

CLASS TIME	LOCATION	LEVELS
Mon, 6:00PM - 9:00PM	Online (Zoom)	Taught in intermediate English

There is no test for joining Citizenship class, but students should be permanent residents eligible for U.S. citizenship and plan to send an application in the next year. Students interested in signing up for Citizenship can contact mvlaeslprogram@gmail.com or 650-940-1333. New students are welcome!

Only online Citizenship classes will be available this summer, as noted above. Beginning August 24, classes will be offered both online and in person at the adult school.

FALL 2023

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

ESL CLASSES

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	Low Beginning ONLY Senior-focused* (Age 55+only)
Mon/Thu/Fri	3 Days	10:45AM - 12:15PM	High Beginning/Low Intermediate ONLY Senior-focused* (Age 55+only)

ESL CLASSES

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

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

ESL - ENGLISH AS A SECOND LANGUAGE

REQUIRED FOR NEW STUDENTS

ESL ORIENTATION AND PLACEMENT TESTS IN AUGUST 2023

Fall Orientation and Placement Test for ESL classes at the adult school will be on Monday, August 21 for afternoon classes and Tuesday, August 22 for morning and evening classes.		
For students who want a class at the adult school in the afternoon (M-Th, 12:30PM - 3:30PM):	For students who want a class at the adult school in the morning (M-F, 9:00AM - 12:00PM)	For students who want a class at the adult school in the evening (M-Th, 6:00PM - 9:00PM)
Test Session: Aug 21, 12:30PM - 3:30PM	Test Session: Aug 22, 9:00AM - 12:00PM	Test Session: Aug 22, 5:30PM - 9:00PM
MUST REGISTER IN ADVANCE IN PERSON: AT THE ADULT SCHOOL: Mountain View/Los Altos residents: 2:00PM on August 9 Residents of other cities (space available): 2:00PM on August 15	MUST REGISTER IN ADVANCE IN PERSON: AT THE ADULT SCHOOL: Mountain View/Los Altos residents: 9:00AM on August 9 Residents of other cities (space available): 9:00AM on August 15	MUST REGISTER IN ADVANCE IN PERSON AT THE ADULT SCHOOL: Mountain View/Los Altos residents: 9:00AM on August 10 Residents of other cities (space available): 9:00AM on August 16
Fall Orientation and Placement Tests for ESL classes at the Mountain View Senior Center will be Friday, August 25.		
For students who want a class at the senior center in the morning		
Beginning Low (9:00AM - 10:30AM)		Beginning High/Low Intermediate (10:45AM - 12:15PM)
Test Session: Aug 25, 9:00AM - 12:15PM		
MUST REGISTER IN ADVANCE IN PERSON AT THE ADULT SCHOOL:		
Mountain View/Los Altos residents: 2:00PM on August 10		Residents of other cities (space available): 2:00PM on August 16

Students must register in person at the adult school; the test is given in person at the senior center.

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.

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 that 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 later in the fall.



ESL - ENGLISH AS A SECOND LANGUAGE



FOR CONTINUING STUDENTS

Returning (already enrolled) ESL students must come to MVLA Adult School on Wednesday, August 23 for a mandatory test.

Returning students who do not come on August 23 for the required test will be put on a waitlist and may have to wait for a place in class.

Classes begin for returning students (and some new invited students) at MVLA Adult School on Thursday, August 24. This is only for students who have taken the test.

Classes begin for returning (already enrolled) students at the Mountain View Senior Center on Thursday, August 24.

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

NO ESL CLASSES WILL BE HELD
9/4, 11/10, 11/20-11/24, 12/22-12/29.

FALL 2023 CITIZENSHIP PREPARATION (INTERMEDIATE-LEVEL ESL OR ABOVE)

There are two options for U.S. Citizenship Preparation classes: one online and one in person
(masks strongly recommended).

Thu 12:30PM - 3:30PM starts 8/24 - AdultSch 203

Mon 6:00PM - 9:00PM starts 8/28 - Zoom Online

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.

INSTRUCTOR: Sandy Cutshall

No class: 9/4, 11/20, 11/23, 12/25, 12/28.

ESL - ENGLISH AS A SECOND LANGUAGE



Students who would like to attend the Monday online citizenship class 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.

These classes are ongoing and there is open enrollment throughout the year.

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 application in the next year. Classes are taught at an Intermediate English level. Masks recommended for all in-person classes.

Students who are interested in signing up for Citizenship class can contact mvlaeslprogram@gmail.com or (650) 940-1333. The teacher will email interested students with more information.

ADVANCED ESL STUDENTS INTEREST IN FUTURE CLASSES

MVLA Adult School would like to hear from higher-level ESL students who may be interested in taking courses in Fall 2023 in:

- Advanced ESL/Medical Terminology
- Advanced ESL Writing/Word Processing (MS Word)

These courses would be designed for students who speak and write English as a second language. Those enrolling in these classes should be adults at or higher than the Advanced level offered in MVLA Adult School's regular ESL classes.

Please fill out the survey at tinyurl.com/2p8bt2kj or scan the QR code if you would like to learn more.



HIGH SCHOOL & GED PROGRAMS

PLEASE CHECK:

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

MVLA ONLINE SUMMER SCHOOL

STARTS MON 6/12/23 – OPEN TO MVLA DISTRICT HIGH SCHOOL STUDENTS

MVLA Adult School offers online Health class to MVLA High School District students. Students must submit a Summer School Application through Informed K12 and register for a Health section through our Summer School website, **<https://as.mvla.net/Registration/Programs/Summer-School>**. Application and registration opened Thursday, March 23. Students who wish to take an online course besides Health must obtain counselor approval on their Summer School Application.

Students are required to attend an online orientation on Monday 6/12 or Wednesday 7/5 prior to starting their online course. Students must come to the MVLA Adult School Room 104 to take all tests. Academic support from teachers and testing is available Mon - Fri 9:00AM - 4:00PM in Room 104.

Note: All diploma programs meet district and state requirements. Classes begin Tuesday, August 23.

HIGH SCHOOL DIPLOMA

FREE PROGRAM FOR ADULTS STARTS TUE 8/22/23 – 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 50 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.

Session 1: Mon 6/12 - Fri 6/30, no school 6/19 (3 weeks)

Session 2: Wed 7/5 - Tue 7/25 (3 weeks)



MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

HIGH SCHOOL & GED PROGRAMS

PRE-GED TEST PREPARATION

FREE PROGRAM FOR ADULTS STARTS TUE 8/22/23 – 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.

Visit mvla.net/AS to access our online registration site. Classes begin Tuesday, August 22, 2023.

GED TEST PREPARATION

FREE PROGRAM FOR ADULTS STARTS TUE 8/22/23 – 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 to access our online registration site. Classes begin Tuesday, August 22, 2023.

GED TESTING

MVLA Adult School is an official Pearson VUE computer-based GED test center. Testing appointments are not available during the summer. Testing at MVLA Adult School will resume in the Fall 2023 semester.

Testing candidates: please check ged.com for open test centers and testing at home.

Please visit 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 to learn more about our programs and enrollment for the 2023-2024 school year. Mountain View Parent Nursery School (MVPNS) is located at 1535 Oak Avenue, Los Altos, adjacent to Foothill Covenant Church.

INSTRUCTORS: Cindy Flynn, Claire Koukoutsakis, Rachel Martensson, Sandra Mitchell, and Susan Pence

PARENT AND CHILD CLASSES: THE TODDLER

Child 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.

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

THREE DAY CLASS:

Mon/Wed/Fri for 3.5/4/5s	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.

Childcare resumes
Wednesday, August 23



MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

COMMUNITY INTEREST & OLDER ADULTS

MVLA Adult School is offering classes for Community Interest & Older Adults classes in Summer 2023. Visit mvla.net/AS to access our online registration site. Masks are strongly recommended for all in-person classes.

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 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 or (650) 940-1333 x 4010.

ARTS & CRAFTS



ART OF KUMIHIMO - JAPANESE BRAIDING

Learn the basics of the fine art of Japanese Braiding. Create a lovely bracelet while learning skills to create numerous Kumihimo designs. Masks strongly recommended.

INSTRUCTOR: Deborah Hall

087302 Thu 12:30PM - 2:30PM

6/15 - 7/20 (6 meetings)

Mtn View Senior Ctr/Meeting Room

Age 55+ \$112/other \$132

BEADING, BEGINNING

Learn the basics of beading including use of tools, types of beads, and stringing materials. Create earrings, bracelets, and a necklace. A curriculum is provided on the first day of class outlining materials needed. Masks strongly recommended.

INSTRUCTOR: Deborah Hall

087100 Thu 10:00AM - 12:00PM

6/15 - 7/20 (6 meetings)

Mtn View Senior Ctr/Meeting Room

Age 55+ \$112/other \$132

CALLIGRAPHY: CONTEMPORARY BRUSH PEN IN CONTRAST WITH POINTED PEN CALLIGRAPHY

Various kinds of calligraphy use different tools to achieve the look desired. Many varieties of traditional lettering are adapted to using a brush pen for giving a modern look to the letterforms.

This casual lettering class will cover a contemporary style with a brush and an introduction to using a pointed pen such as is used for Copperplate lettering. Please bring either a Tombo pointed brush pen or a Pentel brush marker to the first class - any ink color except yellow is acceptable. The materials will be thoroughly covered in class and students will begin lettering that day. Marker paper works well for practice and can be obtained from Dick Blick, Michaels, John Neal Books, Amazon, or JetPens.

When the class begins using the pointed pen variations, students will need an oblique pen holder unless they are left-handed. Students will also need an ink such as Higgins Eternal, Private Reserve or a favorite color. Students will continue to use the same paper, while the instructor will bring in some samples for students to try.

All levels are welcome as class size will allow for a lot of individual attention. Masks strongly recommended.

INSTRUCTOR: Sara Loesch-Frank

PREREQUISITES: Tombo Pointed Pen or Pentel brush marker (any ink color except yellow), Marker paper, oblique pen holder (unless left-handed), ink (Higgins Eternal, Private Reserve or a favorite color)

084001 Fri 9:30AM - 12:00PM

6/16 - 7/21 (6 meetings)

Mtn View Senior Ctr/Arts & Crafts

Age 55+ \$98/other \$118



COMMUNITY INTEREST & OLDER ADULTS

CERAMICS - CREATING MINIATURES

For beginning or experienced hand builders desiring a short clay workshop focusing on making clay work of any type – only requirement is that it must be smaller than 5 inches. Make miniature pottery, succulent containers, jewelry, maquettes, figures, etc. that will dry fast enough to be glazed and kiln-fired in only 5 weeks. (Class does not meet on 7/5/23). A \$30 materials fee for glazes and clay is included in the registration fee. Masks strongly recommended.

INSTRUCTOR: Susan Worley, Susan@susieclare.com

080321 Wed 1:00PM - 4:00PM
6/14 - 7/26 (6 meetings), No class on 7/5
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$139/other \$159

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. Masks strongly recommended.

INSTRUCTOR: Katsuko Thielke

081111 Tue/Thu 9:30AM - 12:00PM
6/20 - 7/18 (8 meetings), No class on 7/4
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$131/other \$151



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. Masks strongly recommended.

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

087213 Mon 1:00PM - 3:00PM
6/12 - 7/17 (5 meetings), No class on 6/19
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$55/other \$75

COMMUNITY INTEREST & OLDER ADULTS

LANGUAGE ARTS & LANGUAGES

CREATIVE WRITING WORKSHOP (HYBRID IN PERSON/ 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. Masks strongly recommended.

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

089411 Wed 10:00AM - 12:00PM

6/14 - 7/19 (6 meetings)

Mtn View Senior Ctr/Arts & Crafts

Age 55+ \$79/other \$99

CREATIVE WRITING WORKSHOP (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

DL089412 Wed 7:00PM - 9:00PM

6/14 - 7/19 (6 meetings)

MVLA Adult School/Zoom Online

Age 55+ \$59/other \$79

FRENCH, BEGINNING I (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. Students will also become

familiar with French culture and customs. Purchase *Dis-moi!* textbook online (ISBN: 0673216276).

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.

INSTRUCTOR: Pary Sarraf, pary.sarraf@gmail.com

DL084111 Thu 2:00PM - 4:00PM

6/22 - 7/20 (5 meetings)

MVLA Adult School/Zoom Online

Age 55+ \$73/other \$93

FRENCH, BEGINNING II (DISTANCE LEARNING)

Students will increase vocabulary knowledge and improve conversational skills in guided activities. They will continue to learn grammar and enhance listening comprehension, and will develop pronunciation through reading exercises. The students will also become more familiar with French culture and customs. Purchase *Dis-moi!* textbook online (ISBN: 0673216276).

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

PREREQUISITES: Minimum two quarters of French or equivalent

DL084112 Wed 12:00PM - 2:00PM

6/21 - 7/19 (5 meetings)

MVLA Adult School/Zoom Online

Age 55+ \$73/other \$93

FRENCH REFRESHER COURSE: SUBJUNCTIVE AND CONDITIONAL (DISTANCE LEARNING)

This specialized refresher course is designed for students at an Intermediate or higher level who may need an in-depth explanation and practice of the subjunctive mood and conditional structure. The comprehensive course materials will assist students to understand the grammatical concept and enhance their French language skills. The students will participate in conversations with focus on the use of the hypothetical situations and expressions that require the subjunctive mood. Course materials provided by the instructor.



COMMUNITY INTEREST & OLDER ADULTS

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.

INSTRUCTOR: Pary Sarraf, pary.sarraf@gmail.com

DL084117 Wed 3:00PM - 5:00PM
6/21 - 7/19 (5 meetings)
MVLA Adult School/Zoom Online
Age 55+ \$73/other \$93

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. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application.

INSTRUCTOR: Pary Sarraf, pary.sarraf@gmail.com

PREREQUISITES: Completion of Intermediate French

DL084105 Wed 9:30AM - 11:30AM
6/21 - 7/19 (5 meetings)
MVLA Adult School/Zoom Online
Age 55+ \$73/other \$93

FRENCH, EVERYDAY FRENCH FOR BEGINNERS A1

This is a dynamic class that covers all the aspects of the language (oral and written skills) with an emphasis on interaction in French. Students will follow the adventures of two French families who live in the beautiful city of Nantes, on the Atlantic coast of France. It is intended for a beginner who has had some exposure to French already and wishes to make rapid progress through "rehearsing" in the classroom situations that will occur on a trip to France. In addition, a minimum of 15 minutes should be set aside each day by students to orally practice the material covered in class and do the exercises assigned weekly. Please email the instructor to get an invitation to a free virtual meeting (30 minutes maximum) in English where the instructor will briefly explain the program, answer any questions, and ensure this is the right class.

See tinyurl.com/yc6hwnjdj for a short preview. Please buy the books online (used) to get them before the first day of class: *Totem 1 : méthode de français A1**, *livre de l'élève* (textbook) + DVD-rom + *manuel numérique*

simple (digital book) ISBN-10 : 2011560489 ISBN-13 : 978-2011560483 *Totem 1 : méthode de français A1**, *cahier d'activités* (workbook) + CD audio ISBN-10 2011560535 ; ISBN-13 978-2011560537 *"A1" level follows the Common European Framework of Reference for Languages (CEFR), an international standard describing the foreign language proficiency from A1 (complete beginners) to C2 (most advanced). Masks strongly recommended.

INSTRUCTOR: Veronique Strange, veronique.strange@mvla.net

054100 Thu 5:00PM - 7:00PM
6/15 - 7/20 (6 meetings)
Mtn View Community Center/Maple Room
Age 55+ \$92/other \$112

FRENCH, EVERYDAY FRENCH FOR INTERMEDIATE A2 (DISTANCE LEARNING)

This is a dynamic class that covers all the aspects of the language (oral and written skills) with an emphasis on interaction in French. Students will continue following the lives of all the characters from Totem 1. A minimum of 15 minutes should be set aside each day by students to orally practice the material covered in class and do the exercises assigned weekly. Please email the instructor to get an invitation to a free virtual meeting (30 minutes maximum) in English where the instructor will briefly explain the program, answer any questions, and ensure this is the right class.

See tinyurl.com/yc6hwnjdj for a short preview. Please buy the books online (used) to get them before the first day of class: *Totem 2 : méthode de français A2**, *livre de l'élève* (textbook) + DVD-rom + *manuel numérique simple* (digital book) ISBN 10: 2011560551 / ISBN 13: 9782011560551 *Totem 2 : méthode de français A2**, *cahier d'activités* (workbook) + CD audio ISBN 10: 2017141941 / ISBN 13: 9782017141945 *"A2" level follows the Common European Framework of Reference for Languages (CEFR), international standard describing the foreign language proficiency from A1 (complete beginners) to C2 (most advanced).

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.

INSTRUCTOR: Veronique Strange, veronique.strange@mvla.net

PREREQUISITES: This course is for a student who has had beginner classes of French already and wishes to progress quickly and get more confidence.

DL054200 Wed 6:00PM - 8:00PM
6/14 - 7/19 (6 meetings)
MVLA Adult School/Zoom Online
Age 55+ \$92/other \$112

COMMUNITY INTEREST & OLDER ADULTS

FRENCH, ADVANCED CONVERSATION AND BOOK CLUB (DISTANCE LEARNING)

Students will have the opportunity to discuss topics they are interested in, such as current events, culture, hobbies, arts, and literature. Every topic, brought up by students or the teacher, will become an opportunity to review and develop vocabulary, grammar, reading, listening/speaking skills, all contributing to fluency.

In the second half of the class, students will discuss a contemporary French fiction book, which can be bought online. Please contact the teacher for all details.

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.

INSTRUCTOR: Veronique Strange, veronique.strange@mvla.net

PREREQUISITES: Completion of Intermediate French

DL084101 Tue 2:00PM - 4:00PM
6/13 - 7/18 (5 meetings), No class on 7/4
MVLA Adult School/Zoom Online
Age 55+ \$73/other \$93

GERMAN, BEGINNING I (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. We will use the textbook *Passwort Deutsch 1, A1* (ISBN: 9783126764100).

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.

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

DL502715 Thu 6:30PM - 8:30PM
6/15 - 7/20 (6 meetings)
MVLA Adult School/Zoom Online
Age 55+ \$115/other \$135

GERMAN, INTERMEDIATE II (DISTANCE LEARNING)

Students will continue to learn the principles of grammar and usage, practice dialogues, and discover the culture of German-speaking countries. We will use the textbook *Passwort Deutsch (Kurs- und Übungsbuch mit Audio-CD) 3*, ISBN 978-3-12-676416-2.

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.

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

PREREQUISITE: Beginning German or equivalent

DL502720 Mon 6:30PM - 8:30PM
6/12 - 7/17 (5 meetings), No class on 6/19
MVLA Adult School/Zoom Online
Age 55+ \$92/other \$112

GERMAN CONVERSATION (DISTANCE LEARNING)

Willkommen! Do you want to speak German? Students will discuss whatever they 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.

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

DL084701 Wed 1:30PM - 3:30PM
6/14 - 7/19 (6 meetings)
MVLA Adult School/Zoom Online
Age 55+ \$115/other \$135

MEMOIRS WRITING (DISTANCE LEARNING)

Students will stimulate their thinking as they rediscover their past by listening to the memoirs of others online. Students will follow weekly memory prompts, gather ideas to proceed with what they have already begun, or bring in what they have already written for a final class "edit" for clarity, logic, and style.

This is an online class, meetings will be held 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

DL089511 Thu 1:00PM - 3:00PM
6/15 - 7/20 (6 meetings)
MVLA Adult School/Zoom Online
Age 55+ \$59/other \$79

DL089512 Fri 10:00AM - 12:00PM
6/16 - 7/21 (6 meetings)
MVLA Adult School/Zoom Online
Age 55+ \$59/other \$79



COMMUNITY INTEREST & OLDER ADULTS

MUSIC & DANCE

BALLET BARRE WITH FLOOR BARRE

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. Masks strongly recommended.

INSTRUCTOR: Jean Elvin

083320 Thu 4:15PM - 5:30PM

6/15 - 7/20 (6 meetings)

Mtn View Senior Ctr/Dance & Movement

Age 55+ \$61/other \$81

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. Masks strongly recommended.

INSTRUCTOR: Marnie Ridgway, am_consulting@usa.net

082910 Tue/Thu 12:10PM - 1:10PM

6/27 - 7/20 (7 meetings), No class on 7/4

Mtn View Senior Ctr/Dance & Movement

Age 55+ \$46/other \$66

CHORUS - HARMONIZATION

Learn to harmonize in a range of traditional western music styles, to improve breathing, diction, and posture. No performances this summer. Masks strongly recommended.

INSTRUCTOR: Marnie Ridgway, am_consulting@usa.net

082901 Wed 9:30AM - 11:30AM

6/28 - 7/19 (4 meetings)

Mtn View Senior Ctr/Multi A

Age 55+ \$44/other \$64

HULA, ALL LEVELS

Learn to Sway Da Island Way with Kumu Makalea! Beginner to Advanced students learn traditional Hula incorporated with language, history, and culture of the islands. Beginner students will learn basic technique (feet & hands) and Intermediate/Advanced students will be challenged to the

next level of their Hula technique. Students need to bring a binder with tabs and binder paper, and pen or pencil. Suggested clothing: non logo black t-shirt, pa'u or pareau (wrap). A handout of specific expectations will be given in class. Please email the instructor directly if you have any questions. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class. Masks strongly recommended.

INSTRUCTOR: Makalea Kim-Darmer, pahulaohana@gmail.com

801813 Tue 7:00PM - 8:00PM

6/13 - 7/11 (4 meetings), No class on 7/4

Mtn View Senior Ctr/Dance & Movement

Age 55+ \$40/other \$60

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. Masks strongly recommended.

INSTRUCTOR: Marnie Ridgway, am_consulting@usa.net

082920 Thu 2:40PM - 3:40PM

6/29 - 7/20 (4 meetings)

Mtn View Senior Ctr/Dance & Movement

Age 55+ \$27/other \$47

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 toward the end of each session. Masks strongly recommended.

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

081321 Wed 1:00PM - 4:00PM

6/14 - 7/19 (6 meetings)

Mtn View Senior Ctr/Multi A

Age 55+ \$47/other \$67

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

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

COMMUNITY INTEREST & OLDER ADULTS

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. Masks strongly recommended.

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

PREREQUISITES: Students need some familiarity with their instrument.

081330 Mon 4:00PM - 5:30PM

6/12 - 7/17 (5 meetings), No class on 6/19

Mtn View Senior Ctr/Multi A

Age 55+ \$49/other \$69

BALLROOM DANCE: SUMMER HOLIDAYS SOCIAL DANCES

Get ready for summer activities without hesitating to get on the dance floor. No need to sit and watch your relatives and friends participating in dances at a wedding, on a cruise, or other events that are sure to occur this summer. Ballroom dances such as Waltz, and Rumba or Swing, or a line dance will be taught for those who want to learn basics to get you comfortable on the dance floor. Couples and singles welcome. The MVLA Adult School and class instructors assume no responsibility for any injuries arising from participation in this class. Masks strongly recommended.

INSTRUCTORS: Ellen Murray and Gene Esswein

801400 Mon 7:30PM - 8:45PM

6/12 - 7/17 (5 meetings), No class on 6/19

Mtn View Senior Ctr/Social Hall

Age 55+ \$33/other \$53

WORKOUT ON BROADWAY!

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

INSTRUCTOR: Marnie Ridgway, am_consulting@usa.net

PREREQUISITE: Beginners for Broadway or instructor approval

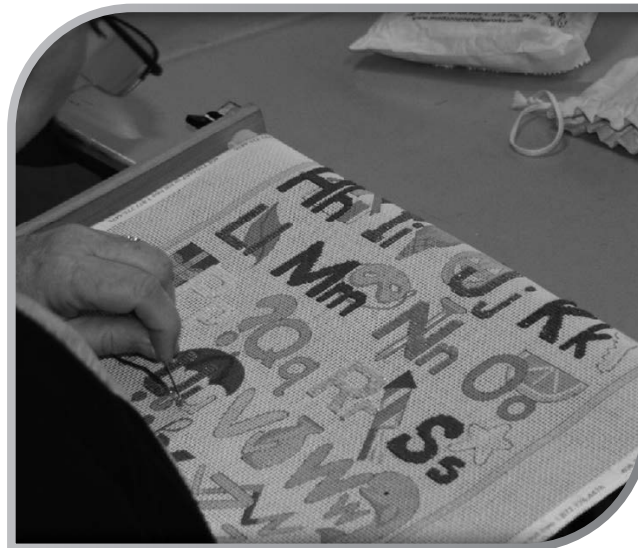
082901 Tue/Thu 1:15PM - 2:30PM

6/27 - 7/20 (7 meetings), No class on 7/4

Mtn View Senior Ctr/Dance & Movement

Age 55+ \$48/other \$68

NEEDLE ARTS & SEWING



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. Masks strongly recommended.

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

087311 Tue 1:00PM - 3:00PM

6/13 - 7/18 (5 meetings), No class on 7/4

Mtn View Senior Ctr/Meeting Room

Age 55+ \$66/other \$86

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. Masks strongly recommended.

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

087411 Wed 1:15PM - 3:15PM

6/14 - 7/19 (6 meetings)

AdultSch 107

Age 55+ \$59/other \$79

COMMUNITY INTEREST & OLDER ADULTS

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. Masks strongly recommended.

INSTRUCTOR: Alejandra Picollo, alejandrapicollo822@gmail.com

082603 Mon 2:15PM - 3:00PM

6/12 - 7/17 (5 meetings), No class on 6/19

Mtn View Senior Ctr/Multi A

Age 55+ \$25/other \$45

FELDENKRAIS® AWARENESS THROUGH MOVEMENT

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. Masks strongly recommended.

INSTRUCTOR: Jean Elvin

083311 Fri 10:00AM - 11:15AM

6/16 - 7/21 (6 meetings)

Mtn View Senior Ctr/Multi A

Age 55+ \$49/other \$69

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. Masks strongly recommended.

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

601121 Tue 6:15PM - 7:30PM

6/13 - 7/18 (5 meetings), No class on 7/4

Mtn View Senior Ctr/Multi A

Age 55+ \$59/other \$79

COMMUNITY INTEREST & OLDER ADULTS



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 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. Masks strongly recommended.

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

601123 Tue 7:30PM - 8:45PM
6/13 - 7/18 (5 meetings), No class on 7/4
Mtn View Senior Ctr/Multi A
Age 55+ \$59/other \$79

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. Masks strongly recommended.

INSTRUCTOR: Alejandra Picollo, alejandrapicollo822@gmail.com

082401 Tue 6:15PM - 7:15PM
6/13 - 7/18 (5 meetings), No class on 7/4
Mtn View Senior Ctr/Social Hall
Age 55+ \$33/other \$53

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. Masks strongly recommended.

INSTRUCTOR: Alejandra Picollo, alejandrapicollo822@gmail.com

801610 Thu 6:00PM - 7:00PM
6/15 - 7/20 (6 meetings)
Mtn View Senior Ctr/Social Hall
Age 55+ \$47/other \$67

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
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 - Fri: 9:00AM - 2:00PM
Location: Room 105

TECHNOLOGY WORKSHOPS FOR STUDENTS

MVLA Adult School Technology Advocate Services 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 for a list of upcoming workshop dates and to register online. Workshops will be held in-person at MVLA Adult School.

BASIC INTERNET AND EMAIL SKILLS WORKSHOPS

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? You will need to access the internet, be able to navigate within the internet, and use email to fully experience and be successful in your class.

MVLA Adult School is offering a workshop on internet and email basics.

Students will use Chromebooks in this workshop. Topics include:

- How to search for information on the internet
- How to send and receive/open emails
- How to create or sign into a Gmail account
- Other topics as requested

IN-PERSON WORKSHOPS:

Visit mvla.net/AS/ for a current list of available workshops.

Check the Technology Support for Students webpage at mvla.net/AS/techsupport for information about additional upcoming workshops.

Gil Seegmiller, Technology Advocate
gilbert.seegmiller@mvla.net

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

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

STUDENT SUPPORT SERVICES

ACADEMIC TUTORING

Tutoring services are available for students enrolled in our ESL, GED, and CTE programs. Please contact the coordinator in your specific program area for more information.

WANT TO VOLUNTEER?

We are looking for volunteer tutors in all programs. Both morning and evening times needed.
For more information, contact the Transition Adviser: 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 or the Mountain View Santa Clara County Social Services Agency: 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
Text: (408) 766-4368
Office hours:
Mon/Wed/Fri 9:00AM - 2:00PM
Tue/Thu, 11:30AM - 2:00PM
And by appointment



TRANSITION ADVISING AND CAREER SERVICES

MVLA Adult School, along with our partners in the North Santa Clara County Consortium (NSCCC), acknowledges that adult students deserve to attain education and career success. With the assistance of California Adult Education Program (CAEP) funding, we have put in place a Transition Adviser to work one-on-one with students to facilitate their seamless transition to further education and the workforce.



Transition advising and career services are available to adult school 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. <https://as.mvla.net/Services>

Gina Riccitelli, Transition Adviser
Office: (650) 940-1333 x4014 / gina.riccitelli@mvla.net
Direct: (650) 434-4475

Available until June 30 and will resume August 22

STUDENT SUPPORT SERVICES

TRANSITION ADVISING SERVICES

Our Transition Adviser assists students to obtain education and career goals. Transition advising and career services are available to adult school students registered in any of our core classes or programs. One-on-one meetings are available to discuss:

- Job Seeking Assistance
- Skills and Strengths Finding
- Resume Writing
- Job Search Information
- Career Exploration
- Networking
- Interview Practice
- College Selection and Application
- Connection to Support Services



SUMMER OFFICE HOURS (THRU JUN 30)

Monday	9:00AM	–	3:00PM
Tuesday	9:00AM	–	3:00PM
Wednesday	9:00AM	–	3:00PM
Thursday	9:00AM	–	3:00PM
Friday	9:00AM	–	3:00PM

APPOINTMENTS

Appointments can be made by email, phone, or online. Contact our Transition Adviser Gina Riccitelli:

gina.riccitelli@mvla.net

(650) 940-1333 x 4014 or (650) 434-4475 (direct)

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

MORE INFORMATION

Visit our Transition Advising and Career Services web page for more information.

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

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

REGISTRATION INFORMATION

REGISTRATION BEGINS MAY 12

NOTE: Registration for Career Technical Education classes is ongoing.

Visit mvla.net/AS or call (650) 940-1333

The MVLA Adult School is offering both In-person and Hybrid/Distance Learning classes for Summer 2023.

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

MASKS ARE STRONGLY RECOMMENDED FOR ALL IN-PERSON CLASSES.

Visit mvla.net/AS or call (650) 940-1333.



ONLINE REGISTRATION

Go to 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** 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.

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.

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.

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 (925) 788-3038 (urgent only) or email 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
Ms. Esmeralda Ortiz

Ms. Catherine Vonnegut
Dr. Nellie Meyer, Supt.

Student Learning 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.



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





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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ECRWSS

MVLA
ADULT SCHOOL
Learning for a Lifetime



ADULT SCHOOL & CLASS LOCATIONS

- 1 ADULT SCHOOL**
333 Moffett Blvd., Mountain View
Adult Education Office: (650) 940-1333
- 2 LAHS**
Los Altos High School
201 Almond Ave., Los Altos
- 3 MVHS**
Mountain View High School
3535 Truman Ave., Mountain View
(at Bryant Ave.)
- 4 MVLA**
District Office
1299 Bryant Ave., Mountain View
- 5 MVPNS**
MV Parent Nursery School
1535 Oak Ave., Los Altos
(adjacent to Foothill Covenant Church)
- 6 MVCCtr**
Mountain View Community Center
201 S. Rengstorff Ave., Mountain View
- 7 MVSrCtr**
Mountain View Senior Center
266 Escuela Ave., Mountain View

MVLA
ADULT SCHOOL