



MVLAAdultSchool



(650) 940-1333



333 Moffett Blvd
Mountain View CA 94043

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

WINTER/SPRING 2023 COURSE CATALOG

CLASS REGISTRATION BEGINS NOVEMBER 18



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 - WINTER/SPRING 2023



Dear MVLA Community,

Happy New Year from MVLA Adult School! According to the lunar calendar, 2023 is the Year of the Rabbit. In Eastern mythology, the rabbit symbolizes peace, intelligence and luck. This new year is thought to bring peace and success for all! Hence, this is an optimum time to educate yourself with lifelong learning courses in English as a Second Language, Adult Secondary Education or Community Interest courses. For the first time ever, MVLA Adult School will be offering a new Advanced ESL Writing and Word Processing course to help prepare higher-level ESL students for community college classes.

Looking to enter a new career pathway? Elevate yourself with one of our exciting Career Technical Education classes such as Introduction to Java, Python, Amazon Web Services (AWS), Medical Office Assistant (MOA), or Eye Care Technician (ECT).

This year also marks the sixth year of our school's WASC accreditation cycle. WASC accreditation is an ongoing cycle of quality and is used by schools to monitor student learning and set school improvement goals. Our adult school is actively engaged in conducting our initial self-study which involves reviewing student achievement data and using it to set new goals. These goals will be incorporated into our new schoolwide action plan for the next six years.

Please join us in celebrating the New Year by educating and elevating yourself! Whether your goal is academic, personal or professional, let MVLA help you in your journey towards self-improvement and success! We look forward to another great year serving adult learners in our region to achieve academic, personal, and career goals.

Sincerely
Julie Vo, M.Ed
Director of Adult Education



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WINTER/SPRING 2023 CALENDAR

**WINTER/SPRING 2023
REGISTRATION BEGINS:**
Friday, November 18, 2022

NOTE: Registration for Career Technical Education classes is ongoing.

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

WINTER 2023 SESSION
Mon, January 9 - Fri, March 17, 2023

SPRING 2023 SESSION
Mon, March 20 - Fri, May 26, 2023

HOLIDAYS/NO CLASSES
January 16, February 20 - 24, April 10 - 14, May 29

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 Winter/Spring 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 NOVEMBER 18

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.

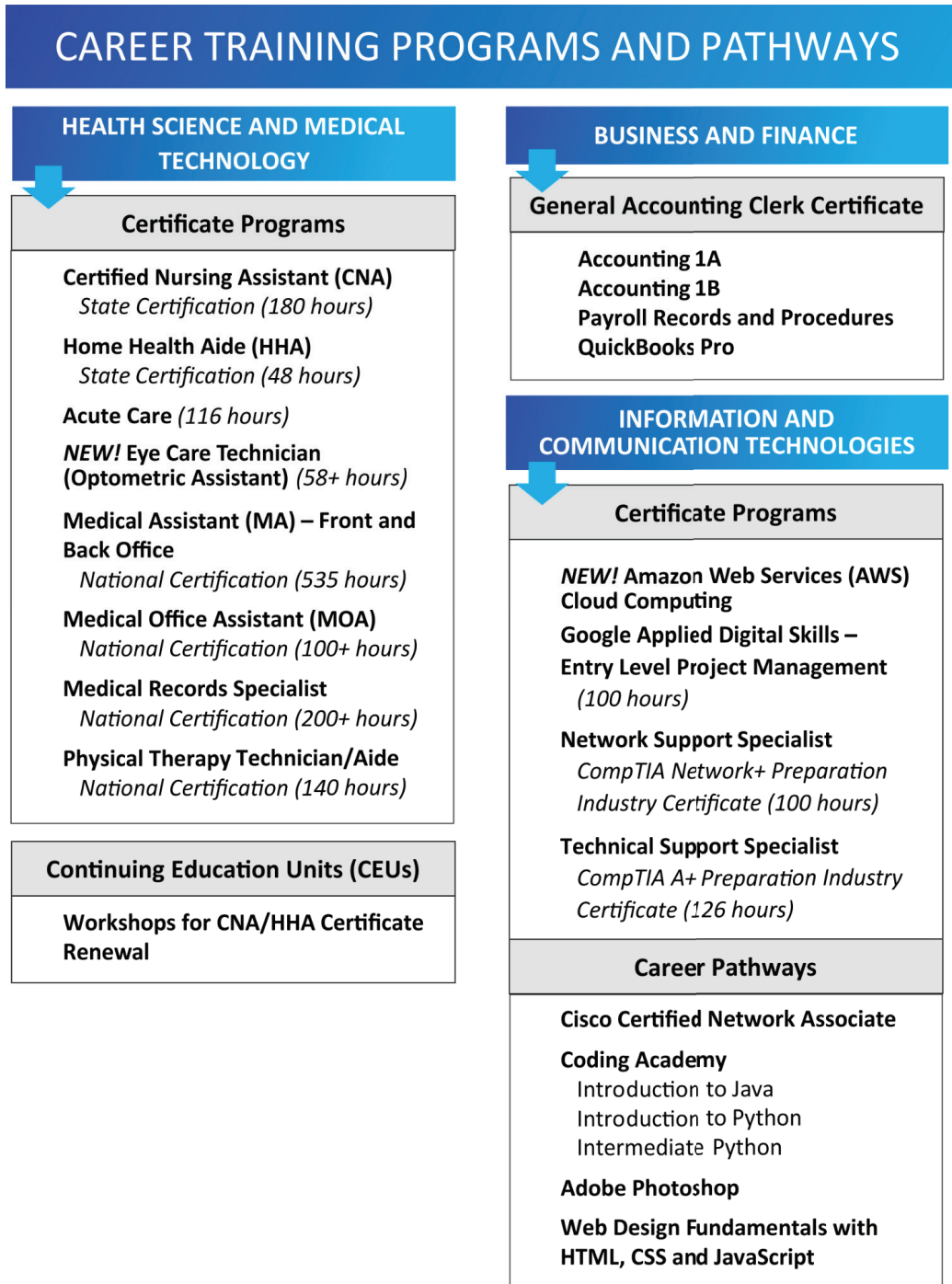
Please include your contact phone number as well as your email address in your message.

Additional registration information and our refund policy can be found on page 32.

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 Winter/Spring 2023 courses on the following pages.



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 Winter and Spring 2023, all 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 32 of this catalog.

For more information about our Career Technical Education programs contact the Program Coordinator at: maliheh.vafai@mvla.net or (650) 940-1333 x4013.

HEALTH SCIENCE AND MEDICAL TECHNOLOGY

| WI 23 SP 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 | TBD |
| Eye Care Technician (Optometric Assistant) | | ✓ |
| Medical Assistant (MA) | ✓ | ✓ |
| Medical Office Assistant (MOA) | ✓ | |
| Medical Records Specialist | | |
| Electronic Health Record Keeping | ✓ | |
| Medical Billing and Coding | | ✓ |
| 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

| | | | | |
|--------|---------|-----|------------------|---------------|
| 066056 | 1/27/23 | Fri | 9:00AM - 11:30AM | AdultSch 201 |
| 066057 | 1/31/23 | Tue | 4:30PM - 7:00PM | Adult Sch 202 |
| 066058 | 2/7/23 | Tue | 4:30PM - 7:00PM | Adult Sch 202 |
| 066059 | 2/10/23 | Fri | 9:00AM - 11:30AM | AdultSch 201 |
| 066060 | 3/14/23 | Tue | 4:30PM - 7:00PM | Adult Sch 202 |
| 066061 | 3/17/23 | Fri | 9:00AM - 11:30AM | AdultSch 201 |
| 066062 | 3/31/23 | Fri | 9:00AM - 11:30AM | AdultSch 201 |
| 066063 | 4/4/23 | Tue | 4:30PM - 7:00PM | Adult Sch 202 |
| 066064 | 4/28/23 | Fri | 9:00AM - 11:30AM | AdultSch 201 |
| 066065 | 5/12/23 | Fri | 9:00AM - 11:30AM | AdultSch 201 |
| 066066 | 5/19/23 | Fri | 9:00AM - 11:30AM | AdultSch 201 |
| 066067 | 5/23/23 | Tue | 4:30PM - 7:00PM | AdultSch 202 |
| 066068 | 6/16/23 | Fri | 9:00AM - 11:30AM | AdultSch 201 |

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: January 27, 31; February 7, 10; March 14, 17, 31; April 4, 28; May 12, 19, 23; and June 16. Check page 3 or online for additional 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):

063066 Mon - Thu 8:00AM - 2:30PM
1/9 - 3/21, no class on 1/16, 2/20 - 2/23 (9 weeks)
AdultSch 200
\$650 fee for textbooks, supplemental materials, and instruments
NNAAP exam fee of \$120

EVENING PROGRAM:

063067 Mon - Thu 4:30PM - 8:30PM
1/17-5/10, no class on 2/20 - 2/23, 4/10 - 4/13 (14 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.

INSTRUCTORS: Tamara Rood-Spenker and Lovejoy Lagundino

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 |
|-------------|-------------|-----------------|---------|----------|------------|--|------|------|
| 1/13 | Fri | 8:00AM - 2:30PM | 063330 | Room 200 | Spenker | Patient Care and Comfort Measures | 6 | \$39 |
| 3/1 | Wed | 8:00AM - 2:30PM | 063331 | Room 200 | Spenker | Caring for Residents with Special Needs | 6 | \$39 |
| 5/15 - 5/16 | Mon/ Tue | 5:30PM - 8:30PM | 063332 | Room 200 | Lagundino | Ethical and Legal Issues Affecting the Nursing Assistant | 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

| | | | | | |
|--------|------|-----|-----------------|--------------|------|
| 062659 | 1/6 | Fri | 9:00AM - 1:00PM | AdultSch 200 | \$70 |
| 062660 | 3/17 | Fri | 9:00AM - 1:00PM | AdultSch 200 | \$70 |
| 062661 | 4/07 | Fri | 9:00AM - 1:00PM | AdultSch 200 | \$70 |



HEALTH SCIENCE AND MEDICAL TECHNOLOGY

NEW! EYE CARE TECHNICIAN (OPTOMETRIC ASSISTANT)

This in-person course is designed for students seeking a career in the healthcare field with 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 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 in this course will have the opportunity 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). Masks strongly recommended.

INSTRUCTOR: Mira Singer

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

064279 Tue/Thu 5:30 – 8:30pm
3/14 - 5/25, no class on 4/13, 4/18 (10 weeks)
AdultSch 109
\$150

FULLY PAID APPRENTICESHIP

Available for Qualifying ECT Students!

MVLA Adult School has partnered with the California Society for Opticians (CSSO) and Chabot College to provide students the opportunity to *Earn while they Learn.*

Students who complete the Eye Care Technician (ECT) Program can earn community college credit and enter a fully paid Apprenticeship program.

Contact our CTE Coordinator for more details.
Maliheh.Vafai@mvla.net or (650) 940-1333 x4013

ONLINE! MEDICAL TERMINOLOGY

(Equivalent to Mission College Courses HOC 001 for 3.0 credits)

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 are 2 required in-person meetings on 1/20 and 6/2. The rest are conducted online.

Access to internet/wifi, scanner, printer, Google classroom, Zoom, and Kahoot is required to enroll in this course.

Medical Terminology

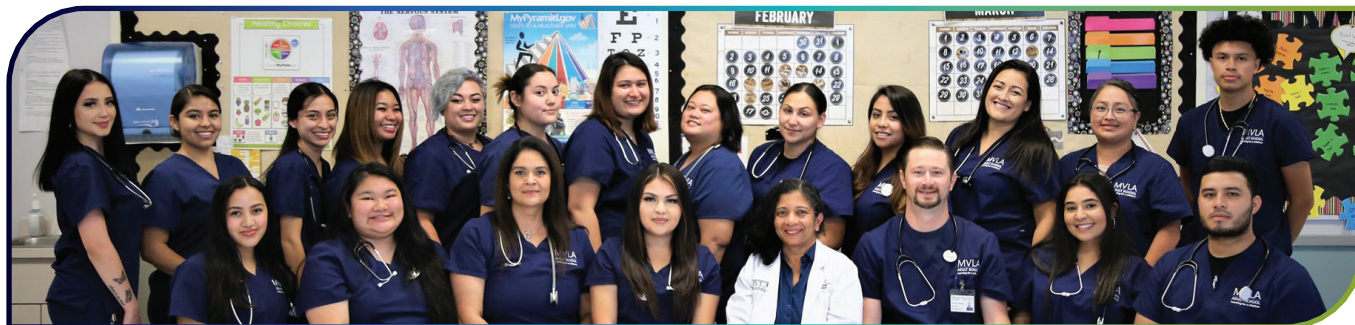
DL063425 Fri 8:00AM - 12:00PM
1/20 - 6/2, no class on 2/24 and 4/14
AdultSch 200/Zoom Online
\$70

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 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 for upcoming dates and to register. Medical Terminology is highly recommended.

WINTER PROGRAM:

062037 Mon - Fri 8:00AM - 2:30PM
1/9 - 4/20, no class on 1/16, 2/20 - 2/23, 4/10 - 4/13 (17 weeks)
AdultSch 202
\$950 fee for textbooks, supplemental materials, and instruments.
NCCT exam fee of \$119
Online Component! Last week of Instruction, 4/17 - 4/20 will be online. Students needing make-up of assignments will be given extra Google Classroom work.

SPRING PROGRAM:

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

MEDICAL OFFICE ASSISTANT NATIONAL CERTIFICATION (NCMOA)

This course provides students with the tools and skills they need to work in a medical front office setting. Students will be trained in insurance, medical terminology, law and ethics, and general office management duties. The course content prepares them to find employment in a variety of medical settings such as physicians' offices, clinics, hospitals, dental offices, foundations, insurance companies, and managed care organizations. Students who complete this course will receive a Medical Office Assistant program certificate. Students who complete this course are eligible to take the certification test through the National Center for Competency Testing (NCCT) and receive a NCMOA. This program includes a free optional resume workshop and provides job placement assistance. Masks strongly recommended.

INSTRUCTOR: Dr. Abebe Gelagay

REQUIRED texts: Students must purchase a textbook before first day of class. *Medical Office Procedures*, 9th Edition, Bayes, ISBN-10: 1259630765, ISBN-13: 9781259630767.

067021 Mon - Thu 8:00AM - 12:00PM
1/9 - 3/2, no class on 1/16, 2/20 - 2/23
AdultSch 201
\$175

HEALTH SCIENCE AND MEDICAL TECHNOLOGY

MEDICAL RECORDS SPECIALIST CERTIFICATE

National Certification (National Certified Insurance and Coding Specialist – NCICS)

Students who complete both Electronic Health Record Keeping and Medical Billing & Coding are eligible to take the National Certification Test for Insurance and Coding Certification through NCCT. Students will receive a Medical Records Specialist Certificate and have the option of completing an externship of 100 hours in order to enhance their employment prospects. Free optional resume workshop and job placement assistance available.

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 the 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. Masks strongly recommended.

INSTRUCTOR: Dr. Abebe Gelagay

Required texts and materials: Students must purchase a textbook or eBook: *Medical Insurance: A Revenue Cycle Process Approach*, 8th 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.

060426 Mon - Thu 8:00AM - 12:00PM
3/6-4/25, no class on 4/10 - 13 (7 weeks)
AdultSch 201
\$175

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 an 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 strongly recommended.

INSTRUCTOR: Dr. Abebe Gelagay

Required texts and materials: Students must purchase a textbook or eBook: *Computers in the Medical Office*, 9th Edition, Sanderson, ISBN: 9780077836382. All required online assignments and the interactive eBook for this course are available on McGraw-Hill Connect.

066224 Mon - Thu 8:00AM - 12:00PM
4/26 - 6/8, no class on 5/29
AdultSch 201
\$175

BUSINESS AND FINANCE

| | WI 23 | SP 23 |
|--|-------|-------|
| Foundational Courses | | |
| Small Business Administration | | ✓ |
| Certificate Programs | | |
| General Accounting Clerk Certificate: | | |
| Accounting IA | ✓ | |
| Accounting IB | | ✓ |
| Payroll Records and Procedures | ✓ | |
| QuickBooks Pro | | ✓ |

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.



BUSINESS AND FINANCE

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. Masks strongly recommended.

INSTRUCTOR: Dr. Abebe Gelagay

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

061838 Mon/Wed 5:30PM - 9:00PM
1/9 - 3/1, no class on 1/16, 2/20, 2/22 (8 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. Masks strongly recommended.

INSTRUCTOR: Dr. Abebe Gelagay

REQUIRED TEXTS AND MATERIALS: Students must purchase a textbook or eBook: *Payroll Accounting*, Fifth Edition, Landin, ISBN-13: 9781260260144, ISBN-10: 1260260143.

060712 Tue/Thu 5:30PM - 9:00PM
1/10 - 3/2, no class on 2/21, 2/23 (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. Masks strongly recommended.

INSTRUCTOR: Dr. Abebe Gelagay

REQUIRED TEXTS AND MATERIALS: Students must purchase a textbook or eBook: *College Accounting*, Sixteenth Edition,

Price, Haddock, Farina, ISBN: 9781260780413. This textbook covers both Accounting 1A and Accounting 1B courses.

061839 Mon/Wed 5:30PM - 9:00PM
3/6 - 4/26, no class on 4/10, 4/12 (7 weeks)
AdultSch 201
\$70

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 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 how to go paperless with online banking. Students completing this course will receive a general computer accounting certificate. Masks strongly recommended.

INSTRUCTOR: Dr. Abebe Gelagay

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

064021 Tue/Thu 5:30PM - 9:00PM
3/7 - 4/27, no class on 4/11, 4/13 (7 weeks)
AdultSch 201
\$70

SMALL BUSINESS ADMINISTRATION - HOW TO START AND MANAGE A SMALL BUSINESS

Small business is BIG! There are 28 million small businesses in the U.S. that provide 55% of all jobs and their numbers rapidly growing. This course targets anyone who is planning to start a new business or who is working in a small business with room for growth. It is a step-by-step guide to how to start a business, write a business plan, choose a business structure, understand and manage the business financials, file and pay taxes, hire and retain employees, run the business, manage supply, market the business, and grow the business. This distance learning course also touches on integrating technology and cybersecurity. It will bring you one step closer to your entrepreneurial ventures. Masks strongly recommended.

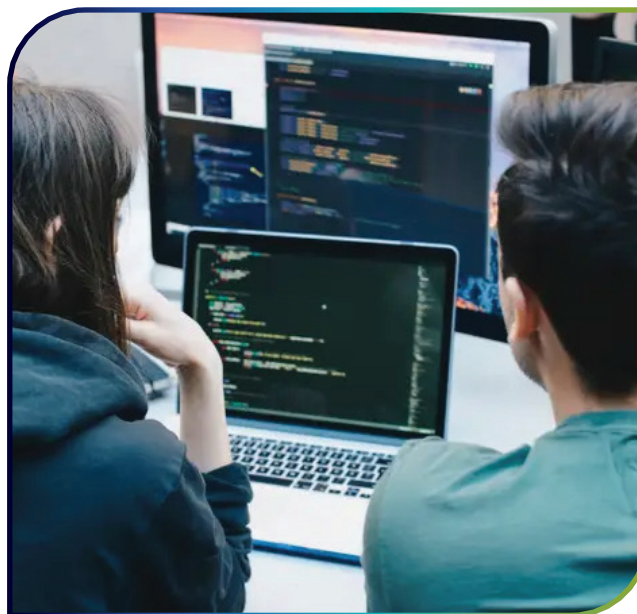
INSTRUCTOR: Dr. Abebe Gelagay

REQUIRED TEXTS AND MATERIALS: Students must purchase a textbook: *Small Business Management*, Eighth Edition, Byrd, ISBN-13: 9781259538988, ISBN-10: 1259538982.

065107 Mon - Thu 5:30 - 9:00PM
5/1 - 6/8, no class on 5/29 (5 weeks)
AdultSch/201
\$70

INFORMATION AND COMMUNICATION TECHNOLOGIES

| WI 23 SP 23 | | |
|---|---|-----|
| FOUNDATIONAL COURSES | | |
| Coding Academy: | | |
| Introduction to Java | ✓ | |
| 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 | ✓ | ✓ |



INTRODUCTION TO JAVA PROGRAMMING

This course is equivalent to Mission College Course CIS 043(4.0 credits).

Java is one of the top programming languages that runs across multiple platforms and is used for developing a wide range of applications. In this introductory Java course, students will learn about important thinking concepts for developing computer programs as functional abstraction, the object-oriented programming paradigm, and application programming interfaces. Major topics include basic data types, conditionals, loops, methods, objects and classes, arrays, input and output, file operations, polymorphism and inheritance, exceptions and error handling, and packages and interfaces. Upon completion, students will be able to design, code, test, and debug simple Java programs. Previous programming knowledge will be helpful but is not required. The course is suitable for anyone who wants to learn a programming language for the first time. Masks strongly recommended.

INSTRUCTOR: Bethany Wang

Access to personal computer, Internet/Wi-Fi, and Zoom is required to enroll in this course.

067306 Tue/Thu 6:00PM - 9:00PM
 1/10 - 3/9, no class on 2/21, 2/23 (8 weeks)
 AdultSch 109
 \$70

INTRODUCTION TO THE PYTHON PROGRAMMING LANGUAGE

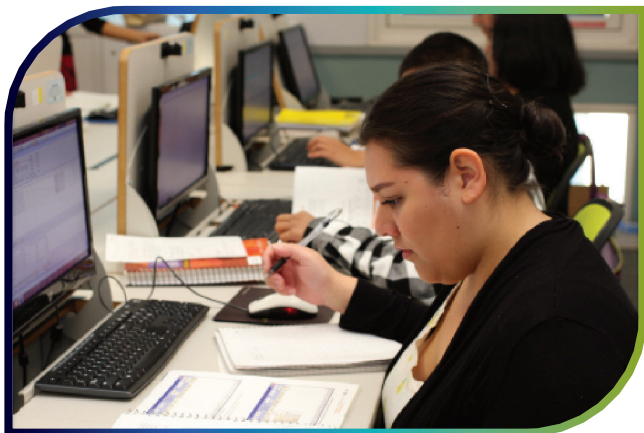
Python is a popular, general-purpose, multi-paradigm, open-source scripting language used extensively in a variety of industries. This hands-on course is intended for newcomers to programming. The curriculum includes all the fundamental concepts and structures of Python and is designed to teach the most 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. Masks strongly recommended.

INSTRUCTOR: Maribeth Coyne

062754 Tue/Thu 6:00PM - 9:00PM
 1/10 - 3/16, no class on 2/21, 2/23 (8 weeks)
 AdultSch 105
 \$70

INFORMATION AND COMMUNICATION TECHNOLOGIES



NEW!

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 abilities to configure, deploy and manage cloud facilities including simple and complex compute instances, web servers and web services. Masks strongly recommended.

INSTRUCTOR: Nancy Reid

PREREQUISITES: Basic computer literacy. High School Diploma or GED recommended. We recommend that students bring their own laptop, earbuds, and mouse. Space is limited to 14 students.

061108 Mon/Wed 5:30PM - 8:30PM
1/9, 4/5, no class on 1/16, 2/20, 2/22 (12 weeks)
AdultSch 105
\$70

GOOGLE APPLIED DIGITAL SKILLS – ENTRY LEVEL PROJECT MANAGEMENT (DISTANCE LEARNING)

This hands-on course is offered in collaboration with Google to provide students with the digital skill set required for entry-level employment in project management. In this instructor guided course, students will learn how to solve relevant real-life problems using Google Apps as a tool. Upon completion of this course, students will be able to create spreadsheets and effectively organize, analyze, manipulate, and visualize data and identify patterns in data. Students will also develop research-based decision-making skills, and will be able to collaborate digitally to communicate successfully with others. The course also covers programming basics and debugging as well as implementing algorithms.

INSTRUCTOR: Tamara Rood-Spenker

There are 2 required in-person meetings on 1/10 and 4/27 in Room 109. The rest are conducted online.

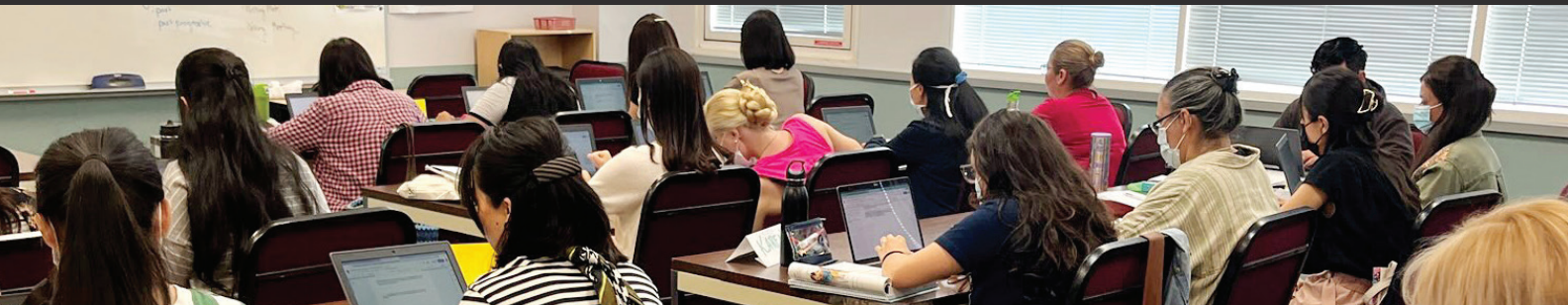
This online distance learning course will be held via Zoom and course website. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Access to Wi-Fi, computers and Zoom is required before enrolling for this class

Instructor will email meeting and course-related information to students prior to the first day.

PREREQUISITES: High School Diploma or GED recommended

DL069414 Tue/Thu 9:00PM -12:00PM
1/10 - 4/27, no class on 2/21, 2/23, 4/11, 4/13 (14 weeks)
AdultSch 109/Zoom Online
\$70

ESL - ENGLISH AS A SECOND LANGUAGE



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 FOCUS 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 | Beg. High to Adv. |
| Mon - Th | 4 Nights | 6:00PM - 9:00PM | All levels |
| Mon/Thu/Fri | 3 Days | 9:00 AM - 10:30AM | Beginning ONLY Senior-focused* (Age 55+only) |
| Mon/Thu/Fri | 3 Days | 10:45AM - 12:15PM | 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*

Winter ESL classes begin at MVLA Adult School on **Tuesday, January 10, 2023 (adult school)** and **Thursday, January 12, 2023 (senior center)**. New students are placed on a space-available basis. Some classes are full and students may have to wait for a place in class. Masks are strongly recommended for all in-person classes at the adult school and the senior center.

No ESL classes will be held 1/16, 2/20 - 2/24, 3/23 (6:00PM - 9:00PM only), 3/24, 4/10 - 14/14, 5/29.

REQUIRED FOR NEW STUDENTS

ESL ORIENTATION AND PLACEMENT TESTS IN JANUARY 2023

Students eligible for ESL classes must take a placement test in person at the adult school. Interested students can call (650) 940-1333 or email: mvlaeslprogram@gmail.com.

The date for the January 2023 ESL Orientation and Placement Test will be posted on the website at mvla.net/AS no later than December 1, 2022. Please check the website then for registration and testing dates.

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.

Additional testing dates in 2023 will be listed on the website at mvla.net/AS.

ESL - ENGLISH AS A SECOND LANGUAGE



Students who would like the senior-focused ESL classes can take a test at the Mountain View Senior Center in January 2023. Those registration and testing dates will be posted on the website no later than December 1, 2022. **Interested students can call (650) 940-1333 or email: mvlaeslprogram@gmail.com.**

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

FOR CONTINUING STUDENTS

Continuing (already enrolled) students will return to ESL classes on Tuesday, January 10.

Regular attendance is mandatory in all ESL classes.

THESE CLASSES ARE FREE.

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 1/12 - AdultSch 203

Mon 6:00PM - 9:00PM starts 1/23 - 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 on 2/20, 2/23, 4/10, 4/13, 5/29.



Students who would like to attend the Monday online 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 strongly 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.

NEW CLASS THIS SEMESTER

ADVANCED ESL WRITING AND WORD PROCESSING

MVLA Adult School will be offering a new course this winter/spring to help prepare higher-level ESL students for community college classes. This course is meant for students who speak and write English as a second language. Those enrolling in this class should be adults at or higher than the advanced 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 five mornings a week, with three days dedicated to advanced English study in academic grammar, vocabulary, and writing. Two days a week, students will focus on learning Microsoft Word, a widely used word processing software tool, from a CTE instructor. The class will also utilize the Canvas learning management system, one of the most commonly used platforms at the college level. 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.

ADVANCED ESL WRITING AND WORD PROCESSING

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

1/23 - 5/26, no class on 2/20 - 2/24, 4/11 - 4/14

HIGH SCHOOL & GED PROGRAMS

PLEASE CHECK:

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

HIGH SCHOOL DIPLOMA

- FREE PROGRAM FOR ADULTS STARTS MON 1/9/23 – 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. Note: All diploma programs meet district and state requirements. Masks are strongly recommended.

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

No class on 1/16, 2/20 - 24, 4/10 - 14, 5/29

CONCURRENT ENROLLMENT/CREDIT RECOVERY

STARTS MON 1/9/23 – 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. Masks are strongly recommended. 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

No class on 1/16, 2/20 - 24, 4/10 - 14, 5/29

YOUNG PARENTS PROGRAMS (YPP)

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 is available while students are on site.

PRE-GED TEST PREPARATION

– FREE PROGRAM FOR ADULTS STARTS MON 1/9/23 – 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 prep classes. You must register for and attend a GED Prep class orientation prior to registering for this class. Required orientations are held Wednesdays at 5:00PM in Adult School Room 203. Visit as.mvla.net to access our online registration site. Masks are strongly recommended.

PRE-GED DAY PROGRAM – OPEN ENTRY/EXIT

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

1/9 - 6/6, no class on 1/16, 2/20 - 2/24, 4/10 - 4/14, 5/29
AdultSch 106

PRE-GED EVENING PROGRAM – OPEN ENTRY/EXIT

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

1/9 - 6/6, no class on 1/16, 2/20 - 2/24, 4/10 - 4/14, 5/29
AdultSch 106

GED TEST PREPARATION

– FREE PROGRAM FOR ADULTS STARTS MON 1/9/23 – 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 Prep class orientation prior to registering for this class. Required orientations are held Wednesdays at 5:00PM in Adult School Room 203. Visit as.mvla.net to access our online registration site. Masks are strongly recommended.

GED DAY PROGRAM – OPEN ENTRY/EXIT

020109 Mon - Fri 9:00AM - 12:00PM

1/9 - 6/6, no class on 1/16, 2/20 - 2/24, 4/14/10 - 14, 5/29
AdultSch 106

GED EVENING PROGRAM – OPEN ENTRY/EXIT

020601 Mon - Thu 6:00AM - 8:30PM

1/9 - 6/6, no class on 1/16, 2/20 - 2/24, 4/10 - 4/14, 5/29
AdultSch 106

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. Testing candidates: please make your appointments and payments online through ged.com.

Please visit https://ged.com/about_test/scheduling/ for more information on GED Testing.

Masks are strongly recommended for all in-person 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 2022-2023 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 3.6/4/5s | 8:55AM - 11:45AM |
|--------------------------|------------------|

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.

Morning Session

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 Winter/Spring 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 adulded@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.

55+ COMPUTER AND TECHNOLOGY SKILLS

Enrollment priority is given to adults 55 years and over; students under 55 may attend these classes if space is available. These computer classes are held at the Mountain View Senior Center, 266 Escuela Ave., Mountain View, CA 94040.

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. Masks strongly recommended.

INSTRUCTOR: Sharon Walker, sharon.walker@mvla.net

089200 Mon/Wed 9:00AM-11:00AM
3/20-4/5 (6 meetings)
Mtn View Senior Ctr/Technology Room
Age 55+ \$48/other \$68

ESSENTIAL COMPUTING SKILLS, INTERMEDIATE

This course is intended for students with basic computer skills and will cover more advanced topics related to Internet and email, how to create an email account, send and receive emails, create an address book, and perform other basic email tasks. Masks strongly recommended.

INSTRUCTOR: Sharon Walker, sharon.walker@mvla.net

PREREQUISITES: Students must have proficiency with using a mouse.

089300 Mon/Wed 9:00AM - 11:00AM
4/17 - 5/3 (6 meetings),
Mtn View Senior Ctr/Technology Room
Age 55+ \$48/other \$68

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. Masks strongly recommended.

INSTRUCTOR: Eugenia Njolito, eugenia.njolito@mvla.net

PREREQUISITES: Students must bring a smartphone to class.

089500 Mon/Wed 1:30PM - 3:15PM
2/27-3/13 (5 meetings)
Mtn View Senior Ctr/Meeting Room
Age 55+ \$68/other \$88

INTRODUCTION TO IPAD

This course introduces iPads to students who have little or no experience with iPads. Students will learn how to set up the 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. Students will also learn 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. Masks strongly recommended.

INSTRUCTOR: Eugenia Njolito, eugenia.njolito@mvla.net

PREREQUISITES: Students must bring an iPad to class.

089400 Mon/Wed 1:30PM - 3:00PM
3/20 - 4/24 (8 meetings), no class on 4/10, 4/12, 4/19
Mtn View Senior Ctr/Meeting Room
Age 55+ \$93/other \$113



COMMUNITY INTEREST & OLDER ADULTS

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 10:00AM - 11:30AM
1/12 - 3/16 (9 meetings), no class on 2/23
Mtn View Senior Ctr/Meeting Room
Age 55+ \$120/other \$140

087303 Thu 10:00AM - 11:30AM
3/23 - 5/25 (9 meetings), no class on 4/13
Mtn View Senior Ctr/Meeting Room
Age 55+ \$120/other \$140

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 the materials needed. Masks strongly recommended.

INSTRUCTOR: Deborah Hall

087100 Thu 12:00PM - 2:00PM
1/12 - 3/16 (9 meetings), no class on 2/23
Mtn View Senior Ctr/Meeting Room
Age 55+ \$160/other \$180

BEADING, ADVANCED

Increase beading skills by learning peyote stitch, ladder stitch and other bead weaving techniques. Create lovely bracelets, a ring, and one-of-a-kind necklaces. A curriculum is provided on the first day of class outlining materials needed. Masks strongly recommended.

INSTRUCTOR: Deborah Hall

PREREQUISITES: Basic beading skills or Beginning Beading required.

087101 Thu 12:00PM - 2:00PM
3/23 - 5/25 (9 meetings), no class on 4/13
Mtn View Senior Ctr/Meeting Room
Age 55+ \$160/other \$180

CALLIGRAPHY: USING CALLIGRAPHY WITH HANDMADE GREETING CARDS

Come learn how to make a few unusual greeting cards and then how to add the words you want to include. This class is good for beginners and the intermediate students will be shown additional card styles to match calligraphic style choices. Masks strongly recommended.

INSTRUCTOR: Sara Loesch-Frank

PREREQUISITES: Scissors, double stick tape and colored paper will be needed for the cards and beginners will want a Pen set with ink. These will be shown and explained in our first class to make it easier to understand what we will be using.

084000 Thu 9:30AM-12:00PM
1/12-3/16 (9 meetings), No class 2/23
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$140/other \$160

CALLIGRAPHY: ITALIC LETTERING - BEGINNING YOUR CALLIGRAPHY EXPLORATION

Italic lettering is a clean elegant style which people can read easily. It developed in the Renaissance to make it easier to read as the letterforms are clear and consistent with a slight slant. Masks strongly recommended.

INSTRUCTOR: Sara Loesch-Frank

PREREQUISITES: Students need a broad edged pen such as a Parallel Pen or a Manuscript pen set. Smooth paper is good for practicing, such as Rhodia or Claire Fontaine tablets.

801123 Thu 9:30AM - 12:00PM
3/23 - 5/25 (9 meetings), no class on 4/13
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$140/other \$160

CERAMICS - BEGINNING AND INTERMEDIATE

Beginning intermediate students will learn various techniques in clay and glazing and at the end of the session will have completed work to take home. Beginning students are welcome. Maximum 4 pieces/week kiln-fired per student. No commercial mass production allowed. A \$30 materials fee for glazes and clay is included in the registration fee. Masks strongly recommended.

INSTRUCTOR: Susan Worley, Susan@susieclare.com

080222 Wed 1:00PM - 4:00PM
1/11 - 3/15 (9 meetings), no class on 2/22
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$170/other \$190

ARTS & CRAFTS



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 9:30AM - 12:00PM
1/10-3/14 (9 meetings), no class on 2/21
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$117/other \$137

081112 Thu 1:00PM - 3:30PM
1/19 - 3/16 (8 meetings), no class on 2/23
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$111/other \$131

081113 Tue 9:30AM - 12:00PM
3/21 - 5/23 (9 meetings), no class on 4/11
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$117/other \$137

081114 Thu 1:00PM - 3:30PM
3/23 - 5/25 (9 meetings), no class on 4/13
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$111/other \$131

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
1/9 - 3/13 (8 meetings), no class on 1/16, 2/20
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$85/other \$105

087214 Mon 1:00PM - 3:00PM
3/20 - 5/22 (9 meetings), no class on 4/10
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$85/other \$105

EXPLORING CURRENT SCIENCE & TECHNOLOGY TOPICS (DISTANCE LEARNING)

Have you been curious about those latest technological buzzwords you've been hearing in the news and wondering what they mean? Are you trying to understand how those new ideas may impact you, your family, and society? Are you looking for a beginner-friendly group to learn about those topics together? In this discussion group students will discuss current science and technology topics, and their impact. Topics: Bitcoin, blockchain, NFT (2 meetings), CRISPR and gene editing, Artificial Intelligence (2 meetings), Virtual and Augmented Realities and their practical applications. Introductory materials (readings, videos, and/or podcast episodes) will be assigned for each topic. Students are encouraged to perform additional research on each topic and share their findings, thoughts, and questions at the meeting.

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: Eugenia Njolito, eugenia.njolito@mvla.net

089700 Tue 6:00PM - 7:30PM
2/14 - 3/28 (6 meetings), no class on 2/21
Zoom Online
Age 55+ \$50/other \$70

089701 Tue 6:00PM - 7:30PM
4/4 - 5/16 (6 meetings), No class 4/11
Zoom Online
Age 55+ \$50/other \$70



COMMUNITY INTEREST & OLDER ADULTS

LANGUAGE ARTS & LANGUAGES

CHINESE, INTRODUCTORY (DISTANCE LEARNING)

- PRONUNCIATION 1 (WINTER SESSION),
- PRONUNCIATION 2 (SPRING SESSION)

Chinese is the most difficult and the most popular language in the world. This class is to prepare students to have accurate pronunciation for effective communication. Whole sets of Chinese phonetics will be introduced with a variety of pronunciation practice in class to establish accuracy under supervision e.g. tongue twister on tones and different phonetic elements. Simple vocabulary and basic grammar will be introduced at a later stage. It is essential for students to attend classes diligently. Students of different levels are welcome to join!

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: Wing Hung (Lucia) Wu, winghung.wu@mvla.net

DL080400 Mon 5:00PM - 7:00PM
1/9 - 3/13 (8 meetings), no class on 1/16, 2/20
Zoom Online
Age 55+ \$53/other \$73

DL080401 Mon 5:00PM - 7:00PM
3/20 - 5/22 (9 meetings), no class on 4/10
Zoom Online
Age 55+ \$53/other \$73

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
1/11 - 3/15 (9 meetings), no class on 2/22
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$112/other \$132

089413 Wed 10:00AM - 12:00PM
3/22 - 5/24 (9 meetings), no class on 4/12
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$112/other \$132

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
1/11 - 3/15 (9 meetings), no class on 2/22
Zoom Online
Age 55+ \$92/other \$112

DL089414 Wed 7:00PM - 9:00PM
3/22 - 5/24 (9 meetings), no class on 4/12
Zoom Online
Age 55+ \$92/other \$112

FINNISH LANGUAGE (DISTANCE LEARNING)

From Start to Finnish, joining this class is a fantastic way to learn 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.

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: Tuula Beals, tuula.beals@mvla.net

DL500511 Tue 7:00PM - 9:00PM
1/10 - 3/14 (9 meetings), no class on 2/21
Zoom Online
Age 55+ \$104/other \$124

DL500512 Tue 7:00PM - 9:00PM
3/21 - 5/23 (9 meetings), no class on 4/11
Zoom Online
Age 55+ \$104/other \$124

COMMUNITY INTEREST & OLDER ADULTS

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. The 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

DL084110 Mon 9:30AM - 11:30AM
1/9 - 3/13 (8 meetings), no class on 1/16, 2/20
Zoom Online
Age 55+ \$122/other \$142

DL084111 Mon 9:30AM-11:30AM
3/27 - 5/22 (8 meetings), no class on 4/10
Zoom Online
Age 55+ \$122/other \$142

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: Students must have a minimum of two quarters of French or equivalent.

DL084112 Wed 2:00PM - 4:00PM
1/11 - 3/15 (9 meetings), no class on 2/22
Zoom Online
Age 55+ \$131/other \$151

DL084113 Wed 2:00PM - 4:00PM
3/29 - 5/24 (8 meetings), no class on 4/12
Zoom Online
Age 55+ \$131/other \$151

FRENCH, INTERMEDIATE I (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. Students must purchase the textbook *C'est ça!* (ISBN: 9780673216298) prior to the first meeting. 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. 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 Beginning French.

DL084115 Fri 1:00PM - 3:00PM
1/13 - 3/17 (9 meetings), no class on 2/24
Zoom Online
Age 55+ \$131/other \$151

DL084116 Fri 1:00PM - 3:00PM
3/31 - 5/26 (8 meetings), no class on 4/14
Zoom Online
Age 55+ \$131/other \$151

FRENCH, EVERYDAY FRENCH FOR BEGINNERS A1 (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 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/yc6hwn dj 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)."



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: Veronique Strange, veronique.strange@mvla.net

DL054100 Tue 6:00PM - 8:00PM
1/10 - 3/14 (9 meetings), no class on 2/21
Zoom Online
Age 55+ \$140/other \$160

DL054101 Tue 6:00PM - 8:00PM
3/21 - 5/23 (9 meetings), no class on 4/11
Zoom Online
Age 55+ \$140/other \$160

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
1/11 - 3/15 (9 meetings), no class on 2/22
Zoom Online
Age 55+ \$140/other \$160

DL054201 Wed 6:00PM - 8:00PM
3/22 - 5/24 (9 meetings), no class on 4/12
Zoom Online
Age 55+ \$140/other \$160

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.

DL084103 Wed 9:30AM - 11:30AM
1/11 - 3/15 (9 meetings), no class on 2/22
Zoom Online
Age 55+ \$131/other \$151

DL084105 Wed 9:30AM - 11:30AM
3/29 - 5/24 (8 meetings), no class on 4/12
Zoom Online
Age 55+ \$131/other \$151

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 on-line. 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.

DL084100 Tue 2:00PM - 4:00PM
1/10 - 3/14 (9 meetings), no class on 2/21
Zoom Online
Age 55+ \$140/other \$160

DL084101 Tue 2:00PM - 4:00PM
3/21 - 5/23 (9 meetings), no class on 4/11
Zoom Online
Age 55+ \$140/other \$160

COMMUNITY INTEREST & OLDER ADULTS

GERMAN, BEGINNING

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. Students will use the textbook *Passwort Deutsch 1, A1* (ISBN: 9783126764100). Masks strongly recommended.

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

502715 Thu 6:30PM - 8:30PM
1/12 - 3/16 (9 meetings), no class on 2/23
Los Altos High School/Room 302
Age 55+ \$172/other \$192

502716 Thu 6:30PM - 8:30PM
3/23 - 5/25 (9 meetings), no class on 4/13
Los Altos High School/Room 302
Age 55+ \$172/other \$192

GERMAN, INTERMEDIATE

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

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

PREREQUISITES: Beginning German or equivalent.

502720 Mon 6:30PM - 8:30PM
1/9 - 3/13 (8 meetings), no class on 1/16, 2/20
Los Altos High School/Room 302
Age 55+ \$162/other \$182

502721 Mon 6:30PM - 8:30PM
3/20 - 5/22 (9 meetings), no class on 4/10
Los Altos High School/Room 302
Age 55+ \$162/other \$182

GERMAN CONVERSATION

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. Masks strongly recommended.

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

084701 Wed 1:30PM - 3:30PM
1/11 - 3/15 (9 meetings), no class on 2/22
Mtn View Community Ctr/Cedar Room
Age 55+ \$172/other \$192

084702 Wed 1:30PM - 3:30PM
3/22 - 5/24 (9 meetings), no class on 4/12
Mtn View Community Ctr/Cedar Room
Age 55+ \$172/other \$192

ITALIAN, BEGINNING 2 AND BEGINNING 3

Sequential to Italian Language for Beginners 1. Students learning this beautiful language can fall in love with Italian history, culture, food, and lifestyle. This class prepares students to use the Italian language in simple and easy

real-life situations. Using a conversational approach in a comfortable and enjoyable atmosphere, students will learn new basic vocabulary, grammatical structures, and expressions in various contexts. Please buy online the required textbook *Arrivederci! 1 For English Speakers + Audio CD* (ISBN: 9789606931215). Masks strongly recommended.

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

088003 Mon 9:30AM - 11:30AM
1/9 - 3/6 (7 meetings), no class on 1/16, 2/20
Mtn View Community Ctr/Cedar Room
Age 55+ \$104/other \$124

088006 Mon 9:30AM-11:30AM
3/20 - 5/15 (8 meetings), no class on 4/10
Mtn View Community Ctr/Cedar Room
Age 55+ \$122/other \$142

ITALIAN, ADVANCED 2 AND ADVANCED 3

Using a conversational approach in a comfortable and enjoyable atmosphere, students will continue to expand their vocabulary and learn more complex grammatical structures and expressions in varied contexts. Students will develop communicative proficiency of the target language in speaking, listening, reading, and writing. Please buy the textbook online: *Un giorno in Italia 2* by Chiappini, De Filippo, ISBN 9788875733926. Masks strongly recommended.

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

PREREQUISITES: This class is best suited for students who have completed all the Intermediate Italian levels or have a high intermediate level of vocabulary and understanding of the language.

088032 Wed 9:30AM - 11:30AM
1/11 - 3/8 (8 meetings), no class on 2/22
Mtn View Community Ctr/Cedar Room
Age 55+ \$122/other \$142

088033 Wed 9:30AM - 11:30AM
3/22 - 5/17 (8 meetings), no class on 4/12
Mtn View Community Ctr/Cedar Room
Age 55+ \$122/other \$142

**MEMOIRS WRITING
(HYBRID IN-PERSON/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 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



COMMUNITY INTEREST & OLDER ADULTS

089511 Thu 1:00PM - 3:00PM
1/12 - 3/16 (9 meetings), no class on 2/23
Mtn View Senior Ctr/Multi B
Age 55+ \$112/other \$132

089512 Fri 10:00AM - 12:00PM
1/13 - 3/17 (9 meetings), no class on 2/24
Mtn View Community Ctr/Maple Room
Age 55+ \$92/other \$112

089513 Thu 1:00PM - 3:00PM
3/23 - 5/25 (9 meetings), no class on 4/13
Mtn View Senior Ctr/Multi B
Age 55+ \$112/other \$132

089514 Fri 10:00AM - 12:00PM
3/24 - 5/26 (9 meetings), no class on 4/14
Mtn View Community Ctr/Maple Room
Age 55+ \$92/other \$112

SPANISH, BEGINNING IA/IB

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 skills 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! 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. Masks strongly recommended.

INSTRUCTOR: Sarah Hsu

501215 Tue 6:00PM-8:00PM
1/10 - 3/14 (9 meetings), no class on 2/21
Los Altos High School/Room 306
Age 55+ \$140/other \$160

SPANISH, BEGINNING IIA

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. 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. Masks strongly recommended.

INSTRUCTOR: Sarah Hsu

PREREQUISITES: Completion of Beginning Spanish or equivalent.

501204 Thu 6:00PM - 7:20PM
1/12 - 3/16 (9 meetings), no class on 2/23
Los Altos High School/Room 306
Age 55+ \$87/other \$107

SPANISH, BEGINNING IIB

In this course, students will feel more comfortable when speaking with others and the instructor. Students will continue their language acquisition as they work on more verb tenses such as the subjunctive mood and other complex tenses in the preterite and the future. At the same time, students will continue to acquire new vocabulary through their participation in classroom activities, including singing, playing games, and total physical response activities. *¡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. Masks strongly recommended.

INSTRUCTOR: Sarah Hsu

PREREQUISITES: Completion of Beginning Spanish IIA or equivalent.

501207 Thu 7:25PM - 8:45PM
1/12 - 3/16 (9 meetings), no class on 2/23
Los Altos High School/Room 306
Age 55+ \$87/other \$107

SPANISH, BEGINNING IIIA

In this course students will be speaking Spanish with their peers and teacher for the majority 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 class 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. Masks strongly recommended.

INSTRUCTOR: Sarah Hsu

PREREQUISITES: Completion of Beginning Spanish IIB or equivalent

501209 Thu 5:45PM - 7:40PM
3/23 - 5/25 (8 meetings), no class on 4/6, 4/13
Los Altos High School/Room 306
Age 55+ \$133/other \$153

SPANISH, READING - INTERMEDIATE

New class! This class is for intermediate students who have knowledge of the present and preterite tense in Spanish. In this course, students will be working on different activities to help them understand various stories. Students will be speaking Spanish through pictures, and engaging in conversations with their peers and the teacher. This is a great class for students who are eager to apply their knowledge of the language. Join this class and have fun speaking Spanish! Masks strongly recommended.

INSTRUCTOR: Sarah Hsu

502011 Thu 7:45PM - 8:45PM
3/23 - 5/25 (8 meetings), no class on 4/6, 4/13
Los Altos High School/Room 306
Age 55+ \$60/other \$80

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
1/12 - 3/16 (9 meetings), no class on 2/23
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$88/other \$108

083321 Thu 4:15PM - 5:30PM
3/23 - 5/25 (9 meetings), no class on 4/13
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$88/other \$108

BEGINNERS FOR BROADWAY!

Wish you could dance? Students will learn the basics: 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 12:00PM - 1:00PM
1/10 - 3/16 (18 meetings), no class on 2/21, 2/23
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$112/other \$132

082911 Tue/Thu 12:00PM - 1:00PM
3/21 - 5/25 (18 meetings), no class on 4/11, 4/13
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$112/other \$132

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. Masks strongly recommended.

INSTRUCTOR: Paula Villa Infante, paula.villa@gmail.com

0800025 Mon 7:30PM - 8:30PM
1/23 - 3/13 (7 meetings), no class on 1/16, 2/20
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$57/other \$77

0800026 Mon 7:30PM - 8:30PM
3/20 - 5/22 (8 meetings), no class on 4/10, 4/17
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$57/other \$77

CHORUS

Join a fun performing chorus: all abilities welcome. Learn vocalizing and sight-singing techniques in a range of music styles. Students will learn the music in Winter and perform in Spring (please register for both sessions). Masks strongly recommended.

INSTRUCTOR: Marnie Ridgway, am_consulting@usa.net

080521 Wed 9:30AM - 11:30AM
1/11 - 3/15 (9 meetings), no class on 2/22
Mtn View Senior Ctr/Multi A
Age 55+ \$56/other \$76

080522 Wed 9:30AM - 11:30AM
3/22 - 5/24 (9 meetings), no class on 4/12
Mtn View Senior Ctr/Multi A
Age 55+ \$56/other \$76

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. For any questions, please email 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: Makalea Kim-Darmer, pahulaohana@gmail.com

PREREQUISITES: 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.

801815 Tue 7:00PM - 8:00PM
1/10 - 3/14 (9 meetings), no class on 2/21
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$114/other \$134

801816 Tue 7:00PM - 8:00PM
3/21 - 5/23 (9 meetings), no class on 4/11
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$114/other \$134



COMMUNITY INTEREST & OLDER ADULTS



MOVING TO THE OLDIES

Students will get their groove on to music from the 50s and 60s! Low-impact, non-twisting exercise with hand weights (optional) 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 Wed/Fri 12:15PM - 1:15PM
1/11 - 3/17 (18 meetings), no class on 2/22, 2/24
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$112/other \$132

082921 Wed/Fri 12:15PM-1:15PM
3/22 - 5/26 (18 meetings), no class on 4/12, 4/14
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$112/other \$132

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. Masks strongly recommended.

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

081321 Wed 1:00PM - 4:00PM
1/11-3/15 (9 meetings), no class on 2/22
Mtn View Senior Ctr/Multi A
Age 55+ \$68/other \$88

081322 Wed 1:00PM - 4:00PM
3/22 - 5/24 (9 meetings), no class on 4/12
Mtn View Senior Ctr/Multi A
Age 55+ \$68/other \$88

SWING INTO SPRING

Beginning and intermediate dances over two 8 week sessions. Ballroom dances such as Waltz, Tango, Foxtrot, Latin dances (Rumba, Cha Cha, Bolero), and Nightclub dances (Salsa, East and West Coast Swing, Nightclub Two-Step) will be taught for those who want to learn basics, improve techniques, and learn routines to navigate the dance floor. Couples and singles welcome. The MVLA Adult school and the class instructors assume no responsibility for any injuries arising from participating in this class. Masks strongly recommended.

INSTRUCTORS: Ellen Murray and Gene Esswein

801300 Mon 7:30PM - 8:45PM
1/9 - 3/13 (8 meetings), no class on 1/16, 2/20
Mtn View Senior Ctr/Social Hall
Age 55+ \$68/other \$88

801301 Mon 7:30PM - 8:45PM
3/27 - 5/22 (8 meetings), no class on 4/10
Mtn View Senior Ctr/Social Hall
Age 55+ \$68/other \$88

WORKOUT ON BROADWAY!

Tired of the same old exercise regimen?

Students will dance their way into fitness to the sounds of Broadway and popular music. No taps. 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

082901 Tue/Thu 1:15PM - 2:30PM
1/10-3/16 (18 meetings), no class on 2/21, 2/23
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$140/other \$160

082902 Tue/Thu 1:15PM - 2:30PM
3/21 - 5/25 (18 meetings), no class on 4/11, 4/13
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$140/other \$160



COMMUNITY INTEREST & OLDER ADULTS

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. Masks strongly recommended.

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

PREREQUISITES: Beginners will need a skein (ball) of cotton yarn and either #7 or #8 knitting needles, preferably a 16” circular needle.

087311 Tue 1:00PM - 3:00PM
1/10 - 3/14 (9 meetings), no class on 2/21
Mtn View Community Ctr/Maple Room
Age 55+ \$92/other \$112

087312 Tue 1:00PM - 3:00PM
3/21 - 5/23 (9 meetings), no class on 4/11
Mtn View Community Ctr/Maple Room
Age 55+ \$92/other \$112

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
1/11 - 3/15 (9 meetings), no class on 2/22
Mtn View Community Ctr/Maple Room
Age 55+ \$92/other \$112

087412 Wed 1:15PM - 3:15PM
3/22 - 5/24 (9 meetings), no class on 4/12
Mtn View Community Ctr/Maple Room
Age 55+ \$92/other \$112

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. 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

PREREQUISITES: Students must bring their own dumbbells (2.5 or 5 pounds) and mini bands (light or medium resistance).

082602 Mon/Thu 2:15PM - 3:30PM
1/19 - 3/16 (15 meetings), no class on 2/23
Mtn View Senior Ctr/Multi A
Age 55+ \$150/other \$170

082603 Mon/Thu 2:15PM - 3:30PM
3/27 - 5/25 (16 meetings), no class on 4/10, 4/13
Mtn View Senior Ctr/Multi A
Age 55+ \$150/other \$170

FELDENKRAIS AWARENESS THROUGH MOVEMENT

Improve coordination and quality of movement naturally. Students will surprise themselves 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
1/13 - 3/17 (9 meetings), no class on 2/24
Mtn View Senior Ctr/Multi A
Age 55+ \$70/other \$90

083312 Fri 10:00AM - 11:15AM
3/24 - 5/26 (9 meetings), no class on 4/14
Mtn View Senior Ctr/Multi A
Age 55+ \$70/other \$90



COMMUNITY INTEREST & OLDER ADULTS

PHYSICAL FITNESS & LIFESTYLE WELLNESS



HIKE FOR HEALTH

Hikes are conducted in open space preserves, county parks & coastal trails. 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 round trip 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
1/12 - 3/16 (9 meetings), no class on 2/23
Bridges Community Church/FC Room 112
Age 55+ \$95/other \$115

089601 Thu 9:00AM - 1:30PM
3/23 - 5/25 (9 meetings), no class on 4/13
Bridges Community Church/FC Room 112
Age 55+ \$95/other \$115

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. For more information, visit chenfamilytaiji.com. 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

601121 Tue 6:15PM - 7:30PM
1/10 - 3/14 (9 meetings), no class on 2/21
Mtn View Senior Ctr/Multi A
Age 55+ \$100/other \$120

601122 Tue 6:15PM - 7:30PM
3/21 - 5/23 (9 meetings), no class on 4/11
Mtn View Senior Ctr/Multi A
Age 55+ \$100/other \$120

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. For more information, visit chenfamilytaiji.com. 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

601123 Tue 7:30PM - 8:45PM
1/10 - 3/14 (9 meetings), no class on 2/21
Mtn View Senior Ctr/Multi A
Age 55+ \$100/other \$120

601124 Tue 7:30PM - 8:45PM
3/21 - 5/23 (9 meetings), no class on 4/11
Mtn View Senior Ctr/Multi A
Age 55+ \$100/other \$120

PHYSICAL FITNESS & LIFESTYLE WELLNESS



ZUMBA GOLD

Come join this class 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

082400 Tue 6:15PM - 7:15PM
1/17 - 3/14 (8 meetings), no class on 2/21
Mtn View Senior Ctr/Social Hall
Age 55+ \$86/other \$106

082401 Tue 6:15PM - 7:15PM
3/21 - 5/23 (9 meetings), no class on 4/11
Mtn View Senior Ctr/Social Hall
Age 55+ \$86/other \$106

ZUMBA, LATIN AEROBIC DANCE EXERCISE

Zumba combines high energy and motivating Latin music with easy-to-follow dance steps. This feel-happy workout 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

801609 Thu 6:00PM - 7:00PM
1/19 - 3/16 (8 meetings), no class on 2/23
Mtn View Senior Ctr/Social Hall
Age 55+ \$98/other \$118

801610 Thu 6:00PM - 7:00PM
3/23 - 5/25 (9 meetings), no class on, 4/13
Mtn View Senior Ctr/Social Hall
Age 55+ \$98/other \$118

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

ONSITE MORNINGS:

Mon/Tue/Fri: 11:30AM - 12:30PM
Location: Room 105

ONSITE DROP-IN EVENING

Mon: 5:00PM - 6:00PM
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:

604603 1/11 Wed 12:00PM - 1:00PM
AdultSch 105

604604 1/23 Mon 7:30PM - 8:30PM
AdultSch 105

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

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

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?

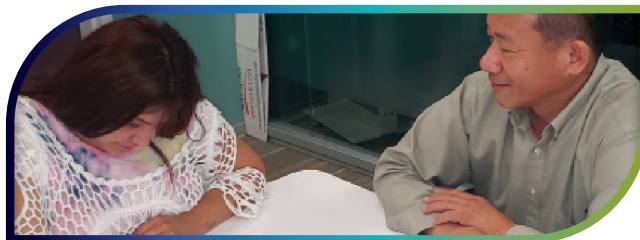
We are looking for volunteer tutors in all programs. Both morning and evening times needed. For more information, contact the Transition Adviser: gina.riccitelli@mvla.net or (650) 940-1333 x4014

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 below 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 11:30AM - 1:00PM
Tue/Thu, 9:00AM - 1:00PM
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

STUDENT SUPPORT SERVICES

CAREER TRANSITION WORKSHOPS

These workshops are available for adult school students registered in any of our core programs or classes, up to one year after course completion. Visit mvla.net/AS for a list of upcoming workshop dates and to register online.

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?

Let's find out how great you are so you can tell someone else!

604106 1/19 Thu 12:15PM - 1:30PM AdultSch 201

604107 3/22 Wed 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 get to work on your own resume or create a new one.

603207 2/9 Thu 12:15PM - 1:30PM AdultSch 201

603208 3/29 Wed 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?

Learn and practice how to respond to questions in a way that best demonstrates your knowledge and qualifications.

603406 3/2 Thu 12:15PM - 1:30PM AdultSch 201

603407 4/5 Wed 12:15PM - 1:30PM AdultSch 201

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

OFFICE HOURS

Monday 9:00AM – 3:00PM

Tuesday 12:30PM – 9:00PM

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/>

REGISTRATION INFORMATION

REGISTRATION BEGINS NOVEMBER 18

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 Winter/Spring 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 cancelled, 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. Debbi Torok
Ms. Fiona Walter

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.



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





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

Non-Profit
U.S Postage
PAID
Mtn . View-Los Altos
High School District

RESIDENTIAL CUSTOMER

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** **BCC**
Bridges Community Church
625 Magdalena Ave., Los Altos
- 3** **LAHS**
Los Altos High School
201 Almond Ave., Los Altos
- 4** **MVHS**
Mountain View High School
3535 Truman Ave., Mountain View
(at Bryant Ave.)
- 5** **MVLA**
District Office
1299 Bryant Ave., Mountain View
- 6** **MVPNS**
MV Parent Nursery School
1535 Oak Ave., Los Altos
(adjacent to Foothill Covenant Church)
- 7** **MVCCtr**
Mountain View Community Center
201 S.Rengstorff Ave., Mountain View
- 8** **MVSRctr**
Mountain View Senior Center
266 Escuela Ave., Mountain View

MVLA
ADULT SCHOOL