



MVLAAdultSchool



(650) 940-1333



333 Moffett Blvd  
Mountain View CA 94043

# MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

## FALL 2022 COURSE CATALOG

CLASS REGISTRATION BEGINS AUGUST 12



For more information, visit us at

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

**MVLA**  
ADULT SCHOOL



## DIRECTOR'S MESSAGE



Dear MVLA Community,

Fall is by far the most beautiful and inspiring season of the year. It's that special time when the trees change color, and the leaves of last season begin to drop off, making room for new growth to appear. Reflecting back on the past two years, our adult school has faced some of the greatest challenges we have ever had to face in Adult Education. Through the rapid transition to full distance learning and back, we have emerged more resilient, knowledgeable and better equipped for the future. As we commence this new school year, we are proud to say that we have survived and thrived! We have expanded our offerings to include hybrid and distance learning courses which continue to increase access to education for ALL.

We are also elated to share that our first ever Eye Care Technician Program pilot was a great success! This career pathway is a collaboration between MVLA Adult School and the Santa Clara County Optometric Society (SCCOS), the California State Society of Opticians (CSSO) Apprenticeship, and Chabot College. After completing an intensive 9-week course, our students qualify for entry level employment and a fully paid apprenticeship program that enables students to "earn as they learn!"

As we look ahead to 2023, we will continue to focus on our district goals of Academic Excellence for All, Educational Partnerships – Communication & Engagement, Safety & Wellness, and Supporting Lifelong Learning. The ultimate goal of Adult Education is to Educate, Elevate and Change Lives. High-quality education can be liberating for individuals and can act as a leveler and equalizer within society. Education has the power to tackle growing socioeconomic inequalities and to bring us closer together. Please join our MVLA Adult School Community as a teacher, student, tutor, volunteer, advocate, partner, friend. Whichever path you choose, remember that "Learning is for a Lifetime" at MVLA.

Sincerely,  
Julie Vo, M.Ed  
Director of Adult Education



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## HOW TO REGISTER

The MVLA Adult School is **offering both in-person and a limited number of distance learning (DL) classes for Fall 2022**. 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 August 12

*Note:* Registration for Career Technical classes is ongoing.

## Fall 2022 Calendar

Fall 2022 registration begins:  
Friday, August 12.

Registration for ESL placement test begins August 3 for Mountain View, Los Altos, and Los Altos Hills residents.

**Note:** Registration for Career Technical Education classes is ongoing.  
Visit [mvla.net/as](http://mvla.net/as) or call (650) 940-1333

### Fall 2022 session

Tue, August 23 - Thu, December 22

### Holidays/no classes

September 5, November 11, 21-25,  
December 23, 26-30

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

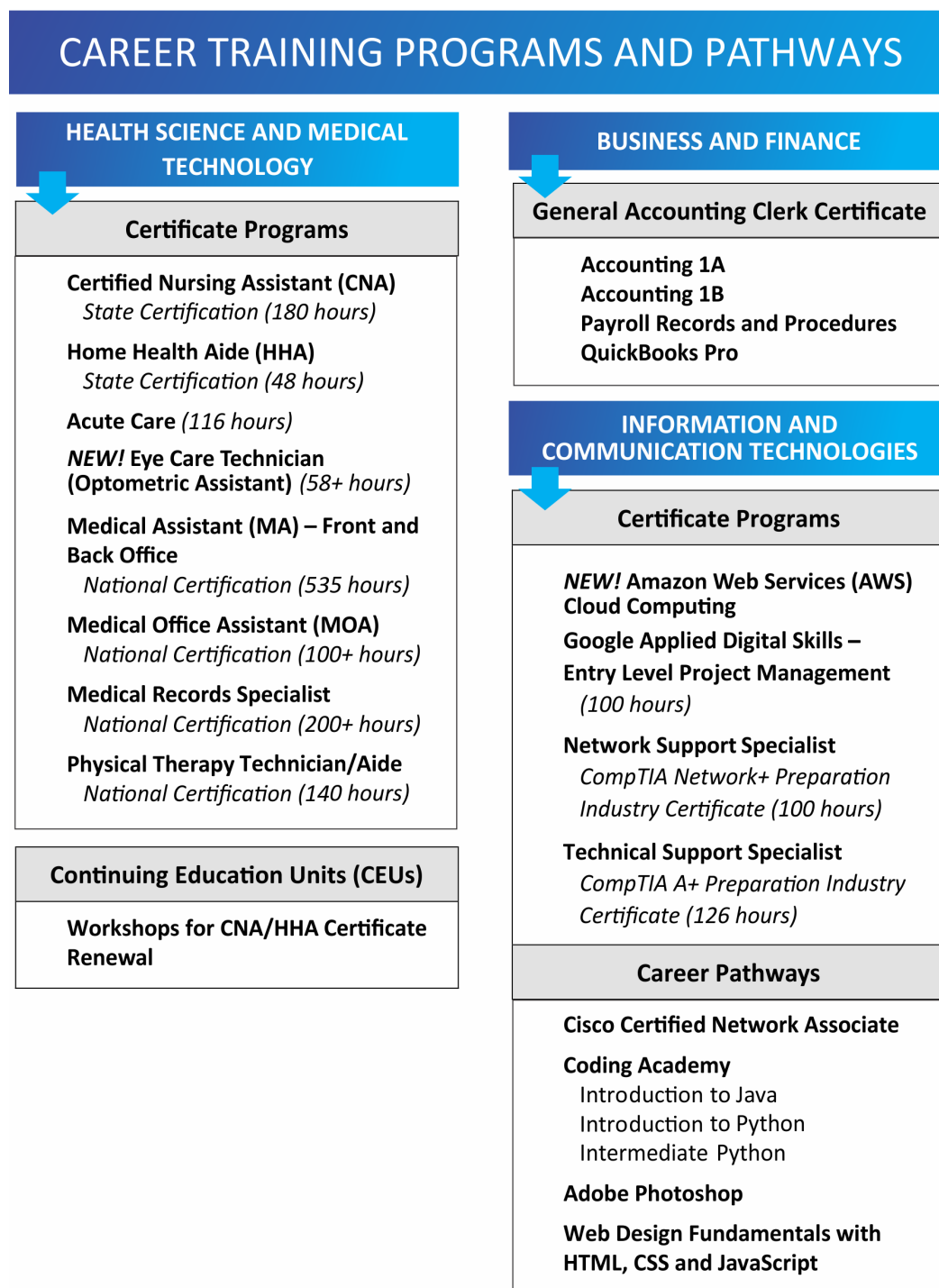
Go to **[mvla.net/AS](http://mvla.net/AS)** and click the Registration link. We accept VISA or MasterCard.

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

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 Fall 2022 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 Fall 2022, 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. See workshop dates, times, and topics in table below.

## HEALTH SCIENCE AND MEDICAL TECHNOLOGY

	FA 2022	WI/SP 2023
<b>Foundational Courses</b>		
Adult CPR: Basic Life Support (BLS) for Healthcare Providers	✓	TBD
Medical Terminology	✓	✓
<b>Certificate Programs</b>		
Certified Nursing Assistant (CNA)	✓	✓
Home Health Aide (HHA)		TBD
Acute Care	✓	TBD
Eye Care Technician (Optometric Assistant)	✓	✓
Medical Assistant (MA)	✓	✓
Medical Office Assistant (MOA)		✓
<b>Medical Records Specialist:</b>		
Electronic Health Record Keeping	✓	✓
Medical Billing and Coding	✓	✓
Physical Therapy Technician/Aide		TBD
<b>Continuing Education Units (CEUs)</b>		
Workshops for CNA/HHA Certificate Renewal (CEUs)	✓	✓



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

### ORIENTATION 2022 DATES

066043 8/5 Fr 9:00AM - 11:30AM AdultSch/201  
 066044 8/12 Fr 9:00AM - 11:30AM AdultSch/201  
 066045 8/19 Fr 9:00AM - 11:30AM AdultSch/201  
 066046 8/29 Mo 4:30PM - 7:00PM AdultSch/109  
 066047 9/9 Fr 9:00AM - 11:30AM AdultSch/201  
 066048 9/30 Fr 9:00AM - 11:30AM AdultSch/201  
 066049 10/3 Mo 4:30PM - 7:00PM AdultSch/109  
 066050 10/21 Fr 9:00AM - 11:30AM AdultSch/201  
 066051 11/7 Mo 4:30PM - 7:00PM AdultSch/109  
 066052 11/18 Fr 9:00AM - 11:30AM AdultSch/201  
 066053 11/28 Mo 4:30PM - 7:00PM AdultSch/109  
 066054 12/9 Fr 9:00PM - 11:00AM AdultSch/201  
 066055 12/12 Mo 4:30PM - 7:00 PM AdultSch/109

Additional dates may be added.  
Please check mvla.net/AS for updates.

## CTE - CAREER TECHNICAL EDUCATION

### 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](http://mvla.net/AS) for updates. **Upcoming orientation dates:** August 5, 12, 19, 29; Sept 9, 30; October 3, 21; November 7, 18, 28; December 9, 12. 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](http://mvla.net/AS). Check page 3 and [mvla.net/AS](http://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 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):**

063064

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

8/23-11/3, no class on 9/5 (9 weeks) AdultSch/Room 200

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

NNAAP exam fee of \$120

#### **Evening Program:**

063065

Mon-Thu 4:30 PM-8:30PM

8/23-12/7, no class 9/5, 11/11, 11/21-24 (14 weeks)

AdultSch/Room 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: Imperio/Lagundino

These workshops are in-person classes held at MVLA Adult School. In the event of a school closure, the classroom-based workshops will transition to an online distance learning platform, via Zoom, with additional coursework provided via Google Classroom. 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 will email additional course information to students prior to the first day of class.

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
12/2	Fri	8:00AM-2:30PM	063326	Room 200	Imperio	<b>Infection Control</b>	6	\$39
12/9	Fri	8:00AM-2:30PM	063327	Room 200	Imperio	<b>Environmental Safety and CNA Safety</b>	6	\$39
12/12 12/13	Mon /Tue	5:30PM-8:30PM	063328	Room 200	Lagundino	<b>Resident Safety and Mobility</b>	6	\$39
12/19 12/20	Mon /Tue	5:30PM-8:30PM	063329	Room 200	Lagundino	<b>Interpersonal Relationships and Communication</b>	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 Dates: 8/26, 9/9.

062654 8/26 Fri 9:00AM-1:00PM AdultSch/200 \$70  
062655 9/9 Fri 9:00AM-1:00PM AdultSch/200 \$70

### Acute Care Program (100+ hrs)

This program prepares the long term care nursing assistant to function at a competent level in the acute care setting. The course builds upon previously-learned CNA skills and consists of a lecture and practicum component. Depending on the facility, clinical training may start as early as 7:00AM, and urine and drug screening may be requested. Masks strongly recommended. Instructor: Criselda Imperio.

Current CNA certificate required. Students need to wear navy blue scrubs and solid white shoes at all times and must provide proof of valid TB test and immunizations. Flu shot required between October and April.

Day Program:  
060216 Mon-Thu 8:00AM-2:30PM  
11/7-12/15, no class on 11/21-24 (5 weeks)  
AdultSch/Room 200 \$260



## CTE - CAREER TECHNICAL EDUCATION

### 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](http://mvla.net/AS). Check page 3 or [mvla.net/AS](http://mvla.net/AS) for upcoming dates and information. Medical Terminology Fundamentals course is highly recommended.

064278 Tue/Thu 5:30 – 8:30PM  
9/13-11/17 (10 weeks)  
AdultSch/Room 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](mailto:Maliheh.Vafai@mvla.net)  
(650) 940-1333 x4013

#### **Medical Terminology**

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: Staff.

#### **Medical Terminology**

063424 Fri 9:00AM-12:00PM  
9/2-12/16, no class on  
11/11, 11/25 AdultSch/Room 109 \$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](http://mvla.net/AS) for upcoming dates and to register. Medical Terminology is highly recommended.

#### **Fall Day Program:**

062036 Mon-Fri 8:00AM-2:30PM 8/23-12/16  
no class 9/5, 11/11, 11/21-25 (17 weeks)  
AdultSch/Room 202

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

## CTE - CAREER TECHNICAL EDUCATION

## 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.

060425 Mon-Thu 8:00AM-12:00PM  
10/17-12/15, no class 11/21-24 (8 weeks)  
AdultSch/Room 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.

066223 Mon-Thu 8:00AM-12:00PM  
8/23-10/13, no class 9/5  
AdultSch/Room 201 \$175

## BUSINESS AND FINANCE

	FA 2022	WI/SP 2023
<b>Foundational Courses</b>		
Small Business Administration		✓
<b>Certificate Programs</b>		
<b>General Accounting Clerk Certificate:</b>		
Accounting 1A	✓	✓
Accounting 1B	✓	✓
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.*





# CTE - CAREER TECHNICAL EDUCATION

## 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.

061834 Mon/Wed 5:30-9:00PM  
8/24-10/12 no class 9/5 (8 weeks)  
AdultSch/Room 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.

060711 Tue/Thu 5:30-9:00PM  
8/23-10/13 (7 weeks)  
AdultSch/Room 201 \$70

### Accounting 1B: Principles of Small Business Accounting

Prerequisite: 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.

061837 Mon/Wed 5:30-9:00PM  
10/17-12/14, no class 11/21, 11/23 (7 weeks)  
AdultSch/Room 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.

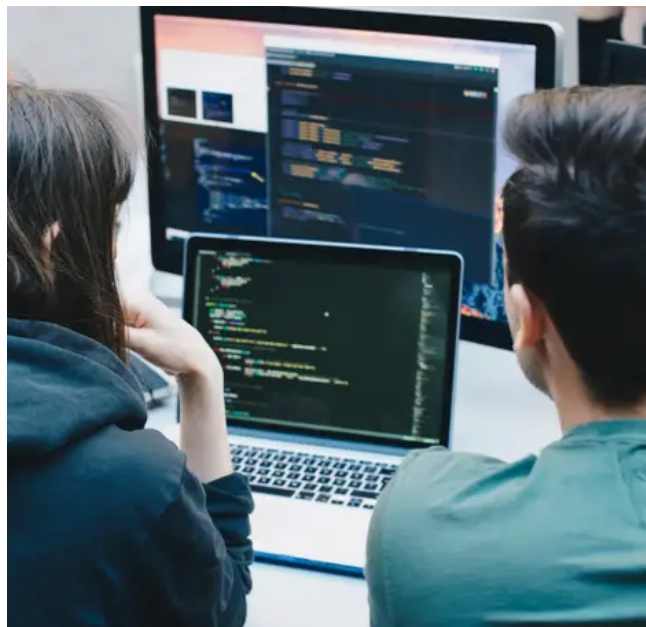
Required texts and materials: Students must purchase a textbook or eBook: *Computer Accounting with QuickBooks 2021*, Donna Kay, ISBN: 9781259917004.

064020 Tue/Thu 5:30-9:00PM  
10/18-12/15, no class 11/22, 11/24 (8 weeks)  
AdultSch/Room 201 \$70

## CTE - CAREER TECHNICAL EDUCATION

## INFORMATION AND COMMUNICATION TECHNOLOGIES

	FA 2022	WI/SP 2023
<b>Foundational Courses</b>		
<b>Coding Academy:</b>		
Introduction to Java		✓
Introduction to the Python Programming Language	✓	✓
Intermediate Python Programming	✓	TBD
Adobe Photoshop		✓
Web Design Fundamentals with HTML, CSS and JavaScript	✓	
<b>Certificate Programs</b>		
<b>New</b> Introduction to Cloud Computing in Amazon Web Services (AWS)	✓	
Google Applied Digital Skills – Entry Level Project Management	✓	✓



### 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: David Malpica.

Day Program: 060907 Mon/Wed 6:00PM-9:00PM  
8/24-10/19, no class 9/5 (8 weeks)  
AdultSch/Room 105 \$70

### Intermediate Python Programming

This course offers proficiency in the core concepts of Python, and the skills and knowledge for building applications using any of the hundreds of thousands of task-specific Python libraries. The curriculum includes flow control, function protocols, exception handling, functional programming, all built-in data types, sequence manipulations, object-oriented features: classes and inheritance, building applications, decorators and dynamic coding.

Prerequisite: Previous programming knowledge is required. It is ideal for any technically curious individual looking to learn a high-in-demand, dynamic programming language. Masks strongly recommended. Instructor: David Malpica

062753 Mon/Wed 6:00PM -9:00PM  
10/24-12/21, no class 11/21, 11/23 (8 weeks)  
AdultSch/Room 105 \$70



# CTE - CAREER TECHNICAL EDUCATION

## 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: Tamzida Momen.

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.

061107 Tue/Thu 9:00AM-12:00PM  
8/30-11/17 (12 weeks)  
AdultSch/Room 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: Tamzida Momen.

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. Instructor



will email meeting and course-related information to students prior to the first day. Prerequisites: High School Diploma or GED recommended

DL069413 Tue/Thu 5:30PM-8:30PM  
8/30-12/6, no class on 11/22, 11/24 (13 weeks)  
Zoom Online \$70

### **Web Design Fundamentals with HTML, CSS, and JavaScript**

This course introduces the essential concepts and approaches in web design. Students will learn the essentials of the three fundamental technologies that drive it: HTML, CSS, and JavaScript. They will also learn how to put them into practice by designing a fully functioning site with most of the major web components. Topics include understanding the Internet and websites, using HTML to structure the website content, styling content and creating page layout with CSS, creating navigation, linking to other pages, creating basic web forms with JavaScript, creating a responsive site, and uploading and testing the website. Prerequisite: Basic computer literacy. Masks strongly recommended. Instructor: Bethany Wang.

060906 Tue/Thu 6:00PM-9:00PM  
8/30-10/13, (8 weeks)  
AdultSch/Room 105 \$70



# ESL FALL 2022

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

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

Fall ESL classes begin at MVLA Adult School on Tuesday, August 23 (adult school) and Monday, August 29 (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 9/5, 11/11, 11/21-11/25, 12/23-12/30.

## **REQUIRED FOR NEW STUDENTS ESL Orientation and Placement Tests August 16**

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.

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 starting August 3. Residents of all other cities can register for the placement test starting August 10.

Orientation and testing are offered in 3 sessions:

**9:00AM - 12:00PM**

**12:30PM - 3:30PM**

**6:00PM - 9:00PM**

Your testing session will include some general information about our school and program. You should be available to stay for up to 3 hours for the entire process. It may not take that long, however if you are signed up for a testing slot (for example, 9:00AM), you may need to wait until we can interview you for English class (up until 12:00PM).



# ESL - ENGLISH AS A SECOND LANGUAGE



Note: We do not guarantee anyone a class even if you contact us or take the placement test. The screening process and test are given to determine if we have an English class available at a level that is right for you. Please DO NOT sign up for testing if you know that your English level is higher than our program. You will not be assigned to a class.

Additional testing dates in 2022 will be listed on our website at [mvla.net/AS](http://mvla.net/AS)

Students who would like the senior-focused ESL classes can test at the Mountain View Senior Center on Friday, August 26. Interested students can call (650) 940-1333 or email: [mvlaeslprogram@gmail.com](mailto: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 starting August 3. Residents of all other cities can register for the test starting August 10.**

If you have completed the ESL program at another California Adult School, you have taken many years of English classes as part of your elementary and secondary education (6 or more), or you have taken college or university classes in your country or the USA, our classes will not meet your needs. Please DO NOT sign up for testing as you will not get a place in a class. Please visit our partner colleges ([fhda.edu](http://fhda.edu) or [foothill.edu](http://foothill.edu)) for more advanced ESL options. We cannot offer classes to students who are visiting California for short-term stays.



## FOR CONTINUING STUDENTS

Continuing (already enrolled) students will return to ESL classes on Tuesday, August 23. 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 recommended).

Thu 12:30-3:30PM starts 8/25 - AdultSch/203  
Mon 6:00-9:00PM starts 8/29 - Zoom Online

Study important information about American history, government, culture, and geography. Practice answering questions for the citizenship interview. Students should enroll at least 3 months before sending in their application for U.S. citizenship. Instructor: Sandy Cutshall. No class 9/5, 11/21, 11/24, 12/26, 12/29.

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 you should be a permanent resident eligible for U.S. citizenship and be planning to send your application in the next year. Classes are taught at an Intermediate English level. Please contact [mvlaeslprogram@gmail.com](mailto:mvlaeslprogram@gmail.com) or (650) 940-1333 after August 3 if you are interested in signing up for either class. Masks strongly recommended for all in-person classes.

## MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

# HIGH SCHOOL & GED PROGRAMS

Please check [as.mvla.net/Registration/Programs/GED/index.html](https://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](mailto:danielle.dinh@mvla.net) or (650) 940-1333, ext. 4104.

### **High School Diploma - Free Program for Adults** ***Starts Tue 8/23/22 – 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](mailto:marina.sandoval@mvla.net). **Note: All diploma programs meet district and state requirements. Masks 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 9/5, 11/11, and 11/21-25

### **Concurrent Enrollment/Credit Recovery** ***Starts Tue 8/23/22 – 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 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 9/5, 11/11, and 11/21-25

### **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**

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.

Pre-GED Day Program – Open Entry/Exit

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

8/23-12/22, no class 9/5, 11/11, and 11/21-25

AdultSch/106

Pre-GED Evening Program – Open Entry/Exit

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

8/23-12/22, no class 9/5, 11/11, and 11/21-25

AdultSch/106

### **GED Test Preparation – Free Program for Adults** ***Starts Tue 8/23/22 – 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.** Students may begin registering for the online orientation starting August 15, 2022. Visit [mvla.net/AS](https://mvla.net/AS) to access our online registration site. **Masks strongly recommended.**

GED Day Program – Open Entry/Exit

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

8/23-12/22, no class 9/5, 11/11, and 11/21-25

AdultSch/106

GED Evening Program – Open Entry/Exit

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

8/23-12/22, no class 9/5, 11/11, and 11/21-25

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](https://ged.com). Please visit [https://ged.com/about\\_test/scheduling/](https://ged.com/about_test/scheduling/) for more information on GED Testing. **Masks strongly recommended for all in-person testing.**





## PARENT & FAMILY EDUCATION

### Mountain View Parent Nursery School (MVPNS)

Call (408) 883-KIDS or visit [mvpns.org](http://mvpns.org) to learn more about our programs and enrollment for the 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, Diane Hart, 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 at the end of each session.

Tue 3:00-5:00PM  
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:

Tue/Thu classes for 2/young 3s 8:55AM-11:25AM  
Tue/Thu classes for 2.5/young 4s 8:55AM-11:45AM  
MVPNS

#### Three day classes

Mon/Wed/Fri for 3.5/4/young 5s 8:55AM-11:45AM  
Mon/Wed/Thu for 3.5/4/young 5s 12:40PM-3:30PM  
MVPNS

### 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



## MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

# COMMUNITY INTEREST & OLDER ADULTS

MVLA Adult School is offering in-person classes for Community Interest & Older Adults classes in Fall 2022. Visit [mvla.net/AS](http://mvla.net/AS) to access our online registration site. Masks are strongly recommended for all in-person classes.

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

### 55+ COMPUTER AND TECHNOLOGY SKILLS

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](mailto:sharon.walker@mvla.net).

089200 Mon/Wed 9:00AM-11:00AM  
09/12-09/28 (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. Prerequisites: Students must have proficiency with using a mouse. Masks strongly recommended. Instructor: Sharon Walker, [sharon.walker@mvla.net](mailto:sharon.walker@mvla.net).

089300 Mon/Wed 9:00AM-11:00AM  
10/03-10/19 (6 meetings), Mtn View Senior Ctr/  
Technology Room  
Age 55+ \$48/other \$68

#### Smartphone Photography

This course introduces the basics of using your 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. Prerequisites: Students must bring a smartphone to class.

089500 Mon/Wed 9:00AM-10:30AM  
11/14-12/07 (6 meetings), No class 11/21, 11/23 Mtn  
View Senior Ctr/Technology Room  
Age 55+ \$70/other \$90

#### Introduction to iPad

This course introduces iPads to students who have little or no experience with iPads. We will cover 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. We will also spend some time covering 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. Prerequisites: Students must bring an iPad to class.

089400 Mon/Wed 9:00AM-10:30AM  
10/24-11/09 (6 meetings),  
Mtn View Senior Ctr/Technology Room  
Age 55+ \$70/other \$90



## COMMUNITY INTEREST & OLDER ADULTS

### 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 we will discuss current science and technology topics, and how they may impact us. 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.

089700 Tue 6:00PM-7:30PM  
09/13-10/18 (6 meetings),  
Zoom Online  
Age 55+ \$50/other \$70

089701 Tue 6:00PM-7:30PM  
10/25-12/06 (6 meetings), No class 11/22  
Zoom Online  
Age 55+ \$50/other \$70

### ARTS & CRAFTS



#### 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 Tue 1:00PM-2:30PM  
09/13-10/18 (6 meetings), Mtn View Senior Ctr/  
Meeting Room  
Age 55+ \$80/other \$100

#### Beading, Advanced

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

087101 Tue 1:00PM-2:30PM  
10/25-12/06 (6 meetings), No class 11/22  
Mtn View Senior Ctr/Meeting Room  
Age 55+ \$80/other \$100

#### Calligraphy: Using Iridescent Inks for Calligraphy on Dark Paper

This class is for all levels of calligraphers as it is a short introduction to lettering. We will be trying out the inks that are iridescent on dark papers to notice the glow it gives to your writing. Even if you have not taken calligraphy before, there will be exercises in which everyone will succeed. You will need a Speedball C-2 nib and pen holder or a 3.8 Parallel Pen with cartridges for the first class. Masks strongly recommended. Instructor: Sara Loesch-Frank

084000 Thu 9:00AM-12:00PM  
09/29-10/20 (4 meetings),  
Mtn View Senior Ctr/Arts & Crafts  
Age 55+ \$84/other \$104

#### Calligraphy: From Romans to Blackletter Capitals for Greeting Cards in Calligraphy

Welcome to the world of capital letters and how they evolved. Students can use Parallel pens and cartridges for the lettering. From the classic elegance of the Roman shapes to blackletter, you will be sure to find a style that suits your needs. Practice paper such as Marker paper works well and a pencil is good for taking notes. Masks strongly recommended. Instructor: Sara Loesch-Frank

084002 Thu 9:30AM-12:00PM  
10/27-12/08 (6 meetings), No class 11/24  
Mtn View Senior Ctr/Arts & Crafts  
Age 55+ \$84/other \$104



## COMMUNITY INTEREST & OLDER ADULTS

### ARTS & CRAFTS



#### Japanese Flower Arranging, Ikebana

Study the philosophy, harmony and balance of the Sogetsu School Ikebana. Learn the beauty of simple line, 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  
09/13-10/18 (6 meetings),  
Mtn View Senior Ctr/Arts & Crafts  
Age 55+ \$78/other \$98

081112 Thu 1:00PM-3:30PM  
09/15-10/20 (6 meetings),  
Mtn View Senior Ctr/Arts & Crafts  
Age 55+ \$78/other \$98

081113 Tue 9:30AM-12:00PM  
10/25-12/13 (6 meetings), No class 11/1, 11/22  
Mtn View Senior Ctr/Arts & Crafts  
Age 55+ \$78/other \$98

081114 Thu 1:00PM-3:30PM  
10/27-12/15 (6 meetings), No class 11/3, 11/24  
Mtn View Senior Ctr/Arts & Crafts  
Age 55+ \$78/other \$98

### CURRENT EVENTS



#### Current Affairs (Hybrid In person/ Long Distance)

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. Masks strongly recommended. Instructor: Sylvia Halloran

087213 Mon 1:00PM-3:00PM  
09/13-10/18 (5 meetings),  
Mtn View Senior Ctr/Arts & Crafts  
Age 55+ \$52/other \$72

087214 Mon 1:00PM-3:00PM  
10/25-12/06 (5 meetings), No class 11/21  
Mtn View Senior Ctr/Arts & Crafts  
Age 55+ \$52/other \$72

### LANGUAGE ARTS & LANGUAGES

#### Finnish Language

From Start to Finnish, join us in 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. Masks strongly recommended. Instructor: Tuula Beals, [tuula.beals@mvla.net](mailto:tuula.beals@mvla.net).

500511 Tue 7:00PM-9:00PM  
09/13-10/18 (6 meetings),  
Los Altos High School/Room 307  
Age 55+ \$63/other \$83

500512 Tue 7:00PM-9:00PM  
10/25-12/06 (6 meetings), No class 11/22  
Los Altos High School/Room 307  
Age 55+ \$63/other \$83



# COMMUNITY INTEREST & OLDER ADULTS

## LANGUAGE ARTS & LANGUAGES

### **Creative Writing Workshop (Hybrid In person/ Long Distance)**

Maximize your creative energy and growth within a supportive and encouraging forum of fellow writers. Be inspired to pursue new projects or bring your 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  
09/14-10/19 (6 meetings),  
Mtn View Senior Ctr/Arts & Crafts  
Age 55+ \$75/other \$95

089412 Wed 6:00PM-8:00PM  
09/14-10/19 (6 meetings),  
Mtn View Senior Ctr/Arts & Crafts  
Age 55+ \$75/other \$95

089413 Wed 10:00 AM-12:00 PM  
10/26-12/07 (6 meetings), No class 11/23  
Mtn View Senior Ctr/Arts & Crafts  
Age 55+ \$75/other \$95

089414 Wed 6:00 PM-8:00 PM  
10/26-12/07 (6 meetings), No class 11/23  
Mtn View Senior Ctr/Arts & Crafts  
Age 55+ \$75/other \$95

### **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 Wed 2:00PM-4:00PM  
09/14-10/19 (6 meetings),  
Zoom Online  
Age 55+ \$87/other \$107

DL084111 Wed 2:00PM-4:00PM  
10/26-12/07 (6 meetings), No class 11/23  
Zoom Online  
Age 55+ \$87/other \$107

### **French, Intermediate I (Distance Learning)**

Prerequisite: Completion of Beginning French. 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 *Viens voir!* (ISBN: 0673 - 216284) 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.

DL084115 Fri 1:00PM-3:00PM  
09/16-10/21 (6 meetings),  
Zoom Online  
Age 55+ \$87/other \$107

DL084116 Fri 1:00PM-3:00PM  
10/28-12/09 (5 meetings), No class 11/11, 11/25  
Zoom Online  
Age 55+ \$87/other \$107

## COMMUNITY INTEREST & OLDER ADULTS

### LANGUAGE ARTS & LANGUAGES

#### French, Everyday French for Beginners A1 (Distance Learning)

If you are looking for a dynamic class that covers all the aspects of the language, (oral and written skills) with a minimum of grammar and a maximum of interaction in French, this short 6 week class is for you. 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 virtual (free) meeting (30 minutes maximum) in English where the instructor will briefly explain the program, answer any questions and make sure this is the right class for you.

See [youtu.be/f8D61vFWZMc](https://youtu.be/f8D61vFWZMc) 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), 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](mailto:veronique.strange@mvla.net).

DL054100 Thu 5:00PM-6:30PM  
09/15-10/20 (6 meetings),  
Zoom Online  
Age 55+ \$60/other \$80

DL054101 Thu 5:00PM-6:30PM  
10/27-12/08 (6 meetings), No class 11/24  
Zoom Online  
Age 55+ \$60/other \$80

#### French, Everyday French for Intermediate A2 (Distance Learning)

If you are looking for a dynamic class that covers all aspects of the language, (oral and written skills) with a minimum of grammar and a maximum of interaction in French, this short 6 week class is for you. Students will continue following the lives of all the characters from Totem 1. This course is for a student who has had beginner classes of French already and wishes to progress quickly and get more confidence. 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 virtual (free) meeting (30 minutes maximum) in English where the instructor will briefly explain the program, answer any questions and make sure this is the right class for you.

See [youtu.be/f8D61vFWZMc](https://youtu.be/f8D61vFWZMc) 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](mailto:veronique.strange@mvla.net).

DL054200 Thu 6:45PM-8:15PM  
09/15-10/20 (6 meetings),  
Zoom Online  
Age 55+ \$60/other \$80

DL054201 Thu 6:45PM-8:15PM  
10/27-12/08 (6 meetings), No class 11/24  
Zoom Online  
Age 55+ \$60/other \$80





## COMMUNITY INTEREST & OLDER ADULTS

### French, Conversation (Distance Learning)

Prerequisite: Completion of Intermediate French. 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@9gmail.com.

DL084103 Wed 9:30AM-11:30AM  
09/14-10/19 (6 meetings),  
Zoom Online  
Age 55+ \$87/other \$107

DL084105 Wed 9:30AM-11:30AM  
10/26-12/07 (6 meetings), No class 11/23  
Zoom Online  
Age 55+ \$87/other \$107

### French, Advanced Conversation (Distance Learning)

After our free-form conversation of the first hour, we are reading a historical novel based on the life of a naturalized American philanthropist, sailor, merchant, banker, native of Bordeaux who lived through the American Revolution, the French Revolution, the yellow fever in Philadelphia, etc. He personally saved the U.S. government from financial collapse during the War of 1812, and became one of the wealthiest people in America. New students, please email the instructor for details about the book.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application. Instructor: Veronique Strange, veronique.strange@mvla.net.

DL084100 Tue 2:00PM-4:00PM  
09/13-10/18 (6 meetings),  
Zoom Online  
Age 55+ \$87/other \$107

DL084101 Tue 2:00PM-4:00PM  
10/25-12/06 (6 meetings), No class 11/22  
Zoom Online  
Age 55+ \$87/other \$107

### 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. We 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  
09/29-10/20 (4 meetings),  
Los Altos High School/Room 302  
Age 55+ \$87/other \$107

502716 Thu 6:30PM-8:30PM  
10/27-12/08 (6 meetings), No class 11/24 Los Altos  
High School/Room 302  
Age 55+ \$87/other \$107

### German, Intermediate

Prerequisite: Beginning German or equivalent. Students will continue to learn the principles of grammar and usage, practice dialogues, and discover the culture of German-speaking countries. We will use the textbook *Passwort Deutsch 2* (ISBN: 9783126764131). Masks strongly recommended. Instructor: Dorith Endler, dorith.endler@mvla.net.

502720 Mon 6:30PM-8:30PM  
09/26-10/17 (4 meetings),  
Los Altos High School/Room 302  
Age 55+ \$87/other \$107

502721 Mon 6:30PM-8:30PM  
10/24-12/05 (6 meetings), No class 11/21  
Los Altos High School/Room 302  
Age 55+ \$87/other \$107

### German Conversation

Willkommen! Do you want to speak German? Contribute about whatever you are interested in and talk about texts, songs, and poems from German speaking countries. Masks strongly recommended. Instructor: Dorith Endler, dorith.endler@mvla.net.

084701 Wed 1:30PM-3:30PM  
09/28-10/19 (4 meetings),  
Mtn View Community Ctr/Cedar Room  
Age 55+ \$87/other \$107

084702 Wed 1:30PM-3:30PM  
10/26-12/07 (6 meetings), No class 11/23  
Mtn View Community Ctr/Cedar Room  
Age 55+ \$87/other \$107

## COMMUNITY INTEREST &amp; OLDER ADULTS

**Italian, Beginning 1**

If you learn this beautiful language you 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 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.

088001 Mon 9:30AM-11:30AM  
09/12-10/10 (5 meetings),  
Mtn View Community Ctr/Cedar Room  
Age 55+ \$72/other \$92

088002 Mon 9:30AM-11:30AM  
10/24-12/05 (6 meetings), No class 11/21  
Mtn View Community Ctr/Cedar Room  
Age 55+ \$72/other \$92

**Italian, Intermediate 1**

Prerequisites: Italian Beginning (students should be already very familiar with the full content of the Textbook *Arrivederci! 1* and the first 3 chapters of *Arrivederci! 2* or have the equivalent knowledge of alphabet, articles, nouns, adjectives, present tense and perfect tense of regular and irregular verbs, reflexive verbs, simple and complex prepositions, possessive adjectives, colors, seasons, time, numbers, direct and indirect object pronouns). This class is designed for students who want to master their ability acquired in previous classes. In a positive learning environment, you will be expanding your vocabulary and learning more grammatical structures and expressions in varied contexts, for oral and written communication. The course will include many conversational activities to prepare students to communicate effectively in many real-life situations. Please buy the required textbook: *Arrivederci! 2* Libro dello studente e quaderno degli esercizi + CD, by Colombo, Faraci, De Luca; Edilingua Edition. Masks strongly recommended. Instructor: Stefania Filigheddu, stefania.filigheddu@gmail.com.

088012 Fri 9:30AM-11:30AM  
09/16-10/14 (5 meetings),  
Mtn View Community Ctr/Cedar Room  
Age 55+ \$72/other \$92

088013 Fri 9:30AM-11:30AM  
10/28-12/09 (5 meetings), No class 11/11, 11/25  
Mtn View Community Ctr/Cedar Room  
Age 55+ \$72/other \$92

**Italian, Advanced 1**

Prerequisite: 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. Using a conversational approach in a comfortable and enjoyable atmosphere, you will continue to expand your vocabulary and learn more complex grammatical structures and expressions in varied contexts. Students will develop communicative proficiency of the target language in speaking, listening, reading, and writing. Please buy online the textbook: *Un Giorno in Italia 2* by Chiappini, De Filippo, ISBN 9788875733926. Masks strongly recommended. Instructor: Stefania Filigheddu, stefania.filigheddu@gmail.com.

088030 Wed 9:30AM-11:30AM  
09/21-10/19 (5 meetings), Mtn View Community Ctr/  
Cedar Room  
Age 55+ \$72/other \$92

088031 Wed 9:30AM-11:30AM  
11/02-12/07 (5 meetings), No class 11/23 Mtn View  
Community Ctr/Cedar Room  
Age 55+ \$72/other \$92

**Memoirs Writing (Hybrid In-person/Long Distance)**

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

This is 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.

089511 Thu 1:00PM-3:00PM  
09/15-10/20 (6 meetings),  
Mtn View Senior Ctr/Multi B  
Age 55+ \$75/other \$95

089512 Fri 10:00AM-12:00PM  
09/16-10/21 (6 meetings),  
Mtn View Community Ctr/Maple Room  
Age 55+ \$49/other \$69



## COMMUNITY INTEREST & OLDER ADULTS

089513 Thu 1:00PM-3:00PM  
10/27-12/08 (6 meetings), No class 11/24  
Mtn View Senior Ctr/Multi B  
Age 55+ \$75/other \$95

089514 Fri 10:00AM-12:00PM  
10/28-12/09 (5 meetings), No class 11/11, 11/25  
Mtn View Community Ctr/Maple Room  
Age 55+ \$49/other \$69

### Spanish, Beginning IA

This course is designed to help each student carry on basic conversations with the instructor and other students in the target language. Throughout this course students will acquire cultural knowledge of Latin cultures and differences and similarities with American culture. In addition, this course will provide students with basic knowledge of grammar and will help them gain confidence and fluency when speaking the target language. 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.

501201 Thu 6:00PM-7:20PM  
09/15-10/20 (6 meetings),  
Los Altos High School/Room 306  
Age 55+ \$51/other \$71

### Spanish, Beginning IB

This class is a continuation of Beginning Spanish IA. In this course students will feel more comfortable when speaking with others and the teacher. Students will continue their language acquisition as they work on more complex verb tenses. This is a fun and relaxed class that allows students to practice their skill in real life situations. Prerequisite: Beginning Spanish IA or equivalent. Textbooks: *¡Exprésate! Spanish 2* (ISBN: 9780030453229) and *¡Exprésate! Spanish 2 Cuaderno de vocabulario y gramática* (ISBN: 9780030744976). Used books can be purchased online at a low price. Instructor: Sarah Hsu. Masks strongly recommended. Instructor: Sarah Hsu.

501205 Thu 7:25PM-8:45PM  
09/15-10/20 (6 meetings),  
Los Altos High School/Room 306  
Age 55+ \$51/other \$71



### Spanish, Beginning IIA

This class is a continuation of Beginning Spanish IA. In this course students will feel more comfortable when speaking with others and the teacher. Students will continue their language acquisition as they work on more complex verb tenses. This is a fun and relaxed class that allows students to practice their skill in real life situations. Prerequisite: Beginning Spanish IA or equivalent.

Textbooks: *¡Exprésate! Spanish 2* (ISBN: 9780030453229) and *¡Exprésate! Spanish 2 Cuaderno de vocabulario y gramática* (ISBN: 9780030744976). Used books can be purchased online at a low price. Instructor: Sarah Hsu. Masks strongly recommended. Instructor: Sarah Hsu.

501204 Thu 6:00PM-7:20PM  
11/03-12/15 (6 meetings), No class 11/24  
Los Altos High School/Room 306  
Age 55+ \$51/other \$71

### Spanish, Beginning IIB

This course is a continuation of Intermediate Spanish IIA. 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.

501207 Thu 7:25PM-8:45PM  
11/03-12/15 (6 meetings), No class 11/24  
Los Altos High School/Room 306  
Age 55+ \$51/other \$71



## COMMUNITY INTEREST &amp; OLDER ADULTS

## MUSIC &amp; 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. Masks strongly recommended. Instructor: Jean Elvin. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

083320 Wed 4:15PM-5:30PM  
09/14-10/19 (6 meetings),  
Mtn View Senior Ctr/Dance & Movement  
Age 55+ \$49/other \$69

083321 Wed 4:15PM-5:30PM  
10/26-11/16 (4 meetings),  
Mtn View Senior Ctr/Dance & Movement  
Age 55+ \$49/other \$69

**Holiday Happiness, Learn Social Ballroom and Nightclub Dances**

Enjoy eight weeks of basic steps and step patterns featured in ballroom, Latin, and social dances. Couples and singles welcome. Masks strongly recommended. Instructors: Ellen Murray and Gene Esswein. The MVLA Adult school and the class instructors assume no responsibility for any injuries arising from participating in this class.

801100 Mon 7:30PM-8:45PM  
09/12-10/17 (6 meetings),  
Mtn View Senior Ctr/Social Hall  
Age 55+ \$58/other \$78

801101 Mon 7:30PM-8:45PM  
10/24-12/05 (6 meetings), No class 11/21  
Mtn View Senior Ctr/Social Hall  
Age 55+ \$58/other \$78

**Beginners for Broadway!**

Wish you could dance? Join us as we 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. Masks strongly recommended. Instructor: Marnie Ridgway, am\_consulting@usa.net. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

082910 Tue/Thu 12:00PM-1:00PM  
09/13-10/20 (12 meetings),  
Mtn View Senior Ctr/Dance & Movement  
Age 55+ \$93/other \$113

082911 Tue/Thu 12:00PM-1:00PM  
10/25-12/08 (12 meetings), No class 11/22,11/24  
Mtn View Senior Ctr/Dance & Movement  
Age 55+ \$93/other \$113

**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 choreography will be taught to incorporate new movements. Wear comfortable clothing and either dance shoes or bare feet. No dance experience required. Masks strongly recommended. Instructor: Paula Villa Infante, paula.villa@gmail.com. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

0800025 Mon 7:30PM-8:30PM  
09/12-10/17 (6 meetings),  
Mtn View Senior Ctr/Dance & Movement  
Age 55+ \$45/other \$65

0800026 Mon 7:30PM-8:30PM  
10/24-12/05 (6 meetings), No class 11/21  
Mtn View Senior Ctr/Dance & Movement  
Age 55+ \$45/other \$65

**Chorus**

Join our fun performing chorus: all abilities welcome. Learn vocalizing and sight-singing techniques in a range of music styles (including sacred) to perform during the holidays. To sing in holiday concerts, you must sign up for both sessions. Instructor: Marnie Ridgway, am\_consulting@usa.net. Please note that we will go through Wednesday, Dec. 14th, to accommodate all of our holiday concerts.

080521 Wed 9:30AM-11:30AM  
09/14-10/19 (6 meetings),  
Mtn View Senior Ctr/Multi A  
Age 55+ \$38/other \$58

080522 Wed 9:30AM-11:30AM  
10/26-12/07 (6 meetings), No class 11/23  
Mtn View Senior Ctr/Multi A  
Age 55+ \$38/other \$58



## COMMUNITY INTEREST & OLDER ADULTS



### Hula, All Levels

Learn to Sway Da Island Way with Kumu Makalea! Beginner to Advanced students learn traditional Hula incorporated with language, history, and culture of the islands. Beginner students will learn basic technique (feet & hands) and Intermediate/Advanced students will be challenged to the next level of their Hula technique. Students need to bring a binder with tabs and binder paper, and pen or pencil. Suggested clothing: non logo black t-shirt, pa'u or pareau (wrap). A handout of specific expectations will be given in class. Please email the instructor directly if you have any questions. Masks strongly recommended. Instructor: Makalea Kim-Darmer, pahulaohana@gmail.com. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

801813 Tue 7:00PM-8:00PM  
09/13-10/11 (5 meetings),  
Mtn View Senior Ctr/Dance & Movement  
Age 55+ \$72/other \$92

801814 Tue 7:00PM-8:00PM  
10/25-12/06 (6 meetings), No class 11/22  
Mtn View Senior Ctr/Dance & Movement  
Age 55+ \$72/other \$92

### Moving to the Oldies

Get your groove on to music from the 50s and 60s! Low-impact, non-twisting exercise with hand weights (optional) to improve balance and breathing. Masks strongly recommended. Instructor: Marnie Ridgway, am\_consulting@usa.net. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

082920 Wed 12:15PM-1:15PM  
09/14-10/19 (6 meetings),  
Mtn View Senior Ctr/Dance & Movement  
Age 55+ \$38/other \$58

082921 Wed 12:15PM-1:15PM  
10/26-12/07 (6 meetings), No class 11/23  
Mtn View Senior Ctr/Dance & Movement  
Age 55+ \$38/other \$58

### Workout on Broadway!

Tired of the same old exercise regimen? Join us as we dance our way into fitness to the sounds of Broadway and popular music. No taps. Masks strongly recommended. Instructor: Marnie Ridgway, am\_consulting@usa.net. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

082901 Tue/Thu 1:15PM-2:30PM  
09/13-10/20 (12 meetings),  
Mtn View Senior Ctr/Dance & Movement  
Age 55+ \$93/other \$113

082902 Tue/Thu 1:15PM-2:30PM  
10/25-12/08 (12 meetings), No class 11/22,11/24  
Mtn View Senior Ctr/Dance & Movement  
Age 55+ \$93/other \$113

### 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: Staff

81321 Wed 1:30PM-4:30PM  
09/14-10/19 (6 meetings),  
Mtn View Senior Ctr/Multi A  
Age 55+ \$38/other \$58

81322 Wed 1:30PM-4:30PM  
10/26-12/07 (6 meetings), No class 11/23  
Mtn View Senior Ctr/Multi A  
Age 55+ \$38/other \$58



## COMMUNITY INTEREST &amp; OLDER ADULTS

## NEEDLE ARTS &amp; SEWING

**Knitting Workshop, All Levels**

Have you ever faced a "brick wall" with a knitting project? Come join others who are looking for solutions. Learn to read directions successfully. Projects incorporating a variety of knitting techniques will be offered. Beginners will need a skein (ball) of cotton yarn and either #7 or #8 knitting needles, preferably a 16" circular needle. Masks strongly recommended. Instructor: Caroline Hui, caroline.hui@mvla.net.

087311 Tue 1:00PM-3:00PM  
09/13-10/18 (6 meetings),  
Mtn View Community Ctr/Maple Room  
Age 55+ \$55/other \$75

087312 Tue 1:00PM-3:00PM  
10/25-12/06 (6 meetings), No class 11/22  
Mtn View Community Ctr/Maple Room  
Age 55+ \$55/other \$75

**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  
09/14-10/19 (6 meetings),  
Mtn View Community Ctr/Maple Room  
Age 55+ \$55/other \$75

087412 Wed 1:15PM-3:15PM  
10/26-12/07 (6 meetings), No class 11/23  
Mtn View Community Ctr/Maple Room  
Age 55+ \$55/other \$75

PHYSICAL FITNESS & LIFESTYLE  
WELLNESS**Chair Yoga**

Chair Yoga is a gentle form of yoga where students perform postures and breathing exercises with the aid of a chair, either sitting or standing using a chair for support. Students can experience many benefits of yoga without having to get up or down from the floor, including increased balance, strength, flexibility, range of motion, and stress reduction. All you need for the Chair Yoga experience is a chair, towel, and yoga block. It is important to wear loose, comfortable clothing when doing yoga. Please take off any jewelry and metal items, and tie hair back loosely. You also need to stay warm after your session. Masks strongly recommended. Instructor: Shadi Haghi, shadihaghi1@gmail.com. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

600401 Thu 7:00PM-8:00PM  
09/15-10/20 (6 meetings),  
Mtn View Senior Ctr/Multi A  
Age 55+ \$75/other \$95

600402 Thu 7:00PM-8:00PM  
10/27-12/08 (6 meetings), No class 11/24  
Mtn View Senior Ctr/Multi A  
Age 55+ \$75/other \$95

**Feldenkrais Awareness Through Movement**

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

083311 Fri 10:00AM-11:15AM  
09/16-10/21 (6 meetings),  
Mtn View Senior Ctr/Multi A  
Age 55+ \$43/other \$63

083312 Fri 10:00AM-11:15AM  
10/28-12/09 (5 meetings), No class 11/11, 11/25  
Mtn View Senior Ctr/Multi A  
Age 55+ \$43/other \$63





# COMMUNITY INTEREST & OLDER ADULTS

## PHYSICAL FITNESS & LIFESTYLE WELLNESS

### Hatha Yoga

This class is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. Based on the ancient fitness science of Hatha Yoga, the class blends balance, strength, flexibility, and power in a fitness format. All you need for the Hatha Yoga experience is a towel, mat, and yoga block. It is important to wear loose, comfortable clothing when doing yoga. Please take off any jewelry and metal items, and tie hair back loosely. You also need to stay warm after your session. Masks strongly recommended. Instructor: Shadi Haghi, shadihaghi1@gmail.com. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

600330 Thu 6:00PM-7:00PM  
09/15-10/20 (6 meetings),  
Mtn View Senior Ctr/Multi A  
Age 55+ \$56/other \$76

600331 Thu 6:00PM-7:00PM  
10/27-12/08 (6 meetings), No class 11/24  
Mtn View Senior Ctr/Multi A  
Age 55+ \$56/other \$76

### Hike for Health

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

089600 Thu 9:00AM-1:30PM  
09/15-10/20 (6 meetings),  
Bridges Community Church/FC Room 112  
Age 55+ \$57/other \$77

089601 Thu 9:00AM-1:30PM  
10/27-12/08 (6 meetings), No class 11/24  
Bridges Community Church/FC Room 112  
Age 55+ \$57/other \$77



### 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. Masks strongly recommended. Instructor: Master Anthony Wong, wongwaiyi@hotmail.com. 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.

601121 Tue 6:15PM-7:30PM  
09/13-10/18 (6 meetings),  
Mtn View Senior Ctr/Social Hall  
Age 55+ \$67/other \$87

601122 Tue 6:15PM-7:30PM  
10/25-12/13 (6 meetings), No class 11/15, 11/22  
Mtn View Senior Ctr/Social Hall  
Age 55+ \$67/other \$87

## COMMUNITY INTEREST & OLDER ADULTS

### Tai Chi and Applications, Chen Style - Intermediate

This class will continue the Chen-style Taijiquan form, the intentions and details for various movements will be presented in this class. The Chen-style Taijiquan form is soft and graceful with strong rooted stands that will help students to develop strength, balance, coordination and an understanding of basic Taiji principles. Masks strongly recommended. Instructor: Master Anthony Wong, wongwaiyi@hotmail.com. 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.

601123 Tue 7:30PM-8:45PM  
09/13-10/18 (6 meetings),  
Mtn View Senior Ctr/Social Hall  
Age 55+ \$67/other \$87

601124 Tue 7:30PM-8:45PM  
10/25-12/13 (6 meetings), No class 11/15, 11/22  
Mtn View Senior Ctr/Social Hall  
Age 55+ \$67/other \$87

### Zumba Gold

Come join us for exciting Latin and international dance rhythms created in the original Zumba and designed for the Older Adult. Includes Merengue, Salsa, Cha Cha, Cumbia, Calypso, and Rock and Roll. This program provides the participant with a safe and effective total body workout! It's fun, different, easy, and effective, and great for the mind, body, and soul. No previous dance experience required. Masks strongly recommended. Instructor: Alejandra Picollo, alejandrapicollo822@gmail.com. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

082400 Tue 6:15PM-7:15PM  
09/13-10/18 (6 meetings),  
Mtn View Senior Ctr/  
Multi A  
Age 55+ \$68/other \$88

082401 Tue 6:15PM-7:15PM  
10/25-12/06 (6 meetings), No class 11/22  
Mtn View Senior Ctr/Multi A  
Age 55+ \$68/other \$88



### Zumba, Latin Aerobic Dance Exercise

Zumba combines high energy and motivating Latin music with easy-to-follow dance steps. This feel-happy workout (twice weekly) is great for the body and the mind! Routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone/ sculpt the body and maximize caloric output, fat burning, and total body toning. Masks strongly recommended. Instructor: Alejandra Picollo, alejandrapicollo822@gmail.com. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

801609 Mon/Thu 6:00PM-7:00PM  
09/12-10/20 (12 meetings),  
Mtn View Senior Ctr/Social Hall  
Age 55+ \$120/other \$140

801610 Mon/Thu 6:00PM-7:00PM  
10/24-12/08 (12 meetings), No class 11/21, 11/24  
Mtn View Senior Ctr/Social Hall  
Age 55+ \$120/other \$140



# STUDENT SUPPORT SERVICES

## TECHNOLOGY SUPPORT FOR STUDENTS

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 access your class online resources? MVLA's Technology Advocate team can help!

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

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

### Technology Advocate Drop-In Office Hours

Onsite Mornings:

M, Tu, F: 11:30AM-12:30PM Location: Room 105

Onsite Drop-In Evening

Tu: 5:00PM-6:00PM Location: Room 105

Online Drop-In via Zoom: Tu: 7:00PM-8:00PM

Please email [gilbert.seegmiller@mvla.net](mailto:gilbert.seegmiller@mvla.net) for the Zoom invitation link

## 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 and registration is required. Visit [mvla.net/AS](http://mvla.net/AS) for a list of upcoming workshop dates and to register online. Workshops will be held both in-person at MVLA Adult School and online via Zoom. For online workshops, 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. Registered participants will receive the Zoom link 24 hours prior to the workshops, as well as step-by-step instructions for how to download and install the Zoom application. Please email instructor Gilbert Seegmiller at [gilbert.seegmiller@mvla.net](mailto:gilbert.seegmiller@mvla.net) if you are having difficulty or need help with downloading the software.

### 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:

604502 8/23 Tu 6:30-7:30PM.....AdultSch/Room 105  
604119 8/25 Th 12:00-1:00PM.....AdultSch/Room 106  
604120 8/25 Th 3:30-4:30PM.....AdultSch/Room 106  
604121 8/26 Fr 12:00-1:00PM.....AdultSch/Room 106

604122 8/29 Mo 3:30-4:30PM.....AdultSch/Room 106  
604602 8/30 Tu 6:30-7:30PM.....AdultSch/Room 105

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



## 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](https://cdss.ca.gov/calworks) or the Mountain View Santa Clara County Social Services Agency: [sccgov.org/sites/ssa/financial-assistance/Pages/calworks-program.aspx](https://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](mailto:jim.wong@mvla.net)  
Text: (408) 766-4368

Office hours:  
M-W-F 11:30AM-1:00PM  
Tu-Th, 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/Transition-Advising-and-Career-Services/>

Gina Riccitelli, Transition Adviser  
Office: (650) 940-1333 x4014 / [gina.riccitelli@mvla.net](mailto: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](https://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!

604104 9/8 Thu 12:15PM-1:30PM AdultSch/201  
604105 10/12 Wed 12:15PM-1:30PM AdultSch/201

### Resume Workshop

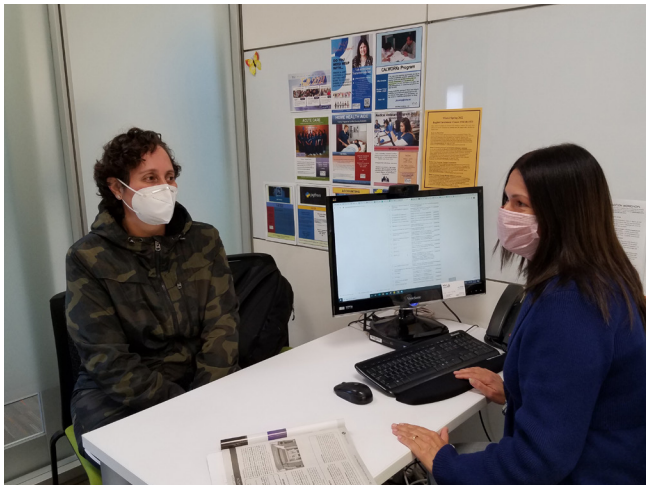
What makes an effective resume? Learn how to write a resume that will get you noticed. In this workshop, you will get to work on your own resume or create a new one.

603205 Wed 9/14 12:15PM-1:30PM AdultSch/201  
603205 Thu 11/3 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.

603404 Thu 10/6 12:15PM-1:30PM AdultSch/201  
603405 Wed 11/9 12:15PM-1:30PM AdultSch/201



## TRANSITION ADVISER OFFICE HOURS AND APPOINTMENTS

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 can be made by email, phone, or online.

Contact our Transition Adviser Gina Riccitelli:

[gina.riccitelli@mvla.net](mailto:gina.riccitelli@mvla.net)

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

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

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

<https://as.mvla.net/Services/Transition-Advising-and-Career-Services/>

## MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

# REGISTRATION INFORMATION

### REGISTRATION BEGINS AUGUST 12

Registration for ESL placement test begins August 3 for Mountain View, Los Altos, and Los Altos Hills residents.

**Note:** Registration for Career Technical Education classes is ongoing. Visit [mvla.net/as](http://mvla.net/as) or call (650) 940-1333

The MVLA Adult School is offering both In-person and Hybrid/Distance Learning classes for Fall 2022. 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](http://mvla.net/as) or call (650) 940-1333.

### ONLINE REGISTRATION

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

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

**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](mailto:leyla.benson@mvla.net)



# MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

## 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



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

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



National Center for  
Competency Testing



American Medical Certification Association





MVLAAdultSchool



(650) 940-1333



333 Moffett Blvd  
Mountain View CA 94043

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

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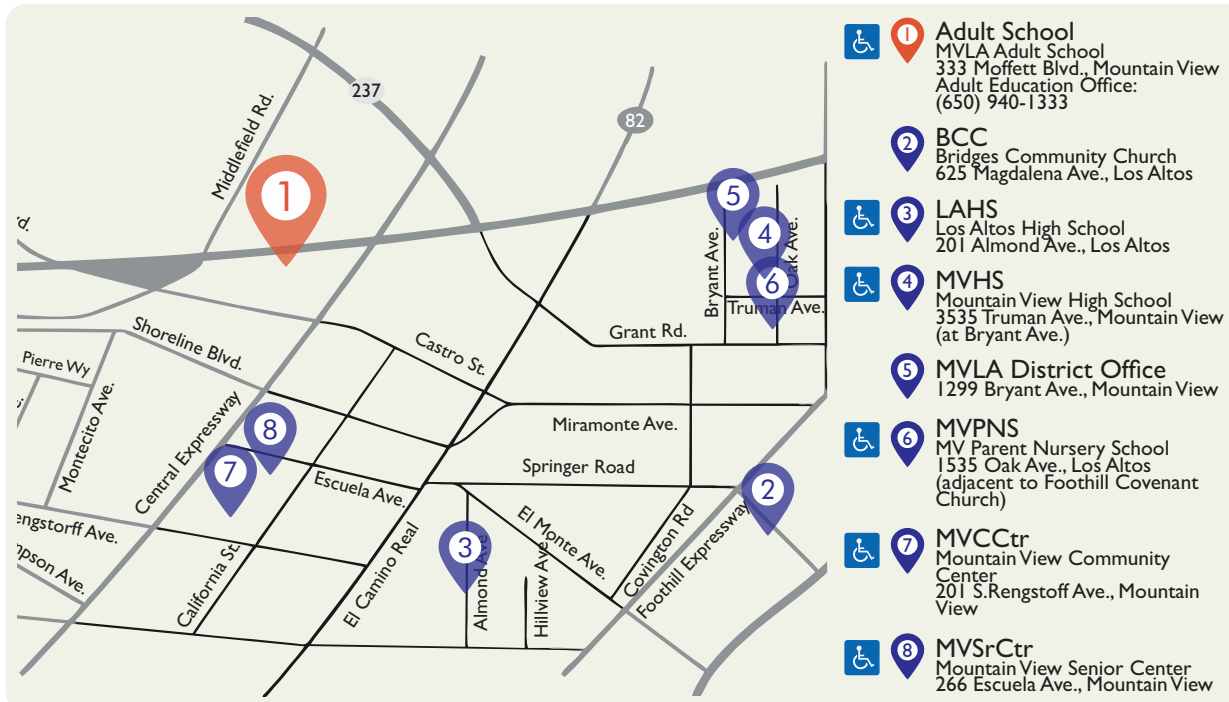
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Mtn . View-Los Altos  
High School District

RESIDENTIAL CUSTOMER

ECRWSS

**MVLA**  
ADULT SCHOOL  
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ADULT SCHOOL & CLASS LOCATIONS

**MVLA**  
ADULT SCHOOL