

Mountain View Los Altos Adult School

Summer 2020 Distance Learning

Registration begins May 15th



MVLA
ADULT SCHOOL
Learning for a Lifetime

(650) 940-1333
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Director's Message – Summer 2020



The past two months have been filled with many changes that have significantly impacted our daily lives. As you have already heard, out of an abundance of caution and following recommendations from the Santa Clara County Public Health Department and the Governor's extension of the shelter in place order, MVLA Adult School will remain physically closed through the summer. Our MVLA team has worked tirelessly to transition from in-classroom instruction to learning in a virtual environment. Our teachers have stepped up to the challenge of continuing to serve our local community through thoughtfully planned flexible distance learning options. I am grateful and proud to be part of a school and community that puts their students first.

MVLA Adult School's summer session begins June 8th with an exciting array of new distance learning options in Career Technical Education, English as a Second Language, and Community Interest. Educate and elevate yourself by expanding your knowledge and technology skills. Interested in entry-level Program Management? Try our Google Applied Digital Skills distance learning course. Prepare for a career in business and finance through our new online Accounting classes. Ready to take the next step in your healthcare career? Take one of our distance learning Continuous Education Units (CEU) workshops to expand your knowledge and renew your license. Looking to develop a new interest? Enrich yourself by learning a new language through a teacher-led Zoom class. Engage in thought provoking discussion with others through our new online Current Affairs class, or improve overall health and wellness through gentle exercise and personal coaching classes taught online.

Remember that learning is for a lifetime at MVLA Adult School. If you can't come to us, we will come to you to provide continuous education in the comfort of your own home. Please be well and stay safe!

Brenda Harris, PhD
Director, MVLA Adult School
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Mountain View Los Altos Adult School

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Summer 2020 Calendar

Summer 2020 registration begins
Friday, May 15

Note: Registration for Career Technical Education classes is ongoing – go to mvla.net/AS and click the Registration link

Summer 2020 session
June 8 - July 24

Career Technical Education programs
May 29 - August 7

Holidays/no classes
May 25, July 3

Check mvla.net/AS in August for updates on the Fall 2020 session.

How to Register

Due to the extended physical school closure, the MVLA Adult School is **only offering online, distance learning (DL) classes for Summer 2020, and can only offer online registration** for classes.

Online Registration begins May 15th!

Go to mvla.net/AS and click the Registration link. We accept VISA or MasterCard.

If you encounter any issues during the registration process, please email 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 25.

Career Technical Education

MVLA Adult School offers comprehensive training programs and career pathways in the following industry sectors: health science and medical technology, business and finance, and information and communication technologies. During the physical school closure, MVLA Adult School has temporarily transitioned some CTE courses to online distance learning platforms, including Zoom and Google Classroom. Registered students will receive information about the online platform via email prior to the start of their course or program. 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.

Registration and enrollment for Career Technical Education classes is ongoing, year-round. For Summer 2020, course registration is **online only**. Please visit mvla.net/AS and click the Registration link to access our online registration site.

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 25 of this catalog.

For more information about our Career Technical Education programs contact our Program Coordinator at catherine.rosillo@mvla.net.

HEALTH SCIENCE AND MEDICAL TECHNOLOGY

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 for Fall and Winter/Spring sessions). 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 re-opens and skills lab/classroom are accessible. Additional course information will be provided to students during the first week of the program. Free mandatory resume workshop. Job placement assistance provided. Instructor: Criselda Imperio.

This is an online distance learning program and meetings will be held via Zoom and 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 meeting information to students prior to the first day of class.

Prerequisites: Students must attend an orientation and pass a reading test prior to registering for this program. Register for an orientation online at mvla.net/AS. See orientation dates on page 3 or check mvla.net/AS for additional dates and information.

Medical Terminology Fundamentals course (page 4) is highly recommended.

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

Day Program ("Fast Track"):

DL063053 6/1-8/6 (10 weeks)

Live Zoom Lecture: Mon-Thu 8:00-10:30AM

Google Classroom/Additional Coursework/Office Hours: 10:30AM-2:30PM, with 30-minute break

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

Career Technical Education

HEALTH SCIENCE AND MEDICAL TECHNOLOGY



Certified Nursing Assistant (CNA) / Medical Assistant (MA) Orientation (Prerequisite for Enrollment)

Students may register in the Certified Nursing Assistant program after they have attended orientation and passed a reading test (test information TBD). 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. Most orientations will be held online; check schedule below. 8/20 orientation may be changed to online should the physical school closure be extended. All orientations are free of charge. Register online.

064005	5/18	Mon	10:00AM-12:00PM	Online
064001	6/19	Fri	10:00AM-12:00PM	Online
064002	7/17	Fri	10:00AM-12:00PM	Online
064003	8/7	Fri	10:00AM-12:00PM	Online
064004	8/20	Thu	9:30AM-12:00PM	AdultSch/201

Online orientations will be held via Zoom. 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. Students will receive meeting information via email prior to the scheduled day of orientation.

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 1 (one) paid day within two 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.

This classroom-based course is temporarily being offered on a distance learning platform. Meetings will be held 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 meeting information and student login for Google Classroom 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 two days before the workshop date.

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

Online instruction includes live Zoom lecture and additional coursework through Google Classroom.

Date	Day	Time	Class #	Instructor	Topic	CEUs	Location	Fee
5/29	Fri	8:00AM-2:30PM	063279	Imperio	Infection Control	6	Online	\$39
6/26	Fri	8:00AM-2:30PM	063280	Imperio	Environmental Safety and CNA Safety	6	Online	\$39
7/24	Fri	8:00AM-2:30PM	063281	Spenker	Interpersonal Relationships and Communication	6	Online	\$39

Career Technical Education

HEALTH SCIENCE AND MEDICAL TECHNOLOGY

Medical Terminology Fundamentals (Recommended for all healthcare students)

This online distance learning fundamental course is designed for all students seeking a career in the healthcare field. The course will focus on introducing students to the vocabulary used by medical professionals in medical offices, hospitals, skilled nursing facilities, and other health 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. Instructor: Tamara Rood-Spenker, RN.

This course is highly recommended for anyone planning to enroll in the Certified Nursing Assistant, Medical Assistant, Medical Records Specialist, and Medical Office Assistant programs or any healthcare-related training.

This online distance learning course will be held via Zoom and 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 meeting information to students prior to the first day of class.

DL063417 6/5-7/17 (7 weeks) \$70
Live Zoom Lecture: Fri 9:00AM-12:30PM
Google Classroom/Kahoot!/Additional Coursework/
Office Hours: Fri 12:30-1:00PM

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 skill sessions, as well as successful performance in skill and knowledge evaluations. Please bring a towel or sheet (to lie on the floor) and wear comfortable clothing. Instructor: Kimberly Kunde.

This class will be held at the MVLA Adult School, Room 201. Class subject to cancellation should the physical school closure be extended.

062644 8/28 Fri 9:00AM-1:00PM 4 hours \$55



Career Technical Education

BUSINESS AND FINANCE

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 022. Students can earn 5.0 credits upon completion of both classes.



Accounting 1A: Principles of Small Business Accounting

This online distance learning 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. **You must complete both *Accounting 1A* and *Accounting 1B* to receive a general Accounting I certificate.** Instructor: Dr. Abebe Gelagay.

Textbook: Students must purchase a NEW textbook with an access code for the online interactive features: *College Accounting, Fifteenth Edition*, Price, Haddock, Farina, ISBN: 9781259995163. This textbook covers both *Accounting 1A* and *Accounting 1B* courses.

This online distance learning course will be held via Zoom and McGraw Hill Connect online platforms. 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 registered students Zoom meeting information and online course link prior to the first day of class.

DL061822 6/15-7/2 (3 weeks) \$70
Live Zoom Lecture: Mon-Thu 9:00-10:30AM
McGraw Hill Connect/Additional Coursework/
Office Hours: Mon-Thu 10:30AM-12:00PM

Accounting 1B: Principles of Small Business Accounting

Prerequisite: *Accounting 1A*. This online distance learning 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. **You must complete both *Accounting 1A* and *Accounting 1B* to receive a general Accounting I certificate.** Instructor: Dr. Abebe Gelagay.

Textbook: Students must purchase a NEW textbook with an access code for the online interactive features: *College Accounting, Fifteenth Edition*, Price, Haddock, Farina, ISBN: 9781259995163. This textbook covers both *Accounting 1A* and *Accounting 1B* courses.

This online distance learning course will be held via Zoom and McGraw Hill Connect online platforms. 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 registered students Zoom meeting information and online course link prior to the first day of class.

DL061823 7/6-7/30 (4 weeks) \$70
Live Zoom Lecture: Mon-Thu 9:00-10:30AM
McGraw Hill Connect/Additional Coursework/
Office Hours: Mon-Thu 10:30AM-12:00PM



Career Technical Education

BUSINESS AND FINANCE

Payroll Records and Procedures

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

Textbook: Students must purchase a NEW textbook with an access code for the online interactive features: *Payroll Accounting, 2019 Edition*, Bieg/Toland (ISBN: 9781337619769).

This online distance learning course will be held via Zoom and McGraw Hill Connect online platforms. 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 registered students Zoom meeting information and online course link prior to the first day of class.

DL060706 6/16-7/30 (7 weeks) \$70
Live Zoom Lecture: Tue/Thu 12:30-2:00PM
McGraw Hill Connect/Additional Coursework/
Office Hours: Tue/Thu 2:00-3:30PM



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 online distance learning 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. Instructor: Dr. Abebe Gelagay.

Textbook: Students must purchase a NEW textbook with an access code for the online interactive features: *Computer Accounting with QuickBooks 2018*, Donna Kay (ISBN: 9781260496291).

This online distance learning course will be held via Zoom and McGraw Hill Connect online platforms. 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 registered students Zoom meeting information and online course link prior to the first day of class.

DL064015 6/15-7/29 (7 weeks) \$70
Live Zoom Lecture: Mon/Wed 12:30-2:00PM
McGraw Hill Connect/Additional Coursework/
Office Hours: Mon/Wed 2:00-3:30PM

Career Technical Education

INFORMATION AND COMMUNICATION TECHNOLOGIES

Google Applied Digital Skills – Entry Level Project Management

This online distance learning 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 video and 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 have developed research-based decision-making skills, and will be able to collaborate digitally to communicate successfully with others. The course also covers programming basics and debugging as well as implementing algorithms. Instructor: Tamara Rood-Spenker.

Prerequisites: Computer literacy and basic typing skills, High School Diploma/GED desired. **Computer literacy includes:** knowing USERNAME and PASSWORD to Gmail account being used for curriculum as well as sending and replying to emails from instructor.

This online distance learning course will be held via Zoom and/or Google Hangouts. 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 information to students prior to the first day of class.

DL069408 5/27-7/29 (10 weeks) \$70
Live Zoom Lecture: Mon/Wed 9:00-11:00AM
Additional Coursework/Office Hours:
Mon/Wed 11:00AM-12:00PM

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, online distance learning 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. Instructor: Tamzida Momen.

Textbook or E-book: Students must purchase *Python Crash Course, 2nd Edition: A Hands-On, Project-Based Introduction to Programming*, Eric Matthes (ISBN: 9781593279288).

This online distance learning course will be held via Zoom and 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 meeting information to students prior to the first day of class.

DL062724 6/2-7/23 (8 weeks) \$70
Live Zoom Lecture: Tue/Thu 9:00-11:00AM
Google Classroom/Additional Coursework/
Office Hours: Tue/Thu 11:00AM-12:00PM



ESL – English as a Second Language

SUMMER 2020

We will be offering online ESL classes this summer over a six-week period, June 16-July 23, 2020. These classes are free.

Classes will be organized by language level from Beginning Literacy to Advanced. Classes will meet online either in the **morning** (Tues/Wed/Thurs, 10:00-11:30AM) or **evening** (Tues/Wed/Thurs, 6:30-8:00PM). There will be additional work for students to complete on their own outside of class. Classes begin for students on Tuesday, June 16.

These are online classes and meetings will be held via Zoom. 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.

Placement Testing for Online Summer Classes via Zoom: By appointment Thursday, June 4 and Friday, June 5

Sign up for a testing slot **before June 1** by contacting sarah.krajewski@mvla.net. Appointments will be made for testing on June 4 and 5 on a first-come, first served basis. We do not guarantee anyone an English class even if you take the online placement test. The pre-screening process and online placement test are given to determine if we have a class available at a level that is right for you.

ESL CLASSES

Online placement test **required**. Beginning Literacy through Advanced.

6/16-7/23 (6 weeks)
Tues, Wed, Thu 10:00-11:30AM
Tues, Wed, Thu 6:30-8:00PM
(students choose either morning or evening Zoom sessions)



ENGLISH ENRICHMENT CLASS (Advanced Students Only)

This class is designed for advanced ESL students or students who score above advanced on our ESL placement test. Students may not register after the first week of class. This is an online class that will be conducted via Zoom. Register online at mvla.net/AS.

Speak Up, Speak Out

Practice your conversation skills and build confidence in speaking in English. This course will give you lots to talk about including current events/news as well as everyday topics such as healthcare, school, job search, etc. Vocabulary, grammar, and pronunciation tips will help you improve your fluency. Also, you will be asked to give a 5-minute presentation including leading Q&A with the class about your chosen topic. There will be lots of opportunities to break out into pairs/smaller groups on Zoom. Instructor: Sharon Gloster, elcbyseg@gmail.com.

DL500303 Tue/Thu 10:30AM-12:00PM
6/16-7/16 (5 weeks) \$84

ESL – English as a Second Language

CITIZENSHIP PREPARATION **(Intermediate-level ESL or above)**

If you are interested in online U.S. Citizenship Preparation class, please contact teachersandycmv@gmail.com. This is an online class and meetings are held via Zoom. 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. These classes are free.

Citizenship Preparation

Study important information about American history, government, culture, and geography. Practice answering questions for the citizenship interview.
Instructor: Sandy Cutshall.

Class will meet via Zoom every other week in the evening (Monday) and afternoon (Thursday). Students can attend either three or six class meetings, according to their own schedules.

Mondays 6/15, 6/29, 7/13 6:00-7:30PM

Thursdays 6/25, 7/9, 7/23 1:00-2:30PM



FALL 2020

Please check mvla.net/as/esl in August for information about Fall 2020 ESL and Citizenship classes.

High School & GED Programs

For information about any of our programs, contact our Assistant Director at julie.vo@mvla.net.

High School Online Summer School (Deadline for applications is May 15th)

Summer online courses will be offered to district high school students who meet the eligibility criteria below. Students must register online and submit an application to their counselor no later than Friday, May 15th.

Applications for Health

Counselor approval is NOT needed to submit applications for Health. ALL district students must email the application to ariel.rojas@mvla.net.

New Service Delivery Model

Online Summer School will be offered through a 100% Distance Learning format.

Students will receive a confirmation email once their application has been approved by their counselor and received by our Online Summer School staff. Confirmed students will be **required to participate in an online orientation** prior to starting their class. Details regarding this online orientation will be sent to the student's email. **Orientation must be completed by June 9, 2020.**

Students are NOT required to come in for testing.

Students can access teachers for academic support during our **Online Office Hours Mon-Fri 9:00AM-3:00PM.**

Eligibility

Summer School courses will be prioritized for: Non-graduating seniors, rising seniors, and incoming juniors. **Incoming 11th and 12th graders** will receive priority enrollment in **Health for advancement**.

Note: With the exception of Health, courses offered in Summer Session 2020 will be remediation courses only.

ONLINE SUMMER SCHOOL SESSION DATES

Session 1: Wed 6/10 – Tue 6/23

Session 2: Wed 6/24 – Wed 7/8 (no school 7/3)

Session 3: Thu 7/9 – Wed 7/22

For more information, to register online, and to download a fillable PDF application, go to mvla.net/AS/HSD/Summer.



High School & GED Programs

Please check mvla.net/AS in August for Fall 2020 updates on the following programs:

High School Diploma Program for Adults (All diploma programs meet district and state requirements)

Mountain View Los Altos Union 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 generally through online coursework or online/regular teaching meetings (blended model). 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, sealed transcript is required before beginning the program. This program is unavailable in the summer. Classes will start again in the fall. Please check mvla.net/AS in August for Fall 2020 updates.

Concurrent Enrollment/Credit Recovery

MVLA Adult School offers part-time high school coursework to currently attending MVLA UHSD high school 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.

Young Parents Program – YPP

Pregnant? Parenting? Join other teens or young adults in finishing your high school diploma or preparing for the GED test. Direct instruction, group work, and online coursework. Program includes on-site childcare, transportation, and parenting education. Free. Instructor: Staff. This program is unavailable in the summer. Classes will start again in the fall. Please check mvla.net/AS in August for Fall 2020 updates.

GED Test Preparation Classes

Pre-GED and GED classes are unavailable in the summer. Classes will start again in the fall. Please check mvla.net/AS in August for the latest updates on Fall 2020 GED orientation and course information.

GED Testing

MVLA Adult School is an official Pearson VUE computer-based GED test center. Please check mvla.net/AS in August for the latest updates on Fall 2020 GED testing.



Parent & Family Education

Mountain View Parent Nursery School (MVPNS)

Call (408) 883-KIDS or visit mvpns.org to learn more about our programs and enrollment for the 2020-2021 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, Mindy Lieberman, Rachel Martensson, Sandy McKeithan, and Shannon Wilkowski.

Parent and Child Classes: The Toddler

Child must be 15 months old by September 1st. 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. (Thu. 3:00-5:00PM or Fri. 8:45-10:45AM)

Parent and Child Classes: The Two Year Old

Child must be 2 years old by September 1st. The child and parent spend one 2.5-hour session a week together in a school setting. The schedule includes explorative and imaginative play, art, fine and gross motor activities, and music and movement. There will be a parenting lecture and class discussion at the end of each session. (Mon. or Wed. morning)

Parent Participation Preschool:

The Two, Three, Four and Five Year Old

Children must be 2 or 3, or 4 years old for prospective classes by September 1. Classes are held 2 or 3 or 4 days per week for 2.5 or 3 hours per session depending on age. Parents are required to work in 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 for 2/Y3's, and 3/Y4's. Three day classes for 3/Y4's and 4/Y5's. Four day classes for 4/Y5's.



Community Interest & Older Adults Distance Learning

Due to the extended physical school closure, the MVLA Adult School is **only offering online, distance learning (DL) classes for Summer 2020, and can only offer online registration** for classes. Visit mvla.net/AS to access our online registration site.

Looking to develop a new interest or stay connected with our classroom community? Our instructors are offering an exciting array of NEW distance learning classes this summer! Enrich yourself by learning a new language or skill through a teacher-led Zoom class. Engage in thought provoking discussion with others through our new online Current Affairs class. Improve overall health and wellness through gentle exercise, dance, and personal coaching classes taught online in the comfort of your own home.

Please read the individual class descriptions for online platform information and technical requirements. Feel free to contact instructors if you have any questions about their distance learning classes.

All Summer 2020 Community Interest & Older Adults Distance Learning classes are eligible for a discount for students aged 55 and older.

CURRENT EVENTS, HISTORY & GENEALOGY

Current Affairs

A discussion-based class that deals with federal, state, and local issues. Is the American glass half-empty or half-full? Questions about the economy, individual rights, and many other issues will be presented and discussed. Instructor: Jack Cormode, john.cormode@mvla.net.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Students can also connect to meetings via a landline (audio only). Contact instructor for more details.

DL087213 Mon 1:00-2:30PM
6/8 – 7/20, no class 7/6 (6 weeks)
Age 55+ \$42/others \$62

LANGUAGE ARTS & LANGUAGES

Creative Writing, Beginning

Explore your creativity with words! Online class is perfect for writers who have time for an evening class. Finish—or begin—your novel, improve your language skills, discover your capabilities; share your writing for praise and suggestions from a supportive and encouraging circle of fellow creators. Instructor: Sylvia Halloran, sylvia.halloran@mvla.net.

This is an online class and meetings will be held via Zoom, which allows participants to be heard and seen on-screen. 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. Students can also connect to meetings via a landline (audio only). Contact instructor for more details.

DL089611 Wed 7:00-9:00PM
6/10 - 7/22 (7 weeks)
Age 55+ \$79/others \$99

Creative Writing Workshop

Maximize your creative energy and growth within an online 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 welcome! Instructor: Sylvia Halloran, sylvia.halloran@mvla.net.

This is an online class and meetings will be held via Zoom, which allows participants to be heard and seen on-screen. 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. Students can also connect to meetings via a landline (audio only). Contact instructor for more details.

DL089411 Wed 1:00-3:00PM
6/10 - 7/22 (7 weeks)
Age 55+ \$79/others \$99

Community Interest & Older Adults Distance Learning

French, Beginning I

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). Instructor: Pary Sarraf, pary.sarraf@gmail.com.

Enjoy learning French in the comfort of your home! This is an online class and meetings will be held via Zoom. Students will receive a Zoom invitation via email prior to the first class meeting. Students will need to download and install the Zoom app on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL084110 Wed 2:30-4:30PM

6/10 - 7/22 (7 weeks)

Age 55+ \$79/others \$99

French, Beginning II

Prerequisite: minimum two quarters of French or equivalent. Students will increase vocabulary knowledge and improve conversational skills in guided activities. They will continue to learn grammar and enhance listening comprehension, and will develop pronunciation through reading exercises. The students will also become more familiar with French culture and customs. Purchase *Dis-moi!* textbook online (ISBN: 0673216276). Instructor: Pary Sarraf, pary.sarraf@gmail.com.

Enjoy learning French in the comfort of your home! This is an online class and meetings will be held via Zoom. Students will receive a Zoom invitation via email prior to the first class meeting. Students will need to download and install the Zoom app on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL084112 Fri 1:00-3:00PM

6/12 - 7/24, no class 7/3 (6 weeks)

Age 55+ \$68/others \$88

French, Intermediate I

Prerequisite: Completion of Beginning Level. Students will increase vocabulary knowledge through reading and listening exercises. They will improve conversational skills by following guided activities. They will continue reinforcing mastery of grammar and improving syntax. The students will enhance knowledge of French culture and customs. Purchase books online: *Viens Voir!* textbook (ISBN: 0673216284) and workbook (ISBN: 0673350460). Instructor: Pary Sarraf, pary.sarraf@gmail.com.

Enjoy learning French in the comfort of your home! This is an online class and meetings will be held via Zoom. Students will receive a Zoom invitation via email prior to the first class meeting. Students will need to download and install the Zoom app on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL084115 Mon 12:00-2:00PM

6/8 - 7/20 (7 weeks)

Age 55+ \$79/others \$99

French, Conversation

Prerequisite: Completion of Intermediate Level. 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 matters. Course material will be provided by the instructor.

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

Enjoy learning French in the comfort of your home! This is an online class and meetings will be held via Zoom. Students will receive a Zoom invitation via email prior to the first class meeting. Students will need to download and install the Zoom app on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL084103 Wed 9:30-11:30AM

6/10 - 7/22 (7 weeks)

Age 55+ \$79/others \$99

Community Interest & Older Adults Distance Learning

French Advanced Conversation

In this class we will be reading and discussing a crime novel by the French historian, archaeologist, and novelist Fred Vargas. Each week, several chapters of the novel as well as the matching episodes of an audio adaptation will be assigned to read/listen to at home. Students will prepare a set of questions on the reading/listening assignment to fuel the general discussion in weekly Zoom meetings. The story will unfold at a good pace and we will discover the murderer by the end of the session. New students: please contact the instructor to order the book. Instructor: Veronique Strange, veronique.strange@mvla.net.

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

DL084100 Tue 1:00-3:00PM
6/9 - 7/21 (7 weeks)
Age 55+ \$79/others \$99

German

Willkommen! Students will continue to use the textbook *Passwort Deutsch 1, A1* (ISBN: 9783126764100) from Lektion 5 onwards. Instructor: Dorith Endler, dorith.endler@mvla.net.

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

DL502700 Mon 6:00-7:30PM
6/8-7/20 (7 weeks)
Age 55+ \$59/others \$79

German Conversation

Willkommen! Do you want to speak German? Contribute in online Zoom meetings about whatever you are interested in. Instructor: Dorith Endler, dorith.endler@mvla.net.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to

students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL084701 Wed 1:30-3:00PM
6/10-7/22 (7 weeks)
Age 55+ \$59/others \$79

Italian Language for Beginners 2

Sequential to *Italian Language for Beginners 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 Italian language in simple and easy real-life situations. Using a conversational approach in a comfortable and enjoyable atmosphere, students will learn new basic vocabulary, grammatical structures, and expressions in various contexts. We will use the textbook *Arrivederci! 1 for English Speakers + Audio CD* (ISBN: 9789606931215). Instructor: Stefania Filigheddu, stefania.filigheddu@gmail.com.

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

DL088003 Mon 9:00-10:30AM
6/8-7/6 (5 weeks)
Age 55+ \$42/others \$62



Community Interest & Older Adults Distance Learning

Italian, Advanced 1

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. We will use the textbook, *Nuovo Contatto B1* (ISBN: 9788858308653). Instructor: Stefania Filigheddu, stefania.filigheddu@gmail.com.

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

DL088020 Fri 9:00-10:30AM

6/12-7/10 (5 weeks)

No class 7/3, class will meet on Thu 7/2 instead

Age 55+ \$42/others \$62

Memoirs Writing

Stimulate your thinking power 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. Instructor: Sylvia Halloran, sylvia.halloran@mvla.net.

This is an online class and meetings will be held via Zoom, which allows participants to be heard and seen on-screen. 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. Students can also connect to meetings via a landline (audio only). Contact instructor for more details.

Thursday class:

DL089513 Thu 1:00-3:00PM

6/11 - 7/23 (7 weeks)

Age 55+ \$79/others \$99

Friday class:

DL089511 Fri 10:00AM-12:00PM

6/12 - 7/24, no class 7/3 (6 weeks)

Age 55+ \$68/others \$88

Spanish, Beginning I (day)

Immerse yourself in the world of Spanish Language by learning basic sentences! Students will acquire and develop listening, speaking, reading, and writing skills as they also gain knowledge about cultural similarities and differences between the United States and the Spanish-speaking world. This is a fun, relaxed class and conversation is encouraged. Instructor: Kate Adams, kate.adams@mvla.net.

Textbooks: *Spanish Is Fun Book 1, Fifth Edition*, Heywood Wald (ISBN: 9781634199285), and its accompanying workbook (ISBN: 9781634199292), are available for purchase online.

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

Tuesday class:

DL086902 Tue 12:45-2:15PM

6/9-7/21 (7 weeks)

Age 55+ \$59/others \$79

Thursday class:

DL086903 Thu 12:45-2:15PM

6/11-7/23 (7 weeks)

Age 55+ \$59/others \$79



Community Interest & Older Adults Distance Learning

Spanish, Beginning IA (evening)

Immerse yourself virtually in a creative and engaging learning environment by learning basic sentences! Students will acquire and develop listening, speaking, reading, and writing skills as they also gain knowledge about cultural similarities and differences between the United States and the Spanish-speaking world. The curriculum includes basic vocabulary words related to the calendar, parts of the body, weather, numbers and basic sentence structure. This is a fun, relaxed class and conversation is encouraged. Instructor: Sarah Hsu, sarah.hsu@mvla.net.

Textbooks: *¡Exprésate! Spanish 1* (ISBN: 0030676789) and *¡Exprésate! Spanish 1 Cuaderno de actividades* (ISBN: 0030744660). Used books can be purchased online at a low price.

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

DL501201 Tue 4:45-6:45PM
6/9-7/21 (7 weeks)
Age 55+ \$79/others \$99

Spanish, Beginning IB (evening)

Prerequisite: *Beginning Spanish IA* or other beginning Spanish class. This class is a continuation of *Beginning Spanish IA*. Students will continue to gain fluency and improve their interpersonal communicative skills and confidence through interaction virtually with other classmates and the teacher. Students will also develop their linguistic skills as they continue to acquire knowledge of Spanish grammar. The curriculum includes verb tenses, such as the preterite and the imperfect, along with the use of Spanish commands. Students will also continue to gain appreciation of the Spanish cultures of our world. This is a fun, relaxed class where students are active participants in classroom activities that include singing, playing games, and total physical response activities online. Instructor: Sarah Hsu, sarah.hsu@mvla.net.

Textbooks: *¡Exprésate! Spanish 1* (ISBN: 0030676789) and *¡Exprésate! Spanish 1 Cuaderno de actividades* (ISBN: 0030744660). Used books can be purchased

online at a low price.

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

DL501205 Wed 4:45-6:45PM
6/10-7/22 (7 weeks)
Age 55+ \$79/others \$99

Spanish, Beginning II (day)

Prerequisite: *Beginning Spanish I* or other beginning Spanish class. Students will continue to acquire and develop listening, speaking, reading, and writing skills. Major grammatical structure of the present indicative, preterit and imperfect tense review, and introduction of future tense. If time allows, we will continue down the road. This is a fun, relaxed class and conversation is encouraged. Instructor: Kate Adams, kate.adams@mvla.net.

Textbooks: *Spanish Is Fun Book 1, Fifth Edition*, Heywood Wald (ISBN: 9781634199285), and its accompanying workbook (ISBN: 9781634199292), are available for purchase online.

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

DL086904 Thu 2:30-4:00PM
6/11-7/23 (7 weeks)
Age 55+ \$59/others \$79

Community Interest & Older Adults Distance Learning

Spanish, Beginning IIA (evening)

Prerequisite: *Beginning Spanish IB* or other beginning Spanish class. Students will continue to acquire and develop listening, speaking, reading, and writing skills. Major grammatical structure of the present indicative, preterit and imperfect tense review, and introduction of future tense. In this class, students start developing with confidence their speaking skills as they have already acquired a wide vocabulary through the exposure of the language in previous classes. During class, students engage in real life conversation. So, bring your interesting conversation topics and your good sense of humor and let's chat in Spanish! Instructor: Sarah Hsu, sarah.hsu@mvla.net.

Textbooks: *¡Exprésate! Spanish 2* (ISBN: 9780030453229) and *¡Exprésate! Spanish 2 Cuaderno de actividades* (ISBN: 0030744970). Used books can be purchased online at a low price.

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

DL501202 Tue 7:00-9:00PM
6/9-7/21 (7 weeks)
Age 55+ \$79/others \$99

Spanish, Beginning IIB (evening)

Prerequisite: *Beginning Spanish IIA* or equivalent. This class is a continuation of *Beginning Spanish IIA*. 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 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. This is a fun and relaxed class that allows students to practice their skill in real life situations. Instructor: Sarah Hsu, sarah.hsu@mvla.net.

Textbooks: *¡Exprésate! Spanish 2* (ISBN: 9780030453229) and *¡Exprésate! Spanish 2 Cuaderno de actividades* (ISBN: 0030744970). Used books can be purchased

online at a low price.

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

DL501207 Wed 7:00-9:00PM
6/10-7/22 (7 weeks)
Age 55+ \$79/others \$99

Spanish, Conversation C (day)

This class comprises student presentations of current events, a selection of authors, and interactive discourse in Spanish at a beginner to intermediate level. This class will have minimal grammar review and work on conversation construction. This class is intended for intermediate to advanced conversationalists (who have taken the minimum of a Spanish II class), but everyone is encouraged to expand their horizons in Spanish. This will be a fun, relaxed atmosphere so bring on the conversation! Instructor: Kate Adams, kate.adams@mvla.net.

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

DL085535 Tue 2:30-4:00PM
6/9-7/21 (7 weeks)
Age 55+ \$59/others \$79



Community Interest & Older Adults Distance Learning

MUSIC & DANCE

Choral Music Webinar

Investigate topics and exercises in western choral music from Baroque era to present. Previous music experience helpful but not necessary. Instructor: Marnie Ridgway, am_consulting@usa.net.

This is an online class that uses private YouTube, Zoom conferences, and mp4s. 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.

DL080535 Wed 9:40-11:40AM
6/10 - 7/22 (7 weeks)
Age 55+ \$66/others \$86

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 techniques (feet and hands) and intermediate/advanced students will be challenged to the next level of their Hula experience. Prior to the first class, new students will be emailed a list of specific expectations and class handouts to keep in a binder for reference during and after class. Suggested clothing: non-logo black t-shirt and *Pa'u* (traditional Hula skirt) or *Pareau* (hip wrap). Please email instructor Makalea Kim directly at pahulaohana@gmail.com if you have any questions.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Please find an area to dance where the instructor can see your full body (feet and especially when arms are up).

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

DL801813 Thu 7:00-8:30PM
6/11-7/23 (7 weeks)
Age 55+ \$59/others \$79

Workout on(line) Broadway!

Looking for a fun exercise regimen? Tap your way to fitness with a Broadway soundtrack. All abilities welcome; no previous experience necessary. Instructor: Marnie Ridgway, am_consulting@usa.net.

This is an online class that uses private YouTube and Zoom conferences. 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.

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

DL082901 Tue/Thu 1:15-2:15PM
6/9 - 7/23 (14 meetings)
Age 55+ \$79/others \$99

NEEDLE ARTS & SEWING

Knitting Workshop, All Levels

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

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

DL087311 Tue 1:00-3:00PM
6/9 - 7/21, no class 7/14 (6 weeks)
Age 55+ \$68/others \$88

Community Interest & Older Adults Distance Learning

PHYSICAL FITNESS & LIFESTYLE WELLNESS

Ballet Barre with Floor Barre (at Home)

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. Instructor: Jean Elvin, jean.elvin@mvla.net, sweetagility.com.

Meet from your home, using Zoom! All you need is the Zoom application installed on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Instructor will email meeting information to students prior to the first class. You will also need a mat for floor barre exercises, and a chair, countertop, or portable barre. Ballet slippers are recommended (or sturdy socks, depending on your floor).

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

DL083320 Wed 11:00AM-12:30PM
6/10 - 7/22 (7 weeks)
Age 55+ \$59/others \$79

Feldenkrais® Awareness Through Movement® with Remote Options

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. Instructor: Jean Elvin, jean.elvin@mvla.net, sweetagility.com.

Meet from your home, using Zoom! All you need at home is your mat and the Zoom application installed on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Instructor will email meeting information to students prior to the first class. Students can also connect to meetings via a landline (audio only). Contact instructor for more details.

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

DL083311 Fri 10:00-11:30AM
6/12 - 7/24, no class 7/3 (6 weeks)
Age 55+ \$51/others \$71

High Performance Coaching, Part 1

Are you struggling with everyday life? Are you ready to transform to your best self? Change your life NOW with High Performance Coaching. This group coaching is led by a bilingual Certified High Performance Coach. The course will provide students with the tools and skills they need to help them achieve their goals faster, improve their life, and reach high performance in every area, no matter what their background, through powerful discussions and effective habit-building across six core 60-minute sessions. "No matter how small you start, start something that matters." Instructor: Alejandra Picollo, alejandrapicollo822@gmail.com.

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

DL082500 Tue 1:30-2:30PM
6/9-7/14 (6 weeks)
Age 55+ \$56/others \$76



Community Interest & Older Adults Distance Learning

Qigong

Qigong combines slow graceful movements with mental concentration and breathing to increase strength, balance, and coordination, which enhances the immune system and reduces physical and mental stress. It is gentle and precise, making it accessible to any willing student, even those who are physically limited. This class is not suitable for those who are chronically ill. Instructor: Shadi Haghi, shadihaghi1@gmail.com.

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

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

DL089800 Fri 10:00-11:30AM
6/12-7/24, no class 7/3 (6 weeks)
Age 55+ \$51/others \$71

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

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

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

DL601121 Tue 6:00-7:30PM
6/9 - 7/21 (7 weeks)
Age 55+ \$59/others \$79

Tai Chi and Applications, Chen Style – Intermediate

This class will continue the Chen-style Taijiquan form, and applications 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. Instructor: Master Anthony Wong, wongwaiyi@hotmail.com. For more information, visit chenfamilytaiji.com.

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

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

DL601123 Tue 7:45-9:15PM
6/9 - 7/21 (7 weeks)
Age 55+ \$59/others \$79



Community Interest & Older Adults Distance Learning

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. What you need: all you need to bring for the Chair Yoga experience is a 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. Instructor: Shadi Haghi, shadihaghi1@gmail.com.

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

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

DL600401 Fri 6:00-7:00PM
6/12-7/24, no class 7/3 (6 weeks)
Age 55+ \$34/others \$54

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. Instructor: Shadi Haghi, shadihaghi1@gmail.com.

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

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

DL600330 Thu 6:00-7:30PM
6/11 - 7/23 (7 weeks)
Age 55+ \$59/others \$79

Zumba Gold Chair

Join us for a safe and effective total body workout that is done entirely while seated! This is an ideal program for those who find it difficult to stand for extended periods of time, those with limited mobility, and those who require wheelchair assistance. It's fun, different, easy, and effective, and it's great for the mind, body, and soul. No previous Zumba experience required. Instructor: Alejandra Picollo, alejandrapicollo822@gmail.com.

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

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

DL082405 Tue/Thu 11:30AM-12:30PM
6/9 - 7/23 (14 meetings)
Age 55+ \$79/others \$99



Student Support Services

ACADEMIC TUTORING

Please check mvla.net/AS in August for Fall 2020 updates on our tutoring services for ESL, GED, and CTE students.



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 www.cdss.ca.gov/CalWORKS or visit the Mountain View Santa Clara County Social Services Agency office at www.sccgov.org/sites/ssa/debs/calworks/Pages/families.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 online appointment. You may contact our representative at:

Jim Wong, CalWORKs Site Representative, MVLA
(408) 766-4368 / jim.wong@mvla.net
Office hours: Mon-Fri 9:00AM-1:00PM

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 Adult Education Program 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
- Online Job Postings at our Job Blog: mvlaae.wordpress.com
- College Selection, Application, Registration
- Connection to Support Services

Due to the current physical Adult School closure, transition services will be available Mon-Fri 9:00AM-12:00PM and 12:30-3:00PM, via Zoom meetings or Google Hangouts. Please email Transition Advisor-Coordinator, Tina Dave, at tina.dave@mvla.net to set up a meeting. 24-hour notice to set up a meeting is highly appreciated.

Student Support Services

CAREER TRANSITION WORKSHOPS

These workshops are available for adult school students registered in any of our core classes or programs, up to one year after course completion. All workshops are free of charge but registration is required. Register online.

DL603102 Career Exploration 6/9 Tue 1:00-2:00PM

DL603202 Resume Workshop 6/16 Tue 1:00-2:00PM

DL603302 LinkedIn Account 6/23 Tue 1:00-2:00PM

DL603402 Interview Preparation 6/30 Tue 1:00-2:00PM

DL603502 FAFSA Overview 7/7 Tue 1:00-2:00PM

Workshops will be held online via Zoom. 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.



Career Exploration

Unsure what career would be the best option for you? Attend the career exploration workshop to discover which career best meets your interests and skills.

Resume Workshop

What makes an effective resume? Learn the essentials of how to write a resume that will get you noticed. Create a new resume that highlights your skills or receive guidance on how to update an existing resume to land you that next position! (Please bring relevant background information such as job history and educational experience to add to your resume.)

LinkedIn Account

Professional networking is an essential component of your job search. Learn simple tips and strategies that will help you develop a strong LinkedIn profile and stand out! Learn how to create or update your LinkedIn account using your current resume.

Interview Preparation

Now that you have an interview, how should you prepare? What should you wear? What types of questions will be asked? Learn about different types of interviews and practice responding to questions in a way that demonstrates your knowledge and qualifications for the position you want.

Community College Application

FAFSA Overview

Interested in continuing your education in the college setting? Did you know that the government provides financial assistance for those who qualify? Attend this workshop to learn how to access and apply for the Free Application for Federal Student Aid (FAFSA).

Registration Information

REGISTRATION BEGINS MAY 15TH

Due to the extended physical school closure, the MVLA Adult School is only **offering online, distance learning (DL) classes for Summer 2020, and can only offer online registration** for classes.

ONLINE REGISTRATION

Go to **mvla.net/AS** and click the Registration link. We accept VISA or MasterCard.

If you encounter any issues during the registration process, please email **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 and non-residents 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 (650) 940-4675.

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.

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.

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.

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:

Mountain View Los Altos Adult School mvla.net/AS

Palo Alto Adult School paadultschool.org

FUHSD Adult School fuhsdadultschool.com

De Anza College deanza.edu

Foothill College foothill.edu

MVLA
ADULT SCHOOL
Learning for a Lifetime




FUHSD Adult School
One School Educating All



Find out more about NSCCC at nscadulted.com.

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.

