

MOUNTAIN VIEW LOS ALTOS  
ADULT SCHOOL

**FALL 2021**

REGISTRATION BEGINS  
**AUGUST 4**



For more information, visit us at [mvla.net/AS](https://mvla.net/AS)



facebook.com/MVLAAdultSchool



(650) 940-1333

**MVLA**  
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.

## 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



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.



# Mountain View Los Altos Adult School

## Table of Contents

Career Technical Education .....	2
ESL – English as a Second Language .....	11
High School & GED Programs .....	13
Parent & Family Education.....	14
Community Interest & Older Adults .....	15
Student Support Services.....	27
Registration Information .....	29

## How to Register

The MVLA Adult School is **offering both in-person and distance learning (DL) classes for Fall 2021.** Masks are required for all in-person classes.

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

**Online Registration begins August 4** for CTE, ESL, HS & GED and on **August 13** for Community Interest & Older Adults

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

333 Moffett Blvd., Mtn. View, CA 94043  
(650) 940-1333  
mvla.net/AS  
facebook.com/MVLAAdultSchool  
instagram.com/mvlaas

## Fall 2021 Calendar

### Fall 2021 registration begins

Wed August 4 for CTE, ESL, HS & GED  
Fri August 13 for Community Interest & Older Adults.

Note: Registration for Career Technical classes is ongoing - visit mvla.net/as or call (650) 940-1333

### Fall 2021 session

Tue August 24 - Fri December 17

### Holidays/no classes

September 6, November 11, November 24-6

**Check mvla.net/AS in December for Winter/Spring 2022 updates.**

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 29.

**MVLA**  
**ADULT SCHOOL**  
Learning for a Lifetime



# 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 2021 courses on the following pages.

## CAREER TRAINING PROGRAMS AND PATHWAYS

### HEALTH SCIENCE AND MEDICAL TECHNOLOGY



#### Certificate Programs

##### **Certified Nursing Assistant (CNA)**

*State Certification (180 hours)*

##### **Home Health Aide (HHA)**

*State Certification (48 hours)*

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

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

##### **Medical Assistant (MA) – Front and Back Office**

*National Certification (535 hours)*

##### **Medical Office Assistant (MOA)**

*National Certification (100 hours)*

##### **Medical Records Specialist**

*National Certification*

##### **Physical Therapy Technician/Aide**

*National Certification (140 hours)*

#### Continuing Education Units (CEUs)

**Workshops for CNA/HHA Certificate  
Renewal**

### BUSINESS AND FINANCE



#### General Accounting Clerk Certificate

##### **Accounting 1A**

##### **Accounting 1B**

##### **Payroll Records and Procedures**

##### **QuickBooks Pro**

### INFORMATION AND COMMUNICATION TECHNOLOGIES



#### Certificate Programs

##### **Google Applied Digital Skills – Entry Level Project Management (100 hours)**

##### **Network Support Specialist** *CompTIA Network+ Preparation Industry Certificate (100 hours)*

##### **Technical Support Specialist** *CompTIA A+ Preparation Industry Certificate (126 hours)*

#### Career Pathways

##### **Cisco Certified Network Associate** **Amazon Web Services (AWS) Cloud Computing**

##### **Coding Academy** Introduction to Java Introduction to Python Intermediate Python

##### **Adobe Photoshop**

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



# 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.

For Fall 2021, all courses are being offered in person. Masks required.

In the event of school closure, classroom-based courses will transition to a hybrid/online distance learning format, including 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. Registered students will be informed of transition and additional distance learning course information. Registration and enrollment for Career Technical Education classes are ongoing, year-round. Please visit [mvla.net/AS](http://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 29 of this catalog.

For more information about our Career Technical Education programs contact our Assistant Director at: [julie.vo@mvla.net](mailto:julie.vo@mvla.net).

## HEALTH SCIENCE AND MEDICAL TECHNOLOGY

	FA 2021	WI/SP 2022
<b>Foundational Courses</b>		
Adult CPR: Basic Life Support (BLS) for Healthcare Providers	✓	✓
Medical Terminology Fundamentals	✓	✓
<b>Certificate Programs</b>		
Certified Nursing Assistant (CNA)	✓	✓
Home Health Aide (HHA)	✓	✓
Acute Care	✓	
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)	✓	✓

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

Students may register in the Certified Nursing Assistant 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 required.** All orientations are free of charge. Register online. Additional dates may be added. **Please check [mvla.net/AS](http://mvla.net/AS) for updates.**



# Career Technical Education

## 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). ALL required paperwork is due before start of program. Free mandatory resume workshop. Job placement assistance provided. Masks required. Instructor: Criselda Imperio.

**Prerequisites:** Students must attend an online orientation prior to registering for this program. Register online at [mvla.net/AS](http://mvla.net/AS). Check [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 white solid 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 themselves and provide the school with a copy of the live scan form by the first day of class. A fingerprinting form and information about Live Scan locations will be provided during orientation.

#### **Day Program (Fast Track):**

063059 Mon-Thu 8:00AM-2:30PM

8/24-10/27, no class 9/6 (9 weeks)

AdultSch/200

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

State exam fee of \$120

#### **Evening Program:**

063060 Mon-Thu 4:30 PM-8:30PM

8/24-12/7, no class 9/6, 11/11 (13 weeks)

AdultSch/200

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

State exam fee of \$120

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 re-opens and skills lab/classroom are accessible. Additional course information will be provided to students during the first week of the program.

### **Acute Care Program (100+ hrs)**

This program prepares the long term care nurse 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 required. Instructor: Criselda Imperio.

Current CNA certificate required. 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:**

060214 Mon-Thu 8:00AM-2:30PM

11/15-12/16, no class 11/11, 11/24-25 (6 weeks)

AdultSch/200

\$260



# Career Technical Education

## HEALTH SCIENCE AND MEDICAL TECHNOLOGY

### Home Health Aide (HHA) Certification Course (48 hrs) - Articulation with Mission College Courses AHL 020F and AHL 020G for 2.0 credits

Home Health Aide is one of the fastest growing careers in the United States and is projected to grow by 38% through 2024. This is a 48-hour course that focuses on developing skills related to the care of clients in their own homes. Students must successfully complete 24 hours of classroom instruction and 24 hours of supervised clinical training. Attend both of our CNA/HHA courses and become dually certified by the State of California.

In-person skills practice will take place at approved clinical sites. In the event that the clinical site is not available for clinical skills practice due to COVID-19 limitations, small cohorts of students can complete the skills practice requirement in the adult school skills lab, according to safety guidelines provided by CDPH.

ALL required paperwork is due before start of program. Free mandatory resume workshop. Job placement assistance provided. Masks required. Instructor: Staff

Students need to wear navy blue scrubs and white solid 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.

Day Program:  
069636 Mon-Thu 8:00 AM-2:30PM  
10/28-11/10 (2 weeks)  
AdultSch/200  
\$130

### Medical Terminology Fundamentals

This fundamental course is designed for 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 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 required. 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.

In the event of a school closure, this classroom-based course will transition to online distance learning, 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 additional course information to students prior to the first day of class.

063420 Fri 9:00AM-12:00PM  
8/27-10/15 (8 weeks)  
AdultSch/200  
\$70

### **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 will learn the theory and practice of eye care technician, attend talks by bay area optometrists, and participate in hands-on externship. Some of the skills covered in this class include: recording patient medical histories, helping to prepare the patient for vision examinations, assisting with patient pre-testing evaluations (which could include visual acuity, color vision, depth perception, pupil reflexes, visual field testing), ensuring patient understanding of the proper care and use of glasses and contact lenses that the doctor has prescribed, applying style and customer orientation in assisting the patient with frame selection, and maintaining patient records and office schedules. Masks required. Instructor: Mira Singer

Prerequisites: Minimum of 8th grade math skills

064275 Tue/Thu 5:30 – 8:30PM  
9/21-11/30, no class 11/11, 11/25 (10 weeks)  
AdultSch/109  
\$150



# 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 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. Masks required. Instructor: Tamara Rood-Spenker, RN

These workshops are in-person classes, held in the classroom 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 two days before the workshop date. See workshop dates, times, and topics in table below.

Date	Day	Time	Class #	Location	Instructor	Topic	CEUs	Fee
10/29	Fri	8:00AM-2:30PM	063315	Room 200	Spenker	Basic Human Needs and CNA Observation	6	\$39
11/19	Fri	8:00AM-2:30PM	063316	Room 200	Spenker	Ethical and Legal Issues Affecting the Nursing Assistant	6	\$39
12/3	Fri	8:00AM-2:30PM	063317	Room 200	Spenker	Caring for Residents with Special Needs	6	\$39
12/17	Fri	8:00AM-2:30PM	063318	Room 200	Spenker	Infection and Infection Control	6	\$39

### 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 required. Instructor: Dr. Abhaya Karangutkar. The MA classes fill up quickly! We recommend attending an orientation as early as 6 months before the class start date.

Day Program:  
062033 Mon-Thu 8:00AM-2:30PM  
8/24-12/17, no class 9/6, 11/11, 11/24-11/25 (17 weeks)  
AdultSch/202  
\$950 fee for textbooks, supplemental materials, and instruments  
NCCT exam fee of \$90

# Career Technical Education

## HEALTH SCIENCE AND MEDICAL TECHNOLOGY



### 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 required. Instructor: Dr. Abebe Gelagay

Required texts and materials: Students must purchase a textbook or eBook with a Connect Access Card for the online interactive features: *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.

060422 Mon-Thu 8:00AM-12:00PM  
8/24-10/14, no class 9/6 (8 weeks)  
AdultSch/201  
\$175

### MEDICAL RECORDS SPECIALIST CERTIFICATE

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

Students who complete both Electronic Health Record Keeping and Medical Billing and Coding will receive a Medical Records Specialist school certificate. Students who complete both classes also qualify for the National Certification Test for Insurance and Coding Certification through NCCT. This program includes a free optional resume workshop and provides job placement assistance.

### 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 required. Instructor: Dr. Abebe Gelagay

Required texts and materials: Students must purchase a textbook or eBook with a Connect Access Card for the online interactive features: *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.

066221 Mon-Thu 8:00AM-12:00PM  
10/18-12/16, no class 11/11, 11/24-11/25 (9 weeks)  
AdultSch/201  
\$175

# Career Technical Education

## BUSINESS AND FINANCE

	FA 2021	WI/SP 2022
<b>Foundational Courses</b>		
Small Business Administration		✓
<b>Certificate Programs</b>		
General Accounting Clerk Certificate:		
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 022. Students can earn 3.0 credits upon completion of both classes.



### 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 required.** Instructor: Dr. Abebe Gelagay.

Required texts and materials: Students must purchase a textbook or eBook with a Connect Access Card for the online interactive features: *College Accounting, Fifteenth Edition*, Price, Haddock, Farina, ISBN: 9781259995163. This textbook covers both Accounting 1A and Accounting 1B courses.

061831 Mon/Wed 5:30-9:00PM  
8/25-10/13, no class 9/6 (8 weeks)  
AdultSch/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 required.** Instructor: Dr. Abebe Gelagay.

Required texts and materials: Students must purchase a textbook or eBook with a Connect Access Card for the online interactive features: *College Accounting, Fifteenth Edition*, Price, Haddock, Farina, ISBN: 9781259995163. This textbook covers both Accounting 1A and Accounting 1B courses.

061832 Mon/Wed 5:30-9:00PM  
10/18-12/15, no class 11/11, 11/24 (9 weeks)  
AdultSch/201  
\$70

### Payroll Records and Procedures

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

Required texts and materials: Students must purchase a textbook or eBook with a Connect Access Card for the online interactive features: *Payroll Accounting, Fifth Edition*, Landin, ISBN-13: 9781260260144, ISBN-10: 1260260143.

060709 Tue/Thu 5:30-9:00PM - 8/24-10/14, no class 9/6 (8 weeks) - AdultSch/201 - \$70



# Career Technical Education

## BUSINESS AND FINANCE

### 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 required. Instructor: Dr. Abebe Gelagay.

Required texts and materials: Students must purchase a textbook or eBook with a Connect Access Card for the online interactive features: *Computer Accounting with QuickBooks 2018*, Donna Kay, ISBN: 9781260496291.

064018 Tue/Thu 5:30-9:00PM  
10/19-12/16 no class 11/11, 11/25 (9 weeks)  
AdultSch/201  
\$70

## INFORMATION AND COMMUNICATION TECHNOLOGIES

	FA 2021	WI/SP 2022
<b>Foundational Courses</b>		
<b>Coding Academy:</b>		
Introduction to Java		<b>TBD</b>
Introduction to the Python Programming Language	✓	<b>TBD</b>
Intermediate Python Programming	✓	<b>TBD</b>
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)		✓
<b>New</b> Introduction to Cisco Certified Network Associate (CCNA)		<b>TBD</b>
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. Masks required. Instructor: Tamzida Momen.

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

062730 Mon/Wed 6:00-9:00PM  
8/25-10/20, no class 9/6 (9 weeks)  
AdultSch/105  
\$70

# Career Technical Education

## INFORMATION AND COMMUNICATION TECHNOLOGIES

### Intermediate Python Programming

Python is a popular, general-purpose, multi-paradigm, open-source scripting language used extensively in a variety of industry applications. This lab-based course helps students to develop 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. Masks required. Instructor: Tamzida Momen.

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

Required textbook or e-book: Students must purchase a textbook or e-book: *Learning Python, 5th Edition*, Mark Lutz, ISBN: 9781449355739.

062752 Mon/Wed 6:00-9:00PM  
10/25-12/15, no class 11/24 (8 weeks)  
AdultSch/105  
\$70

### Google Applied Digital Skills – Entry Level Project Management

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. Masks required. Instructor: Tamzida Momen.

Prerequisites: Computer literate. High school diploma/GED is recommended. We recommend that students bring their own laptop, earbuds, and mouse. Space is limited to 14 students.

069411 Mon/Wed 9:00AM-12:00PM  
8/25-12/15, no class 9/6, 11/24 (17 weeks)  
AdultSch/105  
\$70

### Adobe Photoshop

Photoshop is an essential industry-leading application used by both professionals and amateurs for editing and retouching photos, designing graphics and interfaces, and creating digital art work. It is a must have skill required in the fields of web design, graphic design, UI/UX design, digital photography, and digital marketing.

This introductory course will teach you all the fundamental tools and techniques of Adobe Photoshop through a systematic, step-by-step, and practical approach. It covers the topics of Photoshop basics, workspaces, text, shapes, colors, layers, masks, brush and pen tools, filters, adjustment layer, and more. You will use the tools to edit and retouch photos, make collages, design cards and flyers, and create web graphics and digital painting artwork. Prerequisite: basic computer literacy. Masks required. Instructor: Bethany Wang.

Software requirement: students need to subscribe to Adobe Photoshop. Students will receive email from instructor for details on software use.

064801 Tue/Thu 6:00PM-9:00PM  
10/28-12/9 (8 weeks), no class 11/11, 11/25  
AdultSch/105  
\$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 required. Instructor: Bethany Wang.

060904 Tue/Thu 6:00PM-9:00PM  
8/31-10/21 (8 weeks)  
AdultSch/105  
\$70

# ESL – English as a Second Language

**MVLA school will be offering in-person ESL classes  
All levels (Beginning Literacy to Advanced)  
Starting Tuesday, August 24**



## **6 levels of Basic English instruction**

Morning 9:00AM-12:00PM

Evening 6:00PM-09:00PM

## **Beginning High to Advanced Low levels**

Afternoon 12:30PM-3:30PM

*Regular attendance is required for all ESL classes.  
Masks required for all in-person classes.*

For Fall 2021, all ESL courses are being offered in person.

In the event of school closure, classroom-based courses will transition to an online distance learning format 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 students will be informed of transition and additional distance learning course information.

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.

Some classes are full and students may have to wait for a place in class. Regular attendance and participation in class is required to remain in the ESL program. Priority is given to residents of Mountain View, Los Altos, and Los Altos Hills.

## **ESL Program Orientation and Placement Tests Must Be Registered in Advance Aug. 18, Oct. 6, Nov. 3**

Students eligible for ESL classes must take a placement test in person at the Adult School. Beginning August 4, interested students can register for a testing slot by contacting [mvlaeslprogram@gmail.com](mailto:mvlaeslprogram@gmail.com) or (650) 940-1333.

Orientation and testing will be offered on **Wednesday, Aug. 18** in three sessions:

**9:00-11:00AM**

**12:30-2:30PM**

**6:00-8:00PM**

**October 6 and November 3 will be additional testing dates. More information will come about those testing dates after classes begin.** Your testing session will include some general information about our school and program. You should be available to stay for up to 2 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 need to be prepared to wait until we are able to interview you for an English class (up until 11:00AM).

**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.



# ESL – English as a Second Language

## ESL CLASSES

Classes begin Tuesday, August 24 for continuing students. Placement test the previous week is required for new students. Regular attendance is mandatory in all ESL classes: ESL Beginning Literacy, ESL Beginning (Low–High), ESL Intermediate (Low–High), ESL Advanced, and ESL Multilevel. These classes are free. Masks required for all in-person classes.

No ESL classes will be held 9/6, 10/11, 11/11, 11/24, 11/25, and 11/26.

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 usually held at the Mountain View Senior Center. They will meet at MVLA Adult School temporarily until the senior center reopens.

## CITIZENSHIP PREPARATION

### (Intermediate-level ESL or above)

This fall there will be two options for U.S. Citizenship Preparation classes: one online and one in person.

Thu 12:30-3:30PM starts 8/26  
in person at MVLA Adult School, Masks required

Mon 6:00-9:00PM starts 8/30  
online (via Zoom)

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 9/6, 10/11, 11/11, and 11/25.

Those 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.

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 or so. Classes are taught at an Intermediate English level. Please contact [mvlaeslprogram@gmail.com](mailto:mvlaeslprogram@gmail.com) or 650 940-1333 after August 4 if you are interested in signing up for either class. Masks required for all in-person classes.



# High School & GED Programs



Please check [mvla.net/AS/HSD](http://mvla.net/AS/HSD) and [mvla.net/AS/GED](http://mvla.net/AS/GED) in August for program updates. For information about any of our programs, contact our Program Coordinator at danielle.dinh@mvla.net or 650-940-1333 extension 4104.

## High School Diploma - Free Program for Adults *Starts Tue 8/24/21 – 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 or email all official transcripts to our staff secretary, Marina Sandoval ([marina.sandoval@mvla.net](mailto:marina.sandoval@mvla.net)).

**Note:** All diploma programs meet district and state requirements. Masks required.

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 9/6, 11/11, and 11/24-26

## Concurrent Enrollment/Credit Recovery

*Starts Tue 8/24/21 – Open to MVLA District High School Students with Referral*

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. Masks required.

**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 9/6, 11/11, and 11/24-26

## GED Test Preparation – Free Program for Adults *Starts Tue 8/24/21 – 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 (beginning 8/18/21) in Adult School Room 203.** Students may begin registering for the online orientation starting August 4, 2021. Visit [mvla.net/AS](http://mvla.net/AS) to access our online registration site. Masks required.

GED Day Program – Open Entry/Exit  
020109 Mon-Fri 9:00AM-12:00PM  
8/24-12/17, no class 9/6, 11/11, and 11/24-26  
AdultSch/106

GED Evening Program – Open Entry/Exit  
020601 Mon-Thu 6:00-8:30PM  
8/24-12/16, no class 9/6, 11/11, and 11/24-26  
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 required 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 2021-2022 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 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 8:55-10:55 AM



## Parent and Child/Parent Participation Hybrid Class: The Two/Young Three 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, or your child can attend class for two days and the parent will work in the classroom one day. The schedule includes explorative and imaginative play, art, fine and gross motor activities, and music and movement. The teacher will lead a discussion on how to best support their child's growth and development.

Mon 8:55-11:25AM or Wed 8:55-11:25AM  
or both days

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

### Three day classes

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



# Community Interest & Older Adults

MVLA Adult School is offering both distance learning and in-person classes for Community Interest & Older Adults classes in Fall 2021.



Visit [mvla.net/AS](http://mvla.net/AS) to access our online registration site.

Masks are required 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. You can also call the front office for assistance at (650) 940-1333.



## 55+ COMPUTER SKILLS ON PC

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.

### 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 required. Instructor: Sharon Walker, [sharon.walker@mvla.net](mailto:sharon.walker@mvla.net).

089200 Mon/ Wed 9:00-11:00 AM  
9/13-9/29 (6 meetings) MVSrCtr/TechRm  
Age 55+ \$50/others \$70

### Essential Computing Skills, Intermediate

This course is intended for students with basic computer skills, and will cover more advanced topics related to: Internet and email, how to create an email account, send and receive emails, create an address book, and perform other basic email tasks. Masks required. Instructor: Sharon Walker, [sharon.walker@mvla.net](mailto:sharon.walker@mvla.net).

089300 Mon/ Wed 9:00-11:00 AM  
10/25-11/10 (6 meetings) MVSrCtr/TechRm  
Age 55+ \$50/others \$70

### Introduction to Google Drive and Docs

Bring your documents to life using Google Drive and Google Docs. Learn how to use smart editing and daily easy-to-learn styling tools to help you create professional looking documents that incorporate your unique style and creativity. Masks required. Instructor: Sharon Walker, [sharon.walker@mvla.net](mailto:sharon.walker@mvla.net).

Prerequisites: basic computer skills. Students also must have a Gmail account set up before class and know their username and password. Equipment: laptop, desktop computer, tablet, or other device with an Internet connection and microphone/webcam.

082805 Mon/Wed 9:00-11:00 AM  
11/15-12/08 (7 meetings), no class 11/24. MVSrCtr/TechRm  
Age 55+ \$50/others \$70

# Community Interest & Older Adults

## 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 materials needed. Masks required. Instructor: Deborah Hall.

087100 Wed 9:30- 11:00 AM  
9/15- 10/20 (6 meetings) MVSrCtr/MtgRm  
Age 55+ \$76/others \$96

### 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 required. Instructor: Deborah Hall.

087101 Wed 1:30- 3:00 PM  
9/15- 10/20 (6 meetings) MVSrCtr/MtgRm  
Age 55+ \$76/others \$96

087103 Wed 1:30- 3:00 PM  
10/27-12/8 (6 meetings) No class 11/24 MVSrCtr/MtgRm  
Age 55+ \$76/others \$96



### Calligraphy: Exploring Pointed Pen and the Edged Pen (Distance Learning)

Calligraphy styles can be written with a variety of pens or brushes. In this class, we will compare/contrast working with two calligraphy tools. One tool is an Oblique Pen and one will be a Broad Edged Pen. Beginners would need to purchase a Speedball or comparable oblique pen holder. (If left handed, a straight pen holder would work better.) These will be

explained thoroughly in the first class. Students will be able to try out both pointed pen tools. Marker Paper needed for first class. Students will purchase their own supplies for the remaining classes .

Broad edged pens are traditionally used for many more styles. In this class, we will cover pen angles, letter sizes and slants of writing. A size 2.4 or 3.8 Parallel Pen with cartridges would work well for this portion of this class. Students will use their own Parallel Pen in class. Instructor: Sara Loesch-Frank.

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 phone (audio only). Contact the instructor for more details.

DL080112 Fri 10:00-12:00 PM  
9/24-10/22 (5 meetings) Online Zoom  
Age 55+ \$100/others \$120

### Calligraphy: The Legend Alphabet

Calligraphy styles can be written with a variety of pens or brushes. In this class, we will compare/contrast working with two calligraphy tools. One tool is an Oblique Pen and one will be a Broad edged pen. Beginners would need to purchase a Speedball or comparable oblique pen holder. (If left handed, a straight pen holder would work better.) These will be explained thoroughly in the first class. Students will be able to try out both pointed pen tools. Bring Marker Paper to the first class and ink will be provided. Students will purchase their own supplies for the remaining classes .

Broad edged pens are traditionally used for many more styles. In this class, we will cover pen angles, letter sizes and slants of writing. A size 2.4 or 3.8 Parallel Pen with cartridges would work well for this portion of this class. Students will use their own Parallel Pen in class. Masks required. Instructor: Sara Loesch-Frank.

080113 Mon 12:30-2:30 PM  
10/25-11/29 (6 meetings) MVSrCtr/Art&Crafts  
Age 55+ \$112/others \$132



# Community Interest & Older Adults

## 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 required. Instructor: Katsuko Thielke.

081113 Tue 9:30-12:00 PM  
10/26-12/14 (8 meetings) MVSrCtr/Art&Crafts  
Age 55+ \$79/others \$99

081119 Thu 1:00-3:30PM  
10/28-12/16, (6 meetings) No class 11/11, 11/25  
MVSrCtr/Art&Crafts  
Age 55+ \$59/others \$79

## Painting with Oil and Acrylic Intermediate/Advanced

Each student has something unique to express and will be encouraged to develop an individual approach with supportive guidance from the instructor. Relationships of color, space, and form will be explored by referring to still-life, nature, and imagination. Masks required. Instructor Marilyn Boland.

081211 Thu 9:00-12:00 PM  
9/16-10/21 (6 meetings) MVSrCtr/Art&Crafts  
Age 55+ \$71/others \$91

081212 Thu 9:00-12:00 PM  
10/28-12/16, (6 meetings) No class 11/11, 11/25.  
MVSrCtr/Art&Crafts  
Age 55+ \$71/others \$91



## CURRENT EVENTS

### Current Affairs (Distance Learning)

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: TBD. 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 phone(audio only). Instructor. Marnie Ridgway, am\_consulting@usa.net.

DL087213 Mon 1:00-2:30PM  
9/13 - 10/18, (6 meetings) Online Zoom  
Age 55+ \$56/others \$76

DL087214 Mon 1:00-2:30PM  
10/25 - 12/6, (7 meetings) Online Zoom  
Age 55+ \$69/others \$89

## LANGUAGE ARTS & LANGUAGES

### Creative Writing Workshop (Distance Learning)

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 are 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. Contact the instructor for more details.

DL089411 Wed 1:00-3:00 PM  
9/15-10/20 (6 meetings) Online Zoom  
Age 55+ \$102/others \$122

DL089413 Wed 1:00-3:00 PM  
10/27-12/8(6 meetings) No Class 11/24. Online Zoom  
Age 55+ \$102/others \$122

DL089412 Wed 7:00-9:00 PM  
9/15-10/20 (6 meetings) Online Zoom  
Age 55+ \$102/others \$122

DL089414 Wed 7:00-9:00 PM  
10/27-12/8 (6 meetings) No Class 11/24. Online Zoom  
Age 55+ \$102/others \$122



# Community Interest & Older Adults

## **Efficient Chinese Pronunciation IA (Distance Learning)**

Recognizing the phonetics, mastering the tones and conversing with accurate pronunciation are crucial to the success of effective communication. Chinese is one of the most difficult and most popular languages in the world. This class is designed for students of any level who aim for accurate pronunciation. Tongue twisters and listening exercises will be used every meeting to reinforce the accuracy of pronouncing different phonetic elements with tones. Non-native, Cantonese or any Chinese dialect speakers are all welcome! Only reading homework will be assigned.

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 phone (audio only). Contact the instructor for more details.

DL507060 Mon 7:00-9:00 PM  
9/13-10/18 (6 meetings) Online Zoom  
Age 55+ \$100/others \$120

## **Efficient Chinese Pronunciation IB (Distance Learning)**

Recognizing the phonetics, mastering the tones and conversing with accurate pronunciation are crucial to the success of effective communication. This class is designed for students of any level who aim for accurate pronunciation. Tongue twisters and listening exercises will be used every meeting to reinforce the accuracy of pronouncing different phonetic elements with tones. Non-native, Cantonese or any Chinese dialect speakers are all welcome! Only reading homework will be assigned.

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 phone (audio only). Contact the instructor for more details.

DL507070 Mon 7:00-9:00 PM  
10/25-11/29 (6 meetings) Online Zoom  
Age 55+ \$100/others \$120

## **Finnish Language (Distance Learning)**

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.

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.

DL500511 Tue 7:00-9:00 PM  
9/14-10/19 (6 meetings) Online Zoom  
Age 55+ \$64/others \$84

DL500512 Tue 7:00-9:00 PM  
10/26-12/7 (7 meetings) Online Zoom  
Age 55+ \$78/others \$98

## **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). 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 Tue 1:00-3:00PM  
9/14-10/19 (6 meetings) Online Zoom  
Age 55+ \$82/others \$102

DL084111 Tue 1:00-3:00PM  
10/26-12/7 (7 meetings) Online Zoom  
Age 55+ \$98/others \$118

# 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 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  
9/15-10/20 (6 meetings) Online Zoom  
Age 55+ \$82/others \$102

DL084105 Wed 9:30-11:30AM  
10/27-12/8, No class 11/24 (6 meetings) Online Zoom  
Age 55+ \$82/others \$102

## French, Short Stories Discussion and Analysis (Distance Learning)

Prerequisite: Completion of higher Intermediate French. In this course, students will explore French literature through short stories written by outstanding authors. Students will acquire the tools and vocabulary to discuss literary works, improving comprehension, pronunciation, and grammar. Purchase *Vingt et un contes, Third Edition*, course book online (ISBN: 9780060432201). 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.

DL084120 Wed 1:00-3:00PM  
9/15-10/20, (6 meetings) Online Zoom  
Age 55+ \$82/others \$102

DL084121 Wed 1:00-3:00PM  
10/27-12/8, No class 11/24 (6 meetings) Online Zoom  
Age 55+ \$82/others \$102

## 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 *C'est ça!* (ISBN: 9780673216298) prior to first the meeting; workbook will be provided in class. Contact the instructor about placement if needed. 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 Fri 1:00-3:00 PM  
9/17-10/22, (6 Meetings) Online Zoom  
Age 55+ \$82/others \$102

DL084116 Fri 1:00-3:00 PM  
10/29-12/10, No class 11/26 (6 Meetings) Online Zoom  
Age 55+ \$82/others \$102

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

Beat the evening rush hour and come home after work to a French language class designed for adult professionals: a new video-based course filmed like a TV series which tells the story of two French families.

Through interactive and multimedia activities, students will learn to use French to communicate with each other and the teacher. This fosters progress, self-confidence and good camaraderie which is essential to feeling comfortable speaking a foreign language as an adult learner.

At the end of the class, you will be familiar with commonplace expressions, you will know how to ask basic questions, to talk about day to day life, and read simple signs. Culturally, you will discover French customs, certain French quirks and personality traits. To be successful, students should dedicate enough time during the week (20 minutes minimum daily) to practice the material and complete the exercises assigned. Teacher: Véronique Strange veronique.strange@mvla.net

Please order online before the first day of class:  
Totem 1 : *livre de l'élève A1* + dvd-rom + manuel numérique simple ISBN-10 : 2011560489 ISBN-13 : 978-2011560483.

# Community Interest & Older Adults

Totem 1 : *cahier d'activités* + CD audio

ISBN-10 2011560535 ; ISBN-13 978-2011560537

and see <https://www.youtube.com/watch?v=f8D61vFWZMc> for details, Contact the teacher for questions.

\* "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)

DL054100 Th 6:30-8:30 PM

9/16-10/21, (6 Meetings) Online Zoom

Age 55+ \$82/others \$102

DL054101 Th 6:30-8:30 PM

10/28-12/16, (6 Meetings) No class 11/11, 11/25

Online Zoom

Age 55+ \$82/others \$102

## **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 contact the teacher (veronique.strange@mvla.net) for details about the book.

DL084100 Tue 1:00-3:00 PM

9/14-10/19, (6 Meetings) Online Zoom

Age 55+ \$82/others \$102

DL084101 Tue 1:00-3:00 PM

10/26-12/7, (7 Meetings) Online Zoom

Age 55+ \$98/others \$118

## **German, Beginning I (Distance Learning)**

Willkommen! Students with no prior German instruction will learn the principles of grammar and usage, practice dialogues, and discover the culture of German-speaking countries. We will use the textbook *Passwort Deutsch 1, A1* (ISBN: 9783126764100). Instructor Dorith Endler, [dorith.endler@mvla.net](mailto: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.

DL502715 Thu 6:00-7:30 PM

9/16 - 10/21 (6 meetings) Online Zoom

Age 55+ \$72/others \$92

DL502716 Thu 6:00-7:30 PM

10/28 - 12/16 (6 meetings) No class 11/11, 11/25.

Online Zoom

Age 55+ \$72/others \$92

## **German, Beginning II**

Prerequisite: Beginning German I 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 required. Instructor: Dorith Endler, [dorith.endler@mvla.net](mailto:dorith.endler@mvla.net).

502720 Mon 6:00-7:30PM

9/13 - 10/18, (6 meetings) LAHS/302

Age 55+ \$72/others \$92

502721 Mon 6:00-7:30PM

10/25 - 12/6, (7 meetings) LAHS/302

Age 55+ \$87/others \$107





# Community Interest & Older Adults

## German Conversation (Distance Learning)

Willkommen! Do you want to speak German? Contribute about whatever you are interested in and talk about texts, songs, and poems from German speaking countries. Instructor: Dorith Endler, [dorith.endler@mvla.net](mailto: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  
9/15-10/20, (6 meetings) Online Zoom  
Age 55+ \$72/others \$92

DL084702 Wed 1:30-3:00PM  
10/27-12/8, No class 11/24 (6 meetings) Online Zoom  
Age 55+ \$72/others \$92

## Italian Language for Beginners 1 (Distance Learning)

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 vocabulary, grammatical structures, and expressions in various contexts. We will use the textbook *Nuovo Espresso A1* - L. Ziglio - G.Rizzo - Alma Edizioni (ISBN 9788861823174). Instructor: Stefania Filigheddu, [stefania.filigheddu@mvla.net](mailto:stefania.filigheddu@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.

DL088001 Wed 9:00-11:00 AM  
9/15-10/20 (6 meetings) Online Zoom  
Age 55+ \$82/others \$102

DL088002 Wed 9:00-11:00 AM  
10/27-12/8 No class 11/24 (6 meetings) Online Zoom  
Age 55+ \$82/others \$102

## Italian, Intermediate (Distance Learning)

This class is best suited for students who have completed Intermediate Italian 1 or have a basic vocabulary and understanding of Italian. Using a conversational approach in a comfortable and enjoyable atmosphere, you will continue to expand your vocabulary and learn more grammatical structures and expressions in varied contexts. Students will

develop communicative proficiency of the target language in speaking, listening, reading, and writing. We will use the textbook *Arrivederci! 2 Corso multimediale di italiano* - Colombo, Faraci, DeLuca - Edilingua ISBN 9789606930829 Instructor: Stefania Filigheddu, [stefania.filigheddu@gmail.com](mailto: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.

DL088012 Mon 9:00-11:00 AM  
9/13-10/18 (6 meetings) Online Zoom  
Age 55+ \$82/others \$102

DL088013 Mon 9:00-11:00 AM  
10/25-11/29 (6 meetings) Online Zoom  
Age 55+ \$82/others \$102

## Italian, Advanced (Distance Learning)

Prerequisites: advanced Italian skills, knowledge of advanced grammar and vocabulary. Have fun and increase your Italian vocabulary, idiomatic expressions, and culture while reading and conversing only in Italian. Please add Students will have the opportunity to enrich linguistic skills, as well as reading, writing, and speaking. Grammar exercises will be incorporated in each lesson. We will use the textbook: *Nuovo contatto B2 Multilibro* - Piantoni, Bozzone-Costa, Ghezzi - Loescher Editore - ISBN 9788858308660 Instructor: Stefania Filigheddu, [stefania.filigheddu@gmail.com](mailto: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.

DL088030 Fri 9:00-11:00 AM  
9/17-10/22 (6 meetings) Online Zoom  
Age 55+ \$82/others \$102

DL088031 Fri 9:00-11:00 AM  
10/29-12/10 No class 11/26 (6 meetings) Online Zoom  
Age 55+ \$82/others \$102



# Community Interest & Older Adults

## Memoirs Writing (Distance Learning)

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

DL089511 Fri 10:00AM-12:00PM  
9/17-10/22 (6 meetings) Online Zoom  
Age 55+ \$102/others \$122

DL089512 Th 1:00PM-3:00PM  
9/16-10/21 (6 meetings) Online Zoom  
Age 55+ \$102/others \$122

DL089513 Fri 10:00AM-12:00PM  
10/29-12/10 No class 11/26 (6 meetings) Online Zoom  
Age 55+ \$102/others \$122

DL089514 Th 1:00PM-3:00PM  
10/28-12/9 No class 11/11, 11/25, (5 meetings) Online Zoom  
Age 55+ \$82/others \$102

## Spanish, Beginning IA/IB (Distance Learning)

This is a beginning combo Spanish class that immerses students virtually in a creative and engaging learning environment. Students will acquire and develop listening, speaking, reading, and writing skills in Spanish, and will develop their interpersonal communicative skills and confidence through virtual interaction with other classmates and the teacher. This is a fun, relaxed class where students are active participants in classroom activities in Spanish. Let's chat in Spanish! Textbooks: *¡Exprésate! Spanish 1* (ISBN:9780030676789) and *¡Exprésate! Spanish 1 Cuaderno de actividades* (ISBN: 9780030744662). Used books can be purchased online at a low price. This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Instructor: Sarah Hsu.

DL501215 Wed 5:00-7:00PM  
9/15 - 10/20 (6 meetings) Online Zoom  
Age 55+ \$82/others \$102

DL501216 Wed 5:00-7:00PM  
10/27 - 12/8 (6 meetings) No class: 11/24 Online Zoom  
Age 55+ \$82/others \$102

## Spanish, Beginning IIA (Distance Learning)

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. This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Instructor: Sarah Hsu.

DL501202 Tue 5:00-7:00PM  
9/14 - 10/19 (6 meetings) Online Zoom  
Age 55+ \$82/others \$102

DL501204 Tue 5:00-7:00PM  
10/26 - 12/7 (7 meetings) Online Zoom  
Age 55+ \$98/others \$118

## Spanish, Beginning IIIA (Distance Learning)

Prerequisite: Beginning Spanish IIB or equivalent. In this course students will be speaking Spanish with their peers and teacher most of the time. This course focuses on students' language development. In grammar, students will be learning the different uses of the subjunctive mood, as well as the present perfect, conditional, and future tenses. Students will be learning new vocabulary words in every session and will be encouraged to speak Spanish with classmates outside of the virtual classroom. Textbooks: *¡Exprésate! Spanish 3* (ISBN: 9780030453724) and *¡Exprésate! Spanish 3 Cuaderno de vocabulario y gramática* (ISBN: 9780030744983). Used books can be purchased online at a low price. This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class.

DL501209 Thu 7:15PM-9:15PM  
9/16 - 10/21 (6 meetings) Online Zoom  
Age 55+ \$82/others \$102

DL501210 Thu 7:15PM-9:15PM  
10/28 - 12/16 (6 meetings) No class 11/11, 11/25 Online Zoom  
Age 55+ \$82/others \$102

# Community Interest & Older Adults

## MUSIC & DANCE

### Ballroom and Latin Dance: Back in the Swing

Enjoy eight weeks of basic steps and step patterns featured in ballroom, Latin, and social dances. Couples and singles welcome. Masks required. Instructor: Ellen Murray

801100 Mon 7:30- 8:45 PM  
9/20-10/25 (6 meetings) MVSrCtr/SocialHall  
Age 55+ \$66/others \$86

801200 Mon 7:30- 8:45 PM  
11/1-12/6 (6 meetings) MVSrCtr/SocialHall  
Age 55+ \$66/others \$86

### Beginners for Broadway!

Wish you could tap dance? Join us as we learn the basics: shuffle, flap, ball change, cramp rolls, grapevines, time steps, and pivot turns (no spins). Masks required. Instructor: Marnie Ridgway, am\_consulting@usa.net. The MVLA Adult school and the class instructors assume no responsibility for any injuries arising from participating in this class.

082910 Tue/Th 11:45-12:45 PM  
9/14-10/21 (12 meetings) MVSrCtr/Dance&Mvmt  
Age 55+ \$89/others \$109

082911 Tue/Th 11:45-12:45 PM  
10/26-12/9 (12 meetings) No class 11/11, 11/25. MVSrCtr/  
Dance&Mvmt  
Age 55+ \$89/others \$109

### Belly Dance, Beginning

This class explores the fundamental movements of Belly Dance. Students will learn the basic hip, chest, and arm movements, including posture, isolations, and shimmies. Dynamic choreographs will be taught to incorporate new movements. Wear comfortable clothing and either dance shoes or bare feet. No dance experience required. Masks required. Instructor: Paula Villa Infante, paula.villa@gmail.com.

0800025 Mon 7:30- 8:30 PM  
9/13-10/18 (6 Meetings) MVSrCtr/Dance&Mvmt  
Age 55+ \$61/others \$81

0800026 Mon 7:30- 8:30 PM  
10/25-11/29 (6 Meetings) MVSrCtr/Dance&Mvmt  
Age 55+ \$61/others \$81

### Chorus

Join our fun performing chorus: all abilities welcome. Learn vocalizing and sight singing techniques in a range of Music styles. We learn the music in Fall and perform in Winter (please register for both sessions). Special masks required. Instructor: Marnie Ridgway, am\_consulting@usa.net.

080522 Wed 9:30- 11:30 AM  
9/15-10/20 (6 meetings) MVSrCtr/Multi A  
Age 55+ \$57/others \$77

080521 Wed 9:30- 11:30 AM  
10/27-12/8 (6 meetings) No class 11/24. MVSrCtr/Multi A  
Age 55+ \$57/others \$77

### 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 required. Instructor: TBD

081321 Wed 1:00- 4:00 PM  
9/15-10/20 (6 meetings) MVSrCtr/Multi A  
Age 55+ \$43/others \$63

081322 Wed 1:00- 4:00 PM  
10/27-12/8 (6 meetings) No class 11/24. MVSrCtr/Multi A  
Age 55+ \$43/others \$63

### Workout on Broadway!

Tired of the same old exercise regimen? Join us as we tap our way into fitness to the sounds of Broadway and classic rock. All abilities welcome; no previous experience necessary; soft-soled shoes (no taps). Masks required. Instructor: Marnie Ridgway. am\_consulting@usa.net.

082902 Tue/Th 1:15-2:30 PM  
9/14-10/21 (12 Meetings) MVSrCtr/Dance&Mvmt  
Age 55+ \$89/others \$109

082901 Tue/Th 1:15-2:30 PM  
10/26-12/9 (12 Meetings) No Class 11/11, 11/25. MVSrCtr/  
Dance&Mvmt  
Age 55+ \$89/others \$109



# Community Interest & Older Adults

## NEEDLE ARTS & SEWING

### Hula, All Levels

Learn to Sway Da Island Way! 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 journey. Students need to keep 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 sent to new students. Please email the instructor directly if you have any questions. Masks required. Instructor: Makalea Kim, 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 7:00-8:00PM  
9/14-10/19 (6 meetings) MVSrCtr/Dance&Mvmt  
Age 55+ \$91/others \$111

801814 Tue 7:00-8:00PM  
10/26-12/7 (7 meetings) MVSrCtr/Dance&Mvmt  
Age 55+ \$102/others \$122



### 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 required. Instructor: Caroline Hui, caroline.hui@mvla.net.

087311 Tue 1:00-3:00PM  
9/14-10/19 (6 meetings) MVCC/MapleRm  
Age 55+ \$82/others \$102

087312 Tue 1:00-3:00PM  
10/26-12/7 (7 meetings) MVCC/MapleRm  
Age 55+ \$98/others \$118

### 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 required. Instructor: Caroline Hui, caroline.hui@mvla.net.

087411 Wed 1:15-3:15 PM  
9/15-10/20 (6 meetings) MVCC/MapleRm  
Age 55+ \$82/others \$102

087412 Thu 1:00-3:00 PM  
10/28-12/16 (6 meetings) No class 11/11, 11/25. MVCC/  
MapleRm  
Age 55+ \$82/others \$102



# Community Interest & Older Adults

## PHYSICAL FITNESS & LIFESTYLE WELLNESS

### Hike for Health

Participants hike 4.5 to 6 miles in open space preserves, county parks, coastal trails. Hiking time is 2.5 to 3 hrs. Hiking on uneven terrain with variety in elevation changes. Class is intended for both exercise and enjoyment of nature while hiking at a medium pace. Participants must be in good physical health. Required: hiking boots or sturdy shoes. Daypack with water, lunch and basic first aid kit. Carpools are set up during class to drive to trailheads. Masks required in class. Instructor: Roberta Hutchinson

089600 Thu 9:00-1:30PM  
9/16-10/21 (6 meetings) BCC/FC-112  
Age 55+ \$87/others \$107

089601 Thu 9:00-1:30PM  
10/28-12/16 (6 meetings) No class 11/11, 11/25.  
BCC/FC-112  
Age 55+ \$87/others \$107

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

601121 Tue 6:15-7:30PM  
9/14-10/19 (6 meetings) MVSrCtr/SocialHall  
Age 55+ \$82/others \$102

601122 Tue 6:15-7:30PM  
10/26-12/7 (7 meetings) MVSrCtr/SocialHall  
Age 55+ \$80/others \$100

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

601123 Tue 7:30-8:45 PM  
9/14-10/19 (6 meetings) MVSrCtr/SocialHall  
Age 55+ \$82/others 102

601124 Tue 7:30-8:45 PM  
10/26-12/7 (6 meetings) No class 11/9 MVSrCtr/SocialHall  
Age 55+ \$80/others \$100

### Chair Yoga (Distance Learning)

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 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. 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.

DL600402 Thu 7:00-8:00PM  
9/16-10/21 (6 weeks) Online Zoom  
Age 55+ \$41/others \$61

DL600401 Thu 7:00-8:00PM  
10/28-12/16 (6 weeks) No class 11/11, 11/25. Online Zoom  
Age 55+ \$41/others \$61





# Community Interest & Older Adults

## Hatha Yoga (Distance Learning)

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

DL600331 Thu 6:00-7:00PM  
9/16-10/21 (6 weeks) Online Zoom  
Age 55+ \$41/others \$61

DL600330 Thu 6:00-7:00PM  
10/28-12/16 (6 weeks) No class 11/11, 11/25. Online Zoom  
Age 55+ \$41/others \$61

## Zumba Gold (Distance Learning)

Come join us for exciting Latin and international dance rhythms created in the original Zumba and designed for the Older Adult. Includes Merengue, Salsa, Cha Cha, Cumbia, Calypso, and Rock and Roll. This program provides the participant with a safe and effective total body workout! It's fun, different, easy, and effective, and it's great for the mind, body, and soul. No previous dance experience required. 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.

DL082401 Tue 6:15- 7:15 PM  
9/21-10/19 (5 Meetings) Online Zoom  
Age 55+ \$41/others \$61

## Zumba Gold

Come join us for exciting Latin and international dance rhythms created in the original Zumba and designed for the Older Adult. Includes Merengue, Salsa, Cha Cha, Cumbia, Calypso, and Rock and Roll. This program provides the participant with a safe and effective total body workout! It's fun, different, easy, and effective, and it's great for the mind, body, and soul. No previous dance experience required. Masks required. Instructor: Alejandra Picollo, alejandrapicollo822@gmail.com

082401 Tue 6:15- 7:15 PM  
10/26-12/7 (7 Meetings) MVSrCtr/Multi A  
Age 55+ \$52/others \$72

## Zumba, Latin Aerobic Dance Exercise (Distance Learning)

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. 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.

DL801610 Mon/Thu 6:00-7:00 PM  
9/20-10/21 (10 meetings) Online Zoom  
Age 55+ \$89/others \$109

## 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 required. Instructor: Alejandra Picollo, alejandrapicollo822@gmail.com

801610 Mon/Thu 6:00-7:00 PM  
10/25-12/9 No class 11/11, 11/25 (12 meetings) MVSrCtr/  
Social Hall  
Age 55+ \$107/others \$127





# Student Support Services

## TECHNOLOGY SUPPORT FOR STUDENTS

MVLA Adult School acknowledges that some students may face challenges with technology that could affect their ability to engage fully in the classroom and receive the most benefit from online class resources. In response to this need for more student technical support, we have created Technology Advocate Services. These services are designed to address specific technical needs of our students and to help them to be more successful in class.

**MVLA Adult School offers 3 types of technology support for students:**

1. **General Technology Resources** - This web page offers a video library consisting of "How to" subjects of interest to students across all programs. The video library is available 24/7 and can be accessed online at: [mvla.net/as/techsupport](http://mvla.net/as/techsupport)

2. **Technology Support Workshops** - We offer workshops designed for small groups to strengthen the basic technology skills needed to fully participate in class and use online class resources. Workshops are held both in-person at MVLA Adult School and online via Zoom. All workshops are free of charge but registration is required. Visit our online registration site for workshop dates and to register. Refer to the schedule below for available workshops.

3. **Individual Student Support** - Students who need more one-on-one support may make a request with their teacher to set up an appointment with a Technology Advocate. Individualized support is provided both in-person at MVLA Adult School and online via Zoom.

In addition to the 3 types of technology support, MVLA offers Drop-In Office Hours, where students are welcome to receive individualized help on a drop-in basis. Visit the Technology Advocate during office hours:

### Technology Advocate Drop-In Office Hours:

Room 105

M, Tu, F: 11:30AM-12:30PM

Tu: 8:00PM-9:00PM

### Drop in for help on these topics:

- Internet – access and searching
- Email – create and use an email account
- Google Classroom
- My English Lab
- Pearson eBook (Future eBook)
- NGL-Sync Cengage
- Mindtap
- Edgenuity
- Paxenfocus (Steck-Vaughn eBook)
- Newsela
- GED.com

## TECHNOLOGY SUPPORT WORKSHOPS

MVLA Adult School Technology Advocate Services are available to all students. However, registration is required for the Technology Support Workshops. 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 but registration is required. Visit our online registration site for workshop dates and to register.

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. Topics we'll cover include:

- How to access the Internet
- Difference between a browser versus a search engine
- How to search for information on the Internet
- How to create an email account
- How to send and receive/open emails
- How to send attachments via email

### In-person workshops:

604115	8/26	Thu	11:30AM-12:30PM	AdultSch/105
604116	8/27	Fri	11:30AM-12:30PM	AdultSch/105
604117	8/30	Mon	11:30AM-12:30PM	AdultSch/105
604118	8/31	Tue	11:30AM-12:30PM	AdultSch/105

### Online workshops:

DL604302	8/31	Tue	8:00PM-9:00PM	via Zoom
DL604402	9/7	Tue	8:00PM-9:00PM	via Zoom

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.



## CALWORKS PROGRAM

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

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

# Registration Information

## REGISTRATION BEGINS

**August 4** for CTE, ESL, HS & GED

**August 13** for Community Interest & Older Adults

The MVLA Adult School is **offering in-person and a limited number of distance learning classes for Fall 2021. Online registration is available** for all classes. Classes are open to residents of California only.

Masks are required for all in-person classes.

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

## PUBLIC NOTICE

### MVLA Adult School Non-discrimination Policy

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

### Equal Opportunity Statement

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

## Refund Policy

Please choose classes carefully. Because the fees collected pay teachers' salaries, we must limit our refund policy. Refunds will only be given if requested **at least one week before the first class meeting**. No refunds will be given within one week of the first class meeting. **For all Career Technical Education classes, a 10% cancellation fee will be assessed** for refunds requested at least one week before the first class meeting, and no refunds will be given within one week of the first class meeting. **We cannot accept medical, business, travel, or other reasons for not participating in a class.** Thank you for your cooperation. If there is not sufficient enrollment by the preregistration deadline and your class is cancelled, we will issue a refund to your credit card.



### Complaint Process

The Mountain View Los Altos Union High School District has a uniform complaint process as required in Code of Regulations, Title 5, Section 4622. MVLA UHSD Policy AR 1312.3(a). Leyla Benson, Associate Superintendent of Human Resources, is the designated compliance officer. A copy of that policy is available at the MVLA Adult School front office. The policy provides for mediation or investigation, presentation of information relevant to the complaint, follow-up and remedies or appeals as appropriate. For more information, call (925) 788-3038 (urgent only) or [leyla.benson@mvla.net](mailto:leyla.benson@mvla.net)



# MVLA


## ADULT SCHOOL

### Adult School and Class Locations


 **1 AdultSch**  
Mountain View - Los Altos Adult School  
333 Moffett Blvd., Mountain View  
Adult Education Office: (650) 940-1333

 **BCC**  
Bridges Community Church  
625 Magdalena Ave., Los Altos

 **LAHS**  
Los Altos High School  
201 Almond Ave., Los Altos

 **4 MVHS**  
Mountain View High School  
3535 Truman Ave., Mountain View  
(at Bryant Ave.)

 **MVLA District Office**  
1299 Bryant Ave., Mountain View

 **6 MVPNS**  
Mountain View Parent Nursery School  
1535 Oak Ave., Los Altos  
(adjacent to Foothill  
Covenant Church)

 **7 MVCCtr**  
Mountain View Community Center  
201 S. Rengstorff Ave., Mountain View

 **8 MVSrCtr**  
Mountain View Senior Center  
266 Escuela Ave., Mountain View



#### 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.