



(650) 940-1333



MVLAAdultSchool



333 Moffett Blvd
Mountain View CA 94043

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

FALL 2023 COURSE CATALOG

CLASS REGISTRATION BEGINS AUGUST 11



HIGH SCHOOL DIPLOMA/GED



CAREER TECHNICAL EDUCATION



ENGLISH AS A SECOND LANGUAGE & CITIZENSHIP

For more information, visit us at

mvla.net/AS

MVLA
ADULT SCHOOL

DIRECTOR'S MESSAGE - FALL 2023



Dear MVLA Community,

Welcome back to the Fall 2023 Semester! I am proud to announce that we have successfully completed our initial self-study report with the Accrediting Commission for Schools, Western Association of Schools and Colleges (ACS WASC), and have been awarded the maximum six-year accreditation renewal. WASC accreditation is an ongoing cycle of quality and is used by schools to monitor student learning and set school improvement goals. Six years is the highest accreditation awarded by ACS WASC to any school. MVLA Adult School was rated Highly Effective in the areas of school leadership, teaching staff and student services that *support high achievement for all students*.

I would like to express a BIG THANK YOU to our MVLA Community who participated in this initial self-study process. I also wanted to take a moment to acknowledge our adult school students who exemplify MVLA Adult School's ultimate goal to *Educate, Elevate and Change Lives*. It is our students who are at the heart of everything we do at MVLA Adult School. Your success is our success!

We look forward to starting a brand new school year with an expanded array of course offerings that include in-person, hybrid and distance learning options. We are excited to present a new FREE advanced ESL class this semester. Medical Terminology for Advanced ESL is a foundational course that helps prepare students for healthcare training programs such as Certified Nursing Assistant, Home Health Aide, Eye Care Technician, Medical Office Assistant and more. We are also building a new pathway for Careers in Data Analytics. Check out our new CTE courses on pg 2.

MVLA Adult School provides high quality education to empower our students to grow personally and professionally in order to become self-reliant and productive members of our community. Thank you for choosing MVLA on your journey as a student, teacher, tutor, volunteer, advocate, partner, friend. Our school continues to grow and improve because of YOU.

Sincerely
Julie Vo, M.Ed
Director of Adult Education



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FALL 2023 CALENDAR

**FALL 2023
REGISTRATION BEGINS:
Friday, August 11, 2023**

NOTE: Registration for Career Technical Education classes is ongoing.

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

**FALL 2023 SESSION
Tue, August 22 - Thu, December 21, 2023**

**HOLIDAYS/NO CLASSES
September 4, November 10, November 20 - 24**

**WINTER BREAK
December 22, 2023 - January 5, 2024**

**CHECK FOR UPDATES
mvla.net/AS**

HOW TO REGISTER

The MVLA Adult School is offering both in-person and a limited number of distance learning (DL) classes for Fall 2023.

Masks are recommended for at-risk individuals in indoor spaces and may be required in CTE clinical sites.

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

ONLINE REGISTRATION BEGINS AUG 11

NOTE: Registration for Career Technical Education classes is ongoing.

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

If you encounter any issues during the registration process, or if you have registered for classes at the adult school in the past, but have never registered online, **please email us at adulted@mvla.net** and your message will be forwarded to a staff member who can assist you.

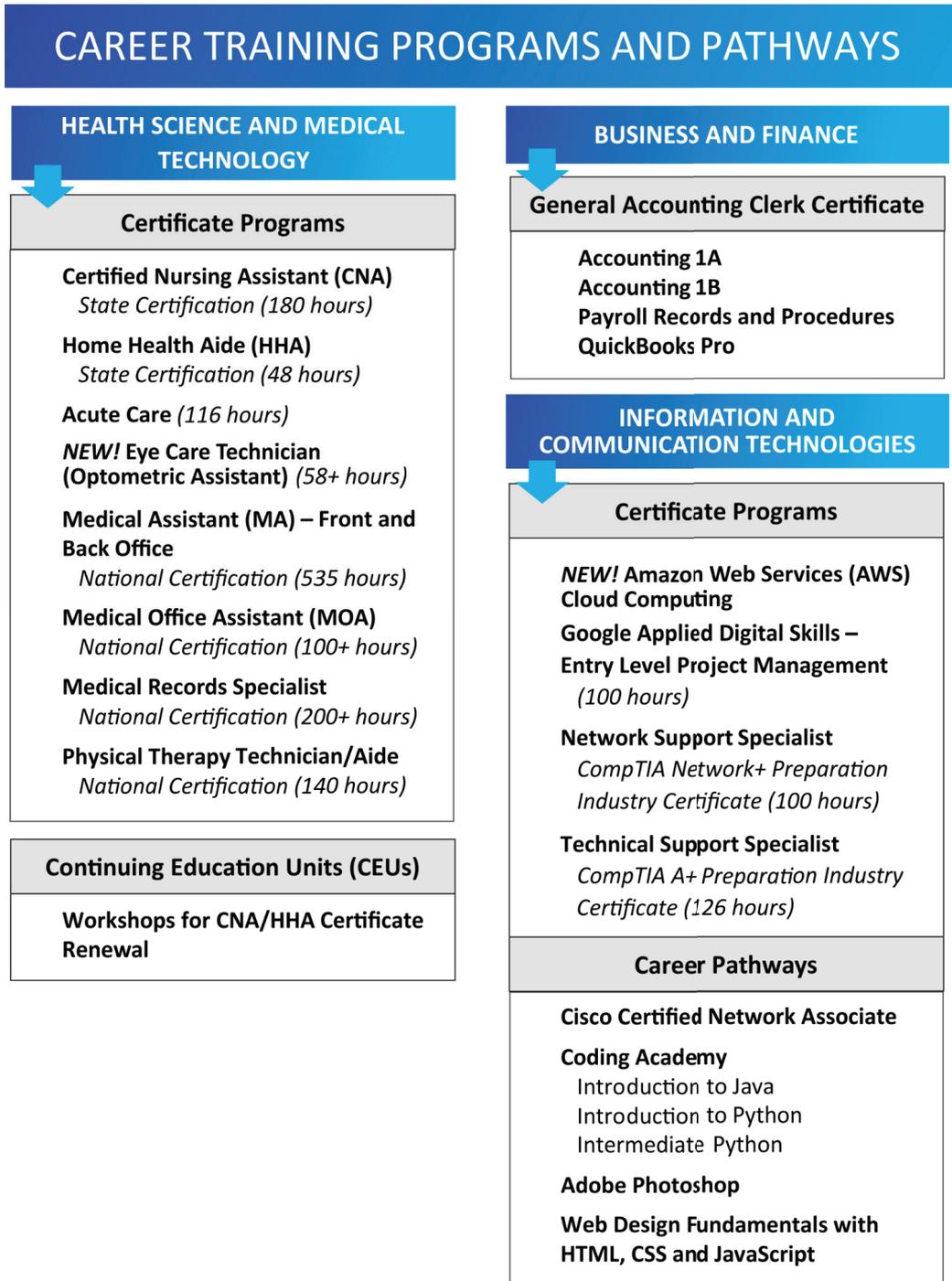
Please include your contact phone number as well as your email address in your message.

Additional registration information and our refund policy can be found on page 36.

CTE - CAREER TECHNICAL EDUCATION

This chart provides an overview of the career training programs and pathways offered by the MVLA Adult School.
 Not every course or program is offered each session.

Please refer to the listing of Fall 2023 courses on the following pages.



CTE - CAREER TECHNICAL EDUCATION

MVLA ADULT SCHOOL OFFERS COMPREHENSIVE TRAINING PROGRAMS AND CAREER PATHWAYS IN THE FOLLOWING INDUSTRY SECTORS:

Health Science & Medical Technology, Business & Finance, and Information & Communication Technologies.

The MVLA Adult School Career Technical Education program is offering both in-person and a limited number of distance learning (DL)/hybrid classes for Fall 2023.

Masks are recommended for at-risk individuals in indoor spaces and may be required in CTE clinical sites.

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 36 of this catalog.

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

HEALTH SCIENCE AND MEDICAL TECHNOLOGY

	FA 23	WI/SP 24
FOUNDATIONAL COURSES		
Adult CPR: Basic Life Support (BLS) for Healthcare Providers	✓	✓
Medical Terminology	✓	✓
CERTIFICATE PROGRAMS		
Certified Nursing Assistant (CNA)	✓	✓
Home Health Aide (HHA)	✓	TBD
Acute Care		TBD
Eye Care Technician (Optometric Assistant)		✓
Medical Assistant (MA)	✓	✓
Medical Office Assistant (MOA)	✓	TBD
Medical Records Specialist		
Electronic Health Record Keeping		✓
Medical Billing and Coding	✓	TBD
Physical Therapy Technician/Aide		TBD
CONTINUING EDUCATION UNITS (CEUs)		
Workshops for CNA/HHA Certificate Renewal (CEUs)	✓	✓



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

ORIENTATION 2023 DATES

066076	8/11/23	Fri	9:00AM - 11:30AM	AdultSch 201
066077	8/25/23	Fri	9:00AM - 11:30AM	Adult Sch 201
066082	8/29/23	Tue	4:30PM - 7:00PM	Adult Sch 109
066078	9/29/23	Fri	9:00AM - 11:30AM	AdultSch 201
066083	10/10/23	Tue	4:30PM - 7:00PM	Adult Sch 202
066079	10/27/23	Fri	9:00AM - 11:30AM	AdultSch 201
066084	11/28/23	Tue	4:30PM - 7:00PM	Adult Sch 109
066080	12/1/23	Fri	9:00AM - 11:30AM	AdultSch 201
066085	12/5/23	Tue	4:30PM - 7:00PM	Adult Sch 109
066081	12/8/23	Fri	9:00AM - 11:30AM	AdultSch 201
066086	12/12/23	Tue	4:30PM - 7:00PM	Adult Sch 109

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

HEALTH SCIENCE AND MEDICAL TECHNOLOGY

REQUIRED HEALTHCARE ORIENTATION

**- for CNA, MA & Eye Care Tech only
(Prerequisite for Enrollment)**

Students may register in the Certified Nursing Assistant or Eye Care Tech program after they have attended an orientation and passed a reading assessment (given at the 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. All orientations are free of charge. Register online. Additional dates may be added. Please check mvla.net/AS for updates.

Upcoming orientation dates:

Day Orientations

Fri 9:00-11:30AM on 8/11, 8/25, 9/29, 10/27, 12/1, 12/8

Evening Orientations

Tue 4:30-7:00PM on 8/29, 10/10, 11/28, 12/5, 12/12

Check page 3 or online for dates/times.

CERTIFIED NURSING ASSISTANT (CNA) PROGRAM

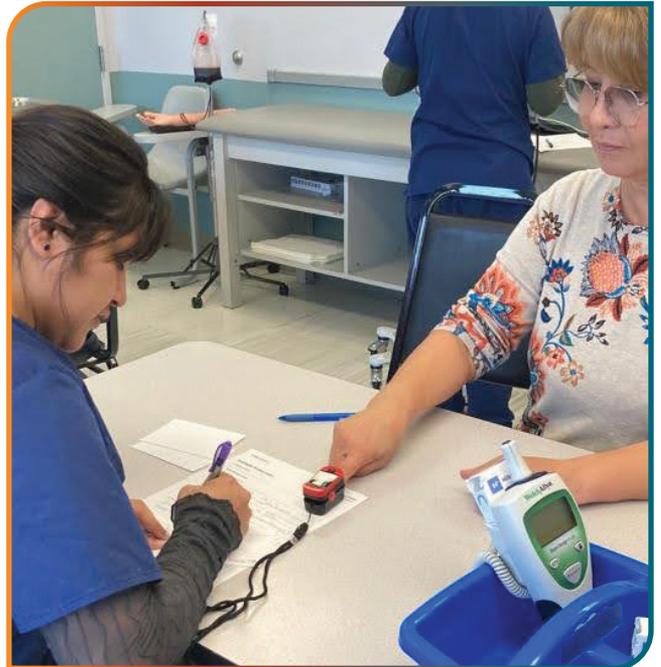
**(Articulation with Mission College Courses
AH 020D/AH 020E for 5.5 credits)**

The Certified Nursing Assistant (CNA) program prepares students for entry-level employment in skilled nursing and long-term care facilities and equips them to pass the state certification examination. Students must successfully complete 80 hours of classroom instruction and 100 hours of supervised clinical training. Depending on the facility, clinical training may start as early as 7:00AM (day program) or 3:00PM (evening program). ALL required paperwork is due before start of program. Free mandatory resume workshop. Job placement assistance provided.

INSTRUCTORS: Factora/Vitug (AM), Lagundino/Vitug (PM)

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

Students need to wear navy blue scrubs and solid white shoes while at school and in clinical and must provide proof of valid TB test and immunizations before start of program. Flu shot required between October and April. In addition, students are required to obtain Live Scan fingerprinting. They have the option of providing the school with a copy



of the completed Live Scan form or having it done on site during the first week of classes for the fee of \$55.

This is an in-person course. Classes will begin in the classroom at MVLA Adult School. Clinical rotation will take place at a clinical site. Additional course information will be provided to students during the first week of the program.

DAY PROGRAM:

063070 Mon - Wed 8:00AM - 2:30PM

8/22 - 11/27, no class on 9/4, 11/20 - 24 (13 weeks)

AdultSch/200

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

NNAAP exam fee of \$120

EVENING PROGRAM:

063071 Mon - Thu 4:30PM - 8:30PM

8/22 - 12/6, no class on 9/4, 11/20 - 23 (15 weeks)

AdultSch/200

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

NNAAP exam fee of \$120

CTE - CAREER TECHNICAL EDUCATION

HEALTH SCIENCE AND MEDICAL TECHNOLOGY

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, 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.

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:

069640 Mon-Wed 8:00AM - 2:30PM

12/4 - 12/20 (3 weeks)

AdultSch/200

\$130

WORKSHOPS FOR CNA/HHA CERTIFICATE RENEWAL – CONTINUING EDUCATION UNITS (CEUs)

As a California Certified Nursing Assistant you need to have 48 hours of continuing education to renew your certificate.

In addition, you must show proof that you have worked at least one paid day within 2 years in a facility where you provided nursing related services. A California Home Health Aide must complete 24 hours of CEUs within 2 years. Don't allow your certificate to expire! We offer classes and workshops to keep your certificate current. Choose from one of the options to meet your CEU requirements. All classes have been approved by the California Department of Public Health and qualify for CEUs.

INSTRUCTORS: Criselda Imperio; Lovejoy Langundino

Students must have a current CNA/HHA certificate in order to participate in the workshops. When registering, type in your name as it appears on your CNA/HHA certificate. Students are required to register at least 2 days before the workshop date. See workshop dates, times, and topics in table below.

DATE	DAY	TIME	CLASS #	LOCATION	INSTRUCTOR	TOPIC	CEUs	FEE
10/27	Fri	8:00AM - 2:30PM	063334	Room 200	Imperio	Resident Safety and Mobility	6	\$39
12/8	Fri	8:00AM - 2:30PM	063335	Room 200	Imperio	Interpersonal Relationships and Communication	6	\$39
12/11-12/12	Mon/Tue	5:30PM - 8:30PM	063336	Room 200	Langundino	Infection Control	6	\$39

CTE - CAREER TECHNICAL EDUCATION

BASIC LIFE SUPPORT (BLS) FOR HEALTHCARE PROVIDERS - CLASSROOM

In this classroom-based course, healthcare professionals learn to recognize several life-threatening emergencies, provide CPR to victims of all ages, use an AED, and relieve choking in a safe, timely, and effective manner. Successful course completion requires full participation in classroom and skills sessions, as well as successful performance in skill and knowledge evaluations. Please wear comfortable clothing.

INSTRUCTOR: Kimberly Kunde

062664 8/25 Fri 9:00AM - 1:00PM

AdultSch/200

\$70

062665 9/1 Fri 9:00AM - 1:00PM

AdultSch/200

\$70

EYE CARE TECHNICIAN (OPTOMETRIC ASSISTANT) - PROGRAM RESUMES WINTER/SPRING 2024

This in-person course is designed for students seeking a career in the healthcare field with emphasis on optometry and eye care. Eye Care Technicians are part of the vision care team. They work with the optometrist to assist patients with front office customer service, pre-testing evaluations and eyewear selection needs. This course is the first step on your career ladder to become an Optician, Frame Stylist, or Paraoptometric Coding Specialist.

Students who complete the course are eligible for a fully paid apprenticeship opportunity through our partnership with California Society for Opticians (CSSO) and Chabot College.

The Eye Care Technician Program will address clinical, customer service, sales, eyewear, styling skills, and how to work with ophthalmologists and optometrists. Students in this course will have the opportunity to participate in an

Optometric Assistant externship to get hands-on practice. This course will prepare students for the anatomy/physiology portion of the National Optician competency exam administered by the American Board of Opticianry (ABO).

INSTRUCTOR: Mira Singer

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

Program resumes winter/Spring 2024

Tue/Thu 5:30PM – 8:30PM

AdultSch/109

\$150

(ONLINE) MEDICAL TERMINOLOGY FUNDAMENTALS (ARTICULATION WITH MISSION COLLEGE COURSE HOC 001 FOR 3.0 CREDITS)

This two-part foundational course is designed for students seeking a career in the healthcare field. The class will focus on introducing students to the vocabulary used by medical professionals in medical offices, hospitals, skilled nursing facilities, and other healthcare settings. Students will learn the basic rules of medical terminology and explore the word roots, suffixes and prefixes, and combining forms commonly used. Students learn to spell, define, and pronounce common medical terms as well as abbreviations. In this course, students will have a general overview of all body systems and their functions. It also covers disease transmission, and body directions, planes, and cavities.

INSTRUCTOR: Tamara Rood-Spenker

There is 1 required in-person meeting on 11/1. The rest are conducted online.

FULLY PAID APPRENTICESHIP **Available for Qualifying ECT Students!**

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

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

Contact our Director of Adult Education for more details.
julie.vo@mvla.net or (650) 940-1333 x4012

CTE - CAREER TECHNICAL EDUCATION

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

Medical Terminology Part 1

DL063427 Mon/Wed 9:00AM - 12:00PM
9/11 - 10/4
Zoom Online
\$70

Medical Terminology Part 2

DL063428 Mon/Wed 9:00AM - 12:00PM
10/9-11/1
Zoom Online/AdultSch/200 on 11/1 only
\$70

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

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



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.

INSTRUCTOR: Dr. Abhaya Karangutkar

MA classes fill up quickly! We recommend attending an orientation as early as 6 months before the class start date.

PREREQUISITES: Students must attend a required Healthcare Orientation prior to registering for this program.

Check page 3 or mvla.net/AS for upcoming dates and to register. Medical Terminology is highly recommended. Proof of HS Diploma or GED required for registration.

FALL PROGRAM:

062039 Mon - Fri 8:00AM - 2:30PM

9/5 - 12/14, no class on 11/10, 11/20 - 24 (16 weeks)

AdultSch/202

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

CTE - CAREER TECHNICAL EDUCATION

MEDICAL OFFICE ASSISTANT NATIONAL CERTIFICATION (NCMOA)

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

INSTRUCTOR: Dr. Abebe Gelagay

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

067022 Mon - Thu 5:00PM - 9:00PM
 8/22 - 10/19, no class on 9/4
 AdultSch/201
 \$175

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 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.

INSTRUCTOR: Dr. Abebe Gelagay

Required texts and materials: Students must purchase a textbook or eBook: *Medical Insurance: A Revenue Cycle Process Approach*, 8th Edition, Valerius/Bayes/Newby/Blochowiak, McGraw-Hill Education, MHID: 1259608557, ISBN: 9781259608551. All required online assignments and the interactive eBook for this course are available on McGraw-Hill Connect.

060427 Mon - Thu 5:00PM - 9:00PM
 10/23 - 12/21, no class on 11/20-23 (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 & Coding are eligible to take the National Certification Test for Insurance and Coding Certification through NCCT. Students will receive a Medical Records Specialist Certificate and have the option of completing an externship of 100 hours in order to enhance their employment prospects. Free optional resume workshop and job placement assistance available.

BUSINESS AND FINANCE

	FA 23	WI/SP 24
Foundational Courses		
Small Business Administration		TBD
Certificate Programs		
General Accounting Clerk Certificate:		
Accounting 1A	✓	✓
Accounting 1B	✓	✓
Payroll Records and Procedures	✓	TBD
QuickBooks Pro	✓	TBD

GENERAL ACCOUNTING CLERK CERTIFICATE

Students who complete all four of the following classes: Accounting 1A, Accounting 1B, Payroll Records and Procedures, and QuickBooks Pro are eligible to receive a General Accounting Clerk certificate. The program includes a resume workshop.



Accounting 1A and Accounting 1B are articulated with Mission College Course ACC 023. Students can earn 3.0 credits upon completion of both classes.

CTE - CAREER TECHNICAL EDUCATION

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.

INSTRUCTOR: Dr. Abebe Gelagay

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

061840 Tue/Thu 8:30AM - 12:00PM

8/22 - 10/12 (8 weeks)

AdultSch/201

\$70

PAYROLL RECORDS AND PROCEDURES

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

INSTRUCTOR: Dr. Abebe Gelagay

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

060713 Mon/Wed 8:30AM - 12:00PM

8/23 - 10/11, no class 9/4 (8 weeks)

AdultSch/201

\$70

ACCOUNTING 1B: PRINCIPLES OF SMALL BUSINESS ACCOUNTING

PREREQUISITES: Accounting 1A. This course introduces the procedures involved in accounts receivable, accounts payable, cash receipts, cash payments, and accounting for purchases. It also includes preparing state sales tax returns, payroll computations, payroll taxes, deposits, and reports. Students must complete both Accounting 1A and Accounting 1B to receive a certificate of completion.

INSTRUCTOR: Dr. Abebe Gelagay

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

061841 Tue/Thu 8:30AM - 12:00PM

10/17 - 12/21, no class on 11/21, 11/23 (9 weeks)

AdultSch/201

\$70

QUICKBOOKS PRO

QuickBooks is a popular accounting software commonly used by small and mid-sized businesses. It is a powerful tool to manage your business or private finances more effectively. This course is designed to empower you to use this software to its full potential by teaching you basics, such as how to pay bills, print checks, and track expenses. You will also learn how to exchange data with Microsoft Excel and other software applications. You will be able to track employee time and job costs, create reports comparing estimated costs to actuals, organize your finances all in one place, easily create invoices and track sales and expenses, get reliable records for tax time, manage customer, vendor, and employee data, and learn how to go paperless with online banking. Students completing this course will receive a general computer accounting certificate.

INSTRUCTOR: Dr. Abebe Gelagay

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

064021 Mon/Wed 8:30AM - 12:00PM

10/16 - 12/20, no class 11/20, 11/22 (9 weeks)

AdultSch/201

\$70

INFORMATION AND COMMUNICATION TECHNOLOGIES

	FA 23	WI/SP 24
FOUNDATIONAL COURSES		
NEW! Excel for Careers in Data Analytics	✓	
Coding Academy:		
Introduction to Java		TBD
Introduction to the Python Programming Language	✓	TBD
Intermediate Python Programming		TBD
Adobe Photoshop		✓
Web Design Fundamentals with HTML, CSS and JavaScript	✓	
Certificate Programs		
NEW! (ONLINE) Introduction to Cloud Computing in Amazon Web Services (AWS)	✓	TBD
NEW! (ONLINE) Google Applied Digital Skills	✓	TBD

NEW! EXCEL FOR CAREERS IN DATA ANALYTICS

Certificates in MS Excel may qualify for 1 college credit at Mission College.

This course is designed to introduce students to the spreadsheet functions in Excel to to compute, report data, and create charts. It will cover entering basic formulas and common Excel functions such as sum, average, count, MIN, and MAX in a Worksheet. Students will learn a few complex functions like HLOOKUP, VLOOKUP, XLOOKUP and Pivot Tables to summarize and analyze data. Students will learn to create, edit, format the date, auto-fill, save, print a workbook with header and footer information and also perform dynamic analysis using a combination of multiple functions. Students will learn how to use the PMT function to determine a monthly mortgage, and create cluster and pie charts from data in a worksheet. They will also learn how to rename, insert, move, and delete worksheets in a workbook; create different types of graphs and charts (2D and 3D) to represent sales data such as profits, losses, net income and total sales. Students can expand skills by learning how to manage large worksheets using formulas, sorting and organizing tools. They will also be introduced to advanced formatting techniques. Students are advised to bring their own laptop, earbuds, and mouse. School laptops are available for class use only. Prerequisite: Experience using a PC.

INSTRUCTOR: Staff

060200 Mon/Wed 6:00PM - 9:00PM

10/23 - 12/13, no class on 11/20, 11/22 (7 weeks)

AdultSch/109

\$70

CTE - CAREER TECHNICAL EDUCATION

NEW! (ONLINE) INTRODUCTION TO CLOUD COMPUTING IN AMAZON WEB SERVICES - ENTRY LEVEL CERTIFICATE

Amazon Web Services (AWS) is the world's most comprehensive cloud platform offering services to millions of customers including startups, large companies and government agencies. Taking this course can serve as a stepping stone to employment within these enterprises. This is a foundational course to help prepare students for an *entry level* AWS certified cloud practitioner career using official AWS Academy Cloud Foundations material. This course introduces cloud computing which shifts information systems from on-premises computing infrastructure to highly scalable internet architectures using the Amazon AWS platform. The course provides a basic understanding of cloud computing technologies and provides students with the abilities to configure, deploy and manage cloud facilities including simple and complex compute instances, web servers and web services. Taking this course will help students to prepare for the Cloud Practitioner Exam. More information about how to sign up for this exam will be provided in class.

INSTRUCTOR: Nancy Reid

PREREQUISITES: Basic computer literacy. High School Diploma or GED recommended. Access to personal computer, internet/Wi-Fi, Canvas and Zoom is required to enroll in this course.

DL061109 Mon/Wed 6:00PM - 9:00PM
8/28 - 11/15, no class on 9/4 (12 weeks)
Zoom Online/AdultSch/105
\$70

NEW! (ONLINE) GOOGLE APPLIED DIGITAL SKILLS

This hands-on course is offered in collaboration with Google to provide students with the digital skill set required for entry-level employment in office settings. 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.

INSTRUCTOR: Staff

There are 2 required in-person meetings on 8/29 and 11/16 in Room 105. The rest are conducted online.

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

PREREQUISITES: High School Diploma or GED recommended

DL069414 Tue/Thu 9:00AM -12:00PM
8/29 - 11/16 (12 weeks)
Zoom Online/AdultSch/105 on 8/29 and 11/16
\$70

INTRODUCTION TO THE PYTHON PROGRAMMING LANGUAGE

Python is a popular, general-purpose, multi-paradigm, open-source scripting language used extensively in a variety of industries. This hands-on course is intended for newcomers to programming. The curriculum includes all the fundamental concepts and structures of Python and is designed to teach the most important software development techniques such as reading and writing to standard IO, using operators, controlling the flow of execution, using functions, built-in sequence types, and basic object-oriented programming concepts.

This is an introductory course and previous programming knowledge is helpful but not required. It is ideal for any technically curious individual looking to learn a high-in-demand, dynamic programming language. Students are advised to bring their own laptop, earbuds, and mouse.

INSTRUCTOR: Maribeth Coyne

062756 Mon/Wed 6:00PM - 9:00PM
8/23 - 10/18, no class on 9/4 (9 weeks)
AdultSch/109
\$70

CTE - CAREER TECHNICAL EDUCATION

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 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. Students are advised to bring their own laptop, earbuds, and mouse. Prerequisite: basic computer literacy.

INSTRUCTOR: Bethany Wang

060908 Tue/Thu 6:00PM-9:00PM

9/26 - 11/16 (8 weeks)

AdultSch/105

\$70

FREE! NEW CLASS THIS SEMESTER

MEDICAL TERMINOLOGY FOR ADVANCED ESL

MVLA Adult School will be offering a new course this fall to help prepare higher-level ESL students for entry level careers in healthcare. This course is meant for students who speak and write English as a second language. Those enrolling in this class should be adults at or higher than the advanced level offered in MVLA Adult School's regular ESL classes who need help on their reading, writing, vocabulary, and grammar skills to be ready for college and career. This is a foundational course that helps prepare students for healthcare training programs such as Certified Nursing Assistant, Home Health Aide, Eye Care Technician, Medical Office Assistant and more. The class will meet up to four mornings per week, with two days dedicated to advanced English study in academic language, vocabulary, and writing. Two days per week, students will focus on learning Medical Terminology from a CTE instructor. The class will also utilize Google Classroom. Students will be eligible to earn college credits by taking this course and can meet with the school's transition adviser to help them apply to college or for employment in the healthcare field.

Prerequisite: Students are required to attend a mandatory orientation/information session to determine their English proficiency level. Please call the adult school main office at (650) 940-1333 to sign up for the required orientation.

Upcoming REQUIRED Orientation Dates/Times:

Fri 8/25 9:00AM - 11:00AM AdultSch/109

Fri 9/8 9:00AM - 11:00AM AdultSch/109

Check online for updates

ADVANCED ESL MEDICAL TERMINOLOGY

Mon - Thu 9:00AM - 12:00PM
9/19 - 12/21, no class on 11/20-23



ESL - ENGLISH AS A SECOND LANGUAGE

MVLA ADULT SCHOOL OFFERS IN-PERSON ESL CLASSES

AT TWO LOCATIONS DEPENDING ON STUDENT NEED.

6 LEVELS OF BASIC ENGLISH INSTRUCTION

Morning 9:00AM - 12:00PM

Evening 6:00PM - 9:00PM

BEGINNING HIGH TO ADVANCED LOW LEVELS

Afternoon 12:30PM - 3:30PM

CLASSES HELD AT

MVLA Adult School

333 Moffett Blvd, Mountain View, CA 94043

SENIOR-FOCUSED ESL CLASSES (AGE 55+ ONLY)

Mon/Thu/Fri 9:00AM - 10:30AM

Mon/Thu/Fri 10:45AM - 12:15PM

CLASSES HELD AT

Mountain View Senior Center

266 Escuela Ave, Mountain View, CA 94040

ESL CLASSES

DAYS	FREQUENCY	TIMES	LEVELS
Mon - Fri	Daily	9:00AM - 12:00PM	All levels
Mon - Thu	4 Days	12:30PM - 3:30PM	Beginning High to Advanced Low
Mon - Thu	4 Nights	6:00PM - 9:00PM	All levels
Mon/Thu/Fri	3 Days	9:00AM - 10:30AM	Low Beginning ONLY Senior-focused* (Age 55+only)
Mon/Thu/Fri	3 Days	10:45AM - 12:15PM	High Beginning/Low Intermediate ONLY Senior-focused* (Age 55+only)

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



ESL - ENGLISH AS A SECOND LANGUAGE

REQUIRED FOR NEW STUDENTS ESL ORIENTATION AND PLACEMENT TESTS IN AUGUST 2023

Fall Orientation and Placement Test for ESL classes at the adult school will be on Monday, August 21 for afternoon classes and Tuesday, August 22 for morning and evening classes.		
For students who want a class at the adult school in the afternoon (M-Th, 12:30PM - 3:30PM):	For students who want a class at the adult school in the morning (M-F, 9:00AM - 12:00PM)	For students who want a class at the adult school in the evening (M-Th, 6:00PM - 9:00PM)
Test Session: Aug 21, 12:30PM - 3:30PM	Test Session: Aug 22, 9:00AM - 12:00PM	Test Session: Aug 22, 5:30PM - 9:00PM
MUST REGISTER IN ADVANCE IN PERSON: AT THE ADULT SCHOOL: Mountain View/Los Altos* residents: 2:00PM on August 9 Residents of other cities (space available): 2:00PM on August 15	MUST REGISTER IN ADVANCE IN PERSON: AT THE ADULT SCHOOL: Mountain View/Los Altos* residents: 9:00AM on August 9 Residents of other cities (space available): 9:00AM on August 15	MUST REGISTER IN ADVANCE IN PERSON AT THE ADULT SCHOOL: Mountain View/Los Altos* residents: 9:00AM on August 10 Residents of other cities (space available): 9:00AM on August 16
Fall Orientation and Placement Tests for ESL classes at the Mountain View Senior Center will be Friday, August 25.		
For students who want a class at the senior center in the morning <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Beginning Low (9:00AM - 10:30AM) </div> <div style="text-align: center;"> Beginning High/Low Intermediate (10:45AM - 12:15PM) </div> </div>		
Test Session: Aug 25, 9:00AM - 12:15PM		
MUST REGISTER IN ADVANCE IN PERSON AT THE ADULT SCHOOL: <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Mountain View/Los Altos* residents: 2:00PM on August 10 </div> <div style="text-align: center;"> Residents of other cities (space available): 2:00PM on August 16 </div> </div>		
Students must register in person at the adult school; the test is given in person at the senior center.		

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

Testing sessions include general information about the school and programs. Students should be available to stay for the entire process.

Placement into classes is not guaranteed even if a student has contacted the school or taken the placement test. The screening process and test are given to determine if there is an English class available at a level that is right for the student. Students should not sign up for testing if they know that their English level is higher than the ESL program. They will not be assigned to a class.

New students are placed on a space-available basis. Some classes are full and students may have to wait for a place in class. Additional placement testing dates will be listed on the website at mvla.net/AS later in the fall.

ESL - ENGLISH AS A SECOND LANGUAGE

FOR CONTINUING STUDENTS

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

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

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

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

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

NO ESL CLASSES WILL BE HELD
9/4, 11/10, 11/20-11/24, 12/22-1/5.

FALL 2023 CITIZENSHIP PREPARATION

(INTERMEDIATE-LEVEL ESL OR ABOVE)

There are two options for U.S. Citizenship Preparation classes: one online and one in person.

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

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

Study important information about American history, government, culture, and geography. Practice answering questions for the citizenship interview. Students should enroll at least 3 months before sending in their application for U.S. citizenship.

INSTRUCTOR: Sandy Cutshall

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

Students who would like to attend the Monday online citizenship class will need to download and install the Zoom application on a computer, tablet, mobile phone, or

other device with an internet connection and microphone/webcam.

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

There is no test for joining a Citizenship class, but students should be permanent residents eligible for U.S. citizenship and be planning to send their N-400 application in the next year. It is strongly recommended that students join the class before sending in their application. Classes are taught at an Intermediate English level.

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



MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL HIGH SCHOOL & GED PROGRAMS



PLEASE CHECK:

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

HIGH SCHOOL DIPLOMA

FREE PROGRAM FOR ADULTS, STARTS TUE 8/22/23 – OPEN ENTRY/EXIT

Mountain View Los Altos High School District offers a high school diploma program for persons 18 years of age and older who want to complete their high school credits through a combination of online coursework and weekly in-person meetings with teachers. This program is recommended for adult students who need 50 credits or fewer to complete an MVLA high school diploma. A credit evaluation based on an official transcript is required before beginning the program. To be considered for the program, please drop off all official transcripts to senior staff secretary, Marina Sandoval, in Room 104 or email marina.sandoval@mvla.net.

Note: All diploma programs meet district and state requirements. Classes begin Tuesday, August 22.

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

8/22 - 12/20, no class 9/4, 11/10, 11/20 - 24

AdultSch/104

CONCURRENT ENROLLMENT/CREDIT RECOVERY

STARTS TUES 8/22/23 – OPEN TO MVLA DISTRICT HIGH SCHOOL STUDENTS WITH REFERRAL

MVLA Adult School offers part-time high school coursework to currently attending MVLA High School District students who are 16 years old or older. Students must consult their high school counselor in order to be officially referred to this program during the regular school year. 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

8/22 - 12/20, no class 9/4, 11/10, 11/20 - 24

AdultSch/104



HIGH SCHOOL & GED PROGRAMS

YOUNG PARENTS PROGRAMS (YPP)

STARTS TUES 8/22/23 – OPEN TO MVLA DISTRICT HIGH SCHOOL STUDENTS WITH REFERRAL

Pregnant and parenting teens in the MVLA district can earn credits towards their high school diploma in a safe and supportive environment. This is a blended program with online courses and direct instruction. Free lunch and infant childcare are available while students are on site.

8/22-12/20, no class 9/4, 11/10, 11/20-24
AdultSch/104



PRE-GED TEST PREPARATION

FREE PROGRAM FOR ADULTS STARTS TUE 8/22/23 – OPEN ENTRY/EXIT

Designed primarily for ESL Advanced students whose first language is not English, but can speak and understand spoken English, and any adults who need extensive instruction in reading, vocabulary, and basic writing skills in order to advance to our regular GED Preparation classes. You must register for and attend a GED Preparation class orientation prior to enrolling for this class.

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

PRE-GED DAY PROGRAM

OPEN ENTRY/EXIT

020305 Mon - Fri 9:00AM-12:00PM
8/22 - 12/20, no class 9/4, 11/10, 11/20 - 24
AdultSch/106

PRE-GED EVENING PROGRAM

OPEN ENTRY/EXIT

020703 Mon - Thu 6:00 - 8:30PM
8/22 - 12/20, no class 9/4, 11/10, 11/20 - 24
AdultSch/106

GED TEST PREPARATION

FREE PROGRAM FOR ADULTS STARTS TUE 8/22/23 – OPEN ENTRY/EXIT

Individualized instruction and group discussions are offered to students in Language Arts, Math, Social Studies, and Science. You must register for and attend a GED Preparation class orientation prior to enrolling in this class.

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

GED DAY PROGRAM

OPEN ENTRY/EXIT

020109 Mon - Fri 9:00AM - 12:00PM
8/22 - 12/20, no class 9/4, 11/10, 11/20 - 24
AdultSch/106

GED EVENING PROGRAM

OPEN ENTRY/EXIT

020601 Mon - Thu 6:00PM - 8:30PM
8/22 - 12/20, no class 9/4, 11/10, 11/20 - 24
AdultSch/106

GED TESTING

MVLA Adult School is an official Pearson VUE computer-based GED test center. Tests are held at the adult school on Tuesday and Thursday evenings. Testing candidates: please make your appointments and payments online through ged.com.

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

PARENT & FAMILY EDUCATION

MOUNTAIN VIEW PARENT NURSERY SCHOOL (MVPNS)

Call (408) 883-KIDS or visit mvpns.org to learn more about our programs and enrollment for the 2023-2024 school year. Mountain View Parent Nursery School (MVPNS) is located at 1535 Oak Avenue, Los Altos, adjacent to Foothill Covenant Church. Visit our website at www.mvpns.org or email us at info@mvpns.org

INSTRUCTORS: Claire Koukoutsakis, Sandra Mitchell, Susan Pence, and Val Walker

PARENT AND CHILD CLASSES: THE TODDLER

Child must be 15 months old by September 1. The child and parent spend one 2-hour session a week together at school with the parent observing, participating, and meeting other parents of similar-age children. There will be a lecture/discussion for the parents to learn how to best support their child's growth and development near the end of each session.

Thursday 3:00PM - 5:00PM
MVPNS



PARENT PARTICIPATION PRESCHOOL: THE TWO, THREE, FOUR AND FIVE-YEAR-OLD

Children must be 2, 3, or 4 years old for prospective classes by September 1. Classes are held 2, 3 or 4 days per week for 2.5 or 3 hours per session depending on age. Parents are required to work in the classroom approximately one day per week. We provide high-quality early childhood education in an accredited parent participation program. The program fosters healthy growth and development of preschool age children through developmentally appropriate practices and parent education. We provide opportunities to explore and learn through blocks, manipulatives, dramatic play, cooking, art, literacy, science, math, and the outdoors. We value play, nature, and the development of the whole child (social, emotional, cognitive, and physical).

TWO-DAY CLASSES:	
Mon/Wed class for 2/young 3s	8:55AM - 11:25AM
Tue/Thu class for 2/young 3s	8:55AM - 11:25AM
Tue/Thu class for 3/young 4s	8:55AM - 11:45AM

THREE-DAY CLASS:	
Mon/Wed/Fri for 3.5/4/5s	8:55AM - 11:45AM

CHILDCARE CENTER AT MVLA ADULT SCHOOL

This program is for parents studying ESL and includes parent education and support. Space is limited. Eligibility is based on low economic status. Low English level students have priority enrollment. The child development program requires regular attendance and participation in classes/activities.

For more information, call (650) 940-1333.

**Childcare resumes
Wednesday, August 23**



COMMUNITY INTEREST & OLDER ADULTS

MVLA Adult School is offering classes for Community Interest & Older Adults classes in Fall 2023. Visit mvla.net/AS to access our online registration site.

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

For more information about the program, please contact our Assistant Director Jonathan Fu at jonathan.fu@mvla.net or (650) 940-1333 x 4010.

55+ COMPUTER AND TECHNOLOGY SKILLS

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.

INSTRUCTOR: Eugenia (Genie) Njolito

089200 Mon/Wed 9:00AM - 11:00AM

9/11-9/27 (6 meetings)

Mtn View Senior Ctr/Technology Room

Age 55+ \$98/other \$118

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.

INSTRUCTOR: Eugenia (Genie) Njolito

PREREQUISITE: Students must have proficiency with using a mouse.

089300 Mon/Wed 9:00AM - 11:00AM

10/2-10/18 (6 meetings)

Mtn View Senior Ctr/Technology Room

Age 55+ \$98/other \$118

INTRODUCTION TO IPAD

This course introduces iPads to students who have little or no experience with iPads. Students will learn how to set up an iPad, use Face Time and other apps to communicate with friends and family, take pictures, search the internet,

send and receive email, and download apps. The class will be hands-on and interactive, with the goal of making each student feel confident using the iPad. The class will also spend some time learning accessibility settings, such as making the display and text size bigger, activating touch accommodations to assist with difficulty using the touchscreen, and using the voiceover feature to read the items on the screen.

INSTRUCTOR: Eugenia (Genie) Njolito.

PREREQUISITES: Students must bring an iPad to class.

089400 Mon/Wed 9:30AM - 11:00AM

10/23 - 11/8 (6 meetings)

Mtn View Senior Ctr/Technology Room

Age 55+ \$74/other \$94

SMARTPHONE PHOTOGRAPHY

This course introduces the basics of using a smartphone's digital camera. Students will learn how to store, edit, delete, share, and take pictures and record videos. Students will also learn how to use free photo editing apps. Some fundamental photography principles will also be covered.

INSTRUCTOR: Eugenia (Genie) Njolito

PREREQUISITES: Students must bring a smartphone to class.

089500 Mon/Wed 9:30AM - 11:00AM

11/13 - 12/6 (6 meetings), no class on 11/20, 11/22

Mtn View Senior Ctr/Technology Room

Age 55+ \$74/other \$94

COMMUNITY INTEREST & OLDER ADULTS

ARTS & CRAFTS

ART OF KUMIHIMO - JAPANESE BRAIDING

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

INSTRUCTOR: Deborah Hall

087301 Thu 12:30PM - 2:30PM
9/14 - 12/7 (12 meetings), no class on 11/23
Mtn View Senior Ctr/Meeting Room
Age 55+ \$224/other \$244

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.

INSTRUCTOR: Deborah Hall

087101 Thu 10:00AM - 12:00PM
9/14-10/19 (6 meetings)
Mtn View Senior Ctr/Meeting Room
Age 55+ \$112/other \$132

BEADING, BEGINNING

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

INSTRUCTOR: Deborah Hall

087100 Thu 10:00AM - 12:00PM
10/26-12/7 (6 meetings), no class on 11/23
Mtn View Senior Ctr/Meeting Room
Age 55+ \$112/other \$132

CALLIGRAPHY: THE ELEGANCE OF HAND LETTERING

Using a broad-edged tool, students will learn two styles of lettering so they can develop skills and decide which they prefer. In the first classes, we will begin with a Parallel Pen which uses cartridge and color. After students are comfortable with this pen, the class will try some other types of pens to see which ones work best for each person.

The second style of writing will begin on November 2 and students will choose which style they prefer to work with on a small project. The class will also try some metallic inks on a variety of papers after everyone is comfortable with using their pens. All levels are welcome.

INSTRUCTOR: Sara Loesch-Frank

PREREQUISITES: Parallel Pen with cartridges, smooth paper

084300 Thu 9:30AM - 12:00PM
9/28-12/7 (10 meetings), no class on 11/23
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$163/other \$183

CERAMICS, BEGINNING AND INTERMEDIATE

Beginning students are very welcome and will learn various hand building techniques in clay and glazing. Painting with colorful underglazes will also be featured. No wheel-throwing techniques will be covered. Intermediate students will work on projects of their choice, although there is no commercial mass production allowed. A \$30 materials fee for glazes and clay is included in the registration fee.

INSTRUCTOR: Susan Worley, susan@susieclare.com

080221 Wed 1:00PM - 4:00PM
9/13-12/6 (12 meetings), no class on 11/22
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$236/other \$256

JAPANESE FLOWER ARRANGING, IKEBANA

Study the philosophy, harmony and balance of the Sogetsu School Ikebana. Learn the beauty of simple lines, form and use of space. No materials fee; students will bring their own flowers.

INSTRUCTOR: Katsuko Thielke

081111 Tue 9:30AM - 12:00PM
9/12-12/5 (12 meetings), no class on 11/21
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$244/other \$264

081112 Thu 1:00PM - 3:30PM
9/14-12/7 (12 meetings), no class on 11/23
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$244/other \$264

COMMUNITY INTEREST & OLDER ADULTS

CURRENT EVENTS

CURRENT AFFAIRS (HYBRID IN-PERSON/DISTANCE LEARNING)

A discussion-based class that deals with federal, state, and local issues. Is the American glass half-empty or half-full? Topics include the economy, individual rights, the American political situation, and many other issues drawn straight from the daily headlines.

This is a hybrid class, with the option to meet in-person or on Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application.

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

087213 Mon 1:00PM-3:00PM

9/11 - 12/4 (12 meetings), no class on 11/20

Mtn View Senior Ctr/Arts & Crafts

Age 55+ \$157/other \$177

LANGUAGE ARTS & LANGUAGES

CHINESE, BEGINNING

Learn the most popular language in the world. Be able to speak accurately with tones right at the start. At the end of the quarter, students will be able to recognize all the phonetic elements, read and speak Chinese through phonetics and conduct simple conversations. Characters will be introduced in the next quarter.

TEXTBOOK REQUIRED: *Chinese Express (Joy Chinese in 3 months)* by Liu, Hongmin (ISBN-10: 756191587X)

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

080405 Thu 6:00PM - 8:00PM

9/14 - 11/16 (10 meetings)

Mtn View Senior Ctr/Multi-B

Age 55+ \$161/other \$181

CHINESE, INTERMEDIATE

Learn the most popular language in the world. Explore modern China through various popular topics about the modern generation. Continue to expand vocabulary, grammar, & character reading. Class includes individual presentation, small group and whole class interaction, listening comprehension, translation exercises and characters reading. 300 characters will be introduced.

TEXTBOOK REQUIRED: *Chinese Express 2* by Liu, Hongmin (ISBN-10: 7561923430)

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

PREREQUISITE: One year of Chinese learning, able to read Chinese phonetics with tones properly plus knowledge of some basic vocabulary, grammar, and characters.

087020 Thu 2:00PM - 4:00PM

9/14 - 11/16 (10 meetings),

Mtn View Senior Ctr/Multi-B

Age 55+ \$161/other \$181

CREATIVE WRITING (HYBRID/DISTANCE LEARNING)

Students maximize their creative energy and growth within a supportive and encouraging forum of fellow writers. Students will be inspired to pursue new projects or bring their in-progress work to read in a safe and helpful environment. All levels of experience are welcome!

This is a hybrid class, with the option to meet in person or on Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application.

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

089411 Wed 10:00AM - 12:00PM

9/13 - 12/6 (12 meetings), no class on 11/22

Mtn View Senior Ctr/Meeting Room

Age 55+ \$157/other \$177

COMMUNITY INTEREST & OLDER ADULTS

CREATIVE WRITING (DISTANCE LEARNING)

Students maximize their creative energy and growth within a supportive and encouraging forum of fellow writers. Students will be inspired to pursue new projects or bring their in-progress work to read in a safe and helpful environment. All levels of experience are welcome!

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application.

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

DL089412 Wed 7:00PM - 9:00PM
9/13 - 12/6 (12 meetings), no class on 11/22
MVLA Adult School/Zoom Online
Age 55+ \$137/other \$157

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.

INSTRUCTOR: Tuula Beals, tuula.beals@mvla.net

DL500511 Tue 7:00PM - 9:00PM
9/19 - 12/5 (11 meetings), no class on 11/21
MVLA Adult School/Zoom Online
Age 55+ \$140/other \$160

FRENCH, BEGINNING I (DISTANCE LEARNING)

Bonjour! Students with no French instruction will learn the fundamentals of French pronunciation and will develop basic everyday conversational skills with focus on phonetics, grammar, listening comprehension, reading and writing exercises. The students will also become familiar with French culture and customs. Purchase *Dis-moi!* textbook online (ISBN: 0673216276).

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

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

DL084110 Thu 2:00PM - 4:00PM
9/14 - 12/7 (12 meetings), no class on 11/23
MVLA Adult School/Zoom Online
Age 55+ \$176/other \$196

FRENCH, BEGINNING II (DISTANCE LEARNING)

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

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

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

PREREQUISITES: Minimum two quarters of French or equivalent

DL084112 Wed 12:00PM - 2:00PM
9/13 - 12/6 (12 meetings), no class on 11/22
MVLA Adult School/Zoom Online
Age 55+ \$176/other \$196

FRENCH, INTERMEDIATE I (DISTANCE LEARNING)

The focus is on conversation and pronunciation. Students will expand listening comprehension and communication skills through their command of grammar. They will also increase vocabulary and improve their writing style with attention to syntax and advanced sentence structure. Students must purchase the textbook *Viens voir!*

COMMUNITY INTEREST & OLDER ADULTS

(ISBN - 0673 - 216284) prior to the first meeting. The workbook will be provided in class. Contact the instructor about placement if needed.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application.

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

PREREQUISITE: Completion of Beginning French.

DL084115 Wed 3:00PM - 5:00PM

9/13 - 12/6(12 meetings), no class on 11/22

MVLA Adult School/Zoom Online

Age 55+ \$176/other \$196

FRENCH, CONVERSATION (DISTANCE LEARNING)

Students will initiate and participate in a variety of conversational topics in real-life settings including current events, literature, art, history, civilization, cuisine, travel, hobbies and more. Students will increase vocabulary and enhance their communication skills, as well as grammar and syntax. They will expand their ability to express thoughts and opinions in discussions of social and cultural issues. Course material will be provided by the instructor.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application.

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

PREREQUISITE: Completion of Intermediate French

DL084103 Wed 9:30AM - 11:30AM

9/13 - 12/6 (12 meetings), no class on 11/22

MVLA Adult School/Zoom Online

Age 55+ \$176/other \$196

FRENCH, ADVANCED CONVERSATION AND BOOK CLUB (DISTANCE LEARNING)

Students will have the opportunity to discuss topics they are interested in, such as current events, culture, hobbies, arts, and literature. Every topic, brought up by students or the teacher, will become an opportunity to review and

develop vocabulary, grammar, reading, listening/speaking skills, all contributing to fluency.

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

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application.

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

DL084100 Tue 2:00PM - 4:00PM

9/12 - 12/5 (12 meetings), no class on 11/21

MVLA Adult School/Zoom Online

Age 55+ \$176/other \$196

FRENCH, EVERYDAY FRENCH FOR BEGINNERS A1 (DISTANCE LEARNING)

If you are looking for a dynamic class that covers all the aspects of the language, (oral and written skills) with a minimum of grammar and a maximum of interaction in French, this class is for you. Students will follow the adventures of two French families who live in the beautiful city of Nantes, on the Atlantic coast of France. It is intended for a beginner who has had some exposure to French already and wishes to make rapid progress through "rehearsing" in the classroom situations that will occur on a trip to France. A minimum of 15 minutes should be set aside each day by students to orally practice the material covered in class and do the exercises assigned weekly.

Do not hesitate to email the instructor with any questions.

See <https://apprendre.tv5monde.com/fr/exercices/totem>

Please buy the books online (used) to get them before the first day of class:

Totem 1: *Méthode de Français A1**, livre de l'élève (textbook) + DVD-rom + *manuel numérique simple* (digital book) by Jean-Thierry Le Bougnec and Marie-Jose Lopes (ISBN-10 : 2011560489)/(ISBN13 : 978-2011560483) and Totem 1: *méthode de français A1**, cahier d'activités (workbook) + CD audio (ISBN10 2011560535)/(ISBN-13 978-2011560537)

COMMUNITY INTEREST & OLDER ADULTS

* A1 level follows the Common European Framework of Reference for Languages (CEFR), international standard describing the foreign language proficiency from A1 (complete beginners) to C2 (most advanced). This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application.

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

DL054100 Mon 6:00PM - 8:00PM

9/11 - 12/4 (12 meetings), no class on 11/20

MVLA Adult School/Zoom Online

Age 55+ \$176/other \$196

FRENCH, EVERYDAY FRENCH FOR LOW INTERMEDIATE A2 (DISTANCE LEARNING)

If you are looking for a dynamic class that covers all aspects of the language, (oral and written skills) with a minimum of grammar and a maximum of interaction in French, this class is for you. Students will continue following the adventures of all the characters from *Totem 1*.

This course is for a student who has had beginner classes of French already and wishes to progress quickly and get more confidence. A minimum of 15 minutes should be set aside each day to orally practice the material covered in class and do the exercises assigned weekly.

Do not hesitate to email the instructor with any questions.

See <https://apprendre.tv5monde.com/fr/exercices/totem>

Please buy the books online (used) to get them before the first day of class:

*Totem 2: Méthode de Français A2**, livre de l'élève (textbook) + DVD-rom + *manuel numérique simple* (digital book) by Jean-Thierry Le Bougnec and Marie-Jose Lopes ISBN 10: 2011560551 / ISBN 13: 9782011560551

*Totem 2: méthode de français A2**, cahier d'activités (workbook) + CD audio ISBN 10: 2017141941 / ISBN 13: 9782017141945.

* A2 level follows the Common European Framework of Reference for Languages (CEFR), international standard describing the foreign language proficiency from A1 (complete beginners) to C2 (most advanced). This is an

online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application.

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

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

DL054200 Tue 6:00PM - 8:00PM

9/12 - 12/5 (12 meetings), no class on 11/21

MVLA Adult School/Zoom Online

Age 55+ \$176/other \$196

FRENCH, EVERYDAY FRENCH FOR HIGH INTERMEDIATE B1 (DISTANCE LEARNING)

The student has covered all the basics of the language but still needs to gain confidence when they speak. If the student wants maximum interaction in French, just enough grammar and lots of fun, then this all-in-French class is the one for them.

Students will need the book *Totem 3*. See <https://apprendre.tv5monde.com/fr/exercices/totem>

A minimum of 15 minutes should be set aside regularly by students to practice the material covered in class and do the exercises assigned weekly.

Do not hesitate to email the instructor for any question or concern.

Please buy the books online (used) to get them before the first day of class:

*Totem 3: Méthode de Français B1**, livre de l'élève (textbook) + DVD-rom + *manuel numérique simple* (digital book) by Jean-Thierry Le Bougnec and Marie-Jose Lopes (ISBN 10: 201401552X)/(ISBN 13: 9782014015522) + *Totem 3: Cahier d'activités B1** + CD audio (ISBN 10: 2014015538)/(ISBN 13: 9782014)

* B1 level follows the Common European Framework of Reference for Languages (CEFR), an international standard describing the foreign language proficiency from A1 (complete beginners) to C2 (most advanced). This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first

COMMUNITY INTEREST & OLDER ADULTS

class. Students will need to download and install the Zoom application.

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

DL054300 Wed 6:00PM - 8:00PM

9/13 - 12/6 (12 meetings), no class on 11/22

MVLA Adult School/Zoom Online

Age 55+ \$176/other \$196

GERMAN, BEGINNING A1 (DISTANCE LEARNING)

Willkommen! Students with no prior German instruction will learn the principles of grammar and usage, practice dialogues, and discover the culture of German-speaking countries. We will use the textbook *Passwort Deutsch 1, A1* (ISBN: 9783126764100).

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application.

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

DL502715 Thu 6:30PM - 8:30PM

9/14 - 12/7 (12 meetings), no class on 11/23

MVLA Adult School/Zoom Online

Age 55+ \$249/other \$269

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.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application.

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

DL084701 Wed 1:30PM - 3:30PM

9/13 - 12/6 (12 meetings), no class on 11/22

MVLA Adult School/Zoom Online

Age 55+ \$249/other \$269

GERMAN, INTERMEDIATE A1 (DISTANCE LEARNING)

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

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application.

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

PREREQUISITE: Beginning German or equivalent

DL502720 Mon 6:30PM - 8:30PM

9/11 - 12/4 (12 meetings), no class on 11/20

MVLA Adult School/Zoom Online

Age 55+ \$249/other \$269

ITALIAN, ADVANCED GRAMMAR AND CONVERSATION

This class is best suited for students who have completed the Italian grammar program, including the Subjunctive and have, preferably, an advanced level of vocabulary and speaking skills (students should be familiar with the grammar and topics previously completed in Chapters 1-12 of the textbook, *Un Giorno in Italia 2*).

Using a conversational approach in a comfortable and enjoyable atmosphere, you will continue to expand your vocabulary and learn more complex grammatical structures and expressions in varied contexts. Students will develop communicative proficiency of the target language in speaking, listening, reading, and writing. Homework assignments will be given regularly; class is conducted only in Italian. Please buy textbook online: *Un giorno in Italia 2* by Chiappini, De Filippo; Bonacci Edition; ISBN 9788875733926. Please note that the first class on 9/13 will be held in the Maple Room.

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

PREREQUISITES: Advanced Grammar 3 or equivalent.

088034 Wed 9:30AM - 11:30AM

9/13 - 11/29 (11 meetings), no class on 11/22

Mtn View Community Ctr/Cedar Room

Age 55+ \$185/other \$205

COMMUNITY INTEREST & OLDER ADULTS

ITALIAN, BEGINNING 4

In a positive learning environment, you will be expanding your vocabulary and learning more grammatical structures and expressions in varied contexts, for oral and written communication. The course will include many conversational activities to prepare students to communicate effectively in many real-life situations. Homework assignments will be given regularly; class is conducted mostly in Italian. Please buy the required textbook: *Arrivederci! 1 - Libro dello studente e quaderno degli esercizi* + CD, by Colombo, Faraci, De Luca; Edlingua Edition.

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

PREREQUISITES: Italian, Beginning 3 or equivalent (students should be very familiar with the content of *Arrivederci!* Chapters 1-7)

088007 Mon 9:30 AM - 11:30 AM
9/11 - 11/27 (11 meetings), no class on 11/20
Mtn View Community Ctr/Maple Room
Age 55+ \$185/other \$205

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.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application.

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

DL089511 Thu 1:00PM - 3:00PM
9/14 - 12/7 (12 meetings), no class on 11/23
MVLA Adult School/Zoom Online
Age 55+ \$137/other \$157

DL089512 Fri 10:00AM - 12:00PM
9/15 - 12/8 (11 meetings), no class on 11/10, 11/24
MVLA Adult School/Zoom Online
Age 55+ \$124/other \$144

SPANISH, BEGINNING IA

This course is designed to help each student carry on basic conversations with the instructor and other students in the target language. Throughout this course, students will acquire cultural knowledge of Latin cultures and its differences and similarities with American culture. In addition, this course will provide students with basic knowledge of grammar and will help students gain confidence and fluency when speaking the target language. This is a fun, relaxed class where students are active participants in classroom activities in Spanish. Let's chat in Spanish! Textbooks: *¡Exprésate! Spanish 1* (ISBN: 9780030676789) and *¡Exprésate! Spanish 1 Cuaderno de actividades* (ISBN: 9780030744662). Used books can be purchased online at a low price.

INSTRUCTOR: Sarah Hsu

501201 Thu 6:00PM - 7:20PM
9/14 - 12/7 (12 meetings), no class on 11/23
Los Altos High School/Room 306
Age 55+ \$129/other \$149

SPANISH, BEGINNING IIA

In this course, students will continue to acquire and develop their listening, speaking, reading and writing skills. Major grammatical structure of the present indicative, preterite and imperfect tense review, and introduction of future tense. This is a fun and relaxed class that allows students to practice their skill in real-life situations. Prerequisite: Beginning Spanish or equivalent. Textbooks: *¡Exprésate! Spanish 2* (ISBN: 9780030453229) and *¡Exprésate! Spanish 2 Cuaderno de vocabulario y gramática* (ISBN: 9780030744976). Used books can be purchased online at a low price.

INSTRUCTOR: Sarah Hsu

501202 Thu 7:25PM - 8:45PM
9/14 - 12/7 (12 meetings), no class on 11/23
Los Altos High School/Room 306
Age 55+ \$129/other \$149

COMMUNITY INTEREST & OLDER ADULTS

MUSIC & DANCE



BALLET BARRE WITH FLOOR BARRE, WITH JEAN

Promote balance, strength and mobility, with classical ballet technique at the barre, combined with mat work and light conditioning for adults of all ages. No experience necessary. Condition to upbeat, fun, classical music. Develop grace, expressiveness, and confidence. The instructor makes movement easier for each individual. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

INSTRUCTOR: Jean Elvin

083320 Thu 4:15PM - 5:30PM
9/14 - 12/7 (12 meetings), no class on 11/23
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$122/other \$142

BEGINNERS FOR BROADWAY!

Tired of the same old exercise routine? Learn basic tap steps: shuffle, flap, ball change, cramp rolls, grapevines, time steps, and pivots (no spins, no taps). All abilities welcome; no previous experience necessary. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

INSTRUCTOR: Marnie Ridgway, am_consulting@usa.net

082910 Tue/Thu 11:30AM - 12:30PM
9/12 - 12/7 (24 meetings), no class on 11/21, 11/23
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$196/other \$216

BELLY DANCE, BEGINNING

This class explores the fundamental movements of Belly Dance. Students will learn the basic hip, chest, and arm movements, including posture, isolations, and shimmies. Dynamic choreographs will be taught to incorporate new movements. Wear comfortable clothing and either dance shoes or bare feet. No dance experience required. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

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

800025 Mon 7:30PM - 8:30PM
9/11 - 12/4 (11 meetings), no class on 10/16, 11/20
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$124/other \$144

CHORUS

Join our fun performing chorus: all abilities welcome! Learn vocalizing and sight-singing techniques in a range of music styles (including sacred) to perform during the holidays.

INSTRUCTOR: Marnie Ridgway, am_consulting@usa.net

080521 Wed 9:30AM - 11:30AM
9/13 - 12/13 (13 meetings), no class on 11/22
Mtn View Senior Ctr/Multi A
Age 55+ \$85/other \$105

COMMUNITY INTEREST & OLDER ADULTS

BALLROOM DANCE: ONE STEP AT A TIME-BALLROOM, LATIN, AND NIGHTCLUB DANCES

Learn Ballroom, Latin, and Nightclub dances for beginners and experienced dancers. No need to be a wallflower when you can show off your talents on the dance floor. The teachers will respond to requests by the students for dances of interest. Typically a selection from ballroom dances like waltz, foxtrot, and tango, Latin dances like rumba and cha-cha, and nightclub dances like swing, nightclub two-step, and salsa will be taught. Beginners will become familiar with basic steps while advanced students will get individual attention on improving techniques. The MVLA Adult School and the class instructors assume no responsibility for any injuries arising from participating in this class.

INSTRUCTORS: Ellen Murray and Gene Esswein

801100 Mon 7:30PM - 8:45PM
9/11 - 12/4 (12 meetings), no class on 11/20
Mtn View Senior Ctr/Social Hall
Age 55+ \$89/other \$109

HULA, ALL LEVELS

Beginner to Advanced Hula learn traditional hula incorporated with language and culture of the islands. Beginning students will learn basic steps, posture, coordination of hand and feet movements, intermediate and advanced students will learn more advanced choreography. Suggested clothing, comfortable for dance class including a skirt or wrap.

INSTRUCTORS: Staff

801815 Tue 7:00PM - 8:00PM
9/12 - 12/5 (12 meetings), no class on 11/21
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$128/other \$148

MOVIN' TO THE OLDIES

Get your groove on to music from the 40s, 50s, and 60s! Low-impact, non-twisting exercise (with optional hand weights) to improve balance and breathing. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

INSTRUCTOR: Marnie Ridgway, am_consulting@usa.net

082920 Tue/Thu 1:30PM - 2:30PM
9/12 - 12/7 (24 meetings), no class on 11/21, 11/23
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$157/other \$177

ORCHESTRA

The MVLA Adult School Orchestra is a full orchestra consisting of a diverse group of adult musicians with music reading ability and technical skills. The group is passionate about serving the community through performing music. There will be some scheduled performances at the Mountain View Senior Center toward the end of each session.

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

081321 Wed 1:00PM - 4:00PM
9/13 - 12/6 (12 meetings), no class on 11/22
Mtn View Senior Ctr/Multi A
Age 55+ \$94/other \$114

STRING ENSEMBLE WORKSHOP

Do you play violin and want a place where you can develop your ensemble skills? Want to dust off your viola chops after letting them sit in the case for years? Always wanted to play cello? Need to put Uncle Jed's string bass back into use? Join the new String Ensemble Workshop and play easy arrangements of music for strings with other beginning and intermediate students. Join the ensemble for the joy of making music with others in a supportive and encouraging environment free of criticism or judgment. From bowing to sight-reading, fingering to posture hints, this 90-minute class will help students play in a group with other string instruments.

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

PREREQUISITES: Students need some familiarity with their instrument.

081330 Mon 4:00PM - 5:30PM
9/11 - 12/4 (12 meetings), no class on 11/20
Mtn View Senior Ctr/Multi A
Age 55+ \$118/other \$138

WORKOUT ON BROADWAY!

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

INSTRUCTOR: Marnie Ridgway, am_consulting@usa.net

PREREQUISITE: Beginners for Broadway! or instructor approval

082901 Tue/Thu 12:30PM - 1:30PM
9/12 - 12/7 (24 meetings), no class on 11/21, 11/23
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$157/other \$177

COMMUNITY INTEREST & OLDER ADULTS

NEEDLE ARTS & SEWING

KNITTING WORKSHOP, ALL LEVELS

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

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

087311 Tue 1:00PM - 3:00PM

9/12 - 12/5 (12 meetings), no class on 11/21

Mtn View Community Ctr/Maple Room

Age 55+ \$137/other \$157

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. Please note that the first class on 9/13 will be held in the Maple Room.

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

087411 Wed 1:15PM - 3:15PM

9/13 - 12/6 (12 meetings), no class on 11/22

Mtn View Community Ctr/Cedar Room

Age 55+ \$137/other \$157



PHYSICAL FITNESS & LIFESTYLE WELLNESS



EXERCISE FOR THE OLDER ADULT

Are your daily routines inhibited because you are plagued with stiffness and limited movement? Are you afraid your balance is rapidly declining and you may need to depend on special aids? This class includes specific strengthening exercises from a sitting or standing position. Students must bring their own dumbbells (2.5 or 5 pounds) and mini bands (light or medium resistance). The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

INSTRUCTOR: Alejandra Picollo, alejandrapicollo822@gmail.com

082602 Mon 2:15PM - 3:00PM

9/11 - 12/4 (12 meetings), no class on 11/20

Mtn View Senior Ctr/Multi A

Age 55+ \$79/other \$99

FELDENKRAIS® AWARENESS THROUGH MOVEMENT®, WITH JEAN

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

INSTRUCTOR: Jean Elvin

083311 Fri 10:00AM - 11:15AM

9/15 - 12/8 (11 meetings), no class on 11/10, 11/24

Mtn View Senior Ctr/Multi A

Age 55+ \$90/other \$110

HATHA YOGA

Hatha yoga focuses on posture and breathing techniques, traditionally to channel vital energy sources and is suitable for all levels. Students flow through a soft paced yoga practice aiming to get into the depth of each pose which helps to attain an equilibrium between the mind, body and breath.

INSTRUCTOR: Reenie Yadav

600330 Fri 11:30AM - 12:30PM

10/6 - 12/8 (8 meetings), no class on 11/10, 11/24

Mtn View Senior Ctr/Dance and Movement

Age 55+ \$66/other \$86

HIKE FOR HEALTH

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

INSTRUCTOR: Roberta Hutchinson

PREREQUISITES: Students must be in good physical health and able to hike 4.5 to 6 miles round trip at a moderate pace. Hiking boots or sturdy shoes with good tread. Daypack with water, snack, and basic first aid kit. Hiking poles are highly recommended for hills.

089600 Thu 9:00AM - 1:30PM

9/14 - 12/7 (12 meetings), no class on 11/23

Foothills Congregational Church/Learning Center

Age 55+ \$145/other \$165

COMMUNITY INTEREST & OLDER ADULTS

TAI CHI AND QIGONG, CHEN STYLE - BEGINNING

This class will introduce the Chen-style Taijiquan form, Silk-reeling Exercises, and Wuji Qigong. Silk-reeling Exercises are a series of spiral movements which promote muscle relaxation and flexibility by reducing physical tension and strain. Wuji Qigong (standing meditation) will help students to cultivate internal energy (qi) with proper body alignment for better internal energy flow which will enhance their immune systems, and to reduce physical and mental stress. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

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

601121 Tue 6:15PM - 7:30PM
9/12 - 12/5 (11 meetings), no class on 10/24, 11/21
Mtn View Senior Ctr/Multi A
Age 55+ \$180/other \$200

TAI CHI AND APPLICATIONS, CHEN STYLE - INTERMEDIATE

This class will continue the Chen-style Taijiquan form, the intentions and details for various movements will be presented in this class. The Chen-style Taijiquan form is soft and graceful with strong rooted stands that will help students to develop strength, balance, coordination and an understanding of basic Taiji principles. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

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

601123 Tue 7:30PM - 8:45PM
9/12 - 12/5 (11 meetings), no class on 10/24, 11/21
Mtn View Senior Ctr/Multi A
Age 55+ \$180/other \$200

ZUMBA GOLD

Come join us for exciting Latin and international dance rhythms created in the original Zumba and designed for the older adult. Includes merengue, salsa, cha cha, cumbia, calypso, and rock and roll. This program provides the participant with a safe and effective total body workout! It's fun, different, easy, and effective, and it's great for the mind, body, and soul. No previous dance experience required. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

INSTRUCTOR: Alejandra Picollo, alejandrapicollo822@gmail.com

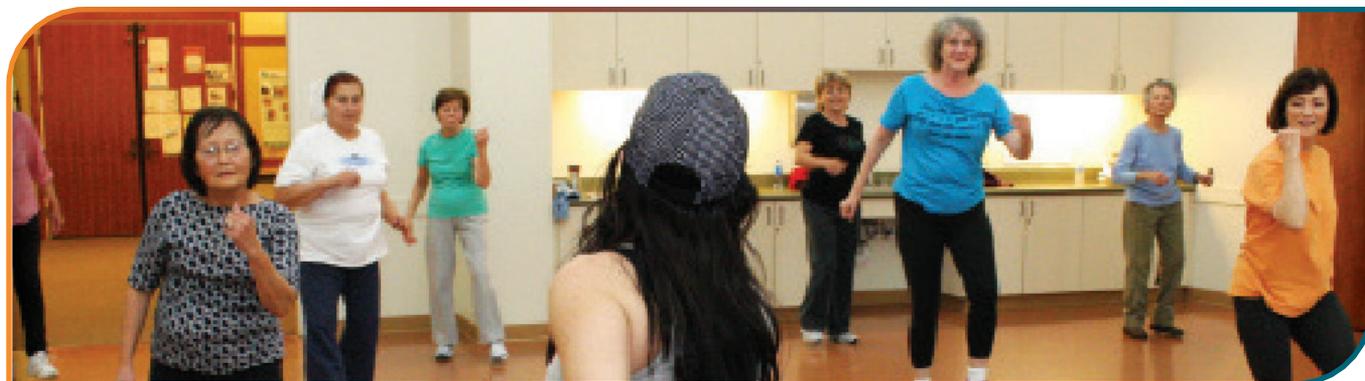
082400 Tue 6:15PM - 7:15PM
9/12 - 12/5 (12 meetings), no class on 11/21
Mtn View Senior Ctr/Social Hall
Age 55+ \$135/other \$155

ZUMBA, LATIN AEROBIC DANCE EXERCISE

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

INSTRUCTOR: Alejandra Picollo, alejandrapicollo822@gmail.com

801609 Thu 6:00PM - 7:00PM
9/14 - 12/7 (12 meetings), no class on 11/23
Mtn View Senior Ctr/Social Hall
Age 55+ \$156/other \$176



STUDENT SUPPORT SERVICES

STUDENT SUPPORT SERVICES

Are you new to the internet? Do you need help getting onto the internet from your computer or device? Do you need more guidance and practice with how to send and receive an email? Do you want to learn how to access your class online resources? MVLA's Technology Advocate team can help!

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

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

TECHNOLOGY ADVOCATE DROP-IN OFFICE HOURS

Mon – Fri, 9:30AM - 12:30PM & Mon, 1:00PM-2:00PM & 5:30PM - 8:00PM

Location: Room 105

TECHNOLOGY WORKSHOPS FOR STUDENTS

TECHNOLOGY WORKSHOPS FOR STUDENTS

MVLA Adult School Technology Advocate Services are available to all students. Students are encouraged to register for one or more of these workshops either before or at the start of a new program/course at MVLA Adult School.

All workshops are free of charge. Visit mvla.net/AS for a list of upcoming workshop dates and to register online. Workshops will be held in-person at MVLA Adult School.

BASIC COMPUTER SKILLS WORKSHOP

Are you new to computers? Would you like to familiarize yourself with using a computer? This workshop provides students with a foundational knowledge of computers. Learn how to identify parts of a computer, perform basic functions, and follow instructions using a computer. At the end of the workshop, students will have a working knowledge of computers and be able to use a computer.

BASIC INTERNET SKILLS WORKSHOPS

Are you new to the internet? Do you need help getting onto the internet from your computer or device?

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

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

Students will use Chromebooks in this workshop. Topics include:

- How to access the internet
- Difference between a browser versus a search engine
- How to search for information on the internet
- Other topics as requested



STUDENT SUPPORT SERVICES

ZOOM ESSENTIALS WORKSHOP

Are you new to Zoom and need help getting started? Would you like to learn how to communicate better via Zoom? This workshop is geared toward all levels of Zoom experience. For beginners, the focus will be on basic Zoom features the student will need to access and participate in an online class, while for more experienced Zoom users, advanced features will be covered so that students can maximize their experience.

At the end of the workshop, beginning students will be able to access and participate in a Zoom session, and more advanced students will be able to seamlessly move in and out of breakout rooms and communicate more fully via screen sharing and annotation. Contact the instructor for more information: Jim Wong, jim.wong@mvla.net.

IN-PERSON WORKSHOPS:

604700	Basic Internet Skills	9/12 Tue	9:30AM - 11:30AM	AdultSch/105
604701	Basic Internet Skills	9/18 Mon	1:00PM - 2:00PM	AdultSch/105
604702	Basic Internet Skills	9/18 Mon	7:00PM - 8:00PM	AdultSch/105
601000	Basic Computer Skills	9/19 Tue	9:30AM - 11:30AM	AdultSch/105
604203	Zoom Essentials	10/18 Wed	4:00PM - 5:00PM	AdultSch/105
604703	Basic Internet Skills	11/28 Tue	9:30AM - 11:30AM	AdultSch/105
604704	Basic Internet Skills	12/4 Mon	7:00PM - 8:00PM	AdultSch/105

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

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

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

ACADEMIC TUTORING

WANT TO VOLUNTEER?

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

STUDENT SUPPORT SERVICES

CALWORKS PROGRAM

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

Already a CalWORKs participant? MVLA's CalWORKs representative will help and partner with you while you attend classes at MVLA Adult School. Our CalWORKs

representative is available by phone, email, or text during the office hours listed here and by appointment. You may contact our representative at:

Jim Wong, CalWORKs Site Representative,
MVLA Office: (650) 940-1333 x4105 / jim.wong@mvla.net
Text: (408) 766-4368
Office hours:
Mon/Wed/Fri 11:30AM - 1:00PM
Tue/Thu, 9:00AM - 1:00PM
And by appointment

TRANSITION ADVISING AND CAREER SERVICES

The MVLA Transition Adviser works one-on-one with adult students to ensure they attain the education and career success they deserve, by facilitating seamless transition to higher education and the workforce. Transition advising and career services are available to students registered in any of our core classes or programs, up to one year after course completion.

They include:

- Job Seeking Assistance
- Resume Writing
- Job Search Information

- Career Exploration
- Networking
- Interview Practice
- College Selection, Application, Registration
- Connection to Support Services

Visit our Transition Advising and Career Services web page for more information. <https://as.mvla.net/Services>

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



STUDENT SUPPORT SERVICES

IN-PERSON CAREER WORKSHOPS:

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

DISCOVER YOUR STRENGTHS

Do you know what makes you special?

Do you have the words to explain your talents, strengths, assets and skills to an employer or interviewer?

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

604108	9/7 Thu	12:15PM - 1:30PM	AdultSch/201
604109	12/6 Wed	12:15PM - 1:30PM	AdultSch/201

RESUME WORKSHOP

What makes an effective resume?

Learn how to write a resume that will get you noticed. In this workshop you will get to work on your own resume or create a new one.

603209	10/5 Thu	12:15PM - 1:30PM	AdultSch/201
603210	11/15 Wed	12:15PM - 1:30PM	AdultSch/201

INTERVIEWING PREPARATION

Now that you have an interview, how should you prepare?

What types of questions will be asked?

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

603408	10/25 Wed	12:15PM - 1:30PM	AdultSch/201
603409	11/2 Thu	12:15PM - 1:30PM	AdultSch/201

APPOINTMENTS

Appointments can be made by email, phone, or online.

Contact our Transition Adviser Gina Riccitelli:

gina.riccitelli@mvla.net

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

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

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 11

NOTE: Registration for Career Technical Education classes is ongoing.

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

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

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

MASKS ARE RECOMMENDED FOR AT-RISK INDIVIDUALS IN INDOOR SPACES AND MAY BE REQUIRED IN CTE CLINICAL SITES.

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



ONLINE REGISTRATION

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

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

Who Is Eligible to Register Classes are open to residents of California only, 18 years and older. High school enrolled students, 16 years and older, may register for an adult education class for credit after getting approval from their home school and the adult school office prior to registering or attending.

REFUND POLICY

Please choose classes carefully. Because the fees collected pay teachers' salaries, we must limit our refund policy.

Refunds will only be given if requested at least one week before the first class meeting. No refunds will be given within one week of the first class meeting. **For all Career Technical Education classes, a 10% cancellation fee will be assessed** for refunds requested at least one week before the first class meeting, and no refunds will be given within one week of the first class meeting. We cannot accept medical, business, travel, or other reasons for not participating in a class.

Thank you for your cooperation. If there is not sufficient enrollment by the preregistration deadline and your class is canceled, we will issue a refund to your credit card.

PUBLIC NOTICE

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

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

COMPLAINT PROCESS

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

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

MISSION STATEMENT

The Adult School is committed to serving adult learners who will gain the knowledge, skills and proficiency necessary to achieve personal goals in employment, secondary education, and English language skills in order to become self-reliant and productive members of the community.

MOUNTAIN VIEW LOS ALTOS HIGH SCHOOL DISTRICT
Superintendent & Board of Trustees

Dr. Phil Faillace
Mr. Sanjay Dave

Ms. Thida Cornes
Dr. Esmeralda Ortiz

Ms. Catherine Vonnegut
Dr. Nellie Meyer, Supt.

Schoolwide Learner Outcomes

Students will:

- > Set goals and progress towards them
- > Achieve a measurable increase in knowledge, skills and proficiency in their goal area
- > Be able to apply knowledge, skills and proficiency to employment and continuing education

North Santa Clara County Consortium (NSCCC)

The MVLA Adult School is a member of the North Santa Clara County Consortium (NSCCC), a collaboration that serves the communities of Cupertino, Los Altos, Los Altos Hills, Mountain View, Palo Alto, and Sunnyvale, as well as portions of San Jose. Its mission is to coordinate and align programs, create linkages, and develop regional plans to better serve the educational needs of adults in the region. Meet the members of the consortium.



FOOTHILL
COLLEGE

MVLA
ADULT SCHOOL
Learning for a Lifetime



FUHSD Adult School
One School Educating All

DeAnza
College



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

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



PEARSON
VUE-Authorized
Test Center



National Center for
Competency Testing





MVLAAdultSchool



(650) 940-1333



333 Moffett Blvd
Mountain View CA 94043

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

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High School District

RESIDENTIAL CUSTOMER

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ADULT SCHOOL & CLASS LOCATIONS

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

MVLA
ADULT SCHOOL