



(650) 940-1333



MVLAAdultSchool



333 Moffett Blvd
Mountain View CA 94043

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

WINTER/SPRING 2024 COURSE CATALOG

CLASS REGISTRATION BEGINS NOVEMBER 17



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 - WINTER/SPRING 2024



Dear MVLA Community,

MVLA Adult School is ringing in 2024 with some exciting NEW opportunities for English Language Learners in our community. Our goal is to make high-quality healthcare training programs affordable and accessible for ALL students. If you are an intermediate-high to advanced level ESL student, you may qualify for FREE healthcare training and a paid externship opportunity while attending class. Please see page 9 for more information about the Medical Terminology for Advanced ESL - Integrated Education and Training program. 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 Assistant and more. Completers of this course are eligible to earn a full scholarship that will cover the cost of tuition for any of MVLA Adult School's healthcare training programs. Qualifying students will have the opportunity to earn as they learn through paid healthcare externships while attending class. This is an optimum time to take that first step towards a brighter tomorrow.

Please join us in celebrating this new year by educating and elevating yourself. Whether your goal is academic, personal or professional, let MVLA help you in your journey towards self-improvement and success. MVLA Adult School provides high-quality education to empower our students to become self-reliant and productive members of our society. Thank you for choosing MVLA on your journey as a student, teacher, tutor, volunteer, advocate, partner, and friend. We look forward to another great year supporting adult learners in our region to find their purpose and achieve their goals.

Sincerely
Julie Vo, M.Ed
Director of Adult Education



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WINTER/SPRING 2024 CALENDAR

WINTER/SPRING 2024 REGISTRATION BEGINS:

Friday, November 17, 2023

NOTE: Registration for
Career Technical Education classes is ongoing.

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

WINTER 2024 SESSION

Mon, January 8 - Fri, March 15, 2024

SPRING 2024 SESSION

Mon, March 18 - Wed, June 5, 2024

HOLIDAYS/NO CLASSES

January 15, February 19 - 23, April 8 - 12, May 27

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

HOW TO REGISTER

The MVLA Adult School is offering both in-person and a limited number of distance learning (DL) classes for Winter/Spring 2024.

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 NOVEMBER 17

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.

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

CTE - CAREER TECHNICAL EDUCATION

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

Please refer to the listing of Winter/Spring 2024 courses on the following pages.

CAREER TRAINING PROGRAMS AND PATHWAYS

HEALTH SCIENCE AND MEDICAL TECHNOLOGY

Certificate Programs

Certified Nursing Assistant (CNA)
State Certification (180 hours)

Home Health Aide (HHA)
State Certification (48 hours)

Acute Care
(116 hours)

NEW! Eye Care Technician (Optometric Assistant)
(58+ hours)

Medical Assistant (MA) - Front and Back Office
National Certification (535 hours)

Medical Office Assistant (MOA)
National Certification (100+ hours)

Medical Records Specialist
National Certification (200+ hours)

Physical Therapy Technician / Aide
National Certification (140 hours)

Continuing Education Units (CEUs)

Workshops for CNA / HHA Certificate Renewal

BUSINESS AND FINANCE

General Accounting Clerk Certificate

Accounting 1A
Accounting 1B
Payroll Records and Procedures
QuickBooks Pro

INFORMATION AND COMMUNICATION TECHNOLOGIES

Certificate Programs

New! Amazon Web Services (AWS) Cloud Computing

Google Applied Digital Skills -
Entry Level Project Management (100 hours)

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

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

Career Pathways

Cisco Certified Network Associate

Coding Academy
Introduction to Java
Introduction to Python
Intermediate Python

Adobe Photoshop

Web Development
Web Design Fundamentals (HTML, CSS and JavaScript)
Introduction to Python
AWS Cloud Computing



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 Winter/Spring 2024.

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:
francisco.preciado@mvla.net or (650) 940-1333 x4013

HEALTH SCIENCE AND MEDICAL TECHNOLOGY

	WI 24	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)		✓
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	✓	
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 2024 DATES

066087	1/26/24	Fri	9:00AM - 11:30AM	AdultSch 201
066088	1/30/24	Tue	4:30PM - 7:00PM	AdultSch 109
066089	2/6/24	Tue	4:30PM - 7:00PM	AdultSch 202
066090	2/9/24	Fri	9:00AM - 11:30AM	AdultSch 201
066098	3/12/24	Tue	4:30PM - 7:00PM	AdultSch 105
066092	3/15/24	Fri	9:00AM - 11:30AM	AdultSch 201
066093	3/29/24	Fri	9:00AM - 11:30AM	AdultSch 201
066094	4/2/24	Tue	4:30PM - 7:00PM	AdultSch 105
066095	5/17/24	Fri	9:00AM - 11:30AM	AdultSch 201
066096	5/21/24	Tue	4:30PM - 7:00PM	AdultSch 105
066097	6/14/24	Fri	9:00AM - 11:30AM	AdultSch 201

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

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

CTE - CAREER TECHNICAL EDUCATION

HEALTH SCIENCE AND MEDICAL TECHNOLOGY



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

Students may register in the Certified Nursing Assistant or Eye Care Tech program after they have attended an orientation and passed a reading assessment (given at 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 1/26, 2/9, 3/15, 3/29, 5/17, 6/14

Evening Orientations

Tue 4:30-7:00PM on 1/30, 2/6, 3/12, 4/2, 5/21

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 at the start of the program. Free mandatory resume workshop. Job placement assistance provided.

INSTRUCTORS: Factora/Staff (AM), Lagundino/Osui/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 by start of the 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:

063072 Mon - Thu 8:00AM - 2:30PM

1/8 - 3/19, no class on 1/15, 2/19 - 2/22 (13 weeks)
AdultSch/200

063074 Mon - Thu 8:00AM - 2:30PM

3/25 - 6/3, no class on 4/8 - 4/11, 5/27 (13 weeks)
AdultSch/200

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

NNAAP exam fee of \$120

EVENING PROGRAM:

063073 Mon - Thu 4:30PM - 8:30PM

1/16 - 5/7, no class on 2/19 - 2/22, 4/8 - 4/11 (15 weeks)
\$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: Criselda Imperio; 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:

069641 Mon - Thu 8:00AM - 2:30PM

5/13 - 6/3 (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.

INSTRUCTOR: Criselda Imperio; Staff

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

DATE	DAY	TIME	CLASS #	LOCATION	INSTRUCTOR	TOPIC	CEUs	FEE
1/19	Fri	8:00AM - 2:30PM	063337	Room 200	Imperio	Infection Control	6	\$39
3/1	Fri	8:00AM - 2:30PM	063338	Room 200	Imperio	Environmental Safety and CNA Safety	6	\$39
4/19	Fri	8:00AM - 2:30PM	063339	Room 200	Imperio	Interpersonal Relationships and Communication	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.

INSTRUCTORS: Kimberly Kunde/Francisco Preciado

062666 1/12 Fri 9:00AM - 1:00PM
AdultSch/200
\$70

062667 3/15 Fri 9:00AM - 1:00PM
AdultSch/200
\$70

062668 4/5 Fri 9:00AM - 1:00PM
AdultSch/200
\$70

EYE CARE TECHNICIAN (OPTOMETRIC ASSISTANT)

This in-person course is designed for students seeking a career in the healthcare field with emphasis on optometry and eye care. Eye Care Technicians are part of the vision care team. They work with the optometrist to assist

patients with front office customer service, pre-testing evaluations and eyewear selection needs. This course is the first step on your career ladder to become an Optician, Frame Stylist, or Paraoptometric Coding Specialist.

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

The Eye Care Technician Program will address clinical, customer service, sales, eyewear, styling skills, and how to work with ophthalmologists and optometrists. Students in this course will have the opportunity to participate in an Optometric Assistant externship to get hands-on practice. This course will prepare students for the anatomy/physiology portion of the National Optician competency exam administered by the American Board of Opticianry (ABO).

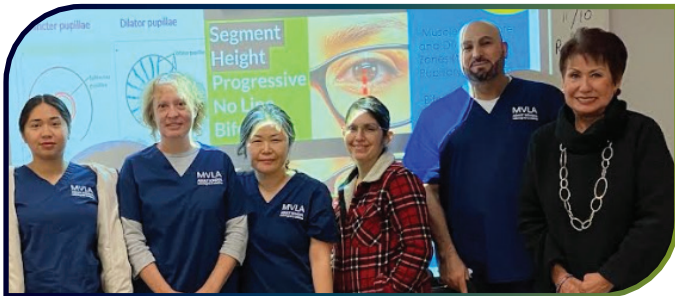
INSTRUCTOR: Mira Singer

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.

064280 3/5 - 5/16 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



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

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

CTE - CAREER TECHNICAL EDUCATION

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

DL063430 1/9 - 4/25 Tue/Thu 1:30PM – 3:30PM
AdultSch/109/Zoom Online
\$150

There is 1 required in-person meeting on 4/25. The rest are conducted online.

THIS COURSE IS STRONGLY 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 strongly recommended. Proof of HS Diploma or GED required for registration.

WINTER/SPRING PROGRAM MON - FRI 8:00AM - 2:30PM:

062040 1/8 - 4/19, no classes on 1/15, 2/19 - 2/23, 4/8 - 4/12 (16 weeks)

062041 4/22 - 7/19, no classes on 5/27, 6/19 (16 weeks)

AdultSch/202

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

CTE - CAREER TECHNICAL EDUCATION

MEDICAL RECORDS SPECIALIST CERTIFICATE

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

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

MEDICAL BILLING AND CODING

Medical insurance plays an important role in the financial well-being of every healthcare business. This course provides 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.

060428 Mon - Thu 8:00AM - 12:00PM
1/16 - 3/7, no class on 2/19 - 2/22 (8 weeks)
AdultSch/201
\$175

ELECTRONIC HEALTH RECORD KEEPING (EHR)

This course introduces students to the concepts and skills they will need for a successful career in medical office billing and computerized practice management. Students will acquire an in-depth knowledge of the medical billing cycle and the use of health information technology in physicians' practices. The course centers on an advanced MediSoft V19 training, where students will practice hands-on how to enter patient information, work with cases, create claims, post insurance payments, create reports, and schedule. Students completing this course will receive a course completion certificate for Electronic Health Record Keeping. Masks strongly recommended.

INSTRUCTOR: Dr. Abebe Gelagay

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

066225 Mon - Thu 8:00AM - 12:00PM
3/11 - 5/1, no class on 4/8 - 4/11
AdultSch 201
\$175

SCHOLARSHIP OPPORTUNITY

ATTEND HEALTHCARE TRAINING FREE

Students who complete Medical Terminology for Advanced ESL with a passing grade can earn a scholarship to attend any MVLA Adult School healthcare training program FREE OF COST.

QUALIFYING STUDENTS CAN CHOOSE TO ENROLL IN:

Certified Nursing Assistant
Eye Care Technician
Medical Assistant
Medical Office Assistant
Medical Records Specialist

More information will be provided at the mandatory orientation/information session.
Contact: MVLA Adult School Director julie.vo@mvla.net



FREE! NEW CLASS THIS SEMESTER

NEW MEDICAL TERMINOLOGY FOR ADVANCED ESL

This course will 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 intermediate-high or advanced level ESL 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 five mornings per week, with two days dedicated to advanced English study in academic language, vocabulary, and writing. Three 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 for information on how to sign up for the required orientation.

REGISTER TODAY at:
tinyurl.com/3t93a85d or use the QR Code:



Upcoming REQUIRED Orientation Dates/Times:

Fri 12/1	9:00AM - 11:00AM	AdultSch/109
Fri 12/15	9:00AM - 11:00AM	AdultSch/109
Fri 1/12	9:00AM - 11:00AM	AdultSch/109
Fri 2/16	9:00AM - 11:00AM	AdultSch/201
Fri 3/8	9:00AM - 11:00AM	AdultSch/201
Fri 3/15	9:00AM - 11:00AM	AdultSch/203

Check mvla.net/AS for updates

MEDICAL TERMINOLOGY FOR ADVANCED ESL

Mon-Fri 9:00AM - 12:00PM
1/17 - 3/21, no class on 2/19 - 2/23
AdultSch/109

or

Mon-Fri 9:00AM - 12:00PM
4/1 - 6/5, no class on 4/8 - 4/12, 5/27
AdultSch/109

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

CTE - CAREER TECHNICAL EDUCATION

BUSINESS AND FINANCE

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

GENERAL ACCOUNTING CLERK CERTIFICATE

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



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

ACCOUNTING 1A: PRINCIPLES OF SMALL BUSINESS ACCOUNTING

This course introduction to basic accounting procedures is for new or potential business owners and those who want to increase their knowledge of working with ledgers, debits and credits, and financial statements. After completing this course, students will be able to analyze business transactions, record journal entries, post to general ledger accounts, and prepare financial statements. Students must complete both Accounting 1A and Accounting 1B to receive a certificate of completion.

INSTRUCTOR: Dr. Abebe Gelagay

REQUIRED TEXTS AND MATERIALS: Students must purchase a textbook or eBook: *College Accounting*, 16th Edition, Price, Haddock, Farina, ISBN: 9781260780413. This textbook covers both Accounting 1A and Accounting 1B courses.

061842 Tue/Thu 5:30PM - 9:00PM
1/16 - 3/7, no classes on 2/20 - 2/22 (8 weeks)
AdultSch/201
\$70

061844 Tue/Thu 5:00 PM - 9:00PM
4/30 - 6/6, (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*, 16th Edition, Price, Haddock, Farina, ISBN: 9781260780413. This textbook covers both Accounting 1A and Accounting 1B courses.

061843 Tue/Thu 5:30PM - 9:00PM
3/12 - 4/25, no class on 4/8 - 4/10 (9 weeks)
AdultSch/201
\$70

CTE - CAREER TECHNICAL EDUCATION

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*, 5th Edition, Landin, ISBN-13: 9781260260144, ISBN-10: 1260260143.

060714 Mon/Wed 5:30PM - 9:00PM
3/11 - 4/24, no class 4/8 - 4/10 (8 weeks)
AdultSch/201
\$70

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

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

INSTRUCTOR: Dr. Abebe Gelagay

REQUIRED TEXTS AND MATERIALS: Students must purchase a textbook: *Small Business Management*, 8th Edition, Byrd, ISBN-13: 9781259538988, ISBN-10: 1259538982. 065107.

065108 Mon - Thu 8:30AM - 12:00PM
5/6 - 6/5, no class on 5/27 (5 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.

064022 Mon/Wed 5:30PM - 9:00PM
1/17 - 3/6, no class on 2/20 - 2/22 (9 weeks)
AdultSch/201
\$70

064023 Mon/Wed 5:00PM - 9:00PM
4/29 - 6/5, no class 5/27 (9 weeks)
AdultSch/201
\$70



MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

CTE - CAREER TECHNICAL EDUCATION

INFORMATION AND COMMUNICATION TECHNOLOGIES

	WI 24	SP 24
FOUNDATIONAL COURSES		
NEW! Excel for Careers in Data Analytics		✓
Coding Academy:		
Introduction to Java		✓
Introduction to the Python Programming Language		✓
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)		✓
NEW! (ONLINE) Google Applied Digital Skills	✓	

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 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.

INSTRUCTOR: Staff

PREREQUISITE: Experience using a PC

DL060201 Mon/Wed 6:00PM - 9:00PM
3/18 - 5/15, no class on 4/8, 4/10 (8 weeks)
Zoom Online
\$70

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.

DL061110 Mon/Wed 6:00PM - 9:00PM
3/18 - 6/5, no class on 4/8, 4/10, 5/27 (12 weeks)
Zoom Online
\$70

CTE - CAREER TECHNICAL EDUCATION

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 1/16 and 3/14 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

DL069415 Tue/Thu 9:00AM -12:00PM
1/16 - 3/14, no class on 2/20, 2/22 (12 weeks)
AdultSch/105/Zoom Online
\$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-demand, dynamic programming language. Students are advised to bring their own laptop, earbuds, and mouse.

INSTRUCTOR: Staff

062758 Tue/Thu 6:00PM - 9:00PM
3/18 - 5/15, no class on 4/9 - 4/11 (9 weeks)
AdultSch/109
\$70

INTRODUCTION TO JAVA PROGRAMMING

This course is equivalent to Mission College Course CIS 043(4.0 credits). Java is one of the top programming languages that runs across multiple platforms and is used for developing a wide range of applications. In this introductory Java course, students will learn about important thinking concepts for developing computer programs as functional abstraction, the object-oriented programming paradigm, and application programming interfaces. Major topics include basic data types, conditionals, loops, methods, objects and classes, arrays, input and output, file operations, polymorphism and inheritance, exceptions and error handling, and packages and interfaces. Upon completion, students will be able to design, code, test, and debug simple Java programs. Previous programming knowledge will be helpful but is not required. The course is suitable for anyone who wants to learn a programming language for the first time. Masks strongly recommended. Access to personal computer, internet/Wi-Fi, and Zoom is required to enroll in this course.

INSTRUCTOR: Bethany Wang

067307 Mon/Wed 6:00PM - 9:00PM
3/11 - 5/15, no class on 4/8, 4/10 (9 weeks)
AdultSch/105
\$70

WEB DESIGN FUNDAMENTALS WITH HTML, CSS, AND JAVASCRIPT

This course introduces the essential concepts and approaches in web design. Students will learn the essentials of the three fundamental technologies that drive it: HTML, CSS, and JavaScript. They will also learn how to put them into practice by designing a fully functioning site with most of the major web components. Topics include understanding the internet and websites, using HTML to structure 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

060909 Mon/Wed 6:00PM-9:00PM
1/8 - 3/4 (8 weeks)
AdultSch/105
\$70

ESL - ENGLISH AS A SECOND LANGUAGE

MVLA ADULT SCHOOL OFFERS IN-PERSON ESL CLASSES

AT TWO LOCATIONS DEPENDING ON STUDENT NEED.

6 LEVELS OF BASIC ENGLISH INSTRUCTION

Morning 9:00AM - 12:00PM

Evening 6:00PM - 9:00PM

BEGINNING HIGH TO ADVANCED LOW LEVELS

Afternoon 12:30PM - 3:30PM

CLASSES HELD AT

MVLA Adult School

333 Moffett Blvd, Mountain View, CA 94043

SENIOR-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	Beginning Low ONLY Senior-focused* (Age 55+only)
Mon/Thu/Fri	3 Days	10:45AM - 12:15PM	Beginning High/Intermediate Low 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

Students eligible for ESL classes must take a placement test in person at the adult school. Interested students should check the website at **mvla.net/AS** for upcoming ESL test registration information and testing dates.

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

FOR CONTINUING STUDENTS

Continuing (already enrolled) students will return to ESL classes on Tuesday, January 9, 2024.

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

NO ESL CLASSES WILL BE HELD 1/15; 2/19-2/23; 4/8-4/12; 5/27

WINTER/SPRING 2024 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 again 1/11
AdultSch/203

Mon 6:00PM - 9:00PM starts again 1/22
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: 1/15; 2/19; 2/22; 4/8; 4/11; 5/27

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 1/9/24 – 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, January 9.

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

1/9 - 6/4, no class 1/15, 2/19 - 2/23, 4/8 - 4/12, 5/27

AdultSch/104

CONCURRENT ENROLLMENT/CREDIT RECOVERY

STARTS TUE 1/9/24 – 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

1/9 - 6/4, no class 1/15, 2/19 - 2/23, 4/8 - 4/12, 5/27

AdultSch/104



HIGH SCHOOL & GED PROGRAMS

YOUNG PARENTS PROGRAMS (YPP)

STARTS TUE 1/9/24 – 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.

1/9 - 6/4, no class 1/15, 2/19 - 2/23, 4/8 - 4/12, 5/27
AdultSch/104

PRE-GED TEST PREPARATION

FREE PROGRAM FOR ADULTS STARTS TUE 1/9/24 – 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, January 9, 2024.

PRE-GED DAY PROGRAM

OPEN ENTRY/EXIT

020305 Mon - Fri 9:00AM-12:00PM
1/9 - 6/4, no class 1/15, 2/19 - 2/23, 4/8 - 4/12, 5/27
AdultSch/106

PRE-GED EVENING PROGRAM

OPEN ENTRY/EXIT

020703 Mon - Thu 6:00 - 8:30PM
1/9 - 6/4, no class 1/15, 2/19 - 2/22, 4/8 - 4/11, 5/27
AdultSch/106



GED ORIENTATION

Before enrolling in our Pre-GED or GED Test Preparation Courses, students need to attend a GED Orientation session first. Orientation is scheduled for the following dates. Please sign up at mvla.net/AS.

Tue 1/9/24	9:00AM - 11:00AM	Rm 206
Wed 1/17/24	5:00PM - 7:00PM	Rm 203
Wed 1/31/24	5:00PM - 7:00PM	Rm 203
Tue 2/6/24	9:00AM - 11:00AM	Rm 206
Wed 2/28/24	5:00PM - 7:00PM	Rm 203
Tue 3/5/24	9:00AM - 11:00AM	Rm 206
Tue 4/2/24	9:00AM - 11:00AM	Rm 206
Wed 4/17/24	5:00PM - 7:00PM	Rm 203
Wed 4/24/24	5:00PM - 7:00PM	Rm 203

GED TEST PREPARATION

FREE PROGRAM FOR ADULTS STARTS TUE 1/9/24 – 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, January 9, 2024.

GED DAY PROGRAM

OPEN ENTRY/EXIT

020109 Mon - Fri 9:00AM - 12:00PM
1/9 - 6/4, no class 1/15, 2/19 - 2/23, 4/8 - 4/12, 5/27
AdultSch/106

GED EVENING PROGRAM

OPEN ENTRY/EXIT

020601 Mon - Thu 6:00PM - 8:30PM
1/9 - 6/4, no class 1/15, 2/19 - 2/22, 4/8 - 4/11, 5/27
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
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CHILDCARE CENTER AT MVLA ADULT SCHOOL

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

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

Morning Session

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

Adult Sch/Child Dev Ctr



COMMUNITY INTEREST & OLDER ADULTS

MVLA Adult School is offering classes for Community Interest & Older Adults classes in Winter/Spring 2024. 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

Resumes Summer 2024. Please check mvla.net/AS for updates.

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

087302 Thu 12:30PM - 2:30PM
1/11 - 3/7 (8 meetings), no class on 2/22
Mtn View Senior Ctr/Meeting Room
Age 55+ \$149/other \$169

087303 Thu 12:30PM - 2:30PM
3/21 - 5/16 (8 meetings), no class on 4/11
Mtn View Senior Ctr/Meeting Room
Age 55+ \$149/other \$169

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
1/11 - 3/7 (8 meetings) no class on 2/22
Mtn View Senior Ctr/Meeting Room
Age 55+ \$149/other \$169

087101 Thu 10:00AM - 12:00PM
3/21 - 5/16 (8 meetings) no class on 4/11
Mtn View Senior Ctr/Meeting Room
Age 55+ \$149/other \$169

CALLIGRAPHY: DESIGNING BORDERS AND CALLIGRAPHY

Students will develop their skills in lettering Foundational Style and then learn how to add borders to their lettering. From floral techniques, geometric patterns, or elegant flourishes, join this class to make your writing dynamic and noticeable.

INSTRUCTOR: Sara Loesch-Frank

084003 Thu 9:30AM - 12:00PM
1/11 - 3/14 (9 meetings), no class on 2/22
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$147/other \$167

CALLIGRAPHY: COMBINING COLOR WITH THE LEGEND CALLIGRAPHY STYLE

The Legend Style is an unusual alphabet which can be used for dramatic poems, song lyrics or festive cards for any occasion. Students will get to try opaque colors, metallic inks and more after learning the letterforms.

INSTRUCTOR: Sara Loesch-Frank

080112 Thu 9:30 AM - 12:00PM
3/21 - 5/23 (9 meetings), no class on 4/11
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$147/other \$167

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

COMMUNITY INTEREST & OLDER ADULTS



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.worley@mvla.net

080222 Wed 1:00PM - 4:00PM
1/10 - 3/13 (9 meetings), no class on 2/21
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$177/other \$197

080223 Wed 1:00PM - 4:00PM
3/20 - 5/15 (8 meetings), no class on 4/10
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$161/other \$181

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
1/9 - 3/12 (9 meetings), no class on 2/20
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$163/other \$183

081112 Thu 1:00PM - 3:30PM
1/11 - 3/14 (9 meetings), no class on 2/22
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$163/other \$183

081113 Tue 9:30AM - 12:00PM
3/19 - 5/21 (9 meetings), no class on 4/9
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$163/other \$183

081114 Thu 1:00PM - 3:30PM
3/21 - 5/23 (9 meetings), no class on 4/11
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$163/other \$183

CURRENT EVENTS

CURRENT AFFAIRS

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

This is a hybrid class, with the option to meet in-person or on Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

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

087213 Mon 1:00PM - 3:00PM
1/8 - 3/11 (8 meetings), no class on 1/15, 2/19
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$105/other \$125

087214 Mon 1:00PM - 3:00PM
3/18 - 5/20 (9 meetings), no class on 4/8
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$118/other \$138



COMMUNITY INTEREST & OLDER ADULTS

LANGUAGE ARTS & LANGUAGES

CHINESE, BEGINNING (SECOND QUARTER)

Continue to strengthen the accuracy of pronunciation and tones through tongue twisters, expand vocabulary, grammars and participation in conversations. Recognize 200 characters, and the use of classifiers (measure words).

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

PREREQUISITE: One quarter of Beginning Chinese

080406 Thu 6:00PM - 8:00PM

1/11 - 3/14 (9 meetings), no class on 2/22

Mtn View Senior Ctr/Multi B

Age 55+ \$118/other \$138

080407 Thu 6:00PM - 8:00PM

3/21 - 5/23 (8 meetings), no class on 4/11, 4/25

Mtn View Senior Ctr/Multi B

Age 55+ \$105/other \$125

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 character 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

1/11 - 3/14 (9 meetings), no class on 2/22

Mtn View Senior Ctr/Multi B

Age 55+ \$118/other \$138

087021 Thu 2:00PM - 4:00PM

3/21 - 5/23 (8 meetings), no class on 4/11, 4/25

Mtn View Senior Ctr/Multi B

Age 55+ \$105/other \$125

CREATIVE WRITING WORKSHOP (HYBRID IN PERSON/DISTANCE LEARNING)

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

This is a hybrid class, with the option to meet in person or on Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an internet connection and microphone/webcam.

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

089411 Wed 10:00AM - 12:00PM

1/10 - 3/13 (9 meetings), no class on 2/21

Mtn View Senior Ctr/Meeting Room

Age 55+ \$118/other \$138

089413 Wed 10:00AM - 12:00PM

3/20 - 5/22 (9 meetings), no class on 4/10

Mtn View Senior Ctr/Meeting Room

Age 55+ \$118/other \$138

CREATIVE WRITING WORKSHOP (DISTANCE LEARNING)

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

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

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

DL089412 Wed 7:00PM - 9:00PM

1/10 - 3/13 (9 meetings), no class on 2/21

MVLA Adult School/Zoom Online

Age 55+ \$98/other \$118

DL089414 Wed 7:00PM - 9:00PM

3/20 - 5/22 (9 meetings), no class on 4/10

MVLA Adult School/Zoom Online

Age 55+ \$98/other \$118

COMMUNITY INTEREST & OLDER ADULTS

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

DL500511 Tue 7:00PM - 9:00PM
1/9 - 3/12 (9 meetings), no class on 2/20
MVLA Adult School/Zoom
Age 55+ \$111/other \$131

DL500512 Tue 7:00PM - 9:00PM
3/19 - 5/21 (9 meetings), no class on 4/9
MVLA Adult School/Zoom
Age 55+ \$111/other \$131

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
1/11 - 3/14 (9 meetings), no class on 2/22
MVLA Adult School/Zoom Online
Age 55+ \$148/other \$168

DL084111 Thu 2:00PM - 4:00PM
3/21 - 5/23 (9 meetings), no class on 4/11
MVLA Adult School/Zoom Online
Age 55+ \$148/other \$168

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

PREREQUISITE: Minimum two quarters of French or equivalent

DL084112 Wed 3:00PM - 5:00PM
1/10 - 3/13 (9 meetings), no class on 2/21
MVLA Adult School/Zoom Online
Age 55+ \$148/other \$168

DL084113 Wed 3:00PM - 5:00PM
3/20 - 5/22 (9 meetings), no class on 4/10
MVLA Adult School/Zoom Online
Age 55+ \$148/other \$168

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!* (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. 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

PREREQUISITE: Completion of Beginning French

COMMUNITY INTEREST & OLDER ADULTS

DL084115 Wed 12:00PM - 2:00PM
1/10 - 3/13 (9 meetings), no class on 2/21
MVLA Adult School/Zoom Online
Age 55+ \$148/other \$168

DL084116 Wed 12:00PM - 2:00PM
3/20 - 5/22 (9 meetings), no class on 4/10
MVLA Adult School/Zoom Online
Age 55+ \$148/other \$168

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. 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

PREREQUISITE: Completion of Intermediate French

DL084103 Wed 9:30AM - 11:30AM
1/10 - 3/13 (9 meetings), no class on 2/21
MVLA Adult School/Zoom Online
Age 55+ \$148/other \$168

DL084105 Wed 9:30AM - 11:30AM
3/20 - 5/22 (9 meetings), no class on 4/10
MVLA Adult School/Zoom Online
Age 55+ \$148/other \$168

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 questions or concerns.

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. 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: Veronique Strange, veronique.strange@mvla.net

DL504300 Tue 6:00PM - 8:00PM
1/9 - 3/12 (9 meetings), no class on 2/20
MVLA Adult School/Zoom Online
Age 55+ \$148/other \$168

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. 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: Veronique Strange, veronique.strange@mvla.net

DL084100 Tue 2:00PM - 4:00PM
1/9 - 3/12 (9 meetings), no class on 2/20
MVLA Adult School/Zoom Online
Age 55+ \$148/other \$168

COMMUNITY INTEREST & OLDER ADULTS

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

DL502715 Thu 6:30PM - 8:30PM
1/11 - 3/14 (9 meetings), no class on 2/22
MVLA Adult School/Zoom Online
Age 55+ \$182/other \$202

DL502716 Thu 6:30PM - 8:30PM
3/21 - 5/23 (9 meetings), no class on 4/11
MVLA Adult School/Zoom Online
Age 55+ \$182/other \$202

GERMAN, INTERMEDIATE A2 (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. 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: Dorith Endler, dorith.endler@mvla.net

PREREQUISITE: Beginning German or equivalent

DL502720 Mon 6:30PM - 8:30PM
1/8 - 3/11 (8 meetings), no class on 1/15, 2/19
MVLA Adult School/Zoom Online
Age 55+ \$159/other \$179

DL502721 Mon 6:30PM - 8:30PM
3/18 - 5/20 (9 meetings), no class on 4/8
MVLA Adult School/Zoom Online
Age 55+ \$182/other \$202

GERMAN CONVERSATION (DISTANCE LEARNING)

Willkommen! Do you want to speak German? Students

will discuss whatever they are interested in, and talk about texts, songs, and poems from German-speaking countries.

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: Dorith Endler, dorith.endler@mvla.net

DL084701 Wed 1:30PM - 3:30PM
1/10 - 3/13 (9 meetings), no class on 2/21
MVLA Adult School/Zoom Online
Age 55+ \$182/other \$202

DL084702 Wed 1:30PM - 3:30PM
3/20 - 5/22 (9 meetings), no class on 4/10
MVLA Adult School/Zoom Online
Age 55+ \$182/other \$202

ITALIAN, INTERMEDIATE 1 AND INTERMEDIATE 2

In a positive learning environment, you will be expanding your vocabulary and learning more grammatical structures and expressions. 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 in Italian.

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

PREREQUISITES (INTERMEDIATE 1): At least three (3) beginning classes at MVLA Adult School or equivalent. Please ask the instructor for the title of the textbook.

088012 Mon 9:30 AM - 11:30AM
1/22 - 3/11 (7 meetings), no class on 2/19
Mtn View Community Ctr/Cedar Room
Age 55+ \$111/other \$131

PREREQUISITES (INTERMEDIATE 2): Intermediate Italian 1 or equivalent

088013 Mon 9:30 AM - 11:30AM
3/18 - 5/20 (8 meetings), no class on 4/1, 4/8
Mtn View Community Ctr/Cedar Room
Age 55+ \$129/other \$149

ITALIAN, ADVANCED GRAMMAR, READING AND CONVERSATION

This class is best suited for students who completed the Italian grammar program, including the Subjunctive and have, preferably, an advanced level of vocabulary and speaking skills.

COMMUNITY INTEREST & OLDER ADULTS

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. Homework assignments will be given regularly. Class is conducted only in Italian. Please ask the instructor for the title of the textbook.

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

PREREQUISITES: Advanced Grammar 3 or equivalent.

088032 Wed 9:30AM - 11:30AM
1/17 - 3/6 (7 meetings), no class on 2/21
Mtn View Community Ctr/Cedar Room
Age 55+ \$111/other \$131

088033 Wed 9:30AM - 11:30AM
3/20 - 5/22 (8 meetings), no class on 4/3, 4/10
Mtn View Community Ctr/Cedar Room
Age 55+ \$129/other \$149

MEMOIRS WRITING (DISTANCE LEARNING)

Students will stimulate their thinking as they rediscover their past by listening to the memoirs of others online. Students will follow weekly memory prompts, gather ideas to proceed with what they have already begun, or bring in what they have already written for a final class "edit" for clarity, logic, and style.

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

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

DL089511 Thu 1:00PM - 3:00PM
1/11 - 3/14 (9 meetings), no class on 2/22
MVLA Adult School/Zoom Online
Age 55+ \$98/other \$118

DL089512 Fri 10:00AM - 12:00PM
1/12 - 3/15 (9 meetings), no class on 2/23
MVLA Adult School/Zoom Online
Age 55+ \$98/other \$118

DL089513 Thu 1:00PM - 3:00PM
3/21 - 5/23 (9 meetings), no class on 4/11
MVLA Adult School/Zoom Online
Age 55+ \$98/other \$118

DL089514 Fri 10:00AM - 12:00PM
3/22 - 5/24 (9 meetings), no class on 4/12
MVLA Adult School/Zoom Online
Age 55+ \$98/other \$118

SPANISH, BEGINNING IA/IB

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

INSTRUCTOR: Sarah Hsu

501215 Thu 6:00PM - 7:20PM
1/11 - 3/14 (9 meetings), no class on 2/22
Los Altos High School/Room 306
Age 55+ \$92/other \$112

501216 Thu 6:00PM - 7:20PM
3/21 - 5/23 (8 meetings), no class on 4/4, 4/11
Los Altos High School/Room 306
Age 55+ \$80/other \$100

SPANISH, BEGINNING IIA

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

INSTRUCTOR: Sarah Hsu

PREREQUISITE: Beginning Spanish IB or equivalent

501202 Thu 7:25PM - 8:45PM
1/11 - 3/14 (9 meetings), no class on 2/22
Los Altos High School/Room 306
Age 55+ \$92/other \$112

501203 Thu 7:25PM - 8:45PM
3/21 - 5/23 (8 meetings), no class on 4/4, 4/11
Los Altos High School/Room 306
Age 55+ \$80/other \$100

MUSIC & DANCE



BALLET BARRE WITH FLOOR BARRE

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

INSTRUCTOR: Jean Elvin

083320 Thu 4:15PM - 5:30PM
1/11 - 3/14 (9 meetings), no class on 2/22
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$92/other \$112

083321 Thu 4:15PM - 5:30PM
3/21 - 5/23 (9 meetings), no class on 4/11
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$92/other \$112

BALLROOM DANCE: TWO STEPS AT A TIME - BALLROOM, LATIN, AND NIGHTCLUB DANCES

This class will be a continuation of the Fall session with Ballroom, Latin, and Nightclub dances focused on learning and improving on your dance skills. The teachers will respond to the needs of students, whether just learning how to dance as a beginner, or learning intermediate dance steps for those students who are progressing with their dancing abilities. Input from students on the dances of interest will be factored into the selection of dances taught. Some of the Ballroom dances like waltz, foxtrot, and tango, Latin dances like rumba, cha-cha, salsa, and

Nightclub dances like East and West Coast Swing will be selected. 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

801101 Mon 7:30PM - 8:45PM
1/8 - 3/11 (8 meetings), no class on 1/15, 2/19
Mtn View Senior Ctr/Social Hall
Age 55+ \$70/other \$90

BALLROOM DANCE: THREE STEPS AT A TIME - BALLROOM, LATIN, AND NIGHTCLUB DANCES

This class will be a continuation of the Winter session with Ballroom, Latin, and Nightclub dances focused on learning and improving on your dance skills. The teachers will respond to the needs of students, whether just learning how to dance as a beginner, or learning intermediate dance steps for those students who are progressing with their dancing abilities. Input from students on the dances of interest will be factored into the selection of dances taught. Some of the Ballroom dances like waltz, foxtrot, and tango, Latin dances like rumba, cha-cha, salsa, and Nightclub dances like East and West Coast Swing will be selected. 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

801102 Mon 7:30PM - 8:45PM
3/18 - 5/20 (9 meetings), no class on 4/8
Mtn View Senior Ctr/Social Hall
Age 55+ \$75/other \$95

COMMUNITY INTEREST & OLDER ADULTS

BEGINNERS FOR BROADWAY!

Wish you could dance? Students will learn the basics: shuffle, flap, ball change, cramp rolls, grapevines, time steps, and pivots (no spins, no taps). All abilities welcome; no previous experience necessary. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

INSTRUCTOR: Marnie Ridgway, am_consulting@usa.net

082910 Tue/Thu 11:30AM - 12:30PM

1/9 - 3/14 (18 meetings), no class on 2/20, 2/22

Mtn View Senior Ctr/Dance & Movement

Age 55+ \$147/other \$167

082911 Tue/Thu 11:30AM - 12:30PM

3/19 - 5/23 (18 meetings), no class on 4/9, 4/11

Mtn View Senior Ctr/Dance & Movement

Age 55+ \$147/other \$167

BELLY DANCE, BEGINNING

This class explores the fundamental movements of Belly Dance. Students will learn the basic hip, chest, and arm movements, including posture, isolations, and shimmies. Dynamic choreography will be taught to incorporate new movements. Wear comfortable clothing and either dance shoes or bare feet. No dance experience required. 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

1/22 - 3/11 (7 meetings), no class on 2/19

Mtn View Senior Ctr/Dance & Movement

Age 55+ \$55/other \$75

800026 Mon 7:30PM - 8:30PM

3/18 - 5/20 (7 meetings), no class on 4/8, 4/15

Mtn View Senior Ctr/Dance & Movement

Age 55+ \$55/other \$75

CHORUS

Join a fun performing chorus: all abilities welcome. Learn vocalizing and sight-singing techniques in a range of music styles. Please register for both sessions - we learn the music in Winter and perform in Spring.

INSTRUCTOR: Marnie Ridgway, am_consulting@usa.net

080521 Wed 9:30AM - 11:30AM

1/10 - 3/13 (9 meetings), no class on 2/21

Mtn View Senior Ctr/Multi A

Age 55+ \$59/other \$79

080522 Wed 9:30AM - 11:30AM

3/20 - 5/22 (9 meetings), no class on 4/10

Mtn View Senior Ctr/Multi A

Age 55+ \$59/other \$79

HULA, ALL LEVELS

Learn traditional Hawaiian hula dancing incorporated with the basic language and culture of Hawai'i. Students will learn basic steps and coordination of hand and foot movements for 'auana (modern) dances in the standard hula repertoire. Dress comfortably and dance barefoot or with soft flat shoes or socks. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

INSTRUCTOR: Karen Sanico

801815 Tue 7:00PM - 8:00PM

1/9 - 3/12 (9 meetings), no class on 2/20

Mtn View Senior Ctr/Dance & Movement

Age 55+ \$119/other \$139

801816 Tue 7:00PM - 8:00PM

3/19 - 5/21 (9 meetings), no class on 4/9

Mtn View Senior Ctr/Dance & Movement

Age 55+ \$119/other \$139

MOVING TO THE OLDIES

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

INSTRUCTOR: Marnie Ridgway, am_consulting@usa.net

082920 Tue/Thu 1:30PM - 2:30PM

1/9 - 3/14 (18 meetings), no class on 2/20, 2/22

Mtn View Senior Ctr/Dance & Movement

Age 55+ \$118/other \$138

082921 Tue/Thu 1:30PM - 2:30PM

3/19 - 5/23 (18 meetings), no class on 4/9, 4/11

Mtn View Senior Ctr/Dance & Movement

Age 55+ \$118/other \$138

COMMUNITY INTEREST & OLDER ADULTS

ORCHESTRA

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

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

PREREQUISITES: None

081321 Wed 1:00PM - 4:00PM
1/10 - 3/13 (9 meetings), no class on 2/21
Mtn View Senior Ctr/Multi A
Age 55+ \$71/other \$91

081322 Wed 1:00PM - 4:00PM
3/20 - 5/22 (9 meetings), no class on 4/10
Mtn View Senior Ctr/Multi A
Age 55+ \$71/other \$91

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 Fri 2:30PM - 4:00PM
1/12 - 3/15 (9 meetings), no class on 2/23
Mtn View Senior Ctr/Multi A
Age 55+ \$71/other \$91

081331 Fri 2:30PM - 4:00PM
3/22 - 5/24 (9 meetings), no class on 4/12
Mtn View Senior Ctr/Multi A
Age 55+ \$71/other \$91

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
1/9 - 3/14 (18 meetings), no class on 2/20, 2/22
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$118/other \$138

082902 Tue/Thu 12:30PM - 1:30PM
3/19 - 5/23 (18 meetings), no class on 4/9, 4/11
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$118/other \$138

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
1/9 - 3/12 (9 meetings), no class on 2/20
Mtn View Community Ctr/Maple Room
Age 55+ \$98/other \$118

087312 Tue 1:00PM - 3:00PM
3/19 - 5/21 (9 meetings), no class on 4/9
Mtn View Community Ctr/Maple Room
Age 55+ \$98/other \$118

COMMUNITY INTEREST & OLDER ADULTS

NEEDLE ARTS & SEWING

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.

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

087411 Wed 1:15PM - 3:15PM
1/10 - 3/13 (9 meetings), no class on 2/21
Mtn View Community Ctr/Maple Room
Age 55+ \$98/other \$118

087412 Wed 1:15PM - 3:15PM
3/20 - 5/22 (9 meetings), no class on 4/10
Mtn View Community Ctr/Maple Room
Age 55+ \$98/other \$118

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
1/8 - 3/11 (8 meetings), no class on 1/15, 2/19
Mtn View Senior Ctr/Multi A
Age 55+ \$83/other \$103

082603 Mon 2:15PM - 3:00PM
3/18 - 5/20 (9 meetings), no class on 4/8
Mtn View Senior Ctr/Multi A
Age 55+ \$89/other \$109

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
1/12 - 3/15 (9 meetings), no class on 2/23
Mtn View Senior Ctr/Multi A
Age 55+ \$74/other \$94

083312 Fri 10:00AM - 11:15AM
3/22 - 5/24 (9 meetings), no class on 4/12
Mtn View Senior Ctr/Multi A
Age 55+ \$74/other \$94

COMMUNITY INTEREST & OLDER ADULTS



HATHA YOGA

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

INSTRUCTOR: Shadi Haghi

PREREQUISITES: Students will need to bring a towel, mat, and yoga block to class.

600330 Fri 9:30AM - 10:30AM
1/12 - 3/8 (8 meetings), no class on 2/23
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$79/other \$99

600331 Fri 9:30AM - 10:30AM
3/22 - 5/24 (9 meetings), no class on 4/12
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$89/other \$109

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 round trip at a moderate pace. Required: hiking boots or sturdy shoes with good tread. Daypack with water, snack and basic first aid kit. Hiking 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

089600 Thu 9:00AM - 1:30PM
1/11 - 3/14 (9 meetings), no class on 2/22
Foothills Congregational Church/Learning Center
Age 55+ \$105/other \$125

089601 Thu 9:00AM - 1:30PM
3/21 - 5/23 (9 meetings), no class on 4/11
Foothills Congregational Church/Learning Center
Age 55+ \$105/other \$125

PILATES + YOGA

This class will begin with Standing Pilates to warm up joints, improve posture, and strengthen core and balance. Next, the Yoga section will include basic asanas (poses) using pranayama (breathing) techniques for mindful Slow Flow Yoga practice and meditation. At the end of class, you will feel refreshed and energized. All levels are welcome. Please bring a mat, towel and water bottle.

INSTRUCTOR: Setsuko Chiba

600322 Wed 12:00PM - 1:00PM
1/10 - 3/13 (9 meetings), no class on 2/21
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$74/other \$94

600323 Wed 12:00PM - 1:00PM
3/20 - 5/22 (9 meetings), no class on 4/10
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$74/other \$94

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 6:30PM - 7:45PM
1/9 - 3/12 (9 meetings), no class on 2/20
Los Altos United Methodist Church/Live Oak Room
Age 55+ \$93/other \$113

601122 Tue 6:30PM - 7:45PM
3/19 - 5/21 (9 meetings), no class on 4/9
Los Altos United Methodist Church/Live Oak Room
Age 55+ \$93/other \$113

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 7:45PM - 9:00PM
1/9 - 3/12 (9 meetings), no class on 2/20
Los Altos United Methodist Church/Live Oak Room
Age 55+ \$93/other \$113

601124 Tue 7:45PM - 9:00PM
3/19 - 5/21 (9 meetings), no class on 4/9
Los Altos United Methodist Church/Live Oak Room
Age 55+ \$93/other \$113

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
1/9 - 3/12 (9 meetings), no class on 2/20
Mtn View Senior Ctr/Social Hall
Age 55+ \$109/other \$129

082401 Tue 6:15PM - 7:15PM
3/19 - 5/21 (9 meetings), no class on 4/9
Mtn View Senior Ctr/Social Hall
Age 55+ \$109/other \$129

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 Mon/Thu 6:15PM - 7:15PM
1/8 - 3/14 (17 meetings), no class on 1/15, 2/19, 2/22
Mtn View Senior Ctr/Social Hall
Age 55+ \$208/other \$228

801610 Mon/Thu 6:15PM - 7:15PM
3/18 - 5/23 (18 meetings), no class on 4/8, 4/11
Mtn View Senior Ctr/Social Hall
Age 55+ \$218/other \$238

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. Students will be provided Chromebooks in this workshop but are encouraged to bring their own device (computer, laptop, phone).

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 learn to access the internet, and be able to navigate within the internet, and use email to fully experience and be successful in your class. Students will be provided Chromebooks in this workshop but are encouraged to bring their own device (computer, laptop, phone).

Topics include:

- How to access the internet
- Difference between a browser versus a search engine
- How to search for information on the internet
- How to use email
- 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. Students will be provided Chromebooks in this workshop but are encouraged to bring their own device (computer, laptop, phone).

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:

604705	Basic Internet Skills	1/29 Mon	7:00PM - 8:00PM	AdultSch/105
604706	Basic Internet Skills	1/30 Tue	9:30AM - 10:30AM	AdultSch/105
604707	Basic Internet Skills	1/31 Wed	1:00PM - 2:00PM	AdultSch/105
601001	Basic Computer Skills	2/5 Mon	7:00PM - 8:00PM	AdultSch/105
601002	Basic Computer Skills	2/6 Tue	9:30AM-10:30AM	AdultSch/105
604204	Zoom Essentials	2/13 Tue	9:30AM-10:30AM	AdultSch/105
604708	Basic Internet Skills	4/16 Tue	9:30AM - 10:30AM	AdultSch/105
604709	Basic Internet Skills	4/16 Tue	1:00PM - 2:00PM	AdultSch/105
604710	Basic Internet Skills	4/22 Mon	7:00PM - 8:00PM	AdultSch/105
601003	Basic Computer Skills	4/23 Tue	9:30AM - 10:30AM	AdultSch/105
604205	Zoom Essentials	4/29 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

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

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, childcare, transportation and educational cost reimbursement. For more information or to apply, visit cdss.ca.gov/calworks or the Mountain View Santa Clara County Social Services Agency: sccgov.org/sites/ssa/financial-assistance/Pages/calworks-program.aspx.

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

representative is available by phone, email, or text during the office hours listed 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/Thu/Fri 11:30AM - 1:00PM
Tue, 9:00AM - 1:00PM
Also available 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: mvla.net/AS/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!

604110	2/15 Thu	12:15PM - 1:30PM	AdultSch/201
604111	3/28 Thu	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.

603210	2/29 Thu	12:15PM - 1:30PM	AdultSch/201
603211	4/18 Thu	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? What's the best way to answer?

Learn how to stay calm and strong in an interview. Learn how to answer questions in a way that best demonstrates your knowledge and qualifications.

603410	3/21 Thu	12:15PM - 1:30PM	AdultSch/201
603411	4/25 Thu	12:15PM - 1:30PM	AdultSch/201

APPOINTMENTS

Student 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
as.mvla.net/Services/Transition-Advising-and-Career-Services/

REGISTRATION INFORMATION

REGISTRATION BEGINS NOVEMBER 17

NOTE: Registration for Career Technical Education classes is ongoing.

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

The MVLA Adult School is offering both In-person and Hybrid/Distance Learning classes for Winter/Spring 2024.

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 adulted@mvla.net and your message will be forwarded to a staff member who can assist you. Please include your contact phone number as well as your email address in your message.

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

REFUND POLICY

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

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

Thank you for your cooperation. If there is not sufficient enrollment by the preregistration deadline and your class is 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 (650) 940-4650, X0041 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.





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

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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
- 9** **LAUMC**
Los Altos United Methodist Church
655 Magdalena Ave., Los Altos

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