



(650) 940-1333



MVLAAdultSchool



333 Moffett Blvd
Mountain View CA 94043

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

FALL 2025 COURSE CATALOG

CLASS REGISTRATION BEGINS AUGUST 8



HIGH SCHOOL DIPLOMA/GED



CAREER TECHNICAL EDUCATION



ENGLISH AS A SECOND LANGUAGE & CITIZENSHIP

For more information, visit us at

mvla.net/AS

MVLA
ADULT SCHOOL

DIRECTOR'S MESSAGE - FALL 2025



Dear MVLA Community,

Welcome to the Fall 2025 Semester! As the new school year commences, I want to reiterate MVLA's commitment to Excellence, Equity and Engagement. These core values have served as our guiding principles on our mission to engage, support and empower all adult learners from diverse backgrounds to gain the knowledge, proficiency, and technical skills necessary to succeed in employment, secondary education, and community integration.

This year, we will continue to offer two FREE Integrated Education and Training options leading to careers in Healthcare and Business. Medical Terminology for Advanced ESL is a foundational course that helps prepare English Language Learners for entry into healthcare training programs such as Certified Nursing Assistant, Home Health Aide, Eye Care Technician, Medical Office Assistant and more. Students who successfully complete this course will be eligible for tuition-free entry into one of our Healthcare Certificate programs as well as a paid externship opportunity.

General Office Clerk Training for Advanced ESL is the second foundational course that helps prepare students for entry into business office skills training. Students who successfully complete this course will be eligible for tuition-free entry into one of our medical office or business programs. Students who complete either of these courses can also earn college credit. MVLA Adult School continues to provide high quality education to empower our students to grow personally and professionally in order to become self-reliant and productive members of our community. This past Spring, 15 MVLA students received a Certificate of Recognition from Assembly Member Berman's office. This is a testament to the high caliber of students who graduate from MVLA Adult School every year.

Thank you for continuing to choose MVLA on your journey as a student, teacher, tutor, volunteer, advocate, partner, friend. Our school continues to grow and flourish because of YOU.

Sincerely
Julie Vo, M.Ed
Director of Adult Education



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FALL 2025 CALENDAR

**FALL 2025
REGISTRATION BEGINS:**
Friday, August 8, 2025

NOTE: Registration for Career Technical Education classes is ongoing.

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

FALL 2025 SESSION
Tuesday, August 19 - Thursday, December 18, 2025

HOLIDAYS/NO CLASSES
September 1, November 11, November 24-28

WINTER BREAK
December 19, 2025 - January 2, 2026

CHECK FOR UPDATES
mvla.net/AS

HOW TO REGISTER

The MVLA Adult School is offering both in-person and a limited number of distance learning (DL) classes for Fall 2025.

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 AUGUST 8

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 adulthood@mvla.net** and your message will be forwarded to a staff member who can assist you.

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

Additional registration information and our refund policy can be found on page 32.

MVLA

Adult School
Learning for a Lifetime

MAHIN POURMAHDI

English Language Learner
Integrated Education & Training

STUDENT SUCCESS STORY

When Mahin Pourmahdi immigrated to the United States from Iran in 2023, she was eager to seek new career options. Curious about opportunities outside of her prior work as a civil engineer, she began exploring new potential career paths. That journey led her to discover a passion for healthcare, and through the Mountain View Los Altos Adult School, she connected with resources that helped her pursue certification as a Certified Nursing Assistant (CNA).

The road to becoming a CNA presented several challenges, most notably the language barrier. However, Mahin enrolled in the Integrated Education and Training (IET) program, which provides support for English language learners. IET helped her gain confidence and develop the ability to understand complex medical terms and concepts. In 2024, she successfully earned her CNA certification. Mahin credits the IET program, along with the dedicated support of the MVLA instructors and staff, as pivotal to her success. Equipped with a newfound passion, and the skills and knowledge necessary to be successful, Mahin is excited about her future in healthcare, and looks forward to advancing her career in the nursing field.



Certified Nursing Assistant

Class of 2024



CTE - CAREER TECHNICAL EDUCATION

This chart provides an overview of the career training programs and pathways offered by the MVLA Adult School.
Not every course or program is offered each session.
Please refer to the listing of Fall 2025 courses on the following pages.

CAREER TRAINING PROGRAMS AND PATHWAYS

HEALTH SCIENCE AND MEDICAL TECHNOLOGY

Certificate Programs

Certified Nursing Assistant (CNA)

State Certification (180 hours)

Home Health Aide (HHA)

State Certification (48 hours)

Acute Care

(116 hours)

Eye Care Technician (Optometric Assistant)

(58+ hours)

Medical Assistant (MA) - Front and Back Office

National Certification (535 hours)

Medical Office Assistant (MOA)

National Certification (100+ hours)

Medical Records Specialist

National Certification (200+ 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

Amazon Web Services (AWS) Cloud Computing

Google Applied Digital Skills

Entry Level Project Management (100 hours)

Web Development

Web Design Fundamentals (HTML, CSS and JavaScript)

Introduction to Python

AWS Cloud Computing

Career Pathways

Cisco Certified Network Associate

Coding Academy

Introduction to Java

Introduction to Python

Intermediate Python

Adobe Photoshop

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

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 both in person and online for Fall 2025.

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 32 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

	FA 25	WI/SP 26
FOUNDATIONAL COURSES		
Adult CPR: Basic Life Support (BLS) for Healthcare Providers	✓	✓
Medical Terminology for Advanced ESL Integrated Education and Training (IET)	✓	✓
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)		✓
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 2025 DATES

066121	10/17/2025	Fri	9:00AM - 11:30AM	Adult Sch 201
066122	10/31/2025	Fri	9:00AM - 11:30AM	Adult Sch 201
066123	11/14/2025	Fri	9:00AM - 11:30AM	Adult Sch 201
066127	12/2/2025	Tue	4:30PM - 7:00PM	Adult Sch 109
066124	12/05/2025	Fri	9:00AM - 11:30AM	Adult Sch 201
066126	12/9/2025	Tue	4:30PM - 7:00PM	Adult Sch 109

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

CTE - CAREER TECHNICAL EDUCATION

HEALTH SCIENCE AND MEDICAL TECHNOLOGY

REQUIRED HEALTHCARE ORIENTATION

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

Students may register for 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 9:00AM - 11:30AM on 10/17, 10/31, 11/14, and 12/5

Evening Orientations

Tue 4:30PM - 7:00PM on 12/2, and 12/9



CERTIFIED NURSING ASSISTANT (CNA) PROGRAM

(Articulation with Mission College Courses
HOC 19B, HOC 19AL, HOC 19A 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 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). All required paperwork is due before the start of the program. Free mandatory resume workshop. Job placement assistance is provided.

INSTRUCTORS: Pagel/Factora/Rocco/Osuji (AM)

PREREQUISITES: Students must attend a required healthcare orientation prior to registering for this program. Check page 4 and mvla.net/AS for upcoming dates and information. Register online at mvla.net/AS.

TB clearance and Professional Liability Insurance due at registration.

Students must wear navy blue scrubs and solid white shoes while at school and in clinical and must provide proof of valid TB tests and immunizations by the program's start. Flu shot required between October and March. 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 by 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:

063082 Mon - Thu 8:00AM - 2:30PM
8/19 - 10/23, no class on 9/1 (10 weeks)
AdultSch/200

EVENING PROGRAM:

063083 Mon - Thu 4:30PM - 8:30PM
8/19 - 12/3, no class on 9/1, 11/11, 11/24-11/27 (14 weeks)
AdultSch/200

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

Credentia exam fee of \$120

CTE - CAREER TECHNICAL EDUCATION

HOME HEALTH AIDE (HHA) CERTIFICATION COURSE (48 HRS)

(Articulation with Mission College Courses | AHL 019F AND AHL 019G 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 the start of the program. Free mandatory resume workshop. Job placement assistance will be provided. Contact the front desk to register.

PREREQUISITES:

- An HHA document packet must be picked up in person to register for the class.
- A copy of the CNA license is required.
- Proof of a valid TB test and immunizations must be provided before the start of the program.
- A flu shot is required between October and April.
- Documents can be sent to Carolina De Zan at carolina.dezan@mvla.net.
- Students must submit their packet one week before classes begin.

INSTRUCTORS: Langundino/Vitug/Imperio

EVENING PROGRAM:

069644 Mon - Thu 8:00 AM - 2:30 PM

10/27 - 11/6 (2 weeks)

AdultSch/200

\$130

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

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

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

INSTRUCTORS: 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 two days before the workshop date. See workshop dates, times, and topics in the table below.

DATE	DAY	TIME	CLASS #	LOCATION	INSTRUCTOR	TOPIC	CEUs	FEE
11/17	Mon	9:00 AM - 11:00 AM	063353	Room 200	Pagel & Osuji	Ethical & Legal Issues Affecting the Nursing Assistant Part 1	2	\$20
11/17	Mon	11:30 AM - 1:30 PM	063354	Room 200	Pagel & Osuji	Ethical & Legal Issues Affecting the Nursing Assistant Part 2	2	\$20
11/19	Wed	9:00 AM - 11:00 AM	063355	Room 200	Pagel & Rocco	Interpersonal Relationship and Communication Part 1	2	\$20
11/19	Wed	11:30 AM - 1:30 PM	063356	Room 200	Pagel & Rocco	Interpersonal Relationship and Communication Part 2	2	\$20
12/1	Mon	9:00 AM - 11:00 AM	063357	Room 200	Pagel & Osuji	Caring for Residents with Special Needs Part 1	2	\$20
12/1	Mon	11:30 AM - 1:30 PM	063358	Room 200	Pagel & Osuji	Caring for Residents with Special Needs Part 2	2	\$20
12/3	Wed	9:00 AM - 11:00 AM	063359	Room 200	Pagel & Rocco	Infection and Infection Control Part 1	2	\$20
12/3	Wed	11:30 AM - 1:30 PM	063360	Room 200	Pagel & Rocco	Infection and Infection Control Part 2	2	\$20
12/8	Mon	9:00 AM - 11:00 AM	063361	Room 200	Pagel & Osuji	Patient Care and Comfort Measures Part 1	2	\$20
12/8	Mon	11:30 AM - 1:30 PM	063362	Room 200	Pagel & Osuji	Patient Care and Comfort Measures Part 2	2	\$20
12/10	Wed	9:00 AM - 11:00 AM	063363	Room 200	Pagel & Rocco	Basic Human Needs and CNA Observation Part 1	2	\$20
12/10	Wed	11:30 AM - 1:30 PM	063364	Room 200	Pagel & Rocco	Basic Human Needs and CNA Observation Part 2	2	\$20



CTE - CAREER TECHNICAL EDUCATION

BASIC LIFE SUPPORT (BLS) FOR HEALTHCARE PROVIDERS - CLASSROOM

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

INSTRUCTOR: Nelson Ceron

062695	8/29	Fri	9:00AM - 1:00PM	AdultSch/200	\$70
062696	9/12	Fri	9:00AM - 1:00PM	AdultSch/200	\$70
062697	9/26	Fri	9:00AM - 1:00PM	AdultSch/200	\$70
062698	10/10	Fri	9:00AM - 1:00PM	AdultSch/200	\$70
062699	10/24	Fri	9:00AM - 1:00PM	AdultSch/200	\$70
062700	11/7	Fri	9:00AM - 1:00PM	AdultSch/200	\$70
062701	12/12	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 an 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, pretesting 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 the 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 must attend a required skills lab on Wednesdays for additional hands-on practice with ophthalmic tools and equipment. Students in this course will be able 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: Staff

PREREQUISITES: Students must attend a required healthcare orientation prior to registering for this program. Register online at mvla.net/AS. Check page 4 or mvla.net/AS for upcoming dates and information.

064283 Tue/Thu 5:30PM - 8:30PM
9/16 - 11/20, no class on 11/11 (10 weeks)
AdultSch/109
\$150

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 the 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. Students must wear navy blue scrubs and solid white shoes while at school and in clinicals and must provide proof of valid TB tests and immunizations by the program's start. Flu shot required between October and March. Free mandatory resume workshop. Job placement assistance is provided.

INSTRUCTOR: Dr. Abhaya Karangutkar

MA classes fill up quickly! We recommend attending an orientation as early as possible.

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

Check page 4 or mvla.net/AS for upcoming dates and to register. TB clearance and Professional Liability Insurance due at registration.

Proof of a HS Diploma or GED is required for registration.

Mon - Fri 8:00AM - 2:30PM
062044 8/25 - 11/20
No class on 9/1, 11/11, 11/24-11/28 (13 weeks)
AdultSch/202
\$950 fee for textbooks, supplemental materials, and instruments
NCCT exam fee of \$119

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

CTE - CAREER TECHNICAL EDUCATION

MEDICAL BILLING AND CODING

Medical insurance plays an important role in the financial well-being of every healthcare business. This course provides the students with knowledge of the fundamentals of ICD-10 and CPT coding, managed-care contracts, reimbursement procedures, and insurance referrals for the healthcare industry. In addition, students will obtain basic knowledge of the billing and coding procedures for medical practice. Students will learn how to code and enter information into a computer system and understand how an invoice is generated and sent to the patient. Students completing this course will receive a course completion certificate for Medical Insurance Billing and Coding.

INSTRUCTOR: Dr. Abebe Gelagay

PREREQUISITES: Basic computer and typing skills recommended. Students are advised to bring their own laptop, earbuds, and mouse. For students wishing to take the NCCT exam for Insurance Coding Specialist (NCICS), proof of high school diploma will be required upon registration.

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.

060432 Mon - Thu 8:00AM - 12:00PM
8/25 - 10/14, no class on 9/1 (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 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 are strongly recommended.

INSTRUCTOR: Dr. Abebe Gelagay

REQUIRED TEXTS AND MATERIALS: Students must purchase the 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.

066229 Mon - Thu 8:00AM - 12:00PM
10/20 - 12/16, no class on 11/11, and 11/24-11/27
(8 weeks)
AdultSch 201
\$175

MEDICAL RECORDS SPECIALIST CERTIFICATE NATIONAL CERTIFICATION INSURANCE AND CODING SPECIALIST (NCISC)

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.

CTE - CAREER TECHNICAL EDUCATION

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 four mornings per week, with two days dedicated to advanced English study in academic language, vocabulary, and writing. Two days per week, students will focus on learning medical terminology from a CTE instructor. The class will also utilize Google Classroom. Students will be eligible to earn college credits by taking this course and can meet with the school's transition adviser to help them apply to college or for employment in the healthcare field.

Mon - Thu 09:00AM - 12:00PM

9/8 - 12/18, no class 11/11, 11/24 - 27

AdultSch/109

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.



TO REGISTER:
scan the QR Code
on your phone

**REGISTER FOR ONE OF
THESE CLASSES AT:**

tinyurl.com/3t93a85d
or use the QR Code

NEW!

GENERAL OFFICE CLERK TRAINING FOR ADVANCED ESL

MVLA Adult School is offering a new course to help prepare higher-level ESL students for entry-level careers in business office settings. This course is meant for students who speak and write English as a second language. Those enrolling in this class should be adults at the intermediate-high or advanced level ESL who need help on their writing, vocabulary, and grammar skills to be ready for college and career. The class will meet four evenings per week, with two days dedicated to advanced English study in office settings.

Students will learn solid foundational skills needed in an office work environment and technical skills in office productivity software from a CTE instructor.

**Students who complete this course will
earn a General Office Clerk Certificate.**

**GENERAL OFFICE CLERK TRAINING
FOR ADVANCED ESL**

Mon - Thu 5:30PM - 8:30PM

9/2 - 12/18, no class 11/11,
11/24 - 27

AdultSch/202



TO REGISTER:
scan the QR Code

**Upcoming REQUIRED Orientation Dates/Times
for Medical Terminology and Office Clerk training
for Advanced ESL**

**CHECK MVLA.NET/AS
FOR ADDITIONAL ORIENTATION DATES**

Fri 9/26	9:00AM - 12:00PM	AdultSch 109
Fri 10/10	9:00AM - 12:00PM	AdultSch 109
Fri 10/24	9:00AM - 12:00PM	AdultSch 109
Fri 11/14	9:00AM - 12:00PM	AdultSch 109

Check mvla.net/AS for updates

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

CTE - CAREER TECHNICAL EDUCATION

BUSINESS AND FINANCE

	FA 25	WI/SP 26
Foundational Courses		
Small Business Administration		TBD
Computer Office Skills 101 - Office 365		TBD
Certificate Programs		
General Accounting Clerk Certificate:		
Accounting 1A	✓	✓
Accounting 1B	✓	✓
Payroll Records and Procedures	✓	✓
QuickBooks Pro	✓	✓

ACCOUNTING 1A: PRINCIPLES OF SMALL BUSINESS ACCOUNTING (ARTICULATION WITH MISSION COLLEGE COURSE ACC 023 FOR 3.0 CREDITS)

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.

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

INSTRUCTOR: Dr. Abebe Gelagay

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

061851 Mon/Wed 5:30PM - 9:00PM
8/25 - 10/13, no class on 9/1 (7 weeks)
AdultSch/201
\$70

ACCOUNTING 1B: PRINCIPLES OF SMALL BUSINESS ACCOUNTING

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

PREREQUISITES: Accounting 1A.

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.

061852 Mon/Wed 5:30PM - 9:00PM
10/20 - 12/17, no class on 11/24 and 11/26 (8 weeks)
AdultSch/201
\$70

PAYROLL RECORDS AND PROCEDURES

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

INSTRUCTOR: Dr. Abebe Gelagay

REQUIRED TEXTS AND MATERIALS: Students must purchase a textbook or ebook: *Payroll Accounting*, 5th Edition, Landin, ISBN-13: 9781260260144, ISBN-10: 1260260143.

060719 Tue/Thu 5:30PM - 9:00PM
8/26 - 10/14 (8 weeks)
AdultSch/201
\$70

CTE - CAREER TECHNICAL EDUCATION

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 the textbook or ebook: *Computer Accounting* with QuickBooks 2021, Donna Kay, ISBN: 9781259917004.

064028 Tue/Thu 5:30PM - 9:00PM

10/21 - 12/11, no class on 11/11, 11/25, and 11/27 (7 weeks)

AdultSch/201

\$70

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.

INFORMATION AND COMMUNICATION TECHNOLOGIES

	FA 25	WI/SP 26
CERTIFICATE PROGRAMS		
(ONLINE) Introduction to Cloud Computing in Amazon Web Services (AWS)	✓	TBD
Google Applied Digital Skills		✓
Web Development		
Web Design Fundamentals (HTML, CSS and JavaScript)	✓	TBD
Introduction to Python	✓	TBD
AWS Cloud Computing	✓	TBD
CAREER PATHWAYS		
Cisco Certified Network Associate	TBD	✓
Coding Academy		
Introduction to Java, Introduction to Python, Intermediate Python	TBD	TBD
Adobe Photoshop		TBD

INTRODUCTION TO THE PYTHON PROGRAMMING LANGUAGE

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

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

INSTRUCTOR: Mary Coyne

062763 Mon/Wed 6:00PM - 9:00PM

8/25 - 10/15, no class on 9/1 (8 weeks)

AdultSch/109

\$70

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

CTE - CAREER TECHNICAL EDUCATION

PYTHON PROGRAMMING IN DATA ANALYTICS

The "Intermediate Python" course aims to equip students with comprehensive skills in data analysis, utilizing the powerful Python programming language and its libraries. This course focuses on advanced data manipulation, statistical analysis, and visualization techniques. Students will be prepared to tackle real-world data challenges through a blend of lectures, hands-on exercises, and collaborative projects. Students are advised to bring their laptops, earbuds, and mouse.

INSTRUCTOR: Bethany Wang

062802 Mon/Wed 6:00PM - 9:00PM
10/20 - 12/17, no class on 11/24 and 11/26 (8 weeks)
AdultSch/109
\$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: Mary Coyne

DL060910 Tue/Thu 6:00PM - 9:00PM
8/26 - 10/16 (8 Weeks)
Zoom online
\$70

(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 steppingstone 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 ability 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.

DL061113 Tue/Thu 6:00PM - 9:00PM
9/2 - 11/13 (11 weeks), no class 11/11
Zoom Online
\$70

INTRODUCTION TO CISCO CERTIFIED NETWORK ASSOCIATE

Gain the knowledge and skills that will prepare you for an entry-level Cisco certification and a career as a network technician, network analyst, or help desk support, just to name a few, or just regain your confidence in the core of Cisco networking. Prepare and gain knowledge of foundational technologies and stay relevant with skill sets needed to adopt next-generation technologies. This course will prepare you for the new composite Implementing and Administering Cisco Solutions (CCNA) - Exam 200-301. The exam will test a candidate's knowledge and skills related to IP connectivity, IP Services, security fundamentals, and automation and programmability. In this course, students will practice common lab scenarios and practice questions and will be given sample uses that can apply to the exam itself and/or to any entry-level and mid-level networking experience and troubleshooting. Externships are available for those who qualify.

INSTRUCTOR: TBD

PREREQUISITE: Computer literate. We recommend that students bring their own laptop. Students must purchase their own copy of the textbook. The instructor will provide textbook information on the first day of class.

061201 Mon/Wed 6:00PM - 9:00 PM
9/3 - 12/17, no class on 11/24 and 11/26 (15 weeks)
AdultSch/105
\$80

ESL - ENGLISH AS A SECOND LANGUAGE



FOR NEW STUDENTS

ESL and Citizenship classes will resume in August.

MVLA Adult School is using a lottery system to select students for placement testing. New students interested in enrolling in ESL classes in the fall must follow the following steps: (1) register for the lottery, (2) come to the school to register in person if chosen in the lottery, and (3) attend a placement testing session. Space is limited. Priority is given to residents of Mountain View, Los Altos, and Los Altos Hills. Proof of residency may be required.

Placement 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 register for the lottery if they know their English level is higher than the ESL program. They will not be assigned to a class.

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

Dates and times for lottery registration and placement tests in August will be announced by August 1, 2025 on the website at mvla.net/AS. Please check our website or contact the adult school on or after that date for information about fall ESL classes.

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

SENIOR-FOCUSED ESL CLASSES (AGE 55+ONLY)

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

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

CLASSES HELD AT

MVLA Adult School

333 Moffett Blvd, Mountain View, CA 94043

CLASSES HELD AT

Mountain View Senior Center

266 Escuela Ave, Mountain View, CA 94040

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	Literacy/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

FOR CONTINUING STUDENTS

Returning (already enrolled) ESL students must come back to MVLA Adult School on **Wednesday, August 20**. Students who return at a later date may be put on a waitlist and may have to wait for a place in class.

Returning (already enrolled) ESL students at the Mountain View Senior Center must come back to class on **Thursday, August 21**. Students who return at a later date may be put on a waitlist and may have to wait for a place in class.

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

NO ESL CLASSES WILL BE HELD
9/1, 11/11, 11/24-11/28, 12/19-1/5



ESL - ENGLISH AS A SECOND LANGUAGE



FALL 2025 CITIZENSHIP PREPARATION (INTERMEDIATE-LEVEL ESL OR ABOVE)

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.

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 within the next year. These classes are free.

There are three options for the U.S. Citizenship Preparation classes. Students can choose to enroll in one or more of the following.

U.S. CITIZENSHIP PREPARATION: IN-PERSON INSTRUCTION

INSTRUCTOR: Dennis Bacigalupi

Thu 12:30PM - 3:30PM

Starts 8/21

AdultSch/203

Classes meet in person at MVLA Adult School.

U.S. CITIZENSHIP PREPARATION: ONLINE INSTRUCTION

INSTRUCTOR: Sandy Cutshall

Mon 6:00PM - 9:00PM, Starts 8/25 - Zoom Online

Classes meet online via Zoom. Students who would like to attend this class will need to download and install the Zoom application on a computer, tablet, or mobile device with an internet connection and microphone/webcam. There is a free printed packet to enrich this class which can be downloaded or picked up at the Adult School front office.

NEW- QUICK PREP COURSE FOR CITIZENSHIP: AN IN-PERSON WORKSHOP (12 HOURS)

INSTRUCTOR: Sandy Cutshall

Mon - Thu 12:30PM - 3:30PM

9/29 - 10/2

AdultSch/205

We will be offering a week-long intensive workshop designed to help students quickly prepare for the U.S. Citizenship interview. Students should be able to attend all four days of class (12 hours) in person. This workshop is particularly appropriate for students who will be going to their USCIS interview within the next six months.

Students who are interested in signing up for Citizenship classes or the new Citizenship workshop 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

HIGH SCHOOL DIPLOMA

FREE PROGRAM FOR ADULTS, STARTS 8/19/25 – 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 30 credits or fewer to complete an MVLA high school diploma. A credit evaluation based on an official transcript is required before beginning the program. To be considered for the program, please drop off all official transcripts to senior staff secretary, Marina Sandoval, in Room 104 or email marina.sandoval@mvla.net.

NOTE: All diploma programs meet district and state requirements. Classes begin Tuesday, August 19.

MVLA Adult School now requires 150 credits to earn a high school diploma. See the table for the subjects and credits needed.

SUBJECT	CREDITS
English	40
Social Science	35
Math	20
Science	20
Visual Arts, Performing Art, or World Language	10
Health	5
Electives	20
TOTAL	150

Adult students can obtain academic support from teachers and take tests during lab hours in Room 104:

Mon-Thu 10:00AM - 8:30PM

Fri 12:00PM - 4:00PM

8/19 - 6/3, no class 9/1, 11/11, 11/24 - 11/28

AdultSch/104

CONCURRENT ENROLLMENT/CREDIT RECOVERY

STARTS TUES 8/19/25 – 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 and take tests during lab hours in Room 104:

Mon-Thu 10:00AM - 8:30PM

Fri 12:00PM - 4:00PM

8/19 - 6/3, no class 9/1, 11/11, 11/24 - 11/28

AdultSch/104

YOUNG PARENTS PROGRAMS (YPP)

STARTS TUES 8/19/25 – 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. Bus passes and infant child care are available while students are on site.

Mon-Thu 12:30PM - 3:30PM

8/19 - 6/3, no class 9/1, 11/11, 11/24 - 11/28

AdultSch/104

PRE-GED TEST PREPARATION

FREE PROGRAM FOR ADULTS, STARTS 8/19/25 – OPEN ENTRY/EXIT

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

Visit mvla.net/AS to access our online registration site. Classes begin Tuesday, August 19.

HIGH SCHOOL & GED PROGRAMS

PRE-GED DAY PROGRAM

OPEN ENTRY/EXIT

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

8/19 - 12/18, no class 9/1, 11/11, 11/24 - 11/28

AdultSch/106

PRE-GED EVENING PROGRAM

OPEN ENTRY/EXIT

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

8/19 - 12/18, no class 9/1, 11/11, 11/24 - 11/27

AdultSch/106

GED TEST PREPARATION

FREE PROGRAM FOR ADULTS, STARTS 8/19/25 – 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. Orientation dates will be available in August.

Visit mvla.net/AS to access our online registration site. Classes begin in August.

GED DAY PROGRAM

OPEN ENTRY/EXIT

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

8/19 - 12/18, no class 9/1, 11/11, 11/24 - 11/28

AdultSch/106

GED EVENING PROGRAM

OPEN ENTRY/EXIT

Mon - Thu 6:00 - 8:30PM

8/19 - 12/18, no class 9/1, 11/11, 11/24 - 11/27

AdultSch/106

GED EN ESPAÑOL

PROGRAMA GRATIS PARA LOS ADULTOS, EMPIEZA EL 19 AGOSTO

¿Necesitas un título equivalente al título de la preparatoria para un empleo o colegio? Instrucción individual y ayuda académica en español está disponible en las artes de lenguajes, matemáticas, ciencias, y estudios sociales para pasar los exámenes de GED. Regístrate y haz una cita con la coordinadora del programa para empezar. Las clases empiezan el 19 de agosto. Se puede empezar en cualquier momento durante el año escolar.

020500 Lun - Jue 5:00 - 8:00PM

8/19 - 12/18, no hay clase 9/1, 11/11, 11/24 - 11/27

AdultSch/105

Visita mvla.net/AS para registrarse.

GED IN SPANISH

FREE PROGRAM FOR ADULTS, STARTS 8/19/25 - OPEN ENTRY/EXIT

Do you need a high school equivalency for work or college? Individualized and group instruction in Spanish is available in Language Arts, Math, Science, and Social Studies to help you pass the GED tests in Spanish. Register and meet with the program coordinator to begin. Classes start Tuesday, August 19.

020500 Mon - Thu 5:00 - 8:00PM

8/19 - 12/18, no class 9/1, 11/11, 11/24 - 11/27

AdultSch/105

Visit mvla.net/AS to register.

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 during the Fall and Spring semesters. Testing candidates: please make your appointments and payments online through ged.com. Visit https://ged.com/about_test/scheduling/ for more information on GED Testing.



PLEASE CHECK: as.mvla.net/Registration/Programs/GED for program updates. For information about any of our programs, contact Senior Staff Secretary: marina.sandoval@mvla.net or (650) 940-1333, ext. 4115

PARENT & FAMILY EDUCATION

MOUNTAIN VIEW PARENT NURSERY SCHOOL (MVPNS) RESUMES FALL 2025

Call (408) 883-KIDS or visit mvpns.org to learn more about our programs and enrollment for the 2024-2025 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 mvpns.org or email us at info@mvpns.org

INSTRUCTORS: Claire Koukoutsakis, Hatty Lin, Sandra Mitchell, Susan Pence, Maureen Riccomini and Val Walker

PARENT AND CHILD CLASSES: THE TODDLER

Children 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.

Thu 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 by September 1 for prospective classes. Classes are held 2 or 3 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 a 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 2s / young 3s	8:55AM - 11:25AM
Tue/Thu class for 2s / young 3s	8:55AM - 11:25AM
Tue/Thu class for 3s / young 4s	8:55AM - 11:45AM

THREE-DAY CLASS:

Mon/Wed/Fri for 3.5s / 4s / 5s	8:55AM - 11:45AM
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CHILDCARE CENTER AT MVLA ADULT SCHOOL RESUMES FALL 2025

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. Children must be 2.5 by September 1.

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 Fall 2025. Visit mvla.net/AS to access our online registration site.

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

55+ COMPUTER AND TECHNOLOGY SKILLS

ESSENTIAL COMPUTING SKILLS, BEGINNING

This course provides students with a foundation in computer concepts: introduction to Windows basics, computer hardware, software, using a computer, internet, safety and maintenance, and using a flash drive.

INSTRUCTOR: Sharon Walker

089200 Mon/Wed 9:00AM - 11:00AM
9/8 - 10/15 (12 meetings)
Mtn View Senior Ctr/Technology Room
Age 55+ \$164/other \$184

ESSENTIAL COMPUTING SKILLS, INTERMEDIATE

This class is intended for students with basic computer skills and will cover more advanced topics related to: internet and email, how to create an email account, send and receive emails, create an address book, and perform other basic email tasks.

INSTRUCTOR: Sharon Walker

PREREQUISITES: Students must have proficiency using a mouse.

089300 Mon/Wed 9:00AM-11:00AM
10/29 - 12/3 (9 meetings), no class on 11/24, 11/26
Mtn View Senior Ctr/Technology Room
Age 55+ \$123/other \$143

ARTS & CRAFTS

CAROLINGIAN CALLIGRAPHY

This calligraphy class offers an introduction to the Carolingian style for all levels of students. Beginners are welcome because we will focus on learning the style as well as an introduction of making finished art work. Returning students can also try some layout designs with watercolor or gouache. Multiple handouts will be provided. We will work on ideas which are helpful for greeting cards or for journaling. We will be going over this in the first class so everyone has a chance to try various tools before purchasing any materials. We will start lettering at our first class. No art background is required. Bring a practice pad of paper for lettering and a bottle of ink or cartridges.

SUPPLIES: Students need to have at least one pen such as a Parallel Pen and cartridges. (Jet Pens or Amazon sell these pens, or have a penholder and a set of different sized nibs.), practice pad, a bottle of ink or cartridges. Water containers are available in the room. Please bring a pencil and ruler.

INSTRUCTOR: Sara Loesch-Frank

084007 Thu 9:30AM - 12:00PM
9/25 - 12/4 (10 meetings), no class on 11/27
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$171/other \$191



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. The registration fee includes a \$30 fee for materials.

INSTRUCTOR: Susan Worley

080221 Wed 1:00PM - 4:00PM
9/17 - 12/3 (9 meetings), no class on 10/15, 10/22, 11/26
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$184/other \$204

INVITATION TO CREATE WITH WATERCOLORS AND MIXED MEDIA

Beginning and intermediate painters will enjoy watercolor painting while learning about values, composition, color theory, spatial perspective and texture by adding other materials to your paintings, introducing monoprints and collage elements. Bring the brushes, paper, paints, and later, the ephemera that you have collected.

TEXTBOOK: *Painting Happiness: Creativity with Watercolors* by Terry Runyan, Paperback, Leaping Hare Press, ISBN-10: 0711270562

INSTRUCTOR: Susan Worley, susan.worley@mvla.net

080911 Tue 1:00PM - 3:30PM
9/23 - 11/18 (6 meetings), no class on 10/14, 10/21, 11/11
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$116/other \$136

JAPANESE FLOWER ARRANGING, IKEBANA

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

INSTRUCTOR: Katsuko Thielke

081111 Tue 9:30AM - 12:00PM
9/9 - 12/2 (10 meetings), no class on 9/23, 11/11, 11/25
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$143/other \$163

081112 Thu 1:00PM - 3:30PM
9/11 - 12/4 (12 meetings), no class on 11/27
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$171/other \$191

CURRENT EVENTS

CURRENT AFFAIRS (HYBRID/DISTANCE LEARNING)

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

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

download and install the Zoom application 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
9/8 - 12/1 (12 meetings), no class on 11/24
Mtn View Senior Ctr/Arts & Crafts
Age 55+ \$165/other \$185

COMMUNITY INTEREST & OLDER ADULTS

LANGUAGE ARTS & LANGUAGES

CHINESE, BEGINNING

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

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

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

080406 Mon 6:00PM - 8:00PM

9/8 - 11/10 (10 meetings)

Mtn View Senior Ctr/Multi B

Age 55+ \$137/other \$157

CHINESE, CONTINUING

Continue to extend vocabulary and grammar for more efficient conversations. Conversation topics from the textbook are useful in daily interactions. Conversations will be frequently practiced in the class. Translation exercises will be given to reinforce the understanding of the grammar structures. 150 characters will be introduced.

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

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

PREREQUISITE: Chinese, Beginning or the Fundamentals of Chinese Phonetics.

087021 Mon 2:00PM - 4:00PM

9/8 - 11/10 (10 meetings)

Mtn View Senior Ctr/Meeting Room

Age 55+ \$167/other \$187

CREATIVE WRITING (HYBRID/DISTANCE LEARNING)

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

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

9/10 - 12/3 (12 meetings), no class on 11/26

Mtn View Senior Ctr/Arts & Crafts

Age 55+ \$165/other \$185

CREATIVE WRITING (DISTANCE LEARNING)

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

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application 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 7:30PM - 9:30PM

9/10 - 12/3 (12 meetings), no class on 11/26

MVLA Adult School/Zoom Online

Age 55+ \$145/other \$165

FINNISH LANGUAGE (DISTANCE LEARNING)

Join us in a Finntastic way to learn the 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. Beginners are encouraged to start in fall, since this is an ongoing class.

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

9/16 - 12/2 (10 meetings), no class on 11/11, 11/25

MVLA Adult School/Zoom Online

Age 55+ \$132/other \$152

COMMUNITY INTEREST & OLDER ADULTS

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).

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

TEXTBOOK: *Dis-moi!* (ISBN: 0673216276)

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

DL084110 Mon 9:00AM - 11:00AM
9/8 - 12/1 (12 meetings), no class on 11/24
MVLA Adult School/Zoom Online
Age 55+ \$215/other \$235

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).

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

TEXTBOOK: *Dis-moi!*, ISBN: 0673216276

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

PREREQUISITES: French, Beginning 1 or a minimum of two quarters of French or equivalent.

DL084112 Wed 12:00PM - 2:00PM
9/10 - 12/3 (12 meetings), no class on 11/26
MVLA Adult School/Zoom Online
Age 55+ \$215/other \$235

FRENCH, INTERMEDIATE (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.

TEXTBOOK: *Viens Voir!*, ISBN: 0673216284

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

PREREQUISITE: Completion of Beginning French.

DL084115 Wed 3:00PM - 5:00PM
9/10 - 12/3 (12 meetings), no class on 11/26
MVLA Adult School/Zoom Online
Age 55+ \$215/other \$235

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.

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

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

PREREQUISITE: Completion of Intermediate French.

DL084103 Wed 9:30AM - 11:30AM
9/10 - 12/3 (12 meetings), no class on 11/26
MVLA Adult School/Zoom Online
Age 55+ \$215/other \$235

COMMUNITY INTEREST & OLDER ADULTS

DISCOVER FRENCH SHORT STORIES (DISTANCE LEARNING)

Enhance your conversation, reading, translation and comprehension skills through captivating short stories. Grow your vocabulary, improve your grammar knowledge and pronunciation. The course material will be provided by the instructor prior to the first meeting by email.

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

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

PREREQUISITE: Intermediate French

DL084120 Mon 6:00PM - 8:00PM
9/8 - 12/1 (12 meetings), no class on 11/24
MVLA Adult School/Zoom Online
Age 55+ \$215/other \$235

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.

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.

TEXTBOOK: *Passwort Deutsch 1, A1* (ISBN: 9783126764100)

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

DL502715 Thu 6:30PM - 8:30PM
9/11 - 12/4 (12 meetings), no class on 11/27
MVLA Adult School/Zoom Online
Age 55+ \$262/other \$282

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.

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.

TEXTBOOK: *Passwort Deutsch (Kurs-und Übungsbuch mit Audio-CD) 3*, ISBN 978-3-12-676416-2

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

PREREQUISITE: Beginning German or equivalent.

DL502720 Mon 6:30PM - 8:30PM
9/8 - 12/1 (12 meetings), no class on 11/24
MVLA Adult School/Zoom Online
Age 55+ \$262/other \$282

GERMAN CONVERSATION (DISTANCE LEARNING)

Willkommen! Do you want to speak German? Contribute about whatever you are interested in and talk about texts, songs, and poems from German speaking countries.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application 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
9/10 - 12/3 (12 meetings), no class on 11/26
MVLA Adult School/Zoom Online
Age 55+ \$262/other \$282

MEMOIRS WRITING (DISTANCE LEARNING)

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

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

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

COMMUNITY INTEREST & OLDER ADULTS

DL089511 Thu 1:00PM - 3:00PM
9/11 - 12/4 (12 meetings), no class on 11/27
MVLA Adult School/Zoom Online
Age 55+ \$145/other \$165

DL089512 Fri 10:00AM - 12:00PM
9/12 - 12/5 (12 meetings), no class on 11/28
MVLA Adult School/Zoom Online
Age 55+ \$145/other \$165

SPANISH 1A

Spanish 1A is an in-person introduction to the Spanish language in a creative and engaging learning environment. No previous Spanish language experience required. This is a relaxed and exciting, in-person, Spanish class where students are active participants. In class, students will begin to speak Spanish, listen to Spanish, read Spanish and write Spanish. Let's begin to learn about the enchanting world of Spanish language and culture!

TEXTBOOKS: *Tu Mundo: español sin fronteras* – 3rd Edition, 2022 (ISBN 13 / 978-1264369300)

Used books can be purchased online at a low price.

INSTRUCTOR: Kip Mowder, kip.mowder@mvla.net

085500 Thu 1:30PM - 3:00PM
9/11 - 12/4 (12 meetings), no class on 11/27
Mtn View Senior Ctr/Multi B
Age 55+ \$176/other \$196

SPANISH 1B

Spanish 1B is an in-person continuation of introductory Spanish 1A. Previous Spanish 1A language experience will advance students from low beginner to intermediate beginner. Students will advance into deeper and broader Spanish vocabulary and language contexts. Spanish 1B is a relaxed and exciting, in-person, class where students are active participants. In class, students will continue to speak, listen, read and write in Spanish. Let's continue to learn about the enchanting world of Spanish language and culture!

TEXTBOOKS: *Tu Mundo: español sin fronteras* – 3rd Edition, 2022 (ISBN 13 / 978-1264369300)

Used books can be purchased online at a low price.

INSTRUCTOR: Kip Mowder, Kip.Mowder@mvla.net

PREREQUISITE: Beginning Spanish 1A or equivalent

085711 Thu 3:30PM - 5:00PM
9/11 - 12/4 (12 meetings), no class on 11/27
Mtn View Senior Ctr/Multi B
Age 55+ \$176/other \$196

MUSIC & DANCE

BALLET BARRE WITH FLOOR BARRE, WITH JEAN

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

INSTRUCTOR: Jean Elvin

083320 Thu 4:15PM - 5:30PM
9/11 - 12/4 (12 meetings), no class on 11/27
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$129/other \$149

BEGINNERS FOR BROADWAY!

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

INSTRUCTOR: Marnie Ridgway, am_consulting@usa.net

082910 Tue/Thu 11:30AM - 12:30PM
9/9 - 12/4 (23 meetings), no class on 11/11, 11/25, 11/27
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$197/other \$217

COMMUNITY INTEREST & OLDER ADULTS

BELLY DANCE

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

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

800025 Mon 7:30PM - 8:30PM
9/8 - 12/1 (10 meetings), no class on 10/13, 11/10, 11/24
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$83/other \$103

CHORUS

Join our fun performing chorus: all abilities welcome! Learn vocalizing and sight-singing techniques in a range of music styles (including sacred) to perform during the holidays. Please note that Chorus will go until 12/17 to accommodate concerts.

INSTRUCTOR: Marnie Ridgway, am_consulting@usa.net

080521 Wed 9:30AM - 11:30AM
9/10 - 12/17 (14 meetings), no class on 11/26
Mtn View Senior Ctr/Multi A
Age 55+ \$96/other \$116

SOCIAL BALLROOM DANCE

This class will serve as an introduction to the social dance world including Ballroom, Latin, and Nightclub dances. No need to be sitting on the sideline when you attend an event that includes dancing. The teacher will respond to requests by the students for dances of interest. Typically, a selection from the ballroom dances like waltz, foxtrot, and tango, and from the Latin dances like rumba and cha-cha. Also, the class may include nightclub dances like swing, nightclub two-step, and salsa. Beginners will become familiar with basic steps, while advanced students will get individual attention on improving techniques. Past students have found this class provides exercise, and studies have shown dancing keeps the mind sharp. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participation in this class.

INSTRUCTOR: Gene Esswein

080130 Mon 7:30PM - 8:45 PM
9/8 - 12/1 (12 meetings), no class on 11/24
Mtn View Senior Ctr/Social Hall
Age 55+ \$113/other \$133

MOVIN' TO THE OLDIES

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

INSTRUCTOR: Marnie Ridgway, am_consulting@usa.net

082920 Tue/Thu 1:45PM - 2:45PM
9/9 - 12/4 (23 meetings), no class on 11/11, 11/25, 11/27
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$158/other \$178



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: Students will need to provide their own instrument. Students must have familiarity with their instrument.

081321 Wed 1:00PM - 4:00PM
9/10 - 12/3 (12 meetings), no class on 11/26
Mtn View Senior Ctr/Multi A
Age 55+ \$99/other \$119

COMMUNITY INTEREST & OLDER ADULTS

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 will need to provide their own instrument. Students need some familiarity with their instrument.

081330 Fri 2:30PM - 4:00PM

9/12 - 12/5 (12 meetings), no class on 11/21, 11/28

Mtn View Senior Ctr/Multi A

Age 55+ \$91/other \$111

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 12:35PM - 1:35PM

9/9 - 12/4 (23 meetings), no class on 11/11, 11/25, 11/27

Mtn View Senior Ctr/Dance & Movement

Age 55+ \$158/other \$178

NEEDLE ARTS & KNITTING



KNITTING WORKSHOP, ALL LEVELS

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

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

087311 Tue 1:00PM - 3:00PM

9/9 - 12/2 (11 meetings, no class on 11/11, 11/25)

Mtn View Community Ctr/Cedar Room

Age 55+ \$131/other \$151

COMMUNITY INTEREST & OLDER ADULTS

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

9/17 - 12/3 (11 meetings), no class on 11/26

Mtn View Community Ctr/Cedar Room

Age 55+ \$131/other \$151



PHYSICAL FITNESS & LIFESTYLE WELLNESS

EVENING YOGA - GENTLY RESTORED

This class is designed to work the body with gentle, slow, therapeutic and traditional yoga postures and movements. After some gentle movements, the class will transition to a restorative practice with longer holds, deeper stretches and relaxation techniques to unwind and destress the body and mind. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

INSTRUCTOR: Farzaneh Azadan

PREREQUISITE: Please bring a yoga mat, two yoga blocks, a yoga strap and two or more yoga blankets or heavy towels.

089900 Wed 5:30PM - 6:45PM

9/10 - 12/3 (12 meetings), no class on 11/26

Mtn View Senior Ctr/Dance & Movement

Age 55+ \$171/other \$191

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 2:45PM - 3:30PM

9/8 - 12/1 (12 meetings), no class on 11/24

Mtn View Senior Ctr/Multi A

Age 55+ \$82/other \$102

082603 Tue 9:00AM - 9:45AM

9/9 - 12/2 (11 meetings), no class on 11/11, 11/25

Los Altos United Methodist Church/Creekside Lobby

Age 55+ \$67/other \$87

FELDENKRAIS® AWARENESS THROUGH MOVEMENT® WITH JEAN

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

INSTRUCTOR: Jean Elvin

083311 Fri 10:00AM - 11:15AM

9/12 - 12/5 (12 meetings), no class on 11/28

Mtn View Senior Ctr/Multi A

Age 55+ \$103/other \$123

COMMUNITY INTEREST & OLDER ADULTS

HATHA YOGA

Hatha yoga is the foundation of all types of yoga practices. This class combines a series of essential postures (asanas) with gentle and mindful movements and breath awareness. Designed to create space between the poses to explore and find a play between strength, flexibility and agility of the body and stability of the mind in the present moment. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

INSTRUCTOR: Farzaneh Azadan

PREREQUISITES: Please bring a yoga mat, two yoga blocks, two yoga blankets or heavy weight towel and a yoga strap.

600330 Tue 10:00AM - 11:00AM

9/9 - 12/2 (11 meetings), no class on 11/11, 11/25
Los Altos United Methodist Church/Creekside A&B
Age 55+ \$102/other \$122

HIKE FOR HEALTH

Hikes are conducted in our beautiful open space preserves, county parks & coastal trails. Students must be in good physical health and able to hike an average of 4 to 5 miles at a moderate pace. Trails are multi-surfaced with elevation changes that require a good sense of balance. The hiking pace allows the opportunity to enjoy our natural surroundings. Carpools arranged in class and driving time one way to trailheads range from 15 minutes to 1 hour. The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this class.

INSTRUCTOR: Roberta Hutchinson

PREREQUISITES: Students must be in good physical health and with the ability to hike multi-surfaced trails.

REQUIRED MATERIALS: Hiking boots/sturdy shoes with good tread. Day pack with 24oz of water. Bring a snack and a basic first aid kit. Hiking poles highly recommended.

089600 Thu 9:00AM - 1:30PM

9/11 - 12/4 (11 meetings), no class on 10/23, 11/27
Foothills Congregational Church/Learning Center
Age 55+ \$136/other \$156

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

INSTRUCTOR: Setsuko Chiba

PREREQUISITES: Towel and water bottle.

600322 Fri 11:00AM - 12:00PM

9/12 - 12/5 (10 meetings), no class on 11/7, 11/14, 11/28
Mtn View Senior Ctr/Dance & Movement
Age 55+ \$86/other \$106

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 Mon 6:30PM - 7:45PM

9/8 - 12/1 (11 meetings), no class on 9/29, 11/24
Los Altos United Methodist Church/Creekside Lobby
Age 55+ \$124/other \$144

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 Mon 7:45PM - 9:00PM

9/8 - 12/1 (11 meetings), no class on 9/29, 11/24
Los Altos United Methodist Church/Creekside Lobby
Age 55+ \$124/other \$144

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:
1:30PM - 5:30PM
6:00PM - 8:30PM

Tue:
9:30AM - 12:30PM
2:30PM - 3:00PM

Wed:
9:30AM - 12:30PM
1:00PM - 3:00PM

Thu:
10:30AM - 12:30PM
1:00PM - 3:00PM

Fri:
9:30AM - 12:30PM

Location: Room 105

TECHNOLOGY WORKSHOPS FOR STUDENTS

MVLA Adult School Technology Workshops 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 INTERNET & EMAIL 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, 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

MOUNTAIN VIEW LOS ALTOS ADULT SCHOOL

STUDENT SUPPORT SERVICES

IN-PERSON WORKSHOPS:

605015	Basic Internet & Email Skills	Tue 9/2	9:30AM - 10:30AM	AdultSch/105
605016	Basic Internet & Email Skills	Mon 9/8	1:00PM - 2:00PM	AdultSch/105
605017	Basic Internet & Email Skills	Mon 9/8	7:00PM - 8:00PM	AdultSch/105
601008	Basic Computer Skills	Tue 9/9	9:30AM - 10:30AM	AdultSch/105
605018	Basic Internet & Email Skills	Mon 12/1	7:00PM - 8:00PM	AdultSch/105
605019	Basic Internet & Email Skills	Tue 12/2	9:30AM - 10:30AM	AdultSch/105



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

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

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, room 105:

Monday 1:30PM - 5:30PM and 6:00PM - 8:30PM	Tuesday 9:30AM - 12:30PM and 2:30PM - 3:00PM	Wednesday 9:30AM - 12:30PM and 1:00PM - 3:00PM
Thursday 10:30AM - 12:30PM and 1:00PM - 3:00PM	Friday 9:30AM - 12:30PM	

Also available by appointment.

STUDENT SUPPORT SERVICES

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 1 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

Michelle Fisher, Transition Adviser
michelle.fisher@mvla.net
(650) 940-1333 x4014

IN-PERSON CAREER WORKSHOPS

Visit mvla.net/AS for upcoming workshops.

APPOINTMENTS

Student appointments can be made by email. Contact our Transition Adviser Michelle Fisher: michelle.fisher@mvla.net
Visit our Transition Advising and Career Services web page for more information.

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



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? In this workshop, you will uncover your unique qualities and be able to confidently express all that you have to offer.

604216 Thu 9/4 12:15PM - 1:30PM
AdultSch/201

604217 Thu 10/30 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 learn to build a summary statement, highlight your skills, and write clear accomplishment statements on a well-formatted resume. It is highly recommended to attend the Discover Your Strengths workshop prior to this workshop.

603218 Thu 9/18 12:15PM - 1:30PM
AdultSch/201

603219 Thu 11/13 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.

603417 Thu 10/23 12:15PM - 1:30PM
AdultSch/201

603418 Thu 12/4 12:15PM - 1:30PM
AdultSch/201

REGISTRATION INFORMATION

REGISTRATION BEGINS FRIDAY, AUGUST 8, 2025

NOTE: Registration for Career Technical Education classes is ongoing.

The MVLA Adult School is offering both In-Person and Hybrid/Distance Learning classes for Fall 2025.

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

MVLA Adult School is committed to engaging, supporting, and empowering all adult learners from diverse backgrounds. Students will gain the knowledge, proficiency, and technical skills necessary to succeed in employment, secondary education, and community integration.

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

Ms. Thida Cornes
Mr. Vadim Katz

Ms. Alex Levich
Dr. Esmeralda Ortiz

Ms. Catherine Vonnegut
Mr. Eric Volta, 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.



National Center for
Competency Testing



American Medical Certification Association





MVLAAdultSchool



(650) 940-1333



333 Moffett Blvd
Mountain View CA 94043

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

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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

MVLA
ADULT SCHOOL