

Education for Older Adults & Vocational Reentry Spring 2020



Spring Session Begins February 24, 2020 and Ends June 13, 2020

EDUCATION FOR OLDER ADULTS

Due to the COVID19 pandemic Mt. SAC EOA has begun offering our courses remotely. During this time of physical distancing and uncertainty, it is important to continue to learn new skills, stay mentally sharp, and physically healthy. We hope you take advantage of the amazing online courses our Mt. SAC EOA instructors have developed. We encourage you to look through this schedule of offerings for a class that meets your needs. You will find the instructors contact information next to each course offering. Please directly contact the instructor via email for course enrollment. For more information call (909) 274-4192 and leave a message. Your call will be returned.



Health

OAD MOX01 Healthy Aging

Healthy aging, including diet, nutrition, disease prevention, and application of physical fitness principles to maintain health while aging.

43812	MW	7:30am - 8:30am	Hunnicut, Leslie	lhunnicut@mtsac.edu
43815	MW	9:00am-10:00am		
43816	MW	10:00am-11:00am		
43814	TTH	10:00am-11:00am		
43813	TTH	11:00am-12:00pm		
43819	F	7:30am - 8:30am	Jones, Vanessa	vjones11@mtsac.edu
43821	TTH	9:00am-10:00am		
43820	W	9:30am-10:30am		
43818	W	10:30am-11:35am		
43800	MWF	8:00am–8:50am	Cena, Alexi	Acena1@mtsac.edu
43802	MWF	10:00am-10:50am		
43801	MWF	9:00am-9:50am		
43830	TTH	8:00am–9:00am	Tamburro, Melody	mtamburro@mtsac.edu melodyschool8@gmail.com
43841	MWF	8:00am-8:50am		
43843	MWF	9:00am-9:50am		
43829	MW	11:00am-11:50pm		
43822	F	9:00am-10:00am	Castro, Candice	ccastro@mtsac.edu
43823	F	10:00am-11:00am		
43798	M	9:30am-10:20am		
43793	M	10:30am–11:20am		
43799	MW	8:00am-8:50am		
43805	F	9:30am-10:20am	Cole, Danelle	dcole18@mtsac.edu
43807	TTH	8:00am-9:20am		
43804	F	8:00am-8:50am		
43803	W	10:25am-11:35am		
43845	F	10:30am-11:20am	Velarde, Margaret	mvelarde@mtsac.edu
43810	W	1:00pm-1:50pm	Furst, Carly	cfurst@mtsac.edu
43811	TH	1:00pm-1:50pm		
43942	TH	11:00am-12:05pm		
43824	F	1:00pm-1:50pm	Miranda, Blanche	bmiranda22@mtsac.edu mirandablanchev@gmail.com
43826	WTH	10:00am-10:50am	Moreno, Martin	Mmoreno67@mtsac.edu

OAD MOX02—Principles of Slow Movement

Healthy aging, including diet, nutrition, disease prevention and application of Tai Chi Principles to maintain health while aging for the older adult.

43858	W	9:55am- 12:00pm	Chou, Kathy	kchou@mtsac.edu
44067	W	1:30pm-3:35pm		

OAD MOX04 Healthy Aging—Principles of Posture and Flexibility

Health aging, including diet, nutrition, disease prevention, and application of Yoga principles to maintaining health while aging for the older adult population.

43911	M	3:30pm-5:00pm	Klein, Gabriela	GLK1214@gmail.com
43907	TH	4:30pm-6:00pm		
43917	MWF	8:30am-9:50am		
43919	MWF	12:30pm-1:50pm		
43913	T	8:30am-10:00am		
43906	TH	10:15am-11:05am	Jones, Vanessa	vjones11@mtsac.edu
30982	TTH	7:30am-8:35am	Moreno, Marin	Mmoreno67@mtsac.edu
43921	F	9:00am-10:30am		
43929	TH	9:00am-10:20am	Tamburro, Melody	mtamburro@mtsac.edu melodyschool8@gmail.com
43928	T	9:00am-9:50am		
43931	TF	11:00am-11:50am		
43823	F	10:00am-11:00am		
43798	M	9:30am-10:20am		
43793	M	10:30am-11:20am		
43799	MW	8:00am-8:50am		
43894	F	11:00am-11:50am	Cole, Danelle	dcole18@mtsac.edu
43897	TTH	6:25pm-8:00pm		
43925	TH	8:15am-9:05am	Purper, Kristen	kpurper@mtsac.edu

OAD MOX06 Healthy Aging—Principles of Aquatic Resistance

Healthy aging, including diet nutrition, disease prevention, and application of aquatic resistance principles to maintain health while aging for the older adult population.

43935	M-F	8:45am-9:45am	Friedman, Karena	bkfried2@verizon.net
43936		9:45am-10:45am		
43938	MW	7:30pm-8:20pm	Slim, Yamil	yamilslim@gmail.com

OAD MOX11 Healthy Aging—Balance and Mobility

Addresses, particularly for older adults, the risks and fears associated with falling. Includes setting realistic goals, minimizing environmental risks and balance exercises.

43943	TTH	1:00pm-1:50pm	Klein, Gabriela	GLK1214@gmail.com
43944	MF	10:15am-11:05am		
43941	T	11:00am-11:50am	Cole, Danelle	dcole18@mtsac.edu
43945	TTH	1:30pm-2:20pm	Slim, Yamil	yamilslim@gmail.com
43946	W	10:00am-10:50am	Suarez, Maria	msuarez11@mtsac.edu

OAD BHTH1 Brain Health 1

Critical thinking and cognitive skills through understanding key structures and functions of the brain. Particular focus on auditory processing.

43562	M	10:00am-12:15pm	Caranci, Dayna	dcaranci@mtsac.edu
45363	T	12:30pm-2:45pm	Cena, Alexi	Acena1@mtsac.edu
43564	M	12:30pm-2:45pm	Friedman, Karena	bkfried2@verizon.net
43565	M	12:30pm-2:45pm	Tamburro, Melody	mtamburro@mtsac.edu melodyschool8@gmail.com
43566	T	1:00pm-3:30pm	White-Tremazi, Shelby	swhite@mtsac.edu mtsacbrainhealth@gmail.com

OAD BHTH2 Brain Health 2

Designed to improve age-related cognitive decline through preventative measures in order to strengthen and improve brain function. Focusing on visual processing.

43591	W	10:00am-12:15pm	Caranci, Dayna	dcaranci@mtsac.edu
43593	TH	12:30pm-2:45pm	Cena, Alexi	Acena1@mtsac.edu
43594	W	12:30pm-2:45pm	Friedman, Karena	bkfried2@verizon.net
43595	W	12:30pm-2:45pm	Tamburro, Melody	mtamburro@mtsac.edu melodyschool8@gmail.com
43597	TH	1:00pm-3:30pm	White-Tremazi, Shelby	swhite@mtsac.edu mtsacbrainhealth@gmail.com

Decorative/Home and Fine Arts

OAD FNA03 - Oil Painting

Principles of drawing, design, color and composition for oil painting emphasizing creative skill development.

43735	TH	5:55pm-9:00pm	Johnson, Bernard	bjohnson@mtsac.edu
43726	TH	8:00am-11:50am	Conte, Kelly	kconte@mtsac.edu

OAD FNA04—Watercolor Painting

Principles of watercolor painting for the older adult population. Emphasis will be on creative expression to develop primary skills for watercolor as they relate to composition and technique.

43738	M	9:00am-11:50pm	Conte, Kelly	kconte@mtsac.edu
43739	F	10:00am-12:50pm		
43742	T	9:00am-11:50pm		
43740	T	1:00pm-3:50pm		
43744	F	12:55pm-4:00pm	Tucker, Ray	rtucker@mtsac.edu
43736	TH	1:00pm-3:50pm	Cardona, Yasmine	ycardona3@mtsac.edu
43737	W	1:00pm-3:50pm		
43743	F	11:55am–3:00pm	Johnson, Bernard	bjohnson@mtsac.edu

OAD FNA32—Drawing—Beginning-Advanced

Drawing while emphasizing the development of perceptual and technical skills. Students will advance their abilities in dry and fluid media while expanding their use of the formal elements and principles. The development of works of art will utilize observation of single objects, still life and landscape for representation and expression.

43748	T	12:30pm-3:35pm	Tucker, Ray	rtucker@mtsac.edu
43749	M	1:00pm-4:05pm		
43751	TH	8:55am–12:00pm		
43745	T	1:00pm-2:50pm	Cardona, Yasmine	ycardona3@mtsac.edu
30627	M	5:55pm–9:00pm	Johnson, Bernard	bjohnson@mtsac.edu

Vocational Reentry



COMPUTER SKILLS

VOC CPBC1 Basic Computing -Level 1

Introduction to the personal computer, including terminology and basic computer operations in a Windows environment.

43599	M	10:00am-12:50pm	Bloom, Danielle	dbloomeoa@gmail.com dbloom@mtsac.edu
44538	T	12:30pm-3:35pm	Garcia, Oscar	ogarcia88@mtsac.edu
43600	Th	8:55am-12:00pm	Kretschmar, Judith	jkretschmar@mtsac.edu teacherjudikr@gmail.com
43602	T	9:00am-12:05pm	McFarlin-Stagg, Zina	zmcfarlinstagg@mtsac.edu Zerolips@yahoo.com
43604	M	8:55am-12:00pm	Miranda, Blanche	bmiranda22@mtsac.edu
43605	F	8:55am-12:00pm		mirandablanchev@gmail.com
44071	Th	6:00pm-8:00pm	Kretschmar, Judith	jkretschmar@mtsac.edu teacherjudikr@gmail.com

VOC CPBC2 Basic Computing - Level 2

Create documents in applications such as Microsoft Word; includes basic computer maintenance and problem-solving techniques. Advisory Prerequisite: VOC CPBC1

43607	M	10:00am-12:50pm	Bloom, Danielle	dbloomeoa@gmail.com dbloom@mtsac.edu
43608	Th	12:30pm-3:35pm	Purper, Kristen	kpurper@mtsac.edu
44072	Th	6:00pm-8:50pm		
43611	Th	9:00am-11:50pm	Miranda, Blanche	bmiranda22@mtsac.edu mirandablanchev@gmail.com
43613	W	8:55am-12:00pm		

VOC CPBC3 Basic Computing - Level 3

Software application skills including creative projects which introduce computer graphics. Advisory

Prerequisite VOC CPBC2, Basic Computing - Level 2

43614	T	8:25am-12:00pm	Kretschmar, Judith	jkretschmar@mtsac.edu teacherjudikr@gmail.com
43617	M	9:00am-11:50am	Ndirangu- Mwathi, Agnes	andirangu2@yahoo.com
43619		6:00pm-8:50pm	Purper, Kristen	kpurper@mtsac.edu
43616	T	12:25pm-3:30pm	Miranda, Blanche	bmiranda22@mtsac.edu mirandablanchev@gmail.com
43619	T	8:55am-12:00pm	Rzonca, Shelly	srzonca@mtsac.edu

VOC CPDI Digital Photography for the Beginner

Digital camera operations, image management, composition and use of graphics software.

43642	Th	9:00am-11:50am	Tom, Aaron	atom@mtsac.edu
43644	T	9:00am-11:50am		
43646	M	9:00am-11:50am		

VOC CPNET Internet Research - an Introduction

Fundamental Internet functions including terminology, email, search engines and research tools.

43655	Th	8:25am-11:30pm	Rzonca, Shelly	srzonca@mtsac.edu
43649	M	9:00am-11:50am	Garcia, Oscar	ogarcia88@mtsac.edu
44675	W	9:00am-11:50pm	Espinosa, Laura	lespinozarodriguez@mtsac.edu
43616	T	12:25pm-3:30pm	Miranda, Blanche	bmiranda22@mtsac.edu mirandablanchev@gmail.com
43652	T	8:55am-12:00pm		
43651	F	8:55am-12:00pm	Galatiano, Lorraine	lgalatiano@mtsac.edu
43656	F	9:00am-11:50am	Tom, Aaron	atom@mtsac.edu

VOC MIT Mobile Internet Technology

Introduction to mobile information technology for skills, concepts, and principles to safely and effectively use mobile platform devices and the internet.

43772	W	9:00am-11:50am	Bloom, Danielle	dbloomeoa@gmail.com dbloom@mtsac.edu
43774	F	12:25pm-3:30pm	Elftman, William	welftman@mtsac.edu
44676	M	8:25am-11:30am	Jones, Vanessa	vjones11@mtsac.edu
43778	F	9:00am-11:30am		
44066	M	1:00pm-4:05pm	Ndirano-Mwathi, Agnes	andirangu2@yahoo.com
43779	F	1:00pm-4:05pm	Overoye, Sage	soveroye@mtsac.edu
44530	T	12:25pm-3:50pm	Purper, Kristen	kpurper@mtsac.edu
43780	W	9:00am-11:50am	Tom, Aaron	atom@mtsac.edu
43782	T	12:30pm-3:20pm		

VOC CPBE1, 2, & 3 Excel

Excel focused course. Learn Excel spreadsheet basics.

43620	T	5:30pm-8:20pm	Elftman, William	welftman@mtsac.edu
44406	T	6:00pm-8:50pm	Purper, Kristen	kpurper@mtsac.edu

VOC BCPP1&2 Power Point 1 & 2

Basic use of PowerPoint to create slide presentations.

43560	T	9:00am-11:50am	Bloom, Danielle	dbloomeoa@gmail.com dbloom@mtsac.edu
44429	F	11:30am-2:30pm	Kretchmar, Judith	jkretschmar@mtsac.edu teacherjudikr@gmail.com

VOC AGR-G Home Gardening

Organic gardening, plants, fruit orchards, and traditional gardening, including design, propagation methods, pruning and pest control.

43555	M	10:00am-11:50pm	Williams, Steve	sowilliams@mtsac.edu
43551	M	1:00pm-2:50pm		
43554	T	1:00pm-2:50pm		
43553	W	10:00am-11:50pm		
43556	W	1:00pm-3:00pm		
43557	TH	1:00pm-2:50pm		
43558	TH	10:00am-11:50pm		
43552	F	1:30pm-3:20pm		

VOC ESD07 Handcrafted Needlework for Retail Sales and Boutique

Needlework technique including knitting, crocheting, embroidery, needlepoint for plastic canvas and emerging technology to construct finished products for sale.

43708	TH	8:25am-11:30pm	Beightol, Donna	dbeightol@mtsac.edu
43709	T	9:25am-12:30pm		
43710	TH	8:55am-12:00pm	Henry, Pam	pHenry2@mtsac.edu

VOC ESD08 Jewelry Production and Design for Retail Sales

Design and construct wire-worked jewelry using beads and stones with various methods of wire wrapping, coiling, hammering and emerging technology.

43713	F	8:55am-12:00pm	Paphatsarang, Bon	bpaphatsarang@mtsac.edu
43714	F	12:55pm-4:00pm		
43712	TH	8:55am-12:00pm		

VOC ESD09 Sewing and Design

Basic Sewing techniques, including basic tailoring, pattern reading, cutting and style design to construct professional-looking garments.

43715	W	12:25am-3:30pm	Hinkens, Diane	dthinkens@mtsac.edu
43716	W	8:55am-12:00pm		
43720	M	5:25pm-8:30pm	Stringfellow, Susan	sstringfellow@mtsac.edu
43718	M	9:00am-12:05pm		
43719	M	12:25pm-3:30pm		
43717	TH	9:00am-12:05pm		

VOC ST1 Sewing and Tailoring 1

Patternmaking and garment fitting with flat pattern and draping methods, learned through process of creating a personal fitting form.

43949	W	9:00am-12:05pm	Stringfellow, Susan	sstringfellow@mtsac.edu
43948	W	12:25pm-3:30pm		
43947	TH	12:25pm-3:30pm		

VOC ESD10 Beginning Decorative Production for Retail Sales

Introduction to decorative painting and associated mediums, including painting on a variety of surfaces using tole art brush strokes used in folk art, stenciling and other design applications and emerging technology.

43724	TH	1:30pm-3:45pm	Conte, Kelly	kconte@mtsac.edu
43723	M	12:55pm- 4:00pm	Beightol, Donna	dbeightol@mtsac.edu

VOC ESD11 Intermediate Decorative Art Production for Retail Sales

Intermediate tole art brush strokes on a variety of surfaces using acrylic paints, associated mediums and emerging technology to create finished products for the older adult population.

43725	TH	1:00pm-4:05pm	Beightol, Donna	dbeightol@mtsac.edu
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VOC ESD15 Jewelry and Lapidary Production Design

Jewelry making, stone cutting, polishing, and lapidary work, using emerging technology.

46600	Sa	8:55am-12:00pm	Velarde, Margaret	mvelarde@mtsac.edu
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VOC HBBUS1 Starting a Home-Based Business

Starting a home-based business to become self-employed. Includes basic marketing, finance and management skills.

43752	M	8:55am-12:00pm	Tucker, Ray	rtucker@mtsac.edu
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VOC HBBUS2 Managing and Growing Your Home-Based Business

Managing day-to-day business activities to increase revenue and profitability to grow a home-based business.

43754	M	8:55am-12:00pm	Tucker, Ray	rtucker@mtsac.edu
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