



Winter Spring Class Guide

January - May 2023



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Visit **MountainView.gov/seniors**
for the most up to date guide and
information.

Monday - Thursday: 8:30 a.m. - 9 p.m.
Friday: 8:30 a.m. - 5 p.m.

Holiday Closures:

Monday, January 2
Monday, January 16
Monday, February 20
Monday, May 29



How to Register...

To **register**, match the “sign up” with one of the options below.

CLUB

These clubs are social groups that share a common interest and meet for FREE!

MV-LA

(Mountain View Los Altos Adult Education)

Three options:

1. In-person: 333 Moffett Blvd.
2. Call: 650-940-1333
3. Online: www.mvlaae.net

Volunteer

These classes are FREE! Please speak with the instructor for information about joining.

Registration Required

These classes are FREE but require registration beforehand. Drop by or call the Senior Center Front Desk at 650-903-6330 to register.

IN CLASS

Attend class and register with the instructor.

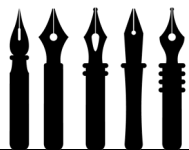


EXAMPLE

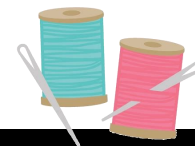
CLASS NAME	SIGNUP (pg. 2)	DAY
BEADING, BEGINNING - Learn the basics of beading including use of tools, types of beads, and stringing materials. Create earrings, bracelets, and a necklace. A curriculum is provided on the first day of class outlining materials needed.	MV-LA	W

Step 1: Locate the “signup” agency for the class.

Step 2: Follow the signup information for each agency located on page 2.



ARTS & CRAFT CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
ART OF KUMIHIMO: JAPANESE BRAIDING - Learn the basics of the fine art of Japanese Braiding. Create a lovely bracelet while learning skills to create numerous Kumihimo designs. Instructor: Deborah Hall	MV-LA	TH	1/12 - 3/16 3/23 - 5/25	10 - 11:30 a.m.	\$120	Meeting Room	2/23, 4/13
ARTS & CRAFTS CLUB - Join us to create and share your artistic and craft work in an atmosphere of mutual support and enjoyment. This is a drop-in club with no formal instruction, so you should have a basic knowledge of your craft. Bring your own supplies and a table covering for your work. Volunteer Lead: Jo	NEW CLUB	TU	Ongoing	9 a.m.- 12 p.m.	Free	Multi B	1/10, 2/14, 3/14, 4/11, 5/9
BEADING, BEGINNING - Learn the basics of beading including use of tools, types of beads, and stringing materials. Create earrings, bracelets, and a necklace. A curriculum is provided on the first day of class outlining materials needed. Masks strongly recommended. Instructor: Deborah Hall	MV-LA	TH	1/12 - 3/16	12 - 2 p.m.	\$160	Meeting Room	2/23
BEADING, ADVANCED - Increase your beading skills by learning peyote stitch, ladder stitch and other bead weaving techniques. Create lovely bracelets, a ring, and one-of-a-kind necklaces. Basic beading skills or Beginning Beading required. A curriculum is provided on the first day of class outlining materials needed. Masks strongly recommended. Instructor: Deborah Hall	MV-LA	TH	3/23 - 5/25	12 - 2 p.m.	\$160	Meeting Room	4/13
CALLIGRAPHY: HANDMADE GREETING CARDS - Come learn how to make a few unusual greeting cards and then how to add the words you want to include. This class is good for beginners and the intermediate students will be shown additional card styles to match calligraphic style choices. Instructor: Sara Loesch-Frank	MV-LA	TH	1/12 - 3/16	9:30 a.m. - 12 p.m.	\$140	Arts & Crafts	2/23



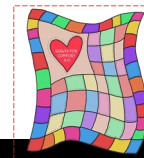
ARTS & CRAFT CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
CALLIGRAPHY: ITALIC LETTERING - Italic lettering is a clean elegant style which people can read easily. It developed in the Renaissance to make it easier to read as the letterforms are clear and consistent with a slight slant. Masks strongly encouraged. Instructor: Sara Loesch-Frank	MV-LA	TH	3/23 - 5/25	9:30 a.m. - 12 p.m.	\$140	Arts & Crafts	4/13
CERAMICS - Beginning and intermediate students will learn various techniques in clay and glazing and at the end of the session will have completed work to take home. Beginning students are welcome. Maximum 4 pieces/week kiln-fired per student. No commercial mass production allowed. A \$30 materials fee for glazes and clay is included in the fee. Masks strongly recommended. Instructor: Susan Worley	MV-LA	W	1/11 - 3/15	1 - 4 p.m.	\$170	Arts & Crafts	2/22
CREATIVE STITCHERY - You are welcome to bring your own stitchery project, or you might want to learn one of the interesting needlework or crafts being taught. New students are welcome! Volunteer Lead: Marge	CLUB	M	Ongoing	9 a.m. - 12 p.m.	Free	Arts & Crafts	1/2, 1/16, 2/20, 5/29
JAPANESE FLOWER ARRANGING, IKEBANA - Study the philosophy, harmony and balance of the Sogetsu School Ikebana. Learn the beauty of simple line, form and use of space. No materials fee; students will bring their own flowers. Masks strongly recommended. Instructor: Katsuko Thielke	MV-LA	TU	1/10 - 3/14 3/21 - 5/23	9:30 a.m. - 12 p.m.	\$117	Arts & Crafts	2/21, 2/23, 4/11, 4/13
		TH	1/19 - 3/16 3/23 - 5/25	1 - 3:30 p.m.	\$111		
KNITTING CLASS - Drop by for this multi level knitting class. Whether you are new to knitting or have been knitting for years this class is for you. Please bring your own supplies. See instructor for availability. Instructor: Anne Glynn	Volunteer	TU	Ongoing	9:30 - 11:30 a.m.	\$20 Material Fee (once yearly)	Meeting Room	
		F		2:30 - 4:30 p.m.			



ARTS & CRAFT CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
KNITTING AND CROCHETING CLUB - Join this group of knitting and crocheting enthusiasts; create fun projects, and make new friends. Bring your own yarn or use some of ours to make caps, booties or afghans for needy children and seniors. Or, work on projects of your own. All skill levels are welcome. Volunteer Leads: Marie and Naomi	CLUB	W	Ongoing	1 - 3:30 p.m.	Free	Multi B	
PAINTING CLUB - Open to any senior who paints in oil and acrylic and is looking for a time and place to work with others. A studio atmosphere of mutual support and friendship will be maintained. This is a drop-in club with no formal instruction. Volunteer Lead: Gary	CLUB	W	Ongoing	9 a.m.- 12 p.m.	Free	Multi B	
QUILTING CLUB - Open to seniors with an interest in quilting. Bring your own quilt project to work on and share with others during Show and Tell. We meet in a friendly atmosphere of mutual support and sharing. This is a drop-in club with no formal instruction. Volunteer Leads: Frances and Lynda	CLUB	M	Ongoing	1 - 3:30 p.m.	Free	Multi B	1/2, 1/16, 2/20, 5/29



DANCE CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
BALLET BARRE WITH FLOOR BARRE - Promote balance, strength and mobility, with classical ballet technique at the barre, combined with mat work and light conditioning for adults of all ages. No experience necessary. Condition to upbeat, fun, classical music. Develop grace, expressiveness, and confidence. Instructor: Jean Elvin	MV-LA	TH	1/12 - 3/16 3/23 - 5/25	4:15 - 5:30 p.m.	\$88	Dance & Movement	2/23, 4/13



DANCE CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
BEGINNERS FOR BROADWAY! - Wish you could tap dance? Join us as we learn the basics: shuffle, flap, ball change, cramp rolls, grapevines, time steps, and pivot turns (no spins). Instructor: Marnie Ridgway	Volunteer	TU,TH	1/10 - 3/16 3/21 - 5/25	12 - 1 p.m.	\$112	Dance & Movement	2/21, 2/23, 4/11, 4/13
BEGINNING SOCIAL DANCE - For all levels. This class teaches all kinds of popular social dances in a variety of ballroom dance styles like waltz, foxtrot, swing, two step, cha cha, rumba, samba, jive, salsa, hustle, etc. This class will not only improve your dance skill & fitness level, but your overall health & happiness as well. Volunteer Lead: Ellen	MV-LA	TH	Ongoing	2:30 - 4:30 p.m.	Free	TBD	
CHINESE FOLK DANCING GROUP - You are warmly welcomed to our group for friendship, joy, happiness and health of the mind and body. Practice Chinese folk dances once a week and do several performances annually. Volunteer Lead: W. Tang	IN CLASS	F	Ongoing	2:30 - 4:30 p.m.	Free	Dance & Movement	
DANCING WITH THE OLDIES - Dance to US, Chinese, and South American music from the 50s, 60s, and 70s. The types of dances include the Cha Cha, Fox Trot, Rumba, Swing, Tango, and Waltz. Come Join our Wednesday night "Dancing with the Oldies" and dance the night away. Volunteer Lead: Dean	Volunteer	M	Ongoing	6:45 - 8:45 p.m.	Free	Multi A	1/2, 1/16, 2/20, 5/29
LINE DANCE - Enjoy an hour of line dancing with friends and other line dancers. No partner or experience needed. There are 2 sessions to chose from, a Thursday session and a Friday session... or come to both. Volunteer Leads: Ming and Anita	Volunteer	TH	Ongoing	10 - 11:30 a.m.	Free	Multi A	
		F		1 - 2 p.m.			
SQUARE DANCE - Join this lively class for square dance instruction and dancing. The new and the experienced are welcome! No partner needed. Volunteer Leads: Mary and James	Volunteer	TU	Ongoing	2:15 - 3:15 p.m.	Free	Multi A	



ENRICHMENT CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
AVENIDAS RAINBOW COLLECTIVE LGBTQ COMMUNITY CAFÉ -Join the Avenidas Rainbow Collective for our monthly LGBTQ Older Adult Social Group. Enjoy free coffee, snacks, and fun as we socialize and make new friends. Learn about the LGBTQ older adult community and other resources that are available to them via the Santa Clara County sponsored Avenidas Rainbow Collective program. This is an intergenerational group that is open to all people of all identities. Volunteer Lead: Thomas	CLUB	3rd TU of Month	Ongoing	4 - 7 p.m.	Free	Meeting Room	
BOOK CLUB - Join the Senior Center Book Club! Enjoy monthly discussions of a chosen book with your fellow seniors. Everyone is welcome! Volunteer Lead: June	CLUB	2nd TU of Month	Ongoing	11 a.m. - 12 p.m.	Free	Multi B	
CREATIVE WRITING WORKSHOP (HYBRID) - Maximize your creative energy and growth within a supportive and encouraging forum of fellow writers. Be inspired to pursue new projects or bring your in-progress work to read in a safe and helpful environment. All levels of experience are welcome! 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. Masks strongly recommended. Instructor: Sylvia Halloran	MV-LA	W	1/11 - 3/15 3/22 - 5/24	10 a.m. - 12 p.m.	\$75	Arts & Crafts	2/22, 4/12
CURRENT AFFAIRS - A discussion-based class that deals with federal, state, and local issues. Is the American glass half-empty or half-full? Topics include the economy, individual rights, the American political situation, and many other issues drawn straight from the daily headlines. Masks strongly recommended. Instructor: Sylvia Halloran	MV-LA	M	1/19 - 3/13 3/20 - 5/22	1 - 3 p.m.	\$52	Arts & Crafts	1/16, 2/20, 4/10





ENRICHMENT CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
BEGINNING ESL - Beginning and Intermediate ESL classes are held at the Mountain View Senior Center. Some classes are full and students may have to wait for a place in class. Regular attendance in class is required to remain in the ESL program. Placement test is <u>required</u> for new students. Instructor: Susan Silver	MV-LA	M, TH, F	1/12 - 6/5	9 - 10:30 a.m.	Free	Multi B	1/16, 2/20 - 2/24, 4/10 - 4/14, 5/29
ENGLISH CONVERSATION CLUB – For Advanced Students. Join this group to practice English conversation skills in a relaxed setting. This is an advanced class and knowledge of, and fluency in English is Recommended. (A one time \$20 materials fee is suggested). Volunteer Leads: Nina and Ellen	Volunteer	F	1/13 - 4/28	1 - 3 p.m.	Free	Arts & Crafts	4/14
INTERMEDIATE ESL - Beginning and Intermediate ESL classes are held at the Mountain View Senior Center. Some classes are full and students may have to wait for a place in class. Regular attendance in class is required to remain in the ESL program. Placement test is <u>required</u> for new students. Instructor: Susan Silver	MV-LA	M, TH, F	1/12 - 6/5	10:45 a.m. - 12:15 p.m.	Free	Multi B	1/16, 2/20 - 2/24, 4/10 - 4/14, 5/29
MEMOIRS WRITING (HYBRID) - 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 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. Masks strongly recommended. Instructor: Sylvia Halloran	MV-LA	TH	1/12 - 3/16 3/23 - 5/25	1 - 3 p.m.	\$112	Multi B	2/23, 4/13





COMPUTER CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
ESSENTIAL COMPUTING SKILLS, BEGINNING - This course provides students with a foundation in computer concepts: Introduction to Windows Basics, Computer Hardware, Software, Using a Computer, Internet, Safety and Maintenance, and Using a Flash Drive. Masks strongly recommended. Instructor: Sharon Walker	MV-LA	M, W	3/20 - 4/5	9 - 11 a.m.	\$48	Technology Room	
ESSENTIAL COMPUTING SKILLS, INTERMEDIATE - This course is intended for students with basic computer skills and will cover more advanced topics related to Internet and email, how to create an email account, send and receive emails, create an address book, and perform other basic email tasks. Masks strongly recommended. Instructor: Sharon Walker	MV-LA	M, W	4/17 - 5/3	9 - 11 a.m.	\$48	Technology Room	
INTRODUCTION TO IPAD - This course provides an introduction to iPad for students who have no or very little experience with iPad. We will cover how to set up the iPad, use Facetime and other apps to communicate with friends and family, take pictures, search the internet, send and receive email, download apps. The class will be hands on and interactive, with the goal of making each student feel confident using iPad. We will also spend some time covering accessibility settings, such as making the display and text size bigger, activating touch accommodations and using the voiceover. Please bring an iPad to class. Instructor: Genie Njolito	MV-LA	M, W	3/20 - 4/24	1:30 - 3 p.m.	\$93	Meeting Room	4/10, 4/12, 4/19
SMARTPHONE PHOTOGRAPHY - This course introduces the basics of using your smartphone's digital camera. Students will learn how to store, edit, delete, share, and take pictures and record videos. Students will also learn how to use free photo editing apps. Some fundamental photography principles will also be covered. Please bring your smartphone to class. Instructor: Genie Njolito	MV-LA	M, W	2/27 - 3/13	1:30 - 3:15 p.m.	\$68	Meeting Room	



EXERCISE CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
CHAIR EXERCISE - This class focuses on both upper and lower body flexibility, strengthening and agility to in order to maintain a healthy and strong body. Movement is limited to chair work. Standing exercises will gradually be introduced using the chair to aid balance. Instructor: Diane	Registration Required	M, W	1/9 - 3/29 4/17 - 6/14	11 - 11:45 a.m.	Free (pre-registration required)	Dance & Movement	1/16, 2/20, 2/22, 5/29
EXERCISE FOR THE OLDER ADULT - Are your daily routines inhibited because you are plagued with stiffness and limited motion? 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). Instructor: Alejandra Picollo	MV-LA	M, TH	1/19 - 3/16 3/27 - 5/25	2:15 - 3:30 p.m.	\$150	Multi A	1/16, 2/20, 2/23, 4/10, 4/13
FELDENKRAIS - 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. Instructor: Jean Elvin	MV-LA	F	1/13 - 3/17 3/24 - 5/26	10 - 11:15 a.m.	\$70	Multi A	2/24, 4/14
GENTLE YOGA - For those who want a softer, nurturing, slow-paced, well-supported and relaxing practice. The poses increase muscle tone, enhance flexibility, trim fat, boost immune system, balance nervous system, improve mood, recover from illness, and heal emotional pain. Instructor: Yun	Volunteer	W	Ongoing	8:45 - 10 a.m.	Free	Dance & Movement	
LOW IMPACT AEROBICS - This class focuses on dance movement, muscle building, core strengthening, flexibility, stretching and maintaining a healthy mind and body. The class includes both standing movements and chair exercises. Aerobic steps are taught in the beginning of the session and will progress into dances to music. Instructor: Diane	Registration Required	TU, TH	1/10 - 3/30 4/18 - 6/15	1 - 2 p.m.	Free (pre-registration required)	Multi A	2/21, 2/23



EXERCISE CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
MATTER OF BALANCE - Geared for adults 60 and older. Many older adults experience concerns about falling and restrict their activities. MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls and incorporates a gentle but effective exercise program. Registration begins January 5. Instructor: Stanford Health Care	Registration Required	M	2/27 - 4/10	1 - 3 p.m.	Free (pre-registration required)	Dance & Movement	
MOVING TO THE OLDIES - Get your groove on to music from the 50s and 60s! Low-impact, non-twisting exercise with hand weights (optional) to improve balance and breathing. Masks strongly recommended. Instructor: Marnie Rdigway	MV-LA	W,F	1/11 - 3/17 3/22 - 5/26	12:15 - 1:15 p.m.	\$112	Dance & Movement	2/22, 2/24, 4/12, 4/14
QIGONG: MORNING - Qigong is a beautiful, flowing combination of movements and breathing techniques that stimulate energy flow. It promotes your natural resiliency to stress and illness. Instructor: Olivia	Volunteer	TH	Ongoing	10 - 11:30 a.m.	Free	Dance & Movement	
QIGONG & T'AI CHI COMBO CLASS - This is a low impact meditation class with standing and balancing exercises. It is designed to reduce stress, improve balance, build stamina and more. Instructor: Ching	Volunteer	F	Ongoing	9-10:45 a.m.	Free	Dance & Movement	
STRONG FOR LIFE - Two sections to choose from! This is a muscle strengthening program designed for older adults. The program consists of a set of 10 core exercises involving the trunk and the upper/lower extremities. All exercises are done in either a sitting or standing position using elastic exercise bands. Pick up the enrollment and physician clearance forms in class. Instructor: Stanford Health Care/Madhu	IN CLASS	TU	Ongoing	Section 1: 9:30 - 10:30 a.m. Section 2: 10:30 - 11:15 a.m.	Free	Dance & Movement	



EXERCISE CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
T'AI CHI - This class fosters positive mind-body skills, processes, and events. T'ai Chi is an ancient Chinese martial art form that was developed to enhance both physical and emotional wellbeing. Many people who practice T'ai Chi indicate that they feel more peaceful and relaxed after the workout. Instructor: Olivia	<i>Volunteer</i>	M	Ongoing	10:15 a.m.- 12 p.m.	Free	Multi A	1/2, 1/16, 2/20, 5/29
WORKOUT ON BROADWAY! - Tired of the same old exercise regimen? Join us as we dance our way into fitness to the sounds of Broadway and popular music. No taps. Masks strongly recommended. Instructor: Marnie Ridgeway	MV-LA	TU,TH	1/10 - 3/16 3/21 - 5/25	1:15 - 2:30 p.m.	\$140	Dance & Movement	2/21, 2/23, 4/11, 4/13
VIVASIA - Lotus Dance is a non to low-impact aerobic dance-fitness program that showcases many of the vibrant cultures of the continent of Asia. Classes will combine different dance styles, music, and cultural props for a fun experience. Instructor: Kim Lopez	<i>Volunteer</i>	TU	Ongoing	2:45 - 3:30 p.m.	Free	Dance & Movement	
ZUMBA GOLD - Drop in or join for exciting Latin and international dance rhythms created in the original Zumba and designed for the older adult. Includes Merengue, Salsa, Cha Cha, Cumbia, Calypso, and Rock & Roll. This program provides the participant with a safe and effective total body workout! It's fun, different, and easy! No previous experience needed. Instructor: Alicia	<i>Volunteer</i>	W	Ongoing	3 - 3:45 p.m.	Free	Dance & Movement	2/22, 4/12



The Mountain View Senior Center Website and Senior Center Facebook are being updated regularly. Check mountainview.gov/seniors and connect with us on Facebook at Facebook.com/MountainViewSeniorCenter for the most up to date information



MUSIC CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
CHINESE CHORUS - The Evergreen Chorus of Northern California consists of Chinese American seniors who love to sing. Chinese classical, popular, and folk songs are practiced once a week and performed at local communities and special events. Lead Volunteer: David	CLUB	TU	Ongoing	2:30 - 4:30 p.m.	Free	Social Hall	
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 year. Instructor: Marnie Ridgway	MV-LA	W	1/11 - 3/15 3/22 - 5/24	9:30 - 11:30 a.m.	\$56	Multi A	2/22, 4/12
ORCHESTRA - The MVLA Adult School Orchestra is a full orchestra consisting of a diverse group of adult musicians with music reading ability and technical skills. The group is passionate about serving the community through performing music. There will be some scheduled performances at the Mountain View Senior Center towards the end of each session. Masks required. Instructor: Sylvia Halloran	MV-LA	W	1/11 - 3/15 3/22 - 5/24	1 - 4 p.m.	\$68	Multi A	2/22, 4/12

SENIOR CENTER OFFERINGS

For more details visit www.mountainview.gov/seniors

Social Services

Free Groceries Program by Second Harvest Food Bank
Health/Medical Insurance (HICAP)
Senior Advisory Committee
Legal Assistance (SALA)
CSA referrals and info
Blood pressure checks
Notary service
Tax services (AARP)

Drop in Amenities

Dancing Weekly movies Computer Room	Game Room Exercise Room Lounge areas
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Classes

AARP Driving Arts and Crafts Enrichment	Computer Language Exercise
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Upcoming Special Events

Pancake Breakfast - Feb. 11, 2023
Spring Dance - March 22, 2023
Senior Resource Fair - May 23, 2023