

# Summer 2023 Class Guide

June - August 2023



## **Senior Center Hours:**

*Monday - Thursday: 8:30 a.m. - 9 p.m.*

*Friday: 8:30 a.m. - 5 p.m.*

Visit [MountainView.gov/Seniors](http://MountainView.gov/Seniors) for the  
most up to date guide and information.

## **Table of Contents:**

- Registration.....pg. 2
- Arts & Crafts.....pg. 3-5
- Enrichment.....pg. 5-6
- Exercise.....pg. 7-9
- Dance.....pg. 9-10
- Music.....pg. 10-11

# How to Register...

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

## Volunteer

These classes are FREE! Drop-in and meet with the instructor for information about joining.

## CLUB

These clubs are social groups that share a common interest and meet for FREE! Drop-in any meeting.

## 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](http://www.mvlaae.net)

## 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
<b>BEADING, BEGINNING</b> - 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
<b>ART OF KUMIHIMO: JAPANESE BRAIDING</b> - Learn the basics of the fine art of Japanese Braiding. Create a lovely bracelet while learning skills to create numerous Kumihimo designs. <b>Instructor:</b> Deborah Hall	MV-LA	TH	6/15 - 7/20	10 a.m. - 12 p.m.	\$112	Meeting	
<b>ARTS &amp; CRAFTS CLUB</b> - 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. <b>Volunteer Lead:</b> Jo	CLUB	TU	Ongoing	9 a.m.- 12 p.m.	Free	Multi B	6/13, 7/4, 7/11, 8/8
<b>BEADING, BEGINNING</b> - 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 the materials needed <b>Instructor:</b> Deborah Hall	MV-LA	TH	6/15 - 7/20	12:30 - 2:30 p.m.	\$112	Meeting	
<b>CALLIGRAPHY: CONTEMPORARY BRUSH</b> - This casual lettering class will cover a contemporary style with a brush and an introduction to using a pointed pen such as is used for Copperplate lettering. Bring either a Tombo pointed brush pen or a Pentel brush marker to the first class. Choose any ink color except for yellow. We will cover the materials thoroughly in class and you will begin lettering that day. <b>Instructor:</b> Sara Loesch-Frank	MV-LA	F	6/16 - 7/21	9:30 a.m. - 12 p.m.	\$98	Arts & Crafts	
<b>CREATING CERAMIC MINATURES</b> - For beginning or experienced hand builders desiring a short clay workshop focusing on making clay work of any type – only requirement is: must be smaller than 5 inches. Make miniature pottery, succulent containers, jewelry, maquettes, figures, etc that will dry fast enough to be glazed and kiln-fired in only 5 weeks. <b>Instructor:</b> Susan Worley	MV-LA	W	6/14 - 7/26	1 - 4 p.m.	\$139	Arts & Crafts	



# ARTS & CRAFT CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>CREATIVE STITCHERY</b> - 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! <b>Volunteer Lead:</b> Marge	CLUB	M	Ongoing	9 a.m. - 12 p.m.	Free	Arts & Crafts	
<b>JAPANESE FLOWER ARRANGING, IKEBANA</b> - 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. <b>Instructor:</b> Katsuko Thielke	MV-LA	Tu, Th	6/20 - 7/18	9:30 a.m. - 12 p.m.	\$131	Arts & Crafts	7/4
<b>KNITTING CLASS</b> - 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. <b>Instructor:</b> Anne Glynn	Volunteer	Tu	Ongoing	9:30 - 11:30a.m.	\$20 Material Fee (once yearly)	Meeting	7/4
		F		2:30 - 4:30 p.m.			
<b>KNITTING WORKSHOP</b> - 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. Masks strongly recommended. <b>Instructor:</b> Caroline Hui	MV-LA	Tu	6/13 - 7/18	1 - 3 p.m.	\$66	Meeting	7/4
<b>KNITTING AND CROCHETING CLUB</b> - 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. <b>Volunteer Leads:</b> Marie and Naomi	CLUB	W	Ongoing	1 - 3:30 p.m.	Free	Multi B	



# ARTS & CRAFT CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>PAINTING CLUB</b> - 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. <b>Volunteer Lead:</b> Gary	CLUB	W	Ongoing	9 a.m.- 12 p.m.	Free	Multi B	
<b>QUILTING CLUB</b> - 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. <b>Volunteer Leads:</b> Frances and Lynda	CLUB	M	Ongoing	1 - 3:30 p.m.	Free	Multi B	



# ENRICHMENT CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>BOOK CLUB</b> - Join the Senior Center Book Club! Enjoy monthly discussions of a chosen book with your fellow seniors. Everyone is welcome! <b>Volunteer Lead:</b> June	CLUB	2nd Tu of month	Ongoing	11 a.m. - 12 p.m.	Free	Multi B	
<b>CREATIVE WRITING WORKSHOP (HYBRID)</b> - 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. <b>Instructor:</b> Sylvia Halloran	MV-LA	W	6/14 - 7/19	10 a.m. - 12 p.m.	\$79	Meeting Room	



# ENRICHMENT CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>CURRENT AFFAIRS</b> - 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. <b>Instructor:</b> Sylvia Halloran	MV-LA	M	6/12 - 7/17	1 - 3 p.m.	\$55	Meeting	6/19
<b>ENGLISH CONVERSATION CLUB</b> – 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. Suggested one time \$20 materials fee. <b>Volunteer Leads:</b> Nina and Ellen	CLUB	F	6/2 - 7/28	1 - 3 p.m.	Free	Arts & Crafts	
<b>MINDFULNESS MEDITATION</b> – Join us for a weekly meditation practice using breathing, guided imagery, and mind and body exercises to practice being nonjudgmentally in the present moment. No experience necessary and drop-ins are welcome. <b>Volunteer Lead:</b> Jenna	<div>NEW</div> Volunteer	F	6/2 - 8/25	1 - 2 p.m.	Free	Dance & Movement	
<b>OPEN FAITH DISCUSSION GROUP</b> - Join the Open Faith Group at the Senior Center as we study, learn and grow together in our faith. <b>Volunteer Lead:</b> Pastor Debi	<div>NEW</div> CLUB	F	Ongoing	10 - 11 a.m.	Free	Meeting	



# EXERCISE CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>CHAIR EXERCISE</b> - 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. <b>Instructor:</b> Diane	Registration Required	M, W	6/19 - 8/16	11 - 11:45 a.m.	Free (pre-registration required)	Dance & Movement	7/3, 7/5
<b>EXERCISE FOR THE OLDER ADULT</b> - Are your daily routines inhibited because you are plagued with stiffness and limited movement? 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). stamina and more. <b>Instructor:</b> Alejandra Picollo	NEW MV-LA	M	6/12 - 7/17	2:15 - 3 p.m.	\$25	Multi A	6/19
<b>FELDENKRAIS</b> - 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. <b>Instructor:</b> Jean Elvin	MV-LA	F	6/16 - 7/21	10 - 11:15 a.m.	\$49	Multi A	
<b>GENTLE YOGA</b> - 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.	Volunteer	M, W	Ongoing	8:45- 10:30 a.m.	Free	Dance & Movement	
<b>LOW IMPACT AEROBICS</b> - These two classes are slower paced, short choreographed routines help make learning easier and more fun. The learning part takes about 20 minutes. Putting it to the music with previous "dances" takes about 40 minutes. This is followed by a seated workout focused on strengthening the abs, lower back, and hips. <b>Instructor:</b> Diane	Registration Required	Tu, Th Int	6/20 - 8/17	1 - 2 p.m.	Free (space is limited)	Multi A	7/4, 7/6





# EXERCISE CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>MOVING TO THE OLDIES</b> - 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. <b>Instructor:</b> Marnie Ridgeway	MV-LA	Th	6/29 - 7/20	2:40 - 3:40 p.m.	\$27	Dance & Movement	
<b>QIGONG: MORNING</b> - Qigong is a beautiful, flowing combination of movements and breathing techniques that stimulate energy flow. It promotes your natural resiliency to stress and illness. <b>Instructor:</b> Olivia	Volunteer	Th	Ongoing	10 - 11:30 a.m.	Free	Dance & Movement	
<b>QIGONG &amp; T'AI CHI COMBO CLASS</b> - This is a low impact meditation class with standing and balancing exercises. It is designed to reduce stress, improve balance, build stamina and more. <b>Instructor:</b> Ching	Volunteer	F	Ongoing	9-10:45 a.m.	Free	Dance & Movement	
<b>STRONG FOR LIFE</b> - 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. <b>Instructor:</b> Madhu	IN CLASS	Tu	Ongoing	Section 1: 9:30 a.m. - 10:30 a.m.	Free	Dance & Movement	7/4
				Section 2: 10:30 a.m. - 11:15 a.m.			
<b>T'AI CHI</b> - 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. <b>Instructor:</b> Olivia	Volunteer	M	Ongoing	10:15 a.m.- 12 p.m.	Free	Multi A	
<b>WORKOUT ON BROADWAY!</b> - Tired of the same old exercise regimen? Join us as we tap our way into fitness to the sounds of Broadway and classic rock. All abilities welcome; no previous experience necessary; soft-soled shoes (no taps). <b>Instructor:</b> Marnie Ridgeway	MV-LA	Tu, Th	6/27 - 7/20	1:15 - 2:30 p.m.	\$48	Dance & Movement	7/4





# EXERCISE CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>VIVASIA</b> - 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. <b>Instructor:</b> Kim Lopez	Volunteer	Tu	Ongoing	2:45 - 3:30 p.m.	Free	Dance & Movement	
<b>ZUMBA GOLD</b> - 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. <b>Instructor:</b> Alicia	Volunteer	W	Ongoing	3 - 3:45 p.m.	Free	Dance & Movement	7/5, 7/26, 8/16



# DANCE CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>BALLET BARRE WITH FLOOR BARRE</b> - 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. <b>Instructor:</b> Jean Elvin	MV-LA	Th	6/15 - 7/20	4:15 - 5:30 p.m.	\$61	Dance & Movement	
<b>BEGINNERS FOR BROADWAY!</b> - 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). <b>Instructor:</b> Marnie Ridgway	MV-LA	Tu,Th	6/27 - 7/20	12:10 - 1:10 p.m.	\$46	Dance & Movement	7/4



# DANCE CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>BEGINNING SOCIAL DANCE</b> - 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. <b>Volunteer Lead:</b> Ellen	Volunteer	Th	Ongoing	2:30 - 4:30 p.m.	Free	Multi A	
<b>CHINESE FOLK DANCING GROUP</b> - 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. <b>Volunteer Lead:</b> W. Tang	IN CLASS	F	Ongoing	2:30 - 4:30 p.m.	Free	Dance & Movement	
<b>LINE DANCING</b> - 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. <b>Volunteer Leads:</b> Ming and Anita	Volunteer	Th	Ongoing	10 - 11:30 a.m.	Free	Multi A	
		F		1 - 2 p.m.			
<b>SQUARE DANCING</b> - Join this lively class for square dance instruction and dancing. The new and the experienced are welcome! No partner needed. <b>Volunteer Leads:</b> Mary and James	Volunteer	T	Ongoing	2 - 3:15 p.m.	Free	Multi A	



# MUSIC CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>CHINESE CHORUS</b> - 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. <b>Lead Volunteer:</b> David	CLUB	T	Ongoing	2:30 - 4:30 p.m.	Free	Social Hall	7/4



# MUSIC CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>CHORUS</b> - Learn to harmonize in a range of traditional western music styles, to improve breathing, diction, and posture. No performances this summer. Masks strongly recommended. <b>Instructor:</b> Marnie Ridgway	MV-LA	W	6/28 - 7/19	9:30 - 11:30 a.m.	\$44	Multi A	
<b>ORCHESTRA</b> - 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 Strongly Recommended. <b>Instructor:</b> Sylvia Halloran	MV-LA	W	6/14 - 7/19	1 - 4 p.m.	\$47	Multi A	
<b>STRING ENSEMBLE WORKSHOP</b> - 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. <b>Instructor:</b> Sylvia Halloran	NEW MV-LA	M	6/12 - 7/17	4 - 5:30 p.m.	\$49	Multi A	6/19