

Winter/Spring 2024 Class Guide

January - May 2024



Senior Center Hours:

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

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

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

Holiday Closures:

Monday, January 15

Monday, February 19

Monday, May 27

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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

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	1/11 - 3/7 3/21 - 5/16	12:30 - 2:30 p.m.	\$149 \$149	Meeting	2/22 4/11
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	CLUB	TU	Ongoing	9 a.m. - 12 p.m.	Free	Multi B	1/9, 2/13, 3/12, 4/9, 5/14
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 the materials needed. Instructor: Deborah Hall	MV-LA	TH	1/11 - 3/7 3/21 - 5/16	10 a.m. - 12 p.m.	\$149 \$149	Meeting	2/22 4/11
CALLIGRAPHY: DESIGNING BORDERS AND CALLIGRAPHY - Students will develop their skills in lettering Foundational style and then learn how to add borders to their lettering. From floral techniques, geometric patterns, or elegant flourishes, join this class to make your writing dynamic and noticeable. Instructor: Sara Loesch-Frank	MV-LA	Th	1/11 - 3/14	9:30 a.m. - 12 p.m.	\$147	Arts & Crafts	2/22
CALLIGRAPHY: COMBINING COLOR WITH THE LEGEND - The Legend Style is an unusual alphabet which can be used for dramatic poems, song lyrics or festive cards for any occasion. Students will get to try opaque colors, metallic inks and more after learning the letterforms. Instructor: Sara Loesch-Frank	MV-LA	Th	3/21 - 5/23	9:30 a.m. - 12 p.m.	\$147	Arts & Crafts	4/11
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 registration fee. Instructor: Susan Worley	MV-LA	W	1/10 - 3/13 3/20 - 5/15	1 - 4 p.m.	\$177 \$161	Arts & Crafts	2/21 4/10



ARTS & CRAFT CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
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	1/15, 2/19, 5/27
FINDING JOY WITH ART - All skill levels are welcome to join independent or group art activities. The goal of the class is to be creative, learn new skills and explore fun ways of drawing, watercolor painting, collage and more. Art samples and teach guidance will be provided. Instructor: Tina	Volunteer	F	Ongoing	9:30 - 11:30 a.m.	Free	Arts & Crafts	
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. Instructor: Katsuko Thielke	MV-LA	Tu	1/9 - 3/12 3/19 - 5/21	9:30 a.m. - 12 p.m.	\$163 \$163	Arts & Crafts	2/20, 4/9 2/22, 4/11
		Th	1/11 - 3/14 3/21 - 5/23	1 - 3:30 p.m.	\$163 \$163		
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. Volunteer Lead: Anne Glynn	Volunteer	Tu	Ongoing	9:30 - 11:30 a.m.	\$20 Material Fee (once yearly)	Meeting	
		F		2:30 - 4:30 p.m.			
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 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: Linda	CLUB	W	Ongoing	9 a.m.- 12 p.m.	Free	Multi B	



ARTS & CRAFT CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
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	1/15, 2/19, 5/27



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. The instructor makes movement easier for each individual. Instructor: Jean Elvin	MV-LA	Th	1/11 - 3/14 3/21 - 5/23	4:15 - 5:30 p.m.	\$92 \$92	Dance & Movement	2/22 4/11
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	MV-LA	Tu, Th	1/9 - 3/14 3/19 - 5/23	11:30 a.m. - 12:30 p.m.	\$147 \$147	Dance & Movement	2/20, 2/22 4/9, 4/11
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	Volunteer	Th	Ongoing	2:30 - 4:30 p.m.	Free	Multi A	3/28



DANCE CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
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 "Dancing with the Oldies" and dance the night away. Volunteer Lead: Frank	Volunteer	M	Ongoing	6:45 - 8:45 p.m.	Free	Multi A	1/15, 2/19, 5/27
LINE DANCING - 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 DANCING - 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	T	Ongoing	2:15 - 3:15 p.m.	Free	Multi A	

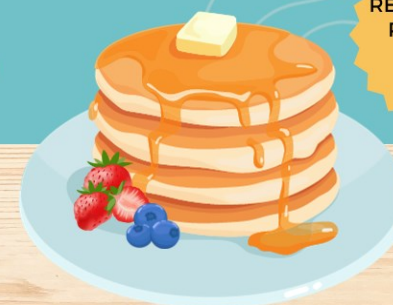
Pancake Breakfast

SATURDAY, FEB. 10

9 - 11 A.M.

MOUNTAIN VIEW SENIOR CENTER

55+



REGISTRATION
REQUIRED
\$5

Registration begins Jan. 5 and ends Feb. 2. For more info please call (650) 903-6330 or email senior.center@mountainview.gov



ENRICHMENT CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
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	
CHINESE, INTERMEDIATE - Learn the most popular language in the world. Explore modern China through various popular topics about the modern generation. Continue to expand vocabulary, grammar, & character reading. Class includes individual presentation, small group and whole class interaction, listening comprehension, translation exercises and characters reading. 300 characters will be introduced. Instructor: Wing Hung Hu	MV-LA	Th	1/11 - 3/14 3/21 - 5/23	2 - 4 p.m.	\$118 \$105	Multi B	2/22 4/11, 4/25
CREATIVE WRITING WORKSHOP (HYBRID) - 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	MV-LA	W	1/10 - 3/13 3/20 - 5/22	10 a.m. - 12 p.m.	\$98 \$98	Meeting	2/21 4/10
CURRENT AFFAIRS (HYBRID) - 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: Sylvia Halloran	MV-LA	M	1/8 - 3/11 3/18 - 5/20	1 - 3 p.m.	\$105 \$118	Arts & Crafts	1/15, 2/19 4/8



ENRICHMENT CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
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. Suggested one time \$20 materials fee. Volunteer Leads: Nina and Ellen	CLUB	F	1/12 - 4/26	1 - 3 p.m.	Free	Arts & Crafts	
ESL: BEGINNING - English as a Second Language (ESL) classes are held at the Mountain View Senior Center. Regular attendance in class is required to remain in the ESL program. Placement test is <u>required</u> for new students. Interested students should visit mvla.net/AS for further registration and testing information. Instructor: Susan Silver	MV-LA	M, TH, F	1/8 - 6/3	9 - 10:30 a.m.	Free	Multi B	1/15, 2/19-2/23, 4/8-4/12, 5/27
ESL: INTERMEDIATE - English as a Second Language (ESL) classes are held at the Mountain View Senior Center. Regular attendance in class is required to remain in the ESL program. Placement test is <u>required</u> for new students. Interested students should visit mvla.net/AS for further registration and testing information. Instructor: Susan Silver	MV-LA	M, TH, F	1/8 - 6/3	10:45 a.m. - 12:15 p.m.	Free	Multi B	1/15, 2/19-2/23, 4/8-4/12, 5/27
OPEN FAITH DISCUSSION GROUP - Join the Open Faith Group at the Senior Center as we study, learn and grow together in our faith. Volunteer Lead: Pastor Debi	CLUB	F	Ongoing	10 - 11 a.m.	Free	Meeting	



Spring Dance

Wednesday, March 27

4 - 6 p.m.

Social Hall

DJ & Light Refreshments

55+





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	1/8 - 3/20 4/1 - 6/5	11 - 11:45 a.m.	Free (pre-registration required)	Dance & Movement	1/15, 2/19, 2/21 5/27
EXERCISE FOR THE OLDER ADULT - 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), mini bands (light or medium resistance). Instructor: Alejandra Picollo	MV-LA	M	1/8 - 3/11 3/18 - 5/20	2:15 - 3 p.m.	\$83 \$89	Multi A	1/15, 2/19 4/8
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	1/12 - 3/15 3/22 - 5/24	10 - 11:15 a.m.	\$74 \$74	Multi A	2/23 4/12
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. Volunteer Lead: Yun	Volunteer	M, W	Ongoing	8:45-10:30 a.m.	Free	Dance & Movement	1/15, 2/19, 5/27
HATHA YOGA - This class is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. Based on the ancient fitness science of Hatha Yoga, the class blends balance, strength, flexibility, and power in a fitness format. All you need for the Hatha Yoga experience is a towel, mat, and yoga block. Instructor: Fatemeh (Shadi) Haghi	MV-LA	F	1/12 - 3/8 3/22 - 5/24	9:30 - 10:30 a.m.	\$79 \$89	Dance & Movement	2/23 4/12



EXERCISE CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
LOW IMPACT AEROBICS - 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. Volunteer Lead: Diane	Registration Required	Tu, Th	1/9 - 3/21 4/2 - 6/6	1 - 2 p.m.	Free (space is limited)	Multi A	2/20, 2/22
MEDITATION AND RELAXATION - This class teaches introductory meditation, relaxation and breathing techniques that can be done sitting in a chair or on a mat. Suitable for all experience levels. Class will help reduce stress, increase focus and promote inner peace. By the end of the class you will be centered, refreshed and ready for the day ahead! Instructor: Juergen	Volunteer	W	Ongoing	1:30 - 2:30 p.m.	Free	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. Instructor: Marnie Ridgeway	MV-LA	Tu, Th	1/9 - 3/14 3/19 - 5/23	1:30 - 2:30 p.m.	\$118 \$118	Dance & Movement	2/20, 2/22 4/9, 4/11
PILATES + YOGA - This class will begin with Standing Pilates to warm up joints, improve posture, and strengthen core and balance. Next, the Yoga section will include basic asanas (poses) using pranayama (breathing) techniques for mindful Slow Flow Yoga practice and meditation. At the end of class, you will feel refreshed and energized. All levels are welcome. Please bring a mat, towel and water bottle. Instructor: Setsuko Chiba	MV-LA	Wed	1/10 - 3/13 3/20 - 5/22	12 - 1 p.m.	\$74 \$74	Dance & Movement	2/21 4/10
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. Volunteer Lead: Olivia	Volunteer	Th	Ongoing	9:45 - 11:15 a.m.	Free	Dance & Movement	



EXERCISE CLASSES

CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
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: Madhu	IN CLASS	Tu	Ongoing	Section 1: 9:30 a.m. - 10:15 a.m.	Free	Dance & Movement	
Section 2: 10:30 a.m. - 11:15 a.m.							
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. Volunteer Lead: Olivia	Volunteer	M	Ongoing	10:15 a.m. - 12 p.m.	Free	Multi A	1/15, 2/19, 5/27
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. Instructor: Marnie Ridgeway	MV-LA	Tu, Th	1/9 - 3/14 3/19 - 5/23	12:30 - 1:30 p.m.	\$118 \$118	Dance & Movement	2/20, 2/22 4/9, 4/11
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. Volunteer Lead: Kim Lopez	Volunteer	Tu	Ongoing	2:45 - 3:45 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. Volunteer Lead: Alicia	Volunteer	W	Ongoing	3 - 3:45 p.m.	Free	Dance & Movement	2/21, 4/17



MUSIC CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
BEGINNING ERHU - Erhu is a 2 stringed Chinese fiddle instrument used to play music. Participants will learn bowing, posture, numbered music notation reading and more. Students must bring their own instrument. No previous experience is needed. Volunteer Leads: John Hui and Michael Ko		M	Ongoing	12:30 - 2 p.m.	Free	Multi A	1/15, 2/19, 5/27
EVERGREEN ARTE TROUPE - The Evergreen Chorus of Northern California previously known as Chinese Chorus 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. Volunteer Lead: David		T	Ongoing	2:30 - 4:30 p.m.	Free	Social Hall	
CHORUS - Join a fun performing chorus: all abilities welcome. Learn vocalizing and sight-singing techniques in a range of music styles. Please register for both sessions – we learn the music in Winter and perform in Spring. Instructor: Marnie Ridgway		W	1/10 - 3/13 3/20-5/22	9:30 - 11:30 a.m.	\$59 \$59	Multi A	2/21 4/10
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		W	1/10-3/13 3/20-5/22	1 - 4 p.m.	\$71 \$71	Multi A	2/21 4/10
STRING ENSEMBLE WORKSHOP - Do you play violin and want a place where you can develop your ensemble skills? Always wanted to play cello? 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		F	1/12-3/15 3/22-5/24	2:30 - 4 p.m.	\$71 \$71	Multi A	2/23 4/12