

# 2025 WINTER/SPRING CLASS GUIDE

*January - May*



City of  
**Mountain View**



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266 Escuela Avenue  
Mountain View, CA 94040  
650-903-6330  
[MountainView.gov/Seniors](http://MountainView.gov/Seniors)

## **SENIOR CENTER HOURS**

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

# 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! Drop-in any meeting.

IN-CLASS: Attend class and register with the instructor.

REGISTRATION REQUIRED: These classes are FREE but require registration beforehand. New students should inquire with instructor prior to start of class.

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

MVLA (Mountain View Los Altos Adult Education): Three options to register  
1. In-person: 333 Moffett Blvd.  
2. Call: 650-940-1333  
3. Online: [www.mvlaae.net](http://www.mvlaae.net)

## DAY OF WEEK:

M = Monday  
Tu = Tuesday  
W = Wednesday  
Th = Thursday  
F = Friday

## HOLIDAY CLOSURES:

Monday, January 20, 2025  
Monday, February 17, 2025  
Monday, March 31, 2025  
Monday, May 26, 2025



# ART AND CRAFTS CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<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. <u>Volunteer Lead:</u> Jo	CLUB	Tu	Ongoing	9 a.m. - 12 p.m.	Free	Multi B	
<b>CALLIGRAPHY WITH WILDFLOWERS: LETTERING AND WORKING WITH COLOR -</b> 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. <u>Instructor:</u> Sara	MVLA	Th	1/16 - 3/20	9:30 a.m. - 12 p.m.	\$154	Arts & Crafts	2/20
<b>CALLIGRAPHY: FROM BAMBOO TO QUILL TO PEN -</b> The history of writing has many pathways. We will begin writing with ink made from oak galls and students will be cutting their own bamboo pens. After the class members feel confident with their handmade tool, we will cut a quill and work with walnut colored ink. Once our class has tried out these historic tools, we will work with commercial pen and ink unless the class is happier with the tools they have made. The oak gall ink and walnut ink will be provided, along with bamboo and a goose quill. <u>Instructor:</u> Sara	MVLA	Th	3/27 - 5/22	9:30 a.m. - 12 p.m.	\$137	Arts & Crafts	4/10



# ART AND CRAFTS CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>CERAMICS: BEGINNING &amp; INTERMEDIATE -</b> 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. <u>Instructor:</u> Susan	MVLA	W	3/26 - 5/28	1 - 4 p.m.	\$184	Arts & Crafts	4/9
<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! <u>Volunteer Lead:</u> Marge	CLUB	M	Ongoing	9 a.m. - 12 p.m.	Free	Arts & Crafts	1/20, 2/17, 3/31, 5/26
<b>FINDING JOY WITH ART -</b> 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. <u>Volunteer Lead:</u> Tina	VOLUNTEER	F	Ongoing	9:30 - 11:30 a.m.	Free	Arts & Crafts	4/25, 5/2



# ART AND CRAFTS CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>IKEBANA, JAPANESE FLOWER ARRANGING - Winter</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. <u>Instructor:</u> Katsuko	MVLA	Tu	1/14 - 3/18	9:30 a.m. - 12 p.m.	\$119	Arts & Crafts	2/18
		Th	1/16 - 3/20	1 - 3:30 p.m.	\$119	Arts & Crafts	2/20
<b>IKEBANA, JAPANESE FLOWER ARRANGING - Spring</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. <u>Instructor:</u> Katsuko	MVLA	Tu	3/25 - 5/27	9:30 a.m. - 12 p.m.	\$79	Arts & Crafts	4/8, 4/22, 4/29, 5/6
		Th	3/27 - 5/29	1 - 3:30 p.m.	\$92	Arts & Crafts	4/10, 4/24, 5/1
<b>PAINTING CLUB -</b> Drop-in art club with no formal instruction. Studio atmosphere and friendly support in oil, acrylic, water color and pastel. Bring your own supplies. <u>Volunteer Lead:</u> Lynda	CLUB	W	Ongoing	9 a.m. - 12 p.m.	Free	Multi B	
<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. <u>Volunteer Lead:</u> Anne	VOLUNTEER	Tu	Ongoing	9:30 - 11:30 a.m.	\$20 Material Fee (once yearly)	Meeting	



# ART AND CRAFTS CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<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 to work on your own projects or use some of ours to make caps or booties for children and seniors in need. All skill levels are welcome. <u>Volunteer Lead:</u> Naomi	CLUB	W	Ongoing	1 - 3 p.m.	Free	Multi B	
<b>PAINTING CLUB -</b> Drop-in art club with no formal instruction. Studio atmosphere and friendly support in oil, acrylic, water color and pastel. Bring your own supplies. <u>Volunteer Lead:</u> Lynda	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. <u>Volunteer Lead:</u> Frances and Lynda	CLUB	M	Ongoing	1 - 3:30 p.m.	Free	Multi B	1/20, 2/17, 3/31, 5/26



## Spring Dance

**Wednesday, March 26**  
**4 - 6 p.m.**  
**Social Hall**  
**DJ & Light Refreshments**  
**55+**





# DANCE CLASSES



CLASS NAME	SIGN-UP	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. <u>Instructor:</u> Jean	MVLA	M	1/13 - 3/17	4:15 - 5:30 p.m.	\$86	Dance & Movement	1/20, 2/17
			3/24 - 6/2		\$86		3/31, 4/7, 5/26
<b>BEGINNERS FOR BROADWAY! -</b> 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. <u>Instructor:</u> Marnie	MVLA	Tu/Th	1/14 - 3/20	11:30 a.m. - 12:30 p.m.	\$154	Dance & Movement	2/18, 2/20
			3/25 - 5/29		\$146		4/8, 4/10, 5/6
<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. <u>Volunteer Lead:</u> Ellen	VOLUNTEER	Th	Ongoing	2:30 - 5 p.m.	Free	Multi A	3/27



# DANCE CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<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. <u>Volunteer Lead:</u> Wei	IN-CLASS	F	Ongoing	2:30 - 4:30 p.m.	Free	Dance & Movement	
<b>DANCING WITH THE OLDIES -</b> 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. <u>Volunteer Lead:</u> Frank	VOLUNTEER	M	Ongoing	6:30 - 8:30 p.m.	Free	Multi A	1/20, 2/17, 3/31, 5/26
<b>FAN DANCE -</b> Experience the practice of Tai Chi and fan dancing! The fan form develops your strength, connected movements, balance and flexibility. Students required to bring their own fan to class. <u>Volunteer Lead:</u> Michael and Marcia	VOLUNTEER	M	Ongoing	2:45 - 3:45 p.m.	Free	Dance & Movement	1/20, 2/17, 3/31, 5/26
<b>LINE DANCE -</b> Enjoy 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. <u>Volunteer Leads:</u> Anita and Ming	VOLUNTEER	Th	Ongoing	10 - 11:30 a.m.	Free	Multi A	
		F		1 - 2 p.m.			





# DANCE CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>MOVIN' 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. <u>Instructor:</u> Marnie	MVLA	Tu/Th	1/14 - 3/20	1:40 - 2:40 p.m.	\$123	Dance & Movement	2/18, 2/20
			3/25 - 5/29		\$117		4/8, 4/10, 5/6
<b>SQUARE DANCE -</b> Join this lively class for square dance instruction and dancing. The new and the experienced are welcome! No partner needed. <u>Volunteer Leads:</u> James and Mary	VOLUNTEER	Tu	Ongoing	2:30 - 3:30 p.m.	Free	Multi A	5/6
<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. <u>Volunteer Lead:</u> Kim	VOLUNTEER	Tu	Ongoing	3 - 4 p.m.	Free	Dance & Movement	5/6
<b>WORKOUT ON BROADWAY! -</b> Continue to tap your way into fitness to the sounds of Broadway and popular music, by permission of the instructor. No taps. <u>Instructor:</u> Marnie	MVLA	Tu/Th	1/14 - 3/20	12:35 - 1:35 p.m.	\$123	Dance & Movement	2/18, 2/20
			3/25 - 5/29		\$117		4/8, 4/10, 5/6



# ENRICHMENT CLASSES



CLASS NAME	SIGN-UP	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. Chosen book is advertised in the Senior Center monthly newsletter. Everyone is welcome! <u>Volunteer Lead:</u> Patricia	CLUB	2nd W of month	Ongoing	11 a.m. - 12 p.m.	Free	Meeting	
<b>CHINESE, INTERMEDIATE -</b> Continue to strengthen the accuracy on pronunciation and tones through tongue twisters, expand vocabulary, grammars and participation in conversations. Recognize 200 characters, and the use of classifiers (measure words). <u>Instructor:</u> Lucia	MVLA	Th	1/23 - 3/20	2 - 4 p.m.	\$110	Multi B	2/20
			3/27 - 5/29		\$110		4/10, 5/8
<b>CREATIVE WRITING WORKSHOP -</b> 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. <u>Instructor:</u> Sylvia	MVLA	W	1/15 - 3/19	10 a.m. - 12 p.m.	\$104	Arts & Crafts	2/19
			3/26 - 5/28		\$104		4/9



# ENRICHMENT CLASSES



CLASS NAME	SIGN-UP	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. <u>Instructor:</u> Sylvia	MVLA	M	1/13 - 3/17	1 - 3 p.m.	\$110	Arts & Crafts	1/20, 2/17
			3/24 - 6/2		\$110		3/31, 4/7, 5/28
<b>ENGLISH CONVERSATION -</b> 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 required. Suggested one time \$20 materials fee. <u>Instructor:</u> Nina	IN-CLASS	F	1/31 - 5/16	1 - 3 p.m.	\$20 Material Fee (suggested one time)	Arts & Crafts	
<b>ESL, BEGINNING -</b> 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 required for new students. Interested students should visit mvla.net/AS for further registration and testing information. <u>Instructor:</u> Susan	MVLA	M, Th, F	1/9 - 6/2	9 - 10:30 a.m.	Free	Multi B	1/20, 1/24, 2/17, 2/20, 2/21, 3/21, 3/31, 4/7, 4/10, 4/11, 5/26



# ENRICHMENT CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>ESL, INTERMEDIATE -</b> 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 required for new students. Interested students should visit <a href="http://mvla.net/AS">mvla.net/AS</a> for further registration and testing information. <u>Instructor:</u> Susan	MVLA	M, Th, F	1/9 - 6/2	10:45 a.m. - 12:15 p.m.	Free	Multi B	1/20, 1/24, 2/17, 2/20, 2/21, 3/21, 3/31, 4/7, 4/10, 4/11, 5/26
<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. <u>Volunteer Lead:</u> Pastor Debi	CLUB	Th	Ongoing	10 - 11 a.m.	Free	Meeting	

## Pancake Breakfast

SATURDAY, FEB. 8

9 - 11 A.M.

MOUNTAIN VIEW SENIOR CENTER

55+



Registration begins Jan. 6 and ends Jan. 31. Day of walk-ins (including children) cannot be accommodated. For more info please call (650) 903-6330 or email [senior.center@mountainview.gov](mailto:senior.center@mountainview.gov)



# EXERCISE CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>CHAIR EXERCISE -</b> This class focuses on both upper and lower body flexibility, strengthening and agility 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. 10:45 - 11 a.m. = Standing and walking 11 - 11:45 a.m. = Chair exercises and stretching <u>Volunteer Lead:</u> Diane	REGISTRATION REQUIRED	M, W	1/6 - 3/12	10:45 - 11:45 a.m.	Free	Dance & Movement	1/20, 2/17, 2/19
			3/17 - 6/11				3/31, 4/14, 4/16, 5/26
<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), mini bands (light or medium resistance). <u>Instructor:</u> Alejandra	MVLA	M	1/13 - 3/17	2:45 - 3:30 p.m.	\$85	Multi A	1/20, 2/17
			3/24 - 6/2		\$85		3/31, 4/7, 5/26
<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. <u>Instructor:</u> Jean	MVLA	F	1/17 - 3/21	10 - 11:15 a.m.	\$77	Multi A	2/21
			3/28 - 5/30		\$69		4/4, 4/11



# EXERCISE CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>GENTLE YOGA &amp; BODY SCULPTURE -</b> In this class, we focus on gentle yoga poses, mindful movements and creating a nurturing environment for all levels of practitioners. Through slow-paced sequences and supported postures, we aim to increase muscle tone, enhance flexibility and promote overall well-being. <u>Volunteer Lead:</u> Yun	VOLUNTEER	M, W, F	Ongoing	8:45 - 10 a.m.	Free	<u>M:</u> Multi A  <u>W/F:</u> Dance & Movement	1/20, 2/17, 3/31, 5/26
<b>LOW IMPACT AEROBICS, BEGINNER -</b> This class is a pre-requisite to the intermediate level. Class will consist of simple walking steps, very short step combinations, and lots of repetition, to motivating music. Emphasis on learning the names of the steps and the ability to execute the steps by verbal "call." <u>Instructor:</u> Diane	REGISTRATION REQUIRED	T, Th	1/7 - 3/13	12:30 - 12:55 p.m.	Free	Multi A	2/18, 2/20
			3/18 - 6/12				4/15, 4/17
<b>LOW IMPACT AEROBICS, INTERMEDIATE -</b> This class features a relaxed pace and includes short choreographed routines designed to enjoy movement and have fun! It starts with walking that revisits dances steps and concludes with a seated workout focused on strengthening the abs, lower back and hips with weights, if desired. <u>Instructor:</u> Diane	REGISTRATION REQUIRED	T, Th	1/7 - 3/13	1 - 2 p.m.	Free	Multi A	2/18, 2/20
			3/18 - 6/12				4/15, 4/17



# EXERCISE CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>QIGONG -</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. <u>Volunteer Lead:</u> Olivia	VOLUNTEER	Th	Ongoing	9:45 - 11:15 a.m.	Free	Dance & Movement	
<b>STANDING PILATES + YOGA -</b> 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. <u>Instructor:</u> Setsuko	MVLA	F	1/17 - 3/21	12 - 1 p.m.	\$77	Dance & Movement	2/21
			4/4 - 5/30		\$69		4/11
<b>STRONG FOR LIFE -</b> 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. Two sections to choose from! Pick up the enrollment and physician clearance forms in class. Class provided by Stanford Health Care. <u>Instructor:</u> Madhu	IN-CLASS	Tues	Ongoing	<u>Section 1:</u> 9:30 - 10:15 a.m. <u>Section 2:</u> 10:30 - 11:15 a.m.	Free	Dance & Movement	



# EXERCISE CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<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. <u>Volunteer Lead:</u> Olivia	VOLUNTEER	M	Ongoing	10:15 a.m. - 12 p.m.	Free	Multi A	1/20, 2/17, 3/31, 5/26



# MUSIC CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>CHINESE CHORUS -</b> Join a brand new Chinese American chorus under the supervision of an experienced chorus organizer. Chinese folk and pop songs are practiced weekly in Cantonese or English. All levels welcome. <u>Volunteer Lead:</u> Gloria	CLUB	Wed	Ongoing	2:30 - 5 p.m.	Free	Social Hall	3/26, 5/28





# MUSIC CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>CHORUS -</b> Join a fun performing chorus: all abilities welcome. Learn vocalizing and sight-singing techniques in a range of music styles. <u>Instructor:</u> Marnie	MVLA	Wed	1/15 - 3/19	9:30 - 11:30 a.m.	\$62	Multi A	2/19
			3/26 - 5/28		\$62		4/9
<b>ERHU: BEGINNING -</b> 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 for beginning class. <u>Volunteer Lead:</u> John and Michael	VOLUNTEER	M	Ongoing	12:30 - 2:30 p.m.	Free	Multi A	1/20, 2/17, 3/31, 5/26
<b>ERHU: GROUP -</b> Erhu is a 2 stringed Chinese fiddle instrument used to play music. Participants will learn bowing, posture, numbered music notation reading and more. Group is a mixture of levels of students. Students must bring their own instrument. <u>Volunteer Lead:</u> John and Michael	VOLUNTEER	Th	Ongoing	8:45 - 9:45 a.m.	Free	Multi A	
<b>ERHU: INTERMEDIATE -</b> Erhu is a 2 stringed Chinese fiddle instrument used to play music. Participants will learn bowing, posture, numbered music notation reading and more. Basic experience required. Students must bring their own instrument. <u>Volunteer Lead:</u> John and Michael	VOLUNTEER	F	Ongoing	8:45 - 9:45 a.m.	Free	Multi A	



# MUSIC CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>EVERGREEN ART TROUPE -</b> 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. <u>Volunteer Lead:</u> David	CLUB	Tu	Ongoing	2:30 - 5 p.m.	Free	Social Hall	5/6
<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 a scheduled performances at the Mountain View Senior Center towards the end of each session. <u>Instructor:</u> Sylvia	MVLA	Wed	1/15 - 3/19	1 - 4 p.m.	\$74	Multi A	2/19
			3/26 - 5/28		\$74		4/9
<b>STRING ENSEMBLE WORKSHOP -</b> Do you play a string instrument and want a place where you can develop your ensemble skills? Join the new String Ensemble Workshop and play easy arrangements of music for strings with other beginning and intermediate students. From bowing to sight-reading, fingering to posture hints, this 90-minute class will help students play in a group with other string instruments. Prerequisites: Students need some familiarity with their instrument. <u>Instructor:</u> Sylvia	MVLA	Fri	1/17 - 3/21	2:30 - 4 p.m.	\$74	Multi A	2/21
			3/28 - 5/30		\$74		4/11



# TECHNOLOGY CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>ESSENTIAL COMPUTING SKILLS, BEGINNING -</b> 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. <u>Instructor:</u> Eugenia	MVLA	M, W	2/3 - 2/14	9:30 - 11:30 a.m.	\$77	Technology	
<b>INTRODUCTION TO IPAD -</b> This course introduces iPads to students who have little or no experience with iPads. Students will learn 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, and download apps. Students will also learn accessibility settings, such as making the display and text size bigger, activating touch accommodations to assist with difficulty using the touchscreen, and using the voiceover feature to read the items on the screen. Prerequisites: Students must bring an iPad to class. <u>Instructor:</u> Eugenia	MVLA	M, W	1/15 - 1/31	9:30 - 11 a.m.	\$77	Technology	

## SENIOR RESOURCE FAIR

Tuesday, May 6, 2025

3 - 6 p.m.

Mountain View Senior Center  
[MountainView.gov/SeniorResourceFair](http://MountainView.gov/SeniorResourceFair)

