

# 2025 SUMMER CLASS GUIDE

*June - August*



City of  
**Mountain View**



## **TABLE OF CONTENTS**

- Registration ..... pg. 2
- Arts & Crafts .... pg. 3 - 5
- Dance ..... pg. 6 - 8
- Enrichment ..... pg. 9 - 10
- Exercise ..... pg. 11 - 13
- Music ..... pg. 14 - 16

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.

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

- In-person: 333 Moffett Blvd.
- Call: 650-940-1333
- Online: [www.mvlaae.net](http://www.mvlaae.net)

DAY OF WEEK:

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

## HOLIDAY CLOSURES:

Thursday, June 19, 2025  
Friday, July 4, 2025



# ART AND CRAFTS CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>CALLIGRAPHY: FROM PENS TO INKS -</b> Explore the art of calligraphy in this course for all skill levels. Students will start with a bamboo pen and Oak Gall ink, provided by the instructor, and should bring a notebook or lightweight paper and a pencil to the first class. In later sessions, students will use their own pens and ink. The class will cover early writing tools and move into using broad-edged or Parallel Pens, available online for purchase. Instruction will focus on Italic letterforms, with the option to explore Fraktur for intermediate learners. Various inks and papers will also be introduced. <u>Instructor:</u> Sara	MVLA	Th	6/26 - 7/17	9:30 a.m. - 12 p.m.	\$89	Arts & Crafts	6/19
<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	
<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	7/4, 8/15



# ART AND CRAFTS CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>HANDBUILT CERAMICS: INDEPENDENT PROJECTS -</b> For intermediate to advanced ceramics students only; this is not a beginner class. Students will use their own tools and experience to create handbuilt ceramic projects of their choice. Earthenware (low-fire) sculptures will be fired by the instructor. The fee includes clay, glazing, and firing at cone 05 for this 5-week workshop. Wheel throwing will not be covered, and commercial mass production is not permitted. <u>Volunteer Lead:</u> Susan	VOLUNTEER	W	6/11 - 7/9	1 - 4 p.m.	\$153	Arts & Crafts	
<b>IKEBANA, JAPANESE FLOWER ARRANGING -</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	6/10 - 7/15	9:30 a.m. - 12 p.m.	\$106	Arts & Crafts	
		Th	6/12 - 7/17	1 - 3:30 p.m.	\$92	Arts & Crafts	6/19
<b>INVITATION TO CREATE WITH WATERCOLORS -</b> Get comfortable with watercolor! Designed for beginning and intermediate painters, this class explores the medium through colorful design projects using basic techniques and composition. Learn color theory while experimenting with paint, collage, and unexpected sources of inspiration. Bring any brushes, paper, and paints you have—additional materials and techniques will be introduced. <u>Instructor:</u> Susan	MVLA	Tu	6/10 - 7/8	1 - 3:30 p.m.	\$106	Arts & Crafts	



# ART AND CRAFTS CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>PAINTING CLUB -</b> Drop-in art club with no formal instruction. Studio atmosphere and friendly support in oil, acrylic, water color and pastel. Must 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	
<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>QUILT 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	



# 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	Th	6/12 - 7/17	4:15 - 5:30 p.m.	\$74	Dance & Movement	6/19
<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	6/10 - 7/17	11:30 a.m. - 12:30 p.m.	\$114	Dance & Movement	6/19, 6/26
<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	6/19, 6/26



# 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> Mindy	IN-CLASS	F	Ongoing	2:30 - 4:30 p.m.	Free	Dance & Movement	7/4
<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	
<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	
<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> Ming	VOLUNTEER	Th	Ongoing	10 - 11:30 a.m.	Free	Multi A	6/19, 7/4
		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	6/10 - 7/17	1:45 - 2:45 p.m.	\$96	Dance & Movement	6/19
<b>SQUARE DANCE -</b> Join us for a fun and energetic square dance class—no experience or partner needed! All are welcome to learn the steps, enjoy the music, and connect with others. <u>Volunteer Leads:</u> James and Mary	VOLUNTEER	Tu	Ongoing	2:30 - 3:30 p.m.	Free	Multi A	
<b>WORKOUT ON BROADYWAY! -</b> Keep dancing your way to fitness with Broadway and popular tunes. Tap shoes not needed. <u>Instructor:</u> Marnie	MVLA	Tu/Th	6/10 - 7/17	12:35 - 1:35 p.m.	\$96	Dance & Movement	6/19



# Summer Dance



**Wednesday, June 25**  
**4-6 P.M.**  
**Social Hall**  
**DJ and Light Refreshments**  
**55+ Welcome**








# 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 Th of month	Ongoing	2 - 3 p.m.	Free	Meeting	
<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	6/11 - 7/16	10 a.m. - 12 p.m.	\$103	Arts & Crafts	
<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	6/19 - 7/14	1 - 3 p.m.	\$89	Arts & Crafts	6/23



# ENRICHMENT CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<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 materials fee. <u>Instructor:</u> Nina	IN-CLASS	F	6/13 - 7/25	1 - 3 p.m.	\$20 Material Fee*	Arts & Crafts	7/4
<b>MAHJONG -</b>  Drop in and enjoy friendly games at our new Mahjong Club—no instruction provided, just relaxed play with others who enjoy the game. All skill levels are welcome - tiles and tables provided. <u>Volunteer Lead:</u> Senior Center Staff	CLUB	T	Ongoing	9 a.m. - 12 p.m.	Free	Arts & Crafts	
<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	6/19



# EXERCISE CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<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	6/9 - 7/14	2:45 - 3:30 p.m.	\$91	Multi A	
<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	6/13 - 7/18	10 - 11:15 a.m.	\$63	Multi A	7/4
<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	M: Multi A  W/F: Dance & Movement	6/9, 6/11, 6/13, 6/16, 6/18, 6/20, 7/4



# 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	6/19
<b>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	6/13 - 7/18	11 a.m. - 12 p.m.	\$63	Dance & Movement	7/4
<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 cultivates mind-body harmony through skills, T'ai Chi an ancient Chinese martial art that enhances physical and emotional well-being, leaving you feeling calm and relaxed. <u>Volunteer Lead:</u> Olivia	<b>VOLUNTEER</b>	M	Ongoing	10:15 a.m. - 12 p.m.	Free	Multi A	
<b>VINYASA FLOW YOGA -</b>  This class combines mindful movement with breath-centered flow for a dynamic, accessible yoga experience. Suitable for all levels, it builds strength, flexibility, and balance while promoting relaxation and well-being. Modifications are provided for a safe, refreshing, and energizing practice. <u>Volunteer Lead:</u> Tony	<b>VOLUNTEER</b>	W	Ongoing	12:45 - 1:45 p.m.	Free	Dance & Movement	



# Ice Cream Social Series

Wednesday,  
July 9 and August 13  
12 - 1 p.m.  
55+ Welcome





# MUSIC CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>CHINESE CHORUS -</b> Join a brand new chorus conducted by an experienced chorus organizer. Weekly practice of Mandarin pop and folk songs in 2 - 4 voices harmony, with focus on vocal development and song learning. Seasonal dance led by Pro dancer for added fun. All singing levels welcome. <u>Volunteer Lead:</u> Gloria	CLUB	Wed	Ongoing	2:30 - 5 p.m.	Free	Social Hall	6/25, 7/16
<b>CHORUS: SING ALONG -</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	6/11 - 7/16	9:30 - 11:30 a.m.	\$61	Multi A	
<b>ERHU: BEGINNING -</b> Learn to play the Erhu, a 2 stringed Chinese fiddle. This beginner class covers bowing, posture, and numbered music notation reading. Students must bring their own instrument. No previous experience needed. <u>Volunteer Lead:</u> John and Michael	VOLUNTEER	M	Ongoing	12:30 - 2:30 p.m.	Free	Multi A	
<b>ERHU: GROUP -</b> Group Erhu class for all levels. Learn technique, posture and number notation in a supportive setting. 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	6/19



# MUSIC CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<b>ERHU: INTERMEDIATE -</b> Build on your Erhu skills in this intermediate class focused on refining technique, tone, and musical expression. Students should have basic knowledge of bowing and numbered notation. Please bring your own instrument. <u>Volunteer Lead:</u> John and Michael	<b>VOLUNTEER</b>	F	Ongoing	8:45 - 9:45 a.m.	Free	Multi A	7/4
<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> Sean	<b>CLUB</b>	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	<b>MVLA</b>	Wed	6/11 - 7/16	1 - 4 p.m.	\$70	Multi A	



# MUSIC CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<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	6/13 - 7/18	2:30 - 4 p.m.	\$53	Multi A	6/20, 7/4

## SAVE THE DATE



**FALL DANCE - SEPT. 24, 4 - 6 P.M.**



**HOLIDAY BAZAAR - NOV. 22, 10 A.M. - 3 P.M.**



**HOLIDAY GALA - DEC. 10, 4 - 6 P.M.**

