



City of
Mountain View

2026 WINTER/SPRING CLASS GUIDE

February - May 2026



TABLE OF CONTENTS

- Registration pg. 2
- Arts & Crafts pg. 3 - 6
- Dance pg. 7 - 9
- Enrichment pg. 10 - 14
- Exercise pg. 15 - 18
- Music pg. 19 - 21
- Technology pg. 22

266 Escuela Avenue
Mountain View, CA 94040
650-903-6330
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
1. In-person: 333 Moffett Blvd.
2. Call: 650-940-1333
3. Online: www.mvlaae.net

DAY OF WEEK:

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

HOLIDAY CLOSURES:

Tuesday, March 31, 2026 - Cesar Chavez Day
Monday, May 25, 2026 - Memorial Day



ART AND CRAFTS CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<p>CALLIGRAPHY & HOW TO USE IT - 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>MVLA Instructor:</u> Sara</p>	MVLA	Th	2/26 - 3/19	9:30 a.m. - 12 p.m.	\$160	Arts & Crafts	
<p>CALLIGRAPHY, HAND LETTERING - Explore the history of writing by creating ink from oak galls and crafting your own bamboo pen. Once comfortable, you'll cut a quill and write with walnut ink. After experimenting with these historic tools, you may continue with them or switch to commercial pen and ink. All materials, including oak gall and walnut ink, bamboo, and a goose quill, are provided. <u>Instructor:</u> Sara</p>	MVLA	Th	3/26 - 5/28	9:30 a.m. - 12 p.m.	\$160	Arts & Crafts	4/9
<p>CERAMICS: BEGINNING & INTERMEDIATE - Beginning and intermediate students will learn various techniques in clay and glazing and at the end of the session you 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</p>	MVLA	W	3/25 - 5/20	1 - 4 p.m.	\$173	Arts & Crafts	4/8



ART AND CRAFTS CLASSES



CLASS NAME	SIGN-UP	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! <u>Volunteer Lead: MVSC Staff</u>	CLUB	M	Ongoing	9 a.m. - 12 p.m.	Free	Meeting	5/25
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 teacher guidance will be provided. <u>Volunteer Lead: Tina</u>	VOLUNTEER	F	Ongoing	9:30 - 11:30 a.m.	Free	Arts & Crafts	
IKEBANA, JAPANESE FLOWER ARRANGING - Winter 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: Katsuko</u>	MVLA	Tu	2/24 - 3/17	9:30 a.m. - 12 p.m.	\$123	Arts & Crafts	
		Th	2/26 - 3/19	1 - 3:30 p.m.	\$123	Arts & Crafts	
IKEBANA, JAPANESE FLOWER ARRANGING - Spring 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: Katsuko</u>	MVLA	Tu	3/24 - 5/26	9:30 a.m. - 12 p.m.	\$110	Arts & Crafts	3/31, 4/7
		Th	3/26 - 5/28	1 - 3:30 p.m.	\$123	Arts & Crafts	4/9



ART AND CRAFTS CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<p>INVITATION TO CREATE WITH WATERCOLORS - Winter Beginning and intermediate painters will enjoy watercolor painting while learning about values, composition, color theory, spatial perspective and texture by adding other materials to your paintings, introducing monoprints and collage elements. Bring the brushes, paper, and paints. <u>Instructor:</u> Susan</p>	MVLA	Tu	2/24 - 3/17	1 - 3:30 p.m.	\$119	Arts & Crafts	
<p>INVITATION TO CREATE WITH WATERCOLORS - Spring Beginning and intermediate painters will enjoy watercolor painting while learning about values, composition, color theory, spatial perspective and texture by adding other materials to your paintings, introducing monoprints and collage elements. Bring the brushes, paper, and paints. <u>Instructor:</u> Susan</p>	MVLA	Tu	3/24 - 5/26	1 - 3:30 p.m.	\$104	Arts & Crafts	3/31, 4/7, 5/19
<p>KNITTING AND CROCHETING CLUB - 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> Jeanne</p>	CLUB	W	Ongoing	1 - 3 p.m.	Free	Multi B	



ART AND CRAFTS CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<p>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. <u>Volunteer Lead:</u> Anne</p>	VOLUNTEER	Tu	Ongoing	9:30 - 11:30 a.m.	\$20 Material Fee (once yearly)	Meeting	3/31
<p>PAINTING CLUB - 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</p>	CLUB	W	Ongoing	9 a.m. - 12 p.m.	Free	Multi B	
<p>QUILT 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. <u>Volunteer Lead:</u> Frances and Lynda</p>	CLUB	M	Ongoing	1 - 3:30 p.m.	Free	Multi B	5/25



DANCE CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<p>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. <u>Instructor:</u> Jean</p>	MVLA	Th	2/26 - 5/28	4:15 - 5:30 p.m.	\$145	Dance & Movement	4/9
<p>BEGINNERS FOR BROADWAY! - Wish you could dance? 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</p>	MVLA	Tu/Th	2/24 - 6/2	11:30 a.m. - 12:30 p.m.	\$222	Dance & Movement	3/31, 4/7, 4/9, 5/19
<p>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. <u>Volunteer Lead:</u> Ellen</p>	VOLUNTEER	Th	Ongoing	2:30 - 5 p.m.	Free	Multi A	



DANCE CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<p>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. <u>Volunteer Lead:</u> Eva and Mindy</p>	IN-CLASS	F	Ongoing	2:30 - 4:30 p.m.	Free	Dance & Movement	
<p>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. <u>Volunteer Lead:</u> Frank</p>	VOLUNTEER	M	Ongoing	6:30 - 8:30 p.m.	Free	Multi A	5/25
<p>FAN DANCE - 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</p>	VOLUNTEER	M	Ongoing	2:45 - 3:45 p.m.	Free	Dance & Movement	5/25
<p>LINE DANCE - 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</p>	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
<p>MOVIN' 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. <u>Instructor:</u> Marnie</p>	MVLA	Tu/Th	2/24 - 6/2	1:45 - 2:45 p.m.	\$178	Dance & Movement	3/31, 4/7, 4/9, 5/19
<p>MOVIN' 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. <u>Instructor:</u> Marnie</p>	MVLA	Tu/Th	2/24 - 6/2	2:50 - 3:50 p.m.	\$178	Dance & Movement	3/31, 4/7, 4/9, 5/19
<p>SQUARE DANCE - 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</p>	VOLUNTEER	Tu	Ongoing	2:30 - 3:30 p.m.	Free	Multi A	3/31, 5/19
<p>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. <u>Instructor:</u> Marnie</p>	MVLA	Tu/Th	2/24 - 5/28	12:35 - 1:35 p.m.	\$178	Dance & Movement	3/31, 4/7, 4/9, 5/19



ENRICHMENT CLASSES



CLASS NAME	SIGN-UP	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. The chosen book is advertised in the Senior Center's monthly newsletter. Everyone is welcome! <u>Volunteer Lead:</u> Patricia	CLUB	2nd Th of month	Ongoing	2 - 3 p.m.	Free	Meeting	
CHINESE, CONTINUING - WINTER 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	2/23 - 3/16	2 - 4 p.m.	\$100	Meeting	
CHINESE, CONTINUING - SPRING 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	3/23 - 5/18	2 - 4 p.m.	\$114	Meeting	4/6



ENRICHMENT CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<p>CREATIVE WRITING WORKSHOP - WINTER</p> <p>Students will maximize their creative energy and growth within a supportive community of fellow writers. Come be inspired to start new projects or share works in progress in a safe, encouraging environment. Writers of all experience levels are welcome. This hybrid class offers the option to attend in person or via Zoom.</p> <p><u>Instructor:</u> Sylvia</p>	MVLA	W	2/25 - 3/18	10 a.m. - 12 p.m.	\$109	Arts & Crafts	
<p>CREATIVE WRITING WORKSHOP - SPRING</p> <p>Students will maximize their creative energy and growth within a supportive community of fellow writers. Come be inspired to start new projects or share works in progress in a safe, encouraging environment. Writers of all experience levels are welcome. This hybrid class offers the option to attend in person or via Zoom.</p> <p><u>Instructor:</u> Sylvia</p>	MVLA	W	3/25 - 5/27	10 a.m. - 12 p.m.	\$109	Arts & Crafts	4/8



ENRICHMENT CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<p>CURRENT AFFAIRS - WINTER A discussion-based class exploring federal, state, and local issues. Is the American outlook half-empty or half-full? Topics include the economy, individual rights, the current political landscape, and other issues drawn from the day's headlines. This hybrid class offers the option to attend in person or via Zoom. <u>Instructor:</u> Sylvia</p>	MVLA	M	2/23 - 3/18	1 - 3 p.m.	\$114	Arts & Crafts	
<p>CURRENT AFFAIRS - SPRING A discussion-based class exploring federal, state, and local issues. Is the American outlook half-empty or half-full? Topics include the economy, individual rights, the current political landscape, and other issues drawn from the day's headlines. This hybrid class offers the option to attend in person or via Zoom. <u>Instructor:</u> Sylvia</p>	MVLA	M	3/23 - 5/18	1 - 3 p.m.	\$114	Arts & Crafts	4/6
<p>ENGLISH CONVERSATION - 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>Volunteer Lead:</u> Nina</p>	IN-CLASS	F	2/27 - 5/1	1 - 3 p.m.	\$20 Material Fee (suggested one time)	Arts & Crafts	



ENRICHMENT CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<p>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 required for new students. Interested students should visit mvla.net/AS for further registration and testing information. 55+ only. <u>Instructor:</u> MVLA Staff</p>	MVLA	M, Th, F	1/5 - 6/1	9 - 10:30 a.m.	Free	Multi B	1/19, 2/16, 2/19, 2/20, 4/6, 4/9, 4/10, 5/25
<p>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 required for new students. Interested students should visit mvla.net/AS for further registration and testing information. 55+ only. <u>Instructor:</u> MVLA Staff</p>	MVLA	M, Th, F	1/5 - 6/1	10:45 a.m. - 12:15 p.m.	Free	Multi B	1/19, 2/16, 2/19, 2/20, 4/6, 4/9, 4/10, 5/25
<p>MAHJONG: DROP-IN PLAY - 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 - Chinese tile set and tables provided. <u>Volunteer Lead:</u> Senior Center Staff</p>	CLUB	T	Ongoing	9 a.m. - 12 p.m.	Free	Multi B	3/31, 5/19



ENRICHMENT CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
OPEN FAITH DISCUSSION GROUP - 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	
SPANISH 1A - This is a relaxed and exciting, in-person, Spanish class where students are active participants. In class, students will begin to speak Spanish, read Spanish, and write Spanish. Let's begin to learn about the enchanting world of Spanish language and culture! No previous Spanish language experience required. <u>Instructor:</u> Kip	MVLA	Th	3/26 - 5/28	1:30 - 3 p.m.	\$137	Multi B	4/9
SPANISH 1B - Spanish 1B is an in-person continuation of Spanish 1A, designed for students with basic knowledge. Build on your foundation and grow your skills through engaging activities that develop speaking, listening, reading, and writing. Join us as we explore the rich language and culture of the Spanish-speaking world! <u>Instructor:</u> Kip	MVLA	Th	3/26 - 5/28	3:30 - 5 p.m.	\$137	Multi B	4/9



EXERCISE CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<p>EXERCISE FOR THE OLDER ADULT - WINTER 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</p>	MVLA	M	2/23 - 3/16	2:45 - 3:30 p.m.	\$86	Multi A	
<p>EXERCISE FOR THE OLDER ADULT - SPRING 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</p>	MVLA	M	3/23 - 5/18	2:45 - 3:30 p.m.	\$86	Multi A	4/6, 5/25
<p>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. <u>Instructor:</u> Jean</p>	MVLA	F	2/27 - 5/29	10 - 11:15 a.m.	\$116	Multi A	4/10



EXERCISE CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<p>GENTLE YOGA & BODY SCULPTURE - This class focuses on gentle yoga poses, mindful movement, and creating a supportive environment for all experience levels. Through slow-paced sequences and supported postures, we aim to build muscle tone, improve flexibility, and enhance overall well-being. Please bring your own yoga mat and equipment. <u>Volunteer Lead:</u> Yun</p>	VOLUNTEER	M, W, F	Ongoing	8:45 - 10 a.m.	Free	M: Multi A W/F: Dance & Movement	5/25
<p>QIGONG - 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</p>	VOLUNTEER	Th	Ongoing	9:45 - 11:15 a.m.	Free	Dance & Movement	
<p>STANDING PILATES + YOGA - WINTER 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</p>	MVLA	F	2/27 - 3/20	11 a.m. - 12 p.m.	\$72	Dance & Movement	



EXERCISE CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<p>STANDING PILATES + YOGA - SPRING 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</p>	MVLA	F	4/3 - 5/29	11 a.m. - 12 p.m.	\$63	Dance & Movement	3/27, 4/10, 5/22
<p>STRONG FOR LIFE - 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</p>	IN-CLASS	Tu	Ongoing	<u>Section 1:</u> 9:30 - 10:15 a.m. <u>Section 2:</u> 10:30 - 11:15 a.m.	Free	Dance & Movement	3/31



EXERCISE CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
T'AI CHI - 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	VOLUNTEER	M	Ongoing	10:15 a.m. - 12 p.m.	Free	Multi A	5/25
VINYASA FLOW YOGA - 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. Please bring your own yoga mat and equipment. <u>Volunteer Lead:</u> Tony	VOLUNTEER	W	Ongoing	12:45 - 1:45 p.m.	Free	Dance & Movement	2/25

Upcoming Special Events

Golden Hunt • Wed. April 1, 2026 • 9-10 a.m.

Senior Resource Fair • Tues. May 9, 2026 • 3-6 p.m.

For more information, visit MountainView.gov/Seniors





MUSIC CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<p>CHINESE CHORUS - 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</p>	CLUB	W	Ongoing	2:30 - 5 p.m.	Free	Social Hall	
<p>CHORUS - Join a fun performing chorus: all abilities welcome. Learn vocalizing and sight-singing techniques in a range of music styles. <u>Instructor:</u> Marnie</p>	MVLA	W	3/25 - 5/27	9:30 - 11:30 a.m.	\$64	Multi A	4/8
<p>ERHU: BEGINNING - 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</p>	VOLUNTEER	M	Ongoing	12:30 - 2:30 p.m.	Free	Multi A	5/25
<p>ERHU: GROUP - 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</p>	VOLUNTEER	Th	Ongoing	8:45 - 9:45 a.m.	Free	Multi A	



MUSIC CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<p>ERHU: INTERMEDIATE - 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</p>	VOLUNTEER	F	Ongoing	8:45 - 9:45 a.m.	Free	Multi A	
<p>EVERGREEN ART 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. <u>Volunteer Lead:</u> Zhumei</p>	CLUB	Tu	Ongoing	2:30 - 5 p.m.	Free	Social Hall	3/31, 5/19
<p>ORCHESTRA - WINTER 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</p>	MVLA	W	2/25 - 3/18	1 - 4 p.m.	\$77	Multi A	



MUSIC CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<p>ORCHESTRA - SPRING 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</p>	MVLA	W	3/25 - 5/27	1 - 4 p.m.	\$77	Multi A	4/8
<p>STRING ENSEMBLE WORKSHOP - WINTER Play a string instrument and want to build your ensemble skills? Join the new String Ensemble Workshop! Designed for beginning and intermediate students, this 90-minute class features easy string arrangements and tips on bowing, sight-reading, fingering, and posture. Some prior experience with your instrument is required. <u>Instructor:</u> Sylvia</p>	MVLA	F	2/27 - 3/20	2:30 - 4 p.m.	\$77	Multi A	
<p>STRING ENSEMBLE WORKSHOP - SPRING Play a string instrument and want to build your ensemble skills? Join the new String Ensemble Workshop! Designed for beginning and intermediate students, this 90-minute class features easy string arrangements and tips on bowing, sight-reading, fingering, and posture. Some prior experience with your instrument is required. <u>Instructor:</u> Sylvia</p>	MVLA	F	3/27 - 5/29	2:30 - 4 p.m.	\$77	Multi A	4/10



TECHNOLOGY CLASSES



CLASS NAME	SIGN-UP	DAY	DATES	TIME	FEE	ROOM	NO CLASS
ESSENTIAL COMPUTING SKILLS, BEGINNER - 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> Sharon	MVLA	M/W	2/23 - 3/4	9 - 11 a.m.	\$72	Technology	
			4/20 - 4/29		\$72		
ESSENTIAL COMPUTING SKILLS, INTERMEDIATE - This class 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. Prerequisites: Students must have proficiency using a mouse. <u>Instructor:</u> Sharon	MVLA	M/W	3/16 - 3/25	9 - 11 a.m.	\$72	Technology	
			5/11 - 5/20		\$72		