MOUNTAIN VIEW SENIOR CENTER

266 ESCUELA AVE, MOUNTAIN VIEW CA 94040 • 650-903-6330

WINTER/SPRING 2012 class guide

Holidays & Closures: January 2 & 16, February 20 and May 28

The Senior Center will be closed, and no classes will be held on these dates.

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***Fees in this guide are for seniors ages 55+.** MVLA classes may be offered to those under 55, which may have a higher fee. If you are interested in those fees, please contact MVLA or visit the class & speak with the instructor.

READY TO SIGN UP? Match the "signup" with one of the four options below. See page 14 for more details.

MV-LA	VOLUNTEER	IN CLASS	FOOTHILL
(Mountain View - Los Altos Adult Education) Three options: 1. In-person: 333 Moffett Blvd. 2. Call: (650) 940-1333 3. Online: www.mvlaae.net	These classes are free, and there is no need to formally register. Please just attend class and speak with instructor.	Attend class and register with instructor.	To register for a Foothill class, visit the class and the instructor will have the registration paperwork. Additional info: Call Foothill at (408) 864-5300.

ARTS AND CRAFTS CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
CALLIGRAPHY: HANDWRITING WITH STYLE - Does your handwriting need improvement? Do you wish it were more legible? This class is designed to develop handwriting and make it stand out from the crowd. Come work on developing a style for personal communication. Class will begin with pencils then pens and onto a classy version with a broad edge tool. Bring a notebook to first class. Materials fee of $5.00 payable to instructor at first class for inks, envelopes, and stationary. No class 3/2.	MV-LA	F	1/13-3/23	9:00AM-12:00PM	$84.00 + materials fee	ARTS & CRAFTS ROOM	S. FRANK
CALLIGRAPHY: PARALLEL PENS, A BRUSH, AND YOU - Students will work with the Pilot Parallel pen and brushes to design cards using lettering, floral techniques, and collage. Bring a Parallel pen to the first class with cartridge ink, along with a supply of smooth paper. Supplies for floral elements will be discussed at first meeting. Materials fee $5 payable to instructor for metallic inks and colored papers. No class 4/13.	MV-LA	F	3/30-5/25	9:00AM-12:00PM	$68.00 + materials fee	ARTS & CRAFTS ROOM	S. FRANK
CERAMICS: BEGINNING / INTERMEDIATE TECHNIQUES - 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 welcome. Materials Fee: glazes $15, clay $5, payable to instructor at the first class. No class 4/11.	MV-LA	W	1/18-3/21	1:00PM-4:00PM	$63.00 + materials fee	ARTS & CRAFTS ROOM	C. MACPHERSON
		W	3/28-6/6	1:00PM-4:00PM	$63.00 + materials fee	ARTS & CRAFTS ROOM	C. MACPHERSON
CERAMICS: EARTH, GLAZE, and FIRE - This class features basic to intermediate clay work. Throwin' down the clay for beginning and intermediate students. Learn various techniques in claywork and glazing. By the end of the session, you will have completed work to take home. Materials Fee: glazes $15, clay $5.50-$11.00, payable to instructor at the first class. No class 4/12.	MV-LA	TH	1/12-3/15	9:00AM-12:00PM	$79.00 + materials fee	ARTS & CRAFTS ROOM	S. WORLEY
		TH	3/29-5/31	9:00AM-12:00PM	$71.00 + materials fee	ARTS & CRAFTS ROOM	S. WORLEY

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ARTS AND CRAFTS CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
CERAMICS: SMALL SCULPTURE - Students will learn a variety of techniques to build, glaze and finish small sculptures and at the end of session will have completed pieces to take home. Materials Fee: glazes $15, clay $5, payable to instructor at the first class. No class 4/11.	MV-LA	W	1/18-3/21	9:00AM-12:00PM	$57.00 + materials fee	ARTS & CRAFTS ROOM	C. MACPHERSON
		W	3/28-6/6	9:00AM-12:00PM	$57.00 + materials fee	ARTS & CRAFTS ROOM	C. MACPHERSON
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! No class 1/2, 1/16, 2/20, 5/28.	VOLUNTEER	M	ONGOING	9:00AM-12:00PM	FREE	ARTS & CRAFTS ROOM	M. VARGAS
DRAWING AND WATERCOLOR - Basic concepts of drawing and painting in watercolor. Students will explore color mixing and application, composition, and detail. Many detailed demonstrations. Seascapes, landscapes, and floral will be emphasized. Materials list available at first class. No class 2/21, 4/10.	MV-LA	T	1/10-3/20	9:00AM-12:00PM	$70.00	ARTS & CRAFTS ROOM	B. DIXON
		T	3/27-6/5	9:00AM-12:00PM	$70.00	ARTS & CRAFTS ROOM	B. DIXON
FIGURE AND PORTRAIT DRAWING - This is your opportunity to receive quality instruction while drawing portraits and figures of live, clothed, professional models! Instruction will be individualized; class is open to all levels and abilities. A variety of media will be explored: pencil, charcoal, conte crayon and inks. A $40 model fee payable to instructor at first class meeting. No class 4/12.	MV-LA	TH	1/12-3/15	1:00PM-4:00PM	$74.00	ARTS & CRAFTS ROOM	K. YOUNG
		TH	3/29-6/7	1:00PM-4:00PM	$74.00	ARTS & CRAFTS ROOM	K. YOUNG
IKEBANA (FLOWER ARRANGING) - Learn the Japanese technique of Ikebana which translates to “living flowers” as you create flower arrangements. This class meets twice a month and is open to anyone who is interested in learning this ancient craft. Students need to provide their own vase, scissors and kenzan (special tool for flower arrangement). No class 5/28.	VOLUNTEER	Second and Fourth M each month	ONGOING	6:30PM-8:30PM	$40/month for materials	ARTS & CRAFTS ROOM	S. NARIMATSU

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ARTS AND CRAFTS CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
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	W	ONGOING	1:00PM-3:30PM	FREE	MULTI B	M. GRINDER & N. BAITY
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	W	ONGOING	9:00AM-12:00PM	FREE	MULTI B	K. KOSHGARIAN
QUILTMAKING TECHNIQUES - Students with some quilting experience are welcome. Three projects will be presented. Class members may do all three or choose one or two. Continuing class members may work to finish projects offered in previous classes. Access to a sewing machine between classes is necessary. Materials fee: $4, payable to the instructor on the first day of class. No class 1/16, 2/20, 4/9.	MV-LA	M	1/9-3/19	1:30PM-4:00PM	$53.00 + materials fee	MULTI B	P. BELLAMY
		M	3/26-5/21	1:30PM-4:00PM	$47.00 + materials fee	MULTI B	P. BELLAMY
WOODCARVING: DROP-IN - A friendly informal class for beginning and more experienced carvers. The goal of this class is to become more knowledgeable about the types of woods, finishes and skills applicable to this craft. No class 1/2, 1/16, 2/20, 5/28.	VOLUNTEER	M	ONGOING	1:00PM-4:00PM	FREE	ARTS & CRAFTS ROOM	TBA

COMPUTER CLASSES

MEET THE PC - Use hands-on activities to learn the basic features and functions of your computer including the mouse, icons, and menus. Explore Microsoft® Windows® applications such as Word® for creating simple documents and flyers. Learn how to cut, copy, paste, format, and save documents. This class is excellent for adult beginners of any age! No class 1/16.	MV-LA	M/W	1/9-1/30	9:00AM-11:00AM	$48.00	TECHNOLOGY ROOM	T. KORTENKAMP

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COMPUTER CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
GET CONNECTED - INTERNET (EMAIL) - Develop and enhance your internet research skills. Learn to "surf" the Internet and visit some of today's most popular web sites, including sites that will help you obtain information relevant to your everyday needs and lifestyle. Create your own personal email account and learn to send and receive messages, greetings and attachments with proficiency. No class 2/20.	MV-LA	M/W	2/1-2/22	9:00AM-11:00AM	$48.00	TECHNOLOGY ROOM	T. KORTENKAMP
INTRODUCTION TO WORD - Learn to create, format, and edit letters, reports, or general documents using computer tools such as the ruler, clipboard, toolbar, and header/footer. Prerequisite: Experience using a PC.	MV-LA	M/W	2/27-3/14	9:00AM-11:00AM	$48.00	TECHNOLOGY ROOM	T. KORTENKAMP
PICASA PHOTO ORGANIZING AND SHARING - What good are thousands of digital photos if they are disorganized and hidden away on your computer? With Google's free Picasa software, you can organize your pictures into folders, create tags to help you quickly find the pictures you are looking for, and do basic photo editing. In this class you will learn to do all of these things, as well as create a Google account to upload your pictures to the web for online sharing and viewing.	MV-LA	M/W	3/19-4/4	9:00AM-11:00AM	$48.00	TECHNOLOGY ROOM	T. KORTENKAMP

DANCE CLASSES

BEGINNING SOCIAL DANCE - Ballroom social dance for all levels. This class will teach all kinds of basic 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 and fitness level, but your overall health and happiness as well.	VOLUNTEER	TH	ONGOING	2:45PM-4:30PM	FREE	MULTI A	G. CHEN E. JIANG
BELLY DANCING- Learn the art of belly dance, and transform your body and mind while exploring your inner self. Join Nancy, who has over 25 years of experience teaching and performing belly dance. This fun and free class is designed for all levels.	VOLUNTEER	T	ONGOING	7:15PM-8:30PM	FREE	DANCE & MOVEMENT ROOM	N. MIZE

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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	F	ONGOING	2:00PM-4:30PM	FREE	DANCE & MOVEMENT ROOM	W. TANG
LINE DANCING - Enjoy an hour of line dancing with other line dancers. No partner needed.	VOLUNTEER	F	ONGOING	1:00PM-2:00PM	FREE	MULTI A	M. YOUNG A. YOUNG
SOCIAL DANCE CLUB - This club plays 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 Monday night "Dancing with the Oldies", and dance the night away. No class 1/2, 1/16, 2/20, 5/28.	VOLUNTEER	M	ONGOING	7:00PM-9:00PM	FREE	MULTI A	D. WU
SQUARE DANCING - Join this lively class for square dance instruction and dancing. The new and the experienced are welcome! No partner needed.	VOLUNTEER	F	ONGOING	2:15PM-3:15PM	FREE	MULTI A	A. KNOPPE
WORKOUT ON BROADWAY- Tired of the same old exercise routine? Join our "chorus line" as we tap our way into fitness with rhythmic choreographed exercises to Broadway tunes and popular music. Improve your mind, body, and memory while building strength, agility, breath control, stamina, grace and coordination. Workout attire and leather-soled shoes recommended (no taps). No class 2/21, 4/10, 4/12.	MV-LA	T/TH	1/10-3/22	1:00PM-2:30PM	$88.00	DANCE & MOVEMENT ROOM	M. RIDGWAY
		T/TH	3/27-6/7	1:00PM-2:30PM	$84.00	DANCE & MOVEMENT ROOM	M. RIDGWAY

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ENRICHMENT CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
BEGINNING LIPREADING - Designed for adults with acquired, congenital, or progressive hearing impairment. Includes basic sounds of the English language and how production of basic speech sounds appears on the lips and face of the speaker. Mechanics of the ear and sound will be presented. Physiological problems related to hearing will be discussed as well as some technological solutions. Practical experience in lip reading will be provided. Class limit is 18 students.	FOOTHILL	T	1/9-3/26	10:00AM-11:20AM	$57.00	MEETING ROOM	E. MASTMAN
BOOK CLUB - Join the Senior Center Book Club! Enjoy monthly discussions of a chosen book with your fellow seniors. Everyone is welcome! Meetings are held second Tuesday of each month.	VOLUNTEER	Second T each month	ONGOING	10:30AM-11:30AM	FREE	TEEN CENTER (298 Escuela Ave.)	R. SALIDO
BRAIN GANG - This class focuses on the relationship between emotional wellness and mental acuity. Each week, this participant-driven group will be exploring topics that can impact our overall personal health. From decision-making and communication to gratitude and laughter, each area of discussion will give participants the chance to learn something new about themselves. Class limit is 18 students.	VOLUNTEER	T	1/10-6/5	7:00PM-8:00PM	FREE	MEETING ROOM	M. BURKE
CHINESE, LEARN THE LANGUAGE WITH MR. YOUNG - The Chinese language is one of the simplest languages to learn! Join Mr. Ronald Young as he teaches you to speak Chinese, both Mandarin and Cantonese. No experience necessary, and everyone is welcome! Class limit is 18 students.	VOLUNTEER	T	1/10-6/5	8:45AM-9:45AM	FREE	MEETING ROOM	R. YOUNG

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VOLUNTEER
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Please just attend class and speak with instructor.

IN CLASS
Attend class and register with instructor.

FOOTHILL
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ENRICHMENT CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
CURRENT AFFAIRS - Discuss controversial issues of the day in a safe setting. What should public policy be regarding long term unemployment, a collapsing infrastructure, etc.? Are we as Americans willing to take action, or do we continue to defer the hard choices to future generations? Can our society be fair to young and old? What should be the goals for America? How do we deal with issues such as pension reform, the green revolution, etc.? Class limit is 18 students. No class 4/9.	MV-LA	M	1/9-3/19	1:00PM-3:00PM	$42.00	MEETING ROOM	J. MATHER
		M	3/26-6/4	1:00PM-3:00PM	$42.00	MEETING ROOM	J. MATHER
EPISODES IN AMERICAN HISTORY - Five presentations dealing with a specific aspect of American History, such as: "FDR and Voices in the Night"; Huey Long; Father Coughlan; the Bonus Army, Communist party, and the far right. Lecture format with time for questions and discussion. Class limit is 18 students.	MV-LA	W	1/25, 2/22, 3/14	1:00PM-2:00PM	$20.00	MEETING ROOM	J. MATHER
		W	4/4, 5/2, 5/23	1:00PM-2:00PM	$20.00	MEETING ROOM	J. MATHER
ESL: LITERACY/ BEGINNING LOW - This class is designed for students who have never studied English or for students who can read, write, understand and/or speak simple words and phrases. NEW STUDENTS must come first to the Adult Education Center at 333 Moffett for a placement test BEFORE entering an ESL class at the Senior Center. No walk-ins, no exceptions. Class limit is 18 students. No class 1/16, 2/20, 4/9, 4/12, 4/13, 5/28.	MV-LA	M/TH/F	1/9-3/23	8:45AM-10:15AM	FREE	MEETING ROOM	H. CHOY
		M/TH/F	3/26-6/8	8:45AM-10:15AM	FREE	MEETING ROOM	H. CHOY
ESL: BEGINNING HIGH - This class is designed for students who can read short articles and write several sentences in English. These students can also speak and understand common English words and phrases. NEW STUDENTS must come first to the Adult Education Center at 333 Moffett for a placement test BEFORE entering an ESL class at the Senior Center. No walk-ins, no exceptions. Class limit is 18 students. No class 1/16, 2/20, 4/9, 4/12, 4/13, 5/28.	MV-LA	M/TH/F	1/9-3/23	10:30AM-12:00PM	FREE	MEETING ROOM	H. CHOY
		M/TH/F	3/26-6/8	10:30AM-12:00PM	FREE	MEETING ROOM	H. CHOY

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ENRICHMENT CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
ESL: INTERMEDIATE - This class is designed for students who can read and write about familiar situations. These students can participate in conversations about everyday subjects and subjects they are interested in. NEW STUDENTS must come first to the Adult Education Center at 333 Moffett for a placement test BEFORE entering an ESL class at the Senior Center. No walk-ins, no exceptions. No class 1/16, 2/20, 4/9, 4/12, 4/13, 5/28.	MV-LA	M/TH/F	1/9-3/23	8:45AM-10:15AM	FREE	MULTI B	S. KRAJEWSKI
		M/TH/F	3/26-6/8	8:45AM-10:15AM	FREE	MULTI B	S. KRAJEWSKI
ESL: ADVANCED LOW - This class is designed for students who use English independently in most familiar situations. NEW STUDENTS must come first to the Adult Education Center at 333 Moffett for a placement test BEFORE entering an ESL class at the Senior Center. No walk-ins, no exceptions. No class 1/16, 2/20, 4/9, 4/12, 4/13, 5/28.	MV-LA	M/TH/F	1/9-3/23	10:30AM-12:00PM	FREE	MULTI B	S. KRAJEWSKI
		M/TH/F	3/26-6/8	10:30AM-12:00PM	FREE	MULTI B	S. KRAJEWSKI
ENGLISH ADVANCED CONVERSATION - Come join this group to practice your English conversation skills in a relaxed setting. This is an advanced class, and knowledge of basic English is recommended. Class limit is 18 students. No class 4/13.	VOLUNTEER	F	1/6-6/8	1:00PM-3:00PM	FREE	MEETING ROOM	N. ROSS E. MURRAY
GENEALOGY, INTRODUCTION - Explore your family history through research techniques, charts and forms, software, documentation guidelines and Internet resources - all with a group sharing your interests. Locate, interpret and document birth, marriage and death records, etc. **For those with little or no genealogy experience**. No class 2/21, 4/10.	MV-LA	T	1/10-3/20	9:30AM-11:30AM	$56.00	MULTI B	TBA
		T	3/27-6/5	9:30AM-11:30AM	$56.00	MULTI B	TBA
MEMOIRS WRITING - Writing one's memoirs is an exciting and effective way to sort out and record the experiences that will be your legacy to future generations. This class will give you the opportunity to review writing techniques and receive constructive criticism from students and teacher. No class 4/12.	MV-LA	TH	1/12-3/22	12:30PM-3:30PM	$77.00	MULTI B	S. HALLORAN
		TH	3/29-6/7	12:30PM-3:30PM	$70.00	MULTI B	S. HALLORAN

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SPANISH, HIGH INTERMEDIATE CONVERSATION - This class offers lively conversation, small group discussions, oral presentations & current events. Class limit is 18 students. No class 4/11.	MV-LA	T	1/11-3/10	12:30PM-2:30PM	$105.00	MEETING ROOM	A. PILLING
		T	3/27-6/5	12:30PM-2:30PM	$105.00	MEETING ROOM	A. PILLING

EXERCISE CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
FELDENKRAIS AWARENESS THROUGH MOVEMENT - Improve coordination and quality of movement, leaving excess muscle tension behind. Create relief for your back, neck and shoulders, expand ease of movement, and improve physical habits to achieve better balance, less pain, and more enjoyment. Movements are usually done lying on mats, sometimes sitting or standing. Mats provided. No class 4/13.	MV-LA	F	1/13-3/23	10:00AM-11:15AM	$45.00	MULTI A	J. ELVIN
		F	3/30-6/8	10:00AM-11:15AM	$45.00	MULTI A	J. ELVIN
STRESS MANAGEMENT (TAI CHI) - Designed for the disabled student to recognize stress symptoms and become aware of signals which cause triggers in stress. Learn stress management skills from passive to active take-charge role. No class 1/16, 2/20.	FOOTHILL	M	1/9-3/28	2:30PM-4:20PM	FREE	MULTI A	D. MARRIOTT
THE JOY OF MOVEMENT - The class sessions include gentle warm-ups, movement, and mediations from yoga; fun activities inspired by dance, theater, music, and art that encourage spontaneity, awaken the senses, and stir the creative imagination; and guided movement improvisations accompanied by energizing, inspiring music. Students are encouraged to move at their own pace; no previous experience is necessary.	VOLUNTEER	First W each month	ONGOING	7:00PM-8:45PM	FREE	SOCIAL HALL	R. CANTONI

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CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
A LIFETIME OF STRENGTH, ENDURANCE AND FLEXIBILITY - Warm-up, walking aerobics, toning, and stretching. Learn to strengthen your body. No class 1/16, 2/20.	FOOTHILL	M/TH	1/9-2/23	M 1:00PM-2:00PM TH 10:30AM-11:30AM	$60.00	MULTI A	S. LOHMANN
		M/TH	2/27-4/5	M 1:00PM-2:00PM TH 10:30AM-11:30AM	$60.00	MULTI A	S. LOHMANN
LOW IMPACT AEROBICS - This class will provide a full cardiovascular workout. Simple steps choreographed to favorite and familiar tunes followed by strength training with free weights. No class 3/27, 3/29.	FOOTHILL	T/TH	1/10-2/9	1:00PM-2:00PM	$60.00	MULTI A	D. ARNOLD
		T/TH	2/28-4/12	1:00PM-2:00PM	$60.00	MULTI A	D. ARNOLD
QIGONG: EVENING - Qigong combines slow graceful movement with mental concentration and breathing to increase strength, balance and coordination which enhances the immune system and reduces physical and mental stress. It is gentle and thus great for even those who are physically limited. This class is not suitable for those who are chronically ill. Classes held on the second Tuesday of each month may be moved to the Social Hall. No class 4/11.	MV-LA	W	1/11-3/21	5:30PM-7:00PM	$43.00	MULTI A	L. SIMS
		W	3/28-6/6	5:30PM-7:00PM	$39.00	MULTI A	L. SIMS
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. We start the class with energy tapping followed by 18 Qigong movements, meridian brush to direct meridian flow. At the end, we practice T'ai Chi. At times, the class may collectively decide to hold class outside. If you do not see the class in Room 3, please check the outside, in the back of the Community Center.	VOLUNTEER	TH	ONGOING	10:00AM-11:30AM	FREE	COMMUNITY CENTER - ROOM 3 (201 S. Rengstorff Avenue)	O. WANG

READY TO SIGN UP? Match the "signup" with one of the four options below. See page 14 for more details.

MV-LA	VOLUNTEER	IN CLASS	FOOTHILL
(Mountain View - Los Altos Adult Education) Three options: 1. In-person: 333 Moffett Blvd. 2. Call: (650) 940-1333 3. Online: www.mvlaae.net	These classes are free, and there is no need to formally register. Please just attend class and speak with instructor.	Attend class and register with instructor.	To register for a Foothill class, visit the class and the instructor will have the registration paperwork. Additional info: Call Foothill at (408) 864-5300.

EXERCISE CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
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 Theraband elastic exercise bands. Pick up the enrollment & physician clearance forms in class.	IN CLASS	T	ONGOING	Section 1: 9:30AM-10:15AM	FREE	DANCE & MOVEMENT ROOM	M. AHUJA
		T	ONGOING	Section 2: 10:30AM-11:15AM	FREE	DANCE & MOVEMENT ROOM	M. AHUJA
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. No class 1/2, 1/16, 2/20, 5/28.	VOLUNTEER	M	ONGOING	10:15AM-12:00PM	FREE	MULTI A	O. WANG
DROP-IN Wii BOWLING - Join the fun and bowl on the big screen in our Social Hall! Learn the basics of the Wii video game system while bowling with fellow seniors in this drop-in class. Haven't bowled in a while? No worries! No shoe rental, no heavy ball, no experience needed, just fun and wireless remote controls.	VOLUNTEER	T	ONGOING	4:00PM-6:00PM	FREE	SOCIAL HALL	STUDENT VOLUNTEERS
YOGA FOR SENIORS "BRING EASE AND JOY IN AGING" - This class is especially designed for those of us with physical concerns. It offers instruction in the basic Yogic postures, repetitive rhythmical movements, pranayama (breath techniques), deep relaxation and meditation. Focus will be on modification of postures to fit our individual needs while enhancing our strength, flexibility, balance, coordination and calm mind. No class 1/16 (make-up 1/18) , 2/20, 2/23, 5/28 (make-up 5/30). Fees: Participants attending class twice a week - $120 for MV residents and $132.50 for non-residents. Participants attending once a week - $60 for MV residents and $72.50 for non-residents. Drop-in participants - $10 a class.	IN CLASS	M/TH	1/9-4/5	8:45AM-10:00AM	See Description for Fee Information	M: MULTI A TH: DANCE & MOVEMENT ROOM	M. ALEXANDER
		M/TH	4/9-6/28	8:45AM-10:00AM	See Description for Fee Information	M: MULTI A TH: DANCE & MOVEMENT ROOM	M. ALEXANDER

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MV-LA	VOLUNTEER	IN CLASS	FOOTHILL
(Mountain View - Los Altos Adult Education) Three options: 1. In-person: 333 Moffett Blvd. 2. Call: (650) 940-1333 3. Online: www.mvlaae.net	These classes are free, and there is no need to formally register. Please just attend class and speak with instructor.	Attend class and register with instructor.	To register for a Foothill class, visit the class and the instructor will have the registration paperwork. Additional info: Call Foothill at (408) 864-5300.

EXERCISE CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
YOGA, THERAPEUTIC YOGA FOR SENIORS - This class will focus on gentle therapeutic exercises for the whole body. Breathing, relaxation techniques, concentration improvement, stress and anxiety management will be taught based on classical Rajyoga philosophy. Benefits of this class are joint flexibility, strength, endurance, higher energy level and breathing improvement. Participants should wear clothes that allow for easy movement of limbs. **Please arrive a couple of minutes before class begins to avoid disturbing the class once it has begun.** Equipment is provided.	VOLUNTEER	W	ONGOING	10:00AM-11:15AM	FREE	DANCE & MOVEMENT ROOM	N. SUBRAMANIAN
YOGA, GENTLE - LEVEL 1 - In this class, you will gradually improve the mobility of your spine and joints, strengthen core muscles, release tension and stiffness in the lower back, shoulders and neck. The feel-good yoga stretches will enhance your overall sense of well-being. This class is not suitable for those who are chronically ill. Wear loose fitting clothing and bring a yoga mat, block, towel, and belt or strap. No class 1/16, 2/20, 4/9, 5/28.	MV-LA	M	1/9-3/19	5:15PM-6:45PM	$42.00	MULTI A	M. BOUSSO
		M	3/26-6/4	5:15PM-6:45PM	$37.00	MULTI A	M. BOUSSO
ZUMBA GOLD - If you love the rhythms of Latin music and you'd like to dance away your exercise hour - even if you've never danced before - come join the Zumba party. We'll merengue, mambo, samba, tango, salsa and more - all for fun. You won't believe you're exercising, improving your balance, strength, flexibility, and cardiovascular fitness! Wear comfortable, layered clothing and shoes - please, no sandals. No class 1/19.	IN CLASS	TH	1/5-3/29	10:30-11:30 am	$60.00 / $72.50	DANCE & MOVEMENT ROOM	C. KENWORTHY

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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

VOLUNTEER
These classes are free, and there is no need to formally register.

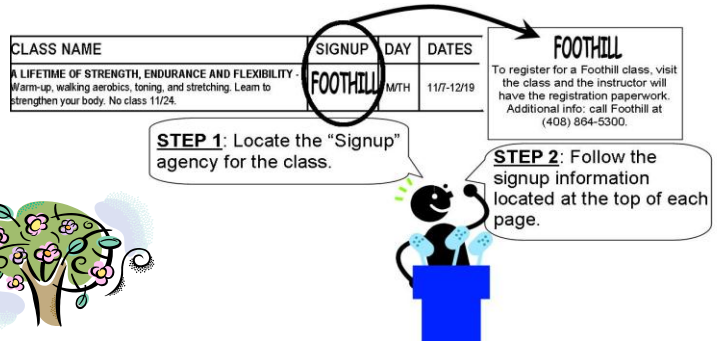
Please just attend class and speak with instructor.

IN CLASS
Attend class and register with instructor.

FOOTHILL
To register for a Foothill class, visit the class and the instructor will have the registration paperwork. Additional info: Call Foothill at (408) 864-5300.

MUSIC CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
CHINESE CHORUS - The Evergreen Chorus of Northern California consists of 30-40 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. Come join our group!	VOLUNTEER	T	ONGOING	2:30PM-4:30PM	FREE	MULTI A	D. ZHOU
CHORUS - Do you like to sing? Join our performing chorus; all abilities welcome! Have fun while learning vocalizing and sight singing techniques in a range of music styles from popular show tunes to light classics. Music fee of $20 collected at first class. No class 4/11.	MV-LA	W	1/11-3/21	9:30AM-11:30AM	$27.00 + music fee	MULTI A	M. RIDGWAY
		W	3/28-6/6	9:30AM-11:30AM	$25.00 + music fee	MULTI A	M. RIDGWAY
KARAOKE: DROP-IN - Come to entertain or be entertained! Karaoke equipment will be provided, bring your own disc if you have one. The majority of discs are multi-lingual and provided by instructors.	VOLUNTEER	T	ONGOING	1:00PM-4:00PM	FREE	ARTS & CRAFTS ROOM	J. LIANG C. CHOW
ORCHESTRA, SOUTH BAY COMMUNITY ORCHESTRA - This full senior orchestra is devoted to serving the community by performing at senior centers, retirement homes and rehabilitation centers. Music includes classical and pop styles. If you play an orchestra instrument, join us. For more information, write to sbc-orchestra@earthlink.net. No class 4/11.	MV-LA	W	1/11-3/21	1:30PM-4:15PM	$62.00	MULTI A	S. MACY
		W	3/28-6/6	1:30PM-4:15PM	$56.00	MULTI A	S. MACY

REGISTRATION INFORMATION

Classes that occur at the Senior Center are sponsored by a number of different adult education agencies. Looking in the "signup" column will tell you if the class is run by Mountain View-Los Altos Adult Education, Foothill Community College, In-Class, or a Volunteer. To sign up, follow the instructions at the top of each page.