

Summer 2024 Class Guide

June - August

Updated: 6/13/2024



266 Escuela Avenue
Mountain View, CA 94040

Senior Center Hours:

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

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

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

Holiday Closures:

Thursday, July 4

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How to Register...

To **register**, match the “sign up” with one of the options below.

Volunteer

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

MV-LA

(Mountain View Los Altos Adult Education)

Three options:

1. In-person: 333 Moffett Blvd.
2. Call: 650-940-1333
3. Online: www.mvlaae.net

Registration Required

These classes are FREE but require registration beforehand. Limited spacing available. New students encouraged to stop by first week of class prior to start time.

CLUB

These clubs are social groups that share a common interest and meet for FREE! Drop-in any meeting.

IN CLASS

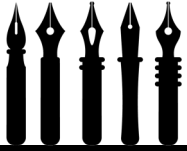
Attend class and register with the instructor.

EXAMPLE

CLASS NAME	SIGNUP (pg. 2)	DAY
BEADING, BEGINNING - Learn the basics of beading including use of tools, types of beads, and stringing materials. Create earrings, bracelets, and a necklace. A curriculum is provided on the first day of class outlining materials needed.	MV-LA	W

Step 1: Locate the “signup” agency for the class.

Step 2: Follow the signup information for each agency located on page 2.



ARTS & CRAFT CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<p>ARTS & CRAFTS CLUB - Join us to create and share your artistic and craft work in an atmosphere of mutual support and enjoyment. This is a drop-in club with no formal instruction, so you should have a basic knowledge of your craft. Bring your own supplies and a table covering for your work.</p> <p>Volunteer Lead: Jo</p>	CLUB	Tu	Ongoing	9 a.m. - 12 p.m.	Free	Multi B	6/11, 7/9, 8/13
<p>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!</p> <p>Volunteer Lead: Marge</p>	CLUB	M	Ongoing	9 a.m. - 12 p.m.	Free	Arts & Crafts	
<p>FINDING JOY WITH ART - All skill levels are welcome to join independent or group art activities. The goal of the class is to be creative, learn new skills and explore fun ways of drawing, watercolor painting, collage and more. Art samples and teach guidance will be provided.</p> <p>Instructor: Tina</p>	Volunteer	F	Ongoing	9:30 - 11:30 a.m.	Free	Arts & Crafts	
<p>JAPANESE FLOWER ARRANGING, IKEBANA - Study the philosophy, harmony and balance of the Sogetsu School Ikebana. Learn the beauty of simple line, form and use of space. No materials fee; students will bring their own flowers.</p> <p>Instructor: Katsuko Thielke</p>	MV-LA	Tu, Th	7/2 - 7/18	9:30 a.m. - 12 p.m.	\$102	Arts & Crafts	7/4
<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. See instructor for availability.</p> <p>Volunteer Lead: Anne</p>	Volunteer	Tu	Ongoing	9:30 -11:30 a.m.	\$20 Material Fee (once yearly)	Meeting	
		F		2:30 - 4:30 p.m.			



ARTS & CRAFT CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<p>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 children and seniors in need. Or, work on projects of your own. All skill levels are welcome.</p> <p>Volunteer Leads: Naomi</p>	CLUB	W	Ongoing	1 - 3 p.m.	Free	Multi B	
<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.</p> <p>Volunteer Lead: Lynda</p>	CLUB	W	Ongoing	9 a.m.- 12 p.m.	Free	Multi B	
<p>TWO DAY WATERCOLOR WORKSHOP - Welcome to the wonderful world of landscape watercolor! Join us for a two-day workshop to explore this amazing and expressive way to make art. These workshops are for all levels. There will be a demo painting of a landscape and class members can follow along or work on something of their own choosing. A short presentation will give new painters enough basic technique that they will be ready to create a real painting the first day. A supplies list will be provided before the first day.</p> <p>Volunteer Lead: Karen Olsen</p>	MV-LA	W, Th	6/12, 6/13 7/10, 7/11 7/17, 7/18	1:30 - 4 p.m.	\$61 \$61 \$61	Arts and Crafts	
<p>QUILTING CLUB - Open to seniors with an interest in quilting. Bring your own quilt project to work on and share with others during Show and Tell. We meet in a friendly atmosphere of mutual support and sharing. This is a drop-in club with no formal instruction.</p> <p>Volunteer Leads: Frances and Lynda</p>	CLUB	M	Ongoing	1 - 3:30 p.m.	Free	Multi B	



ICE CREAM SOCIAL

July 10
August 14
September 11

12 - 1 p.m.
Courtyard



DANCE CLASSES



CLASS NAME	SIGNUP (pg. 2)	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.</p> <p>Instructor: Jean Elvin</p>	MV-LA	Th	6/13 - 7/18	4:15 - 5:30 p.m.	\$71	Dance & Movement	7/4
<p>BEGINNERS FOR BROADWAY! - 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.</p> <p>Instructor: Marnie Ridgway</p>	MV-LA	Tu, Th	6/11 - 7/18	11:30 a.m. - 12:30 p.m.	\$110	Dance & Movement	7/4
<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.</p> <p>Volunteer Lead: Ellen</p>	Volunteer	Th	Ongoing	2:30 - 4:30 p.m.	Free	Multi A	6/27, 7/4
<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.</p> <p>Volunteer Lead: Wei</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.</p> <p>Volunteer Lead: Frank</p>	Volunteer	M	Ongoing	6:45 - 8:45 p.m.	Free	Multi A	



DANCE CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
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. Volunteer Lead: Michael and Marcia <div style="float: right; border: 2px solid red; padding: 2px; color: white; font-weight: bold;">NEW</div>	Volunteer	M	Ongoing	2 - 3 p.m.	Free	Dance & Movement	
LINE DANCING - Enjoy an hour of line dancing with friends and other line dancers. No partner or experience needed. There are 2 sessions to chose from, a Thursday session and a Friday session... or come to both. Volunteer Leads: Ming and Anita	Volunteer	Th	Ongoing	10 - 11:30 a.m.	Free	Multi A	7/4
		F		1 - 2 p.m.			
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. Instructor: Marnie Ridgeway	MV-LA	Tu, Th	6/11 - 7/18	1:30 - 2:30 p.m.	\$92	Dance & Movement	7/4
SQUARE DANCING - Join this lively class for square dance instruction and dancing. The new and the experienced are welcome! No partner needed. Volunteer Leads: Mary and James	Volunteer	Tu	Ongoing	2:15 - 3:15 p.m.	Free	Multi A	
WORKOUT ON BROADWAY! - Continue to tap your way into fitness to the sounds of Broadway and popular music, by permission of the instructor. No taps. Instructor: Marnie Ridgeway	MV-LA	Tu, Th	6/11 - 7/18	12:30 - 1:30 p.m.	\$92	Dance & Movement	7/4



Summer Sizzle

Wednesday, June 26

4 - 6 p.m.

Social Hall

DJ & Light Refreshments

55+





ENRICHMENT CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<p>BOOK CLUB - Join the Senior Center Book Club! Enjoy monthly discussions of a chosen book with your fellow seniors. Everyone is welcome! Volunteer Lead: June</p>	CLUB	2nd Tu of month	Ongoing	11 a.m. - 12 p.m.	Free	Multi B	
<p>CREATIVE WRITING WORKSHOP (HYBRID) - Students maximize their creative energy and growth within a supportive and encouraging forum of fellow writers. Students will be inspired to pursue new projects or bring their in-progress work to read in a safe and helpful environment. All levels of experience are welcome! This is a hybrid class, with the option to meet in-person or on Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Instructor: Sylvia Halloran</p>	MV-LA	W	6/12 - 7/17	10 a.m. - 12 p.m.	\$86	Arts & Crafts	6/19
<p>CURRENT AFFAIRS (HYBRID)- A discussion-based class that deals with federal, state, and local issues. Is the American glass half-empty or half- full? Topics include the economy, individual rights, the American political situation, and many other issues drawn straight from the daily headlines. This is a hybrid class, with the option to meet in-person or on Zoom. Instructor: Sylvia Halloran</p>	MV-LA	M	6/10 - 7/15	1 - 3 p.m.	\$86	Arts & Crafts	
<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. Volunteer Leads: Nina</p>	IN CLASS	F	6/14 - 7/19	1 - 3 p.m.	Free	Arts & Crafts	
<p>OPEN FAITH DISCUSSION GROUP - Join the Open Faith Group at the Senior Center as we study, learn and grow together in our faith. Volunteer Lead: Pastor Debi</p>	CLUB	Th	Ongoing	10 - 11 a.m.	Free	Meeting	7/4, 7/18, 7/25



EXERCISE CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<p>CHAIR EXERCISE - 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.</p> <p>Instructor: Diane</p>	Registration Required	M, W	6/10 - 8/21	10:45 - 11:45 a.m.	Free (pre-registration required)	Dance & Movement	
<p>EXERCISE FOR THE OLDER ADULT - Are your daily routines inhibited because you are plagued with stiffness and limited movement? This class includes specific strengthening exercises from a sitting or standing position. Students must bring their own dumbbells (2.5 or 5 pounds), mini bands (light or medium resistance).</p> <p>Instructor: Alejandra Picollo</p>	MV-LA	M	6/17 - 7/15	2:15 - 3 p.m.	\$60	Multi A	
<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.</p> <p>Instructor: Jean Elvin</p>	MV-LA	F	6/14 - 7/19	10 - 11:15 a.m.	\$69	Multi A	
<p>GENTLE YOGA & BODY SCULPTURE - 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.</p> <p>Volunteer Lead: Yun</p>	Volunteer	M, W, F	Ongoing	8:45- 10:30 a.m.	Free	Dance & Movement	
<p>LOW IMPACT AEROBICS - This class is comfortably paced with short choreographed routines designed to enjoy movement and have fun! The learning part takes about 20 minutes while putting it to the music with previous "dances" takes about 40 minutes. Class ends with a seated workout focused on strengthening the abs, lower back and hips.</p> <p>Volunteer Lead: Diane</p>	Registration Required	Tu, Th	6/11 - 8/22	1 - 2 p.m.	Free (space is limited)	Multi A	7/4



EXERCISE CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<p>MEDITATION AND RELAXATION - This class teaches introductory meditation, relaxation and breathing techniques that can be done sitting in a chair or on a mat. Suitable for all experience levels. Class will help reduce stress, increase energy and promote inner peace. By the end of the class you will be centered, refreshed and ready for the day ahead!</p> <p>CANCELED</p> <p>Instructor: Juergen</p>	Volunteer	W	Ongoing	1:30 - 2:30 p.m.	Free	Dance & Movement	
<p>PILATES + YOGA - This class will begin with Standing Pilates to warm up joints, improve posture, and strengthen core and balance. Next, the Yoga section will include basic asanas (poses) using pranayama (breathing) techniques for mindful Slow Flow Yoga practice and meditation. At the end of class, you will feel refreshed and energized. All levels are welcome. Please bring a mat, towel and water bottle.</p> <p>Instructor: Setsuko Chiba</p>	MV-LA	Wed	6/12 - 7/17	12 - 1 p.m.	\$53	Dance & Movement	6/19
<p>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.</p> <p>Volunteer Lead: Olivia</p>	Volunteer	Th	Ongoing	9:45 - 11:15 a.m.	Free	Dance & Movement	7/4
<p>STRONG FOR LIFE - Two sections to choose from! This is a muscle strengthening program designed for older adults. The program consists of a set of 10 core exercises involving the trunk and the upper/lower extremities. All exercises are done in either a sitting or standing position using elastic exercise bands. Pick up the enrollment and physician clearance forms in class.</p> <p>Instructor: Madhu</p>	IN CLASS	Tu	Ongoing	<p><u>Section 1:</u> 9:30 a.m. - 10:15 a.m.</p> <p><u>Section 2:</u> 10:30 a.m. - 11:15 a.m.</p>	Free	Dance & Movement	



EXERCISE CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<p>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.</p> <p>Volunteer Lead: Olivia</p>	<i>Volunteer</i>	M	Ongoing	10:15 a.m. - 12 p.m.	Free	Multi A	
<p>VIVASIA - Lotus Dance is a non to low-impact aerobic dance-fitness program that showcases many of the vibrant cultures of the continent of Asia. Classes will combine different dance styles, music, and cultural props for a fun experience.</p> <p>Volunteer Lead: Kim Lopez</p>	<i>Volunteer</i>	Tu	Ongoing	2:45 - 3:45 p.m.	Free	Dance & Movement	
<p>ZUMBA GOLD - Drop in or join for exciting Latin and international dance rhythms created in the original Zumba and designed for the older adult. Includes Merengue, Salsa, Cha Cha, Cumbia, Calypso, and Rock & Roll. This program provides the participant with a safe and effective total body workout! It's fun, different, and easy! No previous experience needed.</p> <p>Volunteer Lead: Alicia</p>	<i>Volunteer</i>	W	Ongoing	3 - 4 p.m.	Free	Dance & Movement	7/3, 8/7



MUSIC CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
<p>BEGINNING ERHU - Erhu is a 2 stringed Chinese fiddle instrument used to play music. Participants will learn bowing, posture, numbered music notation reading and more. Students must bring their own instrument. No previous experience is needed.</p> <p>Volunteer Leads: John and Michael</p>	<i>Volunteer</i>	M	Ongoing	12:30 - 2 p.m.	Free	M: Multi A	
		F		2:30 - 4 p.m.		F: Social Hall	



MUSIC CLASSES



CLASS NAME	SIGNUP (pg. 2)	DAY	DATES	TIME	FEE	ROOM	NO CLASS
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. Volunteer Lead: David	CLUB	Tu	Ongoing	2:30 - 4:30 p.m.	Free	Social Hall	5/7
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! Instructor: Gloria Yuan	CLUB	W	Ongoing	2:30 - 5 p.m.	Free	Social Hall	6/26
ORCHESTRA - The MVLA Adult School Orchestra is a full orchestra consisting of a diverse group of adult musicians with music reading ability and technical skills. The group is passionate about serving the community through performing music. There will be some scheduled performances at the Mountain View Senior Center towards the end of each session. Instructor: Sylvia Halloran	MV-LA	W	6/12 - 7/17	1 - 4 p.m.	\$60	Multi A	6/19
SONGS OF AMERICAN THEATER - Join us for a survey of the iconic songs of 19th & 20th century American musical theater. We'll sing some, listen to more and write one of our own! No experience necessary. Instructor: Marnie Ridgway	MV-LA	W	6/12 - 7/17	9:30 - 11:30 a.m.	\$53	Multi A	6/19
STRING ENSEMBLE WORKSHOP - 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. Join the ensemble for the joy of making music with others in a supportive and encouraging environment free of criticism or judgment. Instructor: Sylvia Halloran	MV-LA	F	6/14 - 7/19	2:30 - 4 p.m.	\$79	Multi A	