

# EDUCATION FOR OLDER ADULTS

Courses designed for older adults (age 55+ years)<sup>1</sup> provide the full continuum of education for the pursuit of long-standing educational goals. Classes are offered in the arts, decorative arts, and health, and are conducted at various senior and community centers and residential facilities throughout the Mt. San Antonio College District.

<sup>1</sup> Although courses are designed for the older adult, anyone 18 years of age or older may enroll.

Course Prefix	Course Name	Units
OAD BHTH1	Brain Health 1 Introduction to Brain Training	
OAD BHTH2	Brain Health 2 Brain Health Topics	
OAD ELL04	Lifelong Learning for Older Adults	
OAD ELL05	Lifelong Learning through Current World Events	
OAD FNA03	Oil Painting	
OAD FNA04	Watercolor Painting	
OAD FNA32	Drawing-Beginning Through Advanced	
OAD MOX01	Healthy Aging	
OAD MOX02	Healthy Aging - Principles of Slow Movement	
OAD MOX04	Healthy Aging - Principles of Posture and Flexibility	
OAD MOX06	Healthy Aging - Principles of Aquatic Resistance	
OAD MOX11	Healthy Aging: Fall Prevention, Balance and Mobility	

## Mountie Volunteer Program (MVP)

The MVP Program provides volunteer opportunities for interested EOA student participants.

## Generations Program

The Generations Program provides educational opportunities that foster inter-generational relationships, and links generations for the good of society, such as student athletes providing volunteer hours for the Education for Older Adults program.

*For more information on Education for Older Adults, please call (909) 274-4192.*

## Class Locations

### BPAQ - Baldwin Park Aquatic Center

4100 Baldwin Park Boulevard, Baldwin Park  
(626) 813-5270

### BPSC - Baldwin Park Julia McNeil Senior Center

4100 Baldwin Park Boulevard, Baldwin Park  
(626) 813-5245

### BRDG - Bridgecreek Retirement Center

3601 Holt Avenue, West Covina  
(626) 332-1135

### CMRNPk - Cameron Park Community Center

1305 E. Cameron Avenue, West Covina  
(626) 919-6966

### COUN - Country View Assisted Living

824 Cameron, West Covina  
(626) 962-3511

### COV-AT - Atria-Covina

825 W. San Bernardino Road, Covina  
(626) 967-9621

### CROSAS - Carolyn Rosas Park

18500 E. Farjardo St., Rowland Heights  
(626) 854-5557

### CSCC - Covina Senior & Community Center

815 N. Barranca Avenue, Covina  
(626) 430-2284

### DBC - Diamond Bar Center

1600 S. Grand Avenue, Diamond Bar  
(909) 839-7070

### DBL - Diamond Bar Library

21800 Copley Drive, Diamond Bar  
(909) 861-4978

### ESGVJC - East San Gabriel Valley Japanese Community Center

1203 W. Puente Avenue, West Covina  
(626) 960-2566

### EMSD - Serento Casa Senior Living

1740 S. San Dimas Avenue, San Dimas  
(909) 544-4869

### GPP - Ganesha Park Pool

1575 N. White Avenue, Pomona  
(909) 620-2329

### HERI - Heritage Park Community Center

2900 Brea Canyon Road, Diamond Bar  
(909) 396-5699

### HHCC - Hacienda Heights Community Center

1234 Valencia Avenue, Hacienda Heights  
(626) 333-3250

### HILL - Hillcrest Homes

2705 Mountain View Drive, La Verne  
(909) 392-4358

### IRC - Irwindale Recreation Center

16053 Calle de Paseo, Irwindale (Behind Irwindale City Hall)  
(626) 430-2227

### IRWN - Irwindale Senior Citizen's Center

16116 Arrow Highway, Irwindale  
(626) 430-2284

### LPSC - La Puente Senior Center

16001 E. Main Street, La Puente

(626) 855-1585

**LV - La Verne Community Center**

3680 D Street, La Verne  
(909) 596-8776

**MAS - Masonic Home**

1650 Old Badillo Street, Covina  
(626) 251-2200

**MSAG - Mt. San Antonio Gardens**

900 E. Harrison Avenue, Pomona  
(909) 624-5061

**PANPK - Pantera Park**

738 Pantera Drive, Diamond Bar  
(909) 839-7060

**PLUM - Stanley Plummer Building**

245 E. Bonita Avenue, San Dimas  
(909) 394-6290

**PSC - Palomares Senior Center**

499 E. Arrow Highway, Pomona  
(909) 620-2324

**PATH - Rowland Heights Community Center**

18150 Pathfinder Road, Rowland Heights  
(562) 691-1624

**RAN - West Park Senior Living**

801 Cypress Way, San Dimas  
(909) 592-9662

**RGNT - Regency Grand at West Covina**

150 S. Grand Avenue, West Covina  
(626) 332-3344

**SD - San Dimas Senior/Community Center**

201 E. Bonita Avenue, San Dimas  
(909) 394-6293

**SDMS - San Dimas Retirement Center**

834 W. Arrow Highway, San Dimas  
(909) 599-4512

**SDSR - San Dimas Swim & Racquet Club**

990 W. Covina Blvd., San Dimas  
(909) 592-1430

**SOP - Shadow Oak Park Community Center**

2121 Shadow Oak Drive, West Covina  
(626) 965-0328

**VILLA - Walnut Valley Senior Living Community**

19850 Colima, Walnut  
(909) 595-5030

**WALT - Walnut Senior Center**

21215 La Puente Road, Walnut

(909) 598-6200

**WPK - Washington Park**

865 E. Grand Avenue, Pomona  
(909) 620-2305

**WCSCC - West Covina Senior Citizen's Center**

2501 E. Cortez Street, West Covina  
(626) 331-5366

**WPCC - Westmont Park Community Center**

1808 W. 9th Street, Pomona  
(909) 620-2329

**WSSC - William Steinmetz Senior Center**

1545 S. Stimson Avenue, Hacienda Heights  
(626) 934-7041