



# Mt. SAC Remote Learning for Older Adults Summer Session

*Due to the COVID-19 pandemic Mt. SAC Education for Older Adults is offering courses remotely. During this time of physical distancing and uncertainty, it is important to continue to learn new skills, stay mentally sharp, and physical healthy. We hope you take advantage of the amazing online courses listed below. You will find the instructors contact information next to each course offering. Please contact the instructor directly via email for enrollment.*

**Are you missing your classes while  
safe at home?**



**Beginning Decorative  
Production for Retail**

**Monday 1:00pm Donna Beightol  
dbeightole@mtsac.edu**

**Healthy Aging  
Exercise**

**Thursday 1:00pm Carly Furst  
cfurst@mtsac.edu**

**Healthy Aging  
Rhythm Dance**

**Friday 1:00pm Blanche Miranda  
bmiranda22@mtsac.edu  
mirandablanchev@gmail.com**

For more information on Mt. SAC classes, please call (909) 274-4192 and leave a message.  
Your call will be returned.

@cityofirwindale  
#iseniorsrock

To learn more about Irwindale Senior Center, visit us at [www.irwindaleca.gov](http://www.irwindaleca.gov)  
For more information, please contact Irwindale Senior Center at (626) 430-2284

