City of Los Angeles Department of Recreation and Parks



Sherman Oaks East Valley

Adult Center

5056 Van Nuys Blvd. Sherman Oaks, CA 91403 (818) 386-9674



shermanoakseastvalley.adultcenter@lacity.org





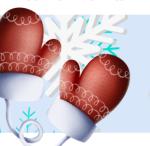
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Hours

Monday - Friday 8:30am-5:00pm

Saturday & Sunday Closed

*Closed on all holidays





REGISTRATION and PAYMENT

All classes and programs listed on this flyer are provided for seniors 50+ and older to enjoy.

Attending for the 1st time? Please arrive 10 minutes prior to the start of class. Staff will provide a registration form to be completed, signed and dated. Your personal information will be kept confidential.

Some classes are offered at a nominal monthly or per class cost.

Accepted forms of payments are...

Cash (exact change), check (made payable to CITY OF LOS ANGELES), or credit card (VISA or MASTERCARED only)

*All classes and programs on this flyer may be subject to change and/or cancellation.

EXERCISE/FITNESS CLASS DISCLAIMER

"Participation in fitness classes involves varying degrees of accidental injury risks. The City of Los Angeles Department of Recreation and Parks (RAP) is not responsible for any injury to any person suffered while warming up or participating in exercise and fitness classes for any reason whatsoever. Each adult participant certifies upon registration that he/she is physically capable of participating in a class. Parents and/or legal guardians are solely responsible for ensuring participants who are their legal minors are physically capable of participating in class. RAP recommends that every participant speak with a physician and receive a physical prior to participating in any exercise and fitness class."



Monday

MAH JONGG

10am-3pm

\$5/month or \$2/day



TECHIE TUESDAYS

Tuesday

DUPLICATE

BRIDGE

10am-3pm

\$5/month or

\$2/day

9am-4:30pm

Free

*Call for an appointment



TUESDAY FLICKS

1pm-3pm

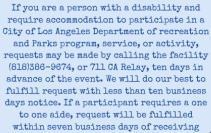
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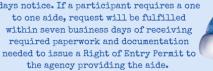


Puzzle Time

Monday-Friday 8:30am-5:00pm

*Puzzle located in the lobby





Wednesday

OUTDOOR TAI CHI

8:30am-10am

\$30/month or \$5/class

SIT AND GET FIT

9:30am-10:30am

\$5/month or \$2/class

ALZHEIMER'S CAREGIVER SUPPORT GROUP

10:30am-12pm

Free Every 1st and 3rd Wednesday

BEGINNING LINE DANCING

11am-12pm

\$20/month or \$6/class or \$30 for Beginning and Intermediate Line Dancing

INTERMEDIATE LINE DANCING

12pm-1pm

\$20/month or \$6/class or \$30 for Beginning and Intermediate Line Dancing

BOOK CLUB

12:00pm-1:00pm

\$5/month

YOUTH SEWING CLASS

5:00pm-6:00pm

January 14-March 4 \$100 for 8 week session

ADULT SEWING CLASS

6:00pm-7:15pm

January 14-March 4 \$100 for 8 week session

Thursday

INTERMEDIATE BRIDGE

10am-12:30pm \$5/month or

\$2/class

TAI CHI

10:30am-11:30am

\$5/month or \$2/class

BEGINNING LINE DANCING

1pm-2pm

\$20/month or \$6/class or \$30 for Beginning and Intermediate Line Dancing

SILVERLINING CAREGIVERS SUPPORT GROUP

1:30pm-2:30pm

Free

Friday

OUTDOOR TAI CHI

8:30am-10am

\$30/month or \$5/class

SIT AND GET FIT

10:30am-11:30am

\$5/month or \$2/class

PAINTING GROUP

11am-12pm

\$5/month
*All supplies provided.

ADULTS WITH SPECIAL NEEDS CLASS

Wednesday 1:30pm-2:30pm

Friday 12:30pm-1:30pm

Free

LIBRARY HOURS

