



City of Los Angeles Department of Recreation and Parks



SOEVAC

Sherman Oaks East Valley
Adult Center

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



www.laparks.org/sherman-oakseast-valley-adult



shermanoakseastvalley.adultcenter@lacity.org

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 MASTERCARD 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."

SOEVAC WINTER SCHEDULE

Monday

MAH JONGG

10am-3pm

\$5/month or
\$2/day

Tuesday

**DUPLICATE
BRIDGE**

10am-3pm

\$5/month or
\$2/day

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

Thursday

**INTERMEDIATE
BRIDGE**

10am-12:30pm

\$5/month or
\$2/class

Friday

**OUTDOOR
TAI CHI**

8:30am-10am

\$30/month or
\$5/class

**TECHIE
TUESDAYS**

9am-4:30pm

Free

*Call for an
appointment

**TUESDAY
FLICKS**

1pm-3pm

Free

**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

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

**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

Puzzle Time

Monday-Friday

8:30am-5:00pm

*Puzzle located in the lobby

LIBRARY HOURS

Monday-Friday

8:30am-5:00pm

If you are a person with a disability and require accommodation to participate in a City of Los Angeles Department of recreation and Parks program, service, or activity, requests may be made by calling the facility (818)386-9674, or 711 CA Relay, ten days in advance of the event. We will do our best to fulfill request with less than ten business days notice. If a participant requires a one to one aide, request will be fulfilled within seven business days of receiving required paperwork and documentation needed to issue a Right of Entry Permit to the agency providing the aide.

