SHERMAN OAKS EAST VALLEY ADULT CENTER (SOEVAC)

WINTER PROGRAM

JANUARY  FEBRUARY  MARCH

5056 VAN NUYS BLVD
SHERMAN OAKS, CA 91403

(818)386-9674
SHERMANOAKSEASTVALLEY.ADULTCENTER@LACITY.ORG
Hours of Operation

Monday-Friday  8:30am-4:00pm
Saturday & Sunday  Closed

*SOEVAC is closed on all holidays.

All classes listed in this brochure are provided for Seniors (ages 50+ years) to enjoy.

Attending the 1st time? Please go to the Recreation Office 10 minutes prior to the start of class. Staff will provide an Emergency Card that needs to be completed in case of an emergency. You will need to provide your name, phone number, address, emergency contacts, physician information, and general health information.

*Your personal information will be kept confidential.

Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements.

Achieving gender equity through a continuous commitment to girls and women in sports.

Good Sportsmanship is Everyone’s Responsibility. Be a Good Sport

All classes and programs in this brochure may be subject to change and/or cancellation.

Refund Policy: Full refunds are only issued when the Recreation Center cancels the activity. A 15% cancellation fee will be assessed for all refunds. Changes or transfers per class, sports league or day camp registration maybe assessed additional fees. After the first day of a session, the Recreation Center issues a partial refund to patrons withdrawing from the activity.”

Donations

We accept cash donations for classes and activities.

Accepted Payments: Cash (exact change) or Check/Money Order made payable to City of Los Angeles

“*A collection fee will be charged for each check returned by the bank.”
Facility Rental

SOEVAC is available for rental. Please contact SOEVAC office at (818)386-9674 or email shermanoakseastvalley.adultcenter@lacity.org for more information regarding space availability, fees, and allowed activities. A minimum of 1 month prior to your event is required for permit processing.

*Patron must carry their own insurance policy.

Payments Accepted: Check or Money Order payable to CITY OF LOS ANGELES

*A collection fee will be charged for each check returned by the bank.

Refund Policy: Full refunds are only issued when the Recreation Center cancels the activity. A 15% cancellation fee will be assessed for all refunds.

Volunteering

There are volunteer opportunities at SOEVAC. If you are interested in volunteering, please speak to the Director. All volunteers MUST be fingerprinted before service begins.

PARK ADVISORY BOARD

A Park Advisory Board consists of community members (ie. parents, coaches, teens, etc.) who are selected to help strengthen and improve local recreation programs and leisure services. PAB members offer guidance and counsel on how programs, operations and facilities can best meet the need of the community. The PAB may also act as a resource to expand fundraising and special event opportunities. If you are interested, please come to the office and speak with the Director.

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 a class. RAP recommends that every participant speak with a physician and receive a physical prior to participating in any exercise and fitness class."

For more information please call (818) 981-1284

VALLEY INTERCOMMUNITY COUNCIL (VIC)

VIC is responsible for Nutrition services, transportation, day trips, VIC classes, information and referral, and more services for seniors.

Senior Lunch Program

Located in Building A
Lunch begins at 11:45am
Donation of $3 is recommended
# SOEVAC ACTIVITIES

## LOCATIONS

- **Building A** (Dining Room)
- **Building B** (VIC Office)
- **Building C** (RAP Office & Rooms)

*Dept. of Recreation and Parks (RAP) Activities are **Bold and Underlined.**

## HEALTH & WELLNESS ACTIVITIES

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Pressure Check</td>
<td>Wednesdays</td>
<td>9:00am-12:00pm</td>
<td>Building A</td>
</tr>
<tr>
<td>Guided Meditation</td>
<td>Mondays</td>
<td>1:30pm-2:30pm</td>
<td>Building C</td>
</tr>
<tr>
<td>Line Dancing (Beginning)</td>
<td>Wednesdays</td>
<td>1:00pm-1:45pm</td>
<td>Building C</td>
</tr>
<tr>
<td>Line Dancing (Intermediate)</td>
<td>Mondays</td>
<td>12:30pm-1:30pm</td>
<td>Building C</td>
</tr>
<tr>
<td>Line Dancing (Int./Advanced)</td>
<td>Wednesdays</td>
<td>12:00pm-1:00pm</td>
<td>Building C</td>
</tr>
<tr>
<td>Senior Exercise</td>
<td>Mon/Thurs/Fri</td>
<td>9:00am-10:00am</td>
<td>Building C</td>
</tr>
<tr>
<td></td>
<td>Mondays</td>
<td>10:15am-11:15am</td>
<td>Building C</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>Mondays</td>
<td>11:30am-12:30pm</td>
<td>Building C</td>
</tr>
<tr>
<td>Tai Chi (for Beginners)</td>
<td>Thursdays</td>
<td>10:30am-11:30am</td>
<td>Building C</td>
</tr>
<tr>
<td>Strength &amp; Balance</td>
<td>Tuesdays</td>
<td>10:00am-11:00am</td>
<td>Building A</td>
</tr>
<tr>
<td>R&amp;B Hustle/Salsa Dancing</td>
<td>Tuesdays</td>
<td>1:00pm-2:30pm</td>
<td>Building A</td>
</tr>
<tr>
<td>Step &amp; Stride Walking Club</td>
<td>Tuesdays</td>
<td>4:15pm-5:15pm</td>
<td>Building C</td>
</tr>
<tr>
<td></td>
<td>Thursdays</td>
<td>5:00pm-6:00pm</td>
<td>Building C</td>
</tr>
<tr>
<td>Yoga (Advanced)</td>
<td>Wednesdays</td>
<td>9:00am-10:15pm</td>
<td>Building C</td>
</tr>
<tr>
<td>Yoga (Chair)</td>
<td>Mondays</td>
<td>3:00pm-4:00pm</td>
<td>Building A</td>
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</tbody>
</table>

## SUPPORT GROUPS

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>HICAP Counseling</td>
<td>Tuesdays</td>
<td>11:00am-2:00pm</td>
<td>Building B</td>
</tr>
<tr>
<td></td>
<td><strong>Appointment only</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>1st &amp; 3rd Tuesdays</strong></td>
<td><strong>1st &amp; 3rd Tuesdays of the month</strong></td>
<td>Building B</td>
</tr>
<tr>
<td>Let’s Talk</td>
<td>Wednesdays</td>
<td>10:00am-11:00am</td>
<td>Building B</td>
</tr>
<tr>
<td>Men’s Rap</td>
<td>Tuesdays</td>
<td>10:00am-11:30am</td>
<td>Building C</td>
</tr>
<tr>
<td>Women’s Friendship Circle</td>
<td>Tuesdays</td>
<td>10:00am-11:30am</td>
<td>Building C</td>
</tr>
</tbody>
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## Games/Cards Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Canasta</td>
<td>Thursdays</td>
<td>12:30pm-2:00pm</td>
<td>Building C</td>
</tr>
<tr>
<td>Bridge (Duplicate)</td>
<td>Tuesdays</td>
<td>11:00am-3:00pm</td>
<td>Building C</td>
</tr>
<tr>
<td>Bridge (Intermediate)</td>
<td>Thursdays</td>
<td>10:00am-1:00pm</td>
<td>Building C</td>
</tr>
<tr>
<td>Chess (Open Play)</td>
<td>Thursdays</td>
<td>3:00pm-3:50pm</td>
<td>Building C</td>
</tr>
<tr>
<td>Chess (Beginning)</td>
<td>Tuesdays</td>
<td>10:00am-11:00am</td>
<td>Building B</td>
</tr>
<tr>
<td>Mah Jong</td>
<td>Mondays</td>
<td>11:00am-3:00pm</td>
<td>Building C</td>
</tr>
<tr>
<td></td>
<td>Thursdays</td>
<td>12:00pm-3:00pm</td>
<td>Building C</td>
</tr>
<tr>
<td>Mah Jong Class</td>
<td>Fridays</td>
<td>10:30am-12:30pm</td>
<td>Building B</td>
</tr>
<tr>
<td>Pan Cards</td>
<td>Wednesdays</td>
<td>10:00am-3:00pm</td>
<td>Building C</td>
</tr>
</tbody>
</table>

## Arts/Cultural Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Coloring Studio</td>
<td>Wednesdays</td>
<td>1:00pm-2:30pm</td>
<td>Building B</td>
</tr>
<tr>
<td>Art Class</td>
<td>Fridays</td>
<td>10:30am-12:00pm</td>
<td>Building C</td>
</tr>
<tr>
<td>Computer Class (Beginning)</td>
<td>Thurs/Fri</td>
<td>11:00am-12:00pm</td>
<td>Building B</td>
</tr>
<tr>
<td>Creative Writing</td>
<td>Fridays</td>
<td>12:30pm-2:00pm</td>
<td>Building B</td>
</tr>
<tr>
<td>Tuesday Flicks</td>
<td>Tuesdays</td>
<td>12:30pm-3:00pm</td>
<td>Building C</td>
</tr>
<tr>
<td>Karaoke</td>
<td>Wednesdays</td>
<td>2:00pm-3:30pm</td>
<td>Building C</td>
</tr>
<tr>
<td></td>
<td>Fridays</td>
<td>12:30pm-2:00pm</td>
<td>Building C</td>
</tr>
<tr>
<td>Quilting Class</td>
<td>Wednesdays</td>
<td>10:30am-12:30pm</td>
<td>Building C</td>
</tr>
<tr>
<td>Spanish (Beginning)</td>
<td>Thursdays</td>
<td>10:00am-11:00am</td>
<td>Building C</td>
</tr>
<tr>
<td>Spanish (Intermediate)</td>
<td>Thursdays</td>
<td>11:30am-12:30pm</td>
<td>Building B</td>
</tr>
<tr>
<td>Spanish (Introduction)</td>
<td>Thursdays</td>
<td>1:00pm-2:00pm</td>
<td>Building B</td>
</tr>
<tr>
<td>Short Story Book Club</td>
<td>Tuesdays</td>
<td>1:00pm-2:30pm</td>
<td>Building B</td>
</tr>
<tr>
<td>Yiddish Club</td>
<td>Wednesdays</td>
<td>1:00pm-2:30pm</td>
<td>Building C</td>
</tr>
</tbody>
</table>
FRIDAY NIGHT FUN
(KARAOKE & GAME NIGHT)

Come sing your heart out or play a game, but just be ready to have lots of fun!

6:00pm-9:00pm       Located in Building C

4th FRIDAYS OF THE MONTH

FRIDAY, JANUARY 24
Let’s start off the New Year with a bang.

FRIDAY, FEBRUARY 28
It might be after Valentine’s Day, but it doesn’t mean we can’t celebrate.

FRIDAY, MARCH 27
Do we really need a reason to get together to get and sing?
Important Phone Numbers

Sherman Oaks East Valley Adult Center  (818) 386-9674
Valley Interfaith Council (VIC)  (818) 981-1284
Van Nuys Sherman Oaks Rec. Center  (818) 756-8131
Van Nuys Sherman Oaks Pool  (818) 783-6721
Film Permit  (323) 644-6220

City Services

Animal Services (East Valley Animal Services)  (888) 452-7381
Building & Safety  (888) 524-2845
Bulky Item Pick-up  (800) 773-2489
Hazardous Waste  (800) 988-6942
Housing  (213)252-2500
Oil Recycling  (800) 98-TOXIC
Planning (Valley)  (818)374-5050
Public Works  (800) 773-CITY
Sewer Odor  (323)342-6006
Storm Damage  (800) 773-2489
Street Services (Trees/potholes/sidewalks)  (800) 996-2489
Water & Power Services  (800) 342-5397

Community

Sherman Oaks Martin Pollard Library  (818) 205-9716
Sherman Oaks Chamber of Commerce  (818) 906-1951
Sherman Oaks Neighborhood Council  (818) 503-2399

City Council, LAPD & LAFD

Council District 4, Councilman David E. Ryu  (818) 728-9924
LAPD Van Nuys Station  (818) 374-9500
Security Services Division of LAPD  (213) 978-4670
Los Angeles Fire Department— Station 88  (818) 756-8688
City of Los Angeles

Mayor
Eric Garcetti

Councilman
David E. Ryu
4th District

Board of Recreation and Parks Commissioners
Sylvia Patsaouras – President
Lynn Alvarez - Vice president
Members: Nicole Chase, Pilar Diaz, Joseph Halper

Executive Administration
Michael A. Shull – General Manager
Anthony-Paul (AP) Diaz, Esq.– Executive Officer & Chief of Staff
Vicki Israel – Assistant General Manager, Recreation Services
Sophia Pina-Cortez—Assistant General Manager, Special Operations Branch
Cathie M. Santo Domingo; P.E.—Assistant General Manager-Planning, Maintenance, and Construction Branch

Valley Region Administration
Charles Singer – Superintendent
Gonzalo Manrique - Principal Recreation Supervisor II
Rob De Hart—Principal Recreation Supervisor I
Therman Calloway-Principal Grounds Maintenance Supervisor II
Steve Cline – District Supervisor, West Valley District

Sherman Oaks East Valley Adult Center Staff
Kelci Verdugo – Recreation Facility Director
Recreation Assistants: Matthew Alas, Betty Doss, Shane Jacobsen, Scott McGaffee, Teresa Oliva, Brandy Rickman
Recreation Instructors: Felice Achille, Mike Bendavid, Iren Jensen

Maintenance
Blake Jenson—Senior Gardener
Mercedes Solis—Gardener Caretaker