

SOEVAC

Sherman Oaks East Valley Adult Center



**5056 Van Nuys Blvd.
Sherman Oaks, CA 91403**



818-386-9674

shermanoakseastvalley.adultcenter@lacity.org

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



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



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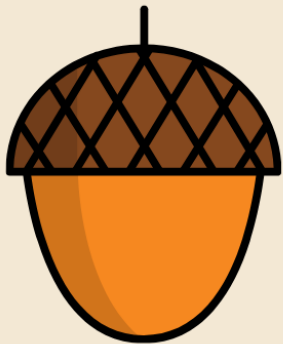
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Fall Schedule

MONDAY

**MAH
JONGG**
10am-4pm
\$5/month or
\$2/day

Book Club
3pm-4pm
\$5/month



TUESDAY

**DUPLICATE
BRIDGE**
11am-3pm
\$5/month or
\$2/day

**Techie
Tuesdays**
9am-3pm
Free
*Call for an
appointment

**Tuesday
Flicks**
1pm-3pm
Free

WEDNESDAY

**Outdoor
Tai Chi**
8:30am-9:30am
\$30/month or \$5/day

Sit & Get Fit
9:30am-10:30am
\$5/month or \$2/day or \$7 for
Walk & Roll and Sit and Get Fit

**Beginning Line
Dancing**
11am-12pm
\$20/month or \$6/class or \$30
for Beginning and
Intermediate Line Dancing

Special Needs Adult Class
Wednesdays 1:30p-2:30p
Fridays 12:30pm-1:30pm
Free

Adult Sewing
6:15pm-7:15pm
October 2 - November 20
\$100/8 week session

THURSDAY

**INTERMEDIATE
BRIDGE**
10am-12:30pm
\$5/month or
\$2/day

Tai Chi
10:30am-11:30am
\$5/month or
\$2/day

**Beginning Line
Dancing**
1pm-2pm
\$20/month or \$6/class
or \$30 for Beginning
and Intermediate Line
Dancing

**Caregiver
Support Group**
1:30pm-2:30pm
*Every other Thursday
Free

FRIDAY

**Outdoor
Tai Chi**
8:30am-10:30am
\$30/month or \$5/day

Sit & Get Fit
10:30am-11:30am
\$5/month or \$2/day
or \$7 for Walk & Roll
and Sit and Get Fit

Painting Group
11am-12pm
\$5/month
*All supplies provided.

Painting Class
3pm-4pm
\$10/month
*All supplies provided.

Person with disabilities are welcome to participate in our classes and programs. Reasonable accommodations will be made with prior arrangement. Please be aware that some accommodations may take 30 days or longer. Please submit your request for an accommodation as soon as possible.