



# 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](http://www.laparks.org/sherman-oakseast-valley-adult)



[shermanoakseastvalley.adultcenter@lacity.org](mailto: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

### BOOK CLUB

3pm-4pm

\$5/month

## Puzzle Time

Monday-Friday

8:30am-5:00pm

\*Puzzle located in the lobby

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.

## Tuesday

### DUPLICATE BRIDGE

10am-3pm

\$5/month or \$2/day

### TECHIE TUESDAYS

9am-4:30pm

Free

\*Call for an appointment

### TUESDAY FLICKS

1pm-3pm

Free

## 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

### ADULTS WITH SPECIAL NEEDS CLASS

1:30PM-2:30PM

Free

### YOUTH SEWING CLASS

5:00pm-6:00pm

January 19-March 19  
\$100 for 8 week session

### ADULT SEWING CLASS

6:15pm-7:15pm

January 19-March 19  
\$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

## LIBRARY HOURS

Monday-Friday

8:30am-5:00pm

## 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

12:30pm-1:30pm

Free

### PAINTING CLASS

3:30pm-4:30pm

\$10/month  
\*All supplies provided.