

SOEVAC Building C *Summer Schedule*

MONDAY

*MAH JONGG
10am-3pm

*BOOK CLUB
3pm-4pm

TUESDAY

*DUPLICATE
BRIDGE
11am-3pm

*TUESDAY
FLICKS
1pm-3pm

WEDNESDAY

*WALK & ROLL
8:30am-9:30am

*SIT & GET FIT
9:30am-10:30am

*BEGINNING LINE
DANCING
11am-12pm

*INTERMEDIATE
LINE DANCING
12pm-1pm

*ADULT SEWING
6:15pm-7:15pm

THURSDAY

*INTERMEDIATE
BRIDGE
10am-1pm

*TAI CHI
10:30AM-11:30AM

*BEGINNING LINE
DANCING
1pm-2pm

CAREGIVERS
SUPPORT GROUP
1:30p-2:30p

FRIDAY

*WALK & ROLL
9:30am-10:30am

*SIT & GET FIT
10:30am-11:30am

*BEGINNING
PAINTING
GROUP
11am-12pm

*PAINTING
CLASS
2:00PM-3:30PM

NOTES

*ALL CLASSES WITH
AN ASTERICK (*)
HAVE A NOMINAL
MONTHLY OR DAILY
FEE

SOEVAC IS CLOSED ON
SATURDAY & SUNDAY
CLOSED

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
DAY OR LONGER. PLEASE SUBMIT
YOUR REQUEST FOR AN
ACCOMMODATION AS SOON AS
POSSIBLE.

CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS

SOEVAC

SHERMAN OAKS EAST VALLEY ADULT CENTER

**5056 VAN NUYS BLVD.
SHERMAN OAKS, CA 91403**

**PHONE
(818)386-9674**

WEBSITE

WWW.LAPARKS.ORG/SHERMAN-OAKSEAST-VALLEY-ADULT

EMAIL

SHERMANOAKSEASTVALLEY.ADLTCTR@LACITY.ORG



HOURS OF OPERATION

MONDAY - FRIDAY 8:30AM-4:00PM

SATURDAY & SUNDAY CLOSED

REGISTRATION AND PAYMENTS

All classes and programs listed on this flyer are provided for senior sages 50 years 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.

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

Some classes are offered at a nominal monthly or per class cost. Accepted payments are cash, check (made payable to CITY OF LOS ANGELES) or credit card (VISA OR MASTERCARD only)

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."

