



SHERMAN OAKS EAST VALLEY ADULT CENTER
5056 VAN NUYS BLVD., BLDG. B
SHERMAN OAKS, CA 91403 – PH. 818-981-1284

CLASS SCHEDULE

(CLASSES ARE SUBJECT TO CHANGE)

MONDAY

9:30 AM – 11:00 AM - CURRENT EVENTS
10:00 AM – 11:00 PM - BINGO
1:30 PM - 2:30 PM - BALANCE EXERCISE CLASS IS FULL
12:30 LOTERIA/MEXICAN BINGO 1ST AND 3RD WEEK OF THE MONTH
1:00 PM-2:00PM MONEY MATTERS 2ND AND 4TH MONDAY OF THE MONTH

TUESDAY

9:30 AM–10:30 AM WALK WITH EASE AT S.O. MALL GROUP IS FULL
10:30 AM - 11:30 AM BALANCE EXERCISE **CLASS FULL**
10:00 AM - 11:00 AM - ART CLASS
10:00 AM - 12:00 PM - COMEDY WORKSHOP **(ON HOLD) UNTIL MARCH**
10:00 AM – 12 NOON - FREE FOOT CARE BY APPOINTMENT ONLY
12:00 NOON - 2:00 PM - CROCHET & KNITTING GROUP CLUB
1:00 PM - 2:30 PM - STORY TELLING BY ELIZABETH EVERY 3RD TUESDAY OF THE MONTH

WEDNESDAY

9:30 AM – 10:30 AM - WALK WITH EASE AT S.O. MALL GROUP IS FULL
10:30 AM - 11:30 PM ART CLASS
10:00 - 12:00 NOON - MASSAGE THERAPY
12:30 PM – 1:15 PM - BALANCE EXERCISE **CLASS IS FULL**
1:15 PM - 2:15 PM - LET'S TALK

THURSDAY

9:30 AM - 10:30 AM WALK WITH EASE AT SHERMAN OAKS MALL **GROUP IS FULL**
10:30AM- 11:30 AM - BALANCE EXERCISE **CLASS IS FULL**

FRIDAY

9:30 AM–11:00 AM CHAIR YOGA OR MAT
11:00 AM–12:30 PM DINE IN LUNCH
10:00 LEARN BASIC/JEWELRY REPAIR/MAKING
12:30 PM - 2:00 PM CREATIVE WRITING

DINE IN LUNCH SERVED AT SOEV CENTER: 11:00 AM - 12:30 PM - MONDAY THRU FRIDAY