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PAN PACIFIC SENIOR ACTIVITY CENTER

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Spring 2025 Program Schedule

Program Runs from 4/7/25 thru 6/21/25. Limited Space! Active Adults ages 50+ . Registration begins 3/3/25.

Classes/Activities	Description	Day/Time	Fees
Pan Pacific Membership	Discounted rates & fees in various programs, classes, field trips, activities & more!	Now until December 31, 2025	\$35.00
Creative Dance	Groove to the different musical styles & learn the steps of amazing dances. Whether you've danced before or are going with the flow!	Monday 9:30AM to 10:15AM	\$30 per month for Members / \$8 Class Drop-In
Adult Coloring	Improve your motor skills, focus & concentration in our adult coloring activity!	Monday 10AM to 11AM & Wednesdays 3PM to 4PM	FREE to Members Only
Resistance Training	Test your limits. Test your strength using your own bodyweight & light weights.	Monday 10:30AM to 11:30AM	\$30 per month for Members / \$8 Class Drop-In
Chair Yoga Sound Bath	Join us for a gentle chair yoga session designed to improve flexibility & balance, followed by a soothing sound bath to promote relaxation & well-being.	Tuesday 10AM to 11AM	\$30 per month for Members / \$8 Class Drop-In
Smart Phone Tech Class	Expand your skills, ask questions, & don't miss out the opportunity to boost your tech knowledge & confidence!	Tuesday 1PM to 2PM	FREE to Members Only
Collage Making Class	Unleash your creativity by exploring various materials & techniques to create unique, expressive works of Collage art.	Wednesdays 10AM to 11AM	FREE to Members Only
Walk & Talk Club	Let's wrap the week off with steps & great conversation around beautiful Pan Pacific Park. Let's talk about the weekend & goal setting.	Friday 9AM to 9:50AM	FREE to Members Only
GymBrain	Puzzles, Crossword Games, Team Game Activities & more! Flex your memory in groups while making new friends!	Friday 10AM to 10:50AM	FREE to Members / \$5 Drop-In for Non-Members
The Art of Storytelling	Explore the craft of storytelling, develop unique & share personal narratives, life lessons, or imaginative tales.	Fridays 1PM to 2PM	FREE to Members Only

Active Adults Ages 50+ Spring 2025 Program Continued:

Activities/ Programs	Description	Day/Time	Fees
Ping Pong Practice & Games	Play, practice, & move with like-minded people at a game of ping pong! All levels are welcomed.	Mondays 11:30am to 1pm & Thursdays 12:30am to 3:30pm	FREE for Members. \$10 for Non-Members.
Bingo !	Let's play BINGO! Six cards max! 18 & up to Play!	Monday 1PM to 2PM	\$0.25 per card. Maximum of 6 cards.
A Time to Create	Create works of art through two-dimensional medium with friends! Paint, draw & everything else in between. Must BYO art supplies. This activity is self-led.	Wednesdays 1PM to 3PM	FREE to Members Only
Indoor Pickleball	New to pickleball? Want to learn how to play with like-minded people? Come practice with us!	Wednesdays 12PM-2PM & Thursdays 9:30AM-11AM	FREE for Members ONLY/ \$30.00 Non-Members
Bowl Painting Class	Transform plain bowls into vibrant works of art as you explore your creativity with bold colors & unique designs.	Thursdays 10AM to 11AM	Free for Members/ \$25 for Non-members
ZUMBA DANCE PARTY !	Step into the rhythm & let the music move you in this energetic ZUMBA class, where you'll master exciting moves & experience the joy of dancing to world music!	Thursdays 1PM to 1:45PM	Free for Members/\$8 Drop in for Non-members
Strength Circuit	Total Body Strength Class working unilateral, compound & balance exercises circuit style. *Chair is optional.	Thursdays 2PM to 2:45PM	\$8 Drop in for Members & Non-Members
Open Gym	Play & practice your agility, hand, foot & eye coordination in our half court gym.	Monday & Tuesday 12PM to 3PM Fridays 8:30AM to 10:30AM	FREE to Members Only
Card Games & Puzzles	Shuffle your way through a variety of card games, from timeless classics, or dive into the fun of solving puzzles.	Tuesday & Thursday 11AM to 4PM	FREE to Members & Non-Members
Game Time !	Play board games & pool with like-minded people. Use our games. Bring your own.	Weekdays 2PM to 4PM	FREE for Members/\$20 for Non-Members
Fitness Center	Utilize Pan's fitness gym from the multi-functional machine weights, cardio equipment & our bodyweight apparatus.	Weekdays 8:30AM to 3:45PM	\$15 for March to June 2025 For Members Only
Lunch Program	Pan Pacific Senior Activity Center (PPSAC) has partnered with Jewish Family Service LA (JFSLA) as a meal site for ages 60+. REGISTER through JFSLA.	Weekdays 11AM to 12:30PM	Donation Based

NOTE: FIRST COME FIRST SERVED BASIS. PAYMENTS MUST BE MADE NO LATER THAN THE FIRST WEEK OF THE MONTH. PERSONS WITH DISABILITIES ARE WELCOMED TO PARTICIPATE IN OUR CLASSES AND PROGRAMS. REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS. PLEASE BE AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PROGRAMS AND CLASSES ARE SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE. NO REFUNDS WILL BE ISSUED UNLESS THE PROGRAM IS CANCELLED BY THE SENIOR CENTER.



WEBSITE & FREE VIRTUAL WORKOUTS! SCAN THE QR CODES FOR MORE.



REVISED 02/27/2025