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PAN PACIFIC SENIOR ACTIVITY CENTER

Scan To Register or Register in-person.



141 SOUTH GARDNER AVE., LA, CA. 90036

TEL: (323) 935-5705 EMAIL: PANPACIFIC.SENIORCENTER@LACITY.ORG

Fall 2024 Program Schedule



Programs run from October 7th through December 14th. Limited Space! Adults ages 50+ . Registration begins August 26th.

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	\$30 for Existing Members. \$35 for New Members.
Creative Dance	Groove to the different musical styles and learn the steps of amazing dances. Whether you've danced before or are going with the flow, this is your time to dance creatively and confidently!	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 class!	Monday 10:15AM to 10:45AM	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
PANcasso Art Class	Channel your inner Picasso and let your creativity flow like never before in self-taught paint classes with like-minded people!	Thursday 10AM to 11AM	\$15 per month. For Members Only
Oldies Dance Party	Dust off your dance shoes and groove to timeless classics of the 60s, 70s, and 80s! Whether your dancing the electric slide or moonwalking, this party is all about celebrating the rhythm of the good ol' days!	Wednesday 9AM-10:45AM	FREE to Members Only
Walk & Talk Club	Let's wrap the week off with steps and great conversation around beautiful Pan Pacific Park. Let's talk about the weekend and goal setting.	Friday 9AM to 9:50AM	FREE to Members Only
GymBrain	Puzzles, Crossword Games, Team Game Activities and more! Flex your memory in groups while making new friends!	Friday 10AM to 11AM	FREE to Members/ \$5 Drop-In
Chair Yoga Sound Bath	Join us for a gentle chair yoga session designed to improve flexibility and balance, followed by a soothing soundbath to promote relaxation and well-being. This class is perfect for seniors looking to enhance their physical and mental health in a supportive environment.	Tuesday 10AM to 11AM	\$30 per month for Members / \$8 Class Drop-In
Smart Phone Tech Class	Expand your skills, ask questions, and don't miss out the opportunity to boost your tech knowledge and confidence.	Thursday 1PM to 2PM	FREE to Members Only
Aquacise / Water Aerobics	Come get in the BEST shape of your life at Eleanor Green Roberts Aquatic Center. Cardio and strength training exercises using aqua fitness equipment. Location: 4526 W. Pico Blvd., LA, CA 90019.	10/22, 11/05, 11/12 & 11/19 from 2:30PM - 3:30PM	FREE to Members/ \$40 for 4 Classes Ages 18 & up

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Fall 2024 Program Continued:

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Activities/ Programs	Description	Day/Time	Fees
Gardening Social Hour	Get ready to dig in as we dive into the world of gardening and watch as our courtyard garden grows!	Tuesday & Thursday 8AM to 10:30AM	FREE for Members ONLY
Lunch Program	Pan Pacific Senior Activity Center 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
Indoor Pickleball	New to pickleball? Want to learn how to play with like-minded people? Come practice with us!	Wednesdays & Thursdays. Dates & Times vary	FREE for Members ONLY
Fitness Center	Utilize Pan's fitness gym from the multi-functional machine weights, cardio equipment and our bodyweight apparatus. Ask Monica about the monthly AMRAP Challenge!	Weekdays 8:30AM to 3:00PM	\$15 for October - December 2024. For Members Only
Game Time !	Play board games & pool with like-minded people. Use our games. Bring your own. Bring a friend or make a friend.	Weekdays 2PM to 4PM	FREE for Members/\$15 for Non-Members
Movie Matinee	Join us on a cinematic adventure where the screen comes alive with excitement and entertainment.	Every 2nd Tuesday of the month 1:30PM to 3:30PM	FREE to Members. \$3 for Non-Members.
Karaoke Day!	Got vocals? Hum, sing through your favorite tracks. We'd LOVE to hear it! Join us for Karaoke every 4th Tuesday of the month.	Every 4th Tuesday of the month from 2:30PM-4PM	FREE to Members Only
Card Games & Puzzles	Shuffle your way through a variety of card games, from timeless classics to modern hits, or dive into the fun of solving puzzles. Why not do both?	Tuesday to Thursday 11AM to 2:30PM	FREE to Members & Non-Members
Open Gym	Play & practice your agility, hand, foot & eye coordination in our half court gym.	Tuesday & Friday 8:30AM-10:30AM	FREE to Members Only
Ping Pong Practice & Games	Play, practice, and move with like-minded people at a game of ping pong! All levels are welcomed.	Thursday 9AM to 1PM	FREE for Members. \$10 for Non-Members.
Bingo !	Let's play BINGO! Six cards max! Must be 18+ to participant.	Monday 1PM to 2PM	\$0.25 per card. Maximum of 6 cards.

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.

Checkout Our FREE Workout Videos On Demand! YouTube: LA CityView 35. Playlist: RecConnectLA Or Scan Our QR Code.

