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PAN PACIFIC SENIOR ACTIVITY CENTER

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Winter 2025 Program Schedule for Active Adults Ages 50+



Programs Run From 1/6/25 to 3/22/25. - Limited Space! Registration Begins December 2, 2024.

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 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 10am-11am & Wednesdays 3pm-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
Health is Wealth Nutrition 101	Empower yourself to embrace a healthier, more active lifestyle with practical tips on nutrition, exercise, and wellness for vibrant aging.	Thursdays 2pm-2:45pm	\$15 for members / \$30 for Non-Members ages 18+ (7 week course)
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-10AM	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.	Tuesday 1PM to 2PM	FREE to Members Only
Collage Making Class	Unleash your creativity by exploring various materials and techniques to create unique, expressive works of Collage art.	Wednesdays 10M-11AM	FREE to Members Only

Active Adults Ages 50+ Winter 2025 Program Continued:

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 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 12pm-2pm & Thursdays 9:30am-11pm	FREE for Members ONLY/ \$30.00 Non-Members
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 January - March 2024 & April-June 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/\$20 for Non-Members
Bowl Painting Class	Transform plain bowls into vibrant works of art as you explore your creativity with bold colors and unique designs	Thursdays 10am-11am	Free for Members/ \$25 for Non-members
ZUMBA PARTY !	Step into the rhythm and let the music move you in this energetic ZUMBA class, where you'll master exciting moves and experience the joy of dancing with every Latin/world dance beat!	Thursdays 1pm-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-2:45pm	\$8 Drop in for Members & Non-Members
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 4PM	FREE to Members & Non-Members
Open Gym	Play & practice your agility, hand, foot & eye coordination in our half court gym.	Monday & Tuesday 12pm-3pm Fridays 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.	Mondays 11:30am-1pm & Thursdays 11:30am-2:30pm	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.
The Art of Storytelling	Explore the craft of storytelling, develop unique and share personal narratives, life lessons, or imaginative tales.	Fridays 1pm-2pm	FREE to Members Only

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.



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