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PAN PACIFIC SENIOR ACTIVITY CENTER

141 SOUTH GARDNER AVE., LA, CA. 90036

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Scan Me To Register or Register in-person



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Summer 2024 Program Schedule

Programs run from July 8th through August 31st. Limited Space! Adults ages 50+ . Registration begins June 3rd.

Classes/Activities	Description	Day/Time	Fees
Pan Pacific Membership	Discounted rates & fees in various programs, classes, field trips, activities & more!	Good thru Dec. 31, 2024	\$25.00
World Dance	Cardio dance based session! Move to different genres across the world from Latin, African to Mediterranean beats!	Mondays 9:30AM to 10:15AM	\$40 per month/\$8 Class Drop-In
Adult Coloring	Improve your motor skills, focus & concentration in our adult coloring class!	Monday 10:15AM to 11:00AM	FREE to Members Only
Resistance Training	Test your limits. Test your strength using your own bodyweight & light weights.	Mondays 10:30AM-11:30AM	\$40 per month/\$8 Class Drop-In
Chair Stretch & Mobility	Stretch, move and practice mobility from the comfort of your chair!	Every 1st & 3rd Monday of the month from 1PM to 1:45PM	FREE to Members Only
PANcasso Art Class	Channel your inner Picasso and let your creativity flow like never before!	Thursday 10am-11am	\$15 per month. For 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
Monthly Book Club	Join fellow book lovers for an afternoon of engaged discussions, diverse perspectives, and a shared love for reading!	Thursday 12:30PM-2:30PM (Monthly)	Members Only
GymBrain	Puzzles, Crossword Games, Team Game Activities and more! Flex your memory in groups while making new friends!	Fridays 10AM to 11AM	FREE to Members/\$5 Drop-In
Yin Yang Yoga	Experience the best of Yin (internal) & Yang (external) movements where the practice is slower & poses are held longer.	Fridays 1PM to 2PM	\$40 per month/\$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.	Friday 2PM-3PM	FREE to Members and Non-Members

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

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ACTIVITY CENTER**

Summer 2024 Program Continued:

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Activities/ Programs	Description	Day/Time	Fees
Garden Social Hour	Catch up, laugh with friends and listen to music in our courtyard garden.	Weekdays 8:30AM to 11:30AM	FREE
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- 12:30PM	Donation Based
Workout Gym Equipment	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 from 8:30AM to 3:45PM	\$5 Per Month. For Members Only
Game Time!	Play board games and pool with like minded people. Use our games. Bring your own. Bring a friend or make a friend.	Weekdays 1:30PM-3:45PM	FREE for Members/\$15 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 2:00PM-3:45PM	FREE to Members Only
Movie Matinee	Grab some popcorn and join us on a cinematic adventure where the screen comes alive with excitement and entertainment.	Every 3rd Wednesday of the month from 1:30PM-3:30PM	FREE to Members. \$3.00 for non-members.
Card Games	Shuffle your way as we play a variety of card games from timeless classics to modern hits and enjoy the thrill of friendly competition!	Tues-Thurs. 11AM-1:30PM	FREE for Members and Non-Members
Open Gym	Play & practice your agility, hand, foot & eye coordination in our half court gym.	Tues. & Fri. 9AM- 11AM	FREE to Members Only
Ping Pong Practice and Games	Play, practice, and move with like-minded people at a game of ping pong. All levels are welcomed.	Wed. 12pm-3pm & Thurs. 9am- 1pm	FREE for Members. \$10 for Non-Members
Puzzle-Palooza	Engage yourself in the joy of solving puzzles!	Wed. 12:30pm- 2:30pm	FREE to Members Only
Bingo !	Let's play BINGO! Six cards max! Must be 18+ to participant.	Coming Soon!	TBA

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.