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PAN PACIFIC SENIOR ACTIVITY CENTER



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FALL 2025 Program Schedule

Fall Program Runs from 10/06/25 thru 12/29/25. Limited Space! Active Adults ages 50+ . Registration begins 9/08/25.

Classes/Activities	Description	Day/Time	Fees
Pan Pacific Membership	Discounted rates & fees in various programs, classes, field trips, activities & more!	Dates Vary	See PPSAC Staff for Details.
Garden Social	Relax in our garden patio area!	Days/Times Vary	FREE. Registration Required.
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 10:20AM	Drop-in only. \$8 for Members. \$12 for Non-Members.
Resistance Training	Test your limits. Test your strength using your own bodyweight & light weights.	Monday 10:30AM to 11:30AM	Drop-in only. \$8 for Members. \$12 for Non-Members.
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	Drop-in only. \$8 for Members. \$12 for Non-Members.
Karaoke	Sing to your favorite hits! Join us Every 1 st & 3 rd Tuesday of each month.	Tuesday 12:30pm to 1:30pm	FREE to Members.
Virtual Chair Fitness	Let's move from the comfort of our chair! Join us Every 2nd & 4th Tuesday of each month.	Tuesday 12:30pm to 1:15pm	FREE to Members.
Crochet Trinkets	A fun beginner-intermediate way to learn or practice crochet, making trinkets such as charms, keychains & magnets. Must bring your own supplies to participate.	Wednesdays 10AM to 11:15AM	\$40 for Members. \$50 for Non-Members.
Modern Calligraphy	Discover the art of beautiful handwriting as we explore modern calligraphy techniques, stroke variations, letter flourishing, and incorporate them into personalized projects.	Wednesdays 1PM to 2PM. Class ends 11/26.	\$15.00 for Members Only
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	\$15 for Members/ \$25 for Non-members

Active Adults Ages 50+ Fall 2025 Program Continued:

Activities/ Programs	Description	Day/Time	Fees
Shadow KickBoxing	A 30-minute cardio based combat sport exercise throwing punches, knee strikes & kicks.	Thursdays 1:15PM 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	Drop-in only. \$8 for Members. \$12 for Non-Members.
Walk & Talk Club	Let's wrap the week off with steps & great conversation around beautiful Pan Pacific Park.	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/ \$12 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
Bingo !	Let's play BINGO! Six cards max! 50 & up to Play! Registration required.	Monday 1PM to 2PM	\$0.25 per card. Maximum of 6 cards.
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
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
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
Ping Pong Play	Play, practice, & move with like-minded people at a game of ping pong! All levels are welcomed.	Mondays 11:30am to 1pm & Thursdays 12pm to 2pm	FREE for Members. \$25 for Non-Members.
Billiards	Play pool with like-minded people.	Weekdays 2PM to 4PM	FREE for Members/\$25 for Non-Members
Fitness Center	Utilize Pan's fitness gym from the multi-functional machine weights, dumbbells, cardio equipment & our bodyweight apparatus.	Weekdays 9:00AM to 3:50PM	\$20 for October to December 2025 For Members Only

NOTE: FIRST COME FIRST SERVED BASIS. IF YOU ARE A PERSON WITH A DISABILITY AND REQUIRE ACCOMMODATION TO PARTICIPATE IN A CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS PROGRAM, SERVICE, OR ACTIVITY, REQUESTS MAY BE MADE BY CALLING THE FACILITY AT (323)935-5705, OR 711 FOR CA RELAY, TEN DAYS IN ADVANCE OF THE EVENT. WE WILL DO OUR BEST TO FULFILL REQUESTS WITH LESS THAN TEN BUSINESS DAYS' NOTICE. IF A PARTICIPANT REQUIRES A ONE TO ONE AIDE, REQUESTS WILL BE FULFILLED WITHIN SEVEN BUSINESS DAYS OF RECEIVING REQUIRED PAPERWORK AND DOCUMENTATION NEEDED TO ISSUE A RIGHT OF ENTRY PERMIT TO THE AGENCY PROVIDING THE AIDE. PROGRAMS AND CLASSES ARE SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE. NO REFUNDS WILL BE ISSUED UNLESS THE PROGRAM IS CANCELED BY THE SENIOR CENTER.



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REVISED 09/16/2025