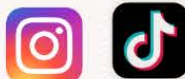


**PAN PACIFIC SENIOR
ACTIVITY CENTER
Spring 2024 Program Continued:**

@PanPacificSAC



Scan Me To Register or Register in-person.

Activities/ Programs	Description	Day/Time	Fees
Garden Social Hour	Catch up, laugh with friends and listen to music in our courtyard garden.	Weekdays 8AM 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 8:15AM to 3:45PM	\$5 Per Month. For Members Only
Game Time !	Play cards, board games, pool, Ping Pong 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
Journaling & Guided Meditation	Freestyle & prompt writing along with a 20-minute guided meditation. Clear your thoughts, reduce stress and sleep better!	Every 1st & 3rd Fri. of the month from 12:30PM to 1:15PM	\$5 for Members/\$10 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
Club Games	Show off your skills in Mahjong, Backgammon, and Chess!	Mon. & Wed. 8am-10am	\$5 each game per month for Members, \$10 each game per month for 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
Pickleball Games	Play, practice, and move with like-minded people at a game of pickleball. All levels are welcomed.	Wed. 12pm-3pm & Thurs. 9am-1pm	\$8/hour for members. \$12/hour 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.