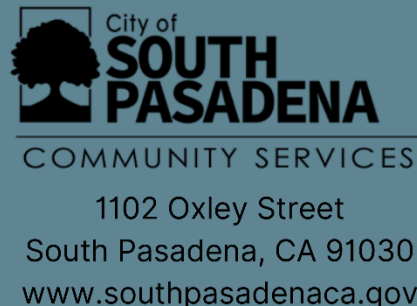




# PRESS RELEASE



**FOR IMMEDIATE RELEASE**  
**August 22, 2024**

**Contact: Melissa Snyder, Community Services Supervisor**  
**Phone: (626) 403-7360**  
**Email: [msnyder@southpasadenaca.gov](mailto:msnyder@southpasadenaca.gov)**

## **New Class Offering at the South Pasadena Senior Center**

The South Pasadena Senior Center is excited to announce the launch of a new class designed specifically for older adults.

*Gymnasium for the Mind* is a dynamic program of directed games and exercises that gives your brain a workout and promotes a wide range of cognitive functions in a fun and engaging way.

The class will be held on Wednesdays from 1:00 p.m. to 2:00 p.m. starting September 4, 2024 through October 9, 2024.

The class is open to adults 55 years and older. Advanced registration is required.

To register online, please visit [www.southpasadenaca.gov/classes](http://www.southpasadenaca.gov/classes). For more information, please contact the South Pasadena Senior Center at (626) 403-7360 or email at [seniorcenter@southpasadenaca.gov](mailto:seniorcenter@southpasadenaca.gov)

#