

# Seal Beach Senior Services

## SPRING 2025



### **Transportation Services**

The city of Seal Beach provides two free transportation services programs for Seal Beach residents ages 60 and over:

- Senior Transportation Shuttle
- Dial-a-Ride Program

#### **Registration:**

Only registered users can partake in the Senior Transportation Shuttle and Dial-a-Ride service. To register as a new rider, please submit two items:

- Senior Transportation Application
- Copy of a photo ID showing proof of Seal Beach residency and date of birth. This identification can be in the form of a CA driver's license, CA ID Card, or a Golden Rain Foundation ID card if you are a Leisure World resident.

More information can be found online at:

<https://www.sealbeachca.gov/Departments/Community-Services-Recreation/Senior-Services>.

If you have any questions on the application process, would like to confirm whether you are an existing registered user, or have general questions regarding the Senior Transportation Services program, please contact:

- Tatiana Marocco | [tmarocco@sealbeachca.gov](mailto:tmarocco@sealbeachca.gov) | (562) 431-2527 x1390
- Leisure World Residents Only: Robann Arshat | [robertaa@lwsb.com](mailto:robertaa@lwsb.com) | (562) 431-6586 x317

#### **Senior Shuttle**

The city of Seal Beach Senior Shuttle Service is a 20-passenger shuttle that runs on a fixed route throughout major city stops, including Seal Beach Pier/Old Town area, Leisure World, and Rossmoor Shopping Center/North Seal Beach Community Center. This shuttle can accommodate wheelchairs and scooters, and has a bicycle rack that can hold 2 bicycles.

#### **Operating Hours**

- Monday through Friday
- 9:00 a.m. to 11:00 a.m. 12:00 p.m. to 4:00 p.m.



#### **Dial-A-Ride**

The city of Seal Beach Dial-a-Ride service will be provided by California Yellow Cab. This is a reservation-based service that will provide passenger vehicle transportation for travel within the Seal Beach city limits. Transportation services will be provided to any location within city limits, and up to three (3) miles outside city limits and within Orange County for non-emergency medical purposes. Users may also elect to go to the VA Hospital in Long Beach. Operating hours are Monday through Friday, 7:30am – 5:00pm.

#### **To make a reservation:**

1. Call (877) 224-8294 at least 24-hours in advance
2. Provide your Senior Transportation Program ID (#SBXXXX)
3. Request "ROUNDTRIP" if you need a ride back home
4. Provide the operator with pick-up date and time
5. Provide the operator with pick-up & drop-off location
6. Please note to the operator if you need any special accommodation



**IMPORTANT:** Same day reservations to/from any location cannot be guaranteed.

**Recreation Classes**

**Adult Tap**

An amazing, fun workout! This class is for those who have always wanted to tap dance or who have had fun tap dancing in the past. Explore various styles of tap, combinations, and more. Tennis shoes, hard soled shoes, or tap shoes are the best to wear for class.

**No Class: 4/24**

**Location:** Marina Community Center **Instructor:** Anne Pennypacker  
**242026-01** 4 weeks Thursday 4/03-5/01 7:00p-7:45p \$68  
**242026-02** 4 weeks Thursday 5/08-5/29 7:00p-7:45p \$68

**Essentrics**

Essentrics Aging Backwards, is designed to teach clients to listen to their bodies. The focus of this class is to relax during movement so as not to worsen existing conditions, yet still increase range of motion – producing overall ease in functional activities. Chairs are used as balance enhancers for less stable individuals in this standing class.

**No Class: 4/18**

**Location:** Seal Beach Senior Center **Instructor:** Eunis Christensen  
**242098-01** 8 weeks Friday 4/04-5/30 1:30p-2:15p \$122

**Evening Yoga**

Shed the day and transition to night by practicing calming physical exercises, meditation, breathing exercises, and relaxation. Both floor and chair yoga options will be taught. Bring a yoga mat for floor yoga.

**Location:** Seal Beach Senior Center **Instructor:** Kimberly Shotwell  
**242075-01** 12 weeks Tuesday 3/25-6/10 5:00p-6:00p \$180  
**242075-02** 6 weeks Tuesday 3/25-4/29 5:00p-6:00p \$90  
**242075-03** 6 weeks Tuesday 5/06-6/10 5:00p-6:00p \$90  
**242075-04** Drop-In Tuesday 3/25-6/10 5:00p-6:00p \$20

**Gentle Yoga**

Gentle yoga is movement through traditional yoga postures in a slow and deliberate manner. With practice, students will gradually increase flexibility, strength, balance, and stamina. As in all yoga, special attention is given to breath work to link breath movement. It is suitable for all ages and yoga experience. If choosing a 7-week package, you choose 7 of the listed class dates.

**Location:** Marina Community Center **Instructor:** Suzanne Watts  
**200126-01** 12 weeks Tuesday 3/25-6/10 8:30a-9:30a \$190  
**200126-02** 6 weeks Tuesday 3/25-4/29 8:30a-9:30a \$100  
**200126-03** Drop-in Tuesday 3/25-6/10 8:30a-9:30a \$18  
**200126-04** 12 weeks Thursday 3/27-6/12 8:30a-9:30a \$190  
**200126-05** 6 weeks Thursday 3/27-5/01 8:30a-9:30a \$100  
**200126-06** Drop-in Thursday 3/27-6/12 8:30a-9:30a \$18

**Jazzercise**

Jazzercise gives you all the cardio, strength, and stretch moves you want for a total body workout! And with all that, we've thrown in moves from hip-hop, Yoga, Pilates, jazz, dance, kickboxing, and resistance training. Please wear appropriate and sturdy athletic shoes. Bring a towel, weights, water, and a mat.

**Class meets on Saturdays, from 7:15am-8:15am. No Class: 5/26**

**Location:** North Seal Beach Community Center **Instructor:** Akemi Hanna  
**242044-01** 4 weeks M/W/F/Sa 3/31-4/27 6:00p-7:00p \$55  
**242044-02** 5 weeks M/W/F/Sa 4/28-5/31 6:00p-7:00p \$55  
**242044-03** 4 weeks M/W/F/Sa 6/02-6/28 6:00p-7:00p \$55  
**242044-04** 4 weeks M/W/F/Sa 3/31-4/27 6:00p-7:00p \$20  
**242044-05** 5 weeks M/W/F/Sa 4/28-5/31 6:00p-7:00p \$20  
**242044-06** 4 weeks M/W/F/Sa 6/02-6/28 6:00p-7:00p \$20

**Retirement Readiness Review**

Successful retirements don't happen by accident, so you want to make absolutely sure you get it right. Through this class you will learn when to take Social Security, how to invest for and throughout retirement, how to maximize Medicare, and how to ensure your loved ones are cared for both now and in the future.

**Location:** Fire Station #48 **Instructor:** Jonny West, CFP

**255050-01** 3 weeks Tuesday 3/18-4/01 6:30p-8:30p \$60  
**255050-02** 3 weeks Tuesday 5/06-5/20 6:30p-8:30p \$60  
**255050-03** 3 weeks Tuesday 5/27-6/10 6:30p-8:30p \$60

**FREE Services**

**AARP Tax Assistance**

Partnered with AARP, free assistance for low-income seniors will be offered to prepare State and Federal income tax returns. Tax assistance is offered Mondays **only**, from February to April. Appointments will be taken on a first-come, first-served basis. Beginning in January, please call (562) 431-2527 x1307 to book an appointment.

**Aging & Disability Resources**

The Orange County Aging and Disability Resource Connection (ADRC) serves older adults and individuals with disabilities with information and access to available long-term services and supports. Call: 714-480-6450.



**Emotional Support and Resources**

The NAMI OC Warmline is a no cost, confidential emotional support phone service, staffed by trained peer support specialists who provide compassionate listening along with OC resources. Utilize 20 minutes of emotional support every 12 hours. Call NAMI OC Warmline at (714) 991-6412.

**Food and Nutrition Resources**



Community Action Partnership of OC addresses the immediate needs of the community through the senior food box program with OC Food Bank as well as assists in enrollment in the CalFresh Program. Please visit [www.capec.org](http://www.capec.org) or call 714-897-6670 for more information about CAPOC's programs and services.

**Health Insurance Counseling and Advocacy**

HICAP provides free, unbiased, and 1-on-1 counseling regarding Medicare benefits and coverage options. Call HICAP to schedule an appointment at (714) 560-0424.

**Medicare 101**

Learn about Social Security timeframes, how to enroll in Medicare, and the qualifications to receive Medicare. Learn about what Part(s) A, B, C, and D consist of, what it covers, and does not cover. **Instructor: Cesar Arteaga**

**Location:** Seal Beach Senior Center  
**256040-01** 1 Day Tuesday 5/20 1:00p-2:00p 64+ (age)  
**256040-02** 1 Day Tuesday 7/15 1:00p-2:00p 64+ (age)

**Senior Lunch Café**



Meals on Wheels OC provides a senior lunch program at the North Seal Beach Community Center, The Lunch Café is served from 11 a.m.-noon, Monday-Fridays. The lunch program is open to all adults age 60 years and older. A suggested donation for lunch is \$3. For more information, call the site at (562) 430-6079 or visit the website at [www.sealbeachca.gov/city-services/senior-services](http://www.sealbeachca.gov/city-services/senior-services).



**Community Events**

**51st Annual, Run Seal Beach**

**When:** Saturday, April 5th



**Seal Beach Classic Car Show**

**When:** Saturday, April 26th | 9a-3p  
**Location:** Main Street

