

# Seal Beach Senior Services

## SPRING 2024



### 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 the operator with 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.

**Location:** Marina Community Center - 151 Marina Drive

**Instructor:** Anne Pennypacker

**No Class:** 4/4

**242026-01** 4 weeks Thursday 3/28-4/25 7:00p-7:45p \$68

**242026-02** 4 weeks Thursday 5/02-5/23 7:00p-7:45p \$68

### Combined T'ai Chi Chih

This moving meditation class improves balance and mindfulness. At 5:25pm, beginners learn the basics of how to move in T'ai Chi Chih. Intermediate students join at 6:00pm and we do a full practice with beginners following along for as long as they like. Wear comfortable clothing and flat shoes or socks.

**Location:** Seal Beach Senior Center - 707 Electric Avenue

**Instructor:** Suzanne Roady-Ross

**No Class:** 4/29

**242073-01** 4 weeks Monday 4/8-5/6 5:25p-6:45p \$58

### Essentrics Aging Backwards

This class 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.

**Location:** Seal Beach Senior Center - 707 Electric Avenue

**Instructor:** Eunis Christensen

**242098-01** 7 weeks Friday 3/8-4/5 1:30p-2:45p \$108

### Ice Skating for Adults

Learn to skate across the ice forward and backwards, stop, hop, spin, and more! Fee includes skate rental, 30-minute lesson, free practice on the day of class and three (3) additional practice passes to be used during the 4-week session. Please arrive 20 minutes early on the first day of class to fit your skates. Dress warm and wear gloves.

**Location:** The Rinks, Westminster Ice - 13071 Springdale Street

**Instructor:** Westminster Ice Staff

**No Class:** 3/30, 5/22, 5/25

**223131-01:** 4 weeks Wednesday 3/20-4/17 5:45p-6:15p \$65

**223131-02:** 4 weeks Wednesday 5/01-5/29 5:45p-6:15p \$65

**223131-03:** 4 weeks Saturday 3/23-4/20 10:30a-11:00a \$65

**223131-04:** 4 weeks Saturday 5/04-6/01 10:30a-11:00a \$65

### 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. All ages, levels, and sizes are welcome so come join us today! Please wear appropriate and sturdy athletic shoes. Bring a towel, weights, water, and a mat. **Class meets on Saturday from 7:15am-8:15am.**

**Location:** North Seal Beach Community Center - 3333 St. Cloud Dr.

**Instructor:** Akemi Hanna

**No Class:** 5/27

**242044-01:** 4 weeks M/W/F/Sa 4/1-4/28 6:00p-7:15p \$45

**242044-02:** 5 weeks M/W/F/Sa 4/29-6/2 6:00p-7:15p \$45

**242044-03:** 4 weeks M/W/F/Sa 6/3-6/30 6:00p-7:15p \$45

**Parks  
Make  
Life  
Better!**

Register for YOUR class online:  
[register.sealbeachca.gov](http://register.sealbeachca.gov)



## FREE Services

### AARP Tax Assistance

We are pleased to partner with AARP to offer free assistance for low-income seniors in preparing State and Federal Income tax returns. Tax assistance is offered on Monday mornings 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 or 1390 to make an appointment.

**Location:** Fire Station #48 Community Rm. 3131 N. Gate Road, Seal Beach, CA 90740



### 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 including what they cover and what they do not cover. The instructor will explain the options that Medicare beneficiaries have to get coverage for and what Medicare does not cover; such as: Medicare Advantage Plans, Prescription Drug Plans, and Medicare Supplement Plans. Additional plans are also available for those who are receiving financial assistance or for those who have Medicare and Medi-Cal.

**Location:** Seal Beach Senior Center, 707 Electric Avenue  
**Instructor:** Cesar Arteaga.

**256040-01:** 1 day Tuesday 4/9 1:00p-2:00p

**256040-02:** 1 day Tuesday 6/4 1:00p-2:00p

### Health Insurance Counseling and Advocacy Program (HICAP)

HICAP provides free, unbiased, and one-on-one counseling to assist Medicare beneficiaries, their families, and caregivers understand their Medicare benefits and coverage options that best meet their health care needs.. Call HICAP to schedule an appointment at (714) 560-0424. HICAP is a program of the Council on Aging-Southern California. HICAP does not sell or endorse any insurance product.

### Aging & Disability Resource Connection

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.

For more information please call: 714-480-6450.

### Senior Lunch Café



We are partnered with Meals on Wheels OC to provide a senior lunch program at the North Seal Beach Center, 3333 St. Cloud Drive, Seal Beach. The Lunch Café is served from 11 a.m.-noon, Monday to 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).