

# Seal Beach Senior Services

## WINTER 2023-24'



## 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 x1307
- 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 Center – 151 Marina Dr.

**Instructor:** Anne Pennypacker

**142026-01** 4 weeks Thu 1/04–1/25 7:00p–7:45p \$68

**142026-02** 4 weeks Thu 2/01–2/22 7:00p–7:45p \$68

**142026-03** 4 weeks Thu 2/29–3/21 7:00p–7:45p \$68

### Beginning & Intermediate 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 Ave.

**Instructor:** Suzanne Roady-Ross

**No Class:** 1/15

**142073-01** 5 weeks Mon 1/8–2/12 5:25p–6:45p \$70

**142073-02** 5 weeks Mon 3/11–4/1 5:25p–6:45p \$70

### 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 Ave.

**Instructor:** Eunis Christensen

**142098-01** 7 weeks Mon 1/5–2/16 1:30p–2:45p \$108

### Flow Yoga

Link breath to movement in this all-levels yoga flow class. The class will focus on breathwork, proper posture alignment, and improving mental clarity. Bring your own yoga mat and any other props to help you have an enjoyable class (ex: blocks, straps, bolsters).

**Location "01":** Seal Beach Senior Center – 707 Electric Ave.

**Location "02":** Marina Com Center – 151 Marina Drive

**Instructor:** Suzanne Watts

**No Class:** 2/27 & 3/5

**100127-01:** 10 weeks Tue 1/9–3/26 9a–10a \$160

**100127-02:** 12 weeks Wed 1/10–3/27 9a–10a \$190

### Jazzercise

Jazzercise gives you all the cardio, strength, and stretch moves you want for a total body workout! And with all that, we have 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 Center – 3333 St. Cloud Dr.

**Instructor:** Akemi Hanna

**No Class:** 12/28, 1/15, 2/19

**142044-01:** 5 weeks M/W/F/Sa 12/27–2/3 6p–7:15p \$45

**142044-02:** 4 weeks M/W/F/Sa 2/5–3/2 6p–7:15p \$45

**142044-03:** 4 weeks M/W/F/Sa 3/4–3/30 6p–7:15p \$45

**Parks  
Make  
Life  
Better!**

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



## 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 to make an appointment or for more information. Services will be provided at 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. Instruction will be located at the Seal Beach Senior Center, 707 Electric Avenue by Cesar Arteaga.

**156040-01:** 1 day Tuesday 1/23 1:00pm–2:00pm

### Office of Aging Partnership

#### A Matter of Balance

This is an award winning program designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. This program educates users throughout eight, two-hour sessions.

**156030-01:** 8 weeks on Wed 1/3–2/21 9:00am–11:00 am

#### Healthier Living with Chronic Conditions

This session is designed for any adult with an ongoing health condition interested in gaining control and managing their own health; including ways to control pain, stress, anxiety, while eating healthy, and keeping active.

**156031-01:** 6 weeks on Wed 1/3–2/21 1:30pm–4:00 pm

\*Both sessions will be held at Fire station 48 Community Room 3131 North Gate Road

### 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](https://www.sealbeachca.gov/city-services/senior-services).