



Seal Beach Senior Services

FALL 2023



Senior Lunch Café

The City of Seal Beach partners 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.



Senior Card Games

The Seal Beach Recreation and Community Services Department hosts the Senior Card Games at the North Seal Beach Community Center located at 3333 St. Cloud Drive on the first Thursdays of the month from 2:00pm-3:30pm. Games can include: Pinochle, Bridge, Rummy, or any other card games participants may want to play. This is a great opportunity to meet and socialize with other players. For more information, please contact Anthony at (562) 431-2527 ext. 1344, or email anguyen@sealbeachca.gov.

Recreation Classes

Register online at register.sealbeachca.gov

Adult Tap

Marina Center - 151 Marina Dr

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: 11/23

Instructor: Anne Pennypacker

442026-01 4 weeks Thu 9/21 - 10/12 7:00p-7:45p \$68

442026-02 4 weeks Thu 10/19 - 11/9 7:00p-7:45p \$68

442026-03 4 weeks Thu 11/16 - 12/14 7:00p-7:45p \$68

Beginning & Intermediate T'ai Chi Chih

SB Senior Center- 707 Electric Ave

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.

No Class: 10/9

Instructor: Suzanne Rody-Ross

442073-01 5 weeks Mon 9/18-10/23 5:25p-6:45p \$70

442073-02 5 weeks Mon 11/6-12/4 5:25p-6:45p \$70

Essentrics® Aging Backwards

SB Senior Center – 707 Electric Avenue

Essentrics® Aging Backwards is designed to teach clients to listen to their bodies. Often times, seniors, less mobile, or beginner participants experience physical issues such as arthritis, frozen shoulder, bursitis, herniated discs, back pain, sciatica, and plantar fasciitis. The focus of this class is to relax during movement so as not to worsen these 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.

Instructor: Eunis Christensen

442098-01:

9 weeks Fri 9/8–11/3 1:30p–2:45p \$136

Flow Yoga

Senior Center – 707 Electric Ave

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).

No Class: 9/19

Instructor: Suzanne Watts

400127-01

12 weeks Tue 9/5–11/28 9a–10:15a \$130

Jazzercise

North Seal Beach Center – 3333 St Cloud Dr

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.

No Class: 10/9, 11/10, 11/23, & 11/24

Instructor: Akemi Hanna

442044-01

4 weeks M/W/F 9/5–9/30 6p–7:15p \$45

442044-02

4 weeks M/W/F 10/2–10/28 6p–7:15p \$45

442044-03

4 weeks M/W/F 10/30–11/25 6p–7:15p \$45

442044-04

4 weeks M/W/F 11/27–12/23 6p–7:15p \$45

**Medicare 101**

Senior Center – 707 Electric Ave

Learn about Social Security timeframes, how to enroll in Medicare, and the qualifications to receive Medicare. Learn about what Part A, Part B, Part C, Part D consist of, what it covers, and does 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.

Instructor: Cesar Arteaga

456040-01

1 day Tuesday 10/10 1:00p–2:00p 64+ Free

456040-02

1 day Tuesday 11/14 1:00p–2:00p 64+ Free

Zumba Gold Dance Fitness

Marina Center – 151 Marina Dr

Lift your spirits with this Zumba Gold feel-good 45-minute dance fitness gathering. Classes are great fun for beginners, Boomers, active older adults, and anyone wanting a modified, low-impact version of a regular Zumba class. Easy to follow choreography is appropriate for any fitness level. No dance is experience required.

Instructor: Eunis Christensen

442090-01

4 weeks Mon 9/11 – 10/2 1:30p–2:15p \$58

442090-02

6 weeks Mon 10/16–11/20 1:30p–2:15p \$58

Register for classes online:
register.sealbeachca.gov

**Senior Transportation**

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 a 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, (562) 431-2527 x1307
- *Leisure World Residents Only:* Robann Arshat
 ◦ robertaa@lwsb.com, (562) 431-6586 x317

Senior Shuttle Service:

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 are Monday through Friday; 9:00a.m. to 11:00a.m., 12:00p.m. to 4:00p.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.