

Seal Beach Senior Services

FALL 2025



Transportation Services

Dial-A-Ride

Our Dial-a-Ride service 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 as well as UCI Health Los Alamitos. Operating hours are Monday through Friday from 7:30am – 5:00pm.



Senior Shuttle

Our 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 Rossmore 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 from 9:00 a.m. to 11:00 a.m. 12:00 p.m. to 4:00 p.m.

Community Events

Seal Beach Lions, Arts and Crafts Faire at Eisenhower Park

Saturday, September 6th | 9am-5pm
Sunday, September 7th | 9am-4pm



Tree Lighting Ceremony at Eisenhower Park

Saturday, November 22nd | 4p-7p



Thanksgiving Dinner at St. Anne's Church - 340 10th Street

Thursday, November 27th | 11am Bingo, 12pm Dinner



Christmas Parade on Main Street

Friday, December 5th | 7:00pm



FREE Services

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.

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 or call 714-897-6670 for more information about CAPOC's programs and services.

Health Insurance Counseling and Advocacy Program (HICAP)

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.

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.



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

No Class: 11/27

Instructor: Anne Pennypacker

442026-01	4 weeks	Thursday	8/21-9/11	7:00p-7:45p	\$68
442026-02	4 weeks	Thursday	9/18-10/09	7:00p-7:45p	\$68
442026-03	4 weeks	Thursday	10/16-11/06	7:00p-7:45p	\$68
442026-04	4 weeks	Thursday	11/13-12/11	7:00p-7:45p	\$68

Combined T'ai Chi Chih

This moving meditation improves balance and mindfulness. At 5:25 beginners learn the basics of how to move in T'ai Chi Chih. Intermediate students join at 6:00 and we do a full practice. Wear comfy clothes and flat shoes or socks.

Location: Seal Beach Senior Center

Instructor: Suzanne Roady-Ross

442073-01	5 weeks	Monday	9/8-10/6	5:25p-6:30p	\$70
442073-02	5 weeks	Monday	10/20-11/17	5:25p-6:30p	\$70

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

No Class: 9/9

Instructor: Kimberly Shotwell

442075-01	11 weeks	Tuesday	9/2-11/18	6:00p-7:00p	\$185
442075-02	4 weeks	Tuesday	9/2-9/30	6:00p-7:00p	\$70
442075-03	4 weeks	Tuesday	10/7-10/28	6:00p-7:00p	\$70
442075-04	3 weeks	Tuesday	11/4-11/18	6:00p-7:00p	\$45
442075-05	1-Day	Tuesday	9/2-11/18	6:00p-7:00p	\$20

Healing Hearts Sound Bath

The Healing Hearts Sound Bath is a 60-minute immersive experience that blends sound and guided meditation for emotional healing and relaxation. Enjoy soothing tones from crystal bowls, gongs, and chimes. Bring your yoga mat, blanket, and pillow. Experience inner peace, emotional release, and heart-centered healing.

Location: Seal Beach Senior Center

Instructor: Dr. Tselane Gardner

400128-01	1-Day	Friday	9/19	11:00a-12:00p	\$30
400128-02	1-Day	Friday	10/17	11:00a-12:00p	\$30
400128-03	1-Day	Friday	11/21	11:00a-12:00p	\$30
400128-04	1-Day	Friday	12/19	11:00a-12:00p	\$30

Latin Rhythms

Learn to look your best on the dance floor! This class will cover leads and follows, basics and turns of salsa, bachata, rumba, swing, and more!

Location: Marina Community Center

Instructor: Anne Pennypacker

442027-01	4 weeks	Wednesday	9/17-10/8	6:30p-7:15p	\$68
442027-02	4 weeks	Wednesday	10/15-11/5	6:30p-7:15p	\$68

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 retirement income, how to lower your taxes, how to maximize Medicare, and how to ensure your loved ones are cared for both now and in the future.

Location: Fire Station #48 - Community Room

Instructor: Jonny West

411060-01	3 weeks	Tuesday	9/16-9/30	6:30p-8:30p	\$60
411060-02	3 weeks	Tuesday	10/21-11/4	6:30p-8:30p	\$60
411060-03	3 weeks	Tuesday	11/18-12/2	6:30p-8:30p	\$60

Aikido Martial Arts

This course focuses on the martial art of "Aikido" self-defense. Students will learn the principles of falling, rolling, and defense techniques against punches, strikes, knife attacks, control, blending with your opponent, mat safety, and self-defense awareness. Wear sweats and no jewelry. All students that attend must have the ability to roll and fall at a moderate pace. **Some Saturdays to be announced from 9:00am-10:30am.**

Location: North Seal Beach Community Center

Instructor: Steven Wasserman

442050-01	11 weeks	Mon./Wed.	9/1-12/20	7:30p-9:30p	\$185
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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

Instructor: Eunis Christensen

442098-01	8 weeks	Friday	9/12-10/31	1:30p-2:45p	\$122
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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

400126-01	14 weeks	Tuesday	9/2-12/9	8:30a-9:30a	\$220
400126-02	7 weeks	Tuesday	9/2-10/14	8:30a-9:30a	\$115
400126-03	14 weeks	Thursday	9/4-12/11	8:30a-9:30a	\$220
400126-04	7 weeks	Thursday	9/4-10/16	8:30a-9:30a	\$115
400126-05	14 weeks	Tues/Thu	9/2-12/11	8:30a-9:30a	\$318
400126-06	1-Day	Tuesday	9/2-12/9	8:30a-9:30a	\$18
400126-07	1-Day	Thursday	9/4-12/11	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. **Saturday class meets from 7:15am-8:15am.**

Location: North Seal Beach Community Center

No Class: 9/1, 11/28, 12/24, 12/26, 12/31

Instructor: Akemi Hanna

442044-01	5 weeks	M/W/F/Sa	9/1-10/4	6:00p-7:15p	\$45
442044-02	5 weeks	M/W/F/Sa	10/6-11/1	6:00p-7:15p	\$45
442044-03	4 weeks	M/W/F/Sa	11/3-11/29	6:00p-7:15p	\$45
442044-04	5 weeks	M/W/F/Sa	12/1-1/3	6:00p-7:15p	\$45

Science of Stretching

This class is meant to compliment your other workout routines. Targeted stretching can increase your flexibility, lengthen soft tissue, increase joint range of motion, increases circulation, reduce inflammation and support your active lifestyle. Bring a mat and a beach towel. Wear clothes you can easily move and bend wearing. Taught by a certified stretch coach. 20% Discount for SBTPC Members!

Location: Seal Beach Tennis & Pickleball Center Activity Room

No Class: 9/11

Instructor: Kim Shotwell

442076-01	11 weeks	Thursday	9/4-11/20	6:00p-7:00p	\$220
442076-02	3 weeks	Thursday	9/4-9/25	6:00p-7:00p	\$60
442076-03	5 weeks	Thursday	10/2-10/30	6:00p-7:00p	\$100
442076-04	3 weeks	Thursday	11/6-11/20	6:00p-7:00p	\$60
442076-05	1-Day	Thursday	9/7-11/20	6:00p-7:00p	\$20