



# Seal Beach Senior Services

## SPRING 2026



### Transportation Services

#### RideYellow 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 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 from 9:00 a.m. to 11:00 a.m. 12:00 p.m. to 4:00 p.m.

### Community Events



**52<sup>nd</sup> Annual Run Seal Beach**  
register at [runsealbeach.com](http://runsealbeach.com)  
**Saturday, March 28<sup>th</sup> | 5k/10k/Fun Run**

**Seal Beach Classic Car Show** on Main St.  
**Saturday, April 25<sup>th</sup> | 9am-3pm**



**Dump Day Seal Beach** at 1776 Adolfo Lopez Dr.  
**Saturday, May 2<sup>nd</sup> | 8am-11am**

**Senior Resource Fair** at North SB Community Center  
**Wednesday, May 20<sup>th</sup> | 11:00am - 2:00pm**



### FREE Services

#### AARP Tax-Aide

Free Tax Assistance and Preparation with a focus on older adults with low to moderate income. Appointments must be booked with City staff, with openings (until filled) through Monday, April 13. Call to book: (562) 431-2527 ext. 1307 or 1390

#### 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](http://www.capec.org) or call 714-897-6670 for more information about CAPOC's programs and services.

#### 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).



## 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

**Instructor:** Anne Pennypacker

**No Class: 4/9**

**242026-01** 4 weeks Thursday 4/2-4/30 7:00p-7:45p \$68

**242026-02** 4 weeks Thursday 5/7-5/28 7:00p-7:45p \$68

### All-Levels Yoga

Held outdoors under the covered canopy at River's End Park, this all-levels yoga class focuses on building strength, flexibility, balance, and body awareness through mindful movement and breath. The class offers a refreshing way to reset while enjoying scenic views of the Southern California coastline, Pacific Ocean, and San Gabriel River.

**Location:** River's End Park

**Instructor:** Flow House Yoga Studio

**211000-01** Drop-In Saturday 4/4-5/23 10:30a-11:30a \$24

**211000-02** Drop-In Sunday 3/29-6/14 10:30a-11:30a \$24

### 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

**No Class: 4/3**

**242098-01** 9 weeks Friday 3/20-5/22 1:30p-2:15p \$139

### 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

**No Class: 5/28, 6/2**

**200126-01** 12 weeks Tuesday 3/24-6/16 8:30a-9:30a \$190

**200126-02** 6 weeks Tuesday 3/24-4/28 8:30a-9:30a \$100

**200126-03** Drop-in Tuesday 3/24-6/16 8:30a-9:30a \$20

**200126-04** 12 weeks Thursday 3/26-6/18 8:30a-9:30a \$190

**200126-05** 6 weeks Thursday 3/26-4/30 8:30a-9:30a \$100

**200126-06** Drop-in Thursday 3/26-6/18 8:30a-9:30a \$20

**200126-07** 12 weeks Tues./Thur. 3/24-6/18 8:30a-9:30a \$274

### 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

**200128-01** 1-Day Friday 3/27 11:00a-12:00p \$30

**200128-02** 1-Day Friday 4/17 11:00a-12:00p \$30

**200128-03** 1-Day Friday 5/15 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

**No Class: 4/8**

**242027-01** 4 weeks Wednesday 4/1-4/29 6:30p-7:15p \$68

**242027-02** 4 weeks Wednesday 5/6-5/27 6:30p-7:15p \$68

### 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

**242050-01** 12 weeks Mon./Wed. 3/23-6/13 7:30p-9:30p \$185

### 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

**242073-01** 5 weeks Monday 4/13-5/11 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. Drop-in fee is \$20.

**Location:** Seal Beach Senior Center

**Instructor:** Kimberly Shotwell

**242075-01** 11 weeks Tuesday 3/24-6/16 6:00p-7:00p \$185

**242075-02** Any 5-weeks Tuesday 3/24-6/16 6:00p-7:00p \$95

**242075-03** Drop-In Tuesday 3/24-6/16 6:00p-7:00p \$20

### Get in the Swing

Our intro to East Coast Swing class is the perfect way to meet new people while learning an easy, versatile dance style. We'll cover simple moves while building a solid foundation for social dancing. Gain confidence on the dance floor and have fun from the very first class! No partner necessary.

**Location:** Dance Around The Clock

**Instructor:** Chris Glowinkowski

**No Class: 4/5**

**244022-01** 4 weeks Sunday 3/22-4/19 4:00p-4:45p \$78

**244022-02** 4 weeks Sunday 4/26-5/17 4:00p-4:45p \$78

### 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: 5/25**

**Instructor:** Akemi Hanna

**242044-01** 4 weeks M/W/F/Sa 4/6-5/2 6:00p-7:00p \$55

**242044-02** 4 weeks M/W/F/Sa 5/4-5/30 6:00p-7:00p \$55

**242044-03** 5 weeks M/W/F/Sa 6/1-7/1 6:00p-7:00p \$55

**242044-04** 4 weeks M/W/F/Sa 4/6-5/2 6:00p-7:00p \$20

**242044-05** 4 weeks M/W/F/Sa 5/4-5/30 6:00p-7:00p \$20

**242044-06** 5 weeks M/W/F/Sa 6/1-7/1 6:00p-7:00p \$20

### Community Gardens Waitlist

Join the waiting list to obtain a plot in our Edison Community Gardens. You must be a Seal Beach resident in order to participate in this program. When a spot becomes available, a City staff member will contact you.

**Location:** Edison Park

**000000-01 \$0**