



Seal Beach Senior Services

SUMMER 2026



Transportation Services

Dial-A-Ride RideYellow

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

Seal Beach, Senior Resource Fair at NSBCC, 3333 St. Cloud Dr.
Wednesday, May 20th from 11:00am-2:00pm



Seal Beach, Be More Healthy Expo at Eisenhower Park
Saturday, June 13th from 10:00am-2:00pm



Picnic in the Park at Edison Park, 99 College Park Dr.
Saturday, June 13th from 11:00am-2:00pm



Summer Concerts at Eisenhower Park
Wednesdays, at 6:00pm, June 24th – August 5th



National Night Out at Eisenhower Park
Tuesday, August 4th from 6:00pm-8:00pm



Summer Send-Off at Heather Park, 3921 Iris St.
Saturday, August 8th at 6:30pm



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 & Advocacy Program



HICAP provides free, unbiased medicare counseling & education. HICAP counselors are state-registered staff and volunteers, and offer personalized counseling and assistance to understand Medicare coverage options and choosing plans best suited for their needs. Call (714) 560-0424, or visit HICAP online at www.coasc.org/hicap.

Virtual Educational Events



Register for virtual educational events, hosted by local Caregiver Resource Centers. All events listed are virtual and open to everyone. This is a collaborative effort of the California Caregiver Resource Centers to ensure high-quality education for California family caregivers. For registration information, please visit: www.caregivercalifornia.org/event

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

Instructor: Anne Pennypacker

No Class: 7/16

342026-01 4 weeks Thursday 6/11-7/2 6:30p-7:15p \$68

342026-02 4 weeks Thursday 7/9-8/6 6:30p-7:15p \$68

Aikido Martial Arts

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. A martial arts gi is optional and can be purchased on your own. Belt testing is optional. All students that attend must have the ability to roll and fall at a moderate pace and will be allowed to participate only per the instructor's discretion. **Some Saturdays to be announced from 9:00am-10:30am.**

Location: North Seal Beach Community Center

Instructor: Steve Wasserman

342050-01 11 weeks Mon./Wed. 6/14-8/29 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 with beginners following along for as long as they like. Wear comfy clothes and flat shoes or socks.

Location: Seal Beach Senior Center

Instructor: Suzanne Roady-Ross

342073-01 5 weeks Monday 7/6-8/3 5:25p-6:30p \$70

Essentrics Aging Backwards

Essentrics Aging Backwards 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

342098-01 6 weeks Friday 7/10-8/14 1:30p-2:15p \$99

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. "Pick any 5 dates" for \$95. With the "pick 5" option, you pay in advance for 5 classes, giving you access to any 5 dates during the session. You do not need to preschedule the dates, this is the ultimate flexibility. Unused classes to no transfer to another session.

Location: Seal Beach Senior Center

Instructor: Kimberly Shotwell

342075-01 11 weeks Tuesday 6/16-8/25 6:00p-7:00p \$185

342075-02 Pick 5 Tuesday 6/16-8/25 6:00p-7:00p \$95

342075-03 Drop-in Tuesday 6/16-8/25 6:00p-7:00p \$20

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.

Location: Seal Beach Senior Center

Instructor: Suzanne Watts

300126-01 11 weeks Tuesday 6/23-9/1 8:30a-9:30a \$175

300126-02 Any 6 weeks Tuesday 6/23-9/1 8:30a-9:30a \$100

300126-03 Drop-in Tuesday 6/23-9/1 8:30a-9:30a \$18

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: 7/5

344022-01 4 weeks Sunday 6/28-7/26 4:00p-4:45p \$78

344022-02 4 weeks Sunday 8/2-8/23 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.** Limited series are \$20.

Location: North Seal Beach Community Center

Instructor: Akemi Hanna

342044-01 4 weeks M/W/F/Sa 7/6-8/1 6:00p-7:15p \$45

342044-02 4 weeks M/W/F/Sa 8/3-8/29 6:00p-7:15p \$45

342044-03 4 weeks M/W/F/Sa 7/6-8/1 6:00p-7:15p \$20

342044-04 4 weeks M/W/F/Sa 8/3-8/29 6:00p-7:15p \$20

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: 7/15

342027-01 4 weeks Wednesday 6/10-7/1 6:45p-7:30p \$68

342027-02 4 weeks Wednesday 7/8-8/5 6:45p-7:30p \$68

Outdoor Yoga at River's End Park

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

311000-01 Drop-in Saturday 6/20-8/22 10:00a-11:00a \$24

311000-02 Drop-in Sunday 6/21-8/23 10:00a-11:00a \$24

Totally 80's Dance

Bust out your neon leg warmers and moonwalk into this totally rad dance class that won't break your stride! Dancers will chaine, chasse, and lindy ball change their way from center floor, across floor, and get into the groove to a totally awesome routine to all our favorite eighties songs!

Location: Marina Community Center

Instructor: Anne Pennypacker

No Class: 6/24

342029-01 4 weeks Wednesday 6/10-7/1 7:30p-8:15p \$68

Yoga Foundations: Poses, Practice, & Philosophy

Curious about yoga, but not sure where to begin? Designed for all ages and skill levels, this class will guide you step-by-step, so you can walk into any yoga class with confidence and ease. Learn fundamental poses, etiquette, and philosophy. No flexibility or prior experience required. Leave feeling empowered, informed, and inspired to discover your yoga journey. Bring a beach towel or yoga mat.

Location: Seal Beach Senior Center

Instructor: Kimberly Shotwell

342076-01 1-Day Thursday 6/18 6:00p-8:00p \$60

342076-02 1-Day Saturday 6/20 9:00a-11:00a \$60