



50

**FUN PLACES
FOR SENIORS
TO GO ON
THE BUS**



1. The Queen Mary

The Queen Mary is the most famous landmark in Long Beach. She sailed on her maiden voyage on May 27, 1936. She left Southampton for the last time on October 31, 1967 and sailed to Long Beach where she remains permanently moored. The ship is now a hotel and attraction with a variety of restaurants, nightlife, tours and special events on board located in the Events Park adjacent to the ship.

Route Passport

2. Bixby Knolls

Long Beach's most family-friendly neighborhood is lined with historic Craftsman-style homes centered around quaint shopping and dining destinations. Bixby Knolls is an area of Long Beach adjoining North Long Beach, California Heights, Wrigley, and the original Los Cerritos Ranch House historic site.

Route 61

3. Rainbow Harbor / Rainbow Marina

Rainbow Harbor and Rainbow Marina is located between Shoreline Village and the Aquarium of the Pacific in the heart of downtown Long Beach. The marina area is home to an array of waterfront attractions, including: sports fishing; whale watching; harbor cruises and dinner cruises. The area is just steps away to a range of shopping, dining and entertainment options, located at Shoreline Village and the Pike Outlet stores.

Route Passport

4. Shoreline Aquatic Park

Shoreline Aquatic Park is a city park on Queensway Bay near downtown Long Beach. A sandy beach occupies the north side of the park on Rainbow Harbor and terminates with a rocky shoreline. At the center of Shoreline Aquatic Park on a grassy hill, is a tall lighthouse tower with a paved spiral walkway leading to it. Picnic tables and benches make this a great spot to relax and take in the view.

Route Passport

5. Aquarium of the Pacific

The Aquarium is located in Long Beach at Rainbow Harbor. The Aquarium features a collection of over 11,000 animals representing over 500 different species in exhibits ranging in size and capacity from about 5,000 to 350,000 gallons. The Aquarium has a total of three galleries to explore. One focuses on the beautiful waters of Southern California and Baja to the cold waters of the Northern Pacific and the third gallery focuses on the reefs of the Tropical Pacific.

Route Passport

6. Whale Watching

Visitors might see the amazing blue whales on full display. Weighing 170 tons, these gigantic blue whales are not only the largest mammals on earth, but some of the largest creatures to have existed on earth! Finback whales and gray whales are also a common sight, as are pods of dolphins, numerous species of birds, and sea lions.

Route Passport



7. Rancho Los Alamitos

Rancho Los Alamitos is famed for its adobe core ranch house c.1800, four acres of lush historic gardens, and the restored barns area that recalls the great ranching heritage of Southern California from the early-mid 20th century. Enjoy Rancho Center including a permanent exhibition, theatre and related program facilities that connect 21st century audiences with the powerful story of California, its landscape and inhabitants throughout time. Meticulous restoration of the barns area brings back the historical character, sights and sounds of the original working ranch, its historic barns, working blacksmith shop, feed shed and corrals. It is also the new home of the Ranch animals like ducks, chickens, rabbits, and horses.

Route 81, 91, 94

8. Long Beach Museum of Art (LBMA)

The museum was founded in 1950 as a municipal art center for the City of Long Beach. Since 1957 the museum has been located in the Elizabeth Milbank Anderson House. The museum offers diverse and compelling exhibitions. The museum's permanent collection has a diversity of more than 3,200 works encompassing 300 years of American art. Also, Claire's at the Museum is a wonderful place to eat while enjoying the scenic ocean views.

Route 121

9. Pacific Island Ethnic Art Museum – (PIEAM)

PIEAM was founded in 2010, the Museum's focus is to incorporate the different diverse cultures of the Pacific Islands. The Museum aims to inspire and educate visitors about the Pacific Islands and its many diverse cultures. Visitors can expect unique exhibitions, top-notch educational programs, and a world-class permanent collection which also features living arts.

Route 71, 72, 91, 92, 93, 96

10. Museum of Latin American Art – (MOLAA)

MOLAA located in Downtown Long Beach, is currently the only museum in the United States, that is dedicated to modern and contemporary Latin American and Latino art. Such a wonderfully curated and culturally enriching museum. It's truly a hidden gem: great exhibits, friendly staff, and the onsite museum café is delicious. Currently the museum has free admission on Sundays.

Route 71, 72, 91, 92, 93, 94, 96

11. Long Beach Town Center

You will enjoy the setting of the Town Center. They have a huge fireplace and a great fountain with shooting geysers for the kids to play in when it's warm. The outdoor marketplace has a wide variety of stores, shops, restaurants, and more. Check the movie listings before you go and catch a flick while you're out on the town.

Route 101, 173

12. Colorado Lagoon

The Colorado Lagoon Park has sandy beaches along two sides of the shoreline. This is an inland lake that is surrounded by parks and golf courses. The Colorado Lagoon has a sandy swimming beach with restrooms, picnic area, playground equipment, wetlands, with a Marine Science Education Center.

Route 151



13. Pike Outlets

The Pike Outlets located in Downtown Long Beach is near the Aquarium of the Pacific. The Outlets is a shopping and dining destination that features over 344,000 square feet of great retailers and entertainment options including Restoration Hardware Outlet, Nike, Cinemark Theatres, and a diverse mix of restaurants including Famous Dave's, Bubba Gump Shrimp Co., Hooters, and much more.

Route Passport

14. Los Cerritos Center

The huge indoor mall located in Cerritos is one of the largest malls in the area with a host of major retailers and department stores that will definitely meet your every shopping need. It's a great location to get your fashion fix, and to find the best deals for your wallet. Los Cerritos Center also contains a movie theater and dining establishments.

Route 172, 173, 192

15. Seal Beach

Seal Beach is a small beachside community with a great Main Street and many local shops and food options. LBT takes you right to the heart of the Old Town community where you can walk along Main Street and visit a lot of cool little shops while on your way to the Seal Beach Pier. Walking the pier is a must to take in the views of Seal Beach, Long Beach, mountains, jetties, dolphins, and surfers. This is a great place to watch the sun set.

Route 131

16. Market Place

This is one of the most beautiful outdoor shopping centers in Long Beach. This amazing location has restaurants and dining opportunities for every appetite, a Trader Joe's, clothing stores, movie theatres and it's all located in an cute little area surrounded by green grass, beautiful ponds and if you are lucky you might even see a little duck.

Route 121, 131

17. Alamitos Bay Landing

Welcome to Alamitos Bay Landing. LBT's AquaLink boat uses Berth 3 in front of The Boat House on the Bay restaurant. Alamitos Bay Landing is a beautiful place to watch the boats come and go. Come to dine, have a beer at Ballast Point, rent a Duffy boat, Jet Ski or a hydrobike, ride the Aqualink, get your hair done, buy yarn, scuba dive, fish, or get your nails done. Alamitos Bay Landing has something for everyone!

Route 131

18. Shoreline Village

Shoreline Village is a great location near Rainbow Harbor in Downtown Long Beach that is loaded with beachfront charm and character. The sun splashed village has restaurants, shops and let's not forget the Rocky Mountain Chocolate Factory. The classic arcade in Shoreline Village houses a great carousel that is very popular with the kids. Wheel Fun Rentals offers not just bicycle/quadcycle rentals, but also Segway tours of the harbor and Pike.

Route Passport



19. Naples Island

Naples is a beautiful island get-away. The neighborhood, built in 1903, is on three islands in Alamitos Bay. The islands are divided by canals which open up into the beautiful Alamitos Bay. The canals are a great location to take a scenic gondola ride. The Center of Naples also has a large beautiful fountain, which is a popular meeting spot. It's a nice place to walk during sunset also. There are restaurants within walking distance.

Route 121, 131

20. Earn Burns Japanese Gardens at Long Beach State

The Japanese Garden is a picturesque natural retreat that features green botanicals, brightly colored flowers, and towering trees that provide a picturesque backdrop for your serene day. Inspired by the majestic Imperial Gardens of Tokyo and other immaculate Japanese and American gardens. The venue's beautiful koi pond, tea house, charming arched bridge and bubbling waterfall combined with pristine gardens create a sense of wondrous romance.

Route 45, 45, 91,91,93,94,121,171,173

21. Lakewood Center

Lakewood Center is a major shopping mall located in the City of Lakewood. Not only does Lakewood Center have the major retailers inside the mall, there are several stores surrounding it as well. Once you're done shopping, take advantage of the many dining opportunities in the Center or Restaurant Row along Candlewood Street on the north side of Lakewood Center. **Route 93, 103, 111, 112, 191**

22. Long Beach Transit

Long Beach Transit takes you just about anywhere you want to go in Long Beach, Lakewood, and Signal Hill. Most Long Beach Transit's routes run seven days a week and all of Long Beach Transit's routes are wheelchair accessible. For information head over to First & Pine in Downtown Long Beach or call Customer Service at (562) 591-2301.

Route 1, 21, 22, 46, 51, 52, 61, 71, 72, 81, 91, 92, 93, 94, 111, 112, 121, 151, 172, 173, 174, 191, 192

23. Cambodia Town

Cambodia Town is one of the most interesting areas of Long Beach, shaped through a truly diverse mixture of cultures. The mile long corridor along Anaheim Street between Junipero and Atlantic that makes up Cambodia Town is lined with countless opportunities for a one of a kind meal or shopping experience. If you're looking for an opportunity to experience the most diverse, culturally-rich portion of Long Beach, Cambodia Town is a must-visit. Today, Long Beach is home to the largest population of Cambodians anywhere in the United States

Route 21, 22, 45, 46, 61



24. Long Beach State

Long Beach State is home to the 49ers and is known nationally as “The Beach”. LBSU is the third largest campus of the CSU system and has over 35,000 students. The campus is beautiful place to visit with rolling hills, sculptures, and lovely landscaping. To help you get around, take the On-Campus shuttle for a full view of campus services and activities. Don’t miss the many food courts on campus! The Older Adult Life Institute (OLLI) on campus has a wide and varied list of classes targeted at seniors. While on campus, visit the Japanese Gardens and maybe catch a game at the pyramid! Go Beach!

Route 45, 46, 81, 91, 92, 93, 94, 96, 171, 173

25. Downtown Long Beach

Downtown Long Beach is a vibrant waterfront metropolis with a feel for the past and anticipation of the future. The downtown area is a model of distinguished urban living that is internationally recognized for its unique vision: progressive, diverse, culture. The area has the best aspects of an innovative global city: dynamic architecture, light filled public spaces, active recreation, celebration of our unique culture and respect for the natural environment. Fueled by a vibrant city center, Downtown Long Beach is a place where residents are proud to live, work, and play in 1.38 “Un square miles” that defines the compact city core and the cosmopolitan and creative people that live and work there. Take a bus to the Transit Gallery. **Route 1, 21, 22, 46, 51, 52, 61, 71, 72, 81, 91, 92, 93, 94, 111, 112, 121, 151, 172, 173, 174, 191, 192**

26. Belmont Shore

Belmont Shore is a charming beach-side neighborhood community with a very enjoyable shopping district to eat, shop, drink, and be merry in Long Beach. With the beach looming just blocks away, 2nd Street is the place where college students like to go, friends prefer to meet for a brew, and couples head over for a table in or outdoors at restaurants ranging from Mexican, Irish, Thai and Mediterranean cuisine to American burgers & fries or Italian. Belmont Shore goes from Bluff Park on the west to Alamitos Bay and Naples Island on the east. The eastern border on Alamitos Beach Bay is an inland beach that faces Naples Island across the channel. The neighborhoods features Spanish-style homes from the 1920s and 1930s, older houses remodeled and expanded into contemporary styles, numerous large contemporary houses, and sections of multifamily apartment buildings.

Route 121, 131

27. 4th Street Retro Row

4th Street Retro Row is a community that brings business, residents and visitors together in celebration of independence and diversity. The Row runs along Fourth Street from Cherry to Junipero and looks different because of its diversity. Diversity means each storefront and residence has a personality unto itself. Diversity means they create experiences you won’t find elsewhere. Diversity means that their differences are their biggest strength. Fourth Street Retro Row means the freedom to live the way you want, shop somewhere special, and eat something different.

Route 151, 21, 22



28. Long Beach Veterans Stadium Flea Market

The Long Beach Veterans Stadium Flea Market is held every 3rd Sunday of every month at Long Beach Veterans Stadium on Clark Avenue near Carson Street. It features a huge selection of antiques, collectibles, and everything chic, cheap, unique, and vintage for bargain prices. It is rated as the “Top Flea Market in U.S.” by Good Housekeeping Magazine. The Flea Market has over 20 acres of collectibles, home décor, vintage clothing, Jewelry, antiques, and bargains. Food, beer, ATM, and restrooms are available.

Route 112, 101, 103

29. East Village Arts District

There are not official boundaries for East Village but it is loosely defined by Alamitos Avenue to the east, Ocean Blvd on the south, Long Beach Blvd on the west, and 3rd Street to the north. Even without specific borders, it is obvious when you’ve entered East Village, because this little community has a vibrant personality that’s all its own. The most noticeable aspect of the East Village Arts District is, not surprisingly, the street art. There are dozens of murals covering the sides of various buildings in this neighborhood, ranging in size from a few inches to an entire multi-story wall. With the turn of every corner comes something new, exciting, and unexpected. This neighborhood is home to some of the best independent shopping in the city. Streets are full of coffee shops, art galleries, independent record stores, restaurants, and boutiques within beautiful historic buildings.

Route Passport, 121, 111, 112, 151, 71, 72, 51, 52, 61

30. El Dorado Nature Center

Looking for a bit of nature in the middle of the city? Nestled between the San Gabriel River and the 605 Freeway, El Dorado Nature Center is an oasis of natural habitat, offering visitors the chance to escape the hustle and bustle of the urban environment. The 105 acres that make up the Nature Center grounds provide sanctuary for animals and plant life. Two miles of dirt trails and ¼ mile paved trail wind around two lakes, a stream and forested areas. At the entrance, cross over the wooden bridge that spans the lake and you’ll find yourself on a small island that houses the Visitor Center, containing educational displays, art gallery and a small gift shop offering environmentally themed books and gifts.

Route 102, 104, 173

31. El Dorado Park / Library

El Dorado Park in the eastern part of the city, contains six lakes that includes lovely pathways and unexpected wildlife. The expansive park features a spacious senior community center, night-lighted basketball and volleyball courts, softball and soccer fields, bicycle trails, scenic paths, and six picnic sites. There is also an 18-hole golf course and restaurant, tennis courts, library, archery range, playground equipment and a duck pond. Don’t miss the paddle boat rentals or train rides for youth and adults.

Route 173



32. Catalina Express to Catalina

Catalina Island is a picture perfect paradise and a world apart from the hustle and bustle of the mainland just 22 miles away. The air is refreshing, the water is clear, the community is casual and friendly, and there's not one traffic light on the whole island. From the city of Avalon to the rustic village of Two Harbors, experience the Island for yourself - explore the rugged back country where the bison roam, enjoy the most stylish in dining experiences, conquer the rush of thrilling adventures, and relax on the sand with the gentle rhythm of the ocean. When you're on "Island Time", you're always having the time of your life.

Route 121

33. Museum Express

One of Long Beach Transit's most popular programs, Museum Express gives residents the opportunity to travel to well-known, often nationally-acclaimed, museums and gardens for only \$12 via a comfortable, air conditioned Long Beach Transit bus. Destinations include the Getty Center, Mission San Juan Capistrano, Regan Library, Autry Museum, Morongo Casino, Norton Simon Museum, Huntington Library, and the Laguna Art Festival, and many others. The program operates July 6 through August 26, 2018. All trips begin at LBT's Transit and Visitor Information Center on the Transit Gallery near the corner of 1st Street at Pine Avenue in Downtown Long Beach. Take a bus to the Transit Gallery.

Route 1, 21, 22, 46, 51, 52, 61, 71, 72, 81, 91, 92, 93, 94, 111, 112, 121, 151, 172, 173, 174, 191, 192

34. Belmont Pier

Belmont Pier is a popular site for fishing and strolling. The pier is located on Ocean Blvd. near Belmont Shore. The current pier was built in 1966, replacing a wooden pier that stood for over 50 years. The 1,620 foot-long concrete pier offers wonderful views of Long Beach and the surrounding area. Sport Fishing can be accessed at the end of the pier, as well as a snack stand and bait shop. Naturally, you'll also want to walk along Long Beach's 5-mile coastline and take in all the sites from Alamitos Beach to 72nd Street on the Peninsula. The pier is ideally located to shops and restaurants. Don't miss the Belmont Brewing Company that has great food, brews, and views.

Route 121 & 131

35. Uptown Long Beach

Experience a revival in full swing in Uptown. Long Beach's landmark of diversity has produced many famous musicians, and the vibrant spirit of art and culture has never been stronger. There is no shortage of opportunities to revel in the history of the area, including a visit to Houghton Park, the newly minted Michelle Obama Library or the Uptown Business District. In the Uptown Business District, you'll find an eclectic blend of specialty shops, services and restaurants to meet your every need. Most importantly, you'll find one of their greatest assets...Smiling faces and a culturally rich community that make it a great place to visit.

Route 51, 52, 61, 192



36. Historical Society of Long Beach

The Historical Society of Long Beach (HSLB) is a nonprofit organization dedicated to connecting people to the past and to the place they live by collecting, preserving, and exhibiting the historical material of Long Beach. Through their programs and services, the Historical Society helps develop an inclusive community narrative that gives residents a greater understanding of their role in the story of their neighborhood, the city and the larger world. The HSLB serves as an important resource for groups and individuals including preservationists, architects, historians, artists, and filmmakers. Through their programs, exhibitions, collections, and lectures they engage the community in thinking about what makes Long Beach unique.

Route 61

37. Aqualink / AquaBus

Long Beach Transit's (LBT) water taxis are the coolest ride in town! LBT welcomes you to the 2018 Water Taxi season that runs on weekends (Fri – Sunday) from Memorial Day to Labor Day, 7-days per week all summer long and weekends again from Labor Day to the end of October. LBT has a plan to get you around the city, whether you're looking to travel by bus or boat. The AquaLink travels Long Beach's 5-mile coastline connecting Alamitos Bay Landing to the Aquarium and the Queen Mary for \$5.00 each way. The AquaBus circulating in Rainbow Harbor has docks at The Queen Mary, Hotel Maya, Aquarium, Pine Avenue, and Shoreline Village. One-way fares for AquaBus are just \$1.00.

Route Passport, AquaLink, AquaBus

38. Long Beach Playhouse

The seating is in a u-shape with only five rows deep on any side. This gives you an up-close and intimate theater experience. Every play I've seen there has been an enjoyable night out. I especially enjoy when they present musicals. Playhouse is also a good community supporter, working with several charities and helping raise money for local nonprofits in town.

Route 45,46

39. International City Theatre (ICT)

Established in 1985, International City Theatre (ICT) is a professional regional theatre offering performances at the Long Beach Performing Arts Center, Beverly O'Neill Theatre. ICT is committed to contributing to the preservation and development of theatre as an art form and to present the highest quality productions and education programs possible. As such, ICT's five mainstage productions, six educational outreach programs (offered throughout the region) and corollary activities (New Play Reading Series and community partnerships) touch the lives of more than 35,000 children, families, adults, and seniors annually, from every ethnic and economic background including those at risk of being culturally underserved due to a lack of access to affordable artistic programming in the area.

Route Passport 121, 21, 22, 61



40. Musical Theatre West (MTW)

Musical Theatre West is Southern California's Premiere Musical Theatre Company. During the past 58 years, MTW has presented not only established and well known musicals, but also lots of world premieres. Many of the performers who received their training with MTW have gone on to professional careers on Broadway (such as Susan Egan, the star of Beauty and the Beast). Giving young performers the chance to work with professional directors, alongside seasoned performers, is an important aspect of what Musical Theatre West.

Route 173

41. Duffy Boats

Float your own boat. You are the captain at London Boat Rentals at Alamitos Bay Landing. London Boat Rentals provides 2 separate Duffy boat lengths: 18-foot (holds 6 people comfortably with a maximum of 8 people) and 21-foot Duffy boats that seat 10 people comfortably with a maximum of 12 people per boat. The boats reach a cruising speed of 5 miles per hour and are very easy to navigate. You will be given a quick tutorial on how to navigate the vessel, a map of all the sites to see and places to cruise. It's as easy as that! The boats are food and drink friendly. A cooler and ice are provided upon renting a boat. Their coolers hold up to 8 bottles or 12 cans. You can bring your own cooler and they will fill it up with ice, free of charge! If you like popcorn, it's always free too!

Route 131

42. Marina Pacifica Mall

Marina Pacifica Mall is in a beautiful setting with the marina on one side and PCH at 2nd Street on the other side. Shopping, dining, and entertainment are all centrally located and are all within walking distance of the Market Place across PCH. While you're there, you can do your grocery shopping at Ralphs, grab a cup of coffee at Starbucks, buy a book at Barnes & Noble, eat lunch at Forbidden City, Ocean Market Grill or grab dinner at the Acapulco Restaurant. Other businesses in the Marina Pacifica Mall Shopping Complex include Pier One, Best Buy, the Kamal Restaurant and the AMC Theaters to name a few.

Route 121, 171 (Mon. – Sat. only)

43. StubHub Center

StubHub Center is a multiple-use sports complex located on the campus of California State Dominguez Hills in Carson. StubHub Center is the temporary home of the Los Angeles Chargers of the NFL and the permanent home of the LA Galaxy Major League Soccer team. The \$150 million complex has a seating capacity of 27,000 and does not have a bad seat in the house. In addition to soccer and football, the StubHub also serves as a tennis stadium, outdoor track and field facility, and hosts boxing matches and concerts. The Galaxy Express and Charger's Express bus service run by LBT offers fans free non-stop shuttles to and from StubHub Center for every LA Galaxy and LA Chargers home game. Pickup location: Del Amo Station.

Route 1 (direct to StubHub), 1, 191, and 192 to Del Amo Station



44. Go To The Beach

Long Beach has a beautiful coastline that's ideal for kicking off your shoes and walking along the water's edge where you may see seagulls, pelicans, sandpipers and an assortment of seabirds. The stretch of beach from Belmont Pier to Alamitos Beach has a paved walk way on the beach if your shoes get too soaked along the water's edge. The entire coastline has ocean-facing beaches sheltered by a breakwater, so there are no surfing waves, which makes them popular for families with kids and people who can't swim. There are additional beaches facing inland waterways like Mother's Beach, Marine Stadium, or Peninsula Bayside Beach. Another way to enjoy the walk along the coastline is the strip of grass and sidewalk path along the top of the bluff from Cherry Avenue to Redondo Blvd.

Route Passport, 21, 22, 121, 131, 21, 22, 71, 72

45. Gondola Getaway

Come and enjoy a relaxing cruise around the canals of Naples in Long Beach. Sit back, sip on a cool beverage and let their gondoliers row you and your friends back in time. Established in 1982, the Gondola Getaway is the gondola company that was first to offer Venetian style gondola cruises in the United States. The gondola ride is especially nice in the evening. The 1-hour gondola ride takes you around Naples Island where you will be surrounded by beautiful homes and historic bridges, just like Venice. At Christmas, all of the homes in Naples are decorated in lights that make it nice for a strolling along the canals or a scenic gondola ride.

Route 121, 131

46. Rancho Los Cerritos

Rancho Los Cerritos was built in 1844, the adobe home and grounds echo with the rich history of Spanish, Mexican and American California and with the families who helped transform Southern California from its ranching beginnings to a modern, urban society. The two-story Monterey-style adobe is primarily furnished to reflect occupants and lifestyles from the 1860's-1880's. The site, a National, State & Long Beach Historic Landmark, also includes historic gardens and a research library and archives. It is owned by the City of Long Beach and operated through the Department of Parks, Recreation and Marine.

Route 51, 52

47. Carpenter Performing Arts Center at Long Beach State

The Carpenter Performing Arts Center engages the community through artistic, educational and cultural experiences that enrich lives, promote lifelong learning in and through the performing arts, and serves as a gateway between the university and the greater community. Built in 1994, the Richard and Karen Carpenter Performing Arts Center has a 1,051-seat capacity theatre located on the campus of Long Beach State University. The stage area was modeled after the David H. Koch Theater at Lincoln Center for the Performing Arts, and can accommodate large or small performing ensembles, film screenings, or concerts. Each season the Carpenter Center presents a variety of music, dance, family, comedy, and cabaret events, as well as commissions' new works by some of the country's leading artists and ensembles.

Route 173



48. Senior Centers in Long Beach

Senior centers in Long Beach are the best place to make the most of the golden years of your life and socialize with other senior citizens. Senior Centers promote healthy aging and well-being by involving them in recreational and social activities. Older adults often find it difficult to get access to the information and services that they need in order to maintain their health and independence. Senior Centers can provide direction and assistance to those searching for answers. In one place, seniors can find educational classes and references for nutritional programs, employment and volunteer opportunities, assistance with transportation services, as well as health, fitness and wellness programs. Senior Centers often provide opportunities for social engagement and recreational activities that can improve the mental and emotional states of seniors that may be alone and in need of other adult company. Exercise classes, clubs, day trips and other forms of social gatherings provide outlets for adults to share experiences and make friends. Staff at Senior Centers through City of Long Beach Parks & Recreation department is committed to maintaining a safe and productive environment for people 50 years of age and over participating in senior programming.

Long Beach Parks, Recreation & Marine invites seniors of all ages to participate in the many activities and programs offered citywide at six senior centers. Activities and programs range from arts and cultural experiences, dance, fitness, life-long learning opportunities, enrichment, health and recreation. Staff at senior centers throughout the City of Long Beach is committed to maintaining a safe and productive environment for people 50 years old and older while they participate in senior programming.

California Recreation Center Senior Center

1550 Martin Luther King Jr. Ave | Long Beach CA 90813

Chavez Park Senior Center

401 Golden Ave. | Long Beach CA 90802

El Dorado Park West Senior Center

2800 Studebaker Rd. | Long Beach CA 90815

Houghton Park Senior Center

6301 Myrtle Ave | Long Beach CA 90805

Long Beach Senior Center

1150 E. 4th Street | Long Beach CA 90802

Silverado Park Senior Center

1545 W. 31st Street | Long Beach CA 90810



49. Senior Citizen Program at Long Beach State

California residents who are 60 years of age or older may apply for admission to CSULB through the Senior Citizen Education Program. To be admitted into the program, you must be pursuing a college degree. Through this program, seniors pay only \$3.00 per semester in tuition and will be subject to all other Long Beach State University requirements and deadlines for admission, registration and enrollment, including a late registration fee payment, if applicable. To learn more about the program, contact Long Beach State Enrollment Services, (BH-101) or call 562.985.5471, for more information.

50. Osher Lifelong Learning Institute (OLLI) at Long Beach State

OLLI offers widely varied courses of interest to persons 50 years of age or older. There is no academic prerequisite for admission or to participate in the classes, just a desire to learn. Olli is located on the campus of Long Beach State University (LBSU) and is sponsored by the College of Health and Human Services. Olli is operated totally by volunteers, from instructors to committees and clerical work. There are four eight-week sessions each year. Classes are typically ninety minute periods and meet one day a week. Classes are held Monday through Saturday from 8:00 a.m. through 5:00 p.m. Computer classes are also ninety minute sessions that meet Monday through Thursday from 8:30 AM through 5:00 PM. They may vary in length from 4 weeks to 8 weeks. There is an open lab on Fridays available to all OLLI students for individualized help and practice. OLLI offers 80-95 widely varied non-credit courses of interest to persons 50 years of age or older. Please call the OLLI office at Long Beach State at (562) 985.8237 for additional information.

51. Long Beach City College Senior Studies Lifetime Learning Program

Curious about music, horticulture, world affairs, and local history? Join other seniors at LBCC to study and interact with members of your community. LBCC's Senior Studies Program is designed to engage seniors mentally and physically. They offer opportunities to pursue educational interests, express your creative side and discover hidden talents. The program's special events include outstanding speakers and many related issues for older adults. They also offer day tours to give seniors the opportunity to experience new places in and around Long Beach. The program promotes a network of friendship and involvement for continuing growth and development at seniors at LBCC. The LBCC Senior Studies program meets on the Pacific Coast Campus (PCC).

Route 71, 72, 171, 172, 173, 174, 176

52. Long Beach Senior Center

Long Beach Senior Center at 1150 E. 4th Street is "The Place Where Fun Happens". The Long Beach Senior Center is the largest Senior Center in Long Beach. The facility has it all for seniors. Come visit and enjoy art and craft classes, cards, bingo, weekly Zumba Gold classes, and daily hot lunches at a low cost. It's a clean facility with a huge ballroom for dancing and a front office staff that is very knowledgeable about senior services in Long Beach. The City of Long Beach's Senior Advisory Commission meetings are held here every 3rd Wednesday at 9:00 a.m. in Room 202. The Department of Parks, Recreation and Marine operates the Long Beach Senior Center and five other senior centers that offer activities and services tailored to the interests and needs of seniors.