

Social Connection & Mindfulness Calendar

Connect with your community with the opportunities below! Learn more at www.bchd.org/series.

Virtual Social Hour with Beach Cities Health District (BCHD) Care Manager, Charlotte Barnett

With many senior centers closed and many older adults unable to socialize, we want to provide a space for people to talk, ask questions and share their experience during COVID-19. Join us if you want to learn more about community resources or BCHD, or if you just want to connect! Open to all.

First & Third Tuesday of the month
11 a.m. – 12 p.m.

[Join Virtually](#)

Virtual Mindfulness Drop-In

Take 30 minutes to downshift and practice mindfulness techniques. The guided mindfulness session will be led by a trained BCHD instructor.

First Wednesday of the month
4 – 4:30 p.m.

[Register](#)

Virtual Happiness Chat

This is a casual discussion group with light-hearted activities to spark conversation. Share ideas, tips, resources, jokes, quotes – anything that supports our happiness!

Second Tuesday of the month
12:30 – 1 p.m.

[Register](#)

If you're interested in virtual mindfulness and exercise classes, consider joining the Center for Health & Fitness (CHF)! To learn more about the CHF Virtual Group Exercise Membership, visit www.beachcitiesgym.org/virtualgroupexercise.

InsightLA South Bay – Redondo Beach Meditation Practice Group

Tuesdays, 7:30 – 9 p.m.

Teacher: Eric McCullum
Dial in Number: (669) 900-9128
Meeting ID: 295 110 713

[Zoom Link](#)

InsightLA South Bay – Hermosa Beach Meditation Practice Group

Thursdays, 9 – 9:45 a.m.

Teacher: Annette Lombardi
Dial in Number: (669) 900-6833
Meeting ID: 926 255 490, Password: 628733

[Zoom Link](#)

InsightLA – South Bay Beach Meditation

First Sunday of the month, 9 – 10 a.m.

Teacher: Eric McCullum
190th (Herondo) and The Strand, Hermosa Beach

InsightLA – Palos Verdes Meditation and Discussion

Second and Fourth Sunday of the month, 1 – 2:30 p.m.

Teacher: Peggy Kersulis
Dial in Number: (669) 900-9128
Meeting ID: 469 304 2464

[Zoom Link](#)

InsightLA – Meditation at the Labyrinth at Mary and Joseph Retreat Center

Third Sunday of the month, 10 – 11 a.m.

Teacher: Peggy Kersulis
5300 Crest Road, Rancho Palos Verdes, CA 90275

For more information on InsightLA, visit their website [here](#).