livewell

A Beach Cities Health District Publication

Summer 2026

allcove Beach Cities Breaks Ground on New, Permanent Home

Inside:

BCHD Construction Updates and Information

allcove Beach Cities secures $4.5m in County funding

The Center for Health & Fitness Relocation Celebration

BCHD Beach Cities Health District

A Public Agency

BEACH CITIES HEALTH DISTRICT IS ONE OF THE LEADING preventive health agencies in the nation, and has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. It offers an extensive range of dynamic health and wellness programs, with innovative services and facilities to promote health and prevent diseases across the entire lifespan.

MISSION

To optimize health for our Beach Cities community through innovative and inclusive programs, partnerships and spaces.

VISION

A healthy beach community.

Cover photo: Members of the allcove Youth Advisory Group (front row) pose with stakeholders from the City of Redondo Beach at the allcove Groundbreaking Ceremony on Saturday, May 16.

BOARD OF DIRECTORS

Jane Diehl
Noel Chun, M.D., QME
Vanessa Poster
Martha Koo, M.D.
Michelle Bholat, M.D., MPH

CHIEF OFFICERS

Tom Bakaly
Chief Executive Officer

William E. Kim, M.D.
Chief Medical Advisor

Monica Suua
Chief Financial Officer

Kerianne Lawson
Chief Programs Officer

Cristan Mueller
Chief Health Operations & Communications Officer

Megan Vixie
Chief Engagement Officer

Ali Steward
Chief Partnerships & Innovation Officer

Dear Beach Cities Resident,

Much has happened in the first half of 2026 at Beach Cities Health District!

We continue making progress on several components of the Healthy Living Campus. The Center for Health & Fitness (CHF) and a new Program of All-Inclusive Care for the Elderly (PACE) provider are making improvements in the 510 N. Prospect Avenue building, with plans to move in next year. Keeping the 510 building will preserve adjacent green space along Diamond Street, a concern we heard from neighboring residents.

CHF and PACE will provide a wide range of services to adults in our community and offer important services to enable some Beach Cities residents to remain in their homes while getting much-needed health services via the PACE program.

For young people, allcove Beach Cities held a groundbreaking for its new, permanent home on Beryl Street in May. This important youth center offers a wide variety of health and wellness services and has served more than 2,200 young people since opening in 2022.

Also in May, the BCHD Board of Directors made an important decision for the future of the Campus, directing me to negotiate a ground lease for BCHD for the redevelopment of the former South Bay Hospital building with Sunrise Senior Living. The proposed development would include a fully licensed Residential Care Facility for the Elderly (RCFE), offering independent living, assisted living and specialized memory care as part of a broader continuum of care for older adults.

Sunrise has also proposed several community amenities, including an indoor and outdoor Community Commons, a pool accessible to Sunrise residents and CHF members, a Wellness Path designed to encourage movement and social connection, and flexible, intergenerational gathering spaces inspired by the Blue Zones Project.

The decision to move forward with Sunrise led our Board to vote for the early termination of BCHD's lease with Silverado, a tenant and memory care facility on our campus. This was a difficult decision as it impacts residents and their families.

In accordance with the existing lease, Silverado has been given one year's notice to vacate its facility by May 29, 2027, and will not pay rent for that one-year period. During this time, BCHD is committed to supporting Silverado and its residents with compassion, with our team of Care Managers available to provide assistance during this transition.

In Health,

Tom Bakaly
CEO, Beach Cities Health District

Celebrating the Future of the Center for Health & Fitness

On April 29, members at the Center for Health & Fitness joined BCHD staff to celebrate the start of construction on the new CHF facility, which will be located on the top floor of the adjacent 510 Prospect Avenue building.

CHF Members had a chance to see renderings of the new facility, enjoy refreshments and participate in a silent auction, with proceeds helping to fund new fitness equipment for the new location.

CHF members have had a say in the design of the new facility, with a Member Working Group providing input on where equipment should be place, what fabrics should be used and even color schemes for the interior of the facility.

The renovation of the new CHF location is expected to be completed early next year, with a projected move-in date in **March 2027**. Plans are underway to make the relocation – and any associated gym closures – as efficient as possible, so member workout routines are minimally impacted.

CHF is one of just two medical fitness facilities in California certified by the Medical Fitness Association. The facility features everything from cardio and strength training equipment to group exercise, personal training, yoga, massage, nutrition, Pilates and Silver Sneakers. The new location, though slightly smaller in area, will benefit from an optimized design that will make it more efficient and easier to navigate, while retaining all of its most popular fitness features.

Learn more at: bchd.org/construction

L.A. County Supervisor Holly J. Mitchell with members of the allcove Beach Cities Youth Advisory Group

allcove Beach Cities Breaks Grounds on New, Permanent Home

Years of planning, collaborating and fundraising culminated in the May 16 groundbreaking event for the permanent home of allcove Beach Cities, the innovative youth center providing free services for young people ages 12-25 in Redondo Beach.

bchd.org/allcove-beach-cities

More than 180 people, ranging from allcove Youth Advisory Group members, elected officials, including Beach Cities Health District Board members, and residents joined allcove and BCHD staff to celebrate the start of construction on the two-story, 9,400 square-foot facility that is planned to open next Spring at the corner of Beryl Street and Flagler Lane.

The new facility is funded in part by a $6.3 million grant from the Behavioral Health Continuum Infrastructure Program (BHCIP) through California's Department of Health Care Services. In March, the Los Angeles County Board of Supervisors unanimously approved a motion by Supervisors Holly J. Mitchell and Janice Hahn to invest a total of $4.5 million over three years to sustain mental health services provided by allcove Beach Cities.

"These upstream investments, and the young people who lead them, are worthy of the County's full support," Supervisor Mitchell told the crowd. "They represent one of the brightest spots in our County's future."

One of those young people, allcove Youth Advisor Sofia F. (allcove policy is to not give last names of participants), a senior at Mira Costa High School, opened the event by saying "our goal is to create a safe space for young people, and by young people. One that reduces stigma, increases connection and supports mental well-being and belonging."

BCHD Construction Updates and Information

bchd.org/construction

ARCHITECT'S CONCEPTUAL RENDERINGS

allcove Beach Cities

allcove Beach Cities

allcove Beach Cities

Center for Health & Fitness

Center for Health & Fitness yoga room

Center for Health & Fitness workout room

With work beginning on various portions of the BCHD Campus, we have created a web page, **bchd.org/construction**, for residents to get news and sign up for updates about the projects, including allcove Beach Cities and the Center for Health & Fitness. In the future, updates related to the old South Bay Hospital building will be included.

For project updates or to connect with us:

bchd.org/construction

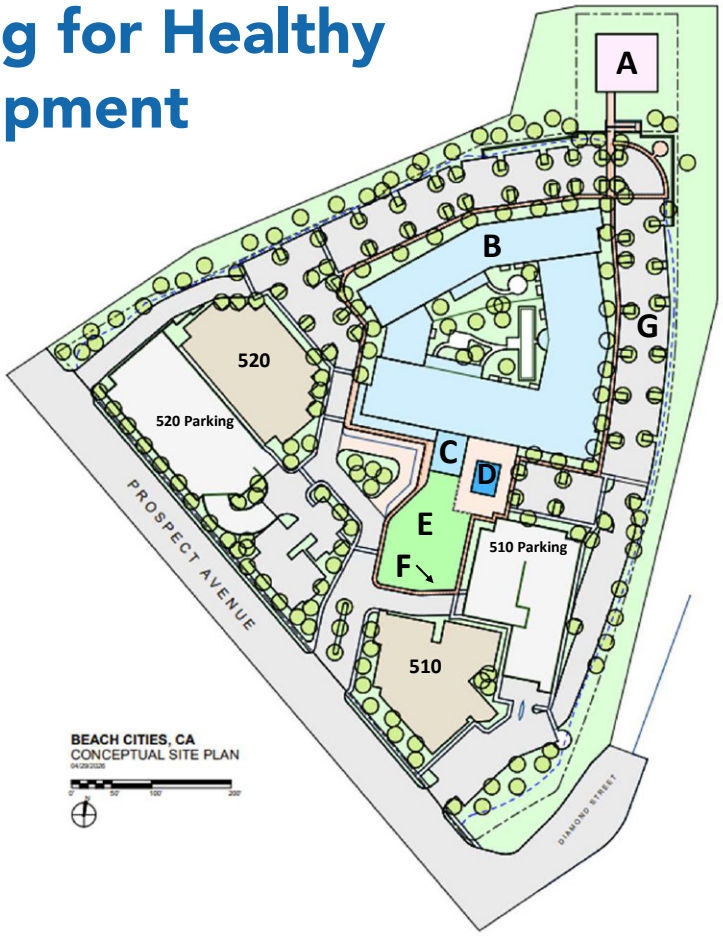
campusinfo@bchd.org

(310) 695-6867

BCHD Board Authorizes Agreement with Sunrise Senior Living for Healthy Living Campus Redevelopment

Sunrise Senior Living Conceptual Site Plan

Proposed New Development	
A	allcove Beach Cities
B	Sunrise Senior Living Community
C	Indoor Community Commons
D	Pool
E	Outdoor Community Commons
F	Wellness Path
G	Sunrise Community Parking



In May, the Beach Cities Health District (BCHD) Board of Directors voted to authorize CEO Tom Bakaly to execute an Agreement to Enter into a Ground Lease with Sunrise Senior Living, marking a significant milestone in the redevelopment of BCHD's former South Bay Hospital site.

The proposed agreement follows nearly a decade of planning and public engagement focused on reimagining the former hospital building at 514 N. Prospect Avenue into a wellness destination that supports the community with programs and services for healthy aging, intergenerational connection and provides long-term financial sustainability for the health district.

"This decision to move forward with Sunrise reflects years of community input, strategic planning and evaluation," said Bakaly. "The Healthy Living Campus vision is centered on supporting the health and wellness needs of our whole community, while creating a sustainable future for BCHD and expanding services for older adults."

Plans call for a fully licensed Residential Care Facility for the Elderly (RCFE), offering independent living, assisted living and specialized memory care as part of a broader continuum of care for older adults.

The project will reflect Sunrise's resident-centered model, combining tailored care and services with an engaging lifestyle, wellness-focused programming and the high-touch hospitality that defines the Sunrise experience. Care will be guided by individualized service plans developed in partnership with families and physicians and adjusted as needs evolve — an approach informed by more than four decades of experience supporting seniors, including those living with memory loss. Sunrise's highly trained team members use evidence-informed practices to support each resident's unique needs, foster meaningful engagement, and deliver a consistent, high-quality experience that integrates holistic wellness, service excellence and enriching daily programming.

BCHD and Sunrise have been partners for more than 25 years in the Sunrise of Hermosa Beach Community, an 80-unit RCFE on Pacific Coast Highway.

"Sunrise is honored to build on our long relationship with BCHD and our commitment to creating the preferred lifestyle for enjoying longer, healthier, happier lives," said Philip Kroskin, Head of Real Estate, SVP Investments. "We understand how personal this campus is to many families, and we approach this next chapter with deep respect for the seniors who call it home today as well as those who will benefit from the additional senior living options and support this new community will offer area residents. Our focus is to bring Sunrise's decades of senior living expertise to a comprehensive, service-rich community — one designed around personalized care, meaningful engagement, hospitality, and an elevated resident experience."

In addition to its senior care services, the Sunrise project would include several community-focused amenities, including:

- An indoor and outdoor Community Commons
- A pool accessible to BCHD's Center for Health and Fitness members
- A Wellness Path designed to encourage walking, movement and social connection
- Flexible intergenerational gathering spaces inspired by Blue Zones Project principles

L.A. County comes through with $4.5 million in funding for allcove Beach Cities

In response to a growing youth mental health crisis and a commitment to expanding access to vital services, in March the Los Angeles County Board of Supervisors unanimously approved a motion by Supervisors Holly J. Mitchell and Janice Hahn to invest a total of $4.5 million – $1.5 million over three years – to sustain mental health services provided by allcove Beach Cities youth center. The motion also calls for a report with funding options to create similar models throughout the County.

Supervisor Mitchell has been a supporter of allcove Beach Cities and was on hand to present a Commendation from the County to allcove Beach Cities at its grand opening celebration in November 2022 and also attended the Groundbreaking Ceremony in May of this year.

"allcove Beach Cities is a bright spot for our young people and surrounding communities. I'm proud that this motion will help expand the allcove model so more youth and their families can access the support they need, This is about building a system where no young person falls through the cracks. By investing in early intervention and creating safe, supportive spaces, we can change the trajectory of countless lives."

- Supervisor Holly J. Mitchell.

Building Connections Over Conversation

A Look Inside BCHD's Blue Zones Project Social Hour at Mychal's

by Clarissa Bautista

Creating space for connection is an important part of community well-being—and recently, that's exactly what unfolded during a lively Blue Zones Project® Social Hour hosted by Beach Cities Health District at Mychal's Café in Redondo Beach.

With 45 attendees gathered for the evening, the event centered around conversation, connection, and shared moments. From the start, the atmosphere was warm and inviting, offering a chance for people to step away from their daily routines and engage with others in a relaxed setting.

At Mychal's, one of nearly 100 Blue Zones Project Approved™ businesses in the Beach Cities, guests were treated to a thoughtfully curated menu that included toasty grilled cheese dippers paired with tomato soup, house-made bruschetta drizzled with balsamic glaze, and a Mediterranean bean salad with a flavorful kick.

While the food set the stage, it was the sense of connection that truly defined the evening. One highlight was a round of "People Bingo," an interactive activity designed to spark conversation and encourage attendees to engage with one another. This simple icebreaker quickly turned into something more meaningful, as strangers connected, shared stories, and formed new relationships in real time.

Attendees also had the opportunity to hear from BCHD leadership. Tom Bakaly, CEO of Beach Cities Health District, shared updates on upcoming initiatives and the future direction of the organization. His remarks offered insight into the continued efforts to support community health and highlighted the impact of programs designed to serve residents across the Beach Cities.

For many in attendance, the event provided a chance to practice some of the Blue Zones Project's "Power 9" Principles, which includes healthy living habits like "Positive Pack," "Down shift," the "80% rule" and "Friends at Five."

Events like this reflect BCHD's broader commitment to fostering not just physical health, but social and emotional well-being within the community. Creating opportunities for connection can play a powerful role in reducing feelings of isolation and strengthening a sense of belonging—something that is increasingly important in today's fast-paced world.

BCHD has been implementing the Blue Zones Project since 2010, making policy and environmental changes that support community well-being. Each quarter, BCHD hosts a Blue Zones Project Social Hour to demonstrate the Power 9 principles, healthy habits that have been observed in regions of the world where people often live to age 100.

Through events like this, BCHD continues to emphasize that well-being goes beyond physical health. It's also about feeling connected, supported, and part of something larger.

Learn more at: bchd.org/community-programs/workshops-events/social-hour

Moving more, stressing less

Discover Free Fitness Opportunities in the Beach Cities

Finding time to prioritize fitness can feel challenging—especially with busy schedules, work, school, and everyday responsibilities. But staying active doesn't have to be complicated or expensive. Across the Beach Cities, free fitness programs are making it easier for community members of all ages and fitness levels to get moving and feel their best.

BCHD offers free classes that are designed to remove common barriers to exercise, creating accessible opportunities for everyone to participate. Whether someone is just starting their fitness journey or looking to try something new, the variety of classes ensures there's something for everyone.

From yoga and Zumba to guided walks, participants can choose activities that match their interests and comfort levels. Many classes are held outdoors at local beaches and community spaces, offering a chance to be active while enjoying fresh air and the natural beauty of the Beach Cities.

BCHD's Summer Free Fitness series began **Monday, June 8** with Yoga on the Beach in Hermosa Beach. For a schedule, locations and more information, visit **bchd.org/freefitness.**

"Yoga on the Beach is a relaxing opportunity to enjoy our beautiful beach with friendly community members. With cool ocean breezes, we stretch, strengthen, and let the stress melt away. Thank you for the opportunity to praise such a great program!"

- Sue B

"The BCHD Free Fitness is something that I look forward to every summer. Yoga on the beach with the sound of the waves and the sky full of clouds is good for my soul, a wonderful way to wind down at the end of the day. The Zumba sessions are fun and invigorating. The steps keep my brain working and challenge my dancing skills. And participating with over a hundred other people makes me feel connected to my community."

- Teri C.

ADVENTURE PLEX AT MARINE

A Beach Cities Health District Program

A Summer of Fun, Movement and Healthy Habits:

Inside AdventurePlex Summer Camp

For many kids, summer is all about having fun, making friends, and trying new things. At AdventurePlex Summer Camp, it's also an opportunity to build healthy habits, stay active, and explore wellness in a way that feels exciting and engaging.

AdventurePlex Summer AdventureCamps offer a dynamic and supportive environment where kids can learn, play, and grow throughout the summer months. Designed with both fun and well-being in mind, the camp introduces young participants to the building blocks of a healthy lifestyle—through activities that keep them moving, thinking, and connecting with others.

Each day at camp is filled with a variety of hands-on experiences that encourage kids to stay active and engaged. From outdoor games and team challenges to creative activities and interactive lessons, campers have the chance to explore different ways to move their bodies and express themselves. Whether it's participating in group sports, trying a new fitness activity, or simply enjoying time outside, the focus is on making movement enjoyable and accessible for everyone.

In addition to physical activity, AdventurePlex AdventureCamps introduce kids to the basics of healthy living in a way that feels approachable and age appropriate. Campers may learn about topics like nutrition, hydration, social connection and the importance of taking care of their mental well-being. Through simple lessons and fun discussions, kids begin to understand how small, everyday choices can support their overall health.

Another important part of the experience is helping kids build confidence. Trying new activities (like the rock wall or ropes course), learning new skills, and participating in group settings can help campers step outside of their comfort zones in a positive and encouraging environment. With the support of camp leaders and peers, kids can grow more confident in themselves and their abilities.

AdventurePlex also recognizes that every child is different. By offering a variety of activities and a flexible, supportive atmosphere, the program allows kids to engage in ways that feel comfortable and enjoyable for them. This inclusive approach helps ensure that all campers can participate, learn, and have a positive experience.

This summer, AdventurePlex invites kids to play their way to good health, learn, and grow—one activity, one friendship, and one healthy habit at a time!

REGISTER ONLINE!

AdventurePlex.org

Beach Cities SUMMER FREE FITNESS IS BACK!

SCAN TO REGISTER

JUNE 8 – AUGUST 24, 2026

Mondays 6:30 – 7:30 p.m.

Yoga on the Beach

Hermosa Beach:
June 8, 15, 22 and 29

Manhattan Beach:
July 6, 13, 20 and 27

Zumba in the Park

Redondo Beach:
August 3, 10, 17 and 24

#BeachCitiesFreeFitness

Register online at bchd.org/freefitness

BCHD Beach Cities Health District

Manhattan Beach Since 1912

More to Sea redondo BEACH