

# Social Connection & Mindfulness Calendar

Connect with your community with the opportunities below! Learn more at [www.bchd.org/series](http://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**  
**10 – 11 a.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/virtualgrouplexercise](http://www.beachcitiesgym.org/virtualgrouplexercise).

## InsightLA South Bay – Redondo Beach Meditation Practice Group

**Tuesdays, 7:30 – 9:15 p.m.**

Teacher: Eric McCullum and Maureen Shannon-Chappele

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](#)

For more information on InsightLA, visit [insightla.org](http://insightla.org).