

Join the Moai Movement

A Moai® (pronounced “Mo Eye”) is a group of people meeting for a common purpose and can include activities like walking, purpose discussions and potluck meals. The word “Moai” comes from Okinawa, Japan, where neighbors use Moais as support systems. Based on this tradition, Moai groups are considered just as important to a person’s health as the benefits of being active, healthy eating and finding a purpose.

Pre-registration is required. Please reach out to Jackie.Uy@bchd.org to participate in these Moais. Moai Ambassadors will confirm your attendance and send you event details.

Activity	Date	Time	Meeting Location	Moai Host/Lead
Vegan Potluck Moai Bring a dish and connect over tasty plant-based recipes	2nd Sunday of the month	1:30 p.m.	Redondo Beach	Colleen O.
Restaurant Dining Moai Enjoy a meal at a Blue Zones Project Approved™ restaurant	2nd Wednesday of the month	12:30 p.m.	Location changes every month	Teri C.
Walking Moai “Walkabout HB” – discover the Hermosa Beach Strand or Greenbelt	Every Thursday	5 p.m.	Hermosa Beach	Kathy H.
Book Club Moai Enjoy reading and group discussion	3rd Tuesday of the month	7 p.m.	Redondo Beach: virtual option available	Kathy L.
Walking Moai “OceanWalkers” – Our walk is round trip from Veterans Park to Miramar Park ★	Monday - Thursday	4 p.m.	Veterans Park at Catalina and Torrance Blvd in Redondo Beach	Joan E.
Walking Moai “Morning Walkers” – discover the Redondo Beach Esplanade and end at the Redondo Farmer’s Market	Every Tuesday & Thursday	8 a.m.	Tuesday: Hermosa Beach Thursday: Redondo Beach	Teri C.
Walking Moai “Birney Steppers” – stroll Pier Avenue and the Hermosa Beach Strand ★	Every Monday & Thursday	6:30 p.m.	Monday: Redondo Beach Thursday: Hermosa Beach	Teri C.
Vegetarian Potluck Moai Share homemade vegetarian recipes and participate in vegetarian potlucks	Monthly on Sundays	4 p.m.	TBD	Kathy H.
Core Moai Workout your core with the fitness moai	Every Monday, Wednesday & Friday	6:30 a.m.	Zoom	Mary G.

Please arrive 15 minutes before the Moai start time.

★Some Moais may require enhanced COVID-19 safety measures.

Updated March 2023