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
Book Club Moai Enjoy reading and group discussion	3rd Tues of the month	7p.m.	Redondo Beach: virtual option available	Kathy L.
Community Nature Meditation Gentle 30-minute guided meditation and breathing/stretching experience in nature	Last Tuesday of the month	10 a.m.	Redondo Beach	Tatjana
Community Veg-Out Potluck Moai Share homemade vegetarian recipes and participate in vegetarian potlucks	Mondays	5:30 p.m.	Redondo Beach	Shino
Core Moai Workout your core with the fitness moai	Every Mon, Weds & Fri	6:30 a.m.	Zoom	Mary G.
Parkette Potluck Moai Bring homemade vegetarian dish and recipe to share	Sundays	4 p.m.	Local Parkette	Kathy H.
Restaurant Dining Moai Enjoy a meal at a Blue Zones Project Approved™ restaurant	2nd Weds of the month	12:30 p.m.	Location changes every month	Teri C.
Walking Moai "Morning Walkers" – discover the Redondo Beach Esplanade and end at the Redondo Farmer's Market	Every Tues & Thurs	8 a.m.	Tues: Hermosa Beach Thurs: Redondo Beach	Teri C.
Walking Moai One hour walk in Manhattan Beach or North Redondo	Every Thurs	3 p.m.	Location changes every week	Howard D.
Walking Moai "OceanWalkers" – Our walk is round trip from the Esplanade Bluff Garden to Miramar Park.	Mon – Thurs	4 p.m.	Esplanade	Joan E.
Walking Moai "Birney Steppers" – stroll Pier Avenue and the Hermosa Beach Strand	Every Mon & Thurs	6:30 p.m.	Mon: Redondo Beach Thurs: Hermosa Beach	Teri C.

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