

# 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](mailto: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
<b>Vegan Potluck Moai</b> Bring a dish and connect over tasty plant-based recipes	2nd Sun of the month	1:30 p.m.	Redondo Beach	Colleen O.
<b>Restaurant Dining Moai</b> 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.
<b>Walking Moai</b> “Walkabout HB” – discover the Hermosa Beach Strand or Greenbelt	TBD	5 p.m.	Hermosa Beach	Kathy H.
<b>Book Club Moai</b> Enjoy reading and group discussion	3rd Tues of the month	7p.m.	Redondo Beach: virtual option available	Kathy L.
<b>Walking Moai</b> “OceanWalkers” – Our walk is round trip from Veterans Park to Miramar Park.*	TBD	4 p.m.	Veterans Park at Catalina and Torrance Blvd in Redondo Beach	Joan E.
<b>Walking Moai</b> “Morning Walkers” – discover the Redondo Beach Esplanade and end at the Redondo Farmer’s Market	Every Tuesday & Thursday	8 a.m.	Tues: Hermosa Beach Thurs: Redondo Beach	Teri C.
<b>Walking Moai</b> “Birney Steppers” – stroll Pier Avenue and the Hermosa Beach Strand*	Every Monday & Thursday	6:30 p.m.	Mon: Redondo Beach Thurs: Hermosa Beach	Teri C.
<b>Vegetarian Potluck Moai</b> Share homemade vegetarian recipes and participate in vegetarian potlucks.	Monthly on Sundays	4 p.m.	TBD	Kathy H.
<b>Plant-Slant Potluck Moai</b> Bring a dish and connect over tasty plant-based recipes	3rd Weds of the month	6 p.m.	Beach Cities Room (514 Prospect Ave. Redondo Beach, CA 90277)	Kathy L.

**Please arrive 15 minutes before the Moai start time.**

\*Some Moais may require enhanced COVID-19 safety measures.

**Updated November 2022**