

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 Sun 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 Weds of the month	12:30 p.m.	Location changes every month	Teri C.
Walking Moai “Walkabout HB” – discover the Hermosa Beach Strand	Every Thurs	5 p.m.	Hermosa Beach	Kathy H.
Book Club Moai Enjoy reading and group discussion	3rd Tues of the month	7p.m.	Redondo Beach: virtual option available	Kathy L.
Walking Moai “OceanWalkers” – Our walk is round trip from Veterans Park to Miramar Park.*	Mon – Thurs	4:10 p.m.	Esplanade Bluff Garden	Joan E.
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 “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.
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 Mon, Weds & Fri	6:30 a.m.	Zoom	Mary G.
Walking Moai One hour walk in Manhattan Beach or North Redondo	Every Thurs	3 p.m.	Location changes every week	Howard D.
Veg-Out Potluck Moai Enjoy healthy plant-based dishes surrounded by great company	Monthly on Mondays	5 p.m.	Beach Cities Café	Mary Jane W. & Kathy H.

Please arrive 15 minutes before the Moai start time.

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

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