

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.

We know joining a new group can be intimidating at first, but it’s worth giving it a try.

By joining, you can cultivate a sense of belonging to increase resilience, better cope with difficult times and have supportive relationships. Be part of the community and participate in meaningful activities.

Please reach out to Jackie.Uy@bchd.org to register. Moai Leads will confirm your attendance and send you event details.

Walking & Exercise Groups

Group Name	Moai Lead	Date/Time	Locations
Walkabout HB Discover the Hermosa Beach Strand	Kathy H.	Every Thursday at 5 p.m.	Hermosa Beach
OceanWalkers Our walk is round trip from Veterans Park to Miramar Park	Joan E.	Monday - Thursday at 4 p.m.	Veterans Park at Catalina and Torrance Blvd in Redondo Beach
Core Moai Workout your core with an early morning exercise routine!	Mary G.	Mondays, Wednesdays and Fridays at 6:30 a.m.	Virtual Option Only on Zoom
Morning Walkers Discover the Redondo Beach Esplanade and end at the Redondo Farmer’s Market	Teri C.	Every Tuesday & Thursday at 8 a.m.	Hermosa Beach on Tuesdays & Redondo Beach on Thursdays available
Birney Steppers Stroll Pier Avenue and the Hermosa Beach Strand	Teri C.	Every Monday & Thursday at 6:30 p.m.	Redondo Beach on Mondays & Hermosa Beach on Thursdays
Walking Moai One hour walk in Manhattan Beach or North Redondo	Howard D.	Every Thursday at 3 p.m.	Manhattan Beach or Redondo Beach

Dining Groups

Group Name	Moai Lead	Date/Time	Locations
Community Veg-Out Potluck Moai Bring a homemade vegetarian dish so we can Veg-Out together!	Kathy H. & Mary W.	Monthly on Tuesdays, 5:30 p.m.	Redondo Beach
Vegan Potluck Moai Bring a dish and connect over tasty plant-based recipes	Colleen O.	2nd Sunday of the month, 1:30 p.m.	Redondo Beach
Restaurant Dining Moai Enjoy a meal at a Blue Zones Project Approved™ restaurant	Teri C.	2nd Wednesday of the month, 12:30 p.m.	Changes every month in the Beach Cities

Reading & Conversation Groups

Group Name	Moai Lead	Date/Time	Locations
Book Club Moai Enjoy reading and group discussion	Kathy L.	3rd Tuesday of the month, 7 p.m.	Redondo Beach, Virtual Option Available on Zoom
Purpose Discussion Moai Explore your purpose, values, passions and strengths through workbook guided reflection	Elle O. & Peggy K.	August-October	Redondo Beach

Do you not see a group you want to join? Be a starter! Create your own gathering around something you enjoy. Registering your group as an official Beach Cities Health District (BCHD) Moai can help you recruit community members for a monthly hike or book club, a weekly bike ride or beach walk or anything that sounds like fun.