

Join the Moai Movement:

Connect with Local Groups

NEW MOAIS

Activity	Day	Time	General Meeting Point	Notes
"The Artist's Way" Workshop	Monday	3:45 – 5:45 p.m.	Varies by group availability based on a 10-12-week series	Denise (lead) Reading, writing and creating
Walking	Tuesday (twice a month)	9 a.m.	Hermosa Beach: Meet at the Post Office	Cathy (lead) Dog friendly
Laughing Yoga	Third Thursday (monthly)	10 a.m.	Beach Cities Health District, Redondo Room 514 N. Prospect Ave., Redondo Beach	Joe (lead)
VegOut Potluck	Fourth Thursday (monthly)	6:30 – 8:30 p.m.	Beach Cities Health District, Beach Cities Room 514 N. Prospect Ave., Redondo Beach	Plant Based (Vegan) Liz (lead)
Beach Walk & Workout	Friday	8:30 a.m.	Redondo Beach: Meet at the public parking lot at the Esplanade & Pearl St.	Sherri (lead)
Mother and Baby Outdoor Activities	Friday	11 – 12:30 p.m.	Varies by group activity	Alice (lead)
Ocean Trails Hike	Sunday	6:30 p.m.	Palos Verdes: Meet at Starbucks in Golden Cove Plaza	Prakash (lead)

ACTIVITIES

Activity	Day	Time	General Meeting Point	Notes
Art from the Heart	First Monday (monthly)	5:30 – 7:30 p.m.	Beach Cities Health District, Beach Cities Room 514 N. Prospect Ave., Redondo Beach	Barbara (lead)
Book Club	Tuesday (twice a month)	7:30 pm	The Great Room Cafe: 2810 Artesia Blvd., Redondo Beach	Kathleen (lead)
Restaurant Dining	Second Weds (monthly)	12:30 – 2 p.m.	Dine together at Blue Zones Project Approved™ Restaurants	Teri (lead)
Purpose Discussions	Varies	Varies	Varies by group availability based on a 10-week series	Purpose convener assigned

Additional groups on page 2 →

Learn more at bchd.org/moai



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PLANT SLANT POTLUCK GROUPS

Day	Time	Location	Notes
Second Tuesday (monthly)	6:30 – 8:30 p.m.	Beach Cities Health District, Beach Cities Room 514 N. Prospect Ave., Redondo Beach	Plant Based (Vegan) Colleen (lead)
Third Wednesday (monthly)	6 – 7:30 p.m.	Beach Cities Health District, Beach Cities Room 514 N. Prospect Ave., Redondo Beach	Plant Slant (Vegetarian) Kathleen (lead)
Sunday (date varies)	5 – 6:30 p.m.	Private home, location varies in the South Bay	Homemade Vegetarian and Recipe-sharing Kathy (lead)

WALKING GROUPS

Day	Time	General Meeting Point	Notes
Monday – Friday	7:30 a.m.	Redondo Beach: Robinson St. & Phelan Ln.	Cyndi (lead)
Monday (Weekly)	9:30 a.m.	Redondo Beach: Esplanade at Knob Hill Ave. Walking and Doggie Playdate	Sabra (lead) Dog friendly
Monday	4 p.m.	Redondo Beach: King Harbor Yacht Club	April (lead) Brisk pace
Monday, Tuesday, Wednesday & Thursday	4 p.m.	Redondo Beach: Veteran’s Park, meet at monument on Catalina & Torrance	Joan (lead) Moderate–brisk pace
Monday	5:30 p.m.	Redondo Beach: Meet at Alta Vista School	Kathy (lead) Dog friendly
Monday & Wednesday	6 p.m.	Redondo Beach: Redondo Beach Public Library, 303 N. PCH	Scott (lead)
Monday	6:30 p.m.	Redondo Beach: Meet at Birney School on Grant & Green	Teri (lead)
Tuesday (Monthly)	Time Varies	Location varies: Bring your camera for this Photography Walk	KC (lead)
Tuesday & Thursday	7 a.m.	Redondo Beach: Meet on Carnelian, west of PCH	Teri (lead)
Wednesday (Monthly)	9 a.m.	Redondo Beach: Aviation Park	Tessa (lead) Parent Connection Groups give parents an opportunity to connect with other parents on a range of topics.
Thursday	9 a.m.	Redondo Beach: Meet at Avenue C at the Esplanade	Susan (lead) Leisurely pace
Thursday	4:30 p.m.	Manhattan Beach: Meet at American Martyrs Church	Howard (lead)
Thursday	6:30 p.m.	Hermosa Beach: Meet at Hermosa Valley School	Teri (lead)
Saturday	8 a.m.	Redondo Beach: Meet at Sapphire St & S Elvira Ave	Roberta (lead) Moderate pace