

Join the Moai Movement:

Connect with Local Groups


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)
“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
Book Club	Tuesday (twice a month)	7:30 p.m.	The Great Room Cafe: 2810 Artesia Blvd., Redondo Beach	Kathleen (lead)
Restaurant Dining	First Weds. (monthly)	6:30 p.m.	Dine together at Blue Zones Project Approved™ Restaurants	Diana (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
Mother and Baby Outdoor Activities	Friday	11 – 12:30 p.m.	Varies by group activity	Alice (lead)

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)

PRE-REGISTRATION REQUESTED To be introduced to a group on this list, email bluezonesproject@bchd.org or call **310-374-3426, ext. 139**.

Additional groups on page 2 

Learn more at bchd.org/moai



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PLANT SLANT POTLUCK GROUPS (CONTINUED)

Day	Time	Location	Notes
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) Maureen (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 (twice a month)	9 a.m.	Hermosa Beach: Meet at the Post Office	Cathy (lead) Dog friendly
Tuesday & Thursday	7 a.m.	Redondo Beach: Meet on Carnelian, west of PCH	Teri (lead)
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)
Friday	8:30 a.m.	Redondo Beach: Varies Beach Walk & Workout	Sherri (lead)
Saturday	8 a.m.	Redondo Beach: Meet at Sapphire St. & S. Elvira Ave.	Roberta (lead) Moderate pace
Saturday	9 a.m.	Redondo Beach: Meet at Carnelian and Pacific Coast Hwy	Teri (lead)