

# 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. Moai Ambassadors will confirm your attendance and send you event details.

Activity	Date	Time	Meeting Location	Moai Host/Lead
<b>Vegan Potluck Moai</b> Enjoy fellowship and tasty plant-based recipes	Sunday, date TBD	3 p.m.	North Redondo Beach	Colleen O.
<b>Restaurant Dining Moai</b> Enjoy a meal at a Blue Zones Project Approved™ restaurant	Nov. 13	12:30 p.m.	Manhattan Beach	Teri C.
<b>Walking Moai</b> “Walkabout HB” – discover the Hermosa Beach Strand or Greenbelt	Nov. 16	5 p.m.	Hermosa Beach	Kathy H.
<b>Book Club Moai</b> Enjoy reading and discussing “The Imperfects” by Amy Meyerson	Nov. 16	7:30 p.m.	Virtual	Kathy L.
<b>Walking Moai</b> “OceanWalkers” – brisk walk along the Redondo Beach Esplanade*	Nov. 17	4 p.m.	Redondo Beach	Joan E.
<b>Walking Moai</b> “Morning Walkers” – discover the Redondo Beach Esplanade and end at the Redondo Farmer’s Market	Nov. 18	8 a.m.	Redondo Beach	Teri C.
<b>Walking Moai</b> “Birney Steppers” – stroll Pier Avenue and the Hermosa Beach Strand*	Nov. 18	6:30 p.m.	Hermosa Beach	Teri C.
<b>Photo Safari Moai</b> Capture the beauty of the Beach Cities with others who enjoy photography	Dec. 7	10 a.m.	Redondo Beach	K.C.

[Please arrive 15 minutes before the Moai start time.](#)

Moais follow the latest Los Angeles County COVID-19 guidance for small gatherings and recommend masks, proof of vaccination or negative COVID-19 test based on the comfort or risk-level of participants.

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

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