Volunteer Fair January 21, 2017
Participating Organizations

**Cancer Support Community**
www.cancersupportredondobeach.org
Volunteer opportunities to support cancer patients, and their families and loved ones.

**Council for Educational Travel USA**
www.cetusa.org
Volunteer opportunity to host foreign exchange high school students.

**Immortal You Foundation**
www.immortalyoufoundation.org
Volunteer opportunities with youth programs, sports and cultural events.

**Manhattan Beach Botanical Gardens**
www.manhattanbeachbotanicalgarden.org
Volunteer opportunities helping maintain the Manhattan Beach Botanical Garden.

**Manhattan Beach CERT**
www.mbcerta.org
Volunteer-led, non-profit organization created to enhance disaster preparedness and emergency response for the citizens of Manhattan Beach.

**City of Manhattan Beach: Senior Center**
www.citymb.info
Volunteer opportunities with older adults in Manhattan Beach.

**Neighborhood Watch Program (Manhattan Beach)**
Works with the community on crime prevention, home/personal safety education and looking out for one’s neighbors.

**RBPD Domestic Violence Advocates**
www.redondo.org
Volunteer for the Redondo Beach Police Domestic Violence Advocacy Program.

**City of Redondo Beach: Community Services Department**
www.redondo.org
Various volunteer opportunities in the community with the City of Redondo Beach.

**City of Redondo Beach: Volunteers in Policing**
www.redondo.org
Opportunities to assist the Police Department with various law enforcement tasks.

**Roundhouse Aquarium**
www.roundhouseaquarium.org
Opportunity to partake in many exciting tasks, such as feeding the animals, maintaining the tanks and educating the public about our various marine animals.

**SEA Lab**
www.lacorps.org
Volunteers educate school children and visitors about marine life and the importance of protecting our oceans.

**Ten Thousand Villages**
www.tenthousandvillages.com/redondobeach
Provides fair wage income for people in the developing world by marketing their handicrafts and telling their stories. Volunteers help make the connection between these artisans and shoppers.

**Volunteer Center**
www.volcenter.org
Resource for various volunteer opportunities in the South Bay community.
Share Your Purpose Through Volunteering

Guided by Beach Cities Health District, a volunteer corps of more than 600 volunteers contributes 34,000 hours of service to the Beach Cities community each year. You, too, can get involved—it’s rewarding and makes a positive difference in your community.

OPPORTUNITIES

- **AdventurePlex’s Adventure Assistant:** We are looking for friendly and enthusiastic volunteers who have experience with children. Duties include monitoring play areas and assisting with activities to ensure a fun, educational, and safe environment. **Time needed:** Three hours weekly.
- **Campus Greeter:** Bring joy to our visitors by meeting and assisting them at our main BCHD campus.
- **Center for Health & Fitness Front Desk:** Greet and check-in members as they arrive and leave the gym, and assist with health center operations by providing customer service in a friendly and positive manner.
- **Conversation Companion:** Provide social interaction to homebound residents and enjoy a variety of fun activities together.
- **Drive and Deliver Volunteer:** Provide support to the Communications Department by delivering and picking up promotional items and other documents from participating vendors, providers and partners. **Time needed:** Eight hours monthly.
- **Errand Volunteer:** Support the independence of older adults by running errands required for daily living, such as grocery shopping and pharmacy visits.
- **Garden Angel:** Build, maintain and harvest Redondo Beach elementary school gardens so kids can watch vegetables grow from seed to plate!
- **MoveWell Volunteer:** Guide clients through simple exercises at their residences once a week.

For more information on volunteer opportunities, visit [bchd.org/volunteer](http://bchd.org/volunteer) or call (310) 374-3426, ext. 246. During the volunteer process, you will have a conversation with a BCHD Purpose Connector who will help identify and align your purpose and volunteer role.

Share Your Purpose by Joining a Discussion Group

Inspired to make a commitment to your purpose? Deepen your discovery and practice by participating in a discussion group. Connect with five members and a group convener for a series of 10 sessions, averaging one to two hours each. Use this time to improve yourself as you engage in conversations centered around living with purpose.

Your sessions include:
- Support from a like-minded group
- Dedicated time to share your story
- Lesson plans to expand on the workshop
- Resources to continue your purpose quest

Take the next step: attend a Purpose Discussion Group introductory meeting.

Share Your Purpose with Healthy Social Activities

Belonging to a group of supportive, like-minded people who share your passion for healthy living might be the single most powerful thing you can do to change your lifestyle for the better. 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.

Join a Healthy Group:
- Walking groups meet weekly and the commitment is flexible. Walks are usually 60-70 minutes long.
- Potluck groups meet monthly and the commitment is flexible. Participants bring a dish to share with six to eight people.
- All group participants must pre-register to participate.

To participate, contact Tiana Rideout at tiana.rideout@bchd.org or (310) 374-3426, ext. 139. Learn more at [bchd.org/purpose](http://bchd.org/purpose).

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### MOAI WALKING GROUPS

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>General Meeting Point</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>4:00pm</td>
<td>Redondo Beach: King Harbor Yacht Club</td>
<td>April (lead)</td>
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<tr>
<td>Monday &amp; Wednesday</td>
<td>4:15pm</td>
<td>Redondo Beach: Veteran’s Park, meet at monument on Catalina &amp; Torrance, then walk four miles along Esplanade</td>
<td>Joan (lead), Brisk pace</td>
</tr>
<tr>
<td>Monday</td>
<td>6:30pm</td>
<td>Redondo Beach: Meet at Bimmy School on Grant &amp; Green</td>
<td>Tani (lead)</td>
</tr>
<tr>
<td>Tuesday</td>
<td>6:30pm</td>
<td>Redondo Beach: Meet at Alta Vista Park</td>
<td>Kathy (lead), Dog-friendly</td>
</tr>
<tr>
<td>Tuesday &amp; Thursday</td>
<td>7:00am</td>
<td>Redondo Beach: Meet at Catalina Coffee</td>
<td>Tani (lead)</td>
</tr>
<tr>
<td>Tuesday &amp; Thursday</td>
<td>4:15pm</td>
<td>Hermosa Beach: Meet on The Strand at Herondo, walk north to wall and back</td>
<td>Joan (lead), Brisk pace</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:00am</td>
<td>Redondo Beach: Meet at Avenue C at the Esplanade, walk to RB Pier and back</td>
<td>Choon (lead)</td>
</tr>
<tr>
<td>Thursday</td>
<td>8:30am</td>
<td>Manhattan Beach: Meet at 2nd St &amp; Ardmore on the Greenbelt</td>
<td>Dina (lead), Moderate pace</td>
</tr>
<tr>
<td>Thursday</td>
<td>9:00am</td>
<td>Redondo Beach: Meet at Avenue C at the Esplanade, to RB Pier and back</td>
<td>Susan (lead)</td>
</tr>
<tr>
<td>Thursday</td>
<td>5:00pm</td>
<td>Manhattan Beach: Meet at American Martyrs Church</td>
<td>Howard (lead)</td>
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<tr>
<td>Thursday</td>
<td>6:00pm</td>
<td>Redondo Beach: Meet at Alta Vista School</td>
<td>Kathy (lead), Dog friendly</td>
</tr>
<tr>
<td>Thursday</td>
<td>6:30pm</td>
<td>Hermosa Beach: Meet at Hermosa Valley School</td>
<td>Tani (lead)</td>
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<tr>
<td>Saturday</td>
<td>8:00am</td>
<td>Redondo Beach: Meet at Sapphire St &amp; S Elvira Ave</td>
<td>Karen (lead), Moderate pace</td>
</tr>
<tr>
<td>Sunday</td>
<td>9:00am</td>
<td>Redondo Beach: Meet at Immanuel Lutheran Church</td>
<td>Debbi (lead)</td>
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### POTLUCK GROUPS

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Tuesday (second week of every month)</td>
<td>6:30-8:30pm</td>
<td>Beach Cities Health District Admin Office, meet at 1200 Del Amo St, Redondo Beach</td>
<td>Colleen (lead), Vegan potluck</td>
</tr>
<tr>
<td>Wednesday (third week of every month)</td>
<td>6:30-8:30pm</td>
<td>Beach Cities Health District Admin Office, meet at 1200 Del Amo St, Redondo Beach</td>
<td>Dana (lead), Vegetarian &amp; plant-based potluck</td>
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<tr>
<td>Sunday (date varies)</td>
<td>6:30-8:30pm</td>
<td>Private home, location varies in the South Bay</td>
<td>Private home, location varies in the South Bay</td>
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### ADDITIONAL ACTIVITIES

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Wednesday (second week of every month)</td>
<td>12:30-2:30pm</td>
<td>Rotates monthly to experience a different Blue Zones-designated restaurant in the beach cities</td>
<td>Tani (lead), Dining together at a restaurant, Casual attire</td>
</tr>
<tr>
<td>Wednesday (first week of every month)</td>
<td>5:30-6:30pm</td>
<td>Beach Cities Health District, Lower Level in Redondo Room, 514 N. Prospect Ave</td>
<td>Tani (lead), Take 30 minutes to downshift and practice mindfulness techniques</td>
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