

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

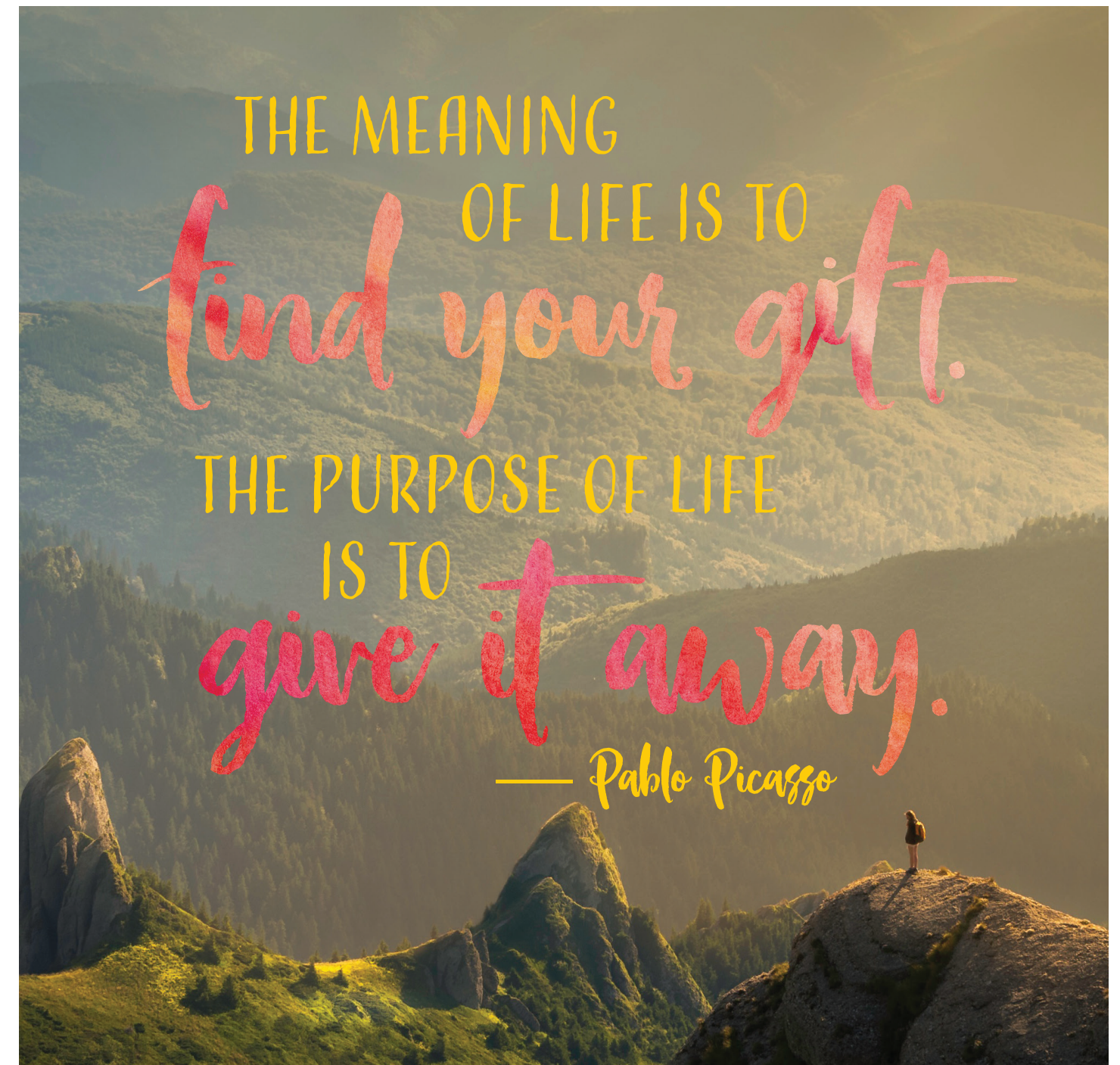
www.tenthousandvillages.com/redondobeach

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.



Connect With Your Community

Volunteer Opportunities and Social Groups

PRESENTED BY



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 information about volunteer opportunities, visit 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.

For more information and to register, go to bchd.org

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

POTLUCK GROUPS			
Day	Time	Location	Notes
Tuesday (second week of every month)	6:30-8:30pm	Beach Cities Health District Admin Office, meet at 1200 Del Amo St, Redondo Beach	Colleen (lead) Vegan potluck
Wednesday (third week of every month)	6-7:30pm	Beach Cities Health District Admin Office, meet at 1200 Del Amo St, Redondo Beach	Diana (lead) Vegetarian & plant-slant potluck
Sunday (date varies)	6-7:30pm	Private home, location varies in the South Bay	Private home, location varies in the South Bay

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