

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30a Advanced Ukulele 12:30p Knitting & Knitting Support	2 11a Caregiving Conversations	3 12:30p Freedom from Pain Support Group 5:30p Embodying Mindfulness	9:30a Chair Yoga 4 Noon Overeaters Anonymous 1:30p Scrabble Meetup 5p Anuenue Playground Rebuild Meeting	5
7 8a Yoga Basics 9:30a Tutu's Quilters 1:30p Chair Tai Chi / Chi Kung 4p Energetic Awareness through The Chakra System	8 9:30a Advanced Ukulele 12:30p Knitting & Knitting Support	9 10a Fibromyalgia Help 1p Parkinson's Wellness & Neuroplasticity Support	10 9:30a Breast Feeding Support 12:30p Freedom from Pain Support Group	11 9:30a Chair Yoga Noon Overeaters Anonymous 1:30p Scrabble Meetup 6p SAFE Waimea	12
14 8a Yoga Basics 9:30a Tutu's Quilters 1:30p Chair Tai Chi / Chi Kung 5:30p Zhineng QiGong for Health	15 9:30a Advanced Ukulele 12:30p Knitting & Knitting Support 5:30p Gratitude and Forgiveness 5:30p Waimea Book Club	16 11a Ancient Yoga 12:30p Cancer Support Group for Women 5:30p Family Support Group	17 12:30p Freedom from Pain Support Group	18 9:30a Chair Yoga 12p Overeaters Anonymous 1:30p Scrabble Meetup	19 1a PR • E Pain Relief • Energy 3p What the Health Video, conversation & potluck
21 8a Yoga Basics 9:30a Tutu's Quilters 1:30p Chair Tai Chi / Chi Kung 4p Living Astrology Compassion in Action	22 9:30a Advanced Ukulele 12:30p Knitting & Knitting Support 4p Beginner's Yoga	23  Tutu's House Weekly Programs 885-6777 tutushouse.org	24 12:30p Freedom from Pain Support Group	25 9:30a Chair Yoga Noon Overeaters Anonymous 1:30p Scrabble Meetup 5:30p Family Game Night @ Earl's Garage	26 1:30p What is Hypno-Birthing?
28 9:30a Tutu's Quilters 1:30p Chair Tai Chi / Chi Kung	29 9:30a Advanced Ukulele 12:30p Knitting & Knitting Support 4p Beginner's Yoga	30 11a Ancient Yoga	31 12:30p Freedom from Pain Support Group	AUG '17	