

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# SEPT 17

**1**  
**9:30a** Chair Yoga  
**Noon** Overeaters Anonymous  
**1:30p** Scrabble Meetup

**2**  
**10:30a** Hawaiian Healing Yoga

**4** **5** **6** **7** **8** **9**



**9:30a** Advanced Ukulele  
**10a** Writers' Support Group  
**12:30p** Knitting & Knitting Support  
**4p** Beginner's Yoga

**11a** Caregiving Conversations  
**11a** Ancient Yoga

**10a** Freedom from Pain Support Group

**9:30a** Chair Yoga  
**Noon** Overeaters Anonymous  
**1:30p** Scrabble Meetup

**11** **12** **13** **14** **15** **16**

**9:30a** Tutu's Quilters

**9:30a** Advanced Ukulele  
**10a** Writers' Support Group  
**12:30p** Knitting & Knitting Support

**10a** Fibromyalgia Help  
**11a** Ancient Yoga  
**1p** Parkinson's Wellness & Neuroplasticity Support  
**2:30p** Gentle Yoga for Aging and Limitations

**9:30a** Breast Feeding Support  
**10a** Freedom from Pain Support Group

**9:30a** Chair Yoga  
**12p** Overeaters Anonymous  
**1p** Medicare Made Clear  
**1:30p** Scrabble Meetup  
**5:30p** Family Science Night

**Tutu's House**  
**Weekly Programs**  
**885-6777**  
 tutushouse.org

**18** **19** **20** **21** **22** **23**

**8a** Yoga Basics  
**9:30a** Tutu's Quilters

**9:30a** Advanced Ukulele  
**10a** Writers' Support Group  
**12:30p** Knitting & Knitting Support

**10a** Medicare Made Clear  
**12:30p** Cancer Support Group for Women  
**3p** Essentially Well  
**5:30p** Family Support Group

**9:30a** Freedom from Pain Introduction to EFT (Emotional Freedom Technique)  
**10a** Freedom from Pain Support Group  
**1p** Aloha Kidney Educational Series

**9:30a** Chair Yoga  
**Noon** Overeaters Anonymous  
**1:30p** Scrabble Meetup

**25** **26** **27** **28** **29** **30**

**8a** Yoga Basics  
**9:30a** Tutu's Quilters

**9:30a** Advanced Ukulele  
**10a** Writers' Support Group  
**12:30p** Knitting & Knitting Support

**1p** Suicide TALK  
**5:30p** How to Train Your Dragon Brain

**10a** Freedom from Pain Support Group  
**1p** Aloha Kidney Educational Series  
**6p** Loving Yourself -- A New Way

**9:30a** Chair Yoga  
**Noon** Overeaters Anonymous  
**1:30p** Scrabble Meetup