

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Weekly Programs
885-6777
 tutushouse.org

JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2
				9:30p Chair Yoga 10:30p MBSR Mindfulness Based Stress Reduction 1:30p Scrabble Meetup	
4	5	6	7	8	9
8a Yoga Basics 9:30a Tutu's Quilters 1:30p Chair Tai Chi Chi Kung 4p Healthy Hāpai	9:30a Advanced Ukulele 10a Writers' Support Group 12:30p Knitting & Knitting Support 12:30p Parenting Skills – Education 4p Beginner's Yoga	11a Caregiving Conversations 12:30p Cancer Support Group for Women	Noon Freedom from Pain w/EFT Support Group 1p ALOHA Kidney class #3 of 6	9:30p Chair Yoga 10:30p MBSR Mindfulness Based Stress Reduction 1:30p Scrabble Meetup	
11	12	13	14	15	16
KAMEHAMEHA DAY Tutu's House Closed	9:30a Advanced Ukulele 10a Writers' Support Group 12:30p Knitting & Knitting Support 12:30p Parenting Skills - Education 4p Beginner's Yoga	1p Parkinson's Wellness & Neuroplasticity Support 5:30p Self-Hypnosis Workshop	1p ALOHA Kidney class #4 of 6	9:30p Chair Yoga 10:30p MBSR Mindfulness Based Stress Reduction 1:30p Scrabble Meetup	3p Broken Brain
					SUNDAY 17 Father's Day!
18	19	20	21	22	23
8a Yoga Basics 9:30a Tutu's Quilters 4p Healthy Hāpai	9:30a Advanced Ukulele 10a Writers' Support Group 12:30p Knitting & Knitting Support 12:30p Parenting Skills – Education	11a Ancient Yoga 5p Plant Based Pot-Luck Hui	10:30a Zumba® Gold Noon Freedom from Pain w/EFT Support Group 1p ALOHA Kidney class #5 of 6	9:30p Chair Yoga 10:30p MBSR Mindfulness Based Stress Reduction 12:30p AARP Smart Driver Course 1:30p Scrabble Meetup	2p Tutu's House Toning Group
25	26	27	28	29	30
9:30a Tutu's Quilters 4p Healthy Hāpai	9:30a Advanced Ukulele 10a Writers' Support Group 12:30p Knitting & Knitting Support 12:30p Parenting Skills – Education	11a Ancient Yoga 3p Words of Wisdom Book Club	10:30a Zumba® Gold 1p ALOHA Kidney class #6 of 6	9:30p Chair Yoga 10:30p MBSR Mindfulness Based Stress Reduction 1:30p Scrabble Meetup	12:30p Harmony for Health