

Complimentary Copy - Enjoy!



Tutu's House ~ a community health and wellness resource center

Volume 22 • Number 6 • June 2018

ZUMBA® Gold (In a Chair)

with Renee Morinaka, licensed
Zumba® instructor

Now available twice a month

**Thursday, June 21 &
28 • 10:30 to 11 am**

Zumba® is perfect for everyone. Each class is designed to bring people together, get an energizing workout, and most of all, have fun in community. Zumba® Gold (chair) provides a functional workout, while seated, for those who have stability or balance issues, leg/foot injuries or other challenges.

The music we work out to is therapeutic in itself! During a Zumba® Gold program, we take the “work” out of work out by mixing various dance moves into a fitness party. So let's get together twice a month and enjoy a 30-minute party together

Renee (a.k.a. Sunshine) Morinaka holds a variety of Zumba® licenses and is passionate about getting people of all shapes, sizes, ages and fitness levels moving and improving their health.



HEALTHY HĀPAI PRENATAL SERIES

with Leila Ryusaki

Healthy Hāpai Prenatal Program Series facilitator

Mondays, June 4, 18, 25 & July 2 & 9 • 4 to 6 pm

We recognize a child's health starts before birth! We are here to help families have a healthy pregnancy and prepare parents with the tools needed for parenthood. The Healthy Hāpai program is a 5-week series of classes designed to focus on pregnancy, childbirth, newborn care and positive parenting education.

- Week 1: Mālama Ola Kino Hāpai
Taking Care of my Pregnant Body
- Week 2: Mālama 'Ohana
Taking Care of my Family
- Week 3: Ho'omākaukau No Ka Hanau 'Ana
Getting Ready for Birth
- Week 4: Ho'omākaukau No Ka Pepe
Preparing for Baby
- Week 5: Mālama Keiki
Caring for my Child



Facilitator Leila Ryusaki

All program participants will receive a free pregnancy journal and calendar as well as an opportunity to win an infant car seat or breastfeeding pillow.

Registration is required. Please call 969-9220 or sign up on-line www.hmono.org/classes today!

The Healthy Hāpai classes are facilitated by Leila Ryusaki who joined Hui Mālama Ola Na 'Oiwī in July 2017 to develop the Healthy Hāpai prenatal program initiative. Leila's interest in prenatal care and working with mothers and babies was piqued when she served as the program coordinator and facilitator for the Centering Pregnancy program at the Waimea Women's Center Department of North Hawaii Community Hospital. Inspired by the hardworking Certified Nurse Midwives, she furthered her training and knowledge by becoming a Certified Lactation Counselor, Lamaze-trained Childbirth Educator and is currently apprenticing to become a Licensed Massage Therapist (LMT) specializing in Prenatal and Postpartum Massage. Leila's dedication and passion for prenatal and postnatal education has been integral in the planning of Hui Mālama's Healthy Hāpai program. She explains, "Pregnancy is not only about the birth of the baby. It's also about the birth of the parents." We're here to help with that transition.



CHAIR YOGA

with Kit Hill, MA

**Every Friday
9:30 to 10:15 am**

Chair yoga is a general term for practices that modify yoga poses so they can be done while seated in a chair. In this practice, the chair replaces the yoga mat and becomes

an extension of your body, allowing you to take full advantage of yoga's amazing fitness and health potential. People with disabilities, weight challenges, inflexibility or who just cannot get on the floor (for whatever reason) can benefit from chair yoga.

Kit hopes her chair yoga participants will enjoy the benefits of yoga including improved balance, flexibility, muscle tone, blood circulation and balance, as well as better quality of life aspects such as a calmer mind, reduced stress, increased self confidence and joy.

MINDFULNESS BASED STRESS REDUCTION (MBSR) Tools for Wellness & Relaxation

with Kit Hill, MA Counseling Psychology

Eight consecutive Fridays (starting June 1) • 10:30 to 11 am

Mindfulness Based Stress Reduction (MBSR) was developed by Jon Kabat-Zinn, PhD, at the University of Massachusetts Medical School, where he founded the Center for Mindfulness in Medicine, Health Care, and Society in 1995. MBSR uses a combination of mindfulness meditation, body awareness and movement to help individuals cultivate awareness and reduce stress. The practices are simple yet can have a profound effect on wellbeing. MBSR has been used as a powerful tool to help people manage depression, anxiety and chronic pain, in group settings with individuals battling cancer or other serious illness, and in everyday situations to help people connect more fully with one's self, loved ones and life itself.

This 8-week workshop series starts on Friday, June 1 and ends July 20. Each 30-minute class will provide time to review exercises, learn the week's exercises, share experiences and ask questions. Participants are advised to wear comfortable clothing and bring

a yoga mat if you have one. A commitment to attend the complete series strongly encouraged. Please call Tutu's House at 885-6777 to register.

Kit Hill is a Wellness Counselor in the Waimea community. During her graduate work at the University of Hawai'i at Hilo she was involved with learning MBSR during her Counseling Skills class and continues to share the techniques.

Editor's Note: *In conversation with Kit Hill around her desire to serve the community by offering to facilitate these two programs, it made sense to schedule them in tandem because the potential benefits from each are so compatible. There is a 15-minute break after Chair Yoga, before the MBSR class starts. Participants are welcome to attend these integrative self-care programs independent of each other, or combined into a comprehensive Friday morning practice. Please bring a hand towel, drinking water and whatever you may need for personal comfort or support.*

BROKEN BRAIN

with Sharon Petrosky BA, Psychology

Saturday, June 16 • 3 to 4:30 pm

Information presented in this session of the Broken Brain Docu-series is about ADHD and Autism. Why do children diagnosed with these disorders have altered immune function? Why are they vulnerable to having more viral infections? How do these all trigger inflammation and how does this cause Autism? Join us in viewing selected sections of episode 4 of this ground-breaking docu-series hosted by Dr. Mark Hyman to learn what top brain experts have discovered through their research about the growing epidemic of neurodegenerative diseases.



HOW to TALK so KIDS will LISTEN & LISTEN so KIDS will TALK

with Cecilia Royale, Care Coordinator
Neighborhood Place of Kona

**A 6-part series from 12:30 to 2 pm on consecutive Tuesdays
Starting June 5, with final session July 10**

This parenting education workshop is based on the principles of child psychologist Dr. Haim Ginott. Using humor, wisdom and practical advice, the curriculum teaches parents skills for solving problems and building positive, lasting relationships between themselves and their child. Lessons include talking story, activities and role-playing.

The following is a list of the titles of each chapter and a brief description of what will be learned:

Helping children deal with their feelings — helps children and adults identify feelings. Skills are learned to accept a child's feelings, and reflect them back using compassion and empathy.

Engaging cooperation — works to create a climate of respect, where parents and children learn skills to develop healthy cooperation skills and techniques.

Alternatives to punishment — uses language and techniques to solve a problem, rather than trying to punish a child.

Encouraging autonomy — parents learn how to implement skills to encourage children to begin doing tasks and actions by themselves. This works to remove stress from the parent of having to do everything for the child.

How to praise your child — teaches parents how to praise children in a way that builds children's self-confidence by focusing on describing what you see and how it makes you feel, instead of evaluating something as good or bad.

Freeing children from roles — parents learn how to change a persistent negative behavior in children and adults by learning skills to see their children and themselves differently.

A certificate of completion is awarded to those who attend and participate in all six (6) sessions.

**Childcare is not available. For more information call Neighborhood Place of Kona
Registration required by calling
NPK at 331-8777 to sign up.**



AARP SMART DRIVER COURSE

with Susan Yandall
AARP Volunteer Educator

Friday, June 22 • 12:30 to 4:30 pm

A lot has changed since many American drivers first got their driver's license. The roads have changed. Cars and technology inside them have changed. Even the people behind the wheel have changed. As drivers, if we don't keep up with those changes we put others or even ourselves at risk.

The new and improved AARP Smart Driver Course curriculum was designed with the participant in mind, and it is different in many ways from previous editions including:

A completely new format that incorporates adult-learning principles, features reader-friendly print, an easy-to-follow format, and videos to supplement course content.

The course is tailored to meet the needs of participants by providing state-specific information that is easy to access and understand.

The course has been adjusted to include a focus on areas where older drivers could benefit from additional training, including: pavement markings, stop-sign compliance, and safety issues such as speeding, seatbelt and turn signal usage.

Registration is required. Please do so by contacting the AARP Volunteer Educator by email Susan. AARPvolunteer@gmail.com no later than Wednesday, June 20 for AARP-related details, and so the classroom space will be appropriately set up with enough workbooks for each registered participant.

JUNE 2018



Programs

There are no fees for Tutu's House programs; tax deductible donations are always welcome.

Mind • Body • Spirit

CHAIR YOGA with Kit Hill, MA yoga enthusiast; weekly class for those who need a gentle and slow yoga in a chair practice. The movements are designed to stretch and strengthen the body without standing or lying on the mat. We may include some easy standing poses behind the chair. This class is also good for beginners who, in the future, may progress to a next level yoga program. **Every Fri. • 9:30—10:15 am**

MBSR TOOLS for WELLNESS and RELAXATION with Kit Hill, MA, Wellness Counselor; this 8-week series is based on a highly regarded wellness program called Mindfulness-Based Stress Reduction (MBSR). Using a combination of mindfulness meditation, body awareness and movement, MBSR provides powerful tools to tap into your own inner resources to enhance your health and wellbeing. This series offers open enrollment, and provides participants with a series of simple exercises that can be woven into their day and may have a profound impact. Kit welcomes new and returning participants. **Every Fri. • 10:30—11 am**

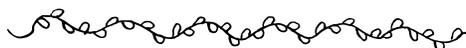
CHAIR TAI CHI-CHI KUNG with Madeline Sofranac, DPT. Enjoy simple, effective hand and leg movements, postures, gentle deep breathing and pressure point techniques while remaining seated in a chair. Tai Chi-Chi Kung movements emphasize flow of internal energy to improve organ function, range of motion, blood pressure balance and overall physical and mental wellbeing. This class works well for seniors, physically challenged persons and folks recovering from surgeries or living with injuries. **Mon., June 4 • 1:30—2:30 pm**



BEGINNER'S YOGA with Kiyomi Falcon, RYT, LMT; yoga has both preventive and therapeutic benefits. It increases body awareness, relieves chronic stress patterns and muscle strain, relaxes mind and body, centers attention, sharpens concentration and frees the spirit. Kiyomi also incorporates meditation practice into this class. **Tue., June 5 & 12 • 4—5 pm**

ANCIENT YOGA with Deanna Olivier; this practice includes physical, mental and spiritual discipline for developing awareness, character and consciousness. It is an integrated system of exercise, breath control and meditation combining yoga postures with breathing techniques for a vigorous workout. Bring water, a yoga mat (if you have one) and a towel; wear loose clothing. **Wed., June 20 & 27 • 11 am—Noon**

WORDS OF WISDOM BOOK CLUB with Shira Hunt, RN, CST, and George Mycroft. Are you ready to begin a profound, inward voyage? We are taking a journey to uncover the spiritual wisdoms found in "Home with God—in a Life that Never Ends" by Neale Donald Walsch. We will discover new ways of "Be-ing" in our lives and we invite YOU to join us. Honoring all pathways — this circle is for spiritual adventurers. Read three chapters each month then attend our gathering to discuss and uncover meanings and the deep impacts on "Who I Choose To Be." This is about evolving and spiritually expanding with the utmost integrity. A sacred journey for us all. **Wed., June 27 • 3—4:30 pm**



Physical Health and Fitness

YOGA BASICS with Janet Lam; start your week with a smile – feeling balanced, flexible and strong; includes fundamental yoga poses students generally learn within their first year of practice. Although not specifically a beginner's class, the movement sequence can easily accommodate students new to yoga or returning to a yoga practice. **Mon., June 4 & 18 • 8—9 am**

ZUMBA® GOLD (in a chair) with Renee Morinaka (a.k.a. Sunshine) Morinaka, licensed Zumba® instructor. This class is mainly for those who have mobility or balance issues, but still love to move and dance. It includes a warm up, dance party and cool down (stretching) to up beat music of various genres. Activate effective every day hand, arm, leg and body movements. We will sit during the entire class. Please bring water, a towel and wear covered shoes. **Thu., June 21 & 28 • 10:30—11 am**

Creative, Cultural & Social

KNITTING & KNITTING SUPPORT with Gretchen Geisler, lifetime knitter, pattern designer and fiber artist; for ages 10 to adult and all skill levels. Bring your projects, get your knitting questions answered and visit with other knitters; stay as long as you can. Beginners will be guided into a suitable project. **Every Tue. • 12:30—3 pm**

TUTU'S QUILTERS with Kathy Lukens; for beginners and experienced to learn quilting Hawaiian style while meeting a great group of people; initial supplies are provided or bring something you are working on. Good company and encouragement guaranteed. **Every Mon. (except June 11) • 9:30 am—Noon**

ADVANCED UKULELE with Auntie Marjie Spencer; join other experienced players of all ages to learn more about the ukulele through friendship and song. Bring your own ukulele. **Every Tue. • 9:30—11 am**

TUTU'S HOUSE WRITERS' SUPPORT GROUP with Eliza Cahill and Dave Fouts. Creative writing offers a way to express emotions, explore philosophical concepts and expand intellectually. We have new writers to published authors—many genres: fiction, non-fiction, essays and poetry. Come share with us in a supportive, encouraging place to explore your writing voice. You are invited to read, listen and give feedback when requested. **Every Tue. • 10 am—Noon**

PLANT-BASED HUI & POTLUCK with Vivienne Aronowitz, MPH, Registered Dietician and CDE. Come and celebrate the solstice by learning about plant based eating and sharing bounty from mother earth. Did you know that eating a plant-based diet is one of the most powerful actions you can take to protect the planet and promote sustainability. We exchange recipes, tips and food. Bring a copy of your recipe and please ensure it does not include any ingredients from animals (meat, fish, poultry, eggs or dairy). Dishes must be service-ready (no kitchen utilities available). Please bring your own reusable plates, bowls, and utensils. **Wed., June 20 • 5—6 pm**



TUTU'S HOUSE TONING GROUP with Shira Hunt, RN, CST, and George Mycroft. In ancient times, people used the power of sound to communicate, to empower their community, to support healthy bodies, and for simple enjoyment and connection. The intention for this monthly group is to recreate that, and to share and explore the energy created when we raise our voices together. Join us to reconnect with an ancient process in which we experience the adventurous and healing power of sound through the vibrations and frequencies of our own voices. **Sat., June 23 • 2—4 pm**

HARMONY FOR HEALTH with Richard Adoradio, local music instructor. Studies show singing strengthens our immune system, lowers stress and is a natural anti-depressant. Singing in harmony can produce even greater benefits for not only mind and body, but also for building a well-bonded community. Richard leads this casual—family friendly—group singing experience with his hands-on, creative approach. Taking popular, feel-good songs and generating simple, easy to follow harmonies, he quickly gets the group out of their heads and into their hearts, resulting in a fun and revitalizing afternoon. No singing experience is necessary. **Sat., June 30 • 12:30—2 pm**



Community Education

HEALTHY HAPAI PRENATAL SERIES with Leila Ryusaki, Lamaze-trained Childbirth Educator. Recognizing a child's health starts before birth, this series intends to help families have a healthy pregnancy, and to provide prospective parents with the education and tools they need. This 5-week series is designed to focus on pregnancy, childbirth, newborn care and positive parenting. Participants will receive a free pregnancy journal, calendar and an opportunity to win an infant car seat or breastfeeding pillow. Please call 969-9220 or sign up on-line at www.hmono.org/classes today! **Every Mon. (except June 11) through July 9 • 4—6 pm**

HOW TO TALK SO KIDS WILL LISTEN / Parenting Classes with Cecilia Royale, Care Coordinator at Neighborhood Place of Kona. Learn a variety of ways to communicate more positively with your children. Each week covers a different topic: Dealing with Feelings, Engaging Cooperation, Alternatives to Punishment, Encouraging Autonomy, Praise, Freedom from Playing Roles. Resource booklet and handouts included. Childcare is not available. Registration required by calling NPK at 331-8777 to sign up. **Every Tue., June 5 through July 10 • 12:30—2 pm.**

ALOHA KIDNEY • Kidney Disease Education. with Ramona Wong, MD, retired nephrologist, kidney specialist. This educational series of six once-a-week classes is led from O'ahu using video conferencing technology, and is for those interested in, at risk for, or living with Chronic Kidney Disease (CKD). Hawai'i has a high rate of chronic kidney disease (CKD), mostly preventable. Often, we make choices that unknowingly nudge us towards chronic disease. You are the co-creator of your life through the cumulative effect of your daily choices. Once you understand the impact of choices you make today on mind, spirit and body, you can live mindfully ever after. Registration is required; call Tutu's House at 885-6777 for details. **Thur., June 7, 14, 21 & 28 • 1—3:30 pm**

SELF-HYPNOSIS WORKSHOP with Jennifer Jones, Clinically Certified Hypnotherapist—trained at the Hypnotherapy Training Institute in San Francisco—under Randall Churchill. In this workshop you will learn techniques for changing the way you think you feel about certain areas of your life. Attendees will also learn a fun method called “the opposite game,” a useful everyday tool for proactively adjusting your perspective. Are you ready for some real changes in your life? Is today the day? Curious? Let's get started! Attend this fun, interactive workshop to begin experiencing the changes you desire in yourself by the time you leave. **Wed., June 13 • 5:30—6:30 pm**

BROKEN BRAIN facilitated by Sharon Petrosky. Are autism and ADHD just names we give to people with a list of similar symptoms? You might be surprised to hear that treating patients with ADHD or on the autism spectrum does not look so different from treating patients who have dementia or other illnesses. In Episode 4 of Broken Brain we take a deep dive into ADHD and autism. Dr. Suzanne Goh, Chris Kresser, and others will take us through a revolutionary new way to look at these disorders. There will be a 15-minute discussion following the viewing. **Sat., June 16 • 3—4:30 pm**

AARP SMART DRIVER COURSE with Susan Yandall, AARP Volunteer Educator; classroom refresher course designed for drivers 50 years and over. Learn research-based safety strategies to help keep you safe while on the road. After taking the course, you may be eligible for a discount on your car insurance. (Consult your auto insurance agent for details.) Registration is required. Please do so by contacting the AARP Volunteer Educator by email Susan.AARPvolunteer@gmail.com no later than Wednesday, June 20 for AARP-related details. **Fri., June 22 • 12:30—4:30 pm**

Support Groups

CAREGIVING CONVERSATIONS with Karyn Clay, host; BA in Gerontology, professional caregiver since 1995. Whether you are a caregiver by heart, hire or relationship, join fellow caregivers in sharing stories, support and inspiration. This program meets on the 1st Wednesday of each month. Let's uplift and strengthen each other on our journey! **Wed., June 6 • 11 am—Noon**

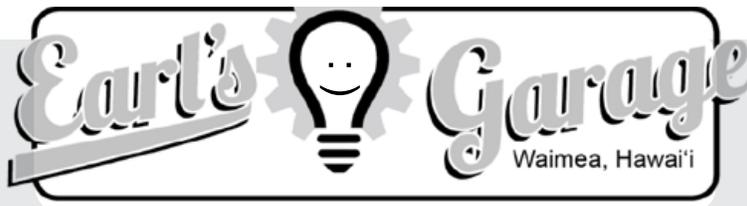
CANCER SUPPORT GROUP for WOMEN ~ Whether a survivor, currently in treatment, recently diagnosed, or coping with the effects of cancer on a loved one, you are invited to join this group to discover the power of healing through connection with others who share a common bond. This month, Margie S. Kaiser, LMT will share information and answer questions specific to Oncology Massage. This group meets on the first Wednesday of each month. All interested persons are welcome. **Wed., June 6 • 12:30—2 pm**

FREEDOM FROM PAIN SUPPORT GROUP with Cynthia Magg, EFT practitioner and author. If you are ready to say “adios” to the aches and pains in your body depleting your energy and disrupting your life, then join this EFT tapping support group. Whether your pain is chronic or acute, new or old, related to injury or disease, you can improve your life experience. These sessions are combined with mind-body-emotions concepts that will empower you to access your body's innate ability to self-heal. No prior EFT experience is necessary. Newcomers welcome. **Thu., June 7 & 21 • Noon—1:30 pm**

PARKINSON'S and NEUROPLASTICITY WELLNESS SUPPORT with guest speaker Pat Bernis, who joins us to inform and facilitate an open discussion focused on healthy caregiver partnerships. Her background includes 45 years as a registered nurse and first hand experience as a caregiver. Pat's passion for helping others build and maintain positive relationships will quickly become evident during this conversation. People with Parkinson's, related neurological challenges, and their caregiver partners are encouraged to attend. **Wed., June 13 • 1—3 pm**



Weekly Programs
885-6777



Earl's Garage summer program

Earl's Garage Summer program, open to kids 9 and up, starts this month. We are ready for a summer of fabricating, skill building and take over the world style fun! I always look forward to the five weeks of summer program. There is always a lot of energy and new faces in the Garage. Each week is a different theme, so kids can pick and choose to attend the weeks that interest them most. Some themes are so popular I bring them back again and again, but I always strive to add something new. The summer I brought back favorites of years past, and added a week of cardboard arcade. We had a cardboard arcade program around early spring, kids enjoyed it so much I decided to add it to the summer line up. Our five week line up this year is:

June 18-22 Cardboard challenge

It's a mini Cane's arcade! Use cardboard, re-purposed materials, and electronics to create an arcade style game. After your game is finished they will stay in the garage to be played by kids for the rest of the summer!

June 25-29 Water Vehicles

Use simple circuits, switches, and imagination to create battery powered water vehicles. Your challenge is to design a vehicle that will be able to complete tasks such as retrieving objects from below the surface.

July 2-6 (closed July 4th) Lift Off

This week is all about creating projects that fly. Kids will be challenged to take their projects from simple demonstrations of Bernoulli's principle, to true experiments

July 9-13 Energy in action

Explore different forms of energy-wind, hydro, electrical, mechanical. Master the transformation of energy from one form to another to cause an exciting large-scale chain reaction performance.

July 16-20 Chemical Equations

This week we will explore a smorgasbord of chemical reactions; we will measure, burn, stir, and dissolve to make everything from crystals to "black snakes".

Earl's Garage summer program is designed for kids 9 and up. There is a nominal fee of \$10 per week. Program hours are 8:30-2:30 p.m. Space is limited.

Registration required, email katherine@tutushouse.org for more information and registration forms.

If this is the first time you are hearing about the fantastic projects Earl's Garage has to offer, get on the Earl's Garage email list so you don't miss out on any of the

Family Science Night

Don't miss the May Family Science Night

*We will combine dinner and a fun
Earl's Garage project.*

Friday, June 15, 5:30-7pm

Food and project provided.

**A headcount is needed for
food and supplies;**

RSVP required by Wed., June 13

**To reserve your space
Please call 885-6777**

Or email • katherine@tutushouse.org

*Mahalo to
Joe Krueger
for mentoring last month's
trebuchet workshops!*

EARL'S GARAGE UNDERWATER ROBOTICS TEAM

Earl's Garage had two teams do a product demonstration for the MATE regional competition. This program was brand new for all the team members, and they did an excellent job! They engineered underwater vehicles able to perform mission tasks like retrieving samples from the bottom of the pool, and moving objects from one area of the pool to the other. The demonstrations had a real world problem solving theme, so the kids were able to see how the technology applies to real world problems. I am very proud of all the kids who put in their time and effort outside of school and other activities, they were awesome! Congratulations!

WORDS OF WISDOM BOOK CLUB

with Shira Hunt & George Mycroft

Wednesday, June 27 • 3 to 4:30 pm

The first book we have chosen for this new group to read is entitled: "Home with God—in a Life that Never Ends" by Neale Donald Walsch. All are welcome. Please get ahold of a copy of this book and be prepared to join us in exploring the principles that are presented in the first three chapters at our first meeting. We will continue to navigate our way through this book, three chapters at a time, during each monthly gathering.

This **Circle Of Spiritual Adventurers** is open to all. We seek solutions wherever they arise, with no "rules" about what is and what is not acceptable. Let's delve into the answers to life's riddle together. We all carry a piece of "the ultimate jigsaw," so your presence is supremely valuable. Please bring an open and enquiring mind, and an absence of judgment.



Though these times of huge environmental, emotional, spiritual and social change, in which we are living, can feel highly unsettling and disturbing, this evolution of humanity presents us with amazing opportunities to expand and grow. **IF** we choose to see the doorways opening to us, we may be gifted with an array of new insights and new ways of understanding that can reveal new pathways ahead. Let's share in this adventure together.

‘Ōlelō ā māmala‘ōlelo
Hawaiian Word or Phrase

Nā ‘ohana, i ka mokuāhua!

Families in grief, sorrow, disappointment

Many families in grief and sorrow, suffering from current natural disasters, be it flooding or volcanic episodes . . .

While, on the other hand, many, many more families and neighbors, near or far, stand and offer their helping hands, items, or personal prayers for peace, comfort, safety and resilience, with no expectation of being repaid.

Yes, we are one big ‘ohana; we kōkua,
we mālama, we ho‘omau!
May Ke Akua shed his healing light on all!

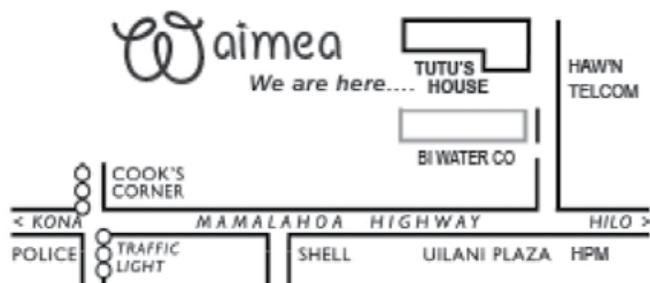
Nā ‘ohana, i ka mokuāhua!

Families in grief, sorrow, disappointment

by M. Kapuniai

Ho‘o Wala‘au Editor: Lorraine Urbic

Our writing team: Katherine DuBose-Oliver, M. Kapuniai, Michelle Medeiros, Lorraine Urbic and program leaders



We appreciate your phone call for class registrations so we can support our presenters with their preparations. We may also need to notify you if a program is canceled unexpectedly or rescheduled.

Mahalo! 885-6777

TUTU'S HOUSE

Kamuela Business Center (Upper Level)

64-1032 Mamalahoa Highway, #304

Kamuela, HI 96743

Phone (808) 885-6777 Fax (808) 885-4998

E-mail: tutus@tutushouse.org Web: www.tutushouse.org

Open Monday thru Friday 8 am to 5 pm,
plus evening and weekend program hours.

Welcome!

Information found in Ho‘o Wala‘au and at Tutu's House is not meant to replace the professional care you receive, but is meant to be used in conjunction with it. We urge you to share what you discover at Tutu's House with your family, physician and/or healer. Tutu's House is a project of Friends of the Future, a Waimea-based non-profit organization.

Volunteers and donations are welcome.

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