

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7
8a Yoga Basics 9:30a Tutu's Quilters 3:30p Earl's Garage <i>A Hui Hou Katherine & Welcome Chezlani</i>	9:30a Advanced Ukulele 10a Writers' Support Group 12:30p Knitting & Knitting Support	HOLIDAY Tutu's House Closed	10:30a Zumba® Gold Noon Freedom from Pain Support Group	9:30p Chair Yoga 10:30p MBSR Mindfulness Based Stress Reduction 1:30p Scrabble Meetup	
9	10	11	12	13	14
8a Yoga Basics 9:30a Tutu's Quilters 1:30p Chair Tai Chi / Chi Kung	9:30a Advanced Ukulele 10a Writers' Support Group 12:30p Knitting & Knitting Support	11a Caregiving Conversations 12:30p Cancer Support Group For Women 1p Parkinson's Wellness & Neuroplasticity Support 5:30p Self Hypnosis	6p 6 Body to Brain Strategies for Movement Programs	9:30p Chair Yoga 10:30p MBSR Mindfulness Based Stress Reduction 1:30p Scrabble Meetup	1p Sex Trafficking of Minors in Hawaii
16	17	18	19	20	21
8a Yoga Basics 9:30a Tutu's Quilters 5:30p Advanced Vein Care	9:30a Advanced Ukulele 10a Writers' Support Group 12:30p Knitting & Knitting Support 4p Beginner's Yoga	5p Plant Based Pot-Luck Hui	10:30a Zumba® Gold Noon Freedom from Pain Support Group	9:30p Chair Yoga 10:30p MBSR Mindfulness Based Stress Reduction 1:30p Scrabble Meetup	2p Tutu's House Toning Group
23	24	25	26	27	28
8a Yoga Basics 9:30a Tutu's Quilters	9:30a Advanced Ukulele 10a Writers' Support Group 12:30p Knitting & Knitting Support 4p Beginner's Yoga	3p Words of Wisdom Book Club 5:30p "Tales of Two Towns: Historic Connection Between Honoka'a & Waimea		9:30p Chair Yoga 10:30p MBSR Mindfulness Based Stress Reduction 1:30p Scrabble Meetup	12:30p Harmony for Health
30	31				
8a Yoga Basics 9:30a Tutu's Quilters	9:30a Advanced Ukulele 10a Writers' Support Group 12:30p Knitting & Knitting Support				

JULY 2018



Weekly Programs
885-6777
 tutushouse.org