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

Volume 22 • Number 7 • July 2018

“Tales of Two Towns: Historic Connection Between Honoka`a and Waimea”

with Dr. Momi Naughton

Wednesday, July 25 • 5:30 to 7 pm

The towns of Honoka`a and Waimea are fifteen miles apart and one developed around ranching the other around sugar. But these two towns have been historically linked and have contributed much to the growth and identity of the other. Momi Naughton will discuss the historic connections of these two geographic areas as seen through Hawaiian mo`olelo (oral traditions) to modern times. In addition, how Waipi`o Valley acted as a food source particularly in times of drought for these two areas, will be explored in this talk.

Honoka`a was at one point the third largest town in Hawai`i, after Honolulu and Hilo, and had double the population of Waimea in the 1950s. Infrastructure such as electricity and a water system happened in Honoka`a 20 years before Waimea.

The impact of World War II on both towns was dramatic with over 40,000 servicemen training in the Waimea area. The policies of Parker Ranch manager A.W.



Carter and later his son, Hartwell, to keep the cowboys from drinking alcohol, caused Honoka`a to serve as a major rest and relaxation area for the military. Dr. Naughton will use excerpts of oral histories, early documents and maps to show the historic link between these two towns.



Dr. Momi Naughton was the historic sites representative for the Waimea/Kawaihae Community Association in the late 1970s. She currently heads the Heritage Center at the North Hawai`i Education and Research Center in Honoka`a, which is part of UH, Hilo and consists of many documents and photographs on Waimea.



SEX TRAFFICKING of MINORS in HAWAI‘I

with Dr. Dianne Bowen-Coleman
Education and Advocacy Manager, Ho‘ōla Nā Pua

Saturday, July 14 • 1 to 3 pm

This prevention-based education program teaches what sex trafficking is, what the warning signs are, why it is common in Hawai‘i and how to get help. Specific information will be covered regarding the following.

- Who is a target: anyone under age 18
- What are some warning signs?
- Why Hawai‘i?
- How to get help
- Consent: Consent and Shave Ice!
- Dangers of Social Media and Gaming
- Science of pornography addiction
- Pornography & Sex Trafficking



How Children Are Recruited: Children are recruited in numerous ways, including at the malls, arcades, beaches and bus stops, by gangs and family members, and via the internet and social media.

It Doesn't Just Happen to Girls: Victims come from all backgrounds and may be male, female or transgender.

It Happens in Hawai‘i: Hawai‘i is a hub for international business and trading, with an economy fueled by tourism and a large military population. These, and many other factors, make Hawai‘i a prime target for sex traffickers who capitalize on the high numbers of male travelers, businessmen, and military personnel.

How You Can Make A Difference: Educate yourself. Talk about the issue with others. Take action.

Please register at: <https://hoolanapua.org/hawaii/>

Dr. Dianne Bowen-Coleman brought her passion and leadership for service learning, education and empowering youth to Ho‘ōla Nā Pua where she now serves as Volunteer, Education and Advocacy Manager. Dianne lives on O‘ahu.

Ho‘ōla Nā Pua is a Hawaii-based 501(c) non-profit organization committed to the renewal of trafficked youth through health, education, advocacy, and reintegration. Ho‘ōla Nā Pua conducts engaging educational presentations and training on sex trafficking of minors to middle school through college aged students, first responders, service providers, lawmakers, law enforcement and the community at large.

CHAIR TAI CHI—CHI KUNG

with Madeline Sofranac, DPT
Doctor of Physical Therapy

Monday, July 9 from 1:30 to 2:30 pm



Whether to reduce stress, promote relaxation or improve balance and flexibility, this seated Ancient Chinese Physical Therapy class is an excellent place to start for anybody.

Chi Kung, or energy work, uses the body's natural energetic currents through awareness exercises and breath work to cultivate peace and return to our innate state of harmony. These simple techniques have been used for thousands of years as natural medicine to regulate blood pressure and hormones, reducing headaches and improving strength and mobility.

Classes are held once a month. Madeline loves to lead this group through these simple, yet profound motions to promote more fluidity and ease in both the body and mind. Come learn new techniques as a tool for self-care and revitalization!

ADVANCED VEIN HEALTH

with Dr. Randall Juleff

Board certified in venous and lymphatic medicine,
Cardiovascular & general surgery

Monday, July 16 • 5:30 to 7 pm



This talk is intended to promote an understanding about veins, vein health, risk factors, treatment and prevention. Healthy veins are not simply a cosmetic issue, but an essential part of your overall wellbeing. The job of a vein is to return blood back to the heart. Veins are thin and have one-way valves to keep blood flowing toward the heart. An adult has more than 60,000 miles of veins.

Some of the risk factors for developing vein disease include age, gender, lifestyle and, most importantly, heredity. There are a variety of factors that can lead

to malfunction. Your best defense is to know the risk factors, to identify symptoms at an early stage, to focus on prevention and management, and to take advantage of all available treatment options.

Venous disease can also be aggravated by lifestyle or occupational risks. Jobs that include standing or sitting for long periods of time in one position are known risk factors. Genetics plays the most important role however and 70-80% of patients have a strong family history.

Symptoms of vein disease can vary from obvious discolorations on lower extremities to pain, fullness, fatigue, swelling, itching and even ulcerative lesions. Simple lower extremity exercises, such as walking or jogging, can help the circulatory system and improve the return of venous blood back to the heart. On the other hand, if venous disease is already present, exercise, compression stockings and elevation will decrease symptoms, but will not cure the problem. Large clusters of varicosities may put you in a higher risk level of developing superficial blood clots or deep venous thrombosis (DVT).



6 Body-to-Brain Strategies for Movement, Stretching and Exercise Programs

with Catherine Mitchell

Thursday, July 12 • 6 to 7 pm

Get a sneak preview of a presentation that will be given at the international Movement and Cognition conference held at Harvard.

People think of movement as a mechanical action, but scientists have known since the 1800's movement is intricately connected to mental activities. If scientists believe movement is foundational to how perception, memory and emotion operate...why aren't we taught how to feel these connections to improve our health and ability to learn?

The Six Strategies, developed by Catherine Mitchell, are believed to be of benefit to symptoms of Attention Deficit and Hyperactivity Disorders. These strategies teach children how to feel connections between mind, body and brain. These applications are especially helpful for children who have difficulty with listening, attention and/or behaviors.

These strategies were tested and revised for eight years in the Wellness Through Movement course. If you work with children ages five to ten years old in ways that employ movement, yoga, weight lifting or sports, these strategies should be in your toolbox. When the mind, body, and brain work together consciously, everything works better, and kids get it!



JULY 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, 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—11:15 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., Jul. 9 • 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., Jul. 17 & 24 • 4—5 pm**

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 (3) 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., Jul. 25 • 3—4:30 pm**

Physical Health & 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. **Every Mon. • 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., Jun. 5 & 19 • 10:30—11 am**

Creative. Cultural & Social

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. • 9:30 am—Noon**

ADVANCED UKULELE with Auntie Marjorie 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**

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**

SCRABBLE MEETUP with Annabel Spielman. Word lovers of every age and skill level are encouraged to play this classic (yoga for the brain) game with relaxed rules – dictionary use permitted. A friendly group of dedicated players makes up the core of Scrabble at Tutu's House. There is room for games of 2 to 4 players with changes of tables and opponents as time allows. It's a great way to retain and expand vocabulary, spelling, memory and observation skills in a congenial atmosphere. **Every Fri. • 1:30—4 pm**

PLANT-BASED HUI & POTLUCK with Vivienne Aronowitz, MPH, Registered Dietician and CDE. Did you know eating a plant-based diet is one of the most powerful actions you can take to protect the planet and promote sustainability? Join us for this informal gathering where we exchange recipes, tips and food. Dishes must be service-ready (no kitchen utilities available). Bring a copy of your recipe and please ensure it does not include any ingredients from animals (meat, fish, poultry, eggs or dairy). Please bring your own reusable plates, bowls, and utensils. **Wed., Jul. 18 • 5—6:30 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., Jul. 21 • 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., Jul. 28 • 12:30—2 pm**

Community Education

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 simple application of self-hypnosis as a useful 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.

Wed., Jul. 11 • 5:30—6:30 pm

BODY-TO-BRAIN STRATEGIES FOR MOVEMENT, STRETCHING AND EXERCISE PROGRAMS with Catherine Mitchell, Feldenkrais Practitioner, Educator and Lecturer. Get a sneak preview of a presentation accepted at the Movement and Cognition Conference held at Harvard. Teach children how to feel the mind, body and brain connections. This information is especially helpful for children with listening or behavior issues.

Thu., Jul. 12 • 6—7 pm

SEX TRAFFICKING OF MINORS IN HAWAII with Dr. Dianne Bowen-Coleman, Volunteer, Education and Advocacy Manager at Ho'ola Na Pua. This prevention-based Education Program teaches what sex-trafficking is, what the warning signs are, why it is common in Hawaii and how to get help. It discusses the dangers of social media and gaming and reinforces using privacy settings. It also addresses pornography and other cultural norms that are fueling the demand for underage youth and concludes with suggestions on how to get involved to bring about change. Please register at the following online link <https://hoolanapua.org/event/community-education/> •

Sat., Jul. 14 • 1—3 pm

ADVANCED VEIN CARE with Dr. Randall Juleff, MD, FACS, board certified in venous and lymphatic medicine, cardiovascular surgery, and general surgery. If you've ever had varicose veins, you know how unsightly they can be. But did you know varicose veins are also a source of leg pain, fatigue, skin darkening and other issues? These are sometimes called venous insufficiency, and Dr. Juleff has made it his mission to care for and educate those who suffer from it. Join us for an informative evening and discover if you are at risk for venous disease. Refreshments provided.

Mon., Jul 16 • 5:30 – 7 pm

"TALES OF TWO TOWNS: HISTORIC CONNECTIONS BETWEEN HONOKA'A AND WAIMEA" with Dr. Momi Naughton, Head of North Hawaii Education and Research (NHERC) Heritage Center in Honokaa. The towns of Honoka'a and Waimea are 15 miles apart; one developed around ranching the other around sugar. But these two towns have been historically linked and have contributed much to the growth and identity of the other. Momi will discuss the prehistoric connections of these two geographic area as seen through Hawaiian mo'olelo (oral traditions) to modern times. In addition, how Waipi'o Valley acted as a food source particularly in times of drought for these two areas will be explored in this talk.

Wed., Jul. 25 • 5:30—7 pm



Weekly Programs
885-6777

Support Groups

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., Jul. 5 & 19 • Noon—1:30 pm

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., Jul. 11 • 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., Jul. 11 • 12:30—2 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., Jul. 11 • 1—3 pm

Would you like to offer a program at Tutu's House? Let's talk about it.
Contact Lorraine Urbic
(808) 885-6777
lorraine@tutushouse.org

Time to share the fun!



For almost ten years now I have been the project leader of Earl's Garage.

I have had the opportunity to dream up all sorts of projects and watch

kids grow their confidence. I

am now off to have some fun in California, and Earl's Garage is fortunate enough to have found a new fantastic Project leader, Chezlani Casar. I guess I couldn't hog all the fun forever! Chezlani will now provide kids with opportunities to imagineer, fabricate, and build skills that help ready them for world domination. I look forward to what Earl's Garage will grow into with Chezlani's leadership, and to volunteering during my visits home.

Aloha! **Katherine DuBose-Oliver**

Aloha, I am excited to be here in the Garage and working with the keiki and 'ōpio, hearing their ideas and watching them come to fruition. Our summer program is lots of fun, and Katherine has been mentoring me in planning our schedule for fall. Things to look forward to include:

- Young Inventors class in August for keiki who are new to the Garage: Learn basic circuits to prepare for robotics and Fright Shop!
- Fright Shop planning will begin the last week of August: Come build some creepy Halloween animatronics to scare the wits out of your friends and family at our annual haunted house!
- Family Science Night will be back in August as well!

I look forward to meeting and working with the talented youth (and families) of our community!

Mahalo! **Chezlani Casar**

Call Chezlani at 885-6777 for more project information, or to be added to the email list.



**A HUI HOU
 KATHERINE**

WELINA GHEZLANI!

Earl's Garage bids farewell to Katherine and warmly welcomes Chezlani

*by Michelle Taira Medeiros,
 former Earl's Garage Wizard of Wonder*

I remember meeting Katherine DuBose-Oliver for the first time when she came to Earl's Garage to interview for the role of program leader. I was impressed.

Katherine was energetic, enthusiastic, curious, and shared my love for all things Halloween. Unlike me, she had great kid wrangling skills (also known as classroom management). I knew Katherine was on her way to another job interview immediately after ours. Knowing she was right for Earl's Garage, I hunted her down and offered her the position of Earl's Garage Program Leader as she sat waiting for her next interview!

In her ten (10) years leading Earl's Garage to better places, Katherine has grown, too. Now, new adventures await her.

As we bid a hui hou to Katherine, we welcome Chezlani as Earl's Garage Program Leader. Chezlani Casar has come to know Earl's Garage through her daughter's involvement. (Coincidentally, her step-son participated in Earl's Garage activities more than 10 years ago.) When Katherine interviewed Chezlani, she was impressed by her ability to hold space for the kids and allow them to experience "AHA's!" ~ the inspired learning and magic moments Earl's Garage is known for eliciting.

Join us in wishing farewell to Katherine and welcoming Chezlani.

**Monday, July 2, 2018
 3:30 – 4:30 pm**

Light refreshments will be served

RSVP: 885-6777

SELF-HYPNOSIS WORKSHOP

with Jennifer Jones
Clinically Certified Hypnotherapist

Wednesday, July 11 • 5:30 to 6:30 pm



Everything we experience, learn, see or read about is recorded in our subconscious mind. Just like a computer, our subconscious can access our entire history. If used properly—this resourceful tool—can assist us in healing past experiences in present time. Regression and Hypnotherapy are able to inform our awareness about why we act as we do, why we

have certain feelings and emotions, and why the same things seem to keep repeating day after day.

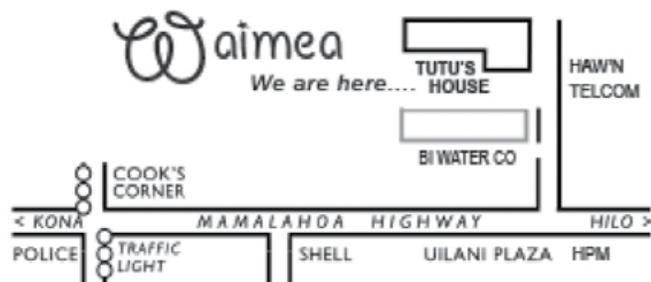
With our conscious mind we can reason and decide to change certain patterns and behaviors, but without changing our subconscious misconceptions and disempowering beliefs, these deeply integrated habits tend to sabotage our efforts. As we learn to accept the deeper parts of our mind we can uncover and uproot disempowering beliefs in the subconscious.

By learning to use self-hypnosis as a tool, we can benefit from it anytime and almost anywhere, to boost self-confidence, diminish stressful situations and support us in becoming our best self. Applied self-hypnosis allows us access to the seat of our memories, emotions, and habitual patterns, and helps us accept new direction from the source of intuition—the subconscious mind—where inner guidance and wisdom can be activated to support the positive changes we want in our lives.

Ho'o Wala'au Editor: Lorraine Urbic

Our writing team:

Chezlani Casar, Katherine DuBose-Oliver, M. Kapuniai, Michelle Medeiros, Lorraine Urbic and program leaders



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.

'Ōlelō ā māmala'ōlelo
Hawaiian Word or Phrase

He Makana

The Gift

There are gifts of many kinds, expressed in countless ways - for each other, for 'ohana, for neighbors, for community - presented for special occasion or purpose, or, just because - tangible or intangible.

He Makana

The Gift

by M. Kapuniai



Hui!
Save the Date:
Saturday
August 15, 2018
1 to 4 pm
Tutu's House
OPEN HOUSE



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!

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
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