

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AUGUST 2018

1

11a Caregiving
Conversations
12:30p Cancer
Support Group For
Women

2

10:30a Zumba®
Gold

3

9:30p Chair Yoga
1:30p Scrabble
Meetup

4

6

8a Yoga Basics
9:30a Tutu's Quilters
1:30p DVD Exercise
Programs for
Seniors

7

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

8

1p Parkinson's
Wellness &
Neuroplasticity
Support

9

5:30p Taking the
Unknown Out
of Retirement
Planning

10

9:30p Chair Yoga
1:30p Scrabble
Meetup

11

2p Tutu's House
Toning Group

13

8a Yoga Basics
9:30a Tutu's Quilters
1:30p DVD Exercise
Programs for
Seniors

14

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

15

5p Plant Based
Pot-Luck Hui

16

10:30a Zumba®
Gold

17

9:30p Chair Yoga
1:30p Scrabble
Meetup
5:30p Family
Science Night

18

10:30a Facial Self-
Massage
1p Retirement Planning
3p LGBTQI / PRIDE
Writing Workshop

SUNDAY 19

2p Introduction to
Vibrational Healing

20

8a Yoga Basics
9:30a Tutu's Quilters
1:30p DVD Exercise
Programs for
Seniors

21

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

22

5:30p SNAP/EBT
Fresh Produce
Challenge
3p Words of Wisdom
Book Club

23

9:30p Chair Yoga
1:30p Scrabble
Meetup
5:30p A Path Forward
for Mauna Kea

24

**1p TUTU'S HOUSE
OPEN HOUSE**

SUNDAY 26

2p Harmony for
Health

27

8a Yoga Basics
9:30a Tutu's Quilters
1:30p DVD Exercise
Programs for
Seniors

28

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

29

10:30a Prepare To
Care & Manage
Medications
AARP Educational
Workshop

30

9:30p Chair Yoga
1:30p Scrabble
Meetup

31



**Weekly
Programs
885-6777
tutushouse.org**