

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOVEMBER 2018

1

10a Carl Jung
Reading Group
10:30a Zumba® Gold

2

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

3

5

8a Yoga Basics
9:30a Tutu's Quilters
1:30p Senior Fit Club

6

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

7

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

8

10a Carl Jung
Reading Group
3p End of Life Matters

9

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

10

12

8a Yoga Basics
9:30a Tutu's Quilters
1:30p ChairTai Chi/
QiGong

13

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

14

9:30a Health Care
Advocacy Learning
& Support Group
Noon Judith Aston's
Movement Sampler
1p Parkinson's Wellness
& Neuroplasticity
Support
5p Plant Based
Pot-Luck Hui

15

10a Carl Jung
Reading Group
10:30a Zumba® Gold
3p End of Life Matters

16

9:30a Chair Yoga
1:30p Scrabble
Meetup
4p SNAP/EBT
Information
5:30p Family
Science Night

17

12:30p Harmony
for Health
5p Conversations with
Kalani on Prayer &
Self-healing

SUNDAY 18

1p Get Ready for
Retirement

19

8a Yoga Basics
9:30a Tutu's Quilters
1:30p Senior Fit Club
5p What Is Teen
Court?

20

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

21

22

**TUTU'S HOUSE
CLOSED
Happy
Thanksgiving**

23

**TUTU'S HOUSE
CLOSED**

24

2p Tutu's House
Toning Group

26

8a Yoga Basics
9:30a Tutu's Quilters
1:30p Senior Fit Club
5:30p Update
Solar Electric
Applications

27

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

28

5:30p How to
Train Your
Dragon Brain

29

10a Carl Jung
Reading Group
3p End of Life
Matters

30

9:30a Chair Yoga
1p 10 Ways to Love
Your Brain
1:30p Scrabble
Meetup



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