

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6	7	8
8a Yoga Basics 9:30a Tutu's Quilters 1:30p Senior Fit Club	9:30a Advanced Ukulele 10a Writers' Support Group 12:30p Knitting & Knitting Support	11a Caregiving Conversations 12:30p Cancer Support Group For Women 5:30p Medical Cannabis in Hawai'i	10a Carl Jung Reading Group 10:30a Zumba® Gold 3p End of Life Matters	9:30a Chair Yoga 1:30p Scrabble Meetup	12:30p Harmony for Health 2p Tutu's House Toning Group 5p Chasing Coral Movie & discussion
10	11	12	13	14	15
8a Yoga Basics 9:30a Tutu's Quilters 1:30p Chair Tai Chi/ QiGong	9:30a Advanced Ukulele 10a Writers' Support Group 12:30p Knitting & Knitting Support	1p Parkinson's Support	10a Carl Jung Reading Group 3p End of Life Matters	9:30a Chair Yoga 1p Understanding Alzheimer's & other Dementias 1:30p Scrabble Meetup	
17	18	19	20	21	22
8a Yoga Basics 9:30a Tutu's Quilters 1:30p Senior Fit Club	9:30a Advanced Ukulele 10a Writers' Support Group 12:30p Knitting & Knitting Support 4p Beginner's Yoga	5p Plant Based Pot-Luck Hui	10a Carl Jung Reading Group 10:30a Zumba® Gold	9:30a Chair Yoga 1:30p Scrabble Meetup	
24	25	26	27	28	29
CLOSED FOR THE HOLIDAYS 			10a Carl Jung Reading Group	9:30a Chair Yoga 1:30p Scrabble Meetup	10:30a Self Massage for Head & Ear

31



DECEMBER 2018



Weekly Programs
885-6777
tutushouse.org