

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

FEBRUARY 2019

1

9:30a Chair Yoga

1:30p Scrabble
Meetup

2

SUNDAY

3

2:30p Introduction
to Frequency
Therapy &
Vibrational
Medicine

4

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

5

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

6

11a Caregiving
Conversations
12:30p Cancer
Support Group
For Women
12:30p T'ai Ga &
Meditation
#1 / 12:30 to 2pm
#2 / 2 to 3:30pm

7

8:45a Baby
Massage
10a Carl Jung
Reading Group
10:30a Zumba®
Gold
1p Aloha Kidney

8

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

9

2p Tutu's House
Toning Group

11

8a Yoga Basics
9:30a Tutu's
Quilters
1:30p Chair
Tai Chi/Kung

12

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

13

9:30a Healthcare
Advocacy
Learning &
Support
Noon Parkinson's
Support

14

8:45a Baby
Massage
10a Carl Jung
Reading Group
10:30a Zumba®
Gold
12:30 Quantum
Relationship Fun
1p Aloha Kidney

15

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

16

10:30a Harmony for
Health

17

2:30p The Plant
Paradox

18

Presidents'
Day
Tutu's House /
Closed

19

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

20

10a Understanding
Hospice
5p Plant Based Pot-
Luck Hui

21

8:45a Baby
Massage
10a Carl Jung
Reading Group
1p Aloha Kidney

22

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

23

25

8a Yoga Basics
9:30a Tutu's Quilters
1:30p Senior Fit Club
5:30p Holistic Health
&
Hawaii's
Renewable
Energy Future

26

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

27

8:15a NIA Fitness
Dance
10a Carl Jung
Reading Group
1p Aloha Kidney
4p Stress-Free w/
RESET® 2019

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Weekly
Programs
885-6777
tutushouse.org