

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Weekly Programs
885-6777
 tutushouse.org

MARCH 2019

1

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

2

1p Meditation
 Awakening to the Peace Within

SUNDAY

3

2:30p The Plant Paradox

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

8:15a NIA Fitness Dance
 11a Caregiving Conversations
 12:30p Cancer Support Group For Women
 1:30p Live with Resilience

7

10a Carl Jung Group Study / Discussion
 10:30a Zumba® Gold
 1p Sciatica

8

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

9

1p Get Ready for Retirement Workshop

SUNDAY

10

2p Medical Aid in Dying Law with No. HI Hospice

11

8a Yoga Basics
 9:30a Tutu's Quilters
 1:30p Senior Fit Club
 5:30p Hyperbarics 201

12

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

13

8:15a NIA Fitness Dance
 1p Parkinson's Support

14

10a Carl Jung Group Study / Discussion

15

1:30p Scrabble Meetup

16

2p Tutu's House Toning Group

SUNDAY

17

2:30p The Plant Paradox

18

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

19

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

20

8:15a NIA Fitness Dance
 10:30a Aging & Disability Resources for Seniors
 2p Art "Isms" of the 20th Century
 5p Plant BasedPot-Luck Hui

21

10a Carl Jung Group Study / Discussion
 10:30a Zumba® Gold
 5:30p Grow with Your Glow

22

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

23

10:30a Harmony for Health

SUNDAY

24

25

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

26

9:30a Advanced Ukulele
 10a Writers' Support Group
 12:30p Knitting & Knitting Support
 5:30p Thriving in Hawaii

27

8:15a NIA Fitness Dance

28

10a Carl Jung Group Study / Discussion

29

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

30

SUNDAY

31

2:30p The Plant Paradox