

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# MAY 2019

1

**8:15a** NIA  
Fitness Dance  
**11a** Caregiving  
Conversations  
**12:30p** Cancer  
Support Group  
For Women

2

**10a** Carl Jung  
Group Study/  
Discussion  
**10:30a** Zumba®  
Gold

3

**9:15a** Chair Yoga  
**1:30p** Scrabble  
Meetup

4

6

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

7

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

8

**8:15a** NIA  
Fitness Dance  
**1p** Parkinson's  
Support  
**3p** Suicide TALK

9

**10a** Carl Jung  
Group Study/  
Discussion  
**1p** ALOHA Kidney

10

**9:15a** Chair Yoga  
**1:30p** Scrabble  
Meetup

11

**SUNDAY 12**

**1:30p** Soul  
Guidance  
Learning to Live  
Within Your  
Soul's Loving  
Wisdom

13

**8a** Yoga Basics  
**9:30a** Tutu's  
Quilters  
**12:30p** Chair  
Tai Chi/QiGong

14

**9:30a** Advanced  
Ukulele  
**10a** Writers'  
Support Group  
**12:30p** Knitting &  
Knitting Support  
**4p** The Hawaiian  
Calendar & 13th  
Month

15

**8:15a** NIA  
Fitness Dance  
**5p** Plant Based  
Pot-Luck Hui

16

**10a** Carl Jung  
Group Study/  
Discussion  
**10:30a** Zumba®  
Gold  
**1p** ALOHA Kidney  
**5:30p** Skin Cancer  
Detection/  
Prevention

17

**9:15a** Chair Yoga  
**1:30p** Scrabble  
Meetup  
**5:30p** Health  
Advocacy  
Learning &  
Support

18

**3p** Chi, Microbiome  
& Whole Body  
Medicine

20

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

21

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

22

**8:15a** NIA  
Fitness Dance

23

**10a** Carl Jung  
Group Study/  
Discussion  
**1p** ALOHA Kidney

24

**9:15a** Chair Yoga  
**1:30p** Scrabble  
Meetup

25

**10:30a** Harmony  
for Health  
**2p** Wisdom Sharing  
• Synergy

27

**TUTU'S HOUSE  
CLOSED  
Memorial Day**

28

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

29

**8:15a** NIA  
Fitness Dance

30

**10a** Carl Jung  
Group Study/  
Discussion  
**1p** ALOHA Kidney

31

**9:15a** Chair Yoga  
**1:30p** Scrabble  
Meetup



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