

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Weekly  
Programs  
885-6777  
tutushouse.org

# JUNE 2019

1

11:30a Aston  
Movement  
Sampler

3

8a Yoga Basics  
9:30a Tutu's  
Quilters  
1:30p Chair  
T'ai Chi

4

9:30a Advanced  
Ukulele  
10a Writers'  
Support Group  
12:30p Knitting  
& Knitting  
Support  
4p Yoga  
Levels 1 & 2

5

12:30p Cancer  
Support Group  
For Women  
4p T'ai Chi for  
Everyone

6

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

7


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

8

10

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

11

TUTU'S  
HOUSE  
CLOSED  
  
Kamehameha  
Day

12

8:15a NIA Fitness  
Dance  
1p Parkinson's  
Support  
4p T'ai Chi for  
Everyone

13

10a Carl Jung  
Group Study /  
Discussion

14

9:15a Chair Yoga  
10:30a Police  
Update  
1:30p Scrabble  
Meetup

15

17

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

18

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

19

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

20

10a Carl Jung  
Group Study /  
Discussion

21

9:15a Chair Yoga  
1:30p Scrabble  
Meetup  
5:30p Ways  
to Save on  
Medical  
Expenses

22

10:30a Harmony  
for Health

24

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

25

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

26

8:15a NIA Fitness  
Dance  
10a Breastfeeding  
Support Group  
Noon Thrive after  
A Narcissistic  
Relationship

27

10a Carl Jung  
Group Study /  
Discussion  
5:30p The  
Discovery of  
Hawai'i

28

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

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