

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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

# AUGUST 2019

1

10a Carl Jung  
Study Group

2

1:30p Scrabble  
Meetup  
5:30p Graduating  
from Your  
Pediatrician

3

5

8a Yoga Basics  
9:30a Tutu's Quilters  
2p Chair Yoga

6

9:30a Advanced  
Ukulele  
10a Writers' Group  
1p Knitting  
4p Beginner's Yoga  
5:30p Medical  
Hypnosis

7

11a Caregiving  
Conversations  
12:30p Cancer  
Support Group  
For Women

8

10a Carl Jung  
Study Group

9

1p "Chocolate Milk"  
Documentary  
1:30p Scrabble  
Meetup  
5:30p The Physics  
of Pō

10

1p Prepare for Medical  
Appointments  
2:30p Tutu's House:  
25 Years Talk Story

**SUNDAY 11**

1p "PONYO"  
'Ohana Movie

12

8a Yoga Basics  
9:30a Tutu's Quilters  
2p Chair Yoga

13

9:30a Advanced  
Ukulele  
10a Writers' Group  
1p Knitting  
4p Beginner's Yoga

14

11a Hospice Care  
Talk Story  
1p Parkinson's  
Support

15

10a Carl Jung  
Study Group  
6p What's Hot in  
Energy on the  
Big Island?

16

1:30p Scrabble  
Meetup

17

10:30a Harmony  
for Health

19

8a Yoga Basics  
9:30a Tutu's Quilters  
2p Chair Yoga

20

9:30a Advanced  
Ukulele  
10a Writers' Group  
1p Knitting  
4p Beginner's Yoga  
6p Self Healing  
Energy Medicine

21

5p Plant Based  
Vegan Pot-Luck  
Hui

22

10a Carl Jung  
Study Group  
5:30p Build A Better  
Brain

23

1:30p Scrabble  
Meetup  
5:30p Be Wise ~  
Save on Medical  
Expenses

24

**SUNDAY 25**

10a Compassionate  
Communication  
(NVC)

26

8a Yoga Basics  
9:30a Tutu's Quilters  
2p Chair Yoga

27

9:30a Advanced  
Ukulele  
10a Writers' Group  
1p Knitting  
5:30p Thriving in  
Hawaii

28

10a Breastfeeding  
Support Group  
Noon Thrive After  
Narcissistic  
Relationship  
3p Words of  
Wisdom Circle

29

10a Carl Jung Study  
Group

30

1:30p Scrabble  
Meetup

31