

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>8a</b> Yoga Basics <b>9:30a</b> Tutu's Quilters <b>1:30p</b> Senior Fit Club	<b>9:30a</b> Advanced Ukulele <b>10a</b> Writers' Support Group <b>5:30p</b> Olakino Healthy Living Lecture Series	<b>9a</b> Yin Yoga <b>11a</b> Caregiving Conversations <b>12:30p</b> Cancer Support Group For Women	<b>TUTU'S HOUSE CLOSED!!!</b>	<b>9a</b> Chair Yoga <b>1:30p</b> Scrabble Meetup	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>8a</b> Yoga Basics <b>9:30a</b> Tutu's Quilters <b>12:30p</b> Chair Tai Chi / QiGong	<b>9:30a</b> Advanced Ukulele <b>10a</b> Writers' Support Group <b>4p</b> Beginner's Yoga	<b>9a</b> Yin Yoga <b>1p</b> Parkinson's Support	<b>10a</b> Carl Jung Group Study / Discussion	<b>9:15a</b> Chair Yoga <b>1:30p</b> Scrabble Meetup	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>8a</b> Yoga Basics <b>9:30a</b> Tutu's Quilters <b>1:30p</b> Senior Fit Club	<b>9:30a</b> Advanced Ukulele <b>10a</b> Writers' Support Group <b>4p</b> Navigating Conflict with West HI Mediation Center	<b>9a</b> Yin Yoga <b>5p</b> Plant Based Vegan Pot-Luck Hui	<b>10a</b> Carl Jung Group Study / Discussion	<b>9:15a</b> Chair Yoga <b>1:30p</b> Scrabble Meetup	<b>10:30a</b> Harmony for Health <b>2p</b> PT. 1 Theatrical Biomechanics Youth Workshop
					<b>SUNDAY 21</b>
					<b>2p</b> PT. 2 Theatrical Biomechanics Youth Workshop
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>8a</b> Yoga Basics <b>9:30a</b> Tutu's Quilters <b>1:30p</b> Senior Fit Club	<b>9:30a</b> Advanced Ukulele <b>10a</b> Writers' Support Group	<b>9a</b> Yin Yoga <b>3p</b> Words of Wisdom Circle	<b>10a</b> Carl Jung Group Study / Discussion <b>5:30p</b> Telling Your Story Self Publishing	<b>9a</b> Chair Yoga <b>1:30p</b> Scrabble Meetup	
					<b>SUNDAY 28</b>
					<b>2p</b> Heal Together Trauma Survivors Loved Ones & Practitioners
<b>29</b>	<b>30</b>	<b>31</b>	 <b>Weekly Programs</b> <b>885-6777</b> tutushouse.org		
<b>8a</b> Yoga Basics <b>9:30a</b> Tutu's Quilters <b>1:30p</b> Senior Fit Club	<b>9:30a</b> Advanced Ukulele <b>10a</b> Writers' Support Group <b>5:30p</b> Thriving in Hawaii	<b>9a</b> Yin Yoga <b>10a</b> Breastfeeding Support Group <b>Noon</b> Thrive after A Narcissistic Relationship	<h1 style="margin: 0;">JULY 2019</h1>		