

Complimentary Copy - Enjoy!



Tutu's House ~ a community health and wellness resource center

Volume 24 • Number 2 • February 2020



Native Hawaiian Traditional Healing Practices

Explore, further your understanding and learn more about the three most common Native Hawaiian traditional healing practices in contemporary times: lā'au lapa'au (healing with herbs and plants), lomilomi (healing spiritually with massage), ho'oponopono (healing spiritually a broken relationship and/or conflict within the 'ohana).

Babette Lilinoe Galang, MPH, LMT is the Complementary Health Officer at Papa Ola Lokahi, a Native Hawaiian health consortium established by Congressional Act in 1988 to address the dire health statistics of the kanaka maoli. At Papa Ola Lokahi, she advocates for the support, preservation, perpetuation and cultural integrity of traditional Native Hawaiian healing practices. She has trained in these traditions under master kupuna practitioners Papa Henry Auwae (lā'au lapa'au), Aunty Margaret Machado (lomilomi) and Aunty Malia Carver (ho'oponopono).

10 am, Wednesday, February 12; call 885-6777 to reserve a space.

'A'ohe pau ka 'ike i ka halau ho'okahi.

(All knowledge is not taught in the same school. One can learn from many sources.)

SELF-CARE FOR 2020



MEDITATION AND ITS PRACTICE

with Annapurna Sarada, a student and practitioner of Vedanta, Yoga, Sankhya, and Tantra in the Ramakrishna Lineage

**Thursday, Feb. 20
2:30—3:30 pm**

During this hour of peaceful reflection, Annapurna will present a short meditation-related teaching, followed by silent meditation. Regular meditators as well as newcomers to the practice are welcome. We will create a suitable atmosphere. Peace, Peace, Peace.... If you prefer floor sitting, please bring your own pillow.

Annapurna is an assistant dharma teacher residing at the SRV Associations' teaching center in Waimea. She has over 30 years of practice and study under the guidance of Swami Aseshananda of the Ramakrishna Order and Babaji Bob Kindler, Spiritual Director of the Sarada (SRV) Associations.



“Please remove your shoes”

by Janet Lam

Decorative plaques with this request are common to many home entrances in Hawaii. In addition to keeping our homes cleaner, the habit of going barefoot in Hawaii also offers numerous health benefits such as; strong, flexible feet, better overall balance, and an emotional connection to being grounded on the earth.



Exercising with bare feet is the best way to keep your feet, healthy, strong, supple, and agile, which in turn will improve your ability to balance. In the blog, Yoga for Healthy Aging, Nina Zolotow asks, “Imagine if you wore thick mittens all the time. Wouldn't it be hard to use your hands effectively? Now think about your poor feet trapped in their shoes all your waking hours”.

Yoga is traditionally done with bare feet. Moving into and out of a variety of yoga poses in bare feet definitely helps keep our feet more agile. Lifting the toes off the ground strengthens the arches. Lifting the heels to stand on the toes is a wonderful exercise to improve balance and can be performed anywhere—as long as you are barefoot.

In Hawaii we have so many other opportunities to enjoy the benefits of bare feet. Walking barefoot in our houses is good and outside is even better. Walking over uneven surfaces in our bare feet is a useful means to develop agility and prevent falls.

Walking barefoot outside also grounds us, putting us in direct contact with the surface of the earth. According to neuroscientist, Ram Rao, current research suggests that walking barefoot on the earth enhances overall health and provides feelings of well-being. Just having the skin in direct contact with the earth can reduce stress, inflammation, and pain. Try it yourself. Don't you feel better after walking barefoot on the sand?

If you have been spending a lot of time in your shoes, maybe it is time to kick them off and let your feet —walk in the sand, on the grass, the floor. Slide out of your slippers to wiggle and stretch your toes. In Hawaii we have the opportunity to regularly abandon our shoes and improve our health!

FEBRUARY IS HEART MONTH



E MĀLAMA PONO I KU‘U PU‘UWAI TAKE CARE OF YOUR HEART

With Neal J. Shikuma, MD FACC

Tuesday, Feb. 18 • 5:30—6:30 pm

A healthy heart is a happy heart. What is the 21st century view of blood pressure, cholesterol, diabetes, exercise, prescriptions, caffeine, alcohol, antioxidants, ideal body weight, and how does each affect your heart? Learn how to take care of your heart with information about these factors.

Dr. Shikuma is board-certified in cardiovascular disease and internal medicine. He has a private practice in Waimea and Honolulu. He is a graduate of Punahou School, Stanford University and the University of Hawaii John A. Burns School of Medicine (JABSOM). He is an associate professor of medicine at JABSOM.



BEYOND CHOLESTEROL: COMPREHENSIVE CARDIOVASCULAR RISK ASSESSMENT

with Dr. Hana Roberts

Wednesday, Feb. 26 • 4—5 pm

We tend to focus on cholesterol when we look for cardiovascular disease risk, but there are many other parameters that we can assess to get a more detailed and



accurate CV risk profile. We will cover a comprehensive list such as: particle size, Lpa, CV specific inflammatory marker, homocysteine, metabolic health, genetics, waist hip ratio, coronary calcium score, and more.

Hana Roberts is a Naturopathic Physician with a private practice in Waimea and North Kohala.

ANCIENT MEDICINE IS NATURAL MEDICINE: IMMUNE THERAPY

with Dr. Deborah Ardolf, ND, SLP

**Monday, Feb. 10
5:30—6:30 pm**



Immune Therapy. These two words have come back in vogue, especially in the world of cancer care, but did you know it has been around since

the 1600's? Dr. Ardolf, ND will be presenting the history of autologous immune therapy and its evolution through the decades. Come learn how old our medicine is and how effective it still is today.



KEEP IT REAL

*with Amy Elizabeth Gordon, MA in
Contemplative Psychotherapy*

Friday, Feb. 14 • 10 am—Noon

Keep it real as an alternative to the commercialization of Valentine's Day. This is a chance to focus on what matters most in terms of our love life. We will cover three basic relational health exercises: dropping the stones of resentment from the heart, tending to the space between, and creating a shower of blessings.

Amy Elizabeth is a master communicator, author, and compassion activist. She received her masters degree from Naropa University, and is active as an addictions counselor, parent coach, imago relationship therapist, and is active with Halau Ohia Hawaii Stewardship Training

FEBRUARY 2020
tutushouse.org



PROGRAMS
885-6777

There are no fees for Tutu's House programs; tax deductible donations are always welcome.

MIND • BODY • SPIRIT

YOGA BASICS for all levels with Janet Lam. Start your week with a smile — feeling balanced, flexible and strong. This class includes the fundamental yoga poses students generally learn within their first year of practice. Although not specifically a beginner's class, the movement sequence can easily accommodate students new to yoga or returning to a yoga practice. Janet has been studying meditation and yoga since 1994, and teaching in various Waimea locations since completing the rigorous Anusara teacher training program.

Every Mon. (Except Feb. 17) • 8—9 am

BEGINNER'S YOGA with Kiyomi Falcon, RYT, LMT. Yoga has both preventive and therapeutic benefits. It increases body awareness; relieves chronic stress patterns and muscle strain; relaxes mind and body; centers attention; sharpens concentration; and frees the spirit. Kiyomi also incorporates meditation practice into this class.

Tue., Feb. 11 & 18 • 4—5 pm

CHAIR YOGA facilitated by Kit Hill, yoga practitioner of over 30 years. Chair yoga modifies poses so they can be done while seated in a chair. Using the chair as an extension of your body allows you to take full advantage of yoga's amazing health and fitness potential. People with disabilities, weight challenges, inflexibility or who just cannot get on the floor (for whatever reason) are welcome to join this weekly practice to promote improved balance, flexibility, muscle tone and blood circulation, as well as a calmer mind and a better mood. Ongoing participation is encouraged.

Every Mon. (Except Feb. 17) • 2—3 pm

MEDITATION AND ITS PRACTICE with Annapurna Sarada, a student and practitioner of Vedanta, Yoga, Sankhya, and Tantra in the Ramakrishna Lineage for over 30 years. During this hour of peaceful reflection, Annapurna will present a short meditation-related teaching, followed by silent meditation. Regular meditators as well as newcomers to the practice are welcome. We will create a suitable atmosphere. Peace, Peace, Peace.... If you prefer floor sitting, please bring your own pillow.

Every Thu. • 2:30—3:30 pm

MOONSHOT MAGIC with Amy Elizabeth Gordon, MA Contemplative Psychotherapy. Start the New Year off with a rededication to an extraordinary life. In this 2-hour full moon playshop, we will explore Moonshot Magic. Moonshot: declare something that wouldn't otherwise happen; effort. Magic: release the grip and surrender into success; ease.

Fri., Feb. 7 • 10 am—Noon

WORDS OF WISDOM CIRCLE facilitated by George Mycroft & Shira Hunt. Group participants may bring a piece of inspired writing to seed this lively, open, organic and honest conversation. Contributions will be read aloud. Readings will be time-limited (5 minutes), and group discussion will flow freely for as long as internal and spiritual inquiry is generated. Meeting on the 4th Wednesday of each month. Bring your Spirit and share your Soul.

Wed., Feb. 26 • 3—4:30 pm

CREATIVE, CULTURAL & SOCIAL

TUTU'S QUILTERS with Kathy Lukens; learn quilting Hawaiian style while meeting a great group of people. For beginners or experienced, initial supplies provided or bring something you are working on. Good company and encouragement guaranteed.

**Every Mon. (Except Feb. 17)
9:30 am—Noon**

ADVANCED UKULELE with friends and students of Auntie Marjie Spencer; this group welcomes experienced players of all ages. Bring your own ukulele and join this friendly group in a morning of friendship and song.

Every Tue. • 9:30—11 am

TUTU'S HOUSE WRITERS' SUPPORT GROUP with Dave Fouts. Creative writing offers a way to express emotions, explore philosophical concepts and expand intellectually. We have new writers to published authors -- many genres: fiction, non-fiction, essays and poetry. Come prepared to share something you are currently working on with this engaging group in an encouraging place to explore your writing voice, and receive constructive feedback or comments if you desire.

Every Tue. • 10 am—Noon

CHESS FOR ALL with Chuck Hart. Learning and playing chess can develop and maintain cognitive skills, improve focus and concentration, improve or maintain rational thinking and problem solving. Gathering to play chess can be a safe forum for discussion and making friends.

Tue., Feb. 4 & 18 • 4—5:30 pm

KNITTING & KNITTING SUPPORT with Gretchen Geisler, lifetime knitter. This class is for all skill levels from 10 years old to adult. Bring your projects, get your knitting questions answered, and visit with other knitters; stay as long as you can. Beginners will be guided into a suitable project.

Wed., Feb. 5 & 19 • 1 pm—3 pm

BEGINNING GUITAR with Zack Kennedy. Learn the fundamentals of guitar during this six week series that will have you playing a song by mid-February. Bring your own instrument and lots of enthusiasm!

Tue., Feb. 11 & 18 • 11 am—Noon

NATIVE HAWAIIAN TRADITIONAL HEALING PRACTICES with Babette Lilinoe Galang, Complementary Health Officer with Papa Ola Lokahi. This Power Point presentation will further understanding and help attendees learn more about the three most common healing practices in contemporary times: lā'au lapa'au, lomilomi and ho'oponopono.

Wed., Feb. 12 • 10—11:30 am

WEAVING DAY with members of the Big Island Chapter, Hawaii Handweavers Hui. Learn to create handwoven cloth: watch a demonstration, try your at weaving, learn to weave with Waimea handweavers. If you're already a weaver, share your projects, questions and interests with us.

First Fri. • 1—3 pm

SCRABBLE for NEWCOMERS with Annabel Spielman. Introducing a "new comers table" collaboratively supported by our long-time Friday wordsmiths to welcome and encourage entry-level or "rusty" players. Full use of 2 and 3 letter word lists, relaxed rules and dictionary use to check spelling is permitted. No challenge penalty. If word is incorrect, player gets another chance to play. Youth and student players are welcome. As players graduate at-their-own speed from the beginners' table, they can move up to the "varsity" table if they want.

Every Fri. • 1:30—4 pm

SCRABBLE MEETUP with Annabel Spielman. Long time players of this (yoga for the brain) game play traditional Scrabble. No use of "cheat sheets" and dictionary unless a challenge is made. A valid challenge causes the player to lose turn; if invalid, the challenger loses a turn. There is laughter and banter as players ponder whether to challenge. There is room for games of 2 to 4 players with changes of tables and opponents as time allows. It's a great way to retain and expand vocabulary, spelling, memory and observation skills in a congenial atmosphere.

Every Fri. • 1:30—4 pm

HULA for BEGINNERS with Hulali Solomon Covington, loea kumu (hula master) of Beamer Solomon Halau o Po'ohala. As a throwback to Tutu's House beginnings in 1994, we offer this introductory class for hula. Dress comfortably and be sure to register as space is limited.

Wed., Feb. 26 • 10:30—11:30 am



COMMUNITY EDUCATION

HEY, THIS IS YOUR MIND TALKIN' TO YOU! with Joseph Granato a.k.a. Uncle Mango. "After 2 NDE's and being in a semi-coma, I have come to experience our journey of life/death and how to live it resistance free and with the most joy," says Joseph. He has a series of talks that will lead to the discovery of YOU and how to get back to ZERO, the place we were at the moment of birth!

Fri., Feb. 7, 14 & 28 • 5:30—7 pm

ANCIENT MEDICINE IS NATURAL MEDICINE with Dr. Deborah Ardolf, ND, SLP, naturopathic physician. Come learn how old our medicine is and how effective it still is today. The first of 3 monthly talks will focus on the history of immune injection. We'll meet the second Monday through April.

Mon., Feb. 10 • 5:30—6:30 pm

KEEP IT REAL with Amy Elizabeth Gordon, MA Contemplative Psychotherapy. This is a chance to focus on what matters most in terms of our love life. We will cover three basic relational health exercises: dropping the stones of resentment from the heart, tending to the space between, and creating a shower of blessings.

Fri., Feb. 14 • 10 am—Noon

E MĀLAMA PONO I KU'U PU'UWAI with Neal J. Shikuma, MD FACC. Take care of your heart. What is the 21st century view on blood pressure, cholesterol, diabetes, prescribed exercise, caffeine, alcohol, antioxidants, ideal body weight and how do each affect your heart? Learn what the most current studies say, and how you can keep your heart healthy and happy.

Tue., Feb. 18 • 5:30—6:30 pm

BEYOND CHOLESTEROL: COMPREHENSIVE CARDIOVASCULAR RISK ASSESSMENT with Dr. Hanalei Roberts, ND. We tend to focus on cholesterol when we look for cardiovascular disease risk, but there are many other parameters that we can assess to get a more detailed and accurate CV risk profile. We will cover a comprehensive list such as: particle size, Lpa, CV specific inflammatory marker, homocysteine, metabolic health, genetics, waist hip ratio, coronary calcium score, and more.

Wed., Feb. 26 • 4—5 pm

LEGAL AID SOCIETY OF HAWAII INFORMATION SESSION with Mike Rogers. This presentation will cover what services Legal Aid provides both on the island and in the entire state.

Fri., Feb. 21 • 5—6 PM

PLANT BASED HUI & POTLUCK with Vivienne Aronowitz, MPH, Registered Dietitian and CDE. Did you know eating a plant-based diet is one of the most powerful actions you can take to protect the planet and promote sustainability? We exchange recipes, tips and food. Bring a copy of your recipe and please ensure it does not include any ingredients from animals (meat, fish, poultry, eggs or dairy). Dishes must be service-ready (no kitchen utilities available). Please bring your own reusable plates, bowls and utensils.

Wed., Feb. 19 • 5—6:30 pm

SOCIAL SECURITY & MEDICARE with Paul W. Kauffman, RTRP and a financial planning and investment consultant since 1980. Do you want to know when to apply for social security and how it impacts people who are still working; to learn how to apply and pay for Medicare and understand the importance of Medicare supplemental insurance? Be sure to come to this informative presentation. There will be a question and answer period after each topic is discussed.

Thu., Feb. 13 • 5:30—6:30 pm

WRITERS' VOICES is an evening of original stories and poetry read aloud by members of the Hawaii Writers Guild. These semi-monthly readings are free and open to the public. Discussion with the authors about their work is encouraged.

Thu., Feb. 13 • 6—7:30 PM

PHYSICAL, HEALTH & FITNESS

YOGA MIXED LEVELS with Zettelyss Amora, Integrative Yoga Therapist; energizing practice of yoga postures (asanas), meditation and breath awareness. This class explores principles of alignment, awareness and energy while gently stretching, opening, and strengthening the body. Basic and more challenging options are offered making the session suitable for beginning and intermediate students.

Tue., Feb. 4 & 25 • 4—5 pm

T.O.N.E.~ Tap Optimal Natural Energy with Zettelyss Amora, Integrative Yoga Therapist. Enjoy exercise for your body, mind, and spirit. Set to music our movements are designed to stretch and open the body for more power and energy. We warm up first and end up with a period of deep rest and relaxation. Stretching, combined with breathing awareness, and movement through cardiovascular intervals and sets for muscle building.

Every Tue. • 3—3:45 pm



Did you know that there is an extensive lending library at Tutu's House? To learn more about how to take care of your heart, check out one of the many books available in Western or complementary approaches to health.

T'AI CHI with Zettelyss Amora, Integrative Yoga Therapist. This ancient system of exercise is done in a slow, focused manner which aligns you with natural forces that support well-being, improves balance, relaxation, and coordination. It emphasizes deep breathing and enhances brain-body communication. The simple movements are easy to learn. Even beginning students will feel benefits at their first class. It can be especially suitable for seniors or those in recovery from illness or injury, and can be done standing or in a chair.

Every Thu. • 1—2 pm

SUPPORT GROUPS

CANCER SUPPORT GROUP for WOMEN~Whether a survivor, currently in treatment, recently diagnosed, or coping with the effects of cancer on a loved one, you are invited to join this group to discover the power of healing through connection with other women who share a common bond.

Wed., Feb. 5 • 12:30—2 PM

CAREGIVING CONVERSATIONS with Karyn Clay, host and owner of Ho'onani Place, Waimea's Adult Day Care, and professional caregiver since 1995. Whether you are a caregiver by heart, hire or relationship, join fellow caregivers in sharing stories, support and inspiration. Please join us in this opportunity for self-care and support.

Wed., Feb. 12 • 11 am—Noon

MOMS to MOMS BREASTFEEDING Support Group with Leila Ryusaki, and Kehau Kealoha. The goal of a breastfeeding support group is to encourage and support pregnant and breastfeeding women. For new mothers, the preferred source for information about child rearing is other mothers. This group is for women new to breastfeeding, as well as nursing veterans who have a desire to reach out and help those who are new to breastfeeding. This is a safe and comfortable place to ask questions, share experiences and build community.

Wed., Feb. 12 • 1—2 pm

PARKINSON'S AND NEUROPLASTICITY WELLNESS SUPPORT GROUP ~Talk Story Individuals with PD and other neurological challenges, their partners, caregivers and others wanting to be part of a local Parkinson's community support network are encouraged to attend. Discussion focuses on personal experiences, community resources and PD related topics, including current research. Attendance by regular and new members is encouraged.

Wed., Feb. 12 • 1—3 pm

THRIVE AFTER A NARCISSISTIC RELATIONSHIP with Jen Caulfield, group leader. Want support, resources and education after mistreatment from someone with narcissism? Learn you're not alone; find validation and clarity. Move from despair to survivor to thriver. You can go from feeling emotionally bruised to flourishing and happy, even after a toxic relationship. This is a safeplace: first names only. Even if you don't want to speak, come and just listen. Benefit from the materials and sharing from others in the same boat. The last Wednesday of each month, feel free to bring something to eat and drink.

Wed., Feb. 26 • Noon—1:30 pm

DEATH: MINDGASM of the MOMENT!

by Joseph Granato

Humans' number one fear is... DEATH! WHY? Why is death so scary, so sad, so ending... when in all reality, it is another great part, in our wonderful, expanding journey, called LIFE! See, death is LIFE and LIFE never ends!

Let's back up a little. My name is Joseph Granato. I am sort of an expert on near death experiences, or nowadays NDE (Near Death Experiences). I have had not one, but TWO NDE's in my life so far... with a very close third one.

Yes, there is a God, at least that is what I call Source. What it was though, was pure Energy, PURE LOVE and LIGHT. To me during this experience, God was a "Blue Aura" and we spoke by thought... no words, just pure energy and LOVE!

What I have learned is that we do not die, we continue but in the most loving, kind way. Then I realized that is what "HEAVEN" is... a state of pure love, pure joy, pure



energy! It is a place of no hate, prejudice, or anger... any emotion that is not LOVE!

So, open you minds to new thoughts, new possibilities! Get ready to expand beyond your present "comfort zone" and discover the "TRUE YOU", the most magnificent you... the way you were brought into this world!

Joseph will present a series of talks starting with Hey, This Is Your Mind Talkin' To You! Please join him Friday, Feb. 7, 14 & 28 • 5:30—7 pm.

WRITERS' VOICES

Thursday, February 13 •
6—7:30 pm

The Hawaii Writers Guild will start the new year with a new venue for its Writers' Voices, an evening of original readings by Guild members held every other month on the second Thursday of the month from 6 to 7:30 p.m.

Readers at the February Writers' Voices will include Peter Georgas, Amy Elizabeth Gordon, Dave Fouts and Jada Rufo.

Peter Georgas, who divides his time between Minnesota and the Big Island, will read a passage from *The Emoji Games*, his sixth novel, published last July.

Amy Elizabeth Gordon, who lives up the Kohala Mountain Road, will read a passage called "Eye of the Storm" an excerpt from her new memoir/self-empowerment book *Moonshot: Aim High, Dive Deep, Live an Extraordinary Life*.

Dave Fouts, from Honokaa, will read "The Sin Never Sinned Before," a story from his short story collection *The Store by the Sea*.

Jada Rufo, from Waimea, will read *Poems Dedicated to Mom*, a suite of poems dedicated to her mother, Caridad Rosalie Talaro Rufo, a long time Waimea resident who died last year.

WHAT IS THE LEGAL AID SOCIETY OF HAWAII AND HOW CAN IT HELP YOU?

with Mike Rogers

Fri., Feb. 21 • 5—6 pm



With offices in Kona and Hilo, and throughout the state, legal assistance is available if you should ever need it. Join us for a presentation that will cover what services Legal Aid provides both on the island and in the entire state.



Mike is an Americorp member who has been running the Kona Self Help Center for the last five months.



SOCIAL SECURITY & MEDICARE

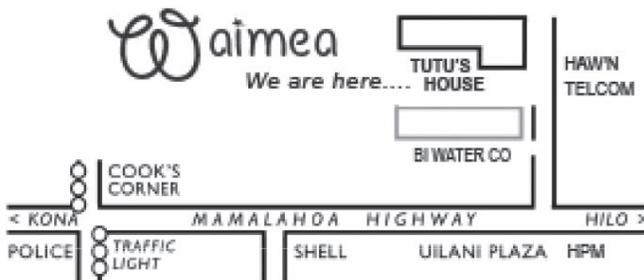
with Paul W. Kauffman, RTRP

**Thursday, Feb. 13
5:30—6:30 pm**

Do you want to know when to apply for social security and how it impacts you if are still working; or would you like to learn how to apply and pay for Medicare and understand the importance of Medicare supplemental insurance? Be sure to come to this informative presentation by Paul who has been a financial planner since 1980. There will be a question and answer period after each topic is discussed.

Paul W. Kauffman holds a BS in accounting and finance and a Master's degree in taxation.

Ho'o Wala'au Editor: Shawn Saito
Our writing team: M. Kapuniai, Shawn Saito and program leaders



Information found in Ho'o Wala'au and at Tutu's House is not meant to replace the professional care you receive, but is meant to be used in conjunction with it. We urge you to share what you discover at Tutu's House with your family, physician and/or healer. Tutu's House is a project of Friends of the Future, a Waimea-based non-profit organization. Volunteers and donations are welcome.



'Ōlelo ā māmala'ōlelo Hawaiian Word or Phrase

Kauhale

Home

There are many activities to enjoy as an 'ohana, at a special place, in the confines of our **kauhale**, our home. No matter the shape, the materials used to construct it, where it is located in the world, or the number of people in it, the **kauhale** serves the same purposes—a place for shelter and warmth, a place for nourishing, nurturing, modeling, and cooperating; a place to give thanks; a place to share; a place which requires love and respect.

There are many people who do not reside in a **kauhale**, but have to make do, needing a place to lay their heads, with their belongings alongside. Some may be individuals, or others in family units.

Today, housing and lack thereof, is a serious local and national challenge, which demands undivided attention from all members in our community. We look forward to achievable initiatives by our elected officials, along with governmental agencies, developers, and land holders/owners will propose and build (all of whom do reside in a **kauhale**).

Kauhale

Home

by M. Kapuniai



We appreciate your phone call for class registrations so we can support our presenters with their preparations. We may also need to notify you if a program is canceled unexpectedly or rescheduled.

Mahalo! 885-6777

TUTU'S HOUSE

Kamuela Business Center (Upper Level)

64-1032 Mamalahoa Highway, #304

Kamuela, HI 96743

Phone (808) 885-6777 Fax (808) 885-4998

E-mail: info@tutushouse.org Web: www.tutushouse.org

Open Monday thru Friday 8 am to 5 pm,
plus evening and weekend program hours.

Welcome!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Weekly
Programs
885-6777
tutushouse.org

FEBRUARY 2020

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

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9:30a Advanced Ukulele
10a Tutu's House Writers' Support Group
3p T.O.N.E.~ Tap Optimal Natural Energy
4p Chess for All
4p Yoga Mixed Levels

5

10a Backgammon
12:30p Cancer Support Group
1p Knitting

6

10a Carl Jung Study Group
1p T'ai Chi
2:30p Meditation And Its Practice

7

10a Moonshot Magic
1p Weaving Day
1:30p Scrabble Meetup
5:30p Hey, This Is Your Mind Talkin' To You!

8

10

8a Yoga Basics
9:30a Tutu's Quilters
2p Chair Yoga
5:30p Ancient Medicine Is Natural Medicine

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9:30a Advanced Ukulele
10a Tutu's House Writers' Support Group
11a Beginning Guitar
1p T.O.N.E.~ Tap Optimal Natural Energy
4p Beginner's Yoga

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10a Native Hawaiian Traditional Healing Practices
11a Caregiving Conversations
1p Breastfeeding Support Group
1p Parkinson's & Neuroplasticity Support Group

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10a Carl Jung Study Group
1p T'ai Chi
2:30p Meditation and Its Practice
5:30p Social Security & Medicare
6p Writers' Voices

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10a Keep It Real
1:30p Scrabble Meetup
5:30p Hey, This Is Your Mind Talkin' To You!

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**Closed
in Observance of
Presidents' Day**

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9:30a Advanced Ukulele
10a Writers' Support Group
11a Beginning Guitar
3p T.O.N.E.~ Tap Optimal Natural Energy
4p Beginner's Yoga
4p Chess for All
5:30p Take Care Of Your Heart

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10a Backgammon
1p Knitting
5p Plant Based Hui & Potluck

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10a Carl Jung Study Group
1p T'ai Chi
2:30p Meditation And Its Practice

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1:30p Scrabble Meetup
5p Legal Aid Society Of Hawaii Information Session

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

25

9:30a Advanced Ukulele
10a Tutu's House Writers' Support Group
3p T.O.N.E.~ Tap Optimal Natural Energy
4p Yoga Mixed Levels

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10a Backgammon
10:30a Hula for Beginners
12p Thrive After A Narcissistic Relationship
3p Words Of Wisdom Circle
4p Beyond Cholesterol

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10a Carl Jung Study Group
1p T'ai Chi
2:30p Meditation And Its Practice

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1:30p Scrabble Meetup
5:30p Hey, This Is Your Mind Talkin' To You!

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