

July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6
8a Yoga Basics 10a *Arthritis Fitness 10a Beginning Tai Chi 1p +Chair Yoga	9:30a +Ukulele 10a *Tutu's House Writers Support Group 1p +Qi Gong & Tai Chi 3:30p Self Defense for Keiki	8:15a Mat Pilates 9:30a *Meditation 10a *Arthritis Fitness 1p +Knitting 2p Yoga for Emotional Healing 5:30p Poetry Slam	HOLIDAY Independence Day	8a *Yoga Basics 9a Yoga Stretch 10:15a Meditation & Stretching 12p *Women's Support Group 1p Scrabble	7
8	9	10	11	12	13
8a Yoga Basics 10a *Arthritis Fitness 10a Beginning Tai Chi 10a Tutu's Quilting 1p +Chair Yoga 3p Grief Magic 5:30p Hearts for Hula	9:30a +Ukulele 10a *Tutu's House Writers Support Group 1p +Qi Gong & Tai Chi 3:30p Self Defense for Keiki 5p South Kohala Traffic Safety Committee Meeting	8:15a Mat Pilates 9:30a *Meditation 10a *Arthritis Fitness	9a Anuenue Quilters 10:30a +Carl Jung Study Group 11a *Awakening Freedom in Women 1p Mah Jong Meetup 5:30p +Night Knitting	8a *Yoga Basics 9a Yoga Stretch 1p Scrabble	
15	16	17	18	19	20
8a Yoga Basics 10a *Arthritis Fitness 10a Beginning Tai Chi 1p +Chair Yoga	9:30a +Ukulele 10a *Tutu's House Writers Support Group 1p +Qi Gong & Tai Chi 3:30p Self Defense for Keiki	8:15a Mat Pilates 9:30a *Meditation 10a *Arthritis Fitness 1p +Knitting 2p Yoga for Emotional Healing	9a Anuenue Quilters 10:30a +Carl Jung Study Group 1p Mah Jong Meetup	8a *Yoga Basics 9a Yoga Stretch 10:15a Meditation & Stretching 1p Scrabble 2:30p Caregivers Support Group	21
22	23	24	25	26	27
8a Yoga Basics 10a *Arthritis Fitness 10a Beginning Tai Chi 10a Tutu's Quilting 1p +Chair Yoga 5:30p Hearts for Hula	9:30a +Ukulele 10a *Tutu's House Writers Support Group 1p +Qi Gong & Tai Chi 3:30p Self Defense for Keiki	8:15a Mat Pilates 9:30a *Meditation 10a *Arthritis Fitness 5p Plant Based Hui & Potluck	9a Anuenue Quilters 10:30a +Carl Jung Study Group 1p Mah Jong Meetup 3:30p *Heart Centered Visioning for Men & Women 5:30p +Night Knitting	8a *Yoga Basics 9a Yoga Stretch 1p Scrabble 5p Belly Dancing	5p Arts for Everybody: One Nation, One Project ~ Celebrating Fatherhood Through Art
29	30	31	<p>There is never a cost to participate.</p> <p>Space is limited for our in-person activities and registration is required by calling 808-885-6777.</p> <p>Interested in something on Zoom? Email newsletter@tutushouse.org for a link to register.</p>		
8a Yoga Basics 10a *Arthritis Fitness 10a Beginning Tai Chi 1p +Chair Yoga	9:30a +Ukulele 10a *Tutu's House Writers Support Group 1p +Qi Gong & Tai Chi 3:30p Self Defense for Keiki	8:15a Mat Pilates 9:30a *Meditation 10a *Arthritis Fitness 5:30p First Time Home Buyer Workshop			

*online only
+online option

