

# SEPTEMBER 2024

\*online only  
+online option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>HOLIDAY</b>  Labor Day	9:30a +Ukulele 10a *Tutu's House Writers Support Group 1p +Qi Gong & Tai Chi	8:15a Mat Pilates 10a *Arthritis Fitness 11a +Revelation Breathwork 1p +Knitting	9a Anuenue Quilters 10:30a +Carl Jung Study Group 1p Mah Jong Meetup 6p Men's Support Group	9a Yoga Stretch 10:15a Meditation & Stretching 12p *Women's Support Group 1p Scrabble	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
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 5p South Kohala Traffic Safety Committee Meeting	8:15a Mat Pilates 10a *Arthritis Fitness 11a +Revelation Breathwork 4p *Medicare 101	9a Anuenue Quilters 10:30a +Carl Jung Study Group 1p Mah Jong Meetup 5p Community Poetry Night 5:30p +Night Knitting	9a Yoga Stretch 10:15a Meditation & Stretching 1p Scrabble	1:30p Our Beloved Death
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
10a *Arthritis Fitness 10a Beginning Tai Chi 1p +Chair Yoga	9:30a +Ukulele 10a *Tutu's House Writers Support Group	8:15a Mat Pilates 10a *Arthritis Fitness 1p +Knitting	9a Anuenue Quilters 10:30a +Carl Jung Study Group 1p Mah Jong Meetup 6p Men's Support Group	9a Yoga Stretch 10:15a Meditation & Stretching 1p Scrabble	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
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	8:15a Mat Pilates 10a *Arthritis Fitness 5p Plant Based Hui	9a Anuenue Quilters 10:30a +Carl Jung Study Group 1p Mah Jong Meetup 5:30p +Night Knitting	9a Yoga Stretch 10:15a Meditation & Stretching 1p Scrabble 2:30p Caregivers Support Group	

**30**

8a Yoga Basics  
 10a \*Arthritis Fitness  
 10a Beginning Tai Chi  
 1p +Chair Yoga



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

Space is limited for our in-person activities and registration is required by calling 808-885-6777.

Interested in something on Zoom? Email [newsletter@tutushouse.org](mailto:newsletter@tutushouse.org) for a link to register.

There is never a cost to participate.