



Ho'ō Wala'au

To cause a conversation

Tutu's House ~ a community health and wellness center

Volume 28 • Issue 9 • September 2024

Fall into One of Our September Activities

A TUTU'S HOUSE ACTIVITY
TA'I CHI CHU'AN FOR BEGINNERS
With Sifu Jim MacInnis
MONDAYS | 10 AM TO 11 AM
Ta'i Chi is a martial art, and there are wide variety of styles. Some are quite physically demanding and others are less so. This is Yang style (Cindy Formy's lineage), and it is a gentle, flowing form with movements that are physically easy to execute.
REGISTER TODAY! | 808-885-8777 | www.hiitargettutushouse.org

Sifu Jim MacInnis will be here through out September and will continue to offer **Ta'i Chi Chu'an for beginners on Mondays (Except Sept. 2) at 10 am to 11 am.**

T'ai Chi Ch'uan is a martial art, and also part of the Chinese system of medicine and healing. This class is oriented towards seniors (55 and older), and emphasizes balance, situational awareness and healing.

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. **Tuesdays from 10:30 am to noon on Zoom.**

Writers Support Group
Every Tuesday | 10 AM
Tutu's House
Online Activity
WITH DAVE FOUTS

OUR BELOVED DEATH
WITH BOBBI BRYANT
Saturday, September 14 | 1:30 pm to 3:30 pm
A Tutu's House Activity

September offers another opportunity for conversation with end-of-life doula Bobbi Bryant. In the second workshop of this ongoing series, we will continue with our exploration into preparing for our beloved death and how we may cultivate the optimal conditions for this rite of passage.

In this session, we will also take a look at our death stories, the ones we have inherited and the ones we create. These stories may serve to guide and provide comfort during our final days. They also influence how we live our daily lives.

MEDICARE 101
Wednesday, September 11
4 pm to 5 pm
A Tutu's House Online Activity
"I'm about helping people take advantage of what's out there so that they're safe in retirement. It's a reciprocal relationship that brings a lot of joy. Pay back to me in receiving a call like mine. My spouse and I had a major event and thanks to you we don't have any bills."

This one-hour **Medicare 101** presentation on **Wednesday, September 11 at 4 pm** will show you exactly how to find Medicare solutions that provide peace of mind knowing exactly what medical spending you will incur in retirement regardless of your health.

Here is what you'll learn during this online activity: 1) the 2 main ways to get Medicare coverage; 2) the 3 key Medicare coverage decisions you must make; and 3) the most important (but most commonly misunderstood) information you need to make Medicare coverage decisions for YOUR needs.

Eating green is a win-win. Healthy for the planet and healthy for our bodies. We are a gathering of friends who meet to share ideas, inspiration and delicious plant-based food made with fresh local ingredients. Whether you are a life-long vegan, a part-time vegan or brand new to plant-based eating, all are welcome. It is also a kid-friendly gathering.

Join Raina Dale, Take the Jump Ambassador, on **Wednesday, September 25 at 5 pm** for the **Plant Based Hui and Potluck** at Tutu's House.

PLANT BASED POTLUCK
Wednesday, September 25
5 to 6:30 PM

Embracing this natural part of our life cycle with acceptance, compassion, curiosity and love can give greater meaning to life, making it all the more precious.

Please register to join us on **September 14 from 1:30 pm to 3:30 pm.**

*online only
+online option

SEPTEMBER 2024
tutushouse.org



PROGRAMS
808-885-6777

*There are no fees for Tutu's House programs; tax deductible donations are always welcome.
Please call or email newsletter@tutushouse.org to register.*

COMMUNITY MEETINGS

+WAIMEA COMMUNITY ASSOCIATION TOWN MEETING

For more information, visit www.waimeatown.org. This month's meeting will be at the new Community Center (former Mamane Bakery)
Thu., Sept. 5 • 5:30 PM—7 PM

+SOUTH KOHALA TRAFFIC SAFETY COMMITTEE MEETING

Email sktscsecretary@gmail.com to request the monthly agenda and meeting minutes.
Second Tue. (Sept. 10) at Tutu's House • 5 PM—6 PM

SOCIAL/FAMILY

MAH JONG MEETUP~Whether you are new to the game and just learning the basics, or you have mastered the mechanics and terminology of playing the game, this group welcomes all. Come and continue to learn of building and breaking walls; how to get chows, pungs and kongs; the importance of flowers, winds, and dragons; and the general mechanics of playing the game, as well as to learn to count points and increase your win when you mah jong!
Every Thu. • 1 PM—4 PM

SCRABBLE with Annabel Spielman. Word lovers of every age and skill level are invited to play this yoga-for-the-brain game. A friendly group of dedicated players makes up the core of Scrabble at Tutu's House. There is room for games of 2 to 4 players with changes of tables and opponents as time allows.
Every Fri. • 1 PM—4 PM

PLANT BASED HUI & POTLUCK with Raina Dale, Take the Jump Ambassador. Eating green is a win-win. Healthy for the planet & healthy for our bodies. We are a gathering of friends who meet to share ideas, inspiration & delicious plant-based

food made with fresh local ingredients. Whether you are a life-long vegan, a part-time vegan or brand new to plant-based eating, all are welcome. Kid friendly gathering. **Every 4th Wed. (Sept. 25) • 5 PM—6:30 PM**

CREATIVE/CULTURAL

+UKULELE with friends and students of Auntie Marjie Spencer. Do you love singing and strumming the ukulele? Join the fun! The friendly group welcomes ukulele players of all ages and all levels. If you don't have your own instrument, we have four loaners, so you can join in for a morning of friendship and song.
Every Tue. • 9:30 AM—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

+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.
First & Third Wed. (Sept. 4 & 18) • 1 PM—3 PM

COMMUNITY POETRY READING with Joshua Bowman. An open invitation for people of all ages to bring their own poetry for reading. Three minutes will be given to each participant to share their creations.
Thu., Sept. 12 • 5 PM—6:30 PM

ANUENUE QUILTERS~The group is open to anyone who'd like to spend time socializing (and quilting) with others. Although there may be help available, there is no teaching and no quilting materials are provided. Participants are invited to bring a project that can be hand or machine stitched. Stop by to visit anytime.
Every Thu. • 9 AM—Noon

TUTU'S QUILTERS~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.
Second & Fourth Mon. (Sept. 9 & 23) • 10 AM—11:30 AM

NA PU'U WAI NO KA HULA ~ HEARTS FOR HULA with Kumu Hula Pumehana and Puamana. Women ages 18 to 70 years old are invited for 90 minutes of hula auana. This class will teach basic hula steps and noho (sitting) hula that is ideal for seniors with body and balance challenges. Interpretive hula, creative sign dancing will be incorporated.
Second & Fourth Mon. (Sept. 9 & 23) • 5:30 PM—7 PM

+NIGHT KNITTING with Karen Wolfe-Dodge, an avid knitter. Bring your projects, and visit with other knitters; stay as long as you can. Crocheters also welcome! Email if you'd like to join by Zoom.
Second & Fourth Thu. (Sept. 12 & 26) • 5:30 PM—7:30 PM

PHYSICAL

***ARTHRITIS FOUNDATION FITNESS** with Victoria Mendez. The Arthritis Foundation Fitness Program is for anyone wanting to improve flexibility, balance, and coordination, while also building muscle strength and having fun!! The class consists of stretching, low impact, the use of weights or

theraband, and dancing.
**Every Mon. (Except Sept. 2) & Wed.
• 10 AM—11 AM**

MAT PILATES with Jodi Calkins. This workout includes exercises for stretching, strengthening and core development. Many of the exercises are also found in other forms of resistance training, but the focus on breathing and creating a mind-body connection makes Pilates unique.
Every Wed. • 8:15 AM—9:15 AM

YOGA STRETCH with Joan Jackson, CYT. This class combines basic yoga poses, stretching, balance exercises and breathing exercises. Wear something comfortable.
Every Fri. • 9 AM—10 AM

COMMUNITY EDUCATION

+JUNGIAN READING/DISCUSSION GROUP Join us as we read aloud the works of C.G. Jung and other Jungian analysts. The group is currently reading *Women Who Run With The Wolves* by Clarissa Pinkola Estes. Please call Richard at 713-668-8200 or 808-339-4212 for any questions you may have.
Every Thu. • 10:30 AM—Noon

***MEDICARE 101** with Joseph Pettit. Are you getting 100% of the Medicare benefits to which you are entitled? If the answer is "NOT SURE" or "NO", then this class is for you.
Wed., Sept. 11 • 4 PM—5 PM

OUR BELOVED DEATH with Bobbi Bryant. In the second workshop of this ongoing series, we will continue with our exploration into preparing for our beloved death and how we may cultivate the optimal conditions for this rite of passage. We will also take a look at our death stories, the ones we have inherited and the ones we create.
Sat., Sept. 14 • 1:30 PM—3:30 PM

MIND • BODY • SPIRIT

YOGA BASICS FOR ALL LEVELS (Monday) with Janet Lam. This in-person 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. If you would like a recording to follow during this time or at your convenience, please email newsletter@tutushouse.org.
Mon., Sept. 30 • 8 AM—9 AM

TA'I CHI CHU'AN FOR BEGINNERS with Jim MacInnis. Ta'i Chi Chu'an is a martial art and also part of the Chinese system of medicine and healing. The beginning class introduces students to the first fifteen (15) movements of the Yang style short form. .
Every Mon. (Except Sept. 2) • 10 AM—11 AM

+CHAIR YOGA with Kit Hill, MA. 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 Sept. 2) • 1 PM—2 PM

+QI GONG & TAI CHI with Zettelyss Amora, IYT. 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 Tue. (Except Sept. 17) • 1 PM—2 PM

MEDITATION & STRETCHING with Stephana Jacobson, MA, CYT. Come quiet the mind, find the body, and enjoy the present moment. Start your day with a short meditation and some easy stretching. For your comfort, please bring a pillow to sit on.
Every Fri. • 10:15 AM—11:15 AM

+REVELATION BREATHWORK with Toya Haynes. Revelation Breathwork is a breathing process that gives you the opportunity to slow down, release stress, regulate your nervous system, and connect with your heart. It can be an effective tool for moving stuck energy associated with trauma and PTSD.
Wed., Sept. 4 & 11 • 11 AM—Noon

SUPPORT GROUPS

MEN'S SUPPORT GROUP with Steve Evans. Men of all backgrounds, orientations, ages, and abilities are invited to this peer-led group where it is a safe place for sharing.
First & Third Thu. (Sept. 5 & 19) • 6 PM—8 PM

***WOMEN'S SUPPORT GROUP** with Wendy Mitchell, M.Ed, MA, CPC and Joan Campbell, MPH. The group gives a voice to women to be their authentic selves.
Fri., Sept. 6 • Noon—1:30 PM

FAMILY CAREGIVERS SUPPORT GROUP with Nic Los Banos of the Alzheimer's Association. Support groups create a safe, confidential environment for caregivers to connect, share, and develop mutual support and social relationships. They also inform caregivers about dementia and help participants develop coping strategies and real-world problem-solving skills. Call 808-518-6649 or email nklosbanos@alz.org to register. *Note: This support group is for family caregivers, not persons living with dementia.*
Fri., Sept. 27 • 2:30 PM—4 PM



During the month of September, make a donation to Tutu's House at Foodland, Sack n Save or Foodland Farms and a portion of it will be matched through Foodland's Annual Community Matching Gifts Program.

SEPTEMBER 2024

*online only
+online option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7
HOLIDAY 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	
9	10	11	12	13	14
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
16	17	18	19	20	21
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23	24	25	26	27	28
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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 for a link to register.

There is never a cost to participate.