



Tutu's House ~ a community health and wellness center

Volume 30 • Issue 3 • March 2026

## Basic First Aid, CPR, AED Workshop

*with Siobhan Malady and Vibrant Hawai'i*  
**Saturday, March 21 | Noon to 5:30 pm**  
**Hybrid**

With the right skills, each of us has the ability to make a life-saving difference when it matters most. Learn basic first aid, CPR, AED through this free blended workshop brought to you by Vibrant Hawai'i!

Gain the information needed with the online portion in the comfort of your own home; then come in to learn and practice the physical skills needed. Online learning takes between two to four hours. In person skill practice and assessment three to four hours. Online portion needs to be completed the night before the in-person skills workshop.

Siobhan Malady is a resident of Honoka'a, a vice principal at Pa'auilo Elementary and Intermediate School, and a volunteer Red Cross First Aid/AED/CPR trainer. She is passionate about education and wholeheartedly believes that all community members should have the opportunity to be trained in first aid and CPR in order to be helpers in their community.

To register, please email [newsletter@tutushouse.org](mailto:newsletter@tutushouse.org). Space is limited. Another workshop is scheduled on April 18.



**E Wala'au Kākou ~**  
**Let's Talk Story**  
**Every Tuesday**  
**Noon to 1 pm**  
**In Person**

Listen to others speak in Hawaiian and practice what you know. You are welcome to have your lunch during the hour. Registration is suggested in case dates and times change.

Email [newsletter@tutushouse.org](mailto:newsletter@tutushouse.org) to register.



From 2003 through 2021, M. Kapuniaia shared a Hawaiian word or phrase in Ho'owala'au. With her permission, we will dip into our archives to share her pearls of wisdom since she happily retired a few years ago. This gem was first published in November 2012.

***“Ku’u home, he wahi pu’uhonua”***  
 “My home, a safe and peaceful place”

May we constantly work to create a safe, peaceful, and loving environment in our home - not rocket science, neither is it easy to create and maintain.

However, achieving and maintaining this goal requires everyone’s sincere and undivided effort, selflessness, and constant willingness to do one’s share and to offer to do more.

Additionally, this goal can be realized when every person nurtures “an attitude of gratitude” and takes time to “count every blessing.”

***“Ku’u home, he wahi pu’uhonua”***  
 “My home, a safe and peaceful place”

## *Nani Waimea ~ Our Beautiful Home*



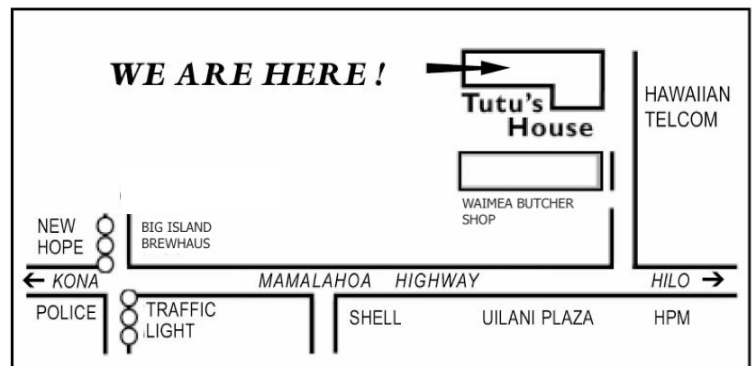
## TUTU’S HOUSE

Kamuela Business Center (Upper Level)  
 64-1032 Mamalahoa Hwy, #304  
 Kamuela, HI 96743

Email: [newsletter@tutushouse.org](mailto:newsletter@tutushouse.org) Phone: (808) 885-6777  
[www.tutushouse.org](http://www.tutushouse.org)

Open Monday thru Friday 8 am ~ 4 pm

Information found in Ho'owala'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.



**Kanikapila**  
*with Uncle Bob Teixeira*  
**Thursdays**  
**4:30 pm to 5:15 pm**  
**In Person**

Choose a song and come sing along with Uncle Bob on Thursdays from 4:30 pm to 5:15 pm.

If you enjoy playing the ukulele or you really want to learn to play, this casual class is great way to spend the afternoon.

Robert Teixeira has 15 years of singing and ukulele playing experience to share.

If you don't have your own ukulele, we have four that can be borrowed during the activity.

**Online Safety Workshop**  
**Tuesday, March 24 • 10:30 am to 11:30 am**  
**Tuesday, March 31 • 3 pm to 4 pm**  
**In Person**

The Online Safety Workshop is designed to tackle one of Hawai'i's biggest problems: online fraud and scams. There will be interactive activities and an informative presentation so participants can learn to be safe in their browsing online.

Daniel Riemenschmitter is a senior at Hawai'i Preparatory Academy and is originally from Germany. This is his capstone project. He selected online safety as a way to share his knowledge and to give back to the community.

**The Effects of Laughter, Dance and Music on  
Our Immune and Nervous System**

*with Harvey Eckhart, DC, MS*

**Wednesday, March 18 • 5:30 pm to 7 pm**

This science-based class will focus on how daily doses of laughter, dance and music benefit our immune and nervous system.

Participants will learn how intentional use of joyful movements, rhythm and laughter promotes resilience, and improves the nervous system-brain balance. Experience this balance first hand, and leave feeling refreshed, energized, and empowered with practical tools to support lifelong health and well being.



Dr. Harvey Eckhart retired as a doctor of chiropractic after 35 years of treating patients, and is now teaching and educating on wellness and longevity. He earned his Master's Degree in

Human Biology and Clinical Nutrition from University of Bridgeport Connecticut, and his Doctorate in Chiropractic from Los Angeles Chiropractic College.

\*online only  
+online option

MARCH 2026  
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](mailto:newsletter@tutushouse.org) to register in case we need to notify you if a program is unexpectedly cancelled or rescheduled.*

## CREATIVE/CULTURAL

**TUTU'S QUILTERS**~Learn quilting Hawaiian style. For beginners or experienced, initial supplies provided or bring something you are working on. Good company and encouragement guaranteed.  
**Second & Fourth Mon. (Mar. 9 & 23)**  
**• 10 AM—11:30 AM**

**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**

**E WALA'AU KĀKOU** See page 1 for all the details.  
**Every Tue. • Noon—1 pm**

**TA'I CHI CHU'AN FOR BEGINNERS** with Sifu Jim MacInnis. This beginning class introduces students to the first fifteen (15) movements of the Yang style short form. While a degree of mastery is required before learning the rest of the short form, everything students need to derive significant benefits is presented in this beginning class. The value you gain from this

class is in direct proportion to the effort you expend. Students will have the most success with a daily practice. If you are new to the class, please plan to attend from 10 am to 11 am. Those who have been practicing with Sifu since last July are invited to stay until 11:30.

**Every Wed. • 10 AM—11 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.

**Wed., Mar. 11 & 25 • 5:30 PM—7 PM**

**ANUENUE QUILTERS**~The group is open to anyone who'd like to spend time socializing (and quilting) with others. Although there will be help available, there is no teaching and no quilting materials 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**

**KANIKAPILA** with Uncle Robert Teixeira. All ages from 5 through 99 are welcome. See page 3 for all the details.  
**Every Thu. • 4:30 PM—5:15 PM**

**NIGHT KNITTING (IS NOT JUST FOR KNITTERS)** with Karen Wolfe-Dodge, an avid knitter. See page 6 for all the details. **Thu., Mar. 12 & 26 • 5:30 PM—7:30 PM**

## PHYSICAL

**\*FITNESS WITH ALOHA** with Victoria Mendez. Muscle strengthening using weights & therabands, cardio, balance, relaxation, and having fun with aloha!  
**Every Mon. & Wed. • 10 AM—11 AM**

**MAT PILATES** with Jodi Calkins. This weekly 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. Participants are encouraged to bring yoga mats, pillow, towel, weights and magic circles. Elastic band will be provided.

**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. (Except Mar. 27) • 9 AM—10 AM**

## COMMUNITY EDUCATION

**MAHINA CIRCLE** with Kulananalua Tarnas. Aloha mai, please join us to honor ka Mahina. This community gathering seeks to provide foundational education about the Hawaiian Moon Calendar, and also to provide followers of ka Mahina a space to share our nānā, kilo, 'ike, and mana'o. E ho'omalalama ka Mahina Hawai'i!  
**Every Mon. • 4:30 PM—6 PM**

**\*AWAKENING INTUITION** with Tommie Main. Join Tommie on the first and third Tuesdays at Noon for this sacred practice of discovering your unique gifts by asking the question "What would I LOVE?" Get curious about your internal dialogue that may not be serving your highest good. Bring a pen, paper and your imagination.  
**Tue., Mar. 3 & 17 • Noon—1 PM**

**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 "The Bowl of Light" by anthropologist Hank Wesselman, PhD. It is a story of ancestral wisdom from Hale Makua, a

Hawaiian kahuna. Please call Barbara at 808-217-5162 for any questions you may have.

**Every Thu. • 10:30 AM—Noon**

### **MEDICARE RESOURCE POP**

**UP** with Jessica and Alex Arruda. Confused about Medicare? Not sure about Parts A, B, C and D? Want to learn how to compare plans, costs and coverage. Jessica and her son, Alex, are licensed agents with Premier Benefits Consultants and have over a decade of experience helping people navigate Medicare. **Wed., Mar. 11 & 25 • 2:30 PM—4:30 PM**

**AKAMAI SENIORS** with Jessie Grace. Join Jessie Grace each month as she breaks down complex Medicare topics and makes them easy-to-understand, so you can make confident health care decisions. **Tue., Mar. 17 • 8 AM—9 AM**

### **THE EFFECTS OF LAUGHTER, DANCE AND MUSIC ON OUR IMMUNE AND NERVOUS SYSTEM**

See page 3 for all the details. **Wed., Mar. 18 • 5:30 PM—7 PM**

**FIRST AID/CPR/AED TRAINING** with Siobhan Malady. See page 1 for all the details. **Sat., Mar. 21 • Noon—5:30 PM**

**ONLINE SAFETY WORKSHOP** with Daniel Riemenschnitter. See page 3 for all the details.

**Tue., Mar. 24 • 10:30 AM—11:30 AM**  
**Tue., Mar. 31 • 3 PM—2 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](mailto:newsletter@tutushouse.org).

**Every Mon. • 8 AM—9 AM**

**+CHAIR YOGA** with Kit Hill, MA. See page 6 for all the details. **Every Mon. • 1 PM—2 PM**

**+QI GONG & TAI CHI** with Zettelyss Amora, IYT. Qi Gong and Tai Chi meet in this hour of power. These ancient healing practices tap in and turn on your natural well being and are suitable for people of all ages and abilities. Easy and quick to learn styles are perfectly suited for beginners as well as experienced students.

**Every Tue. • 1 PM—2 PM**

### **\*YOGA BASICS FOR ALL LEVELS**

**(Friday)** with Janet Lam. This ONLINE 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.

**Every Fri. • 8 AM—9 AM**

### **+CREATING A LIFE WITH MEANING (CALM)**

with Montie Cooke. Each session will be one hour long with guided meditation, wisdom teachings by various masters on video, reflection of relevance for you, and sharing of your experience, insights and questions. New and experienced practitioners are welcomed!

**Every Fri. • 10:30 AM—11:30 AM & every Sun. • 9:30 AM—10:30 AM**

**JOYFUL MEDITATION** with Stephana Jacobson, MA, CYT. Start your weekend with a happy hour of a different kind! Lift your spirit and boost your mood by quieting your mind and body through meditation. For your comfort, please bring a pillow to sit on.

**Every Fri. • 1 PM—2 PM**

## **SUPPORT GROUPS**

**\*WOMEN'S SUPPORT GROUP** with Wendy Mitchell, M.Ed, MA, CPC and Margaret FiveCrows, MSW, CSWA. The group gives a voice to women to be their authentic selves.

**Fri., Mar. 6 • Noon—1:30 PM**

**KUPUNA CIRCLE** with Hamakua-Kohala Health facilitated by Sharon Petrosky, LHMC. A welcoming space for seniors to gather, talk story, connect and build community. This is the last session of the series. To register, please call 808-808-769-9412.

**Wed., Mar. 4 • 9:30 AM—11 AM**

**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](mailto:nklosbanos@alz.org) to register. *Note: This support group is for family caregivers, not persons living with dementia.*

**Fri., Mar. 20 • 2:30 PM—4 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 8 players with changes of tables and opponents as time allows.

**Every Fri. • 1 PM—4 PM**

# NIGHT KNITTING

*with Karen Wolfe-Doge*

**Thursdays, March 12 & 26 • 5:30 pm to 7:30 pm**



This is a very casual group and anyone who does ANY type of handcrafting is welcome to drop in at any meeting on the second and fourth Thursdays of each month.

If you need a chunk of uninterrupted time to devote to the craft of your choice (not just knitting), this activity is for you!

Bring your projects; visit with others; stay as long as you can.

# CHAIR YOGA

*with Kit Hill*

**Mondays • 1 pm to 2 pm**

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.

Kit has been practicing yoga for over 40 years and is RYT-200 (Yoga Alliance certification through Hawaiian Healing Yoga). She credits her yoga practice in supporting her in her recent cancer treatment journey.



Participate in-person or on Zoom.

# Discover the Joy of Quilting!

Beginning Quilt Classes at Tutu's House – Waimea, Big Island of Hawaii



## Make a Quilt from Fabric to Finish

*A Mini Master Course for Absolute Beginners!*

No experience needed – start right from the beginning!

In this hands-on series of 6 Thursday classes, you'll learn step-by-step:

- ✿ How to choose beautiful fabrics
- ✿ Precise cutting techniques
- ✿ Sewing accurate seams
- ✿ Creating the 'sandwich' (quilt top, batting & backing)
- ✿ Finishing touches to complete your own quilt!

***Perfect for beginners – bring a sewing machine, your creativity and aloha spirit – leave with a finished quilt and new skills!***

*A Fundraiser  
Organized for  
Tutu's House*

### Class Details

**Dates:** Thursdays – March 26, April 9, 16, 23, 30, May 7

**Time:** 9:15 AM – 12:00 PM

**Location:** Tutu's House, Kamuela Business Center,  
64-1032 Mamalahoa Hwy, Waimea, HI

*A warm nonprofit community space in the heart of Waimea*

**Cost:** \$75 donation to Tutu's House

Includes a beginning quilt-making book + supports community programs.

**Register Today – Spaces Limited!**

Email [newsletter@tutushouse.org](mailto:newsletter@tutushouse.org) or call 808-885-6777

🌐 [www.tutusnouse.org](http://www.tutusnouse.org) – check calendar for details

All beginners welcome – join our friendly group and create something beautiful! **Mahalo for supporting Tutu's House** – nurturing wellness & creativity in Waimea!



**Questions? Please contact Ann at 808-640-4704 or [annlum967@gmail.com](mailto:annlum967@gmail.com)**

# March 2026

\*online only  
+online option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8a</b> Yoga Basics <b>10a</b> *Fitness with Aloha <b>1p</b> +Chair Yoga <b>4:30p</b> Mahina Circle	<b>9:30a</b> Ukulele <b>10a</b> *Tutu's House Writers Support Group <b>12p</b> E Wala'au Kākou <b>12p</b> *Awakening Intuition <b>1p</b> +Qi Gong & Tai Chi	<b>8:15a</b> Mat Pilates <b>9:30a</b> Kūpuna Circle <b>10a</b> *Fitness with Aloha <b>10a</b> Ta'i Chi Chu'an	<b>9a</b> Anuenue Quilters <b>10:30a</b> Jungian Reading Group <b>1p</b> Mah Jong Meetup <b>4:30p</b> Kanikapila	<b>8a</b> *Yoga Basics <b>9a</b> Yoga Stretch <b>10:30a</b> +CALM <b>12p</b> *Women's Support Group <b>1p</b> Scrabble <b>1p</b> Joyful Meditation	<hr/> <b>1 &amp; 8</b> <b>9:30a</b> +CALM
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>8a</b> Yoga Basics <b>10a</b> *Fitness with Aloha <b>10a</b> Tutu's Quilters <b>1p</b> +Chair Yoga <b>4:30p</b> Mahina Circle	<b>9:30a</b> Ukulele <b>10a</b> *Tutu's House Writers Support Group <b>12p</b> E Wala'au Kākou <b>1p</b> +Qi Gong & Tai Chi	<b>8:15a</b> Mat Pilates <b>10a</b> *Fitness with Aloha <b>10a</b> Ta'i Chi Chu'an <b>2:30p</b> Medicare Pop Up <b>5:30p</b> Hearts for Hula	<b>9a</b> Anuenue Quilters <b>10:30a</b> Jungian Reading Group <b>1p</b> Mah Jong Meetup <b>4:30p</b> Kanikapila <b>5:30p</b> Night Knitting	<b>8a</b> *Yoga Basics <b>9a</b> Yoga Stretch <b>10:30a</b> +CALM <b>1p</b> Scrabble <b>1p</b> Joyful Meditation	<hr/> <b>15</b> <b>9:30a</b> +CALM
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>8a</b> Yoga Basics <b>10a</b> *Fitness with Aloha <b>1p</b> +Chair Yoga <b>4:30p</b> Mahina Circle	<b>8a</b> Akamai Seniors <b>9:30a</b> Ukulele <b>10a</b> *Tutu's House Writers Support Group <b>12p</b> E Wala'au Kākou <b>12p</b> *Awakening Intuition <b>1p</b> +Qi Gong & Tai Chi	<b>8:15a</b> Mat Pilates <b>10a</b> *Fitness with Aloha <b>10a</b> Ta'i Chi Chu'an <b>5:30p</b> Effects of Laughter, Dance & Music	<b>9a</b> Anuenue Quilters <b>10:30a</b> Jungian Reading Group <b>1p</b> Mah Jong Meetup <b>4:30p</b> Kanikapila	<b>8a</b> *Yoga Basics <b>9a</b> Yoga Stretch <b>10:30a</b> +CALM <b>1p</b> Scrabble <b>1p</b> Joyful Meditation <b>2:30p</b> Caregivers Support Group	<hr/> <b>22</b> <b>9:30a</b> +CALM
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>8a</b> Yoga Basics <b>10a</b> *Fitness with Aloha <b>10a</b> Tutu's Quilters <b>1p</b> +Chair Yoga <b>4:30p</b> Mahina Circle	<b>9:30a</b> Ukulele <b>10a</b> *Tutu's House Writers Support Group <b>10:30a</b> Online Safety <b>12p</b> E Wala'au Kākou <b>1p</b> +Qi Gong & Tai Chi	<b>8:15a</b> Mat Pilates <b>10a</b> *Fitness with Aloha <b>10a</b> Ta'i Chi Chu'an <b>2:30p</b> Medicare Pop Up <b>5:30p</b> Hearts for Hula	<b>9a</b> Anuenue Quilters <b>10:30a</b> Jungian Reading Group <b>1p</b> Mah Jong Meetup <b>4:30p</b> Kanikapila <b>5:30p</b> Night Knitting	<b>8a</b> *Yoga Basics <b>10:30a</b> +CALM <b>1p</b> Scrabble <b>1p</b> Joyful Meditation	<hr/> <b>29</b> <b>9:30a</b> +CALM
<b>30</b>	<b>31</b>	Space is limited for our in-person activities and registration is required by calling 808-885-6777.  Interested in something on Zoom? Email <a href="mailto:newsletter@tutushouse.org">newsletter@tutushouse.org</a> for a link to register.  There is never a cost to participate.			
<b>8a</b> Yoga Basics <b>10a</b> *Fitness with Aloha <b>1p</b> +Chair Yoga <b>4:30p</b> Mahina Circle	<b>9:30a</b> Ukulele <b>10a</b> *Tutu's House Writers Support Group <b>12p</b> E Wala'au Kākou <b>1p</b> +Qi Gong & Tai Chi <b>3 pm</b> Online Safety				

