



Ho'owala'au

To cause a conversation

Tutu's House ~ a community health and wellness center

Volume 30 • Issue 6 • June 2026

Beyond The Illusion Of Knowledge In The Healthcare Industry

with *Kristy King, MD and Nadine Reese, RN*

Thursday, June 4 | 5:30 to 7 pm

Join Dr. Kristy King, MD and Nadine Reese, RN for an evening exploring the evolving bridge between conventional medicine and truly personalized healthcare.

Modern medicine has given us more data than ever before — bloodwork, genetics, hormone testing, microbiome analysis, wearable technology — yet many people still feel unseen, symptomatic, and disconnected from a coherent understanding of their health. This discussion explores how medicine is shifting beyond generalized protocols toward a more integrated, systems-based model that considers the interaction between genetics, physiology, environment, recovery, movement, nutrition, hormones, and nervous-system regulation.

Topics will include DNA-based insights, advanced biomarker interpretation, microbiome analysis, DUTCH hormone testing, and the growing role of personalized data in tailoring evidence-based strategies for performance, resilience, longevity, and women's health.

Grounded in science and clinical application, this conversation will explore not simply how to collect more information — but how to interpret the right information meaningfully, in context, and over time.



Dr. Kristy King, MD is a physician based on the Big Island and founder of Embody Medicine, a physician-led systems medicine practice focused on women's health, microbiome ecology, environmental medicine, and biologic aging. Her work integrates conventional medical training with advanced study in integrative, functional, and environmental medicine, with a focus on understanding the body as an interconnected system rather than isolated symptoms.

Nadine has been practicing yoga on the Big Island for more than 15 years. A former half-marathon runner, she initially turned to yoga as a way to build balance, strength, and restoration. What began as a physical practice soon evolved into a transformative journey that nurtured her mind, body, and spirit. As both a nurse and yoga practitioner, Nadine is passionate about supporting clients through every phase of life, helping them maximize the healing benefits of yoga while fostering connection, balance, and well-being from within.



A TUTU'S HOUSE ACTIVITY

Everything You Need To Know About Digitizing DV Tapes
 With *Matt Hughes*
 Monday, June 1 | 3 pm

Learn everything you need to know about digitizing DV tapes.

If you have DV tapes stored away with no way to watch them, this class is for you!

Matt will talk about the equipment needed, what it costs, and demonstrate how it all works.



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 appeared in Ho'owala'au in March 2015.

E ho'omahana!

Stop Work, Rest, Take a Vacation!

It's time to plan that vacation you have always thought about, or postponed for a better time. Now is the time!! Treat yourself!!

Plan to do something different, at home, on the other side of the island, on a cruise, by your self or with family, or at one of the world-wide Malama Honua destinations.

These may, or may not, provide the solution for a better blood pressure reading – may as well give it a try!

E ho'omahana!

Stop Work, Rest, Take a Vacation!

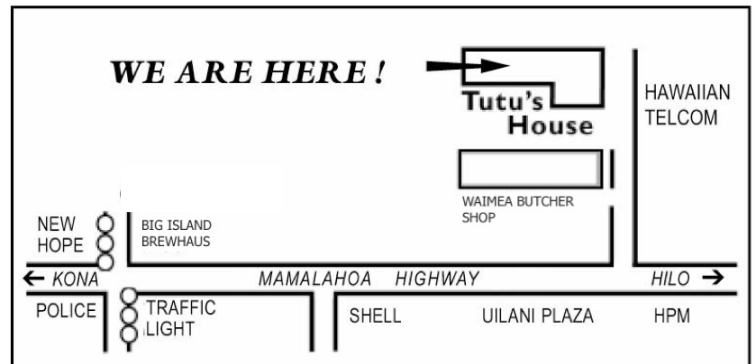
TUTU'S HOUSE

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

Email: newsletter@tutushouse.org Phone: (808) 885-6777
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.



June is Alzheimer's and Brain Health Awareness Month

Understanding Alzheimer's & Dementia

with Nic Los Baños, EdD

Tuesday, June 9 | 5 pm to 6:30 pm
In Person

Did you know that Alzheimer's disease is not a normal part of aging? Join the Alzheimer's Association to learn:

- Am I at risk?
- The difference between Alzheimer's and dementia
- Stages of the disease and treatments
- Resources and support

Dr. Nic Los Baños is the Hawai'i County Program Manager for the Alzheimer's Association - Hawaii.



Building Brain-Healthy Habits

with Nic Los Baños, EdD

Tuesday, June 30 | 5 pm to 6:30 pm
In Person

Research shows there are everyday habits you can build today to help protect your memory and thinking as you get older — even reducing your risk of cognitive decline and dementia. Join the Alzheimer's Association to learn about:

- Healthy habits for your brain
- The brain-heart connection
- Why brain health is important at all ages
- Building your action plan for brain-healthy habits

For assistance with registration or for more information about either presentation, contact Nic at nklosbanos@alz.org or 808-518-6649.

Bringing Optimal Brain Health and Joy Into Your Life through Neuroplasticity Exercises

with Harold Hall, PhD, ABPP, neuropsychologist

Fridays in June • 4:30 pm to 6 pm

Building on well-received presentations on neuroplasticity and longevity, this series of weekly workshops will give you a taste of diverse ways to bring optimal brain health and joy into your life.

Each week, join Harold and a few guest speakers to discover different activities that double as neuroplasticity and health improvement exercises.

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A TUTU'S HOUSE ACTIVITY

*online only
+online option

JUNE 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 to register in case we need to notify you if a program is unexpectedly cancelled or rescheduled.*

COMMUNITY EDUCATION

DIGITIZING DV TAPES with Matt Hughes. See page 1 for all the details.
Mon., Jun. 1 • 3 PM—4 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. (Except Jun. 11) • 10:30 AM—Noon

BRINGING OPTIMAL BRAIN HEALTH & JOY INTO YOUR LIFE THROUGH NEUROPLASTICITY EXERCISES with Harold Hall, PhD, ABPP. See page 3 for all the details.
Every Fri. • 4:30 PM—7 PM

BEYOND THE ILLUSION OF KNOWLEDGE IN THE HEALTHCARE INDUSTRY with Kristy King, MD & Nadine Reese RN. See page 1 for all the details.
Thu., Jun. 4 • 5:30 PM—7 PM

UNDERSTANDING ALZHEIMER'S & DEMENTIA with Nic Los Baños, EdD. See page 3 for all the details.
Tue., Jun. 9 • 5 PM—6:30 PM

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., Jun. 10 & 24 • 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., Jun. 16 • 8 AM—9 AM**

OBSERVING THE SUN, MOON & PLANETS 101 with Kūlana Tarnas. This offering will share knowledge about the Sun, Moon, and Planets, and their recurring cycles, that will assist in having an ongoing naked eye observation practice and relationship with these beings in our Sky. E ola.
Wed., Jun. 17 • 6 PM—7 PM

LET'S TALK ABOUT A NEW PARADIGM FOR BONE HEALTH with with Kristy King, MD & Bryan Gazau. See page 7 for all the details.
Thu., Jun. 18 • 5:30 PM—7 PM

BUILDING BRAIN-HEALTHY HABITS with Nic Los Baños, EdD. See page 3 for all the details.
Tue., Jun. 30 • 5 PM—6:30 PM

FIRST AID/CPR/AED TRAINING with Siobhan Malady. See page 7 for all the details. **Sat., Jun. 27 • Noon—5:30 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.
Every Mon. • 8 AM—9 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. • 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. (Except Jun. 12) • 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

***KUPUNA CIRCLE** with Hamakua-Kohala Health facilitated by Sharon Petrosky, LHMC. A welcoming space for seniors to gather, talk story, connect and build community. There are only two sessions left in this series. To

register for next series starting Jul. 1, please call 808-808-769-9412.
Wed., Jun. 3 & 10 • 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 to register. *Note: This support group is for family caregivers, not persons living with dementia.*

Fri., Jun. 19 • 2:30 PM—4 PM

***CHILDBIRTH AND PARENTING ENRICHMENT CIRCLE** with Margaret Ragen, Certified Midwife. These classes blend evidence-based education and mindfulness to support best outcomes. Sessions explore heart, body, and mind — nutrition, emotional preparation, optimal fetal-positioning, lactation support, and self-care — plus baby-proofing your relationship and postpartum transition, culminating in a rehearsal that builds confidence and positive labor experiences. This group will meet virtually until August 8.
Every Sat. • 9 AM—10 AM

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. (Except Jun. 11) • 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**

CREATIVE/CULTURAL

MOCHI MAKING 101~with Marc Teixeira, Mochi Aficiando. Learn tips and trick on making microwave mochi.
Mon., Jun. 1 • 4 PM—5:15 PM

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. (Jun. 8 & 22) • 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 Listen to others speak in Hawaiian and practice what you know. The group has decided to use Ka Lei Ha'aheo: Beginning Hawaiian by Alberta Pualani Hopkins to keep everyone on track. You are welcome to have your lunch during the hour. **Every Tue. • 12:30 PM—1:30 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., Jun. 10 & 24 • 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. (Except Jun. 11) • 9 AM—Noon**

KANIKAPILA with Uncle Robert Teixeira. Choose a song and come sing along with Uncle Bob. If you enjoy ukulele or you really want to learn to play, this casual class is a great way to spend the afternoon. All ages from 5 through 99 are welcome. **Every Thu. (Except Jun. 11) • 4:30 PM—5:15 PM**

NIGHT KNITTING (IS NOT JUST FOR KNITTERS) with Karen Wolfe-Dodge, an avid knitter. This is a very casual group and anyone who does ANY type of handcrafting is welcome to drop in at any meeting. 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. **Thu., Jun. 25 • 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

Kulolo Inspired Coconut Chia Pudding

INGREDIENTS

2 tbsp. chia seed pudding
½ cup coconut milk (no sugar added)
1 tsp. honey
1-2 packets of Splenda, or to taste
2 tbsp. diced and roasted taro



INSTRUCTIONS

Mix the base in a small bowl or jar, combining the chia seed pudding with the coconut milk. Stir well to fully hydrate the chia and avoid clumping. Add the honey and Splenda. Start with 1 packet, taste, and add more if you want it sweeter. Stir again until everything is evenly mixed.

Cover and refrigerate for at least 30 minutes, or ideally 2–4 hours, until the mixture thickens into a pudding consistency. Once thickened, gently fold in the diced, roasted taro. You can mix it in completely or layer it on top. Enjoy chilled. It should have a creamy, kulolo-inspired flavor with a nice chewy texture from the taro.

Nutrition Facts

Serving Size: ¾ Cup • Calories: 215 • Carbs: 23 g • Fiber: 9 g
Fat: 9 g • Protein: 5 g

Contributed by Makayla Gardner, Queen's North Hawaii Community Hospital (QNHCH) registered dietitian, QNHCH Chef Brant, and the Nutritional Services team at QNHCH. A big mahalo to all!

T'ai Chi Ch'uan for Beginners with Sifu Jim MacInnis Wednesday, June 17 • 10 am to 11 am

On Wednesday, June 17 at 10 am Sifu Jim MacInnis will begin a new cycle of teaching the first 15 movements of the Yang style short form. For those new to T'ai Chi Ch'uan, this is a good time to start the class.

Jim MacInnis is a certified T'ai Chi Ch'uan instructor, Yang Style, Choy Family lineage. Jim began studying in 1981 and was certified to teach in 1989 by Master Choy Kam Man, San Francisco Chinatown. He is qualified to teach all traditional Yang Style free-hand and weapons forms. Jim has been teaching Tai Chi since 1991, including a sixteen-year (1993-2009) period with the Spokane Downtown YMCA and Spokane Parks & Recreation. He has taught with the ACT2 program in Washington since 2014, and has been teaching at Tutu's House since July 2024.

A TUTU'S HOUSE ACTIVITY

TA'I CHI CHU'AN FOR BEGINNERS

With Sifu Jim MacInnis
WEDNESDAYS | 10 AM TO 11:30 AM

Tai 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 (Choy family lineage), and it is a gentle, flowing form with movements that are physically easy to execute

REGISTER TODAY!

808-885-6777
newsletter@tutushouse.org



Let's Talk About A New Paradigm for Bone Health

with *Kristy King, MD & Brian Gazau*
Thursday, June 18 | 5:30 to 7 pm
In Person

Join Bryan Gazau and Kristy King, MD for an evening conversation exploring a new paradigm for bone health, strength, mobility, recovery, and regenerative longevity.

This presentation will introduce how advanced physician-guided diagnostics — including hormone assessment, metabolic and inflammatory biomarkers, genomics, microbiome analysis, and regenerative health strategies — can work together with evidence-based strength training, rehabilitation, and recovery technologies to support long-term musculoskeletal health and healthy aging.

Together, Embody Medicine and OsteoFitLAB are exploring an integrative model for osteoporosis prevention, muscle preservation, metabolic resilience, posture, balance, and mobility that bridges modern medicine with practical movement-based longevity care.

Topics will include hormone replacement therapy, sarcopenia, nervous system regulation, recovery and adaptation, bone-density optimization, BioDensity training, vibration therapy, red light therapy, and the growing role of regenerative and lifestyle-based approaches in preserving vitality and independence over time.

Grounded in evidence-based medicine and practical application, this conversation is about aging differently — with greater strength, resilience, mobility, and sovereignty over your health.

Bryan Gazau is the founder of FitClub NOVA Longevity in Waimea, Hawai'i, specializing in strength, mobility, recovery, and longevity-focused training systems. With a background in Cognitive Neuroscience from University of California San Diego, Bryan combines functional fitness, osteogenic training, and advanced recovery technologies to help clients improve performance, resilience, and long-term health.



First Aid & CPR Training
Because Every Second Matters.
Saturday, June 27

- **Basic First Aid** Noon to 5:30 PM
- **CPR & AED Training**
- **Blended Training Online & In Person**

Brought to you by **Vibrant Hawaii'i**

Register Today

newsletter@tutushouse.org



Limited Spaces Available!

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; 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 must 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.

June 2026

*online only
+online option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
1	2	3	4	5	6
8a Yoga Basics 10a *Fitness with Aloha 1p +Chair Yoga 3p Digitizing DV Tapes 4p Mochi Making 101	9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi	9:30a Kūpuna Circle 10a *Fitness with Aloha 10a Ta'i Chi Chu'an	9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 4:30p Kanikapila 5:30p Embody Medicine: Beyond the Illusion	8a *Yoga Basics 10:30a +CALM 12:30p Joyful Meditation 4:30p 1p Scrabble 4:30p Optimal Brain Health & Joy	9a *Childbirth & Parenting Enrichment Circle <hr/> 7 9:30a +CALM
8	9	10	11	12	13
8a Yoga Basics 10a *Fitness with Aloha 10a Tutu's Quilters 1p +Chair Yoga	9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi 5p Understanding Alzheimer:s	9:30a Kūpuna Circle 10a *Fitness with Aloha 10a Ta'i Chi Chu'an 2:30p Medicare Pop Up 5:30p Hearts for Hula	Holiday Kamehameha Day	10:30a +CALM 12:30p Joyful Meditation 1p Scrabble 4:30p Optimal Brain Health & Joy	9a *Childbirth & Parenting Enrichment Circle <hr/> 14 9:30a +CALM
15	16	17	18	19	20
8a Yoga Basics 10a *Fitness with Aloha 1p +Chair Yoga	8a Akamai Seniors 9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi	10a *Fitness with Aloha 10a Ta'i Chi Chu'an 6p Observing the Sun, Moon and Planets 101	9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 4:30p Kanikapila 5:30p Embody Medicine & Osteolab	8a *Yoga Basics 10:30a +CALM 12:30p Joyful Meditation 1p Scrabble 2:30p Caregivers Support Group 4:30p Optimal Brain Health & Joy	9a *Childbirth & Parenting Enrichment Circle <hr/> 21 9:30a +CALM
22	23	24	25	26	27
8a Yoga Basics 10a *Fitness with Aloha 10a Tutu's Quilters 1p +Chair Yoga	9:30a Ukulele 10a *Tutu's House Writers Support Group 10:30a Online Safety 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi	10a *Fitness with Aloha 10a Ta'i Chi Chu'an 2:30p Medicare Pop Up 5:30p Hearts for Hula	9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 4:30p Kanikapila 5:30p Night Knitting	8a *Yoga Basics 10:30a +CALM 12:30p Joyful Meditation 1p Scrabble 4:30p Optimal Brain Health & Joy	9a *Childbirth & Parenting Enrichment Circle 12p First Aid, CPR, AED Workshop <hr/> 28 9:30a +CALM
29	30	Space is limited for our in-person activities and registration is required by calling 808-885-6777.			
8a Yoga Basics 10a *Fitness with Aloha 1p +Chair Yoga	9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi 5p Building Brain-Healthy Habits	Interested in something on Zoom? Email newsletter@tutushouse.org for a link to register. There is never a cost to participate.			

