

Complimentary Copy - Enjoy!



Tutu's House ~ a community health and wellness center

Volume 30 • Issue 7 • July 2026

The Alexander Technique Awareness In Motion

with Michael Joseph

Monday, July 13 | 4:30 pm to 6 pm

Friday, July 31 | 4:30 pm to 6 pm

In Person



The Alexander Techniques helps you to release habits of thought movement causing stress, pain and injury. It shows you how to expand and organize your body for optimum use during a task. This method assists everyone to function at a high level of performance with the ability to thrive.

Some of the benefits of the Alexander Technique:

- Improved balance and posture
- Relief from back, neck and joint pain
- Increased productivity without stress
- Enhanced skill in sports and performing arts

During this presentation, learn how gentle hands on and verbal guidance help you to let go of tension allowing energy to move throughout your body.

Michael Joseph has been involved with the Alexander Technique since 1989. It helped him to heal and avoid lower back trouble. It is his pleasure and passion to share this dynamic method.

Join Michael for a demonstration and talk about this method that has helped many.



Diabetes: Healthy Lifestyle Choices

**Saturday, July 25
9 am to Noon**

Are you diabetic or pre-diabetic?

Join Jennifer L. DeCosta, PhD and Lana Gambill-Aiona for monthly meetings designed to support one another.

The group will focus on ways to nourish the mind, body and spirit of the diabetic and pre-diabetic. There will be discussions on healthy choices, sugar cravings, as well as physical and spiritual outlets. Together the group will build a diabetic emergency tool kit.

Jennifer was raised on Hawai'i Island and has a passion to help others. Lana is Native Hawaiian choosing a healthy lifestyle.

From 2003 through 2021, M. Kapuniai shared a Hawaiian word or phrase in Ho'owala'au.

With her permission, we 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 2013.

Aloha aku, Aloha mai, Aloha e!

Show kindness, mercy, love;
Accept kindness, mercy, love;
Greet with affection!

It is as important to show or express kindness, mercy, and love, as it is to receive expressions of kindness, mercy, and love.

It is imperative for our “wholeness of being” to express and to accept these expressions, just as imperative as it is, to optimally nurture our physical and spiritual faculties.

Aloha aku, Aloha mai, Aloha e!

Show kindness, mercy, love; Accept kindness, mercy, love; Greet with affection!



***Building Brain-Healthy Habits:
The MIND Diet –
Eating Right for Your Brain
With Nicolas Los Baños, Ed.D.
Tuesday, July 28 | 4:30 pm to 6 pm
In Person***

Building brain-healthy habits can help you live better now and protect your memory and thinking for the future. A diet with balanced nutrition can help protect brain health. Eating healthier foods is associated with a larger brain tissue volume in the part of the brain that controls memory. A heart-healthy diet is a brain-healthy diet. Join the Alzheimer's Association to learn about what the “MIND Diet” recommends for optimal nutrition for brain health.

Register at tinyurl.com/DietWaimea26

TUTU'S HOUSE

Kamuela Business Center (Upper Level)

64-1032 Mamalahoa Hwy, #304

Kamuela, HI 96743

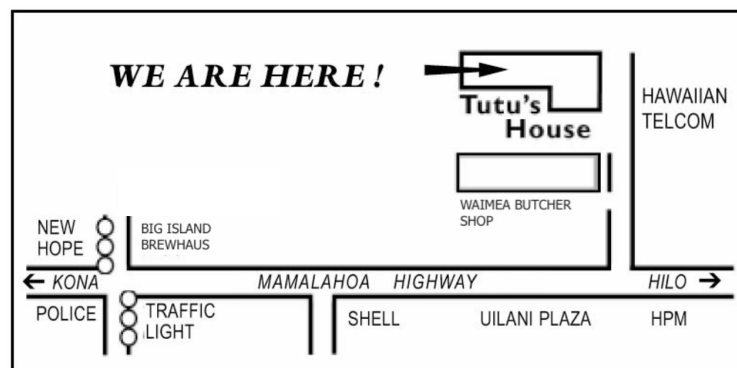
Email: newsletter@tutushouse.org Phone: (808) 885-6777

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.



Sound Bath ~ Invoke your natural self healing ability

with Zettelyss Amora, IYT

Saturday, July 18 | 3 pm to 4:15 pm

In Person

Zettelyss presents a session of vibrational medicine through musical instruments and tools from Tai Chi and Qi Gong. You will be immersed in practices of energy alignment and together we will play in The Vibrational Field, the Ocean of Energy.

WHY ARE SOUND BATHS HEALING?

Sound and vibration are simply another type of signal the body responds to. Sound is one of the most powerful signals we experience. The future of medicine is HERE and NOW and it looks less like procedures and pills... and more like frequency!

Your body constantly translates vibration into biological responses. Research already shows that sound and rhythm influences:

- nervous system regulation • heart rate and breathing patterns
- emotional processing • brainwave activity • stress hormone levels

This is because the human body is deeply rhythmic — heartbeat, breath, neural oscillations, and circadian rhythms. Sound interacts with these rhythms. Which is why music can calm you, energize you, or move you emotionally within seconds. Because life itself is vibration.



Zettelyss Amora, IYT (Integrative Yoga Therapist) discovered meditation in 1976, yoga in 1979, and she continues her life long on-going practice & study. Certified as a yoga therapist in 2000, she began teaching yoga and meditation. What Zettelyss offers is Vibrational Medicine drawn from her experience from over 50 years of study, practice, and instruction in Nature's Healing Arts. Yoga, tai chi, qi gong, meditation, aromatherapy, massage, and energy alignment and more.

SAVE THE DATE!

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 Hawaii'!

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.

Two sessions are coming up!

First Aid & CPR Training

Because Every Second Matters.

Saturday, August 29

Saturday, September 19

- 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



JULY 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

MAHINA CIRCLE with Kulananalu 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!
First Mon. (Jul. 6) • 4:30 PM—6 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

***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. **Every Sat. (Except Jul. 4) • 9 AM—10:30 AM**

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., Jul. 8 & 22 • 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., Jul. 21 • 8 AM—9 AM**

THE ALEXANDER TECHNIQUE~AWARENESS IN MOTION with Michael Joseph. See page 1 for all the details.
Fri., Jul. 13 & 31 • 4:30 PM—6 PM

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., Jul. 15 • 6 PM—7:30 PM

BUILDING BRAIN-HEALTHY HABITS: THE MIND DIET with Nic Los Baños, Ed.D. See page 2 for all the details.
Tue., Jul. 28 • 4:30 PM—6 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 Jul. 3) • 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. (Except Jul. 3) • 10:30 AM—11:30 AM & every Sun. (Except Jul. 5) • 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. (Except Jul. 3) • 12:30 PM—1:30 PM

SOUND BATH with Zettelyss Amora, IYT. See page 3 for all the details.
Sat., Jul. 18 • 3 PM—4:15 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. This is an 8-week series that starts Jul. 1. To register, please call 808-808-769-9412.
Every Wed. • 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.
Fri., Jul. 17 • 2:30 PM—4 PM

DIABETES: HEALTHY LIFESTYLE CHOICES with Jennifer L. DeCosta, PhD and Lana Gambill-Aiona. The group meets monthly on the last Saturday. See page 1 for all the details.
Sat., Jul. 25 • 9 AM—Noon

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, puns 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. (Except Jul. 3) • 1 PM—4 PM

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.

Mon., Jul. 6, 13 & 27 • 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 utilize *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., Jul. 1 & 22 • 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 Bob. Choose a song and come sing along. If you enjoy playing the ukulele or you really want to learn to play, this casual class is great way to spend the afternoon. If you don't have your own ukulele, we have four that can be borrowed during the activity. **Thu., Jul. 2, 16, 23 & 30 • 4:30 PM—5:15 PM; Thu., Jul. 9 • 3 PM—4 PM**

NIGHT KNITTING (IS NOT JUST FOR KNITTERS) with Karen Wolfe-Dodge, an avid knitter. If you need a chunk of uninterrupted time to devote to the craft of your choice (not just knitting), this activity is for you! This is a very casual group and anyone who does any type of handcrafting is welcome to drop in at any meeting to craft and make new friends.
Thu., Jul. 9 & 23 • 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. (Except Jul. 1) • 8 AM—9 AM**

July 2026

*online only
+online option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Space is limited for our in-person activities and registration is requested 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.					
		1	2	3	SUNDAY HOLIDAY 4 4th of July 5
		9:30a Kūpuna Circle 10a Ta'i Chi Chu'an 10a *Fitness with Aloha 5:30p Hearts for Hula	9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 4:30p Kanikapila	Tutu's House will be closed	
6	7	8	9	10	11
8a Yoga Basics 10a *Fitness with Aloha 10a Tutu's Quilters 1p +Chair Yoga 4:30p Mahina Circle	9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Ch 2p *Awakenng Intuition	8a Mat Pilates 9:30a Kūpuna Circle 10a Ta'i Chi Chu'an 10a *Fitness with Aloha 2:30p Medicare Resources	9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 3p Kanikapila 5:30p Night Knitting	8a *Yoga Basics 10:30a +CALM 12:30p Joyful Meditation 1p Scrabble 4:30p Optimal Brain Health	9a *Childbirth & Parenting Enrichment Circle 12 9:30a +CALM
13	14	15	16	17	18
8a Yoga Basics 10a *Fitness with Aloha 10a Tutu's Quilters 1p +Chair Yoga 4:30p The Alexander Technique	9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi	8a Mat Pilates 9:30a Kūpuna Circle 10a Ta'i Chi Chu'an 10a *Fitness with Aloha 6p Observing Sun, Moon & Planets 101	9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 4:30p Kanikapila	8a *Yoga Basics 10:30a +CALM 12:30p Joyful Meditation 1p Scrabble 2:30p Caregivers Support Group	9a *Childbirth & Parenting Enrichment Circle 19 9:30a +CALM
20	21	22	23	24	25
8a Yoga Basics 10a *Fitness with Aloha 1p +Chair Yoga	9a Akamai Seniors 9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi 2p *Awakenng Intuition	8a Mat Pilates 9:30a Kūpuna Circle 10a Ta'i Chi Chu'an 10a *Fitness with Aloha 2:30p Medicare Resources 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	9a *Childbirth & Parenting Enrichment Circle 9a Diabetes Support Group 3p Sound Bath 9:30a +CALM 26
27	28	29	30	31	
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 Ch 4:30p The MIND Diet	8a Mat Pilates 9:30a Kūpuna Circle 10a Ta'i Chi Chu'an 10a *Fitness with Aloha	9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 4:30p Kanikapila	8a *Yoga Basics 10:30a +CALM 12:30p Joyful Meditation 1p Scrabble 4:30p The Alexander Technique	



Weekly Programs
885-6777
tutushouse.org