



Tutu's House ~ a community health and wellness center

Volume 30 • Issue 8 • August 2026

## **Travel with Confidence**

*with Karyn Clay and Emily Hoover*

*Friday, August 28 | 2 pm to 3 pm*

*In Person*

Learn how today's travel option can accommodate evolving needs and preferences. Travel advisors Karyn Clay and Emily Hoover share practical tips, resources, and personalized strategies to help mature travelers overcome barriers, plan with confidence, and create memorable experiences around the world.

Karyn Clay and Emily Hoover are travel advisors, entrepreneurs, and passionate travelers who bring thoughtful planning and insight into the unique needs of mature travelers.

To register, please email [newsletter@tutushouse.org](mailto:newsletter@tutushouse.org).

## **Planning Ahead: Understanding Funeral, Cremation and Cemetery Options for Your 'Ohana**

*with Jessie Allison*

*Tuesday, August 12 | Noon to 1 pm*

*In Person*

A Lunch and Learn opportunity for you to find out about the basics of funeral, cremation, burial and memorial planning. Explore common options, considerations and family discussions that can provide clarity, reduce stress and help loved ones make informed decisions for the future.

Jessie Allison is passionate about providing education that brings peace of mind and supports informed decision-making. She is happy to answer any questions to help your 'ohana plan ahead.

## **Diabetes Self Management Program: Living a Healthy Life with Chronic Conditions**

*with Michelle Medeiros*

*Thursdays*

*August 6-September 17*

*1 pm to 2 pm*

*Hybrid*

A six-week workshop at Tutu's House for people living with any ongoing health problems or chronic disease like diabetes. The workshops introduce topics and tools to encourage you and assist in managing your health, staying active and enjoying life. Learn practical skills for living a healthy life with an ongoing health condition.

For more information, contact Leilani DLG Westgard from Hawaii County Office of Aging at 808-961-8340.

## Diabetes: Healthy Lifestyle Choices

**Saturday, August 29**  
**10 am to Noon**  
**In Person**

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.



## Is My Brain at Risk? Understanding Alzheimer's and Dementia

**with Nic Los Baños, EdD**  
**Tuesday, August 25**  
**4:30 pm to 6 pm**  
**In Person**

Join the Alzheimer's Association - Hawaii to gain a broad understanding of Alzheimer's and dementia that will include:

- A comparison of Alzheimer's and dementia
- How Alzheimer's disease affects the brain
- Risk factors of Alzheimer's disease
- Stages of the disease
- Current FDA-approved treatments
- How scientists are working to advance research

For more information or assistance with registration, email [nklosbanos@alz.org](mailto:nklosbanos@alz.org) or call 808-518-6649.

## First Aid, CPR & AED Training

**Saturday, August 29**  
**Noon to 5:30 pm**  
**Hybrid**

Get certified in first aid and CPR with the American Red Cross. This blended training is brought to you by Vibrant Hawaii.

Online learning at home takes between two to four hours. In person skill practice and assessment takes from three to four hours. Online portion needs to be completed the night before the in-person skills workshop.

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



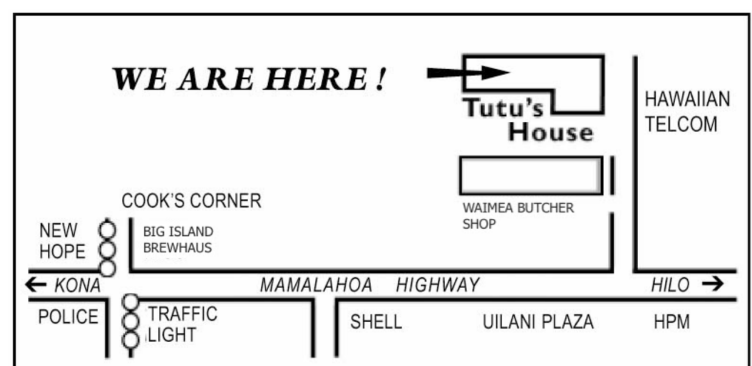
## Tutu's House

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.





## August Brings Exciting New Programs and a Favorite Returns

Join a casual, flexible sewing session where people can work on their own sewing projects with shared access to space. Bring your projects and we can put our heads together to help each other or just chat.



This class combines basic yoga poses, stretching, balance exercises and breathing exercises.

Joan Jackson is a certified yoga instructor and long-time physical fitness advocate and practitioner.

Wear something comfortable. Yoga mats, blocks and straps are available at Tutu's House.



You are invited to bring your original poetry or to read your favorites written by others. Poems in a positive light are encouraged and appreciated. Each person will have 5 minutes to share.

Everyone is welcome. Open to all ages.



Come and learn how to transform taro into fresh poi with a machine during this hands-on workshop. Limited to 10 participants.

## Childbirth Enrichment Series: A Four-Session Journey Through Heart, Body, Mind & Community Begins in September

Pregnancy is a time of profound growth, connection, and preparation. Lehua Community Birth Center partners with Tutu's House to invite expectant parents and their support people to join our four-session Childbirth Enrichment Series, blending evidence-informed education, mindfulness, and the midwifery model of care to support healthy, confident beginnings. Together we'll explore emotional preparation, nutrition, body balancing and optimal fetal positioning inspired by Spinning Babies®, partner support, breastfeeding, newborn care, postpartum planning, and a hands-on birth rehearsal to help families approach labor with greater confidence and ease.

Research shows that comprehensive childbirth education and mindfulness practices during pregnancy are associated with higher rates of vaginal deliveries, more positive birth experiences, and improved outcomes for both parents and babies.

Led by Margaret Ragen, CM, LM, MS, whose three decades of experience in mindfulness practices, pregnancy and bereavement support are rooted in oral traditions, medical training, community-based care and the strength of self knowledge. These classes celebrate pregnancy as a rite of passage while cultivating trust, resilience, and the connections that support families into parenthood.

Resuming in September, evening session to be determined. Contact [newsletter@tutushouse.org](mailto:newsletter@tutushouse.org) to register or learn more.



\*online only  
+online option

AUGUST 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.*

## 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. (Except Aug. 31) • 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. • 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**

## 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. 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](mailto:nklosbanos@alz.org) to register. *Note: This support group is for family caregivers, not persons living with dementia.* **Fri., Aug. 21 • 2:30 PM—4 PM**

**DIABETES: HEALTHY LIFESTYLE CHOICES**~See page 2 for all the details.

**Sat., Aug. 29. • 10 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, 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**

## CREATIVE/CULTURAL

**OPEN SEW**~See page 3 for all the details. **Every Mon. • 3:30 PM—6:30 PM**

**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 Augy are invited to stay until 11:30. **Every Wed. (Except Aug. 12 & 19) • 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., Aug. 12 & 26 • 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. 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. **Every Thu. • 4:30 PM—5:15 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., Aug. 13 & 27 • 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 AM—9 AM**

**YOGA STRETCH** with Joan Jackson, CYT. See page 3 for all the details. **Every Fri. • 9 AM—10 AM**

## 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'omalamalama ka Mahina Hawai'i! **First Mon. (Aug. 3) • 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., Aug. 4 & 18 • 2 PM—3 PM**

**JUNGIAN READING/DISCUSSION GROUP** Join us in August as we listen to audio recordings from the Psychology Talk podcast and others on

Carl Jung's works and you're invited to share your thoughts in our discussion. This is the tentative schedule:

- August 13 - UFO's
- August 20 - Occult
- August 27 - Other opinions

Come to one talk or all. 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 Arruda. Confused about Medicare? Not sure about Parts A, B, C and D? Want to learn how to compare plans, costs and coverage. Jessica is a licensed agents with Premier Benefits Consultants and has over a decade of experience helping people navigate Medicare. **Wed., Aug. 12 & 26 • 2:30 PM—4:30 PM**

**PLANNING AHEAD: UNDERSTANDING FUNERAL, CREMATION & CEMETERY OPTIONS** with Jessie Allison. See page 1 for all the details. **Wed., Aug. 12 • Noon—1 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., Aug. 19 • 6 PM—7:30 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., Aug. 18 • 8 AM—9 AM**

**IS MY BRAIN AT RISK? UNDERSTANDING ALZHEIMER'S & DEMENTIA** See page 2 for all the details. **Tue., Aug. 25 • 4:30 PM—6 PM**

**TRAVEL WITH CONFIDENCE** with Karyn Clay & Emily Hoover. See page 1 for all the details. **Tue., Aug. 25 • 2 PM—3 PM**

**FIRST AID/CPR/AED TRAINING** with Siobhan Malady. See page 2 for all the details. **Sat., Aug. 29 • Noon—5:30 PM**

# August 2026

\*online only  
+online option



**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.

| MONDAY                                                                                                                                                                             | TUESDAY                                                                                                                                                                                           | WEDNESDAY                                                                                                                                                    | THURSDAY                                                                                                                                     | FRIDAY                                                                                                                  | SATURDAY<br>SUNDAY                                                           |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| <b>3</b><br><br>8a Yoga Basics<br>10a *Fitness with Aloha<br>1p +Chair Yoga<br>3:30p Open Sew<br>4:30p Mahina Circle                                                               | <b>4</b><br><br>9:30a Ukulele<br>10a *Tutu's House<br>Writers Support Group<br>12:30p E Wala'au Kākou<br>1p +Qi Gong & Tai Chi<br>2p *Awakening Intuition                                         | <b>5</b><br><br>8a Mat Pilates<br>9:30a Kūpuna Circle<br>10a *Fitness with Aloha<br>10a Ta'i Chi Chu'an                                                      | <b>6</b><br><br>9a Anuenue<br>Quilters<br>10:30a Jungian<br>Reading Group<br>1p Mah Jong Meetup<br>4:30p Kanikapila                          | <b>7</b><br><br>8a *Yoga Basics<br>9a Yoga Stretch<br>10:30a +CALM<br>1p Scrabble                                       | <b>1</b><br><br>9:30a +CALM                                                  |
|                                                                                                                                                                                    |                                                                                                                                                                                                   |                                                                                                                                                              |                                                                                                                                              |                                                                                                                         | <b>2</b>                                                                     |
|                                                                                                                                                                                    |                                                                                                                                                                                                   |                                                                                                                                                              |                                                                                                                                              |                                                                                                                         | <b>8</b><br><br>9:30a +CALM                                                  |
| <b>10</b><br><br>8a Yoga Basics<br>10a *Fitness with Aloha<br>1p +Chair Yoga<br>3:30p Open Sew                                                                                     | <b>11</b><br><br>9:30a Ukulele<br>10a *Tutu's House<br>Writers Support Group<br>12:30p E Wala'au Kākou<br>1p +Qi Gong & Tai Chi                                                                   | <b>12</b><br><br>8a Mat Pilates<br>9:30a Kūpuna Circle<br>10a *Fitness with Aloha<br>12p Planning Ahead<br>2:30p Medicare Pop Up<br>5:30p Hearts for Hula    | <b>13</b><br><br>9a Anuenue<br>Quilters<br>10:30a Jungian<br>Reading Group<br>1p Mah Jong Meetup<br>4:30p Kanikapila<br>5:30p Night Knitting | <b>14</b><br><br>8a *Yoga Basics<br>9a Yoga Stretch<br>10:30a +CALM<br>1p Scrabble                                      | <b>9</b><br><br>9:30a +CALM                                                  |
|                                                                                                                                                                                    |                                                                                                                                                                                                   |                                                                                                                                                              |                                                                                                                                              |                                                                                                                         | <b>15</b>                                                                    |
|                                                                                                                                                                                    |                                                                                                                                                                                                   |                                                                                                                                                              |                                                                                                                                              |                                                                                                                         | <b>16</b><br><br>9:30a +CALM                                                 |
| <b>17</b><br><br>8a Yoga Basics<br>10a *Fitness with Aloha<br>10a Tutu's Quilters<br>1p +Chair Yoga<br>3:30p Open Sew                                                              | <b>18</b><br><br>8a Akamai Seniors<br>9:30a Ukulele<br>10a *Tutu's House<br>Writers Support Group<br>11a Making Poi<br>12:30p E Wala'au Kākou<br>1p +Qi Gong & Tai Chi<br>2p *Awakening Intuition | <b>19</b><br><br>8a Mat Pilates<br>9:30a Kūpuna Circle<br>10a *Fitness with Aloha<br>5:30p Community Poetry Group<br>6p Observing Sun,<br>Moon & Planets 101 | <b>20</b><br><br>9a Anuenue<br>Quilters<br>10:30a Jungian<br>Reading Group<br>1p Mah Jong Meetup<br>4:30p Kanikapila                         | <b>21</b><br><br>8a *Yoga Basics<br>9a Yoga Stretch<br>10:30a +CALM<br>1p Scrabble<br>2:30p Caregivers<br>Support Group | <b>22</b>                                                                    |
|                                                                                                                                                                                    |                                                                                                                                                                                                   |                                                                                                                                                              |                                                                                                                                              |                                                                                                                         | <b>23</b><br><br>9:30a +CALM                                                 |
|                                                                                                                                                                                    |                                                                                                                                                                                                   |                                                                                                                                                              |                                                                                                                                              |                                                                                                                         | <b>29</b>                                                                    |
| <b>24</b><br><br>8a Yoga Basics<br>10a *Fitness with Aloha<br>1p +Chair Yoga<br>3:30p Open Sew<br><br><b>31</b><br><br>10a *Fitness with Aloha<br>1p +Chair Yoga<br>3:30p Open Sew | <b>25</b><br><br>9:30a Ukulele<br>10a *Tutu's House<br>Writers Support Group<br>12:30p E Wala'au Kākou<br>1p +Qi Gong & Tai Chi<br>4:30p Is My Brain at<br>Risk?                                  | <b>26</b><br><br>8a Mat Pilates<br>10a *Fitness with Aloha<br>10a Ta'i Chi Chu'an<br>2:30p Medicare Pop Up<br>5:30p Hearts for Hula                          | <b>27</b><br><br>9a Anuenue<br>Quilters<br>10:30a Jungian<br>Reading Group<br>1p Mah Jong Meetup<br>4:30p Kanikapila<br>5:30p Night Knitting | <b>28</b><br><br>8a *Yoga Basics<br>9a Yoga Stretch<br>10:30a +CALM<br>1p Scrabble<br>2p Travel with<br>Confidence      | <b>29</b><br><br>10a Diabetes Support<br>12p First Aid, CPR,<br>AED Workshop |
|                                                                                                                                                                                    |                                                                                                                                                                                                   |                                                                                                                                                              |                                                                                                                                              |                                                                                                                         | <b>30</b><br><br>9:30a +CALM                                                 |