



Ho'owala'au

To cause a conversation

Tutu's House ~ a community health and wellness center

Volume 30 • Issue 9 • September 2026

A Monthly Series of Special Workshops Waimea Future Learning Labs Thursday, September 10 | 4:15 pm In Person

How can the people of Waimea have an impact on the systems that affect the stewardship of our 'aina (land) and wai (water), affordable housing, food security, and how our children and newer residents can learn to understand their kuleana?

What information do we need to know to take action to change aging systems?

How can we open our hearts and minds to listen and learn from each other's different perspectives?

Waimea Futures is launching a monthly series that invites speakers to share their 'ike (knowledge) about the systems that impact our lives and to create a space for generative conversations exploring different reactions, thoughts and possibilities.

These monthly workshops are being called "Learning Labs" to emphasize this time to learn from experts or practioners in their fields, learn from each other, better understanding interconnected community challenges and explore areas where coordinated action may be possible.

The first Learning Lab will be held on Thursday, September 10 from 4:15 – 6:30 PM at Tutu's House. The first topic will address a possible affordable housing option using hempcrete presented by Deborah Todd, Harvey Stone and Jordan Naihe.

The October 6th Learning Lab will feature Sarah Freeman, Hawai'i County Research & Development Department Food Access Coordinator to share with us about the County's 5-Year Agrifood System and Community Security Plan.

Guided Meditation and Sound Bath for Families

***with Hawaii Island
Community Health
Center***

***Saturday, September 26
1 pm to 2 pm
In Person***

Relax with your family! Our guided sessions use sound bowls to reduce stress and promote well-being. Perfect for beginners and experienced meditators alike. Children ages 2-10 are welcome. Be sure to dress comfortably so you able to lie down and fully experience how a sound bath can promote deep relaxation.

Francesca Fillmore is a community health educator. She is passionate about supporting community wellness through mindfulness and meditation.

Diabetes Self Management Program: Living a Healthy Life with Chronic Conditions with Michelle Medeiros

Thursdays
September 1–October 15
1 pm to 2 pm

A six-week workshop at Tutu's House for people living with any ongoing health problems or chronic disease like diabetes, high blood pressure, cancer, weight management, stroke, heart disease, arthritis, asthma or lymphedema. The workshops introduces 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.

Living in the Flow **The Science of Synchronicity** **With Dr. Harvey Eckhart** **Monday, September 14** **10:30 am to Noon** **In Person**

Life flows more smoothly when we are open to unexpected possibilities. We can't control every event, but we can choose what qualities we cultivate, how attentively we respond and what action we take.

Join Dr. Eckhart for a discussion on purposeful participation, clear direction, open attention, authentic choice and responsive action. You'll leave with a practical roadmap that will allow you to choose the quality of direction but remain flexible about the form. Learn about intention without attachment.



Supporting Brain Health in Our Community: Updates on Alzheimer's Diagnosis and Treatment - Is it Covered?

Wednesday, September 23
With Nic Los Baños, PhD
and Jessica Arruda
Wednesday, September 23
12:30 pm to 1:30 pm
In Person

There is real hope on the horizon. For the first time, we're seeing treatments that can do more than manage symptoms — they're actually changing the course of Alzheimer's disease. Join the Alzheimer's Association to hear about updates on diagnosis, treatment, and lifestyle changes that can help sooner. We will also hear from licensed agent, Jessica Arruda of Premier Benefits Consultants to hear about how Medicare may or may not cover these changes.

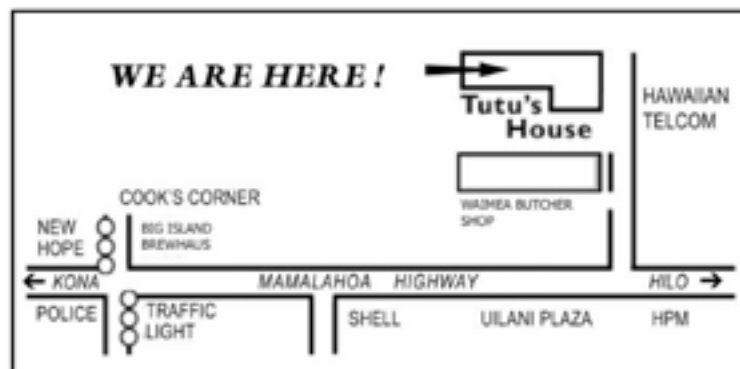
TUTU'S HOUSE

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.



Give Aloha for Tutu's House in September

Tutu's House is excited to participate in Give Aloha,
the annual Community Matching Gifts program of Foodland that's
only available in September!

This year, you can make a donation of up to \$249 per nonprofit you want to support. Yes! You can support more than one nonprofit organization.

In September, Foodland invites you to Give Aloha to your favorite nonprofit organization at Foodland, Sack N Save, or Foodland Farms.

Give Aloha matches donations proportionately. In the past, the Give Aloha contribution has ranged from 20 to 36 % of donations collected. That means, Give Aloha could increase your \$249 donation to Tutu's House with an additional \$49 to \$89.

Give Aloha is like a popularity contest. You vote for Tutu's House with your donation. The more popular Tutu's House is, the more Tutu's House will receive from Give Aloha.

This year, Foodland Give Aloha will distribute \$300,000 proportionately to organizations like Tutu's House. The more money people donate to Tutu's House (relative to other organizations), the greater the "slice" of the \$300,000 pie Tutu's House will be "served," along with the donations people make to Tutu's House.

No purchase is necessary. Foodland will accept all donations for Tutu's House. However, only Maka'i member donations will be matched.

You'll receive a receipt for your donation. Please review it to be sure it correctly shows:

- Your name
- Amount of your donation
- Tutu's House

Keep the receipt for your records.

Foodland does not share donor names with us. Please ask the cashier for a duplicate receipt so you can let us know you supported Tutu's House. We would love the chance to thank you!

**We hope you'll take advantage of this
awesome way to show your love
for Tutu's House!**

Childbirth Enrichment Series: A Four-Session Journey Through Heart, Body, Mind & Community Begins on September 17

Expectant parents and their support people are invited to join a four-session series, blending evidence-informed education, mindfulness, and the midwifery model of care to support healthy, confident beginnings.

The series consists of the following:

Week 1 • HEART

The Rite of Passage in Pregnancy and Parenthood

Week 2 • BODY

Preserving Balance in Change

Week 3 • MIND

Cultivating Steadiness through the Transformation of Labor, Birth & Beyond

Week 4 • BIRTH & POSTPARTUM

Dress Rehearsal & Postpartum Preparation

Margaret Ragan, CM, LM, MS, a licensed practicing midwife with 50 years of connections in Hawaii, will lead these weekly classes from 5:30 pm to 7 pm at Tutu's House. If you miss a class, you can make it up.

The series will be offered three times:

- September 17 through October 8
- October 15 through November 5
- November 12 through December 10

This series is brought to you by the Lehua Community Birthing Center and the generous support of the Richard Smart Fund.

Registration is required. Please call 808-885-6777 or email newsletter@tutuhouse.org

*online only
+online option

SEPTEMBER 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.*

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 808-769-9412.
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.
Note: This support group is for family caregivers, not persons living with dementia. **Fri., Sept. 11 • 2:30 PM—4 PM**

DIABETES: HEALTHY LIFESTYLE CHOICES~A monthly meeting designed to support those who are pre-diabetic or diabetic.
Sat., Sept. 26. • 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, 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. • 1 PM—4 PM**

GUIDED MEDITATION & SOUND BATH FOR FAMILIES with Hawaii Island Health Center. See page 1 for all the details.
Sat., Sept. 26 • 1 PM—2 PM

CREATIVE/CULTURAL

UKULELE with friends and students of Auntie Marjie Spencer. Do you love singing and strumming the ukulele? Join the fun! The friendly group welcomes ukulele players of all ages and all levels. If you don't have your own instrument, we have four loaners, so you can join in for a morning of friendship and song. **Every Tue. • 9:30 AM—11 AM**

***TUTU'S HOUSE WRITERS' SUPPORT GROUP** with Dave Fouts. Creative writing offers a way to express emotions, explore philosophical concepts and expand intellectually. We have new writers to published authors -- many genres: fiction, non-fiction, essays and poetry. Come prepared to share something you are currently working on with this engaging group in an encouraging place to explore your writing voice, and receive constructive feedback or comments if you desire.
Every Tue. • 10 AM—Noon

E WALA'AU KĀKOU Listen to others speak in Hawaiian and practice what you know. The group has decided to utilize *Ka Lei Ha'aeo: 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. • 10 AM—11 AM

OPEN SEW~As a circle, we keep company while working on our own projects, and collectively (if we choose) offering help from each other when desired, requested or needed. Come and teach, or learn new skills (or old ones long forgotten) and build new friendships.. **Every Wed. • 2 PM—5 PM**

NA PU'U WAI NO KA HULA ~ HEARTS FOR HULA with Kumu Hula Pume'hana and Puamama. 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., Sept. 9 & 23 • 5:30 PM—7 PM

COMMUNITY POETRY GROUP~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.
Third Wed., Sept. 16 • 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., Sept. 10 & 24 • 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. This class combines basic yoga poses, stretching, balance exercises and breathing exercises. **Every Fri. • 9 AM—10 AM**

COMMUNITY EDUCATION

***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., Sept. 1 & 14 • 2 PM—3 PM**

JUNGLIAN READING/DISCUSSION GROUP~Join us in September as we listen to audio recordings from the from Dr. Carl Jung's works. His work changed modern psychology, therapy and how we study human behavior.. 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. Do you have questions about Medicare? Are you curious about the different plans out there? Jessica is a licensed agents with Premier Benefits Consultants and has over a decade of experience helping people navigate Medicare. **Wed., Sept. 9 & 23 • 2:30 PM—4:30 PM**

SOUND BATH with Zettelyss Amora, IYT. Treat yourself to a healthy dose of vibrational medicine. Our session begins with simple Qi Gong energization exercises to clear blockages from your energy channels. Thus allowing more of the healthful frequencies of the sounds to be absorbed by your body. **Sat., Sept. 11 • 3 PM—4:15 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., Sept. 15 • 8 AM—9 AM**

ADVANCE HEALTH CARE DIRECTIVE WORKSHOP with Community First. This workshop will give you a step-by-step explanation on how to complete your Advance Health Care Directive (AHCD). An AHCD becomes your voice if you are unable to speak due to illness. The AHCD is a gift that provides valuable guidance for your loved ones. **Thu., May 7 • 9 AM—10:15 AM**

CHILDBIRTH ENRICHMENT SERIES with Margaret Ragen, Certified Midwife. The 4-week series 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. **Thur., Sept. 17—Oct. 8. • 9 AM—10 AM**

FIRST AID/CPR/AED TRAINING with Siobhan Malady. This session is full. Future trainings available on Sat., Oct. 10 & Nov. 14. **Sat., Sept. 19 • Noon—5:30 PM**

MIND • BODY • SPIRIT

YOGA BASICS FOR ALL LEVELS (Monday) with Kit Hill & 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. (Except Sept. 7) • 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. (Except Sept. 7) • 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 Kit Hill & 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 (Except Sept. 6, 25 & 27)**

What's Happening at Tutu's House in September?

Yoga Basics
WITH JANET LAM

Mondays

8 AM - 9 AM
(Except September 7)

Tutu's House
In-Person Activity



Fitness with Aloha
WITH VICTORIA MENDEZ

JOIN US ON ZOOM

MONDAYS & WEDNESDAYS
(EXCEPT MONDAY, SEPTEMBER 7)

10:00 AM TO 11:00 AM

A Tutu's House Online Activity



WELCOME FLOW
Raise Your Expectation. Increase the Probability.
We cannot command flow—but we can create favorable conditions and welcome it.

Living in the Flow
THE SCIENCE OF SYNCHRONICITY

With Dr. Harvey Eckhart, DC, MEd

Monday, September 14
10:30 am to 12 pm

REGISTER TODAY

To register, email
newletter@tutushouse.org
or call 808.885.6777

A Tutu's House Activity

E WALA'AU KĀKOU
Let's Talk Story

DATE
Every Tuesday

TIME
12:30 pm to 1:30 pm



Qi Gong & Tai Chi
WITH ZETTELYSS AMORA, IYT

Tuesdays
1 PM to 2 PM

Tutu's House
In-person or Online



A Tutu's House Online Activity

First & Third Tuesday
September 1 & 15
2 to 3 pm (HST)
On Zoom

Awakening
INTUITION
Creating from the Heart
with Tommie Main



OPEN SEW
with Roxanne Lundstrom

WEDNESDAYS
2 PM TO 5 PM

A TUTU'S HOUSE ACTIVITY



MEDICARE POP UP
A RESOURCE EVENT
With Jessica Arruda & Alex Arruda

Wednesday, September 9 | 2:30 PM to 4:30 PM
Wednesday, September 23 | 2:30 PM to 4:30 PM

A TUTU'S HOUSE ACTIVITY



Na Pu'uwai No Ka Hula
Hearts for Hula
With Kumi Hula Purnehana and Puamama

Wednesday, September 9 & 23 • 5:00 PM to 7 PM

At Tutu's House
64-1032 Māmalaha Hwy, Ste. 304
Email: newsletter@tutushouse.org

Register today!
Call 808.885.6777



MAH JONG MEET UP

THURSDAYS
1 PM - 4 PM

In-Person Activity



KANIKAPILA
With Uncle Bob Teixeira

DATE
Thursdays
September 2, 10, 17 & 24

TIME
4:30 pm to 5:15 pm

LOCATION
64-1032 Māmalaha Hwy, Ste. 304

A Tutu's House Activity

REGISTER TODAY

808-885-6777
newsletter@tutushouse.org



A Tutu's House Activity

NIGHT KNITTING

With
Karen Wolfe-Dodge

Thursday, September 10 & 24
(Second & Fourth Thursday)
5:30 pm to 7:30 pm



Chair Yoga

with Kit Hill

Mondays • 1 pm to 2 pm
Except September 7

In Person
and on Zoom



A TUTU'S HOUSE ACTIVITY

UKULELE

TUESDAYS, 9:30 AM

In Person Activity



Tutu's House

Writers Support Group

Every Tuesday • 10 AM

Tutu's House
Online Activity

WITH DAVE FOOTS



Tutu's House

Akama'i SENIORS

Tuesday, September 15
8 am to 9 am

Join Akama'i Seniors each month as they discuss their favorite Hawaiian history and learn their way to wellness, as you can learn something from it all.

AKAMA'I SENIORS

MAT PILATES

with Jodi Collins

Wednesdays
8 am to 9:10 am
In Person



Tutu's House

TA'I CHI CHU'AN FOR BEGINNERS

With Shu 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



Tutu's House

Community Poetry Group

With Owyn Gorg

Everyone is welcome! Open to all ages.
Meets the third Wednesday at Tutu's House

Bring your own poetry or some of your favorite verses by others to read. Or just come to listen. Material in a positive light is appreciated.

September 16, 2026

5:00 PM to 7 PM

To register, email: newsletter@tutushouse.org or call 808-885-6777



ANUENUE QUILTERS

Thursdays • 9 am to 12 pm



Jungian Reading and Discussion Group

Thursdays • 10:30 AM

Tutu's House
In Person



Tutu's House

YOGA STRETCH

With Joan Jackson

Fridays
9:00 am to 10:00 am
In Person



LEI HULU WORKSHOP

Friday, September 25
9 am to 11 am

WITH KANU O KA AINA

REGISTER TODAY

808-885-6777
newsletter@tutushouse.org



CREATING A LIFE OF MEANING (CALM)

With Montie Cooke

Sundays, September 13 & 20
9:30 am - 10:30 am
Fridays, September 4, 11 & 18
10:30 am - 11:30 am

A Tutu's House Activity



September 2026

*online only
+online option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
 Weekly Programs 885-6777 tutushouse.org	1 9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi 2p *Awakening Intuition	2 8a Mat Pilates 9:30a Kūpuna Circle 10a *Fitness with Aloha 10a Ta'i Chi Chu'an	3 9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 1p DSMP 4:30p Kanikapila	4 8a *Yoga Basics 9a Yoga Stretch 10:30a +CALM 1p Scrabble	5 6
7 Labor Day Holiday	8 9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi	9 8a Mat Pilates 9:30a Kūpuna Circle 10a *Fitness with Aloha 10a Ta'i Chi Chu'an 2p Open Sew 2:30p Medicare Pop Up 5:30p Hearts for Hula	10 9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 1p DSMP 4:30p Kanikapila 4:30p Learning Lab 5:30p Night Knitting	11 8a *Yoga Basics 9a Yoga Stretch 10:30a +CALM 1p Scrabble 2:30p Caregivers Support Group	12 3p Sound Bath 13 9:30a +CALM
14 8a Yoga Basics 10a *Fitness with Aloha 10:30a The Science of Synchronicity 1p +Chair Yoga	15 8a Akamai Seniors 9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi 2p *Awakening Intuition	16 8a Mat Pilates 9a Advance Health Care Directives 9:30a Kūpuna Circle 10a *Fitness with Aloha 10a Ta'i Chi Chu'an 2p Open Sew 5:30p Community Poetry Group	17 9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 1p DSMP 4:30p Kanikapila 5:30p Childbirth Enrichment	18 8a *Yoga Basics 9a Yoga Stretch 10:30a +CALM 1p Scrabble	19 12p CPR, First Aid, AED Training 20 9:30a +CALM
21 8a Yoga Basics 10a *Fitness with Aloha 1p +Chair Yoga	22 9:30a Ukulele 10a *Tutu's House Writers Support Group 11a Making Poi 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi	23 8a Mat Pilates 9:30a Kūpuna Circle 10a *Fitness with Aloha 10a Ta'i Chi Chu'an 12:30p Research & Treatment Updates 2p Open Sew 2:30p Medicare Pop Up 5:30p Hearts for Hula	24 9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 1p DSMP 4:30p Kanikapila 5:30p Night Knitting 5:30p Childbirth Enrichment	25 8a *Yoga Basics 9a Yoga Stretch 9a Lei Hulu 1p Scrabble	26 10a Diabetes Support-Healthy Lifestyle Choices 1p Community Sound Bath for Families 27
28 8a Yoga Basics 10a *Fitness with Aloha 1p +Chair Yoga	29 9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi	30 8a Mat Pilates 9:30a Kūpuna Circle 10a *Fitness with Aloha 10a Ta'i Chi Chu'an 2p Open Sew	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.		