



Tutu's House ~ a community health and wellness center

Volume 30 • Issue 11 • November 2026

## First Aid & CPR Training

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!

Last session for this year!

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

**First Aid & CPR Training**  
Because Every Second Matters.

**Saturday, November 14**

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

Brought to you by Vibrant Hawai'i

**Register Today**

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

## Hawai'i Island Community Development Corporation (HICDC) to Speak about its Waimea Project

**Tuesday, November 10 | 5 pm to 7 pm**

Koai'e, located in Waimea on Kawaihae Road, will provide homeownership opportunities to individuals and households. Residents must meet established income guidelines.

With subdivision construction for Phase 1 of Koai'e scheduled to begin before the end of this year, the HICDC team is looking forward to sharing information about the project, anticipated timelines, and how interested applicants can begin preparing for homeownership.

As part of this effort, their team has been invited to participate in the Waimea Futures Learning Labs, where they will share an overview of the project, discuss the mortgage readiness process, and offer guidance on how prospective applicants can begin preparing for homeownership. Everyone is invited to join us to learn more about this exciting opportunity!

## The Fragrant Mind: An Introduction to Aromatherapy

**Friday, November 20**  
**10:30 am to 11:30 am**  
**With Dr. Harvey Eckhart**  
**In Person**

Curious about aromatherapy?

This introduction will delve into how ancient Greece and Egypt utilized the aroma of essential oils; and then provide you with best practices to help you relax, and improve your mood as well as your memory.

Discover the scents that support your balance, energy, and joy, and unlock the full potential of aromatherapy as a tool for self-awareness and well-being.

Harvey Eckhart is a retired Doctor of Chiropractic after 35 years of treating; now teaching and educating on wellness and longevity.

**Do you love music? Communicating Effectively: Connecting as a Caregiver During the Holidays with Dr. Nic Los Baños**  
**Monday, November 16**  
**4:30 PM to 5:30 PM**

**Join us at Tutu's House for one of these activities!**

**Ukulele** on Tuesdays from 9:30 am to 11 am. Sing and strum along with a lively group.

**Kanikapila with Uncle Bob** on Thursdays from 4:30 pm to 5:15 pm. Just a beginner? No problem! We have instruments and song sheets. More experienced? Bob welcomes all for an afternoon of kanikapila.

The holidays bring family, traditions, and busy gatherings. For a person living with dementia, they can also bring confusion and overwhelm, and it is easy to forget that their brain is working differently.

As part of the Empowered Caregiver program, join Dr. Nic Los Baños of the Alzheimer's Association to learn practical ways to listen, speak, and respond that support connection. You'll also learn how to prepare family and friends so the season is more comfortable and meaningful for everyone.

**Sound Bath ~ Invoke Your Natural Self Healing Ability with Zettelyss Amora, IYT**  
**Saturday, November 21 | 3 pm to 4:15 pm**  
**In Person**

Zettelyss Amora, IYT 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?**

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 offers 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.

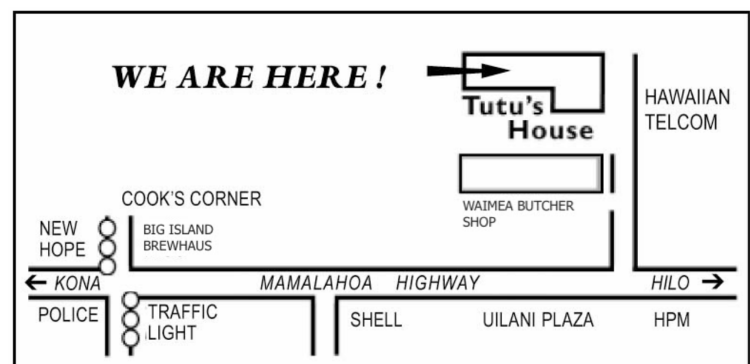
## TUTU'S HOUSE

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.



## Not sure what to expect and you're expecting?



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 Ragen, 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 in the next cycle.

The current series runs October 15 through November 5 with the next one running from 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](mailto:newsletter@tutuhouse.org)

## Questions about Medicare?

## Need to know what options are available to you during the open enrollment period that began October 15?

Hawaii SHIP is a federally funded, volunteer-based program administered by the Hawaii Department of Health Executive Office on Aging. It offers free local counseling, presentations, and publications on Medicare, Medicaid, and the Health Insurance Marketplace to help residents make confident healthcare coverage decisions. Visit [www.hawaiiSHIP.org](http://www.hawaiiSHIP.org)

There are informational sessions at Tutu's House if you prefer to talk to someone in person. Join us for one of the following:

- Akamai Seniors with Jessie Grace on the third Tuesday of each month (November 17) at 8 am
- Medicare Resource Pop Up with Jessica and Alex Arruda on the second and fourth Wednesday (November 11 and 25) from 2:30 pm to 4:30 pm.

Whether you choose to come in person or to seek help through Hawaii SHIP, don't be shy and have your questions ready so you can leave feeling good about the information you receive and about the decisions you made.

\*online only  
+online option

NOVEMBER 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.*

## SUPPORT GROUPS

**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., Nov. 20 • 2:30 PM—4 PM**

**DIABETES: HEALTHY LIFESTYLE CHOICES**~A monthly meeting designed to support those who are pre-diabetic or diabetic.  
**Sat., Nov. 21 • 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. (Except Nov. 26) • 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 Nov. 27) • 1 PM—4 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 August 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. • 4 PM—7 PM**

**NA PU'U WAI NO KA HULA ~ HEARTS FOR HULA** with Kumu Hula Pumeana 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., Nov. 11 & 25 • 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., Nov., 18 • 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 Nov. 26) • 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. (Except Nov. 26) • 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., Nov. 12 • 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. (Except Nov. 27) • 9 AM—10 AM**

### COMMUNITY EDUCATION

**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., Nov. 21 • 3 PM—4:15 PM**

**WAIMEA FUTURES LEARNING LAB~** Series of monthly community workshops. See front page for all the details. **Tue., Nov., 10 • 5 PM—7 PM**

**JUNGIAN READING/DISCUSSION GROUP~**Join us 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. (Except Nov. 26) • 10:30 AM—Noon**

**CHILDBIRTH ENRICHMENT SERIES** with Margaret Ragen, Certified Midwife. See page 3 for all the details. **Every Thu. • 5:30 PM—7 PM**

**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 agent with Premier Benefits Consultants and has over a decade of experience helping people navigate Medicare.

**Wed., Nov. 11 & 25 • 2:30 PM—4:30 PM**

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

**THE FRAGRANT MIND** with Harvey Eckhart, MS, DC. See page 1 for all the details

**Fri., Nov. 20 • 10:30 AM—11:30 AM**

### MIND • BODY • SPIRIT

**YOGA BASICS FOR ALL LEVELS (Monday)** with Janet Lam. This in-person class includes the fundamental yoga poses students generally learn within their first year of practice. Although not specifically a beginner's class, the movement sequence can easily accommodate students new to yoga or returning to a yoga practice. If you would like a recording to follow during this time or at your convenience, please email [newsletter@tutushouse.org](mailto:newsletter@tutushouse.org). **Every Mon. • 8 AM—9 AM**

**+CHAIR YOGA** with Kit Hill, MA. 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 Nov. 27) • 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 Sun. (Except Nov. 8 & 29) • 9:30 AM—10:30 AM**

# NOVEMBER 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>2</b><br>8a Yoga Basics<br>10a *Fitness with Aloha<br>1p +Chair Yoga                                                                              | <b>3</b><br>9:30a Ukulele<br>10a *Tutu's House Writers Support Group<br>12:30p E Wala'au Kākou<br>1p +Qi Gong & Tai Chi                       | <b>4</b><br>8a Mat Pilates<br>9:30a Kupuna Circle<br>10a *Fitness with Aloha<br>10a Ta'i Chi Chu'an<br>4p Open Sew                                                    | <b>5</b><br>9a Anuenue Quilters<br>10:30a Jungian Reading Group<br>1p Mah Jong Meetup<br>4:30p Kanikapila<br>5:30p Childbirth Enrichment                          | <b>6</b><br>8a *Yoga Basics<br>9a Yoga Stretch<br>1p Scrabble                                                            | <b>1</b><br>9:30a +CALM                                                                                   |
| <b>9</b><br>8a Yoga Basics<br>10a *Fitness with Aloha<br>1p +Chair Yoga                                                                              | <b>10</b><br>9:30a Ukulele<br>10a *Tutu's House Writers Support Group<br>12:30p E Wala'au Kākou<br>1p +Qi Gong & Tai Chi<br>5p HICDC's Koai'e | <b>11</b><br>8a Mat Pilates<br>9:30a Kupuna Circle<br>10a *Fitness with Aloha<br>10a Ta'i Chi Chu'an<br>2:30p Medicare Pop Up<br>4p Open Sew<br>5:30p Hearts for Hula | <b>12</b><br>9a Anuenue Quilters<br>10:30a Jungian Reading Group<br>1p Mah Jong Meetup<br>4:30p Kanikapila<br>5:30p Night Knitting<br>5:30p Childbirth Enrichment | <b>13</b><br>8a *Yoga Basics<br>9a Yoga Stretch<br>1p Scrabble                                                           | <b>14</b><br>12p CPR, First Aid, AED Training<br><b>15</b><br>9:30a +CALM                                 |
| <b>16</b><br>8a Yoga Basics<br>10a *Fitness with Aloha<br>1p +Chair Yoga<br>4:30p Connecting as a Caregiver                                          | <b>17</b><br>8a Akamai Seniors<br>9:30a Ukulele<br>10a *Tutu's House Writers Support Group<br>12:30p E Wala'au Kākou<br>1p +Qi Gong & Tai Chi | <b>18</b><br>8a Mat Pilates<br>9:30a Kupuna Circle<br>10a *Fitness with Aloha<br>10a Ta'i Chi Chu'an<br>4p Open Sew<br>5:30p Community Poetry Group                   | <b>19</b><br>9a Anuenue Quilters<br>10:30a Jungian Reading Group<br>1p Mah Jong Meetup<br>4:30p Kanikapila<br>5:30p Childbirth Enrichment                         | <b>20</b><br>8a *Yoga Basics<br>9a Yoga Stretch<br>10:30a Fragrant Mind<br>1p Scrabble<br>2:30p Caregivers Support Group | <b>21</b><br>10a Diabetes Support~ Healthy Lifestyle Choices<br>3p Sound Bath<br><b>22</b><br>9:30a +CALM |
| <b>23</b><br>8a Yoga Basics<br>10a *Fitness with Aloha<br>1p +Chair Yoga<br><b>30</b><br>8a Yoga Basics<br>10a *Fitness with Aloha<br>1p +Chair Yoga | <b>24</b><br>9:30a Ukulele<br>10a *Tutu's House Writers Support Group<br>12:30p E Wala'au Kākou<br>1p +Qi Gong & Tai Chi                      | <b>25</b><br>8a Mat Pilates<br>10a *Fitness with Aloha<br>10a Ta'i Chi Chu'an<br>2:30p Medicare Pop Up<br>4p Open Sew<br>5:30p Hearts for Hula                        | <b>26</b><br>Happy Thanksgiving!<br>Closed for the holiday                                                                                                        | <b>27</b>                                                                                                                | <b>28</b><br><b>29</b>                                                                                    |