



Tutu's House ~ a community health and wellness center

Volume 30 • Issue 10 • October 2026

Childbirth Enrichment Series: A Four-Session Journey Through Heart, Body, Mind & Community New Series Begins on October 15

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 in the next cycle.

The series will be offered Thursdays:

- 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

Supporting Brain Health in Our Community: Get Moving Safely Wednesday, October 21 5 pm to 6 pm With Nic Los Baños, EdD and Roxanne Cedor, DPT In Person

Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline and possibly Alzheimer's and dementia. Join the Alzheimer's Association and Dr. Roxanne Cedor, DPT, to explore two of the 10 Healthy Habits for Your Brain: Get Moving and Protect Your Head.

Dr. Cedor, doctor of physical therapy, will show you how to move safely to build strength and balance, with simple exercises you can work into your day at home or in the community. She'll also share practical tips for preventing falls, one of the most important ways older adults can protect their heads, so you can stay active with confidence.

Register at tinyurl.com/ALZMove26

**Sleep Issues ~
What causes them?
Is there a way to
resolve them?
with Ila Jhaveri, LAc
Monday, October 12
10:30 am to Noon**

Are you tired of waking up feeling groggy and unrested? Do you struggle to fall asleep or stay asleep throughout the night? Identifying the underlying causes of your sleep disturbances is the first step towards a restful night's sleep.

In this informative presentation, Ila Jhaveri, LAc. delves into the root causes of sleep disorders and shares practical lifestyle strategies, personalized dietary recommendations, and effective acupuncture techniques to help you relax and unwind. Additionally, she will discuss exercise approaches that promote better sleep, as well as nutritional supplements that can help address underlying imbalances and foster overall well-being. By addressing the root causes of your sleep disturbances, you can wake up feeling refreshed, revitalized, and ready to take on the day!

**Waimea Future Learning Labs
Tuesday, October 6
5 pm to 7 pm
In Person**

Waimea Futures Learning Labs will bring together community with experts and practitioners to help us learn more about policies and legislation, environmental conditions and historical uses that impact local agriculture, new ideas for addressing affordable housing, Hawaiian cultural and traditional practices connected to water

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, October 3 or 31 | 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.

and land use, and more. We will also learn and practice having generative conversations to listen from a broader awareness allowing new solutions and creative insights to emerge.

Join us as we learn together and explore new actionable ideas generated from diverse perspectives and shared knowledge.

This Learning Lab will feature Sarah Freeman, County of Hawai'i Food Access Coordinator, to share about the County of Hawai'i 5-Year Agrifood System and Community Food Security Plan.



The Alexander Technique Awareness In Motion

with Michael Joseph

Tuesday, October 13 | 4 pm to 5:30 pm

Tuesday, October 27 | 4 pm to 5:30 pm

In Person

The Alexander Technique 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.



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!

Two sessions are coming up!

Email newsletter@tutushouse.org
or call 808-885-6777 to register



The Fragrant Mind with Harvey Eckhart, MS, DC Tuesday, October 20 5 pm to 6 pm In Person

Experience the Fragrant Mind, a guided fragrance journey class that delves into the profound impact of natural aromas and essential oils on mood, memory, relaxation, and overall well-being.

This engaging and informative session will explore the intricate connection between scent and the brain, featuring a curated selection of calming, uplifting, grounding, and focusing fragrances. Learn a safe and simple approach to incorporating aroma into your daily life and uncover your unique fragrant personality. The class will showcase island-inspired scents, including pikake, plumeria, ginger, citrus, vanilla, and the grounding essence of iliahi, Hawaiian Sandalwood. Discover the scents that best 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.

*online only
+online option

OCTOBER 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.*

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

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 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. • 2 PM—5 PM

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., Oct., 14 & 28 • 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., Oct., 21 • 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., Oct. 8 & 22 • 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

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., Oct., 3 or 31 • 3 PM—4:15 PM

WAIMEA FUTURES LEARNING

LAB~ Series of monthly community workshops. See page 2 for all the details. **Tue., Oct., 6 • 5 PM—7 PM**

JUNGIAN 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

CHILDBIRTH ENRICHMENT SERIES

with Margaret Ragen, Certified Midwife. See page 1 for all the details.

Every Thu., • 5:30 PM—7 PM

SLEEP ISSUES

with Ila Jhaveri, LAc. See page 2 for all the details.

Mon., Oct. 12 • 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., Oct., 14 & 28 • 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., Oct., 20 • 8 AM—9 AM**

THE FRAGRANT MIND with Harvey Eckhart, MS, DC. See page 3 for all the details

Tue., Oct., 20 • 5 PM—6 PM

SUPPORTING A HEALTHY BRAIN IN OUR COMMUNITY: GET MOVING SAFELY

with the Alzheimer's Association & Roxanne Cedor, DPT. See page 2 for all the details

Wed., Oct., 21. • 5 PM—6 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 Oct., 5) • 8 AM—9 AM & Mon., Oct. 5 • 8:30 AM—9:30 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 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. (Except Oct. 2) • 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

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., Oct., 16 • 2:30 PM—4 PM

DIABETES: HEALTHY LIFESTYLE CHOICES

~A monthly meeting designed to support those who are pre-diabetic or diabetic.

Sat., Oct., 31. • 10 AM—Noon

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*online only
+online option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Weekly Programs 885-6777 tutushouse.org	Space is limited for our in-person activities and registration is required by calling 808-885-6777.		1	2	SUNDAY
	Interested in something on Zoom? Email newsletter@tutushouse.org for a link to register.		9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 4:30p Kanikapila 5:30p Childbirth Enrichment	9a Yoga Stretch 10:30a +CALM 1p Scrabble	3p Sound Bath
	There is never a cost to participate.				4
					9:30a +CALM
5	6	7	8	9	10
8a Yoga Basics 10a *Fitness with Aloha 1p +Chair Yoga	9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi 5p Learning Lab: Food Security & Agri System Plan	8a Mat Pilates 10a *Fitness with Aloha 10a Ta'i Chi Chu'an 4p Open Sew	9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 4:30p Kanikapila 5:30p Childbirth Enrichment 5:30p Night Knitting	8a *Yoga Basics 9a Yoga Stretch 10:30a +CALM 1p Scrabble	12p CPR, First Aid, AED Training
					11
					9:30a +CALM
12	13	14	15	16	17
8a Yoga Basics 10a *Fitness with Aloha 10:30a Sleep Issues 1p +Chair Yoga	9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi 4p Alexander Technique	8a Mat Pilates 10a *Fitness with Aloha 10a Ta'i Chi Chu'an 2:30p Medicare Pop Up 4p Open Sew 5:30p Hearts for Hula	9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 4:30p Kanikapila 5:30p Childbirth Enrichment	8a *Yoga Basics 9a Yoga Stretch 10:30a +CALM 1p Scrabble 2:30p Caregivers Support Group	
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					9:30a +CALM
19	20	21	22	23	24
8a Yoga Basics 10a *Fitness with Aloha 1p +Chair Yoga	8a Akamai Seniors 9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi 5p Fragrant Mind	8a Mat Pilates 10a *Fitness with Aloha 10a Ta'i Chi Chu'an 5p Get Moving Safely 5:30p Community Poetry Group	9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 4:30p Kanikapila 5:30p Childbirth Enrichment 5:30p Night Knitting	8a *Yoga Basics 9a Yoga Stretch 10:30a +CALM 1p Scrabble	
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					9:30a +CALM
26	27	28	29	30	31
8a Yoga Basics 10a *Fitness with Aloha 1p +Chair Yoga	9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi 4p Alexander Technique	8a Mat Pilates 10a *Fitness with Aloha 10a Ta'i Chi Chu'an 2:30p Medicare Pop Up 4p Open Sew 5:30p Hearts for Hula	9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 4:30p Kanikapila 5:30p Childbirth Enrichment	8a *Yoga Basics 9a Yoga Stretch 10:30a +CALM 1p Scrabble	10a Diabetes Support-Healthy Lifestyle Choices 3p Sound Bath