| INNSUITES HOSPITALITY TRUST | |
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| Form 8-K | |
| November 15, 2016 | |

SECURITIES AND EXCHANGE COMMISSION

WASHINGTON, D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the

Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): November 11, 2016

INNSUITES HOSPITALITY TRUST

(Exact Name of Registrant as Specified in Charter)

<u>Ohio</u> <u>001-07062</u> <u>34-6647590</u> (State or Other Jurisdiction (Commission (IRS Employer

of Incorporation) File Number) Identification No.)

| InnSuites Hotels Centre, 1625 E. Northern Avenue, | 05020 |
|---|--|
| Suite 105, Phoenix, AZ | <u>85020</u> |
| (Address of Principal Executive Offices) | (Zip Code) |
| Registrant's telephone number, including area code_(| 602) 944-1500 |
| Not Applicable | |
| (Former Name or Former Address, if Changed Since | Last Report) |
| Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions: | |
| [] Written communications pursuant to Rule 425 un | nder the Securities Act (17 CFR 230.425) |
| [X] Soliciting material pursuant to Rule 14a-12 under | r the Exchange Act (17 CFR 240.14a-12) |
| [] Pre-commencement communications pursuant to | Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b)) |
| [] Pre-commencement communications pursuant to | Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c)) |
| | |

Item 8.01 Other Events.

On November 11, 2016, the Board of Trustees (the "Board") of InnSuites Hospitality Trust (the "Trust") determined that the Trust's 2016 Annual Meeting of Shareholders (the "2016 Annual Meeting") will be held on January 24, 2017 at the Trust's corporate offices located at 1625 E. Northern Avenue, Suite # 105, Phoenix, Arizona 85020, at 10 a.m., local time. The record date for determining shareholders entitled to notice of, and to vote at, the 2016 Annual Meeting was set as December 12, 2016.

Because the 2016 Annual Meeting will be held more than 30 days after the anniversary of the 2015 Annual Meeting of Shareholders, the Trust is informing its shareholders of the revised deadlines for the submission of shareholder proposals. Any shareholder proposal to be considered for inclusion in the Trust's proxy materials for the 2016 Annual Meeting must be submitted to the Trust a reasonable time before we begin to print and send proxy materials (that is, no later than November 22, 2016). For the 2016 Annual Meeting, any proposal that a shareholder desires to present at the 2016 Annual Meeting, but is not submitted for inclusion in the Trust's proxy materials, must be submitted to the Trust a reasonable time before we send the proxy materials (that is, no later than November 25, 2016).

Important Information

This Current Report on Form 8-K may be deemed to be solicitation material in respect of the solicitation of proxies from shareholders in connection with the 2016 Annual Meeting. The Trust will file a proxy statement with the Securities and Exchange Commission (the "SEC") in connection with the 2016 Annual Meeting. The proxy statement, any other relevant documents and other material filed with the SEC concerning the Trust will be, when filed, available free of charge at www.sec.gov and on our website at www.innsuitestrust.com. Copies may also be obtained, free of charge, by contacting InnSuites Hospitality Trust at (602) 944-1500. Shareholders are urged to read the proxy statement and any other relevant documents filed when they become available before making any voting decision because they will contain important information.

Participants in Solicitation

The Trust, its trustees and executive officers and employees may be deemed to be participants in such solicitation. Information about the Trust's trustees and executive officers and their ownership of the Trust's securities is available in the Trust's Form 10-K filed with the SEC on April 29, 2016, and in subsequent SEC filings on Form 8-K and Forms 4.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

InnSuites Hospitality Trust

By:/s/ Adam B. Remis
Adam B. Remis
Chief Financial Officer

Date: November 15, 2016