



Holoholo!

Hawaiian for "to go out for pleasure"

The news bulletin of the Kupuna Support Program at
Mō'ili'ili Community Center • Spring Edition **APRIL 2024**

2535 South King Street, Honolulu, HI 96826

Announcements (808) 955-1555

Mahalo for being a part of our `ohana! As the flowers bloom and the island breathes the spirit of renewal, our Kūpuna Support Program is also blossoming with activities, updates, and opportunities to foster connection, health, and joy among our cherished seniors and their families.

Upcoming Events:

1. Lei Making Workshop

Date: April 15, 2024

Time: 10:00 AM - 12:00 PM

Location: Community Center, KSP Room

Join us for a morning of creativity and storytelling through lei making. Materials provided!

2. Tech Talk Tuesday

Date: April 22, 2024

Time: 1:00 PM - 3:00 PM

Location: Online (Zoom)

Our volunteers will guide you through the latest in technology to keep you connected with your loved ones. Ask for Delia and invite will be sent.

Program Updates:

Hot Meals:

URGENT: To avoid charges for a hot meal on one of your Kupuna cancelled days, kindly call (808) 294-4645 *before* 7:30AM on the day of cancellation. Thank you.

Health & Wellness Tips:

- **Stay Hydrated:** As the weather warms up, remember to drink plenty of water throughout the day.
- **Keep Moving:** Participate in our weekly Tai Chi and gentle yoga sessions, designed to improve flexibility and balance.
- **Eat Well:** Check out our nutrition workshops to learn about healthy eating habits that cater to the needs of seniors.

Volunteer Spotlight:

This month, we highlight **Chase and Reeve**, HBA students who assisted with our after-lunch activities and provided fun with origami. Mahalo to Hawaii Baptist Academy students for your commitment to Kupuna and aloha spirit!

A Warm Mahalo:

To our volunteers, donors, and community partners, your unwavering support makes all the difference. Together, we are building a stronger, more connected community for our kupuna.

Contact Us (808) 955-1555, Ext. 130

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