



# Holoholo!

*Hawaiian for "to go out for pleasure"*

The news bulletin of the Kupuna Support Program at  
Mō'ili'ili Community Center • JANUARY 2024

## Announcements

Dear Respected Kupuna Community,

Welcoming you into 2024, the Kupuna Support Program is delighted to share an array of engaging activities for the month of January. Here's a glimpse of the exciting offerings that await you:

**Memory Games:** Begin each day with mental vitality through our thrice-daily memory games, expertly designed to stimulate both short-term and long-term memory. These exercises are tailored to keep your mind agile and resilient.

**Nutrient-Rich Hot Lunches:** Savor specially crafted hot lunches that focus on low sodium and high nutrition. Prioritizing protein ensures you receive the energy your body needs, all while enjoying delectable flavors.

**Chair Exercises:** Enhance your well-being with daily chair exercises, customized for comfort. Beyond improving flexibility and strength, these exercises contribute to better circulation and joint health.

**Art and Fine Motor Skills:** Embark on a creative journey this month as we focus on crafting paper dragon cards. Dragons symbolize strength and courage, inspiring you while engaging in tasks that promote hand-eye coordination and cognitive stimulation.

**Entertainment and Social Activities:** Join us for daily singing, engaging games like bingo, beach ball, and the ever-entertaining "Name That Tune." Our cozy classroom is filled with the warm scent of cider spice, creating a warm atmosphere for your enjoyment.

**Keiki Visits on Wednesdays:** Experience the joy of intergenerational connection as we welcome Keiki visits on Wednesdays. The Children from the after-school program come to our center early on Wednesdays and are now able to join our Kupuna. Together we will engage in activities like making thank-you cards, playing puzzles, and spelling games. These moments promise heartwarming connections for everyone involved.

**Mindful Meditation & Reflection with Shakuhachi Sounds on Thursdays:** Indulge in the serenity of mindful meditation accompanied by the soothing sounds of the Shakuhachi every Thursday, with Katsumi Takemoto san. Daughters and sons of Kupuna interested in joining, contact us. It's a truly wonderful experience, offering relaxation and a moment of peace for our Kupuna.

**Welcome to Our Newest Kupuna:** A warm welcome to our newest Kupuna! We look forward to embracing you into our close-knit community and sharing many fulfilling moments together. We're excited about the experiences we'll create together.

**Upcoming Holiday Closure:** In observance of Martin Luther King Jr. Day on January 15th, our center will be closed. Keep an eye out for the full state holiday schedule, which will be shared via email.

Your presence, wisdom, and participation enrich our Kupuna Support Program. We eagerly anticipate a month filled with laughter, creativity, and holistic well-being. If you have any questions or suggestions, we're here for you.

### Contact Us

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**Happy New Year, 2024!** Embrace the strength and resilience of the dragon within; may the Year of the Dragon bring courage, wisdom, and boundless joy to each step of your journey