

The 10th Annual Senior Month 9/08 -10/09, 2016

Place: Japanese American Association of New York, Inc., Address: 49 West 45th St., 11th Floor, New York, NY 10036

Sponsored by JAA Committee on Aging Issues and JAMSNET / Supported by Consulate General of Japan in New York

Reservation: JAA 212-840-6942 or info@jaany.org

It is free!

Sept.	Time	Title	Names of Instructors and/or Organizers	Limit
8 (Thurs.)	10:30-11:30	Dr. Sato's method of the Simple Exercise	Dr. Kahori Sato (Former swimmer, Physical Education Dept. Dr.)	50
9 (Fri.)	11:00-12:00	NAGOMI Yoga	Megumi Izutani (Yoga Instructor)	
10th (Sat.)	10:00-12:00	Individual Consultation for Family & Children: Divorce, Parental Authority, etc. (20min./person)	Yoshiaki Miyamoto, Esq.	6
	13:00-15:00	Documentary Film "Everyday Alzheimer 2" The Story of Dementia patient and her family	JAA Aging Committee and HEIAN	
	15:15-16:45	Preventing Dementia: Life style, Food and Exercise	Shinichiro Okada (Medical Therapist), JAA Committee on Aging Issues, HEIAN-NYC	
	17:00-18:30	Effortless care giving for seniors, babies and pets	Shinichiro Okada (Medical Therapist), JAA Committee on Aging Issues, HEIAN-NYC	
11th (Sun.)	10:30-12:00	Improve your mobility using Kobujutsu	Shinichiro Okada (Medical Therapist), JAA Committee on Aging Issues, HEIAN-NYC	
	13:00-14:30	Fall prevention exercises / Introduction of Cococalabo	Takumi Fukunaga (Physical Therapist), HEIAN-NYC	10
	15:00-17:00	Let's create a collage of our self-narratives!	Tohru Takada/CJCAT, HEIAN-NYC	
12th (Mon.)	10:00-12:00	Free Hair Cut for Seniors	Michi Tahara, Nori Sasaki, Shige Kosuda, Toshi Kubota (Hair Stylists), JAA	20
	10:30-12:30	Lymphatic Massage	Kanako Ishimura	
	14:00-15:00	NAGOMI Yoga	Megumi Izutani (Yoga Instructor)	
13th (Tues.)	13:00-14:00	Calligraphy Class	JAA Calligraphy Class	10
	16:00-18:00	"NY State of Health Insurance" Program	Kumiko Seki, Takako Hara (Japanese Navigators), JAA-CACF	
14th (Wed.)	10:00-12:00	Individual Consultation : U.S. Immigration Law (15 min/person)	Keiko Kato, Esq.	8
	18:00-20:00	Dual Nationality of U.S.& Japan	Keiko Shiozaki (Former Immigration Bureau Official)	
15th (Thurs.)	10:30-12:00	Individual Consultation on Pension & Living in Japan (30 min/person)	Shunji Ichikawa	4
	13:00-14:00	Numerical Logic Puzzle for seniors	Tetsuya Miyamoto (Mathematic Teacher)	
	14:00-15:30	Discussion: Living Alone & How to Enjoy Your Golden Years (#8)	Susan J. Onuma, Esq., JAA Committee on Aging Issues	
	13:00-16:00	Individual Consultation on Pension & Living in Japan (30 min/person)	Shunji Ichikawa, Oversea Pension Center	6
	17:00-19:00	Regarding Eligibility for Japanese Pension and new system of my number in Japan	Shunji Ichikawa. Oversea Pension Center	
16th (Fri.)	9:00-12:00	Individual Consultation on Pension & Living in Japan (30 min/person)	Shunji Ichikawa, Oversea Pension Center	6
	10:30-11:30	Play Date with Parents & Kids (2-3 yrs. old)	Yuko Velsey, JAA Apple Kids	20
	13:00-16:00	Individual Consultation on Inheritance Tax in Japan & U.S.A. (30 min/person)	Joe Oshima (CPA)	6
	18:00-20:00	Inheritance Tax in USA and Japan	Joe Oshima (CPA)	
17(Sat.)	10:30-12:00	Inheritance Tax in Japan @Princeton	Shinichi Takagi (Tax accountant in Japan)	50
18th (Sun.)	10:00-12:00	CPR for Infants	Dr. Maki Kano (Pediatrician), Kumiko Seki (Nurse, Midwife)	20
	13:00-15:00	Japanese Archery Demonstration	Fumiko Takada, NY/NJ Kyudo Club	
	13:00-15:00	Community Café (tea & snacks will be served)	Keiko Sakagami, JAA Committee on Aging Issues	
	13:00-14:00	Music, play and Art for mothers @Sakura Gakuen, 16 Halstead Ave., Harrison reservation @ sakuranursery@gmail.com	Kaoru Robbins (NR-JACNet) & Sakura Gakuen	8
19th (Mon.)	13:00-15:00	JAA Community Café (tea & snacks will be served)	JAA	
	13:00-15:00	Flower Arrangement : Sogetsu	Hazue Tamura Rogers (Sogetsu Ryu School)	10
	18:30-21:00	Meditation & Listening to the Teaching of Buddha	Rev. Miki Nakura (U.S. Higashi Honganji Temple)	
20th (Tues.)	12:00-14:00	Special Keiro Kai (Birthday Party, Music by Iwaki Band)	JAA Social Service Committee	
20th (Tues.)	19:00-21:00	Experiential: NYMC Chorus	Aya Shimada, NY Mixed Voice Chorus	

21st (Wed.)	14:00-15:30	Medicare Basics	Mizue Katayama, JASSI	
22nd (Thurs.)	9:30-12:00	Individual Consultation : Regarding the Wills (30 min/person)	Helen Irie, Esq., Reiko Takikawa, Esq.	5
	11:00-12:30	Skill Training for Children @ Scarsdale	Reserve at appletimeny@hotmail.co.jp	
	13:00-14:00	Basic Estate Planning	Reiko Takikawa, Esq.	
	14:00-15:00	Medicaid Planning/Medicaid Trust	Helen Irie, Esq.	
	18:30-20:00	Studying Japanese History	Yasuhiro Takasaki, NY Rekishi Mondai Kenkyukai	
23(Fri.)	13:15-15:15	JAA Chorus - Open House	Mari Takagi, JAA Chorus	
25th (Sun.)	11:00-12:30	Refresh Your Mind & Body	Kaori Stram (Psychological Counselor)	
	13:30-15:30	Workshop for Dementia	Keiko Sakagami, Shizuko Kato, Junko Schnabel, Yuko Utada (Caravan Mates), JAA Committee on Aging Issues	
	15:30-17:00	Discussion : How to Care for Someone with Dementia	Taeko Nakashima, Ph.D.(Social Worker, Instructor at Rutgers Univ.), Sonen-kai	
26th (Mon.)	11:00-12:30	Find Yourself by Using the Japanese Cards (Career Trump)	Setsuko Suzuki (Counselor, Life Coach)	20
	18:00-20:00	U.S. Social Security Benefits	Toru Hayama (Financial Advisor)	
27th (Tues.)	10:30-12:30	Visit Isabella Geriatric Center	JAA Committee on Aging Issues (Lead by Michiyo Noda)	
	10:45-11:45	Tai Chi Class	Etsuko Takahashi, JAA	10
	13:30-15:30	Learning how to play Go (Japanese Chess)	JAA Rakugo Kai	
	18:00-20:00	Long Term Care Insurance (Types of Insurance and How to Choose It)	Lee Kang Su (Financial Adviser)	
28(Wed.)	11:30-12:30	Demonstration: Urasenke Tea Ceremony	Sochi Sanada, Soritsu Suzuki (Ura Senke School)	
29th (Thurs.)	10:00-12:00	Chair Yoga & Total Wellness	Takako Johnson	
	13:00-14:00	Rakugo	JAA & NY-Ya Sento	
	14:00-16:00	Fun with Origami!	Toshiko Kobayashi& Tatsuo Yasuda, Origami Therapy Assoc.	
30th (Fri.)	12:00-15:00	Foot Massage (20 min /person)	Shoko Akiyama (Massage Therapist), ARAMA	9
	16:00-18:00	"NY State of Health Insurance "Program	Kumiko Seki, Takako Hara (Japanese Navigators), JAA-CACF	
OCT.		NY Japanese American Lions Club		
1st (Sat.)	10:00-12:00	Keeping Safe in New York	Consul Hayato Ishizuka, Consul Hirohiko Murano	70
	12:00-13:00	Luncheon: Turkish Cuisine Buffet (\$12)	Please call JAA to make reservations	70
	13:30-16:00	MOVIE "Sea Disaster 1890"	Story of the friendship between Turkey and Japan	70
2nd (Sun.)	12:00-14:00	Connection between healthy toes and healthy teeth	Dr. Kimiko Suzuki (Dentist in Japan)	
	14:00-15:00	Basic Information on Dementia	Dr. Emma Saito (Psychiatrist), Shizuko Barnes(School Counselor)	
5th (Wed.)	11:00-12:00	Oriental Medicine (17) : Simple Daily Exercise	Tomoko Kakutani (Acupuncturist & Herbalist)	
	18:00-20:00	Long Term Care Insurance provided by the Insurance Companies	Sanae Asai(New York Life),Toru Hayama (MassMutual Financial Group) and others	
6th (Thurs.)	10:30-12:00	Pink & Teal Seminar: updated information - Ovarian Cancer & Breast Cancer	Aiko Brody, SHARES	
	13:30-15:00	Life Balance Workshop : Make yourself Confidence	Aiko Brody (U.S. Certified Life Coach)	
	17:00-20:00	Discussion for Expectant Moms & Dads	Dr. Maki Kano (Pediatrician), Kumiko Seki (Nurse, Midwife)	12
8th (Sat.)	10:30-12:30	Child Rearing Advice for Mom & Dads	Yoshiko Kurisu (JCDA Career Counselor), JAA Apple Kids, Appletimes	
	13:00-15:00	Workshop to Make your Dreams Come True	Yoshiko Kurisu (JCDA Career Counselor)	
9 (Sun.)	13:00-17:00	Gestalt Therapy Workshop for mental health professionals	JAMSNET-NY Mental Health Network	15

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