

*The 7th Senior Week September 13th – September 29th*

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

**Reservation:**

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

**It is free!**

Sept.	Time	Title	Instructors and Organization
13th (Fri.)	13:00-16:00	Individual Consultation On Pension & Living In Japan 30min./person	Shuji Ichikawa
	16:00-18:00	Q&A: You Are Eligible For Receiving Japanese Pension	Shuji Ichikawa
	19:00-21:00	Meditation & Listening To The Teaching Of Buddha	Rev. Kan Nakura (U.S.Higashi Hongan Ji)
14th (Sat.)	9:00-12:00	Individual Consultation On Pension & Living In Japan 30min./person	Shuji Ichikawa
		NY Japanese American Lions Club Presents	
	10:30-16:00	"U.S. Ceremonial Occasions" Related To Funerals	Rev. Kenjitsu Nakagaki, Noriko Mogi, Esq., Peter DeLuca (Crestwood Funeral Home)
	12:30-14:00	Lunch; Prepared By Restaurant Nippon \$12, call JAA for your reservation	
	14:00-16:30	"U.S. Ceremonial Occasions" Related To Weddings	Rev. Kenjitsu Nakagaki, Noriko Mogi, Esq., Kiyoko Horvath (Kiro Studio)
	16:30-18:00	Mindfulness; Restoration Of Youthfulness	Kaori Strum (Licenced Mental Health Counselor), Rie Kubota (Intern:clinical psychology)
15th (Sun.)		Medical Consultation By Groups	Japanese Medical Society of America
	9:30-10:30	Session#1: Dr. Shunichi Honma (Heart Attack), Dr. Yuzuru Anzai (Gynecology), Dr. Kichiemon Asoma (Ophthalmology), Dr. Takashi Matsuki (What is Melancholy?)	
	10:30-11:30	Session#2: Dr. Shunichi Honma (Heart Attack), Dr. Yuzuru Anzai (gynecology), Dr. Kichiemon Asoma (ophthalmology), Dr. Takashi Matsuki (what is melancholy?)	
	12:00-14:00	Single Mothers Group "Kids Music-ing"	Kaoru Robbins (Music Therapist) and NR JACNet, Single Mothers Group
	14:00-15:00	Dual Nationality Of Children	Consulate General of Japan in New York
	15:30-16:30	Lecture On "Ten Good Diets for Children" with Healthy snacks, children welcome!	Nikky Katsuki (Dietician)
	16:30-17:30	"NY Breast Feeding Forum - Q&A" with Healthy snacks for pregnant moms & children welcome!	Nikky Katsuki (Dietician)
16th (Mon.)	11:00-13:00	Flower Arrangement	Hazue Tamura Rogers (Sougetsu-Ryu School)
	14:00-15:00	Relaxed Yoga And Active Stretch	Yumi Hishikawa (ballet & fitness instructor)
17th (Tue.)	10:45-11:45	Experiential: Tai Chi	Etsuko Takahashi, JAA
	13:00-14:00	Experiential: Calligraphy	Fusako Otsubo, JAA
	19:00-20:00	Experiential: NY Mixed Voice Chorus	Aya Shimada, NY Mixed Voice Chorus
18th (Wed.)	11:30-12:30	Ura Senke -Tea Ceremony	Sochi Sanada, Soritsu Suzuki (Ura Senke School)
	13:00-15:00	Creative Writing In Japanese For The Golden Years	Foreign Press in NY/NY Writers Coalition-14th St.Y
	18:00-20:00	U.S. - Japan Tax Treaty And Inheritance	Joe Oshima (CPA)
19th (Thurs.)	10:00-12:00	Individual Consultation : U.S. Immigration Law (15 min. each)	Noriaki Miyamoto, Esq.
	12:00-14:00	Senior Luncheon: Greeting by Ambassador Sumio Kusaga. Celebrate the "BEIJU" (88 years old).	JAA Social Service Committee
		Concert: JAA Chorus (conducted by Sachie Ueshima), Sing with K. Iwaki Band	
	14:30-16:00	"Home Care With Medicaid & Medicare - Plan Ahead While Your Are Healthy!"	Mizue Katayama, JASSI
	18:00-20:00	Problems Related To Dual-Citizenship Nationality	Keiko Shiozaki (Former Immigration Bureau official, Former the Japanese consul in New York)
20th	10:30-11:30	Playing With Kids	Yuko ベルシー, JAA Apple Kids

(Fri.)	13:15-15:15	Experiential: JAA Chorus	Music Director : Sachie Ueshima	
	18:00-20:00	Seminer On International Divorce	Noriaki Miyamoto, Esq.	
21st	10:00-12:00	Individual Consultation On "Divorce" 30 min. each	Noriaki Miyamoto, Esq.	
(Sat.)	10:00-11:00	Yoga & "Brain Gym" for Mothers With Disabled Children	Mika Saburi	
	11:15-12:15	Yoga & "Brain Gym" For Seniors	Mika Saburi	
	13:00-15:00	Development Of Individuals To Support Persons With Dementia	Keiko Sakagami (Caravan Mate), JAA Committee on Aging Issues, Sonen-Kai	
	15:30-17:00	Nurturing By Sharing Personal Stories	Kei Okada (Chaplain/Spiritual Care Counselor) Visiting Nurse Service in NY	
22nd	10:30-13:00	Be Healthy By Using "Ki"	Ken Sato (Certified Kiko instructor)(新倉式気功法認定者)	
	(Sun.)	13:30-14:30	Medicare And Long Term Care	Ami Murase (Financial Planner)
		15:00-17:30	Administering Assets/Getting One's Affairs In Order	Susan Onuma, Esq.
		15:00-17:30	Discussion With The Pregnant Moms & Dads (Primama Club)	NY Suku Suku Kai
23rd	11:00-12:00	Become 10 years Younger! Erase The Lines On Forehead	Mayu Kaji, NY Style Walker	
	(Mon.)	13:00-14:00	Chair Yoga	Takako Johnson
		18:30-19:30	Planning For A Financial Stable Retirement	Sanae Asai (Financial Advisor)
24th	10:30-12:30	Visiting Isabella Geriatric Center (lunch included)	Michiyo Noda (JAA),JAA Committee on Aging Issues	
(Tue.)				
25th	14:00-16:00	Discussion: For The People Who Are Interested In The Senior Care	JAA Committee on Aging Issues	
	(Wed.)	18:00-20:00	Review And Relearn Japanese History 高崎康裕 企画 : NY歴史問題研究会	
26th	9:00-12:00	Individual Consultation On Wills, 30min./person	Helen Irie, Esq., Reiko Takikawa, Esq.	
	(Thurs.)	11:00-12:30	Oriental Medicine For A Healthy Life	Tomoko Kakutani (Acupuncturist & Herbalist)
		13:00-14:00	Prepare The Future "Basics of Estate and Medicaid Planning"	Helen Irie, Esq., Reiko Takikawa, Esq.
		13:00-16:00	Foot Massage 20 min. /person	Shoko Akiyama (Massage Therapist), ARAMA
		15:00-16:00	Useful Knowledge For Breast Cancer Patients	Aiko プロデューサー愛子 企画 : SHARE
		18:00-20:00	Thank You & Networking Reception	JAA Committee on Aging Issues, JAMSNET
27th	11:00-12:00	Stretching With Zumba Dancing	Yoriko Orciuoli (Aerobic Instructor)	
(Fri.)				
28th	11:00-13:00	Prevention Of Osteoporosis With Exercises	Dr. Yuzuru Anzai、 Nobue Hirabayashi (Yoga Instructor), SHARE	
	(Sat.)	13:00-15:00	Origami For Seniors & Families	Toshiko Kobayashi (Origami Therapy Association)
		16:00-17:00	Healthy Dance-reise	Director:Eri Misaki, Arts Cure Center
		19:00-21:00	Performance: One Woman Play In Okinawa Dialect	Kakuko Kitajima
29th	13:00-14:00	Ask The Japanese CPA "2015 New Inheritance Tax in Japan"	Ryuji Tagawa (CPA), HEIAN-NY	
	(Sun.)	14:15-15:15	Prevent Falling Using The "Rokomo"	Takumi Fukunaga (physiotherapist), HEIAN-NY
		14:30-16:30	Individual Consultation : Inheritance Tax & Income Tax in Japan	Ryuji Tagawa, Yumi Omura (CPA), HEIAN-NY
		15:30-17:00	Personal Report On Providing Care And Moral Support From Afar	HEIAN-NY