

Sept.	Time	Title	Names of Instructors and/or Organizations	Limit
8th(Fri)	18:00-20:00	Advice for people who are planning to live in Japan	Toru Hayama (Financial Advisor)	
9th	14:00-16:00	Dementia Workshop	Keiko Sakagami, Masae Fujimoto, Shizuko Kato, Junko Schnabel, Yoshiko Takahashi, Yuko Utada (Caravan Mates), JAA Committee on Aging Issues	
(Sat)	16:30-17:30	Holistic Nutrition Education for children & their parents	Misaki Harada (Certified Holistic Health Coach)	50
10th	12:30-13:30	Warm-up & Relaxation (Please bring towel, sneakers)	Yoriko Orciuoli (AFAA Aerobics Instructor)	10
(Sun)	13:00-14:30	Hakobune Open Kukai (Haiku Meeting)	New Haiku Grand-Prix, NY Seikatsu Press, Inc.	20
	13:00-14:30	Discussion : How to Care for Person with Dementia	Taeko Nakashima, Ph.D.(Social Worker, Instructor at Rutgers Univ.), Sonen-kai	
	14:30-17:30	Bon-Odori Workshop	Keisuke Mochizuki	60
11th	10:00-12:00	Free Hair Cut for Seniors	Michi Tahara, Nori Sasaki, Shige Kosuda, Tomomi Iwata (Hair Stylists), JAA	20
(Mon)	10:30-12:30	Lymphatic Massage with a towel (Please bring a large towel)	Kanako Ishimura (Lymphatic Drainage Treatment Specialist)	20
12th	11:00-14:00	Foot Massage (20 min./person)	Shoko Akiyama (Massage Therapist)	9
(Tue)	10:30-12:00	Pelvic Correction Yoga (Please bring a large towel & a towel)	Yukiko Murai (Yoga Instructor)	25
	19:00-21:00	Experiential: New York Mixed Voice Chorus	Saya Callner, NYMC	
13th	10:00-17:00	Individual Consultation on Pension & Living in Japan (30 min./person)	Shunji Ichikawa, Oversea Pension Center	14
(Wed)	18:00-20:00	Regarding Eligibility for Japanese Pension and new system of my number in Japan	Shunji Ichikawa, Oversea Pension Center	
	18:30-21:00	Meditation & Listening to the Teaching of Buddha	Rev. Miki Nakura (U.S. Higashi Honganji Temple)	
14th	9:00-12:00	Individual Consultation on Pension & Living in Japan (30 min/person)	Shunji Ichikawa, Oversea Pension Center	6
(Thurs)	12:00-14:00	Special Keiro Kai (Birthday Party, Music by Iwaki Band)	JAA Social Service Committee	100
	14:00-16:00	Discussion :Living Alone & How To Survive the Golden Years (#9) (Tea & Sweets will be served)	Susan J. Onuma, Esq., Michiyo Noda, JAA Committee on Aging Issues	
	17:00-20:00	Premama Meeting (Fee: \$5)	Dr. Maki Kano, Kumiko Seki (Nurse, Midwife)	16
15th	10:30-11:30	Rythmique with Parents & Kids	Yoshiko Inoue, JAA Apple Kids	20
(Fri)	13:15-15:00	JAA Chorus open house	Mari Takagi, Motomi Tanaka, JAA Chorus	
	13:00-17:00	Individual Consultation on Inheritance Tax in Japan & U.S.A. (30 min/person)	Joe Oshima (CPA)	8
	18:00-20:00	Lecture: International Inheritance Tax	Joe Oshima (CPA)	
16th	10:00-12:00	Japan-U.S.Legal Individual Consultation (Inheritance, Divorce, Child Custody, Green Card etc.) 30 min/person	Yoshiaki Miyamoto, Esq.	4
(Sat)	10:30-12:00	Let's enjoy Origami, folding object	Toshiko Kobayashi (Origami Therapist), OTA	
	12:00-13:30	Taikan Training (Please bring a Yoga mat, Water, Towel)	Ai Kazama (Dance/Fitness Instructor)	15
	14:00-16:00	Community Café (tea & snacks will be served)	Keiko Sakagami, JAA Committee on Aging Issues	
17th	10:00-12:00	The Way to get over mental crisis	Masato Tsujikawa, Ph.D. (Psychotherapist, Clinical Psychologist)	
(Sun)		Beautiful Inside, Beautiful Outside	Mika Masuda (Medical Journalist), Takako Yamazaki (Beauty Journalist), Dr. Kenji Uemura (Mt. Sinai Hospital Palliative Care), SHARE	80
	13:00-16:00	Lecture by medical & beauty journalists from Japan and a palliative care specialist from Mt. Sinai Hospital		
18th	10:00-12:00	Medicare Plan + Medigap & Advantage and Drug Coverage	Eric Hauman (NYC Dept. for the Aging-HIICAP)	
(Mon)	12:30-14:30	Experiential: Flower Arrangement - Sogetsu	Hazue Tamura Rogers (Sogetsu Ryu School)	10
	18:00-20:00	Medicaid Planning & Estate Planning (Will, Health Care Proxy, Living Wills, Power of Attorney)	Helen Irie, Esq., Reiko Takikawa, Esq.	
	18:30-19:45	How to Receive Social Security Benefits Wisely	Sanae Asai (Financial Services Professional)	
19th	10:30-12:30	Visiting Isabella Geriatric Center	JAA Committee on Aging Issues (Lead by Michiyo Noda)	30

(Tue)	13:00-14:00	Experiential: Calligraphy Class	JAA Calligraphy Class	10
20th	11:30-12:30	Demonstration: Urasenke Tea Ceremony	Sochi Sanada, Soritsu Suzuki (Ura Senke School)	
(Wed)	13:30-15:00	Teeth Care for Parents & Children	Dr. Robert Limb, Apple Kids	25
21st	10:00-12:00	Individual Consultation : U.S. Immigration Law (15 min/person)	Keiko Kato, Esq.	8
(Thurs)	13:00-14:00	Anti Aging and Health Management	Takako Johnson (Certified Anti-Aging Nutrition Consultant)	
	14:30-16:00	What is Medicare? Medicare Basics	Mizue Katayama (Senior Program Manager), JASSI	
	15:30-16:30	Let's Strengthen Your Core! (Please bring a Yoga mat)	Yasuo Mori (Certified Athletic Trainer)	
	18:00-20:00	Movie Screening "Kodan on Elderly Care" by Kakuei Tanabe (English Subtitle) Fee:\$10	Yoshiko Nakamura, Heart Warming Movie Screening NY	50
23rd	10:00-11:30	Things you should know about Vaccines, at Community Room in Scarsdale Westchester. Reservations: appletimeny@hotmail.co.jp	Dr. Maki Kano, Apple Time	30
(Sat)	10:30-12:00	"Dohsa-hou", a body movement therapy for mind and body	Dr. Ryozo Shimizu (Clinical Dohsa-therapist, Professor at Meiji-Gakuin University)	30
	14:00-15:00	Dementia Prevention in Lifestyle Habit & Exercise-Theory	Dr. Juichi Shioi, Mami Sugimura, HEIAN-NYC	
	15:15-16:15	Dementia Prevention using Ancient Marshal Arts Exercise	Shinichiro Okada(Medical Therapist), HEIAN-NYC	
	16:30-17:30	Let's review the trigger factors of falls	Takumi Fukunaga, HEIAN-NYC	
24th	10:00-12:00	Breastfeeding Support Meeting	Kumiko Seki (Nurse, Midwife), NY Sucusuku-Kai	20
(Sun)	13:00-14:00	Self-care series 1 : Child Care learning from the Ancient Martial Arts.	Shinichiro Okada(Medical Therapist), HEIAN-NYC	
	14:00-15:00	Self-care series 2 : Let's find your shining star	Rikimaru Kaneko (Editor),HEIAN-NYC	
	15:30-16:30	Self-care series 3 : Finding your future self through Art therapy	Tohru Takada/CJCAT, HEIAN-NYC	
	16:30-17:30	Self-care series 4 : Finding your future self through coaching	Mami Sugimura (HEIAN)	
	15:00-16:00	Executive functioning for Seniors	Dr. Emi Saito, Shizuko K. Barnes (School Psychologist)	
25th	10:00-12:00	iPhone workshop for Seniors (Please bring your phone)	Kiyoko Horvath, KIRO Studio	20
(Mon)	18:00-20:00	U.S. Social Security Benefits	Toru Hayama (Financial Advisor)	
26(Tue)	10:45-11:45	Tai-chi and Balance Exercise	Etsuko DeFazio, JAA	
27th	11:00-12:30	Find Yourself by Using the Japanese Cards (Career Trump)	Setsuko Suzuki (Counselor, Certified Life Coach)	20
(Wed)	11:00-12:00	Oriental Medicine and Healthy Life #18	Tomoko Kakutani(Licensed Acupuncturist,Herbalist)	
28th	9:30-13:30	Individual Consultation : Wills, Health Care Proxy, Living Wills, Power of Attorney (30 min/person)	Helen Irie, Esq., Reiko Takikawa, Esq.	8
(Thurs)	10:30-12:30	Life Insurance and Family Protection, Education Fund PLACE: theTokyo-Frost Valley YMCA, White Plains, NY	Kumiko Seki, NY Suku suku-Kai	20-50
	12:00-14:00	The 2nd Keirokai \$5/JAA Member, \$8/Non- Member	JAA Social Service Committee	100
	18:00-20:00	Japanese History (Fee:\$20 includes food & drink)	Yasuhiro Takasaki, NY Rekishi Mondai Kenkyukai	
29th	11:00-12:00	Parents & Kids can enjoy Zumba Exercise (Please bring towel & sneakers)	Yoriko Orciuoli (Aerobics Instructor)	10
(Fri)	18:00-19:30	Life Balance Workshop	Aiko Brody (Certified Life Coach)	12
	18:00-20:00	Inheritance in Japan & U.S.A.	Kazuhiko Otani, Esq.	
30th	9:00-12:00	Individual Consultation on Inheritance in Japan & U.S.A. (30 min/person)	Kazuhiko Otani, Esq.	6
(Sat)	<b>NY JAPANESE AMERICAN LIONS CLUB presents</b>			
	10:00-12:00	Keeping Safe in New York	Consul Hayato Ishizuka, Consul Hirohiko Murano	70
	12:00-13:00	Luncheon: Katsudon (Pork on Rice) \$10 (Make reservation at JAA by 9/27)	Catering by Bent On	70
	13:30-15:45	Japanese Movie "Police Story" (1955) Starring: Hisaya Morishige, Rentaro Mikuni		70
Oct 4th (Wed.)	18:00-20:00	Safe Supplements	Mina Kondo, Kaori Kashima (Health Counselor)	30
Oct.5th (Thurs.)	18:00-20:00	How to keep your teeth healthy	Seiichi Yamano, DDS, PhD, DMD, MMSc Dynamic Health Study Club	50
Oct 7th (Sat)	10:30-12:30	Infant & Child CPR workshop PLACE: theTokyo-Frost Valley YMCA, White Plains, NY	Maki Kano, M.D., Kumiko Seki, NY Sucusuku-Kai	20

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