



The 18th JAA Sakura Health Fair 2026 : 4/4-5/3

Supported by Consulate General of Japan in New York

Japanese Medical Society of America, Japanese Medical Support Networks and NY Japanese American Lions Club

Place :Online (ZOOM) & JAA Hall (49 West 45th St., 5th Floor, New York, NY 10036)

Please make your reservation by Phone: 212-840-6942 or E-mail: info@jaany.org

For classes that include a registration form URL, please sign up directly through the form.

	Time	Title	Instructors/Organizations	
4th (Sat)	13:00-15:00	Community Café at JAA Hall Open to everyone! Tea and snacks provided	Keiko Sakagami (NYC Dept of Health&Mental Hygiene) &NY de Volunteer JAA Committee on Aging Issues, JAMSNET-USA	
	19:00-20:30	Online(ZOOM): Life Balance Workshop "Decluttering Your Mind" Balance Your Life and Your Mind ◇Registration URL→	Aiko Brody (ICF Certified Life Coach) All is Well Coaching https://forms.gle/yazPMozE4C429k2f8	
5th (Sun)	13:00-15:00	Special Archival Screening "The Life of Dr. Toyohiko Takami, Founder of JAA" and LARA Busshi : Fundraising activities of NY Japanese American Committee for Japan Relief after WWII ◇Reception follows the screening.	Producer: Tomoaki Aomatsu Supervision & Lecture: Keiko Nishida (Professor, College of Community and Human Services, Rikkyo University) JAA Archival Committee	
	16:00-17:30	Understanding Back & Neck Pain Proper knowledge prevents worsening	Hiroya Kosaki (Physical Therapist) FuncPhysio Physical Therapy	
6th (Mon)	13:30-14:30	JAA Hall & Zoom: Turn Stress into "Dessert" Find Your Best Stress-Relief Method	Hiroko Makabe (Clinical Social Worker) Makabe Counseling Service	
7th (Tue)	10:00-11:00	ZOOM: U.S.–Japan Inheritance & Gift Tax Preparing for Returning to Japan	Shuichi Taira (U.S. Representative), Hiroshi Azuma (Tax Accountant) Yamada & Partners Tax Corporation	
9th (Thu)	10:00-12:00	Free Phone Legal Consultation (30 min, non-immigration)	Reiko Kasano (Attorney) / JAA	4
	12:00-13:30	#1 KEIROKAI in April @JAA Hall Enjoy a BentON bento & jazz piano by Kuni Mikami.	JAA Social Service Lunch Fee: \$5 for JAA Senior Members	120
	14:00-15:00	Seated Posture Improvement Exercises @ JAA Hall	Aya Takeno (Artistic Director) / A.T. Dance Company	
10th (Fri)	10:30-11:30	JAA Apple Kids: Eurhythmics & Japanese Storytime for ages 0 to3 Fee: \$5 ◇Registration URL→	"Yoppi" Yoshiko Watanabe (Piano & Eurhythmics Instructor) https://forms.gle/4T1dmEPr1YEGQP5c6	20
11th (Sat)	9:30-11:00	ZOOM: Remote Tea Chat with Nurse Yuge Let's talk about health and aging together	Yoko Yuge (RN, Home Health Care Field Supervisor) New York Silver Kai & JAA	
	10:00-12:00	ZOOM: Spring Japanese Language Education Workshop A Corpus-Based Study of Introducing Verb + toki to Beginners ◇Registration URL→	Momoyo Kitaura (Japan Society) JAA Japanese Language Committee https://x.gd/EhoZW	
	12:00-13:00	YouTube: Kikuchi Taisou Exercise-Energize Your Body & Mind Available on YouTube during the Sakura Health Fair (Apr 11–May 3) YouTube link sent after registration.	Nobuko Ota (Kikuchi Taisou Instructor/ CEO) Kikuchi Taisou Ltd.	
	19:00-20:30	ZOOM: Health & Longevity Quiz – Let's Think Together ◇Registration URL→	Yuji Yamada (Assist. Professor of Geriatrics, Mount Sinai) / FLAT https://zoom.us/webinar/register/WN_A693Uw2NQp6x4Us0Q2jvQ	
12th (Sun)	13:00-15:00	Talk & Signing with Author Robert K. Fitts Behind the Scenes of Japanese Baseball "In the Japanese Ballpark"@ JAA Hall	Robert K. Fitts (Author), Susan M. McCormac (MC)	
13th (Mon)	10:00-12:00	Free Haircuts for Seniors – Refresh your hair for spring	Hair Stylists: Michi Tahara, Nori Sasaki, Yasuko Tsuda, Haruka Kobayashi / JAA	20
	20:00-21:00	ZOOM: Financial Planning for a Secure & Comfortable Retirement ◇Please email JAANJ to register →	Kenji Nakao (Finance and Taxation Expert) / JAANJ info@jaanj.org	
14th (Tue)	10:45-11:45	Tai Chi Class – Gentle exercise for balance & strength	Michiko Miyahara (TCHI Certified Instructor) / JAA	10
	13:00-14:00	Japanese Calligraphy Class	JAA Calligraphy Class	10
15th(Wed)	11:00-12:30	Urasenke Tea Ceremony Demonstration	Sochi Sanada & Soritsu Suzuki (Urasenke Instructors) / JAA	10
16th (Thu)	10:00-12:00	Free Phone Consultation on Immigration Matters (15 min/person)	Mami Terai (Attorney) / JAA	8
	11:00-12:00	Intergenerational Origami Gathering: Let's enjoy Origami together!	Toshiko Kobayashi & Eunhong Park (Instructors at Origami Therapy Association)	
	13:00-14:30	Enjoy chatting and laughing for a happy, lively life.	Motoe Yakiyama (Counselor)	
	18:00-20:15	"Sakura and the Spirit of Mono no Aware" Discover the Japanese sense of beauty in full-bloom cherry blossoms. Fee: \$20 (Incl. Drink & Light meal)	Yasuhiro Takasaki / NY Rekishi Kenkyu Kai	
17th (Fri)	11:00-11:45	Fun Disco Music Dance Exercise *Wear comfortable clothing and sneakers, and bring water and a towel for sweat.	Yoriko Orciuoli (AFAA Aerobics Instructor)	
	13:15-15:00	JAA Chorus Open Class - Let's enjoy singing together.	Yukiko Tanaka (Music Director, Pianist) / JAA	

18th (Sat)	11:00-13:00	21st Sakura Matsuri at Flushing Meadows Corona Park (Produced by JAA)		300
		Soh Daiko, JAA Chorus, Okinawa Music, Hanagasa Ondo (Parade), Tenrikyo marching band, outdoor tea ceremony, and more. Please make your reservation for bus & lunch at 212-840-6942 or info@jaany.org 【Fees】 Bus & Bento: JAA Members \$10 / Non-members \$20 ★Bento only (meet at the park): JAA Members \$10 / Non-members \$15 【Location】 Flushing Meadows Corona Park, at the Queens Museum & the Theatre at the World's Fair site		
19th (Sun)	East Coast 13:30-16:15 Central 12:30-15:15 West Coast 10:30-13:15	1st Beast Cancer Symposium in the US 【Hybrid at JAA Hall & ZOOM】 BCnetwork "Bridging Knowledge and Care: From the East Coast to the West Coast" MC: Kaoriko Kuge, Opening: Kentaro Morita (Medical Officer, Consulate-General of Japan in NY), Makiko Yamamoto (Representative of BCnetwork) ◆Keynote: Dr. Takako Doi (Director, Breast Cancer Center, Minami Yamato Clinic) "From the Frontlines of Breast Cancer Treatment: Bridging Clinical Innovation and Patient Insight" ◆Survivor Talk: Anna Umemiya (Model, Breast Cancer Survivor) "Regaining Color: A Journey Beyond Cancer Toward Living Authentically" ◆Panel Discussion ★Registration via BC Network HP → https://bcnetwork.org/		
20th (Mon)	13:00-16:00	JAA & ZOOM: Haiku Gathering - beginners are welcome!	Mio Tsukushi (NY Hakobune), Hako-Kukai	
22th (Wed)	18:30-20:00	JAA Hall & ZOOM: Seated Meditation with Tanden Breathing	Miki Nakura (Shinshū Ōtani-ha Priest of Higashi Honganji Temple)	
23th (Thu)	12:00-14:00	#2 KEIROKAI in April @JAA Hall Health Talk by Dr. Yuzuru Anzai & Music by Iwaki Band, Obento by BentOn, Fee: \$5 for JAA Senior Members	JAA Social Service	120
24th (Fri)	NY (EDT) time 10:00-11:30 Local Time→	JAMSNET Senior Supporting Network - ZOOM & JAA Hall: Workshop on Health and Well-Being in the Second Half of Life Yasuyo Yoshikuni (Physician/Licensed Psychologist/JAMSNET), Keiko Sakagami (JAMSNET/NYC Dept of Health & Mental Hygiene) US EDT 10-11:30AM/US PDT 7-8:30AM/Germany 4-5:30PM/Bangkok 9-10:30PM/Singapore 10-11:30PM/ Japan 11PM12:30 AM ◇Registration URL→ https://forms.gle/FY3koTJgMUKXm9dB9		
	10:30-11:30	Baby & Toddler Massage and Parenting Consultation at JAA Hall ◇Registration URL→ https://forms.gle/L4JVrW1saADAtPiF9	Rina Hayashi (Baby Massage Instructor), Jean Tsuneizumi (Parenting Consultant) / NY Suku Suku- Kai	20
	13:00-14:00	ZOOM: NYS Health Insurance/OBAMA CARE	Rika Kobashi-Barnes (NYS Health Navigator) / JASSI	
25th (Sat)	9:30-11:00	ZOOM: Returning to Japan & Caring for Aging Parents in Japan	Kiyoko Ban (Administrative Scrivener), Yoshitaka Noguchi (President, Noguchi Shoji, Real Estate Div.), Ayami Yokobatake (International Elder Care Analyst) / Hearth	
	10:00-11:00 11:00-13:00	① Medicare&Medicaid + Long-Term Care Insurance ② Time for Health & Relaxation with Nurses Blood Pressure Measurement, Hand Massage, Uber App Usage Guide	Ai Hashimoto (CLU, Auchel World / Grand Prospects Financial & Insurance Services) JNAA (Japanese Nurses Association of America)	
	14:00-15:30 16:00-17:30	Kanazawa's 450-Year-Old Gold Leaf Workshop: Create Your Own Original Chopsticks Using Traditional Craftsmanship! 1st class: 14:00-15:30 / 2nd class: 16:00-17:30 Fee: \$25 JAA Hall	Hideko Koyama (HAKUICHI, Kanazawa) NY Japanese American Lions Club	20 each
26th (Sun)	Morning 10:00-12:00 Afternoon 13:00-15:00	JMSA Life Science Forum Kids 2026 at JAA Hall What Is SCIENCE? Explore, Touch, and Learn with Doctors and Researchers! For children ages 4 to 10, Rotating Sessions, (one guardian per child required). ◇Registration URL→ https://forms.gle/iTSnYsixTdjCecgk9	JMSA / Arclev, JASS, Miki House, Westchester Children's Museum	25 each
4/26 (Sun) to 5/3(Sun)		YouTube: Lions University: Adult Culture Course - Series 10! Inheritance and Estate Planning in Japan	NY Japanese American Lions Club Satomi Yamaguchi (Representative Director, Japan Relation Support Assoc.)	
27th (Mon)	12:00-14:30 14:30-16:00	2026 Medicare 001 Plus: Basics & Common Questions Medicare Individual Consultation (30 mins each)	Kazuko Ishida (Translator), Eric Hausman (AGING Consultant) NYC Dept. for the Aging, HIICAP	6
28th (Tue)	19:00-21:00	The New York Mixed Chorus Open Rehearsal	Aya Shimada (Instructor) / The New York Mixed Chorus	
30th (Thu)	19:00-21:00	ZOOM: Prenatal Class for Expecting Moms & Dads The Progress from pregnancy to childbirth, Baby care & Breastfeeding	Maki Kano (Internal Medicine&Pediatrics), Mio Sawai (OBGYN), Hiromi Shimba (Certified Lactation Consultant) / NY Suku Suku Kai	
May 1st (Fri)	10:30-11:30 15:30-16:30	JAA Apple Kids: Eurhythmics & Japanese Storytime for ages 0 to 3, Fee: \$5, Registration & link available in late April. Chair Yoga at JAA Hall *Sneakers required	"Yoppi" Yoshiko Watanabe (Piano & Eurhythmics Instructor) JAA Apple Kids Chiemi Brezden (Yoga Instructor)	20
2nd (Sat)	11:00-12:30 14:00-16:00	JAA Hall & ZOOM: Preparing for Life's Final Chapter Documentary Screening (English): "The Paradox of Seabrook Farms - Shattered Dreams, Restores Hopes" by Helga Merits Postwar Refugee & Immigrant Community, Q&A with the Director & Special guests / JAA, JAAC-NY, ZAJA NYC	Pastor Hirofumi Hirano (Japan Ecclesia of Christ in NY)	
3rd (Sun)	10:00-12:00 12:30-14:30	CPR Workshop for Infants & Adults at JAA Hall Let's Celebrate "Kodomo no Hi" together! ▪ Karate Demonstration by Ryu Goto (Nichibeï Budokan) ▪ Jazz music with Kids by pianist Kuni Mikami ◇Refreshments provided. Fee: \$10/family	Maki Kano (Internal Medicine/Pediatrician), Mio Sawai (OBGY), Kana Chin (Internal Medicine) / NY Suku Suku Kai JAA Apple Kids	

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