

The 19th JAA Autumn Health Fair 2025 : 9/5-10/5

Sponsored by JAA Committee on Aging Issues, JMSA, JAMSNET, NY Japanese American Lions Club and Asian American Federation

Supported by Consulate General of Japan in New York

Place: Online & in person at Japanese American Association of New York, Inc. 49 West 45th St., 5th Floor, New York, NY 10036

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

Online programs: you will receive ZOOM information after your reservation!

	Time	Title	Instructors/Organizations	Limit
Sept. 5th (Fri)	10:15-11:45	JAA Hall: Music & Art Play Class for Parents & Children (for Preschoolers) Registration Form→	Atsuko Nadata (U.S. Certified Music Therapist MT-BC) Apple Kids https://tinyurl.com/md9db8up	
6th (Sat)	9:30-11:00	Online (ZOOM): Roundtable Discussion Let's Talk with Nurse Yuge — Health, Aging, and Caregiving	Yoko Yuge (RN, Home Health Care Field Supervisor) NY Silver-Kai	
	13:30-15:30	Community Café Open to everyone. Let's enjoy chatting and having a good time together. Tea and snacks served	Keiko Sakagami (NYC Health Department), JAMSNET, JAA	
8th (Mon)	10:00-12:00	JAA Hall: Free Hair Cut for Seniors	Hair Stylists: Michi Tahara, Shige Kosuda, Ryosuke Akimoto, Kazunori Ueda / JAA	20
10th (Wed)	18:30-20:00	Hybrid (JAA Hall and ZOOM): Seiza (quiet-sitting) meditation	Rev. Miki Nakura (Buddhist Minister of Higashi Honganji)	
11th (Thurs)	9:30-10:30	Online (ZOOM): Children's New School Life & Emotional Support Registration Form→	The Japanese Educational Institute of New York https://forms.gle/rHVXCEQtuDlJoi3e8	
	10:45-13:15	Online (ZOOM): Individual Consultation (25 min/each, limit 10 participants) Registration Form→	https://forms.gle/uEUoPUCfxs9NsUVN9	
	12:00-13:00	#1 KEIROKAI in September @JAA Hall "Enjoy Songs & Box Lunches" Music by Ayaka Yamamoto (Vocal) & Kuni Mikami (Piano), Lunch Fee: \$5 for JAA Senior Members	JAA Social Service	
	13:00-14:00	JAA Hall: How to defence yourself	Ryu Goto (The Japanese American Budokan) JAA-AAF	
	13:00-14:30	Sachiyo Ito & Company: Senior Free Workshop Learn the Basics of Japanese Dance & Perform to Your Own Haiku at Greenwich House Senior Center on the Square, 20 Washington Square North, NYC ◆ Participants must contact the instructor in advance (fan/kimono preparation will be explained) Inquiry & Reservation: sachiyoitoandcompany@gmail.com, 212-627-0265	Sachiyo Ito (Japanese Classical Dance Artist)	
13th (Sat)	10:00-12:00	JAA Hall: Health Check Support Station by Nurses Lecture on Colorectal Cancer Screening & Vital Signs Check, Health Consultation, Interpreter App Information	Japanese & Japanese American Nurse Association	
	12:00-13:00	Hybrid (JAA Hall and ZOOM): How to write Health Care Proxy	Reiko Takikawa, Esq JAA, Japanese & Japanese American Nurse Association	
	14:00-16:00	JAA Hall: Pencil Art Workshop No experience needed. Supplies provided. Take your artwork home.	Kumiko Okazaki (Pencil Drawing Artist)	
	18:30-20:30	Online(ZOOM): Pensions in Japan & USA	Masayo Sonohara (Labor & Social Security Attorney) Shunji Ichikawa (Overseas Pension Consultation Center)	
	19:00-20:00	Online (ZOOM): HEIAN Reading Circle "Yōjōkun" by Takashi Saito — A guide to living well and long, in moderation Reservation: Heian.NYC@gmail.com	Mami Sugimura / HEIAN	
14th (Sun)	13:00-15:00	JAA Hall: Physical Therapy Learn the mechanism & solution for knee & back pain	Hiroya Kosaki (Doctor of Physical Therapy) FuncPhysio Physical Therapy	
	18:30-20:30	Online(ZOOM): Pensions in Japan & USA Individualized Consultation (20min/ person)	Masayo Sonohara (Labor & Social Security Attorney) Shunji Ichikawa (Overseas Pension Consultation Center)	6
15th (Mon)	13:00-15:00	Hybrid (JAA Hall and ZOOM): Haiku Gathering Let's create Haiku using seasonal autumn words — beginners are welcome to join!	Mio Tsukushi (NY Hakobune), Hako-Kukai	
16th (Tue)	10:45-11:45	JAA Hall: Taichi & Balance Workshop	Michiko Miyahara / JAA	10
	13:00-14:00	JAA Hall: Calligraphy	JAA Calligraphy Class	10
	19:00-21:00	JAA Hall: New York Mixed Chorus "Open Rehearsal"	Koichi Aiba (Conductor), Rikako Asanuma (Pianist) New York Mixed Chorus	
	19:00-20:00	Online(ZOOM): Facing Serious Illness and End-of-Life in the U.S. — Let's Talk About It Together"	Eriko Onishi (Family Medicine, Oregon Health & Science University), JMSA	
17th (Wed)	11:00-13:00	JAA Hall: Urasenke Tea Ceremony Demonstration	Sochi Sanada , Soritsu Suzuki JAA	10
	14:00-15:00	JAA Hall : Medicare Basics & Key Points to Know Updates for 2026, Website Introduction, How to Use Online Resources	Kazuko Ishida (HIICAP-Health Insurance Information and Assistance Program Volunteer)	
	15:00-17:00	• Medicare Individual Consultation (30 min/each)	NYC Department for the Aging	4
	18:00-19:30	JAA Hall : Japan's Nationality Law & Dual Citizenship	Keiko Shiozaki (International Visa Consultant)	
18th (Thurs)	10:00-12:00	Telephone : Free Legal Consultation US Immigration cases, 15 min/person	Keiko Kato, Esq. JAA	8
	13:00-14:30	JAA Hall: Let's enjoy "Happy Life" with games & talking	Motoe Yakiyama (Counselor)	
	18:00-19:30	Hybrid (JAA Hall and ZOOM): U.S. Immigration Advice for U.S. Green Card Holders, Visa Holders, and Those Planning to Stay in the U.S.	Keiko Kato, Esq. / JAA	
19th (Fri)	11:00-11:50	JAA Hall: Exercise Class — Warm-Up & Stretching for Relaxation Bring: yoga mat or large towel, comfy clothes, sneakers, and water	Yoriko Orciuoli (AFAA Aerobics Instructor)	
	13:15-15:00	JAA Hall: JAA Chorus "Open Class" Let's Enjoy Singing for Wellness — No Experience Needed!	Yukiko Tanaka (Music Director, Pianist) JAA	
	18:00-20:00	"JAA Open House" Please enjoy refreshments and wines with music of Rino Aise Band.	JAA & JAA YP Network	
	10:00-12:00	Online(ZOOM): Things you need to know about Dementia:	Yuji Yamada (Geriatrician) Takashi Amano (Associate Professor, Rutgers University)	

20th (Sat)		Prevention, Diagnosis, and Support		
	13:00-14:00	YouTube Lecture : 9/20 (Sat)1PM -10/5 (Sun) Let’s move together! Revive your brain and body! Kazuko Kikuchi (age 89) – Life-Giving Lecture	Nobuko Ota (Kikuchi Taisou-Senior Instructor)	
	16:00-17:00	Workshop "Self Defence by Karate" at Nichibei Budokan (11 W 36th Street, 5th Floor)	Ryu Goto (Karate Instructor) JAA-AAF	
21st (Sun)	13:30-15:00	JAA Hall: CPR Workshop for Infant & Adult	Dr. Maki Kano, Dr. Mihoko Tanabe, Dr. Kana Ching Dr. Mio Sawai, NY Suku Suku Kai	
	18:00-20:00	Online (ZOOM): Inheritance Issues for Japanese When family passes in Japan — Assets & Wills in Japan and the U.S.	Kazuhiko Otani, Esq / JAA	
22nd (Mon)	18:30-20:30	Online(ZOOM): Pensions in Japan & USA Individualized Consultation (20min/ person)	Masayo Sonohara (Labor & Social Security Attorney) Shunji Ichikawa (Overseas Pension Consultation Center)	6
23rd (Tue)	10:30-14:00	Visiting Isabella House (515 Audubon Ave., NYC) (1) Leave from the JAA (49 W 45th St.) at 9:30 AM (2) Meet at the lobby of Isabella House at 10:30 AM Enjoy lunch and a concert after the tour!	Isabella House JAA Committee on Aging Issues	
	15:00-16:00	Online(ZOOM): NY State Health Insurance for whom younger than 65 years old	Yoko Yoshida (NYS Senior Health Navigator) JASSI	
	19:00-21:00	Online (ZOOM): Individual Consultation Inheritance in Japan & U.S.A. (30 min/person)	Kazuhiko Otani, Esq JAA	4
25th (Thurs)	9:30-13:30	Telephone: Free Legal Consultation Wills, POA, Proxy (30 min/person)	Helen Irie, Esq., Reiko Takikawa, Esq JAA	8
	12:00-14:00	Special KEIROKAI @JAA Hall Talk on health by Dr. Anzai & IWAKI Band	JAA Social Service Fee: \$5 for JAA Senior Members	
	14:00-16:00	Online(ZOOM): Planning for Medicaid Home Care and Basic Estate Planning	Helen Irie, Esq. , Reiko Takikawa, Esq. JAA	
	18:00-20:30	JAA Hall: Learn from the Japanese History Learning from Japanese History: The Emperor and the Chrysanthemum — Explore the meaning of loyalty through the “Kikusui” crest during the season of the Chrysanthemum Festival Fee: \$20 (includes Drink & Food)	Yasuhiro Takasaki / NY Rekishi Kenkyu Kai	
26th (Fri)	10:30-11:45	Hybrid (Westchester, Scarsdale Library and ZOOM): Fermentation Talk– Local, Seasonal, Simple Easy & Healthy Cooking with Seasonal Local Ingredients and Fermented Seasonings	Daria Arao-Ressler (Food Educator) / Apple Time Reservation: appletimeny@hotmail.co.jp	
	10:30-12:00	Online(ZOOM): Medicare Medicare Basics for Those Turning 65	Mizue Katayama (Senior Program Manager) JASSI	
	20:00-21:00	Online (ZOOM): When You're Concerned About Your Child's Development: typical growth, signs of delay, and how to seek support	Yusuke Matsuura (Developmental-Behavioral Pediatrics Fellow, University of Washington/ Seattle Children's Hospital), NY Suku Suku Kai	
27th (Sat)	10:00-12:00	Online (ZOOM): Where to Live When Care Is Needed? Comparing Elder Care & Facilities in Japan and the U.S.	Takashi Amano (Associate Professor, Rutgers University) JAA Committee on Aging Issues	
	19:00-20:00	Online (ZOOM): Dementia	Dr. Sayuri Katsuyama (Onda Dai-ni Hospital, Dept. of Psychiatry) JAA	
	19:00-20:00	Online (ZOOM): HEIAN Reading Circle Reading “Ikiru Kotoba” by Machi Tawara	Mami Sugimura / HEIAN Reservation: Heian.NYC@gmail.com	
28th (Sun)	10:00-12:00	Online (ZOOM): Return to Japan Permanently? 7 Essential Tips for Caring for Aging Parents Managing vacant family homes, Visa for returning residents Caregiving tips: inheritance, government, banking, facilities	Ayami Yokobatake (International Long-Term Care Analyst) Yoshitaka Noguchi (President, Real Estate Div., Noguchi Shoji) Kiyoko Ban (Certified Administrative Procedures Legal Specialist) Hearth	
	13:00-15:30	JAA Hall: In-Person Life Balance Workshop Mindfulness & Self-Care Talk	Aiko Brody (ICF Certified Life Coach) Eri Kubota(Psychological Counselor), All Is Well Coaching	
29th (Mon)	13:30-15:00	JAA Hall: Cognicise - Exercise for physical and brain health	Eiji Takamori (Yoga Therapist) FLAT	
2nd (Thurs)	19:00-21:00	Online(ZOOM): Pre-Mom & Pre-Dad Birth Prep Seminar Pregnancy to birth, newborn care, breastfeeding	Maki Kano (Internal Medicine/Pediatrician) Mio Sawai (Obstetrician-Gynecologist) Hiromi Shimba (Certified Lactation Consultant), NY Suku Suku Kai	
4th (Sat)	NY Japanese American Lions Club presents			
	10:00-11:30	Planning for Retirement & Inheritance in Japan For those considering returning from New York	Satomi Yamaguchi (Representative Director, Japan Relation Support Association)	
	11:30-12:00	Lunch		
	12:00-13:30	Tidying Up Your Life—Inside and Out Organizing your space and heart for a fresh start	Hiromi Inoue (Certified Organizer & Time-Saving Housework Consultant)	
	13:45-15:15	Singing Japanese Classics: Yamato Songs from the Manyoshu Explore Manyoshu through song and composer’s insights ★One-on-One Consultations with Instructors — Advance Reservation Required, Space Limited	Tomohiro Hashizume (Composer, Kyoto City University of Arts Graduate)	
	19:00-20:00	Online(ZOOM): U.S.–Japan Tax Law: Green Card Exit & Tax Before and after giving up your green card when returning to Japan	Noboru Muto (CPA, Cross-Border Taxation) Motoe Haller (CPA, Cross-Border Taxation) CDH	
5th (Sun)	10:00-16:30	Fall Family Picnic (BBQ & Apple Picking) at F.D.R. State Park, Northern Westchester, NY Bus Capacity: 55 seats, Fee: Adults: \$50, Children (12 and under): \$35 *Apple picking fees are not included. You may also choose to travel by private car.	NY Japanese American Lions Club, JAA	
	19:00-20:30	Online(ZOOM): Hidden Dangers in Everyday Medications Is That Drug Really Safe?	Yuka Shichijo (Geriatric Medicine Resident, Mount Sinai Hospital) FLAT	