

The 20th JAA Autumn Health Fair 2026 : 9/4-10/9

Sponsored by JAA Committee on Aging Issues, JMSA, JAMSNET, NY Japanese American Lions Club and Mitsui USA Foundat

Supported by Consulate General of Japan in New York

Place: Online (ZOOM) & The Japanese American Association of New York, Inc. 49 W 45th St, 5th Floor New York, NY 10036 212-840-

8942 info@jaanyc.org

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

September	Time	Title	Instructors/Organizations	Limit
4th (Fri)	NY East Coast 10:00-11:30	Hybrid (JAA Hall & Online "ZOOM") : Workshop on " Health and Happiness Aging: A Life Planning" Enjoying a healthier, more fulfilling second half of life	JAMSNET Senior Supporting Network Yasuyo Yoshikuni (Physician/Clinical Psychologist) Keiko Sakagami (NYC Department of Health and Mental	
	Time by Region	US East Coast 10AM-11:30 AM / US West Coast 7AM-8:30AM / Germany 4PM-5:30PM / Bangkok 9PM-10:30PM / Singapore 10PM-11:30PM / Japan 11PM-0:30AM		
	18:00-19:00	Online (ZOOM) : Taxes Before and After Giving Up Your Green Card	Noboru Muto (CPA, International Taxation) CDH	
5th (Sat)	10:00-11:30	Online (ZOOM): Return to Japan Permanently? US Departure Preparation, Inheritance, Government, Banking, Senior Facilities	Ayami Yokobatake (International Long-Term Care Analyst) Mija Yoo (Kikoku Pro), Tsubasa Motoki (Judicial Scrivener), Hearth	
	12:00-13:30	Online (ZOOM): What today's children need PT & OT Perspectives on Play and Development in Modern Children	Naoko Matsuda (OT, Hinata OT Family Care) Hiroya Kosaki (PT, FuncPhysio Physical Therapy)	
	13:00-15:00	Community Café Let's enjoy chatting and having a good time together.	Keiko Sakagami (NYC Health Department) JAMSNET Senior Supporting Network, JAA, NY de	
8th	18:00-20:00	JAA Hall: Lecture "25 years since 9/11" what I thought as a Japanese person about that day and that	Katsuko Fukunaga (Board Member, Overseas Japanese Safety Association) JAA, Consulate General of Japan in New York	
	19:00-21:00	Online (ZOOM): Prenatal Preparation Class for Expecting Moms and Dads — Including Breastfeeding Guidance	Dr. Maki Kano (Pediatrician), Dr. Mio Sawai (OB-GYN), Hiromi Shimba (IBCLC) / NY Suku Suku Kai	
9th (Wed)	15:00-16:00	Online (ZOOM): NY State Health Insurance for whom younger than 65 years old	Yoko Yoshida (NYS Senior Health Navigator) JASSI	
	18:30-20:00	Hybrid (JAA Hall and ZOOM): Seiza (quiet-sitting) Meditation	Rev. Miki Nakura (Buddhist Minister of Higashi Honganji)	
10th (Thurs)	12:00-13:00	#1 KEIROKAI in September @JAA Hall Music by Sarah Curtis (Vocal) & Kuni Mikami	JAA Social Service BentOn Obento Lunch Fee: \$5 for JAA Senior Members	
	14:00-15:00	Sachiyo Ito & Company: Gentle Japanese Dance Workshop for Seniors ◆ Participants must contact the instructor in advance (fan/kimono preparation will be explained) Please contact the Instructor by 9/8(Tue)→ sachiyoitoandcompany@gmail.com	Sachiyo Ito (Japanese Classical Dance Artist)	
	18:00-19:00	JAA Hall: Showa Popular Songs in 60'~90'	Rino Aise, SRS	
11th (Fri)	10:30-11:30	Parent-Child Eurhythmics & Japanese Storytime Fee: \$5 Up to 20 pairs *Please apply from the registration Registration Form→ https://tinyurl.com/4aptxkue	"Yoppi" Yoshiko Watanabe (Piano & Eurhythmics Instru JAA Apple Kids	20
12th (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	
	11:00-12:00	For Parents and Children: British-Style Ballet (Ages 4-6) Please bring comfortable clothing, socks, a drink, and a Up to 20 pairs, JAA Hall	Hiromi Iseki (Royal Academy of Dance Certified Ballet Teacher) Petit Ange Ballet	
13th (Sun)	13:00-14:30	JAA Hall: Physical Therapy Learn the mechanism & solution for knee & back pain	Hiroya Kosaki (Doctor of Physical Therapy) FuncPhysio Physical Therapy	
14th (Mon)	10:00-12:00	JAA Hall: Free Hair Cut for Seniors Up to 20 people; Reservation required	Hair Stylists: Michi Tahara, Shige Kosuda, Ryosuke Akimoto, Kazunori Ueda / JAA	20
	14:00-15:00	JAA Hall : Medicare Basics & Key Points to Know	Kazuko Ishida (HICAP-Health Insurance Information Counselling and Assistance Program Volunteer)	
	15:00-17:00	Medicare Individual Consultation (30 min/each)	NYC Department for the Aging	4
	19:00-21:00	Online (ZOOM): Inheritance Issues for Japanese	Kazuhiko Otani, Esq / JAA	
15th (Tues)	10:45-11:45	JAA Hall: Taichi & Balance Workshop	Michiko Miyahara / JAA	10
	13:00-14:00	JAA Hall: Calligraphy	JAA Calligraphy Class	10
	16:30-17:30	JAA Hall: Tsugaru Shamisen & Jazz Piano Concert by MAHORO	Mar Creation, MOON Takashi Amano (Associate Professor, Rutgers University)	
	18:00-19:30	Online (ZOOM): "Social Contribution and Well-Being in Your 50s and Beyond" Exploring Meaningful Engagement and Intergenerational Connections		
16th (Wed)	11:00-13:00	JAA Hall: Urasenke Tea Ceremony Demonstration	Soritsu Suzuki (Urasenke Licensed Instructor), Hiroko Makabe / JAA	10
	19:00-21:00	Online (ZOOM): Individual Consultation Inheritance in Japan & U.S.A. (30 min/person)	Kazuhiko Otani, Esq JAA	4
17th	10:00-12:00	Telephone: Free Legal Consultation US Immigration cases, 15 min/person	Keiko Kato, Esq. JAA	8
	10:00-14:00	Online (ZOOM) Consultation: Individual Education Consultation, 25 min/person Registration URL → https://forms.gle/4ZH90iwRLPWVlcZn7	Masako Mori (Clinical Psychologist), Shizuko Barnes (School Psychologist) The Japanese Educational Institute of New York	10
	11:00-12:30	Online (ZOOM): Medicare	Mizue Katayama (Senior Program Manager) / JASSI	
	13:00-14:30	JAA Hall: Let's enjoy "Happy Life" with games & talking	Motoe Yakiyama (Counselor)	

	18:00-20:30	JAA Hall: Exploring the History of Japanese Moral Education and the Role of Shōka Tracing the History from Shinto and Buddhist Teachings to Postwar Education Let's Sing Shōka and Learn Beautiful Japanese Language	Yasuhiro Takasaki / NY Rekishi Kenkyu Kai Light meal & drinks: \$20	
18th (Fri)	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 Hall: Ainu Culture & History - Presentation & Screening Documentary on Four Ainu Individuals by Mr. Mizoguchi (10-year community project) Free admission with refreshments	Naomi Mizoguchi (Emmy Award-Winning Filmmaker) / JAA	
19th (Sat)	10:00-17:00	JAA Hall: Let's think about adolescents, their families and human relationships. NY Japanese-American Lions Club 10:00-12:00 Showa TV drama 12:00-13:00 Lunch 13:00-14:00 Lecture "The changing Parent-Child 14:30-15:30 Lecture "The minds, bodies and relationship" 16:00-17:00 Showa TV drama	Haruna Miyamoto-Borg (Clinical Social Work/Therapist) Ryan Phinisee (Senior Director of Admissions Consulting)	
21st (Mon)	13:00-16:00	Hybrid (JAA Hall & Online "ZOOM") : Let's enjoy Haiku!	Mio Tsukushi / NY-Hakobune	
	18:30-20:30	Online (ZOOM): Pensions in Japan & USA	Masayo Sonohara (Certified Social Insurance and Labor Consultant) Overseas Pension Consultation Center (Founder: Shunji Ichikawa)	
22nd (Tue)	10:30-12:30	Visiting Isabella House (525 Audubon Ave., NYC) (1) Leave from the JAA (49 W 45th St.) at 9:30 AM (2) Meet at the library of Isabella House at 10:30 AM	Isabella House JAA Committee on Aging Issues	
	18:00-20:00	Online(ZOOM): What is Life-prolonging treatment ? Hear insights from a family physician and palliative care doctor	Dr. Eriko Onishi (Associate Professor, Oregon Health & Science University) JMSA, JAA	
9/23-10/4		Online (VIMEO): 9/23-10/4 Oral Hygiene and Care Tips from a Periodontist	Yuichi Izumi (Professor Emeritus, Tokyo University of Science) Specialist in Periodontology) / Linen Tree Inc.	
23rd (Wed)	13:00-14:00	Online (ZOOM): Brain exercise keeps you sharp & young.	West Coast Healthy Memory Society	
24th	9:30-13:00	Free Telephone Individual Consultation Will, Health Care Proxy, Living Wills, Power of Attorney /30 min. each	Helen Irie, Esq. , Reiko Takikawa, Esq. Yumi Higashi, Esq. JAA	7
	10:30-11:40	Online (ZOOM): Smart Parenting Strategies for Staying Calm under Reservation→	Yoko Yorihiro(Support Group for Children with Disabilities & Their Families) Shizuko Barnes (School Psychologist) / Apple Time & The Japanese Educational Institute of NY https://forms.gle/defv2h3WQeZMQV4a8	
	12:00-14:00	Special KEIROKAI @JAA Hall Music by Iwaki Band. Fee: \$5 for JAA Senior Members JAA Social Service Lecture by Dr. Kichieon Asoma (Ophthalmologist): Talk about eye diseases like cataracts, glaucoma, macular pucker, and macular degeneration		
	14:00-16:00	Online (ZOOM): Planning for Medicaid Home Care and Basic Estate Planning	Helen Irie, Esq. , Reiko Takikawa, Esq. Yumi Higashi, Esq. JAA	
25th (Fri)	11:00-11:45	JAA Hall: Exercise with the Disco Music wear comfortable clothes, bring socks, a towel, and something to drink	Yoriko Orciuoli (AFAA Aerobics Instructor)	
	18:30-20:30	Online (ZOOM): Individual Consultation (20 min/person) Pensions in Japan & USA	Masayo Sonohara (Certified Social Insurance and Labor Consultant) Overseas Pension Consultation Center (Founder: Shunji Ichikawa)	6
26th (Sat)	11:00-12:00	JAA Hall: Ballet for Adults Chair Barre for Core & Flexibility, Gentle Barre Workout wear comfortable clothes, bring socks, a towel, and something to drink	Hiromi Iseki (Royal Academy of Dance Certified Ballet Teacher) Petit Ange Ballet Up to 15 people	15
	11:00-11:40	Online (ZOOM): Origami	Toshiko Kobayashi, Eunhong Park / Origami Therapy Association	
	18:00-19:00	Online (ZOOM): How to choose the right supplements	Yuka Shichijo (Geriatric Medicine at Mount Sinai Hospital) / Flat	
	19:00-20:00	Online (ZOOM) : Life Balance Workshop	Aiko Brody (All Is Well Coaching)	
9/26-10/4		YouTube: 9/26-10/4 Tax Procedures after returning to Japan: Avoiding Double	Katsumi Naito (Tax Accountant) Japan-U.S. Repatriation Support Center	
27th (Sun)	10:00-12:00	JAA Hall: CPR Workshop for Infant & Adult	Dr. Maki Kano, Dr. Mihoko Tanabe, Dr. Kana Chin, Dr. Mio Sawai / NY Suku Suku Kai	
	13:00-16:00	JAA Hall: How to Move Your Body Gently on Your Back and Knees Health & Relaxation Time with a Nurse — Includes a Smartphone App Tutorial by Japanese Nurses Association of America	Hiroya Kosaki (Physical Therapist)	
	16:00-17:30	Online(ZOOM): Cancer Survivors' Speak-up and Nutrition Seminar Healthy Post-Illness Nutrition Recipes Presented by a NYS Dietitian "My Breast Cancer Journey" Presented by a Breast Cancer Survivor Registration Form→	BC Network Asako Miyashita (US Registered Dietitian) Michiko Fujimori http://bcnetwork.org/	
28th (Tue)	19:00-21:00	JAA Hall: NY Mixed Chorus - Open Rehearsal	Koichi Aiba (conductor), Rikako Asanuma (pianist) / NYMC	
10/2 (Fri)	11:00-12:30	Wako and Beautiful Melodies by Satochiki Concert Featuring the Wako — a Japanese Instrument Inspired by the Erhu (Chinese Two-String Fiddle), Handcrafted with Japanese Wood and Washi Paper	MuSE (Multicultural Sonic Evolution)	
10/3 (Sat)	13:00-14:30	JAA Hall: NY Japanese American Lions Club presents ◆Retirement & Estate Planning for Japanese Individuals and Families - A New York Perspective Satomi Yamaguchi (Representative Director, Japan Relationship Support Association)		
	14:45-16:15	◆Nourishing Your Life in New York Through Home-Style Wellness Cuisine Inspired by the 24 Solar Terms Yuka Sotani (Home-style Wellness Cuisine Consultant) * Individual consultations are available, and special gifts will be offered by both instructors.		
	18:00-20:00	Hybrid (JAA Hall & ZOOM) From Our Generation to Yours: Health Conversation Across Generations	Dr. Erika Mitsui (Anesthesiology Resident, Columbia University) Haruka Kokaze (One Mind – Workplace Mental Health Researcher) / JMSA & JAA	
10/4 (Sun)	10:00-16:30	Family Picnic (Apple Picking & BBQ)@ F.D.R. NY State Park Bus from JAA : Adult \$65, Younger than 12 years old \$35 (BBQ included) *Apple picking is at your own expense		55

		Bus: 55 people (You can also join on your own by car)	NY Japanese-American Lions Club & JAA	
10/9 (Fri)	10:30-11:45	JAA Hall: Parent-and-Child Ballet Exercise and Eurhythmics Class, Up to 20 pairs	Isabella Torres (Ballet Dancer) & Yoshiko Watanabe (Piano & Eurhythmics Instructor) NY Sukusuku Kai	20