

The 9th Sakura Health Fair "Cherry Blossoms, Japanese Culture & Health" 4/8-4/29/2017

Sponsored by JAA, JAMSNET / Supported by Consulate General of Japan in New York

[*Please make your reservation at JAA, 212-840-6942 / info@jaany.org](http://jaa.org)

Place: JAA, 49 West 45th St., 11th Floor, New York, NY 10036 (between 5th & 6th Ave.)

*Highlighted portion of the classes are at another venue. Please check the location specified.

*Free admission but some classes may have fees for materials.

April	Time	Title	Instructors and Organization	Limit
8 Sat	Lions College: Adult Culture Workshop Series		NY Japanese American Lions Club	
	April Refreshing Class for Men & Women Start Spring with Facial & Finger Nails Beauty Treatments!			
	10:00-12:00	The 1st Class: Faicial Facial refreshing course.	Yumi Kannda (Kumamoto, Japan) Salon Kumamoto Corp.	70
	12:00-13:15	Relax with "Rice Balls & Chicken" Lunch and Cherry Leaves Tea (\$8) Make Reservation at JAA 212-840-6942 by 4/5 (Wed.)	Sampling the Kumamoto foods.	70
	13:30-15:30	The 2nd Class; Finger Nails Check your health status with your finger nails. Nail Art & Health Method	Yumiko Kano Sakura Nail & Spa (Kumamoto, Japan)	70
9 Sun	12:00-13:00	Zumba Dance & Stretch	Yoriko Orciuoli (Fitness Instructor)	
	13:00-14:30	Hakobune Haiku Open Workshop	New Haiku Grand Prix Office	15
	13:00-15:00	Let's do art with folded object.	Toshiko Kobayashi, Origami Therapy Association,CJCAT	
10 Mon	10:00-12:00	Free Hair Cut for Seniors - Let's get Spring Hairstyles!	Michi Tahara, Nori Sasaki, Shunsuke Takahashi, Toshiji Kubota, Tomomi Iwata	25
	10:30-12:30	Lymphahtic Massage	Kanako Ishimura (Lymphatic Drainage Treatment Specialist)	20
11 Tue	10:45-11:45	Experiential: Tai-Chi	Etsuko Takahashi, JAA	
12 Wed	11:00-13:00	Demonstration: Urasenke Tea Ceremony	Sochi Sanada, Soritsu Suzuki (Urasenke School)	
	13:00-14:30	Create Happy Life!	Satomi Ban (Life Coach)	
	18:00-20:30	Supplement Safety & Eating: Health Measurement	Mina Kondo, Kaori Kashima (Health Counselor)	
13 Thurs	10:00-12:00	Individual Legal Consultation -non Immigration matters (30 minutes/person)	Reiko Kasano (Attorney)	4
	10:30-12:00	Muscle Training for All Ages	Yumi Hishikawa (Fitness & Yoga Instructor)	
14 Fri	10:30-11:30	Rythmique for Families	Masako Inoue, JAA Apple Kids	20
	13:15-15:00	Experiential: JAA Chrus	Mari Takagi, Yomoya Tanaka, JAACHorus	
	15:30-16:30	Walking without Falling	Yasuho Mori (Athletic Trainer) , Mika Hayashi Clinic	
	18:00-19:30	Dementia Workshop: Let's Learn about Dementia!	Mieko Nakajima (Social Worker/Rutgers University) , Sonon-Kai	
15 Sat	10:00-12:30	CPR for Infants For Pregnant Mothers & Families with Children	NY Suku Suku kai	
	11:00-14:00	The 13th Sakura Matsuri at Flushing Meadows Corona Park Greeting by Ambassador Reiichiro Takahashi, Soh Daiko, JAA Chorus, Okinawa Dance & Song, Hanagasa (Parade), Tea Ceremony Please make your reservation for Bus and Lunch at info@jaany.org /212-840-6942 (Bus Fee: \$5) Place: Flushing Meadows Corona Park, near Queens Museum of Art & Skating Rink		
16 Sun	13:30-15:15	Dementia Supporter Workshop: Let's Learn about Dementia!	Caravan Mate-Keiko Sakagami , Shizuko Kato, Yuko Utada, Junko Schnabel, Masae Fujimoto	
	15:30-17:00	Living with Aroma	Rie Fujii,ARAMA! , JAA Committee on Aging Issues	30
17 Mon	13:00-16:00	Counseling"Health Insurances, Health Problems, Governmental Help etc." at JASSI, 100 Gold St, LL, NY, NY 10038 Reservation: 212-442-1541/info@jassi.org	Japanese American Social Services,Inc. (JASSI)	6
	18:00-20:00	After A Year from the Earth Quake : Report from Kumamoto Support Kumamoto with Music & Food! (Suggested Donation\$20)	JAA & Kyushu no Kai	
18 Tue	13:00-14:00	Experiential: Japanese Calligraphy	Calligraphy Class, JAA	10
19 Wed	11:00-12:30	Find Yourself: Using the Japanese Cards	Setsuko Suzuki (Career Counselor & Life Coach)	20
	12:00-14:00	Experiential: Flower Arrangement (Sogetsu)	Hazue Tamura Rogers (Sogetsu Ryu School)	10
	14:00-16:00	Health Insurance for Students, Unemployed, Pregnant and Children	Kumiko Seki, Takako Hara (Japanese Navigators), JAA, CACF	15

	18:00-20:00	Life Balance Workshop: Make Yourself Confidential	Aiko Brody (Life Coach)	8
	18:30-21:00	Meditation & Listening to the Teaching of Buddha	Rev. Kan Nakura (U.S. Higashi Honganji Temple)	
20	10:00-12:00	Individual Consultation: US Immigration Law (15 min/person)	Mami Terai (Attorney), JAA	8
Thurs	12:00-14:00	Keiro-Kai (Luncheon for Seniors \$5 JAA member, \$8 Non-member), Japanese songs by Iwaki Band	JAA Social Service	
	14:00-16:00	Discussion: Living Alone & How To Survive the Golden Years (#7)	Michiyo Noda, Taeko Nakajima, JAA Committee on Aging Issues	
21	10:30-12:00	Early Detection and prevention:Breast cancer Ovarian cancer YMCA White Plains, 250 Mamaroneck Ave., White Plains Reservation: Apple Time, appletimeny@hotmail.com	Aiko Brody (SHARE), Apple Time	30
Fri	10:45-11:45	Exercise with Parents & Kids	Yoriko Orciuoli (Fitness Instructor)	
	18:00-20:00	OBAMA Care: Special Enrollments for Students, Unemployed, Pregnant and Children	Kumiko Seki, Takako Hara (Japanese Navigators), JAA, CACF	15
22	13:00-16:00	The 10th Breast Cancer Symposium @ New York Women's Cancer: "New Wave of Early detection" Place: Ambassador's Residence, Please make your reservation through BC Network event site, http://bcnetwork.org	BC Network	
Sat	12:30-14:30	Community Café (Tea & Snacks)	Keiko Sakagami, JAA Committee on Aging Issues	10
	14:30-16:30	Movie "Project Happiness" & Discussion	HEIAN	
	16:30-18:30	Awa Odori Dance Super Workshop	Dance Group "Kifune", NY Tokushima Kenjin-Kai	
23	10:00-12:00	Individual Legal Consultation: Family, DV, Living in Japan, etc. (15 min/person)	Yoshiaki Miyamoto (Attorney)	8
Sun	10:00-12:00 13:00-15:00	JMSA New York Life Science Forum for Kids 2017	Japanese Medical Society of America	30 each class
	13:00-14:00	No Scolding Child Discipline - Build the Positive Family Relationship	Dr. Ema Saito, Shizuko Barnes (School Counselor)	
24 Mon	18:00-20:00	U.S. Social Security Benefits	Toru Hayama (Financial Adviser)	
25 Tue	19:00-21:00	Experiential: New York Mixed Voice Chorus	Aya Shimada, New York Mixed Voice Chorus	
26 Wed	17:00-19:00	NYPD Lecture: New York Safety Measures and Counterterrorism	NYPD & Consulate General of Japan in NY	
27	13:00-15:00	Chair Yoga & Total Wellness	Takako Johnson (Yoga Instructor)	
Thurs	17:00-20:00	Discussion with Pregnant Moms & Dads Rice Balls & Tea will be served Fee: \$5	Maki Kano (Pediatrician), Kumiko Seki (Midwife) NY Suku Suku kai	10
28	16:00-19:00	Night Out for Moms with Infants Rice Balls, Tea & Wine will be served Fee: \$5	Dr. Yoshiro Ono, Nozomu Konno (LCSW) NY Suku Suku kai	10
Fri	18:30-20:00	Cherry Blossoms and Japanese Aesthetics	Yasuhiro Takasaki, New York Rekishi Mondai Kenkyukai	
29	9:30-16:30	Japanese Language Education Spring Workshop "Interactive Learning: Local inquiry" Participation Fee applied	Tomoko Shibata(Princeton Univ.), Kayo Nonaka(NYU) Kazue Kurokawa(NYU), Kazuo Tsuda (UNIS) JAA Japanese Language Education	
Sat	9:30-10:30	Lecture by Dr. Yoshiro Ono Parenting Overseas: Adolescent Children&Parents Port Chester weekend Japanese School Port Chester, 113 Bowman Ave., Port Chester	Dr. Yoshiro Ono, Nozomu Konno (LCSW) NY Suku Suku kai	50
	18:00-21:00	Parenting Overseas: Adolescent Children&Parents Rice Balls, Tea & Wine will be served Fee: \$5	Dr. Yoshiro Ono, Nozomu Konno (LCSW), Shizuko Barnes (School Counselor), NY Suku Suku Kai	30

Flyers are made possible by the support from Mitsui Foundation, ANA NY Senior-Kai, NY Japanese American Lions Club and NY Hoshuko Parents Group.