



Honor the Legacy Campaign Reaches \$2.3 Million Goal!

Thanks to the generous support of more than 400 donors, the J-Sei board is thrilled to announce that we've met our \$2.3 million goal to renovate J-Sei's new building and expand services and programs. Join us for a Community Celebration on the afternoon of Saturday May 13 from 1:00 to 4:00. Please call (510) 654-4000 to RSVP and ensure your place.

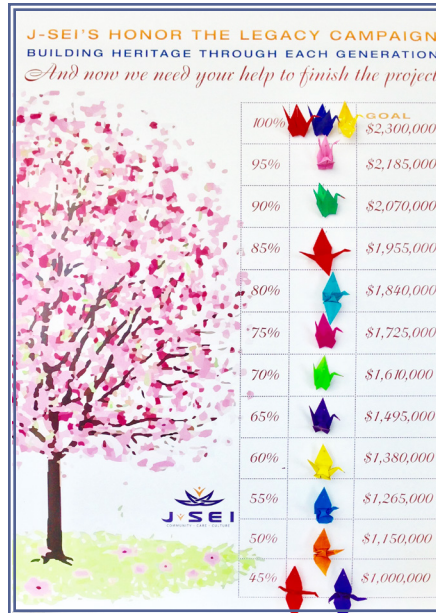


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Save the Date

Immediate Volunteer Needs

MEAL DRIVER VOLUNTEERS

How would you like to bring hot meals and smiles to an older adult who is no longer able to cook or shop for themselves? **J-Sei has a critical immediate need for a volunteer Tuesday driver and a Wednesday driver.** Volunteers can be reimbursed for gas mileage. Most people drive one day a week – arriving around 10:45 and finishing in about 2 hours. Some people share a route driving one to three times a month. Many of our working volunteers deliver meals during their lunch break.

FRIDAY VOLUNTEERS

A big J-Sei goal in 2017 is to provide meals to older adults on Fridays. Currently we are providing hot lunches Monday through Thursday but many people need a healthy meal delivered on Fridays too because they have no access to nutritious food. We can expand to include Fridays, but **ONLY** if we get enough kitchen and driver volunteers. Kitchen volunteers help to prepare, pack and serve lunch items. This shift lasts from 9:30am to 12:30pm. Home delivery lunch drivers begin at 10:45 and are finished within two hours.

As soon as we get enough volunteers, we will be able to provide critical nourishment one more day of the week! **We can serve...**

Newsletter Contributors

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J-Sei

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J-Sei Home

24954 Cypress Avenue
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P: (510) 732-6658
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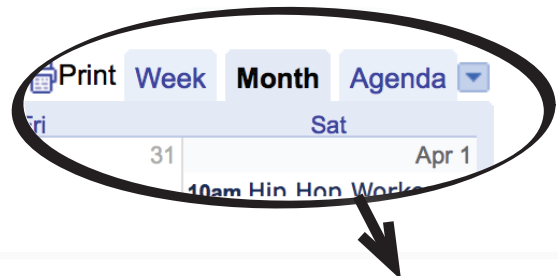
(cont. on p 6)

Introducing the J-Sei On-line Calendar

With the buzz of activities at J-Sei, we would like to offer an easy way for you to find out what is happening at any time. We have weekday classes, weekend programs, special events, and volunteers participating every day. The J-Sei Calendar below shows the activities for the month of April 2017. While J-Sei continues to offer services for seniors, the community programs and activities are open to all ages. Do come join us in person and visit us online at:

j-sei.org/programs

You can choose the monthly view (shown below) or switch to the weekly or agenda view to view our schedule based on your preference.

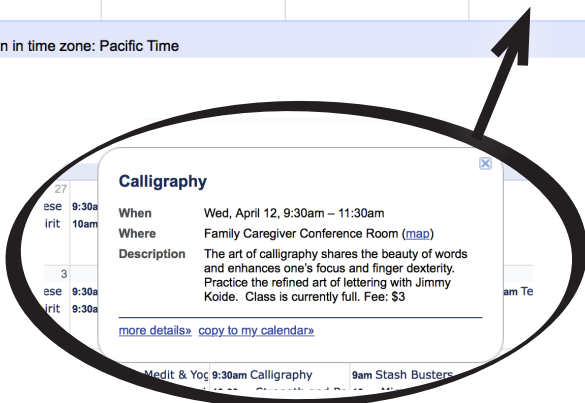


JSei Classes

Today ◀ ▶ April 2017 Print Week Month Agenda

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|-------------------------------|--|-------|
| 26 10am Tanoshii Japanese 11am Feeding the Spirit 12pm Kimekomi Doll | 27 9:30am Integ Medit & Yoc 10am Writing Our Histori +2 more | 28 9:30am Calligraphy 10:30am Strength and Ba 1pm Reiki Wellness | 29 9am Stash Busters 10am Minyo no Odori +3 more | 30 10am Hip Hop Workout | 31 10am Hip Hop Workout | Apr 1 |
| 2 10am Tanoshii Japanese 11am Feeding the Spirit 12pm Kimekomi Doll | 3 9:30am Sewing & Alterati 9:30am Integ Medit & Yoc +4 more | 4 9:30am Calligraphy 10:30am Strength and Ba 1pm Reiki Wellness | 5 9am Beginning Quilting 10am Minyo no Odori +3 more | 6 10am Temari Craft | 7 10am Breaking the Digita 10am Hip Hop Workout | 8 |
| 9 10am Moving Memoir 10am Tanoshii Japanese 11am Feeding the Spirit | 10 9:30am Integ Medit & Yoc 10am Writing Our Histori +2 more | 11 9:30am Calligraphy 10:30am Strength and Ba +2 more | 12 9am Stash Busters 10am Minyo no Odori +3 more | 13 10am Healthy Jpnse Cook | 14 10am Breaking the Digita 10am Hip Hop Workout 11am Healthy Jpnse Cook | 15 |
| 16 10am Tanoshii Japanese 11am Feeding the Spirit 12pm Kimekomi Doll | 17 9:30am Sewing & Alterati 9:30am Integ Medit & Yoc +3 more | 18 9:30am Calligraphy 10:30am Strength and Ba +2 more | 19 9am Beginning Quilting 10am Minyo no Odori +3 more | 20 10am Temari Craft | 21 10am Breaking the Digita 10am Hip Hop Workout 11am Optimize Your Eatir | 22 |
| 23 10am Moving Memoir 10am Tanoshii Japanese 11am Feeding the Spirit | 24 9:30am Integ Medit & Yoc 10am Writing Our Histori +2 more | 25 9:30am Calligraphy 10:30am Strength and Ba 1pm Reiki Wellness | 26 9am Stash Busters 10am Minyo no Odori +3 more | 27 10am Hip Hop Workout | 28 | 29 |
| 30 10am Tanoshii Japanese 11am Feeding the Spirit 12pm Kimekomi Doll | May 1 9:30am Sewing & Alterati 9:30am Integ Medit & Yoc +4 more | 2 9:30am Calligraphy 10:30am Strength and Ba 1pm Reiki Wellness | 3 9am Beginning Quilting 10am Minyo no Odori +3 more | 4 10am Temari Craft | 5 10am Cooking Risotto wit | 6 |

Events shown in time zone: Pacific Time Google Calendar



For details, click on a program title to find its time, site location, description and suggested donation.

J-SEI CLASS HIGHLIGHTS

Health, Healing, & Wholeness

Feeding the Spirit **Mondays, 10-11:30 am**

Most of us are usually thinking about what happened yesterday or what might happen tomorrow. We then can miss what's going on right now. When was the last time you stopped to enjoy the sun on your face or really listened to a bird's song? Noticing and appreciating these simple moments can bring joy into your life and help cope with the changes all around us. We will learn how to use the breath to relax the body and the mind. A calmer mind can see things more clearly. Alan Maeda spent the past three years as the primary caregiver for his mother, and created a space in Maui to facilitate community dialogue. Come join as we create a new space at J-Sei. Suggested donation: \$2-\$5

Integrative Yoga and Meditation **Tuesdays, 9:30-10:30 am**

Integrative Yoga and Meditation is designed for every body. Through mindful movements, gentle stretching and breath work, we will energize our body and calm our mind. This class integrates yoga, meditation, reiki and acupressure.

Phiroozeh Petigara, a writer and educator based in Oakland, works extensively with older adults and designs quality programming in yoga and meditation, dance, and writing. Fee: \$6/seniors; \$8/general

Tai Chi Chuan **Tuesdays, 1- 2 pm**

As a gentle martial art, Tai Chi Chuan brings together the mind and body through the practice of movements and form. Tai Chi is a safe, rewarding activity for all ages that can improve health, increase strength, balance, flexibility and dexterity. By calming the mind, we relax the body, reduce stress, and feel a sense of enhanced energy. The class is adapted for seniors at all levels. Nobuo Nishio has been teaching Tai Chi for 18 years in Berkeley. Fee: \$5/general

Qi Gong **Wednesdays, 1-2 pm**

Qigong is an integration of physical postures, breathing techniques, and focused intentions. The Dayan Qigong (Wild Goose) set enhances the circulation of Qi, the vital life force within the body. Continuous practice can help improve flexibility and balance and strengthen the body and

its immune system. Fee: \$5/general Begins April 5th.

Reiki Wellness **Wednesdays, 1-3 pm**

Reiki means "universal life force energy" in Japanese. Through a gentle hands-on technique, Reiki has a profound effect on many forms of dis-ease. A treatment removes toxic energy and substances from many levels of one's being, be it physical, emotional, mental or spiritual. It restores positive energy flow within the body enhancing the body's natural ability to heal itself. Please sign up for a 20-minute treatment that is open to all ages. The fee is donation-based.

Jump Start Your Saturday Hip Hop Workout at J-Sei **Saturdays, 10-11 am**

A new Saturday series for all ages & all levels to keep us fit and moving. Sweat and groove to this upbeat, fun and friendly hip hop dance workout to contemporary, retro, reggae and R&B music. Bring a friend or family member. Seniors \$10/class; Adults \$12/class; Youth \$5/class



J-SEI EVENTS & WORKSHOPS

J-Sei Engagements

Events held at J-Sei. RSVP is requested. Donation at door accepted.

Breaking the Digital Age Barrier – 4 Wednesdays 1-3 pm; 4 Saturdays 10-12 noon

Moving beyond the digital divide is no easy task for retirees and older adults with the sharp learning curve, consumer overload of products, and rapidly advancing technology. With the digital age continuing to expand, how can we make a connection? Learn from UC Berkeley students who are trained and motivated to teach you all you need to know about your iPad, iPhone, or Android Tablet. The clinics will include introductory classes and individualized one-on-one instruction. Reservations are requested, but drop-ins are welcome. Suggested donation of \$5. Dates: Wed, Mar 15, 22, April 12, 19; Saturdays, March 18, April 8, 15, & 22.

Nourishing Health for Seniors According to Chinese Medicine – MONDAY LECTURE, April 10, 12:15 – 1:15pm

Marion Wei, LAc and Elena Lee, LAc, PharmD will present basic principles to nourish health according to Chinese Medicine. They will address areas such as diet, sleep habits, exercises, and positive emotions that help bring a healthy balance. There will also be a short qigong demonstration and instructions for acupressure and simple self-massage.

Healthy Japanese Cooking – Ohanami Bento - Fri, April 14 (10-12) or Sat, April 15 (11-1)

Once a year, the much-anticipated cherry blossoms bloom in April, and throughout Japan, Hanami (flower viewing) parties are hosted under the flowering trees. People gather with family and friends for a picnic, feast on Ohanami bento and toast with sake and beer. The colorful obento (packed meal) celebrate the delicate blossoms and the arrival of spring, where pink, red and orange hues highlight the array of foods, using items such as shrimp, salmon, carrots, or sakura (cherry blossom) leaves. Fresh spring ingredients add delight, and simple tasty foods that can be enjoyed warm or cold are prepared. Class Fee: \$25/senior; \$35/general.

Optimize Your Eating with Ayurvedic Cooking - Saturday, April 22, 11-1

Join Izumi Hirayama, an Ayurvedic Practitioner, in this hands-on workshop, to learn healing properties of herbs, spices & kitchen ingredients, and make a tasteful meal together that is easy to digest and supports our well-being. We are not only what we eat, but we are what we digest—according to Ayurveda, a holistic healthcare system that originated in India over 5000 years ago. This ancient science teaches us to live in harmony with the basic laws of nature and to recognize the power of self-healing within us. As the digestive system is the main door to nourish our whole system, Ayurvedic cooking focuses on preparing food for optimal digestion and absorption.

Cooking Risotto with Cinzia – Friday, May 5, 1 - 3 pm

Risotto is a Northern Italian rice dish cooked in a broth to a creamy consistency. Risotto can be traced back to the eleventh century when short grain rice was brought to Italy from the Far East and remains a staple in the northern regions, often preferred over pasta. Cinzia Bartolomeo, J-Sei case manager, is an avid cook and enterprising food connoisseur. Learn to create Risotto using a vegetable broth and seasonal vegetables cooked in white wine, and adding butter and cheese to

create an incredible rich and tasty dish. While the ingredients are simple, the preparation is time-consuming, but the results are deeply satisfying that open endless possibilities for variations on this classic dish. Class fee: \$25/senior; \$35/general.

Asian Day Celebration - Thursday, May 11

In celebration of Asian Pacific American Heritage month, J-Sei has been recognizing the contributions our seniors make that adds to the vibrancy of the community. This year, we will share and display the works by J-Sei classes at our new facility that will extend through J-Sei's Open House. We hope you will join J-Sei as we celebrate Asian Day with a special lunch, music, dance, and activities! The event will be held from 11:30 to 2:00 pm. Reservations are required as seating is limited. RSVP deadline is May 5, 2017. Donation: \$10/person.

J-Sei's Open House – Saturday, May 13, 1 to 4 pm

Please save the date and bring family and friends to celebrate the Open House of our new facility that will be held on Saturday, May 13, from 1 to 4 pm. See feature article on page 7 for more details.

Exercise for A Long and Healthy Life – Mondays, May 15 & 22, 1 to 2 pm

Join guest Chizu Hiroyama, Director of the Healthy Communication Network from Sapporo, Japan who will teach Anti-Aging exercise routines that are practiced for general health and well-being. Experience a new form of movement with preventative tips to balance common age-related ailments such as metabolic syndrome, or knee and hip pain. The lecture will be given in Japanese with translation. All levels are welcome. Reservations are requested. Donation: \$5

Healthy Japanese Cooking – Season of Summer – Fri, June 2 or Sat, June 3

The Healthy Japanese Cooking classes with Yumiko Suzuki began with the "Season of Summer" in 2016. To welcome in this summer season, we will present new dishes for an Ichiju-Sansai meal that consists of a bowl of rice, soup, one main dish, and two side dishes. For the warm summer months, a seasonal meal may consist of cold, sour, and refreshing dishes to keep the body cool and replenished. Sign up for Friday, June 2, 1 - 3 pm; or Saturday, June 3, 11 am-1 pm. Class Fee: \$25/senior; \$35/general.

J-Sei Class Listing

ART AND WRITING

- Calligraphy, Wed 9:30-11:30
- Watercolor Painting, Th 12:30-2:30
- Writing Our Histories, Tu 10-11:30

HANDCRAFT ART & SEWING

- Polymer Clay Design, Th 12:30-2:30, 1st & 3rd
- Sewing & Alteration, Tu, 9-11:30, 2nd & 4th
- Stash Busters, Th 9-12, 1st & 3rd

CULTURAL ART & MUSIC

- Kimekomi Doll Making, Mon 12-3, 2nd & 4th
- Temari Craft, Fri 10-12, 1st & 3rd
- Minyo no Odori (Japanese Folk Dance), Th, 10-11:15
- J-Sei Sings, 2nd Tues 10-11,
- Beginning Ukulele, Wed 10:45-11:45
- Community Ukulele, Th 12:30-2:30

EDUCATION

- Monday Lecture, 2nd Tues 12:30-2
- Beginning Japanese Class, Th 1-2 pm
- Tanoshii Japanese Conversation, Mon 10-11
- Bridge Club, Th 12:30-2:30 (tba)
- Mah Jong Club, Th 12:30-2:30

HEALTH & WELLNESS

- Feeding the Spirit, Mon 11-12:30
- Healthy Japanese Cooking, Fri & Sat
- Integrative Yoga & Meditation, Tu 9:30-10:30
- Hip Hop Workout, Sat 10-11
- Strength & Balance, Wed 9:30-10:30
- Tai Chi Chuan, Tu 1-2
- Qi Gong, Wed 1-2
- Reiki Wellness, Wed 1-3, by appointment

Introducing Tiffany Nguyen

Tiffany Nguyen has most recently worked for a large senior independent living apartment where she was responsible for facility operations and hosted activities and events for the older adult residents. She has a wonderful background in property management and tax credit housing. On her days off, she enjoys spending time with her two precious little girls and shopping. Her focus in life is to have good health and to be happy. We are so lucky to have her help with facility maintenance and operations. Welcome Tiffany!

Immediate Volunteer Needs *(cont. from p 1)*

...more people but can only do this with more volunteer help. This will be one of the most rewarding volunteer experiences you have.

Seniors depend on our nutritious hot lunches for their health and wellbeing. We appreciate your time to help – please share this request widely as we need to fill these gaps right away.

Please contact Senior Nutrition Coordinator Vera Yamamoto, MA RD, for more information. Vera@j-sei.org or 510-654-4000.

J-Sei Community Open House

Saturday, May 13, 1 - 4pm

Help J-Sei celebrate our collective efforts to move into our new building and to expand our senior services and cultural programs. To commemorate this important event we will hold a special ritual, the KAGAMIWARI (cask-breaking ceremony). Live entertainment from taiko, ukulele and odori groups, a presentation of senior art work and products from J-Sei classes will fill our time together. Save the date – Saturday, May 13 from 1pm – 4pm. Please check our website for more information or call us at 510-654-4000. RSVPs required by May 5.

J-Sei Home

Please join us at J-Sei Home! We welcome families to learn more about J-Sei Home. J-Sei home is a warm homelike state licensed Residential Care Facility for the Elderly (Assisted Living) home. With an average of 11 residents, the personalized care and attention help older adults who are no longer able to manage on their own. Come see how wonderful living here can be with a classically trained Japanese chef creating our meals, and caring staff. Please call Mary at (510) 732-6658 or email her at mary@j-seihome.org.

26th Annual Crab Feed

Thank you all for attending J-Sei's 26th Annual Crab Feed. With a welcome break from the rain, over 550 people enjoyed the fresh Dungeness crab dinner and many dined at the El Cerrito Community Center laughing with friends and listening to the Glen's Jazz Trio. J-Sei's member organizations again were so generous with volunteers, dessert, raffle prizes, donations and ticket sales. Youth support from UCB's Alpha Phi Omega and the Nikkei Student Union gave us an extra boost of energy and help. Ben Takeshita served as our wonderful master of ceremonies and we want to acknowledge Susan Shimamoto and Glenn Shinsako for their culinary skills. A special thanks to Karol and Russel Doi, Johnny Ng and Mari Nakamura who managed the kitchen activities, and Elaine and Satoshi Steinmetz for their wine donations. What a fun event led by event chair Matt Morizono and committee members Grace Goto, Amy Shinsako, Diane Wong and Kay Yatabe. We appreciate everyone's support!





Healthy Japanese Cooking with Yumiko Suzuki

J-Sei's Senior Nutrition

It is so nice to see J-Sei continually evolving to meet the community's needs. Even though I've been only here for a little more than a couple of months, our clients for home delivered meals and dining in meals have increased! It's great to see more classes offered to bring seniors into our J-Sei home.

As a registered dietitian nutritionist, I feel that it is extremely important to keep seniors in optimal health. Going to visit seniors in their homes and discussing nutrition is the most rewarding gift J-Sei gives me. I love it when I am able to see the family in order to answer any nutrition and diet questions they may have.

I want thank our core J-Sei team and our valuable volunteers for making J-Sei their home also, bringing in their expertise to our nurturing environment. I feel overwhelmingly welcomed by everyone, supporting me and offering great ideas.

Thank you for joining us for our New Year Luncheon; I hope we all had a chance to mingle with each other, meet new friends, and enjoy Musashi's wonderful New Year obento together.

March is National Nutrition Month! During the next few months, lunches on the menu will be lighter as we move into Spring, incorporating more soba and udon. But just because we are eating lighter, it doesn't mean that we forget our favorite variety of iron protein foods that keep us strong and energized.

Take care. Keep those great ideas coming!

*Vera S. Yamamoto, MS, RDN
Senior Nutrition Coordinator, J-Sei, Inc.
Registered Dietitian Nutritionist*

Join us for an evening of delightful tastes and sips from Bay Area restaurants, caterers, wineries and microbreweries. Silent auction and live music throughout the Julia Morgan-designed Berkeley City Club will provide the perfect ambience for a grown-up Friday night.

Friday, April 21, 2017

6:00^{PM} to 9:00^{PM}

Berkeley City Club
2315 Durant Avenue · Berkeley

J-SEI PRESENTS

flavors of
SPRING

A BENEFIT TO SUPPORT CRITICAL FUNDING TO J-SEI'S SENIOR SERVICES AND CULTURAL PROGRAMS

FOR EVENT TICKETS

PURCHASE ONLINE

<http://flavorsofspring2017.bpt.me>

OR

DETACH + RETURN FORM BELOW TO:

J-Sei, 1285 66th Street, Emeryville, CA 94608

SPONSORS+VENDORS Partial list as of 02.28.17

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POSTINO
PRESTON'S CHOCOLATES
PURITY ORGANIC
SUNSET 29



A big thank you to
UNION BANK
for a long history
of partnership

YES! I WILL ATTEND FLAVORS OF SPRING

NAME _____ PHONE _____

ADDRESS _____ CITY _____

STATE _____ ZIP _____ EMAIL _____

NUMBER OF TICKETS @ \$75 EACH: _____ CHECK ENCLOSED (payable to J-Sei) \$ _____

I AM UNABLE TO ATTEND. PLEASE ACCEPT MY CONTRIBUTION OF \$ _____

Sponsorships available. For sponsor or additional information ~ flavorsofspring@gmail.com or www.J-Sei.org

Your name(s) will be held at registration. Guests must be 21 years or older. J-Sei is a 501(c)(3) nonprofit organization.

The per person value over \$55 is tax deductible to the extent allowable by law.

BENEFITS CHECK UP:

A Free Online Service of the National Council on Aging

Written by Cinzia Bartolomeo

The Benefits Check Up team monitors statewide and national benefits programs for updates and changes in policies. They match individual needs to benefits programs and eligibility requirements.

How does it work?

- **You answer a few questions** on the website to personalize the initial report.
- **Search for benefits** confidentially in order to find the programs that meet your unique individual needs
- **See how to apply** by reviewing the custom report, learn more about benefits, and start enrolling in programs

Benefits Check Up can help an individual learn more about benefits related but not limited to:

- **Medications:** save money on medications and other health care costs such as copays and deductibles
- **Health Care:** check eligibility for programs that can provide health insurance that pays for medical costs. Examples includes Medicare Savings Programs, State Medicaid Programs, Health Centers For Primary Health Care and Dental Services and Program of All-inclusive Care For The Elderly (PACE)
- **Income Assistance:** check eligibility for programs that can provide cash assistance to pay for basic needs such as food, clothing, and shelter. Examples include Supplemental Security Income (SSI), General Assistance (GA), Retirement Programs
- **Food and Nutrition:** check eligibility for nutrition assistance programs such as Supplemental Nutrition Assistance Program (SNAP), Home Delivered and Congregate/Group Meals, Emergency Food Assistance Program (TEFAP)
- **Housing and Utilities:** check eligibility for housing programs that help find affordable housing or keep ones' homes. There are also home repair programs that can help fix critical and safety issues at home or pay for household utilities (heating, cooling and phone).
- **Tax Relief:** check eligibility for benefits such as homestead exemptions, rebates, credits, and deductions
- **Veteran:** apply for programs that help veterans and their family. Examples of veterans programs include Veteran Pensions, Vocational Rehabilitation Services, Home Loans and Special Housing Grants, Aid and Attendance & Homebound Benefits.

To start the search for help and assistance please visit the website www.benefitscheckup.org .

SENIOR CENTER PARTNERSHIPS

Berkeley Nikkei Center

1901 Hearst Street, Berkeley
(510) 809-5202
Director: Kayo Fisher

2nd Saturday - 10 am to 2 pm: exercise, yoga, sing-a-song, art and craft, calligraphy or sumi-e, dance, blood pressure clinic, entertainment and fundraising, home-made Japanese lunch

4th Saturday - 10 am to 2 pm: Celebration of the month birthday, art and craft, hot Japanese Lunch (\$3)

Extending Connections

Buena Vista United Methodist Church
2311 Buena Vista Avenue, Alameda
(510) 522-2688

It's a time for fellowship, to learn new things, and enjoy support and encouragement from each other.

Meets on the 2nd and 4th Wednesdays of each month from 9:30am-1pm at Buena Vista Methodist United Church in Alameda. Each Wednesday begins with fitness using stretch bands, weights, and Tai Chi followed by a coffee break and sing-alongs to old Japanese and American classics. Lunch is served at 12pm; special program from 11am-12pm; birthdays are celebrated on 2nd Wednesdays. A \$2 donation to the church is requested. For more info, contact (510) 522-2688. See you there!

Eden Senior Center

EDEN Japanese Community Center
710 Elgin Street, San Lorenzo
(510) 276-9786

The Eden group comes together on the 2nd and 4th Thursday each month from 10 am to 1 pm.

Volunteers provide leadership and support for all program activities. Activities include exercise, singing and crafts, birthday and holiday celebrations, movies, occasional speakers and lunch. The Eden group also goes on field trips during the year. Contact the center directly for dates.

For more information, please contact the center on the 2nd or 4th Thursday of the month.

Sakura Kai Open House Senior Center

6500 Stockton Avenue, El Cerrito
(510) 778-3406 | 8:00 am - 3:00 pm
Coordinator: Setsuko Doi

Cultural and educational programs for seniors on 1st and 3rd Saturdays.

Our classes help enhance health with yoga, taiko, hula and line dance; improve skills in technology and self-improvement in karaoke, calligraphy; ukulele with crafts and Mah Jong games; socialize and enjoy delicious Japanese lunch; celebrate monthly birthdays.

First Saturday

Taiko, Mah Jong, craft / origami, iroiro, blood pressure screening, conversational Japanese, sit down and stretch yoga, men's group, English Wi-Fi, karaoke, line dance, Japanese computer/Wi-Fi

Third Saturday

Taiko, Mah Jong, craft / origami, Japanese calligraphy, iroiro, ukulele, conversational Japanese, light exercise or laughter and health, men's group, line dance, English Wi-Fi, conversational English, Japanese computer/Wi-Fi, music bell



*Join Us for Flavors of Spring
April 21, 2017*

Staff Contacts

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Save the Date!

- Apr 10** Monday Lecture: Nourishing Health for Seniors According to Chinese Medicine
- Apr 14/15** Healthy Japanese Cooking: Ohanami Bento
- Apr 21** Flavors of Spring
- Apr 22** Optimize Your Eating with Ayurvedic Cooking
- May 1** Monday Lecture: Feeding the Spirit
- May 5** Cooking Risotto with Cinzia
- May 11** Asian Day Celebration
- May 13** J-Sei's Community Open House
- May 15/22** Exercise for a Long and Healthy Life
- May 29** Memorial Day: J-Sei Closed
- June 2/3** Healthy Japanese Cooking: Season of Summer