



Dear J-Sei Community,

Community support is the lifeblood of any service organization like J-Sei. That support comes in many forms – volunteers and financial to name but a few. And what that support enables is the ability and confidence to expand existing capabilities and envision even more ways to serve the community that supports us.

That community support will be my strongest memory of the eight years I served as J-Sei Board President. Over that time, any doubts I had about J-Sei’s ability to live up to its legacy were erased by the steadfast collective commitment I came to realize could be called upon again and again. This is a measure of the strength of the J-Sei community.

I am profoundly grateful and proud to have had the privilege of serving as Board President. There are many who made my tenure as president so rewarding and enjoyable, and thanks to them all. I leave office with a sense of accomplishment, confident that J-Sei’s future is bright under the leadership of new Board President Aki Nakao.

Gratefully yours,

Ned Isokawa

Doing More; Looking Ahead

Thanks to the creativity and leadership of J-Sei staff, new offerings to the community have recently expanded to engage more individuals in meaningful activities and socialization. Jill Shiraki, Education Coordinator is extremely creative about the cultural events and classes that have reached hundreds of individuals. Furthermore, she helped launch a new men’s group and more caregiver support programs. Tara Kawata, Senior Services Manager implemented the new food pantry and a six-week evidence based wellness course. Karen Chiba-Waters, Program Coordinator also initiated a Japanese speaking social group that is growing in participation. J-Sei is fortunate to have such compassionate and skilled talent within the organization. Please take the time the look over our on-line program schedule www.j-sei.org for the most up-to-date information and don’t hesitate to join in!

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J-Sei

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info@j-sei.org
www.j-sei.org

J-Sei Home

24954 Cypress Avenue
Hayward, California 94544
P: (510) 732-6658

J-Sei Class Listing

ART AND WRITING

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

CULTURAL ART & MUSIC

- Kimekomi Doll Making, 2nd & 4th Mon, 12-3
- J-Sei Sings, 1st Tu 10-11
- Ukulele Basics, Tu 11:15-12:15 (6-week sessions)
- Community Ukulele, Tu 12:30-2:30
- Beginning Ukulele, Wed 10:45-11:45
- Minyo no Odori (Japanese Folk Dance), Th 10-11:15

EDUCATION

- Tanoshii Japanese Conversation, Mon 10-11
- Japanese Basics 1, Th 12-1
- Japanese Basics 2, Th 1-2
- Mah Jong Club, Th 12:30-2:30
- Japanese Movie Night, 2nd Fri 5-8

HANDCRAFT ART & SEWING

- Sewing & Alteration, Tu, 9-11:30 (Date Varies)
- Handcrafting w/ Fabric & Fibers, 1st & 3rd Th 9-11
- Japanese Craft, 1st & 3rd Fri, 10 -12

HEALTH & WELLNESS

- Let's Talk w Satsuki Ina, 2nd Mon 12:30-2
- Tai Chi for Arthritis & Fall Prevention, Mon 1-2
- Gentle Yoga, Tu 10-11
- Family Caregiver Support Group, Tu 10:30-12
- Tai Chi Chuan, Tu 12:30-1
- Tai Chi for Arthritis, Tu 1-2
- Reiki Wellness, Wed 12:30-3, by appt (no session the 1st Wed)
- Strength & Balance, Wed 9:30-10:30
- Qi Gong, Wed 1-2
- Kikoh w/ Masanori Naito, 1st & 3rd Sat, 10:30-12

Workshops

Tai Chi for Arthritis & Fall Prevention *new* Mondays, 1-2 pm

Improve your strength, balance, flexibility, and dexterity. Based on Dr. Paul Lam's Tai Chi for Arthritis and Fall Prevention program which has been taught to millions world wide, the course is recommended by the Arthritis Foundation and the Center for Disease Control & Prevention.

Boro Boro Bag Saturdays, September 7, 14, 15 & 28

Literally translating to "rags," or "scraps of cloth", Boro is a symbol of Mottainai "to use everything and waste nothing." Create this bag using 22 squares of scrap fabric. You can also trade squares in the class. You can make a medium or large size bag depending on the size of your square. Both size sample bags will be available to help you decide. Workshop fee: \$50 Limited space so register now. A supply list is provided upon sign up.

Mono no Aware: A 2-Day Experimental Art Workshop Sat, Sept 20 & Sun, Sept 21, 1-4 pm

Using ink and smoke, artist Patrick Hayashi will guide participants in exploring the concept of Mono no Aware, translated as "a gentle sense of sadness in the passing of all things." Ink will be used to create abstract expressions of basic human emotions, e.g. joy and, sadness, hope and despair, intimacy and isolation. Then, smoke from a flame will be used as the source to paint landscapes that express these emotions. This workshop is open to people of all levels of artistic experience. All supplies will be provided. To rsvp, contact jill@j-sei.org. Space is limited. For examples of Pat's work, including his smoke paintings, please visit PatrickHayashi.com. Donations welcome.

J-Sei Engagements Art Exhibitions & Special Programs

**Events held at J-Sei unless otherwise noted. RSVP requested. Donation at door accepted.*

Topaz Stories: Engaging with Our Stories J-Sei Gallery Exhibit from June 1 to Sept 29

Don't miss Topaz Stories, a visual writing installation at J-Sei. Visit the gallery to read stories, remember, and inspire your own muse. Friends of Topaz, a local Bay Area committee that provides community support for the Topaz Museum in Delta, Utah, has been collecting stories over the past two years. The collection is comprised of short written narratives based on family memories of the WWII incarceration at Topaz, and includes digitized historic photos and archival materials. Gallery Hours: M-F 2 to 5 pm, and by appointment.

In the Summer: Japanese Favorites J-Sei Sings and a special performance by jazz guitarist Hideo Date Tuesday, July 16, 1 to 2:30 pm

Did you know that singing is good for the heart and soul? Join us for an afternoon of favorite songs presented by J-Sei Sings, lead by Carol Newburger and Emiko Katsumoto. Then, enjoy a special performance by jazz guitarist Hideo Date, who will share his original compositions of Japanese classics and blues. His unique fingerpicking style expresses alluring sounds that soothe the soul.

In the Summer: Breezy Island Tunes J-Sei Ukulele Ensemble with Susan Sullivan Tuesday, July 23, 1 to 2:30 pm

Whistling, humming, swaying to a melodic tune brings ease to the body and sparks delight. Why not share the joy alongside the J-Sei Ukulele Ensemble with band leader Susan Sullivan.

Obata's Travels, an art talk and update with ShiPu Wang August 17, 2 to 4 pm

Hear from curator ShiPu Wang as he shares behind-the-scene stories and photos of the many travels that the exhibition, "Chiura Obata: An American Modern," has had so far. The exhibit had a blockbuster summer at the Utah Museum of Fine Arts in 2018, thanks to many of you, and concluded its seven-week, successful run at the Okayama Prefectural Museum of Art in Japan in March. The exhibition will next be on display at the Crocker Art Museum in Sacramento from June 23 to September 29, 2019. We hope you will all help spread the word and make the Obata exhibit at the Crocker another blockbuster, before it heads to the Smithsonian American Art Museum (Nov 27, 2019 to May 25, 2020). Join us for an art talk, tea & refreshments. RSVP requested.

Iced in Paradise, a new mystery series by Naomi Hirahara Sunday, August 25, 12 noon

Join us for brunch and a book reading with the delightful and inventive author Naomi Hirahara as she shares her new series introducing Leilani Santiago in *Iced in Paradise*. And hear about Naomi's life as a prolific writer with a collection of books, with mystery series from Mas Arai to Ellie Rush, and non-fiction books on Japanese American community history, from gardeners to growers to fishermen. Naomi Hirahara is the Edgar Award-winning author of the Mas Arai mystery series. Also nominated for the Macavity and Anthony awards, the series includes *Summer of the Big Bachi*, *Gasa-Gasa Girl*, *Snakeskin Shamisen*, *Blood Hina*, *Strawberry Yellow*, and *Sayonara Slam*. She is also the author of the Ellie Rush series and the new *Life After Manzanar* (Heyday). Please rsvp for brunch, book reading, followed by book sales and signing.

Health & Wellness

Workshops scheduled for September 2019, exact dates TBD, visit j-sei.org/classes for updates

Film Screening: Alternative Facts Saturday, August 31, 3 to 5 pm - Location TBD

ALTERNATIVE FACTS: The Lies of Executive Order 9066 is a one-hour documentary feature film about the false information and political influences which led to the World War II incarceration of Japanese Americans. ALTERNATIVE FACTS sheds light on the people and politics that influenced the signing of the infamous Executive Order 9066, which authorized the mass incarceration of nearly 120,000 Japanese Americans. The film exposes the lies used to justify the decision and the cover-up that went all the way to the United States Supreme Court. ALTERNATIVE FACTS also examines the parallels to the current climate of fear, attitudes towards immigrant communities, and similar attempts to abuse the powers of the government. A Q&A with filmmaker Jon Osaki and narrator Joseph Tsuboi will follow. Co-sponsors (partial list): Berkeley JACL, J-Sei, Oakland Asian Cultural Center, and Nikkei Resisters.

Then They Came For Me, a multimedia exhibit at SF Presidio Extended by popular demand until Sept 1

Then They Came for Me is a timely exhibition that examines the terrifying period in U.S. history when the government scapegoated and imprisoned thousands of people of Japanese ancestry. This multimedia exhibition draws parallels to tactics chillingly resurgent today featuring imagery by noted American photographers Dorothea Lange and Ansel Adams, alongside works by incarcerated Japanese American artists Toyo Miyatake and Miné Okubo, and contemporary artist Dana Kawano's Kasa Project and photographs by Paul Kitagaki. The exhibition has attracted thousands of visitors representing a wide cross-section of audiences that have included descendants of and former incarcerated with public programs, school and private tours, and educational workshops. Gallery Hours: Wed-Sun, 10 to 6 pm. For a list upcoming programs, visit www.thentheycame.org

Family Caregiving: Memory Loss, Memory Care

Does any loss of memory signify dementia? Isn't memory loss a normal part of aging? We often hear that because someone is old, memory problems are "just natural" and are to be expected. But we know that serious memory loss is not a normal part of aging, and should not be ignored.

What does it mean for someone to have dementia? Dementia can describe a group of symptoms that includes short-term memory loss, confusion, the inability to problem-solve, the inability to complete multi-step activities such as preparing a meal or balancing a checkbook, and, sometimes, personality changes or unusual behavior.

In this informational workshop with the Family Caregiver Alliance, we will learn about memory issues and dementia. We will explore ways we can provide support and ensure the safety and care with those with dementia as caregivers, family members, and friends. RSVP requested to jill@j-sei.org.

The Conversation Continues: Go Wish

As a follow-up to the past presentation, we have invited back Janet Thompson with the East Bay Conversation Project, to engage us in "Go Wish", a card game that helps us think about what matters most to us in our lives and how to apply it to advance care planning. What wishes and choices do we have as we prepare for end-of-life care? How do we continue the conversation and share our wishes with family, friends and health care professionals. The East Bay Conversation

J-SEI NEWS

Project is a community-wide coalition dedicated to promoting understanding and engagement in “The Conversation” about advance care planning. Join us for a game of “Go Wish”. RSVP requested.

Diabetes Self-Management Program

Join this interactive workshop designed to help teach you the skills needed to maintain and/or increase life’s daily activities and manage your type 2 diabetes. The program was developed by Stanford University to help you manage your diabetes symptoms, tiredness, pain, and emotional issues, by helping you learn skills to better manage your diabetes day to day. This evidence-based program

Welcome New Board Member Pam Honda

I would like to thank the J-Sei board for giving me this opportunity to work with them and for such a meaningful organization. I worked for forty years in healthcare. First as a medical technologist, as an application programmer for health information systems and lastly as a director of end user support of Kaiser Permanente’s information systems. My experience at work and personally has taught me the importance of a healthy body, mind and soul. That, along with continuing to learn and appreciate Japanese culture and tradition have always been important to me. I believe the programs at J-Sei target all this and so much more! I am very excited and eager to begin work to support and enrich existing programs while exploring opportunities to add to the services provided. I’m looking forward to exploring how we grow our area of impact while continuing to provide new and improved nutritional and cultural programs that enhance the lives of those we serve. Thank you, again, for this opportunity to work with an incredible group of people!



Flavors 2019!

The sixth annual Flavors of Spring event was a hopping hit! Private Practice Band provided live R&B music that resulted in a very spirited and crowded dance floor. The wide variety of food and wine and fun silent auction prizes energized the enthusiastic audience. So many individuals and companies helped to raise important funds for senior services and cultural programs.

J-Sei is appreciative to the generous sponsors, restaurants, caterers, wineries, breweries, performers. Special thanks to Mari Nakamura Design, for her generous contribution of time and skill. A full event photo album link can be located on our Flavors of Spring Facebook page. Thank you and see you next year!

Special thanks to Mari Nakamura Design, for her generous contribution of time and skill and to the following donors:

SAKURA

- Kei Matsuda + Charles Rick
- Hide Oshima

MATSU

- Kaiser Permanente

TAKE

- Abacus Products Inc.: Greg + Aili Yoshii
- Alesco Advisors: Katharine Earhart
- Anonymous
- Belmont Village
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- Boxer & Gerson, LLP
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- Blaine Honda, DDS
- Mechanics Bank
- Minami Tamaki, LLP
- Ray + Judy Ogata
- Lisa Oyama+ Gary Lee
- Art Ramirez + Janice Otani
- Arlene+ Chris Swinderman
- Glenn + Arleen Takayama
- Dr. Himeo Tsumori

UME

- Advantage Electric Supply
- Berkeley Buddhist Temple
- Buddhist Temple of

Alameda

- Children's Dentistry: Nicholas Ching, DDS, Inc.
- East Bay Modern Real Estate
- El Cerrito Royale: A Berg Assisted Living Community
- Paul + Joan Fujii
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- Peter M. Fukumae, CPA
- Geta Japanese Restaurant
- Geri + John Handa
- Lynne Horiuci
- Ned + Caroline Isokawa
- Kava Massih Architects
- Kobayashi Dentistry: Steven Kobayashi, DDS
- Kokoro Assisted Living
- Monterey Market
- Moriwaki Imai & Fujita, Inc.
- Matt + Sharon Morizono
- Aaron H. Nakahara, CPA
- Mari Nakamura Design
- Aki +Emi Nakao
- Retirement Funding Solutions : Russell Doi
- Glenn + Amy Shinsako
- St. Paul's Towers
- H. George Tanaka, MD



- Stephen + Dorine Tanaka
- Jane Tanamachi
- Tokyo Fish Market
- Kay Yatabe
- George Yin: Hub International Insurance Services
- Scott Yokoi + Suzanne Ishii
- Cole + Carrie Yoshida

IN KIND DONATIONS

- Alegio Chocolate
- Anonymous
- Beach Blanket Babylon
- Berkeley Bowl
- Berkeley Repertory Theatre
- Berkeley Symphony
- Berkeley Walks
- Buttercup Grill & Bar
- Cache Creek Casino Resort
- California Shakespeare Theater
- Cera Una Volta Italian Restaurant
- Laura Chen
- Cline Family Cellars
- El Charro Mexican

- Dining
- Faction Brewing
 - Farley’s East
 - Fentons Creamery
 - Joan+ Paul Fujii
 - Mark Fujikawa, OD
 - Richard Furuzawa
 - Geri Handa
 - Kimi Hill
 - Alan Hirahara
 - Hotel Nikko San Francisco
 - Betty Nobue Kano
 - Ernest+ Glory Katsumata
 - Sarah Kim-Lee
 - Little Star Solano
 - Monticello Vineyards: Corley Family Napa Valley
 - Michael Yoji Nagamoto
 - Aki + Emi Nakao
 - Nakashima Fine Arts
 - Oakland Museum of California
 - Oakland Zoo
 - Oaktown Spice Shop: Albany
 - Judy Ogata
 - Arnold+ Karen

- Perkins
- Nan Phelps Photography
 - Point of Life Acupuncture:
 - Paola Acuna L. Ac.
 - Rick & Ann’s Restaurant
 - Philippa Roberts
 - Royal Rangoon
 - Rudy’s Can’t Fail Cafe
 - San Francisco Giants
 - San Francisco Opera
 - Saul’s Restaurant & Delicatessen
 - Semifreddi’s Bakery
 - SF MOMA
 - Six Flags Discovery Kingdom
 - Takahashi
 - Takara Sake USA
 - Jane Tanamachi
 - Transports
 - True Sake
 - Diane Wong
 - Mitzie Yamamoto
 - Yasukochi’s Sweet Stop Bakery
 - Yoshi’s

PARTICIPANTS (Vendors)

- Aburaya
- Alan Hirahara
- Asahi Beer
- AXR Napa Valley
- BR Cohn Winery
- Gordon Biersch
- Brewing Company
- Los Moles Beer Garden
- Mikami Vineyards
- Monticello Vineyards: Corley Family Napa Valley
- Nutrition Solutions
- Preston’s Candy & Ice Cream
- Town Tavern

DONATION

- Barry Kami, DDS
- Ron and Mimi Kagehiro
- Haruko Nagaishi
- Makoto Oto

J-Sei Home Visitor

Music therapist Taffy Su with J-Sei residents drumming and singing along! Do you have talents you can share with us? We would love to hear from you, please call Mary at (510)732-6658.



J-SEI EVENTS

Family Festival – Save the Date

Grandparent's Day, Sept 8, 12 noon to 4 pm

Grab the whole family for another day of live entertainment, food and plenty of fun hands-on activities. This free event attracts over 500 people a year and is held at the El Cerrito Community Center located at 7007 Moeser Lane in El Cerrito.



J-Sei Basketball Games

J-Sei hoops is back! After a brief hiatus, J-Sei plans to have a 3 on 3 hoops fund raising event for the 40+ aged players, both men and women. Start forming your teams and getting in shape.

Save this date: October 26, 2019 from 9AM-1PM. J-Sei will announce the gym location soon. For more information contact Russell Doi 510-305-9476 or russdoi35@gmail.com



TRANSPORTATION SURVEY

Your Input Is Needed and Much Appreciated!

As J-Sei continues to offer and expand classes, lectures, events and congregant lunches, we are working to identify obstacles that prevent the participation of our community members. We would be most grateful for your feedback. **PLEASE email Tiffany at Tiffany@j-sei.org, or by fax, 510-654-4011, or mail, 1285 66th Street, Emeryville, CA 94608 by July 19, 2019.**

You can fill this survey out online at <https://bit.ly/2WREiVp> (enter exactly as written).

Name: _____ **Contact:** _____

Do You Wish You Could Participate More?

1. How often do you attend lunch, class, lecture or event at J-Sei?
Daily ___ Weekly ___ Monthly ___ Quarterly ___ Occasionally (1-3x/year) ___
2. Have you wanted to attend a J-Sei class, event, or lunch but could not due to transportation? Yes ___ No ___
If yes, why couldn't you attend: _____
3. What type of transportation do you currently use? (Circle all that apply)
BART J-Sei Van
Bus Lyft/Uber
Carpool with friends/family Paratransit
Drive own car Taxi
Other: _____
4. Would you consider using any of the following modes of transportation if you could not drive yourself? (Circle all that you would consider)
BART Paratransit
Bus Shared ride on Lyft/Uber
J-Sei Van Taxi with a known J-Sei approved driver,
Lyft/Uber alone or shared with J-Sei participants
Other: _____ Volunteer carpool
5. Do you have a smartphone? Yes ___ No ___
If yes, are you comfortable using apps? Yes ___ No ___
6. If J-Sei staff coached you on how to use your house phone and/or how to use a smartphone app, would you try Lyft/Uber? Yes ___ No ___
7. How can J-Sei staff or volunteers help you use alternative modes of transportation?
Learn & ride along public transit routes ___
Learn & ride along how to use Lyft/Uber ___
Learn & enroll in paratransit ___

VOLUNTEER DRIVER

1. Would you consider volunteering to a regular, 90-minute time slot (between 8:30 am to 3:00 pm) to transport seniors from their homes or a central meeting location to J-Sei for classes and back? Yes ___ No ___

If yes, please continue

2. How many times a month would you be willing to transport participants?
1 time a month 2-3 times a month 4 or more times a month
3. How many people are you comfortable driving with at one time?
1-2 3-4 5-6
4. Please list cities that you are you comfortable picking up people in. Some requests have come from Alameda, Oakland, Hayward, San Leandro, and Walnut Creek.

5. Would you prefer compensation for your gas and time?
Yes ___ No ___
6. If J-Sei does create a volunteer driver pool and you want to consider volunteering, please provide your name, email and phone number.

CARPOOLING

Would you be willing to drive others as part of a carpool? To reduce driving and parking stress, and to get more seniors in for programs, J-Sei would like to test carpooling Monday through Thursday. We want to create affordable local carpools amongst people in their own communities.

1. Would you like to drive a carpool? If yes, what days are you available:
Monday___ Tuesday___ Wednesday___ Thursday___
 2. What time are you available?
Morning Class & Lunch___ Lunch Only___ Lunch & Afternoon Class___
- Would you like to ride in a carpool? Yes ___ No ___

If you are interested in trying this out, please contact Tiffany at 510-654-4000 ext. 17 or email Tiffany@j-sei.org. Please tell Tiffany if you want to drive or ride, and let her know what days and hours you come to J-Sei.

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, arts and crafts, hot Japanese lunch (\$3).

Eden Senior Center

EDEN Japanese Community Center
710 Elgin Street, San Lorenzo
Contacts: Pam Honda - (510) 676-3820 or
Janet Mitobe - (510) 760-7186.

The Eden senior program consists of:

1. Participation in the Alameda County Spectrum lunch program on the 2nd and 4th Thursday each month from 10am-1pm. Before and after lunch activities include exercise, singing and crafts, birthday and holiday celebrations, movies and occasional speakers.
2. Japanese lunch on the 1st and 3rd Friday each month from 11:30 am - 1 pm.
3. Game day - we play rummy, mahjong, hanafuda and other card games. 1st and 3rd Friday, 1pm - 3pm and 2nd, 4th and 5th Friday from 11am - 2:30pm.
4. Chair exercise on Monday and Wednesday from 10:30am - 11:15am.

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!

Sakura Kai Senior Center

5625 Sutter Street, Richmond
(510) 778-3406 | ecsakurakai@gmail.com
Coordinator: Toshi Kuwabara

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, and 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, and music bell.



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www.j-sei.org

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ADDRESS SERVICE
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***Celebrate Grandparents Day at
J-Sei's Family Festival Sept 8, 2019
at the El Cerrito Community Center***

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Save the Date!

- Jul 4** 4th of July (J-Sei Closed)
- Jul 16** J-Sei Sings and Special Performance by Hideo Date
- Jul 23** J-Sei Ukulele Ensemble with Susan Sullivan
- Aug 17** Obata's Travels: An Art Talk and Update with ShiPu Wang
- Aug 25** Iced in Paradise, New Mystery Series by Naomi Hirahara
- Sep 2** Labor Day (J-Sei Closed)
- Sep 8** J-Sei's Family Festival
- Sep 20 & 21** Mono no Aware: A 2-Day Experimental Art Workshop
- Oct 26** J-Sei Basketball Games