



26th Annual Crab Feed Sunday, Feb 12, 2017

The crisp winter weather tells us that it is crab season. Bring your friends and family to our eat-all-you-can crab feast! Dinner, live entertainment and raffle prizes will be offered at the El Cerrito Community Center located at 7007 Moeser Lane. Early seating is 4:00 p.m. to 5:30 p.m. with a late seating from 5:30 p.m. to 7:00 p.m. Take out dinners are distributed 4:00 p.m. to 6:00 p.m. Entertainment performs at 5:30 p.m.

Contact the J-Sei office for dinner tickets: \$45 in advance, \$50 at the door. Children 12 and under \$15. A drawing with \$500 cash grand prize will be held and winners need not be present to win. Drawing Tickets: \$2 each or \$10 for six tickets. Dinner and drawing tickets are on sale through the J-Sei office, so be sure to order your tickets today!

For your convenience, a sheet of drawing tickets is provided on the next page. Fill out, cut and send! Mail checks payable to "J-Sei" and send to 1285 66th Street, Emeryville, CA 94608.



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Save the Date! Flavors of Spring—Apr 21, 2017



Bay Area restaurants showcase their delicious food and wineries and microbreweries provide tastings in the elegant Julia Morgan-designed Berkeley City Club for our 4th annual Flavors of Spring. Join us for this pleasurable Friday evening with live jazz and

an extensive silent auction. Individual tickets are \$75, with sponsorship opportunities also available.

Please let us know of anyone in the food, wine and beer industry who would be interested in participating in this event. In addition, we are seeking business sponsors interested in gaining exposure to over 2,000 households at this event and throughout the year. Please call Diane at (510) 654-4000 or email Diane@j-sei.org with your contacts!

Newsletter Contributors

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J-Sei

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J-Sei Home

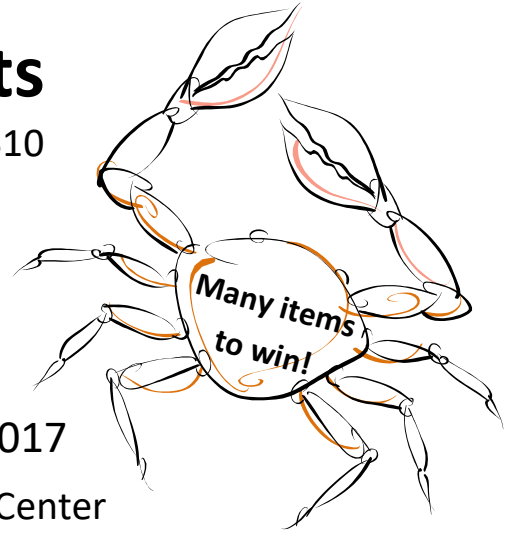
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26th Annual Crab Feed

Drawing Tickets

\$2 EACH TICKET OR 6 FOR \$10



Sunday, February 12, 2017
at the El Cerrito Community Center

Winners need not be present

Please mail checks and completed tickets to J-Sei • 1285 66th Street • Emeryville, CA • 94608

Additional tickets available through the J-Sei Office • P: (510) 654-4000 • E: suzanne@j-sei.org

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J-SEI CLASSES

MONDAYS

Tanoshii Japanese 10 - 11 am

Join in friendly conversation in Japanese - an interactive session with snacks included! Each week will feature a different theme from food to childhood memories. All levels of Japanese speakers are welcome. Fee: \$3

Feeding the Spirit *NEW* 10-11:30 am (begins in Feb)

Begin the new year by practicing self-care and feeding your spirit. Through mindfulness techniques, learn to quiet the mind, focus on the present moment, and become aware of your feelings and interconnectedness. Discover a safe place to "talk story", to share your thoughts and feelings as you move through life transitions with an open heart, new awareness and grounding, and community support. Alan Maeda, a licensed Marriage and Family Therapist since 1982, has worked at the University of Hawaii, Maui College, and California State University East Bay. Alan spent the past three years as the primary caregiver for his mother. Suggested donation: \$2-\$5

Monday Lectures 12 - 1:30, 2nd Monday

Stay healthy, active and wise with speakers on aging, wellness, community, and culture.

Kimekomi Doll Making 12 - 3 pm, 2nd & 4th Mondays

Learn the craft of Kimekomi Doll making which were traditionally made with a molded wood base intricately affixing scraps of kimono fabric to create elegant figures. Fee: \$5

TUESDAYS

Sewing & Alterations 9 - 11:30 am, 2nd & 4th Tuesday

Fine-tune your sewing and alteration skills and work on rewarding projects with seamstress Mary Mitsuda. Fee: \$5

Integrative Yoga and Meditation *NEW* 9:30-10:30 am (begins Jan 10)

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 acupuncture. 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

**J-Sei Sings
10 - 11 am, 1st Tuesday**
Come out to sing nostalgic and joyful songs in English and Japanese to lift your spirits and your voice on the first Tuesday of the month. Fee: \$1

Writing Our Histories 10 - 11:30 am

We all have stories to tell and poems in our hearts that are yet to be discovered. Join the writing class to find your own voice through the skillful techniques and gentle coaxing of writer Grace Morizawa. Fee: \$1

**Tai Chi Chuan *NEW*
1- 2 pm (begins Jan 9)**
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. Fee: \$5/general

Community Ukulele 12:30 - 2 pm

A lively strumming brings joy to both the musician and community in this intermediate class directed by Susan Sullivan. For those interested in Beginning Ukulele, please inquire. Fee: \$5

WEDNESDAYS

Calligraphy 9:30 - 11:30 am

The art of calligraphy shares the beauty of words and enhances one's focus and finger dexterity. Practice the refined art of lettering. Class is currently full. Fee: \$3

Strength and Balance Wed, 9:30-10:30 am

Stay active, steady and strong by practice and regular exercise. The class incorporates movement, both sitting and standing, to strengthen legs, arms and core. The exercises build on the "Fall Prevention" course. 8-week session: \$20/month or \$6/drop-in. Jan 11-Mar 1

Tech Connect 10 - 11:30 am

Learn how to use laptops and other devices. No reason to fear technology, support is on hand to help you with the basic tools available to discover resources

at your fingertips for news, recipes, events, and to keep in touch with family and friends. Drop in: \$3

Reiki Jam *NEW*

1-3 pm (Feb 1, 8, 15, 22)

Enjoy the benefits of Reiki in a peaceful community space. Reiki is a healing technique that utilizes the "ki" energy to activate natural healing in the body to restore physical and emotional well-being. Please rsvp for a 20-minute Reiki treatment that is open to all ages. The fee is donation-based.

THURSDAYS

Watercolor Painting

12:30 - 2:30 pm

Experience the subtle strokes of watercolor painting that can transform the simple beauty of everyday life on to paper. Develop skills, learn techniques, and discover a new form of focus and creative expression. Fee: \$32/mo Senior; \$40/mo General; Drop-in: \$10

Make and Bake with

Polymer Clay

12:30 - 2:30 pm, 1st & 3rd

Thursdays

Create wonderful, functional art and jewelry with polymer clay. Learn how to make intricate patterns, mix colors and mimic other materials with a few techniques. The pliable clay is easy to work with, can be baked instantly and with a few finishing touches, completed the same day. Fee: \$20/mo; Drop-in: \$6/class. (Begins Feb 2)

Stash Busters

Thursdays, 9 - 11 am, 1st & 3rd Thursdays

Do you have a fabric stash? Whether you own enough fabric to start your own shop or just a small pile of precious favorites, experiment with new and interesting ideas to use Japanese cotton fabric in unexpected ways. Class is currently full. \$1 donation

Quilting

9 - 11 am, 2nd & 4th

Thursdays

For beginners or those who would like a refresher on basic knowledge and skills. We will cover use of tools, color and fabric selection, and simple block construction. Donation: \$1 (Class is currently full.)

Minyo no Odori

10 - 11:15 am

The joy of the dance can be discovered through Japanese folkdance or Minyo no Odori that encompass many styles. The odori routines are gentle yet use most of the body that helps with balance and stretching. Fee: \$20/mo, Drop-in: \$6. (Begins Feb 2)

Beginning Japanese Class

1 - 2 pm

Learn the basic elements of Japanese language: pronunciation, vocabulary, sentence structures and most importantly conversation. The 10-week lessons are progressive. Drop-in welcome. Session: Jan 12 - Mar 16; Fee: \$4; Drop-in: \$5

Bridge Club

12:30-2:30 pm

Bridge keeps your brain healthy. If you are interested in getting together for a friendly, social afternoon of bridge, please let us know. \$1 donation

Mah Jong Club

12:30-2:30 pm

Come enjoy Mahjong in a relaxed, social setting. Beginners can learn the basics of Mahjong by playing. Depending on the interest, we can branch into related matching games, Hanafuda and Rummikub. These melding games are appropriate for seniors in exercising cognitive and memory skills. \$1 donation

FRIDAYS

Care for the Soul *NEW*

10 am-12 pm (begins in Feb)

J-Sei introduces a pilot program that invites seniors and a family member to J-Sei for respite, interaction, and renewal. Two separate activities for seniors and family caregivers will be held simultaneously: *Art for the Soul* offers creative activities designed to engage seniors with early stages of memory loss. *Feeding the Soul* offers mindfulness activities, stress reduction techniques, and caregiver support for family members. A joint community time will close the session. If you are interested or would like to recommend someone, please contact us at (510) 654-4000. 8 class session: \$40/family. Reservations required.

Sashiko Workshop *NEW*

9-11:30 am, 4 Fridays (Feb 10, 24, Mar 10, 24)

Sashiko is a form of functional embroidery or decorative reinforcement stitching from Japan. The white running stitch on indigo-blue dyed fabric gives Sashiko its distinctive appearance. Learn a brief history of Sashiko, practice stitching, draft and

trace designs, and construct a bento bag with three pattern designs. Fee: \$25/seniors; \$35/general

Temari Craft *NEW*

10 – 12 (Feb 3, 17, Mar 3, 17)

Temari (te = hand; mari = ball) is an ancient folk art form in Japan dating back to the 7th century. Come learn the construction of decorative Temari, design patterns and learn needlework techniques. After mastering the basics, adapt traditional patterns for your own creations. Fee: \$25/seniors; \$35/general

SATURDAYS

Hip Hop Workout

10 – 11 am, Jan 7 - Feb 11

Sweat and groove to this upbeat, fun and friendly hip hop dance workout. Dancing to contemporary, retro, reggae and R&B music will help to demystify hip hop. A new dance will be taught each session and drop-ins are welcome at any time. All ages and levels welcome. Pay monthly at Senior: \$10/class; General: \$12/class; Drop-in: \$12/seniors and \$14/general; Youth: \$5

Senior Lunch Program

J-Sei caters our meals from Musashi Restaurant. They will be closed a few days for the New Year's holiday. Thus, the J-Sei lunch program and home delivered meals will be CLOSED on Tuesday, January 3 and Wednesday, January 4, 2017. We will resume lunch service on Thursday, January 5, 2017. Please note this on your calendar!

Upcoming Programs

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

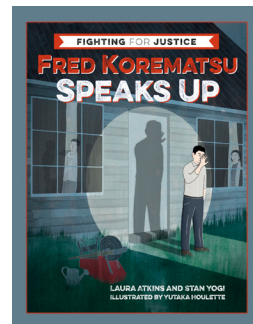
Jan 14 Japanese Latin American Currents - During WWII, thousands of innocent Japanese Latin Americans were brought into the United States and incarcerated. The parallels to Japanese American incarceration are somewhat obvious – as civilians of Japanese ancestry living outside of Japan in Allied countries, they were treated as enemies of the state and wrongly imprisoned. But the differences are also significant – what is at stake in pushing for redress and reparations for Japanese Latin Americans? How can Japanese Americans help in this process? Join us for a review of Japanese Peruvian WWII incarceration history, an update on the current status of redress and reparations, and a larger discussion about mobilizing community in the coming years. The program will be held from 3-5 pm.

Jan 21 Talk Story: Obaachan's Evolving Pantry – Join us for a dialogue as the community shares memories and thoughts on what Nikkei families eat and how it has changed over time. What did Japanese/Japanese American eat before, during, and after WWII? What are the seeds of our stories and the source of our food? Bring a dish and a story to share or just come to hear the community talk story. The event will be held from 1-3 pm.

Feb 4 Children's Book Release Event: "Fred Korematsu Speaks Up"

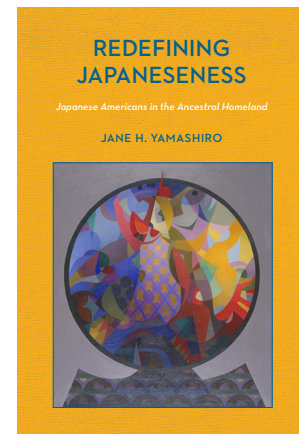
- Fred Korematsu challenged the mass incarceration of Japanese Americans when few others did. A new children's book, "Fred Korematsu Speaks Up," explores this civil rights hero's life and its relevance today.

Join authors Laura Atkins and Stan Yogi; illustrator Yutaka Houlette; and director of the Korematsu Institute, Karen Korematsu, to learn about Fred's lifelong fight for justice. This FREE event for children, families, educators, and anyone who is interested, will be held from 2-4 pm. Enjoy refreshments, authors talk, children's activities, book sales and signing.



Upcoming Programs (cont.)

- Feb 10** **Healthy Japanese Cooking: Winter Nabe** - With the frosty Winter season in Japan, gathering around a *nabe*, or hot pot, filled with simmering vegetables, fresh caught seafood or thinly sliced meats, with family and friends keeps the soul warm. The OR
Feb 11 cooking process for *nabemono*, or one-pot cooking, is similar - prep, chop, gather, cook and share. The various *dashi*, or stock, abundance of nutritious ingredients, and distinct accent flavors offer a variety of deeply satisfying meals, such as yosenabe, mizutaki, and oden. The class is offered Fri, Feb 10, 10-12 or Sat, Feb 11, 11 to 1, with lunch to follow. Fee: \$25 senior; \$35 general.
- Mar 4** **Okinawan Culture: Generation to Generation** - Among the Japanese American population in the United States are thousands of people of Okinawan descent. What does it mean to identify as "Okinawan"? How does the history of Okinawans in Japan relate to the migration of Okinawans to the United States? How do Okinawan Americans connect to Okinawa? Join Prof. Wesley Ueunten for a lecture on Okinawan history and identity, live Okinawan music, and reflections by the San Francisco Okinawa Kenjinkai delgation to the 6th Worldwide Uchinanchu Festival. The event will be held from 2-4 pm.
- Mar 25** **Redefining Japanese-ness: A Book Talk with Jane Yamashiro** - Growing up in the U.S., Japanese Americans learn to understand their Japanese heritage within U.S.-based narratives of racism, cultural exclusion, and multiculturalism. What happens when they move to Japan, where different discourses and assumptions shape what it means to be "Japanese"? What difficulties do Japanese American migrants encounter in their daily interactions as they attempt to make themselves understandable in Japan? Join Jane H. Yamashiro, author of *Redefining Japanese-ness*, that chronicles Japanese Americans' understandings of Japanese-ness – including their own – transformation while living in their ancestral homeland. Drawing from extensive fieldwork and interviews, Yamashiro reveals the diverse processes and shifting strategies that Japanese American migrants in the Tokyo area utilize as they negotiate and challenge conventional social boundaries and meanings related to race, ethnicity, culture, and nationality. Book sales and signing. Light refreshments. The event will be held from 2-4



Welcome in the New Year

Join us for a festive New Year's Luncheon on Thursday, January 26, 2017. There will be live jazz by Glen's Trio, lunch, and lots of friends to kick off the Year of the Rooster! Festivities will begin at 11:30! Cost is \$10. Please respond by January 16. Space is limited. Make a reservation early by calling 510-654-4000 and join us at the J-Sei.

A New Year, New Initiatives

All of us at J-Sei wish you and your family a happy new year! Hopefully you have received Dear J-Sei Community,

As we approach Thanksgiving, J-Sei has a tremendous amount to be thankful for. We are most thankful for the many seniors we serve, their families and our dedicated employees and volunteers. We are especially grateful for our new building—made possible through the overwhelming support and efforts of our community—which will allow us to offer expanded care and services to our seniors.

With this letter, we want to make you aware of upcoming changes and new initiatives unfolding at J-Sei. Vickie Kawakami, who has led our nutrition program for 25 years, will be transitioning from the kitchen to take on a new role beginning in the New Year. Vickie will use her extensive knowledge of the organization and skills to focus on important projects, such as securing senior art for display in our new building, coordinating senior day trips and conducting nutrition home visits.

The Board of Directors wishes to express our sincere appreciation for Vickie's many years of dedicated service to our seniors and the J-Sei organization. In recognition of the same, the Board has taken steps to ensure Vickie's financial security as her role transitions and the organization evolves to continue improving services for our seniors. We expect Vickie to continue serving J-Sei and our seniors through next June, and hopefully beyond.

J-Sei is also excited to announce that Vera Yamamoto, will be taking on the responsibility for the nutrition program effective January 1. Vera holds a Bachelor of Arts in Nutrition and Food Management/Dietetic, as well as a Master's Degree in Nutrition Science. She has extensive experience creating and analyzing menus, managing food production and cafes in hospital and clinic settings, and nutrition counseling with seniors and their families. She is very excited to work with a team of enthusiastic and loyal volunteers and I hope you will join us in welcoming Vera to J-Sei.

On a final note, I'd like to add that J-Sei greatly values each and every member of our community—whether employee, volunteer, senior or family member. We never forget those that we are here to serve or the dedicated employees like Vickie who work tirelessly to make it happen. We are very excited for the future of J-Sei. As we move forward, I will be more than happy to address any questions or concerns that you might have about J-Sei (510) 654-4000.

On behalf of J-Sei, we wish you a safe and happy holiday season.



Ned Isokawa
President, J-Sei Board of Directors

**A personal message from Vickie and her update on the senior art for the building will be included in the next newsletter.*

Honor the Legacy Campaign Nearing Finish

We've raised \$2 million (nearly 90%) towards our Honor the Legacy Campaign goal of \$2.3 million. We're now in the final stretch of this special campaign to fund the renovations and program expansion associated with J-Sei's new home.

Our new building has allowed us to seamlessly coordinate our senior services and to increase our programming for all generations. Some of our popular new classes and programs are ukulele and fall prevention and more people are joining us for lunch.

We are deeply grateful to the many people in the J-Sei community who have generously contributed to the Campaign. Maintaining our growth will require us to bring the Honor the Legacy Campaign to a successful conclusion.

As the end of 2016 quickly approaches, you may be thinking about year-end contributions and tax planning. Consider these creative ways to make a significant contribution to J-Sei's Honor the Legacy Campaign AND potentially generate tax advantages. Talk with your financial advisor to see if these options will work for you.

A Gift of Appreciated Securities

Do you own stock, bonds or mutual fund shares that you've held for more than a year and have appreciated in value? Are you hesitant to sell these assets because of capital gains taxes? By donating appreciated securities to J-Sei, you can:

- Receive an income tax charitable deduction based on the current fair market value of the assets
- Avoid capital gains taxes
- Make a meaningful gift to J-Sei's Honor the Legacy Campaign

A Gift from Your IRA

Do you have assets in an IRA that you don't need? Consider donating part of your IRA to J-Sei. Here's how it works:

- You must be at least age 70½ at the time the distribution is made to J-Sei
- The distribution must be made directly from your IRA custodian to J-Sei
- You can donate up to \$100,000 per year
- Your donation can count toward your required minimum distribution
- Your IRA gift to J-Sei is not deductible as a charitable contribution, but you will not be taxed on the distribution

For more information, please contact Diane Wong, Executive Director at J-Sei, at diane@j-sei.org or (510) 654-4000. *This information is not intended as tax or legal advice. Please consult with your legal and financial advisors.*

2017 Community Calendar

All of us at J-Sei wish you and your family a happy new year! Hopefully you have received your J-Sei 2017 Community Calendar filled with enjoyable local cultural community events sponsored by our member organizations. Please participate in these events and support the listed local businesses that generously supported J-Sei. Thanks to our Community Circles of Support donors and the dynamic calendar planning team of Joan Fujii, Grace Goto, Kimi Honda and Amy Shinsako. If you have not received your calendar, please call us and we will be happy to mail one to you. Your calendar donations go a long way in helping us serve more families.

Welcome Kei Matsuda



Kei Matsuda joined the J-Sei Board in September. Formerly the Chief Economist at Union Bank in San Francisco for a total of fourteen years, he has been retired for the past five years. Since 2013 Kei has been volunteering with J-Sei as a Japanese-language friendly visitor.

When asked recently why he decided to become a J-Sei director, Kei replied that during the past three years, he has gotten to know the staff at J-Sei—Diane, Miyuki, Veta, and Karen—and has been truly impressed by their caring spirit and professionalism. As a result, when asked if he would consider serving on the J-Sei Board, his answer was an enthusiastic “Yes!”

Born in Okayama, Japan in 1955, Kei completed one-year of high school as an exchange student in Southern California then graduated from the University of Tokyo with an undergraduate degree in economics. In 1983 he completed his MBA degree from Stanford University. All together Kei has spent 33 years of his life in California. “I truly consider this state as my home,” he says.

We asked him what he wishes to accomplish as a board member. “I would like to become a bridge between J-Sei and the Nikkei community,” Kei said. “I would particularly like to increase J-Sei’s visibility among Shin-Issei persons. Also, as a native Japanese speaker, I am keenly interested in keeping J-Sei’s Japanese-language services not only accessible, but also effective and up to date.”

Kei lives in El Cerrito with his husband, Chuck.



J-Sei Basketball

The 4th Annual J-Sei Basketball Games were held on Saturday October 15 with 83 players who were between the ages of 40 and 69. Men and women formed 3-on-3 basketball teams to play in our “Over the Hill and Under the Rim” games. What makes our event unique are the free throw and 3-point shooting contests that were open to all players, family and friends. This event reunites people who at one time or another could have been teammates, competitors, or have children who are now active in sports. As always we owe our success to the many volunteers and sponsors who donated generously. For more on the J-Sei Basketball Games, please check out our Facebook page at <https://www.facebook.com/JSeiBasketballGames/>

CASE MANAGER'S CORNER

Time to Clean House

Written by Miyuki Iwata, Case Manager

It is a traditional Japanese custom to clean up the house starting around December 13th and completed before December 31st –“Oumisoka”. This is to clear our house of clutter and unnecessary items from the past year. Here are some community resources that may provide information and help you to get rid of your unwanted materials.

Medication Disposal

If you have unwanted or expired medications, here are some places where you can dispose of them:

- Alameda: Alameda Police Department (Lobby) : 1555 Oak Street.
- Albany: Albany Senior Center: 846 Masonic Ave.
- Berkeley: Berkeley Transfer Station #3: 1201-2nd St.
- Castro Valley: Eden Medical Center (Emergency Entrance): 20103 Lake Chabot Rd.
- Emeryville: Emeryville Senior Center: 4321 Salem St.
- Oakland: Medical Drop-Off at California State Building: 1515 Clay St.
- Walnut Creek: Walnut Creek City Hall – New:1666 North main Street, Walnut Creek

You can find more locations in the “Drop-Off Site List” to dispose unwanted and expired medications from the web-sites below:

<http://www.acgov.org/aceh/safedisposal/>
<http://cchealth.org/eh/medical-waste/faq.php>

Japanese Books

Himawari-Kai is a non-profit organization. They hold a monthly Japanese book sale on the 3rd Sunday In front of Yaoya-San and Zipang in El Cerrito. If you have Japanese books that are not too old and are in good condition, you can bring them to their book sale as a donation.

Yaoya-San: 10566 San Pablo Ave, El Cerrito, CA 94530

When: Every 3rd Sunday, 11am – 3pm (except April and December).

For more information visit <http://himawarikai.org/en/>

Medical Equipment

If you have durable medical equipment (DME) such as walkers, cases, wheelchairs, adult diapers etc., that you no longer need, you can donate them if they are good condition and reusable.

ReCAREs accept those DMEs:

ReCAREs: 2619 Broadway, Oakland, CA 94612

(In the parking lot behind 2619 Broadway)

Thursdays 12pm - 4pm, Phone: (510) 251-2273

<http://www.homecares.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

Special Upcoming Events:

- Jan 7 Saturday, No classes (except Taiko and Board Meeting).
- Jan 21 Saturday. Classes resume
- Feb 4 Saturday, Program: Disaster Preparedness, Barbara Morita, Physician Assistant
- Mar 4 Saturday. Girls Day

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

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Save the Date!

- Jan 2** New Year's Day Observed. J-Sei Closed
- Jan 14** Japanese Latin American Currents
- Jan 16** Martin Luther King Jr. Day. J-Sei Closed
- Jan 21** Talk Story: Obaachan's Evolving Pantry
- Jan 26** J-Sei's New Years Celebration
- Feb 4** Children's Book Release Event: "Fred Korematsu Speaks Up"
- Feb 10/11** Healthy Japanese Cooking: Winter Nabe
- Feb 12** 26th Annual Crab Feed
- Feb 20** Presidents' Day. J-Sei Closed
- Mar 4** Okinawan Culture: Generation to Generation
- Mar 25** Redefining Japanese-ness: A Book Talk with Jane Yamashiro
- April 21** Flavors of Spring