

Looking Back and Forward

A Message from Ky Lam, J-Sei Executive Director

As we look back on 2025, J-Sei has experienced a year full of growth, connection, and change. Over the past year, we expanded our outreach through social media, introduced the new Family Caregiver Navigator service, increased our meal service, and launched a podcast series along with family movie nights that bring generations together.

In the past few months since I have joined J-Sei, I have also been inspired by the community events—Family Festival, Harvest Festival, Health and Wellness Fair, and Artisan Faire. The energy, creativity, and camaraderie of the J-Sei community are unmatched! This year more than 200 volunteers gave their time and talent to support our mission. While I was initially surprised by the high number, I quickly learned that generosity is the core of our community.

We also celebrated milestones within our team. Though we said goodbye to several beloved staff members who retired, their contributions continue to impact us. At the same time, our staff grew, expanding our expertise and strengthening our ability to serve the community.

Looking ahead to 2026, we are excited to mark J-Sei's 55th anniversary—an amazing milestone! We will kick off the new year with our annual Crab Feed (my favorite food!), followed by the 10th anniversary of our cherished Flavors of Spring fundraiser. In addition to these community events, we will be moving forward with the sale of our Hayward property, which closed in early 2025. Furthermore, we are prioritizing the expansion of our nutrition program to meet rising community needs, while strengthening current programming and developing new multicultural and

(cont. on p. 7)



In this Issue

J-Sei Classes & Programs

- 2 Class Schedule & Programs
- 3 Programs, Events, and Exhibits

J-Sei News & Resources

- 7 Avoiding Family Caregiver Burnout
- 35th Annual Crab Feed
- 8 In Memory of Aaron Muranishi
- 9 Flavors of Spring 2026
- Senior Center Partnerships
- 10 Pneumonia Prevention Guide
- 11 In Memoriam Donations
- 12 Staff Contact Info

Contributors

Editing - J-Sei Staff

Design - Greg Magofña

Photos - Alameda County Women's Hall of Fame 2025

J-Sei Classes

We continue to offer on-going classes that are held in-person and online. For more information or to register, contact jill@j-sei.org or visit www.j-sei.org/classes/

In-Person Classes at J-Sei

Mon - Watercolor, 10-12 pm
Mon - Qi Gong, 10-11 am
Tues - Let's Groove, 11:30 am -12:30 pm
Tues - Community Ukulele, 1-2 pm
Tues - Tai Chi, 1-2 pm
Tues - Japanese 3, 2-3 pm
Wed - Brain, Balance and Body Work, 10-11 or 11-12 pm
Wed - Mah Jong Club, 1-3 pm
Wed- Japanese 1, 1-2 pm
Wed - Japanese 2, 2:15-3:15 pm
Wed - Sogetsu Ikebana, 2-4 pm
Thurs - Watercolor, 1-3 pm
Fri - Tai Chi for Arthritis, 1-2 pm
Fri - Nihongo Corner 1 & 2, 1-2 pm
Fri - Senior Digits, 3:30-4:30 pm
1st Tues - J-Sei Sings, 10-11 am
1st Wed - Aging Together, 10-11:30 am
2nd Mon - Let's Talk, 12:30-2 pm
3rd Th - Kimekomi Doll, 9:30 am -12 pm
4th Fri - Great-ful Aging, 10 am-12 pm

Online Classes

Mon - Tanoshii Japanese, 10 - 11 am
Mon - Tai Chi, 1 - 2 pm
Tues - Gentle Yoga, 10 - 11 am
Tues - Writing, 2:30 - 4 pm
3rd Wed - Aging Together, 10-11:30 am
3rd Thurs - Family Caregiver, 10-11:30 am

J-Sei Classes - New Sessions

Learning Japanese Basic Conversation

With the desire to learn more about Japanese culture, to travel and explore Japan, J-Sei offers Japanese basic conversation classes.

While the main curriculum is based on the "Genki" study course series, Sensei Nobuko Satake engages the students with lively conversation on daily life, travel, and news on Japan. GENKI: An Integrated Course in Elementary Japanese, a study resource for people who are starting to learn Japanese, is designed to comprehensively build communication competencies. J-Sei classes focus on listening and speaking.



New sessions begin in January

- Japanese 1 - Wednesdays, 1-2 pm, instructor Nobuko Satake
- Japanese 2 - Wednesdays, 2:15-3:15 pm, instructor Nobuko Satake
- Japanese 3 - Tuesdays, 2-3 pm, instructor Midori Antebi

Nihongo Corner

For those interested in practicing Japanese conversation, Nihongo Corner provides an opportunity for an interactive session with a native Japanese speaker as moderator.

- Nihongo Corner 1 - Fridays, 1-2 pm, moderator Sayuri Yamazaki
- Nihongo Corner 2 - Fridays, 1-2 pm, moderator Mitsuko Umemoto

Qi Gong

Mondays, 10 - 11 am

Improve your overall health, reduce stress, practice movement, breathe easy, meditate, improve the flow of Qi life energy. Qi Gong will be offered as a regular in-person class.

Beginning Ukulele

Tuesdays, 11:30 - 12:30 pm

The joy of music is good for the soul. Learn and practice the basics of ukulele, from chords to strumming, and fine-tuning rhythm and voice. We offer this beginning class in 8-week sessions. Suggested donation: \$56/for 8 classes, or \$8 drop-in.

Great-ful Aging

4th Fridays, 10-12 am

Through gentle movement, explore the rich stories held within our bodies. Then give voice to these inner narratives during quiet reflection and journaling. New dates: January 23, February 27, and March 27

SENIOR DIGITS: Exploring Digital Connections

Fridays, 3:30 - 4:30 pm, new session in February

Learn the basics of navigating the internet with this instructional hands-on class. Find out what everyone's talking about - from search engines to QR codes, from apps to maps. A new session will begin in February.

On-Going Programs

J-Sei Connect

J-Sei Connect offers a variety of virtual workshops and community forums to engage individuals in reflection, dialogue and creative expression. To see what is upcoming, visit www.j-sei.org and sign up for our eBlast news.

J-Sei's BOOK CLUB

Join J-Sei's Book Club, an opportunity to delve into a new book each season. Share your questions, thoughts, and personal reflections on what you are reading on a protected book club webpage. Engage in a Book Club meeting to discuss the latest book and share your discoveries.

J-Sei At the MOVIES

J-Sei At the Movies meets monthly on a Friday evening to discuss Japanese and Japanese American films of different genres and subjects. Special guests have appeared via Zoom to talk about their work in film and to participate in audience Q&A.

Movie Talk: K-Drama Series

J-Sei is hosting a series of Zoom meetings to talk about films and TV shows. The first topic for discussion is K-dramas: what folks have enjoyed and are currently watching and what makes K-dramas so compelling. The K-drama genre has proven to be so popular that it is continuing as an ongoing group meeting for fans, both beginners and aficionados.

New Exhibit

Circling Back: A Retrospective of Artwork by Ruth Yoshiko Okimoto

Exhibit Dates:

Feb 1-Apr 30, 2026

Gallery Hours:

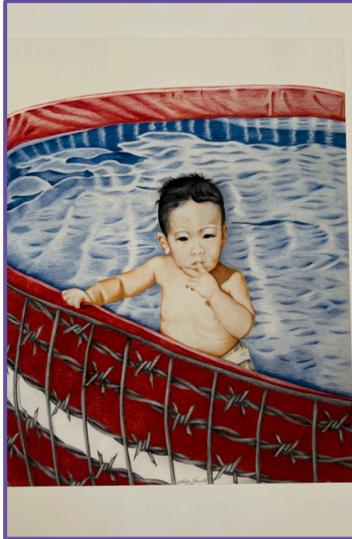
MTuThFr 2-5 pm, or
by appointment:
510-654-4000

Opening Program:

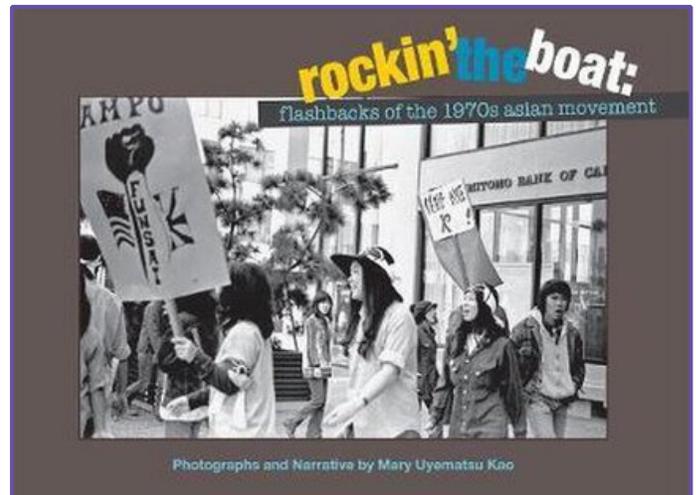
**Sat Mar 14, 2026,
1 pm, gallery
opens at noon.**

Join us to hear from artist Ruth Okimoto as she reflects on her healing journey and call to action through art. She will be joined in conversation with filmmaker Satsuki Ina, following a screening of "Children of the Camps" (1999), a documentary that captures the experience of six Americans of Japanese ancestry who were confined as innocent children to U.S. concentration camps during WWII. The film that includes Okimoto, vividly portrays the personal journey to heal the deep wounds they suffered from this experience.

In stark and riveting paintings, she rendered her childhood memories of life held in the Poston Arizona prison camp during WWII. Working in brilliant colors of the American flag and self images as a child, Okimoto invites viewers to consider the issue of loyalty and childhood innocence. Today, this exhibit brings to light Ruth's journey to healing from the trauma of unjust incarceration and its meaning in today's resonant context of racist government policies of forced removal, family separation, and child detention.



Upcoming Events & Programs



Rockin' The Boat, Flashbacks of the 1970s Asian Movement

Meet Author/Photographer Mary Uyematsu Kao

Saturday, January 24, 2026

Never-before-seen photographs tell the story of the beginnings of Asian America in the 1970s from immigrant generations in Chinatowns, Japanese American youth and multigenerational community activism from California to New York. Personal reflections from those photographed bring the reader into the experiences of the times. Activist and photographer Mary Uyematsu Kao attended UCLA during the struggle to establish Asian American Studies on campus. Having worked at the Asian American Studies Center at UCLA for 30 years, she is well known for her graphic design work for AASC Press publications, including the Amerasia Journal.

Kao will be joined in conversation with Shoshana Arai. The event is co-presented by Eastwind Books of Berkeley and J-Sei.

Multigenerational Movie Watch: **Lu, Over the Wall**

Sunday, January 25th, 3 pm

From visionary anime auteur Masaaki Yuasa, comes a joyously hallucinogenic but family-friendly take on the classic fairy tale about a little mermaid who comes ashore to join a middle-school rock band and propel them to fame. When his classmates invite him to play the keyboard in their band, their practice sessions bring an unexpected guest: Lu, a young mermaid whose singing causes humans to compulsively dance - whether they want to or not. Winner of the Grand Prize at the prestigious Annecy Animation Festival, and premiering in English as an official selection of Sundance 2018, *Lu Over the Wall* is a toe-tapping, feel-good demonstration of Yuasa's genre-mixing mastery that will leave you humming long after you leave the theater. RSVP to jill@j-sei.org with "Lu" in the subject line.



Healthy Aging: Fall Prevention for Seniors & Caregiver Tips

Wednesday, January 28th, 1-3 pm

We're delighted to welcome Erin Wakida, a physical therapist with over 30 years of experience in acute hospital care and ICU early mobility, for a special presentation to support safety at home for seniors with practical tips for caregivers. She will be joined by acute care PT colleagues: May

Wong, who will offer insight on balance, strength and core stability; and Elle Lintera who specializes in cardiopulmonary rehabilitation.

Together, they will cover essential topics, such as recognizing fall risks, making simple home modifications, practicing core strengthening exercises, and learning how family caregivers can support mobility without putting themselves at risk. Attendees will also receive practical tips on safe transfers, energy conservation, and communicating effectively with healthcare providers. RSVP to jill@j-sei.org with "PT" in the subject line.



Discover Japanese American History in Monterey

Friday, February 6, 2026

Join us for a chartered bus trip to explore Japanese American History in Monterey. Visit the JACL Heritage Museum, located at the historic JACL Hall. Founded in 2008, the JACL Heritage Museum is committed to developing a local resource center that houses artifacts and documents that explain the Issei and Nisei contributions in many fields: fishing oceans for abalone and sardines; farming the rich land; working in canneries on Cannery Row; operating retail

fish businesses on old Fisherman's Wharf; mixing business and social life in old nihonmachi, and competing in sports.

Then, visit the Monterey Museum of Art to see "Pictures of Belonging: Miki Hayakawa, Hisako Hibi, and Miné Okubo" curated by ShiPu Wang. With paintings and drawings by Miki Hayakawa, Hisako Hibi, and Miné Okubo, the exhibition spans eight decades and reveals both the range and depth of these artists' careers and connections that have not been explored previously. The Monterey Museum trip is \$75 per person for a roundtrip chartered bus trip and bento from Ocean Sushi.

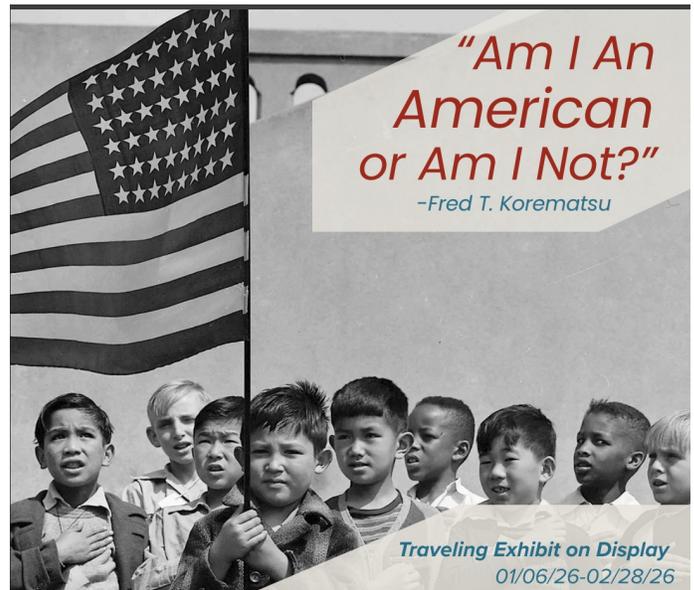
Connecting Across Generations: Conversations in Career Exploration

Saturday, February 7th, 3-5 pm

Jodo Shinshu Center, 2140 Durant Ave,
Berkeley

Community members and students at all stages of their career and life are invited to share where they are on their career journey, how they got there, and any further interests they hope to pursue. We hope to provide an opportunity for exploration and insight through our intergenerational conversation to help inform how identity, values, work/life balance, and more contribute to navigating career and adulthood. Parking is limited, so we encourage carpooling and public transportation.

Connecting Across Generations (CAG) is to provide spaces to build community and conversation across generations. It is a collaboration between different Bay Area organizations.



Am I an American or Am I Not?, a traveling exhibit by Fred T. Korematsu Institute

J-Sei Group Visit & Docent Tour

Wednesday, February 18

San Leandro Public Library, 300 Estudillo
Ave, San Leandro

Inspired by Fred Korematsu's courageous resistance against the violation of his constitutional rights, the exhibit examines the mass incarceration of over 125,000 Japanese Americans during WWII and invites visitors to reflect on historical injustice and its relevance today. Exhibit Dates: January 6 to Feb 28, 2026. The opening event for the exhibit will be January 10th.

Travel as a group via public transportation to see the exhibit and docent lead tour. To join the group visit, RSVP to jill@j-sei.org with "Korematsu" in the subject line for more details.

Caregiver Navigator Corner by Sunnie Youk

Avoiding Family Caregiver Burnout

Caring for a loved one can be deeply rewarding, but it can strain even the most resilient people. As a family caregiver, you may be so focused on your loved one that you don't see how caregiving affects your own health and well-being. Many family caregivers experience burnout—feeling exhausted, overwhelmed, or even resentful. To help prevent burnout, remember to **take breaks**, ask for **help from family or friends**,

and connect with **support groups** where you can share experiences and advice. Taking care of yourself is not selfish—it is an essential part of caring for someone else.

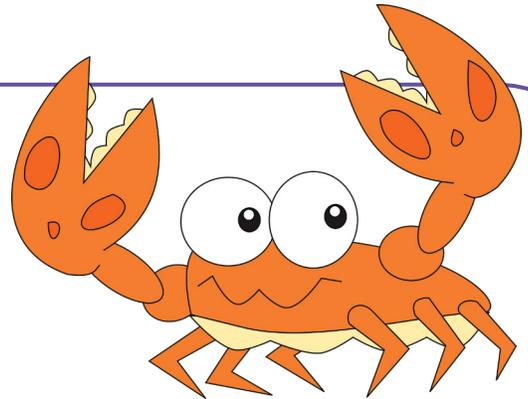
If you need support or resources, reach out to our **Family Caregiver Navigator** for one-on-one consultation and guidance. Email Sunnie Youk at sunniesei@j-sei.org or call 510-654-4000 x113

J-Sei's 35th Annual Crab Feed Fundraiser

Sunday, February 1, 2026

Fratellanza Club, 1140 66th Street, Oakland

(1 block east of J-Sei with on-site parking)



Enjoy fresh Dungeness crab, Asian salad, garlic noodles, rolls, desserts, and beverages with your family and friends at J-Sei's family-style crab feed! (Menu subject to change depending on availability)

Come early from 5:00 pm to enjoy a live jazz trio, no host bar and raffle drawing. Doors to the dining room open at 6:00 pm. Dinner will be served from 6:00 to 7:30 pm.

Dinner tickets: adults \$90, children 12 & under \$40. Early Bird Special of \$10 off ends on January 18th. Please place your order by Sunday, January 25th.

For more info, visit <https://j-sei.org/j-seis-35th-annual-crab-feed/>



tinyurl.com/mpzpvawa



J-SEI'S 35TH ANNUAL CRAB FEED FUNDRAISER! SUNDAY, FEBRUARY 1, 2026

MAIL ORDER COUPON

Name _____ Phone _____ Email _____

of dinner tickets (by January 18): ____ Early Bird Special @ \$80 each, ____ Children @ \$40 each.

of dinner tickets (after January 18): ____ Adults @ \$90 each, ____ Children @ \$40 each.

Additional donation: \$ _____. Total enclosed with check payable to J-Sei: \$ _____.

Please mail to J-Sei, 1285 66th Street, Emeryville, CA 94608, to be RECEIVED in the office by Sunday, January 25.

THANK YOU FOR YOUR ORDER!

In Memory of John “Aaron” Muranishi

By Ken Tsuboi, Co-President, J-Sei Board of Directors

With a heavy heart, J-Sei mourns the sudden passing of board member John “Aaron” Muranishi. He served on the board for five years leading the Finance Committee, bringing his professional experiences as a certified public accountant to steer J-Sei to growth and prosperity. Previously, Aaron served on the board of Kokoro Assisted Living for ten years.



When offering views on various topics at hand, Aaron would often lead with “I’m a numbers guy.” And he certainly was; he was highly proficient with budgeting, projections and strategy, lending his expertise to all matters related to the financial and accounting aspects of J-Sei. One might have assumed that, as a “numbers guy,” Aaron was pragmatic and practical at an extreme level of structure and inflexibility. Instead, Aaron would routinely share his expertise on various subjects and would draw on the human side of issues. In all that he did, he brought compassion, empathy, and personal connection.

Looking Back and Forward *(cont. from front)*

multigenerational initiatives that foster community connection.

I will always remember 2025 as the year I had the privilege of joining the incredible J-Sei team and interacting with all of you—our staff, volunteers, board members,

Having grown up in Berkeley and as a product of the community, Aaron benefited from many programs and services that were offered. He participated in sports leagues and later sought assistance from J-Sei to secure caregiving services for his own parents. For Aaron, having received meant

wanting to give back. Aaron gave so much of his professional expertise as a “numbers guy.” However, while his business acumen and analytical skills undoubtedly contributed to J-Sei’s overall success, he will be best remembered by our community for his warmth, engagement, easy smile, and kind heart.

In addition to his commitment to community service, Aaron was a long time Cal Bear backer and Warriors season ticket holder, enjoyed sports (especially basketball and golf), was an avid outdoorsman (fly fishing and duck hunting), and loved spending time with his family—his beloved wife, two sons, and three young grandchildren. Aaron will be missed deeply.

donors, community partners, and program participants. Thank you for your invaluable and unwavering support! Here's to new beginnings and endless possibilities in 2026. Happy New Year!

Celebrating **10**
years

Flavors of Spring 2026

SUNDAY, MARCH 29, 2026

Bloc15 | 252 2nd St., Oakland | 2 to 5 pm



A TASTING EVENT

to support J-Sei's senior services and cultural programs

Join us for a fun-filled evening of food, wine, brew, silent auction, raffle drawings, and live music!



**EARLY BIRD SPECIAL!!!
SAVE ON YOUR TICKET PRICE!**

Purchase at \$150 by February 1
Price increases to \$200 on February 2



Purchase event tickets online at bit.ly/492j2ya or mail check payable to J-Sei, 1285 66th Street, Emeryville, CA 94608 in envelope postmarked by March 22.

For more information, contact Tiffany Nguyen at tiffany@j-sei.org or visit www.j-sei.org.

Senior Center Partnerships

Contact the senior center partner for details on their operations schedule.

Berkeley Nikkei Center

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

Eden Senior Center

Eden Japanese Community Center
710 Elgin Street, San Lorenzo
(510) 676-3820
Contact: Pam Honda

Goen

2261 Morello Avenue #C Pleasant Hill, CA 94523
Kurumi Japanese School
circle3ph@gmail.com
Contacts: Aiko Katayama or Ema Hiura

Sakura Kai Senior Center

5625 Sutter Street, Richmond
(510) 672-7150
ecsakurakai@gmail.com

Case Manager's Corner by Mikako Amini

Pneumonia Prevention Guide

What is Pneumonia?

Pneumonia is an infection of the lungs that can be serious, especially for older adults. It can be caused by bacteria, viruses, or other germs. Getting pneumonia may lead to hospitalization and can sometimes be life-threatening.

Symptoms to Watch For:

Older adults may not always have the classic symptoms. Look out for:

- Cough (with or without mucus)
- Fever or chills
- Shortness of breath
- Chest pain when breathing or coughing
- Feeling very tired or weak
- Confusion or changes in mental state (especially in older adults)
- Low oxygen levels (if you have a pulse oximeter)

If you notice any of these symptoms, especially confusion or trouble breathing, contact your healthcare provider right away.

How to Prevent Pneumonia:

There are steps you can take to lower your risk:

Get Vaccinated:

- Pneumococcal vaccines: All adults age 65 and older should get a pneumococcal conjugate vaccine. The newest vaccines, PCV20 or PCV21, protect against more types of bacteria and usually require just one shot. If you already had older vaccines (like PCV13 or PPSV23), you

may still need a booster with PCV20 or PCV21. Ask your doctor which vaccine is best for you.

- Influenza (flu) vaccine: Get a flu shot every year. It helps prevent flu and flu-related pneumonia.
- COVID-19 vaccine: Stay up to date with COVID-19 vaccines, as COVID-19 can also cause pneumonia.

Practice Good Hygiene:

- Wash your hands often.
- Avoid close contact with people who are sick.
- Cover your mouth and nose when coughing or sneezing.

Manage Chronic Conditions:

- Keep conditions like diabetes, heart disease, and lung disease under control, as these increase your risk.

Healthy Lifestyle:

- Don't smoke. Smoking damages your lungs and raises your risk.
- Eat a balanced diet and stay active to keep your immune system strong.

Are the Vaccines Safe?

Pneumococcal, flu, and COVID-19 vaccines are very safe. Most people have mild side effects like soreness at the injection site, tiredness, or mild fever, which go away in a few days.

When to Seek Help:

If you develop symptoms of pneumonia, especially confusion, trouble breathing, or chest pain, seek medical attention promptly. Early treatment can prevent serious complications.

Questions?

Talk to your healthcare provider about which vaccines you need and any concerns you have about pneumonia prevention.

References

Womack J, Kropa J. Community-Acquired Pneumonia in Adults: Rapid Evidence Review. *Am Fam Physician*. 2022;105(6):625-630.

Lutz MK, Caldera F. Vaccination Outcomes and Recommendations Among Older Adults in a Gastroenterology and Hepatology Practice. *Am J Gastroenterol*. 2025;120(Suppl 10):S67-S75.

Casey C, Fullerton MJ, Somerville N. Common Questions About Pneumonia in Nursing Home Residents. *Am Fam Physician*. 2015;92(7):612-620.

Kobayashi M, et al. Expanded Recommendations for Use of Pneumococcal Conjugate Vaccines Among Adults Aged ≥ 50 Years. *MMWR*. 2025;74(1):1-8.

Heidenreich P, et al. 2025 Concise Clinical Guidance: An ACC Expert Consensus Statement on Adult Immunizations. *J Am Coll Cardiol*. 2025.

Kobayashi M, et al. Use of 21-Valent Pneumococcal Conjugate Vaccine Among U.S. Adults. *MMWR*. 2024;73(25):577-582.

Kneifati-Hayek JZ, Incze MA. What Do I Need to Know About the Pneumococcal Pneumonia Vaccine?. *JAMA Intern Med*. 2025.

Aliberti S, et al. Community-Acquired Pneumonia. Lancet. 2021;398(10303):906-919.

J-Sei in Memoriam

Below are gifts received from September 1, 2025, through November 30, 2025.

In Memory of Patricia Hirose Andrews

*Dorothy Nishioka
Irene Sugano
Takashi & Jeanne Sugano
Bruce Watanabe
Craig & Deborah Watanabe*

In Memory of Dr. Frank Kami, D.D.S.

May & Omar Doi

In Memory of Lynn Matsumoto

*Gerson Bakar Foundation
Karen Iwasa*

In Memory of Aaron Muranishi

*Ted Haduca & Karen Shibata
Doug & Debbi Kagawa
The Leung Family
Daniel Lee
Darlene & Kenneth Lem
Leroy Morishita & Barbara
Hedani-Morishita
Kenny & Liz Nakamura
Peter & Lynn Nakaso
Margo & Alon Yu*

In Memory of Hisako Nabeta

Reiko Nabeta

In Memory of Anna Niiya

Theodore Niiya

In Memory of Oliver & Michiko Nishimura

Joyce Iwasak

In Memory of Bill Shimamoto

Don Shimamoto

In Memory of Ben Takeshita

Fumiko Takeshita

In Memory of Sharon Uejo

Curtis Uejo

In Memory of Michael Uno

Natividad Uno

In Memory of Terry Yamashita

Reiko Nabeta



1285 66th Street
Emeryville, CA 94608
www.j-sei.org

NON-PROFIT ORG.
U.S. POSTAGE
PAID
OAKLAND, CA
PERMIT #8619

ADDRESS SERVICE
REQUESTED

*Join us for Crab Feed on February 1
and Flavors of Spring on March 29*

Staff Contacts

Mikako Amini

Bilingual Case Manager
(510) 654-4000, x102
mikako@j-sei.org

Yuji Ishikata

Chef
(510) 654-4000
yuji@j-sei.org

Glen Iwaoka

Van Driver (M & Tu)
(510) 654-4000
glen@j-sei.org

Miyuki Iwata, LCSW

Bilingual Case Manager
(510) 654-4000, x101
miyuki@j-sei.org

Tracy Kaneshiro

Volunteer & Kitchen
Assistant
(510) 654-4000, x106
tracy@j-sei.org

Tara Kawata

Director of Services
(510) 654-4000, x104
tara@j-sei.org

Ky Lam

Executive Director
(510) 654-4000, x108
ky@j-sei.org

Tiffany Nguyen

Operations
Manager
(510) 654-4000, x107
tiffany@j-sei.org

Suzanne Otani

Bookkeeper/ Admin
Assistant
(510) 654-4000, x100
suzanne@j-sei.org

Jill Shiraki

Education
Coordinator
(510) 654-4000, x109
jill@j-sei.org

Sianne Susbilla

Senior Nutrition Manager
(510) 654-4000, x105
sianne@j-sei.org

Hannah Tang

Chef Assistant
(510) 654-4000
hannah@j-sei.org

Hanna Yamaguchi

Program
Coordinator
(510) 654-4000, x103
hanna@j-sei.org

Sunnie Youk

Family Caregiver Navigator
(510) 654-4000, x113
sunnie@j-sei.org

Save the Date!

- Jan 19** MLK Jr. Day –
J-Sei Closed
- Jan 24** Rockin' the Boat,
Flashbacks of the
1970s Asian
Movement
- Jan 25** Lu, Over the Wall
- Jan 28** Fall Prevention for
Seniors & Caregiver
Tips
- Feb 1** J-Sei's Annual Crab
Feed
- Mar 14** Circling Back: A
Retrospective of
Artwork by Ruth
Yoshiko Okimoto.
- Feb 16** Presidents' Day –
J-Sei Closed
- Mar 29** J-Sei's Flavors of
Spring