



Flavors of Spring Success!

More than 400 members of the J-Sei community gathered at Bloc15 on March 29th to celebrate the 10th anniversary of Flavors of Spring, an afternoon of exceptional food, beverage, prizes, and community spirit in support of J-Sei. Guests enjoyed curated tastings led by J-Sei's Chef Yuji Ishikata and a talented lineup of local food and beverage partners, while popular silent auction and raffle offerings added excitement throughout the afternoon. Emcee Ryan Takemiya created a warm and welcoming atmosphere, and the return of the Private Practice Band kept the energy high as guests grooved to the lively music.

The event was a huge success, raising critical funds to support J-Sei's linguistically and culturally competent services and programs for older adults, families, and the broader community. We are grateful to the sponsors, volunteers, vendors, and guests whose generosity and dedication made the celebration possible.

We Doubled our Give in May Goal!

Congratulations to the Give in May J-Sei team for surpassing our \$100,000 goal! 26 amazing volunteers (staff, Board, and community members) raised over \$200,000 from approximately 500 donors, a record year for us in the number of volunteers, donors, and amount raised. Moreover, we are grateful for our largest donation of \$55,000, aligning with J-Sei's 55-year legacy.

We are indebted to our eight matching donors, whose generosity encouraged others to donate. J-Sei would like to thank everyone who contributed as a fundraiser, donor, and overall supporter of J-Sei!

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Contributors

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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
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 - Let's Groove, 12:30-1:30 pm
Thurs - Watercolor, 1-3 pm
Fri - Tai Chi for Arthritis, 1-2 pm
Fri - Nihongo Corner 1 & 2, 1-2 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

Online Classes

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

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.

Gallery Exhibit

Illuminate Place, an exhibit opening by A Place of Her Own

Sunday, August 9, Gallery Open 12-5 pm,
Reception 1-4 pm

Exhibit Dates: August 9 - Oct 18, 2026

Gallery Hours: M Tu Th Fr 2-5 pm, and Aug

Illuminate PLACE, a group exhibition will feature 26 found object artworks by intergenerational, multicultural visual artists who have all been part of the PLACE workshop series. They share



their stories through narrative visual art answering the question "If you had a place of your own, what would it be?" This exhibition is rooted in healing through ancestral patterns to resilience. Artwork will be on view with accompanying wall art statements, public programming, and interactive self-guided workstations. Artist talks and workshops to be scheduled.

Upcoming Events & Programs



One Fighting Irishman: Wayne Collins, a film screening and discussion

Saturday, July 18, 1-3pm

Filmmaker Sharon Yamato will discuss her

film on lawyer Wayne M. Collins and his defense of Japanese Americans at Tule Lake, as well as his representation of Japanese Latin Americans at the Crystal City Family Internment Camp. Collins's son, Wayne Merrill Collins will also speak about his father's work as well as his own efforts for Tule Lake renunciates.

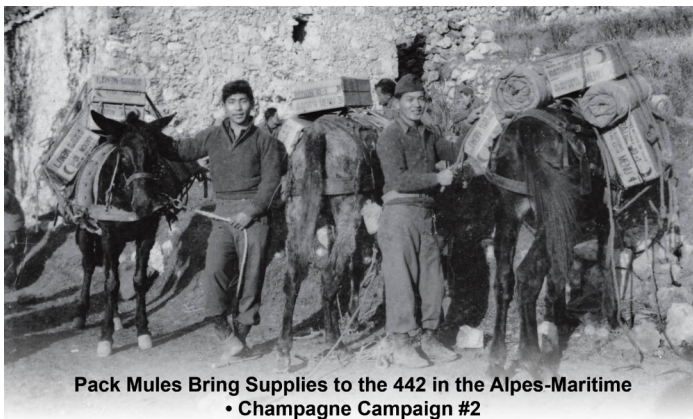
ONE FIGHTING IRISHMAN tells the story of the man who rescued more than 5,500 people from being deported to a country upon which many of them had never stepped foot. At a time when wartime hysteria and racist hatred of American citizens of Japanese ancestry was sweeping the country, Wayne Collins stood above the rest to fiercely defend the Constitutional rights of those the government considered the worst of the lot—those accused of being disloyal.

This program is held as part of the Crystal City: America's Last Concentration Camp exhibit.

Honor Bound Revisited: Retracing My Father's Path with the 442nd

Saturday, August 8

More than 30 years ago, television journalist, Wendy Hanamura, set out to capture the story of the 442nd/100th Regimental Combat Team through the eyes of her father, Sgt. Haruo Hanamura. Her father and his 442nd comrades were then in their seventies, able to laugh and cry and recount some of the darkest days of the war. Wendy travelled with these Company L veterans to France and Italy retracing their footsteps through some of the bloodiest battles of WWII. The resulting documentary, Honor Bound: A Personal Journey is now available to the public in the Densho Library and the Internet Archive. Come



watch this Emmy-award-winning documentary with multimedia producer, photographer & archivist, Brad Shirakawa. Together last summer, Wendy and Brad retraced her father's time in the south of France during the "Champagne Campaign," exploring what is left of the villages, bunkers, and grand hotels of Nice where the 442nd wintered in 1944. Brad will share his research and photo documentaries of this little-known part of the 442nd story.

Connecting Across Generations: LGBTQ+ Allyship Across Generations Saturday, August 15, 3pm

Join us to continue the dialogue across generations, to share our stories and learn how to support and uplift one another. At the last gathering, we hosted Conversations on Career Exploration which was very inspiring and well received.

Connecting Across Generations (CAG) is to provide spaces to build community and conversation across generations. It is a collaboration between many different Bay Area organizations including: J-Sei, Japanese American Youth Alliance (JAYA), and Berkeley Nikkei Student Union (NSU) at UC Berkeley, Berkeley Chapter of Japanese American Citizens League (BJACL), Friends of Topaz Museum, and Japanese American Women Alumnae of UCB (JAWAUCB).

Meals That Made Us, a screening & celebration

Sunday, August 16, 11 am and 2 pm



Meals That Made Us, directed/produced by Nisha Balam is a three-part documentary exploring how Asian American chefs, farmers, and community leaders use food to reclaim

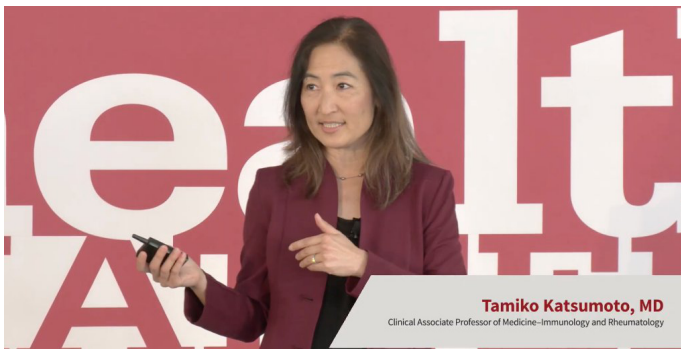
heritage, reimagine identity, and build community across generations. Set against the rich culinary backdrop of San Francisco and its surroundings, everyday people find meaning in unexpected places, whether it's foraging as a connection to ancestral experiences, elevating institutional meals with cultural care, or creating third spaces that nourish bodies and hearts. *Meals That Made Us*, funded by the Center for Asian American Media (CAAM), shows that cooking and eating are evolving traditions that are both connections to the past and the groundwork for new communities. Yuji Ishikata, chef at J-Sei, is featured in this documentary. Celebrate with us!

A Plant-Based Diet to Ease the Joints, a Saturday morning talk

Saturday, August 22, 10-11:30 am

While arthritis affects millions of people worldwide, is the pain and discomfort of inflammation something that we must learn to live with? Is there anything we can do?

Hear from Dr. Tamiko Katsumoto, a Clinical Associate Professor in the Division of Immunology and Rheumatology at Stanford University, as she explains the key differences between osteoarthritis, caused



by wear and tear on joints, and rheumatoid arthritis, an autoimmune condition where the immune system attacks healthy tissue. While there is no cure for arthritis, Dr. Katsumoto reveals why chronic inflammation plays a central role and how the modern diet is making things worse. She is fascinated by the impact of diet and lifestyle on inflammation, autoimmunity, and cancer.

Dr. Katsumoto is passionate about the merits of sustainable whole food plant-centered diets as a strategy to both improve individual health and mitigate climate change and environmental degradation. Join us for an engaging conversation with Dr. Katsumoto and enjoy healthy light snacks to start your day.

Healthy Aging: Supporting Brain Health in Our Community

Thursday, August 27
2026, 2 pm



Everyone deserves a life with the healthiest brain possible, and we can all take action to help protect our brain health. Supporting Brain Health in Our Community shares important information about brain-healthy actions we should all build into our routines to benefit our brains, including the U.S. POINTER recipe. It's never too early—or too late—to start prioritizing brain health. This

presentation helps everyone understand the science-backed steps we can take to support lifelong brain health. RSVP to jill@j-sei.org with "Brain Health" in the subject line.

The Four Immigrants Manga

Saturday, September 19, 1 pm



One of the first comic books in the U.S., "Manga Yonin Shosei" (or The Four Student Worker's Manga") by Henry (Yoshitaka) Kiyama was first exhibited in

San Francisco in 1927, and published as a comic book in 1931. Nearly forgotten for fifty years, "The Four Immigrants Manga", translated by Frederik L. Schodt has become an engaging teaching resource on Japanese American immigrant history. Henry (Yoshitaka) Kiyama, arrived in San Francisco in 1904, to study fine art. He primarily focused on landscapes and portraits, and exhibited his work widely.

Frederik Schodt is a veteran author, translator, and interpreter. Fluent in spoken and written Japanese, he has written extensively on Japanese manga, as well as on pop culture, technology, and history. In 2006 he received the Japanese Government's Order of the Rising Sun, Gold Rays with Rosette, for helping to promote Japanese popular culture in North America.





SPECIAL EVENT

J-Sei Family Festival

Sunday, September 27, 12 to 4 pm

From the beat of the taiko to the intergenerational singers and hip-hop dancers, we celebrate the J-Sei Family Festival each year. Enjoy an array of festival foods, music, and activities. Come celebrate our 15th Annual J-Sei Family Festival that is held in recognition of Keiro no Hi, respect for the aged day.



Workshops & Programs

Learn to play Hanafuda

Mondays, 10 - 11:30 (to begin in August, date tbd)

Hanafuda, known as "flower cards" is a form of traditional Japanese playing cards. Hanafuda has a rich history dating back to the HEIAN ERA (794-1185). It has 48 cards divided into 12 months of the Japanese calendar. Each month features a floral theme and symbols proposed by Japanese nature through the seasons of a year.

RSVP to jill@j-sei.org with "Hanafuda" in the subject.

Reiki Wellness

Fridays, 1st & 3rd, begins July 17

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.

Appointments available between 10:30-12:30. Advance sign-ups required. RSVP to karol@j-sei.org with "Reiki" in the subject.

Caregiver Navigator Corner by Sunnie Youk

Tip for Family Caregivers

Being a family caregiver for an ailing parent, child, spouse, or other loved one is challenging, bringing with it a host of new, often intimidating responsibilities. If you are feeling overwhelmed and alone, this may help you find the support you need.

Accept Your Feelings

Caregiving is emotionally complex and can trigger a range of difficult emotions, including anger, fear, resentment, guilt, helplessness, and grief. It is vital to acknowledge and accept what you are feeling, both good and bad. Having these human feelings doesn't negate the love you have for your family member.

Emotions you may experience include:

- **Anxiety and Worry:** Worrying about new responsibilities, your loved one's future condition, or [stress about the future](#).
- **Anger or Resentment:** Feeling angry

toward the person you care for, or resentful toward friends or family who do not share your responsibilities.

- **Guilt:** Feeling guilty for not being a "better" caregiver, lacking patience, or for not being more available (such as in long-distance caregiving).
- **Grief:** Dealing with the loss of the healthy future you envisioned, or [grief](#) for a loved one with a terminal illness.

Instead of bottling up these complex emotions, it is important to talk about them. Confide in at least one trusted person who will listen without interruption or judgment.

We are exploring community interest in a new family caregiver support group.

Please contact Sunnie Youk if you are interested or would like more information.

Email sunnie@j-sei.org or Call 510-654-4000 ext.113.

Haiku Monument to be Installed at J-Sei

The Haiku Monument currently at the former J-Sei Home in Hayward will soon be relocated to the Emeryville offices.

*one by one
he hands over the spring winds:
a balloon seller*

- Kazuo Sato



The poem and stone were donated by Professor Kazuo Sato of Waseda University. Rev. Dennis Shin Fujimoto, Alameda Buddhist Temple, designed and built the pedestal. The monument was dedicated on August 24, 1995. A rededication will be held when the monument is installed.

Spotlight: J-Sei Case Management

J-Sei is extremely fortunate to have two highly qualified bilingual case managers. Miyuki Iwata, MSW, LCSW, has been with J-Sei for 18 years and brings her deep expertise in social work and gerontology, and Mikako Amini, MSW, has extensive experience across adult day health and community-based settings. Both have a deep understanding of the language, culture, and local resources.

Their clients are, on average, 83 years old. Most have two or more functional impairments. Nearly two-thirds live alone, more than half don't speak English as their primary language, and for many, there is no nearby family.

A typical day captures the range of the work. By 7:30 a.m., a case manager is already returning calls and emails from clients and medical providers, and writing up notes from the previous day's visits. By mid-morning, she's making calls to schedule home visits, follow up on resources, confirm medical appointments, and check on medication deliveries. By noon, she may be leaving the office to escort a client with no family support to a doctor's appointment, or driving across the

East Bay for an in-home assessment — evaluating a new client's mobility, nutrition, and housing safety. After returning to the office she may catch up on more case notes or work on filing benefit applications and managing the paperwork and follow-up her clients simply cannot handle alone.

When an assessment turns up concerns — weight loss, an empty refrigerator, a recent fall, an inability to recall medications or how bills are being paid, a cluttered home, no medical care in over a year, no family or friends nearby — the case manager builds a care plan, connects the client to services, and checks back as needs change. That can mean helping apply for In-Home Supportive Services, making and attending a medical appointment alongside a client, discussing Power of Attorney options, or filing for Medi-Cal, CalFresh, or Supplemental Security Income (SSI).

Case management has been a core J-Sei service for nearly 39 years. For older adults who are socially, culturally, and linguistically isolated — with no family nearby and no way to navigate the system alone — it can be what keeps them safely housed, healthy, and connected.

Senior Center Partnerships

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

Navigating Your Health: What's New with Medicare in 2026

If you think the Medicare rules are always shifting, you aren't alone! Several important Medicare updates are taking effect this year. Here are some of the important Medicare changes for 2026.

1. Cap on Prescription Drug Costs

The Change: In 2026, the maximum amount you will pay out-of-pocket for covered Part D prescription drugs on your plan's formulary is \$2,100(1). Once you reach this limit, your plan pays 100% of your covered drug costs for the rest of the year (1).

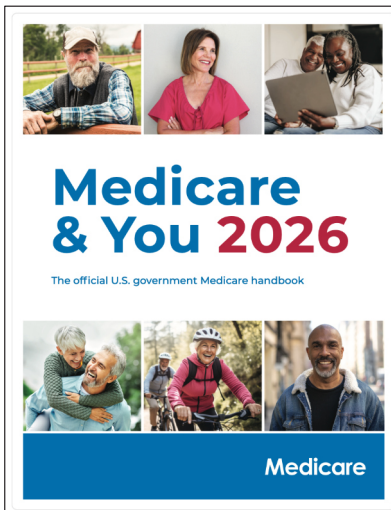
The Implication: This still provides peace of mind, especially for anyone managing chronic conditions with expensive medications. Your monthly plan premiums do not count toward this \$2,100 limit (1).

2. Extra Help for Lower-Income Enrollees

If you are on a limited income, you may qualify for the federal Extra Help program (also called the Low-Income Subsidy), which can significantly reduce your prescription drug costs.

The Change: For 2026, the income limits to qualify are \$23,940 for an individual (with assets below \$18,090) or \$32,460 for a married couple (with assets below \$36,100). Your primary home and your primary vehicle do not count as assets (3).

The Implication: If you qualify, your annual deductible is completely waived, you pay



\$0 for your monthly drug plan premium, and your copays are legally capped at no more than \$5.10 for generic drugs and \$12.65 for brand-name drugs (3). If you already receive Medicaid or Supplemental Security Income (SSI), you are automatically enrolled!

3. Prices Go Down on 10 Major Medications

For the first time ever, Medicare has negotiated lower prices directly with drug manufacturers for ten of the most common, high-cost brand-name drugs.

The Change: Medicare's first negotiated drug prices under the Inflation Reduction Act are taking effect in 2026 for ten high-cost brand-name medications used to treat conditions like diabetes, heart failure, and blood clots (2).

The Implication: If you take one of these specific medications, check with pharmacists for noticeable savings.

4. The Medicare Prescription Payment Plan Auto-Renews

Medicare has a voluntary program allowing enrollees to spread their out-of-pocket drug costs over smooth monthly payments instead of paying large out-of-pocket costs all at once at the pharmacy counter.

The Change: If you signed up for this payment plan last year and decided to stay with the same Part D drug plan for 2026, you will be automatically re-enrolled for this year (4).

The Implication: You don't need to fill out new paperwork to keep your predictable monthly payment schedule going. If you aren't on this plan but want to be, you can opt-in at any time (4).

5. Better Care Management for Chronic Conditions

Medicare is rolling out a new benefit focused on helping you manage your health day-to-day, rather than just when you visit the doctor's office.

The Change: A new initiative called Advanced Primary Care Management allows Medicare to pay your doctor specifically to coordinate your care behind the scenes (1).

The Implication: Providers participating in this program may offer expanded care coordination services, including enhanced access to care teams, medication management, and ongoing health tracking. Ask your primary doctor if they are participating (1).

******Free Medicare Counseling Resources and Advocate Programs******

The Health Insurance Counseling & Advocacy Program (HICAP) provides free and unbiased Medicare counseling for beneficiaries and caregivers.

Alameda County HICAP

Website: <https://cahealthadvocates.org/hicap/alameda/>

Contra Costa County HICAP

Website: <https://cchicap.org/>

J-Sei in Memoriam

Below are gifts received from March 1, 2026, through May 31, 2026.

In Memory of Sumiye Akiyoshi

Steve Oishi

In Memory of Patricia Junko Hirose Andrews

*Lynda Hirose
Eugenia Kashima*

In Memory of Patricia Andrews

Shirley Sato

In Memory of James Aoki

*Shoshana Arai
Doug Kawabata & Marlene Yamashita
Junichi & Sarah Miyazaki
Sue Paolin
Liz Ruhland*

In Memory of Vicenta San Nicolas Camacho

Barbara Camacho

In Memory of Chizu Coffey

Annette Coffey

In Memory of Mari Fertig

Asano Fertig

In Memory of Jerry Fitzpatrick

May & Nobuso Doi

In Memory of George & June Fukumae

Peter Fukumae

In Memory of Mary Ninomiya Garroway

Al Garroway

**In Memory of
Seikichi & Yuki Gusukuma**

Emi Gusukuma

**In Memory of
Nibby & Irene Hashiguchi**

Ellen Hashiguchi

**In Memory of
Kimi & Akira Honda**

Vivian & Ray Chiang

Blaine Honda

Jennifer Lim

Ellen & Eric Takatori

Linda Taku

**In Memory of
Virginia Hotta**

Jaime Fukumae

Carol Muramoto

Joanne Takata

**In Memory of
Terry Ito**

May & Nobuso Doi

**In Memory of
Buichi & Martha Kajiware**

Joan Neveu

**In Memory of
Dr. Harold K. Kanagawa**

Sandy Kanagawa

**In Memory of
Kiyoshi Katsumoto**

Emiko Katsumoto

Patricia & Harold Kobayashi

**In Memory of
Lois Kawata**

Paul Kawata

Chelsea Oseto

**In Memory of
Jimmy & Mariko Koide**

Teri Culbreath

Karen Koide

**In Memory of
George Kono**

Joy Lauritzen

**In Memory of
Alan Maeda**

Grace Chen

Ruth Ichinaga

Joan Neveu

**In Memory of
Aaron Muranishi**

Lynn Higa

Janis Ito

Naoko & Patricia Ito

Carrie Kojimoto

Kathryn Kojimoto

Louise Lue

Sharon Noguchi

Diane Wong

**In Memory of
Kenneth Nabeta**

Reiko Nabeta

**In Memory of
Shigeharu Nabeta**

Reiko Nabeta

**In Memory of
Jean Nakaso**

Judy Nakaso

**In Memory of Tamaki &
Hayane Ninomiya**

Flora Ninomiya

**In Memory of
Florence Okada**

Carrie & Cole Yoshida

**In Memory of Makoto Otsuka
& Doreen Otsuka**

Mary Otsuka

**In Memory of
Louise Owyang**

Grant Din

**In Memory of
Sally Saman**

Mary Gates

**In Memory of
Sei Shimoguchi**

Karen Koide

**In Memory of Lilian Takata &
Nellie Takeda**

Joanne Takata

**In Memory of
Frank & Ida Takatori**

Jennifer Lim

**In Memory of
Laura Takeuchi**

Joanie Morioka

**In Memory of
Sharon Uejo**

Curtis Uejo

**In Memory of
Libby Yamamoto**

Wendy Kojima

**In Memory of
Yukio & Mary Yano**

John & Debbie Ino

Chris & Colleen Kodani

**In Memory of
George & Helen Yoshida**

Carrie & Cole Yoshida

**In Memory of
Tad & Lily Yoshii**

Judy Fukumae

**In Memory of Shizuo &
Yasuko Yoshikawa**

Lorraine Yoshikawa



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Save the Date!

- | | |
|--------|--|
| Jul 18 | One Fighting Irishman |
| Aug 8 | Honor Bound Revisited:
Retracing My Father's
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| Aug 9 | A Place of Her Own,
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| Aug 16 | Meals that Made Us |
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Supporting Brain
Health in Our
Community |
| Sep 7 | Labor Day –
J-Sei Closed |
| Sep 19 | The Four Immigrants
Manga |
| Sep 27 | J-Sei Family Festival |