



# Gym Windows Project by Kevin Kunisaki

Beginning the first week of this month, our VJCC gym will be undergoing a long overdue window replacement project set to be completed in May. The 20 windows at the top of the gym's west wall will all be replaced: 10 fixed windows and 10 retractable windows. The retractable windows will allow ocean breezes to cool the gym in the summer. The project also will require new awnings on the outside of the gym windows to keep out rain and bright sunlight.

The entire project was scheduled to take six weeks to complete. For our VJCC *(Continued on page 3)*



## Board Visions

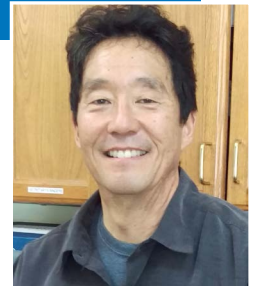
*by Kelvin Uyeda*

# HELP WANTED: Volunteers to Revitalize the Bingo Committee

After 30 years of volunteer service, **Sharon Aratani** feels she must resign as the VJCC Bingo Manager. **Dave Hirota, Kazie Kame** and I have decided to step aside to allow for some youthful-energetic people to create a brand-new Bingo Committee.

When I first joined the Bingo Committee over 25 years ago, Sharon was the Bingo Committee

Chairperson. During my initial years on the committee, I thought of Bingo Night as being just a fundraising event. I remember thinking that Bingo Night wasn't run very efficiently. I knew of no other organization that sold pre-event bingo tickets. I just knew that it took a lot of effort to pre-sell *(Continued on page 2)*



**Board Visions** (Continued from front page)

the bingo games in such a manner. It took a lot of energy in printing, numbering, distributing, redeeming and tracking these pre-event tickets.

Looking back at that season in my life, I am evermore indebted to the **Venice Karate Club**. At that time, learning all about *rei-gi* (respect) as a neophyte *karate-ka*, I wisely chose not to proclaim my analysis of the pre-event bingo ticket's ineffectiveness. It took several years for me to understand the importance of these tickets. At the Executive Council meetings, these pre-event tickets were distributed to the representatives of all clubs and classes; in turn, these tickets made it to each member of the clubs and classes. Each member then invited their friends and family to an exciting evening of bingo. Using pre-event bingo tickets resulted in a larger R.O.R. - Return on Relationships. I learned the community-building value of selling pre-event tickets.

Sharon gave me a nickname, "Mav," short for Maverick from *Top Gun* (the older 1986 movie from Paramount). I took to calling her my wingman, "Ice." But it was actually Sharon who was the maverick of our Bingo Committee. She led our committee in finding new and novel ways of keeping the Spring Fling and Halloween bingo events exciting and new. Over the years, she had the committee try many crazy ideas to transform the bingo fundraising event into a "fun-raising" event. It turned out that many of these ideas were failures; we laughed our way through these failures. But through these debacles, I have experienced moments of pure joy.

Bingo became a much-anticipated community-building event for all who came to play bingo and for all the bingo volunteers. The VJCC bingo events created a high R.O.R. - Return on Relationships for all who volunteered. I will especially miss the comradery and community that I felt while working alongside all of you (past and present) who volunteered to help make the VJCC Bingo a FUN-raising event.

My hope is that we will get a new (yonsei-aged?) Bingo Manager. To the new Manager, I respectfully offer you this haiku:

The money will come...  
Return on Relationships...  
Create FUN-raisers.

*The Venice Japanese Community Center,  
a community worth preserving...*



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*"A center to preserve the heritage and perpetuate  
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**Donations: March 2023**

The VJCC gratefully acknowledges the following  
donations of time, material, and money:

Mike & Laurie Amano . . . . . \$100  
Craig Cummings . . . . . Monetary Donation  
Satoshi & Lorraine Hinatsu . . . . . \$100  
Bonnie Inai . . . . . \$200  
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**Senior Wellness Program Grant**

Keiro . . . . . \$11,995

**Shinnen Kai**

Anonymous . . . . . \$200

**Legacy Tree Donations: March 2023**

The VJCC gratefully acknowledges donations and  
pledges towards the Legacy Tree.

Lindon & Joi Kaneshiro . . . . . \$1,040



## Gym Windows *(Continued from front page)*

gym scheduling purposes, we allowed eight weeks for the completion of the project. This is the reason we originally closed the gym in March and April. However, due to material delays, our contractor informed us in February that they would not be able to start the project until April. They did say that they could do the window replacement first and be finished in the gym by the beginning of May. They would then work on the awnings outside of the gym.

During construction, the contractor will have to leave equipment such as scaffoldings and lifts in the gym. Clubs that use the entire gym--such as basketball, volleyball and pickleball--will not be able to practice/play during construction. Clubs that can work around the construction equipment in the gym can still use the gym for practice.

Thank you for your patience and cooperation. 🙏



### SAVE THESE DATES

**Gym Closure, New Window Install**  
Monday, April 3 – May 4

**Spring Bingo Night - CANCELLED**

**Summer “Natsumatsuri” Festival**  
Saturday, June 24

Please check [VJCC.com](http://VJCC.com) for the latest updates.



## Board Visions *(Continued from page 2)*



*Thank you to Bingo volunteers past and present.*

## Board Vision by Kelvin Uyeda - April 2023

ビンゴ委員会を盛り上げてくれるボランティアの人、募集中

ボランティア活動を始めて30年になるアラタニシャーロンさんは、VJCC ビンゴマネージャーとして、ヒロタデーブさんとカメカジエさんが退任して、新しいビンゴ委員会を作り出してくださる若いエネルギーにあふれる人たちに任せることにしました。

私が25年以上前に、ビンゴ委員会に最初に参加した時に、シャーロンさんは、ビンゴ委員会の委員長でした。委員会に参加して最初の数年、私は、ビンゴナイトのことを単なるファンドレージングのイベントだとしか、考えていませんでした。その頃、ビンゴナイトは、あまり効率よく運営されていなかったと覚えています。私は、前売りのビンゴチケットを他のオーガニゼーションの人たちは、誰も販売していなかったことを知っていたため、前売りチケットの大きな効果を、私は誰よりも気づけました。この前売り用のチケットを印刷したり、数を数えたり、販売や、払い戻しや、トラッキングをしたりと、結構エネルギーが必要でしたが、委員会のメンバーとボランティアの人たちで、ビンゴの成功に向けてがんばりました。

私の人生で、そのころを振り返ってみると、私は、いつも、ベニス空手クラブの影響を受けています。その当時、私は、初心者の空手家として、空手クラブで、礼儀についてや、相手のことを尊重するというのを、教わりました。私は、ビンゴの前売りチケットの販売があまり効率的ではないように、感じていましたが、それに対して、相手のことを尊重する気持ちから、何も言わないことにしました。このチケットが重要だということを理解するまで、私は何年間かかりました。執行委員会の会議で、このチケットは、そこから、全てのクラブとクラスの代表者の人たちに販売されました。次に、このチケットは、各クラブやクラスのそれぞれの会員の人たちにも販売されました。それぞれの会員の人たちは、ビンゴに、自分の家族や友達を招待するようになりました。前売りチケットを販売することにより、会員が友人や、家族を招待するという効果をうみました。そこで、私は、前売りチケットを販売することによるコミュニティーの構築性について学びました。シャーロンさんは、私のことをトップガンに出てくるマーベリックを略して、マブというニックネームをつけてくれました。それで、私は、シャーロンさんのことを一緒に操縦する仲間ということで、アイスと呼びました。シャーロンさんは、実際のところ、ビンゴ実行委員会のマーベリックでした。シャーロンさんは、春と秋のビンゴを新しく楽しいものにして下さいました。何年間も、シャーロンさんは、ビンゴナイトをファンドレージングのイベントというだけではなくて、楽しくてわくわくするファン レージングの（楽

しいことを盛り上げる) イベントになるように沢山の面白いアイデアを出してくださいました。時には失敗してしまったこともありますが、その失敗が楽しい思い出にもなりました。

ビンゴは、ビンゴをするために参加した人や、全てのボランティアの人たちにとっても、コミュニティーを構築するためのイベントになりました。VJCCのビンゴナイトは、楽しい皆の社交の場です。

新しいビンゴ委員会を引っ張ってくれるマネージャー(4世ぐらいの年代?)を募集しています。共に、これからのVJCCとビンゴナイトを盛り上げていきましょう。

植田ケルビン



*Happy Year of the Rabbit, 2023!*

Photograph by Phyllis Hayashibara, taken with Samsung Galaxy S10

**PHOTO CLUB - 04.2023**

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# SHODO CLUB

April 2023

In February Fusako Ogasawara, Sensei of the VJCC Shodo Club, visited Cal State Dominguez Hills (CSDH) to teach and demonstrate shodo to several Japanese language and culture classes. She was invited by Sachi Johnston, a member of the Shodo Club, who is a Japanese Language instructor at CSDH. Professor Johnston started incorporating a shodo lesson given by Fusako a few years ago. The shodo experience is much anticipated and is a highlight of the semester. Each student gets to practice proper brush strokes and then to write the kanji 永 “ei” meaning eternity as well as learning to sign their name in katakana.



This year Tom Scheir accompanied Fusako to assist with the teaching. The number of students taking Japanese classes has grown and this time there were about 60 students: two classes with 25 students, and one with about 12 students. Fusako demonstrated the “eight basic strokes” and the kanji of the day, 永 “ei”. Tom wrote 道 “Michi” also pronounced “do”. He explained how the kanji meant the physical “road” but was also used to mean “the way or path” as in Sho-Do, the way of writing, Ju-Do etc.

The students, who have never taken a shodo lesson, were first taught proper posture and the way to hold a brush. They started by practicing eight basic strokes and then were able to try writing “永”. We are proud of the students’ efforts and what they accomplished in just one hour! The accompanying photo(s) show the students showing off their work.

By Tom Scheir



2月、ベニス書道会の小笠原房子先生は Cal State Dominguez Hills College の日本語クラスで書道を教えました。Sachi Johnston 教授はこの大学で日本語を教えていて、ベニス書道会の会員でもあり、数年前から毎セメスターに日本文化の一環として書道の指導を小笠原先生に依頼しています。書道のクラスは毎回大変な人気があり、そのセメスターのハイライトでもあります。生徒たちはそれぞれに正確な筆使いと「永」の意味や筆法を学び、最後に自分の名前をカタカナで記入して完成させます。

今年は Tom Scheir が小笠原先生の助手として同行し共に教えました。日本語のクラスを取る生徒の数は毎年増え、今回は3クラス 60名が参加しました。小笠原先生が、まず「基本八法」と「永」のデモンストレーションをし、次に Tom が「道」を書き、文字の読み方と意味を話しました。「みち」は歩く道、「どう」は「その技を極めるための過程」の事で、書道、柔道などに使われています。その後、私たちは一人一人に指導をして回りました。ほとんどの生徒たちは今までに書道の指導を受けたことがないので、姿勢と筆の持ち方から習いました。その後、「基本八法」と「永」を何度も練習して、皆さんが一時間で完成させることができた事を大変誇りに思います。

写真を添えましたので生徒たちの得意な様子と「永」を共にご覧ください。

トム シャイヤー



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# Sumi-e

## Japanese Ink Painting

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Must be a member of VJCC

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Traditional Japanese ink painting for all levels.

Ryoko Shibata, the originator of this class, taught it for more than 35 years at VJCC and continued by Akie Uyemura and Sam Ono for a few years after her passing. The tradition is continuing with her daughter, Jane Shibata, as the current instructor, a part-time art professor at Santa Monica College. This class covers traditional Japanese ink painting techniques of flowers, trees, animals, insects, simple landscapes, and a few other subjects.

For more information, please email

Jane Shibata at [shibata\\_jane@icloud.com](mailto:shibata_jane@icloud.com)

Sumi-e.

Come

Join

the

Fun!

When I tell anyone that I take a sumi-e class, I am frequently asked, what is sumi-e? My response is always, Japanese brush painting. Sumi is the Japanese word for black ink and “e” means painting. Developed in China, sumi-e was introduced to Japan by Zen Buddhist monks in the mid-14<sup>th</sup> century.

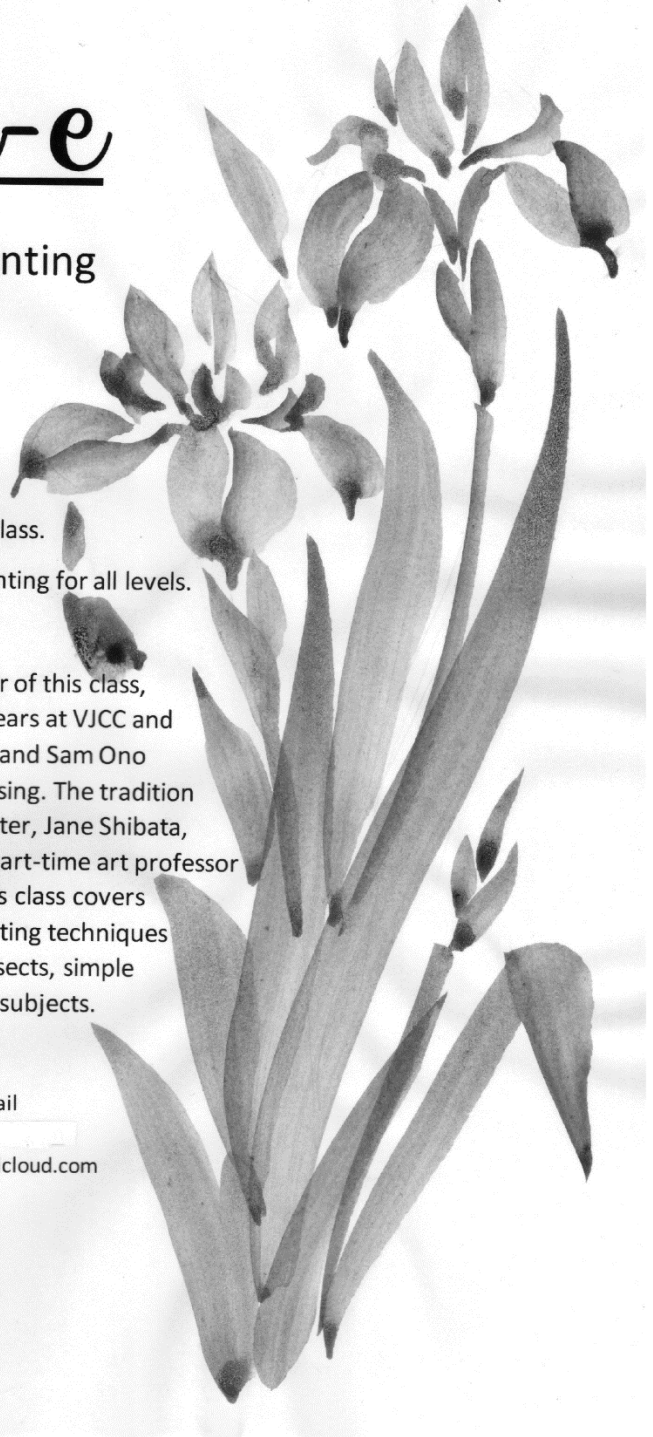
Like golf, sumi-e is much harder than it looks. Sensei Jane Shibata though, works with students at all skill levels. She learned the craft from her mother who was also a Sensei at VJCC for many years. Several of her mom’s students are now in our class.

In our class, we paint, not only the Four Gentlemen (Bamboo, Plum, Chrysanthemum, and Orchid), but koi, turtles, and landscapes. Each represents a new challenge, but the strokes build on previous lessons. My favorites are the bamboo, crane, koi, and some of the animals that we’ve done. It’s rewarding to see a design take shape with just a few strokes.

Sumi-e can have a meditative quality when you grind the ink stick, but today’s methods allow for liquid or cake inks. Come out and join us. We meet every Friday from 9:30 – 11:30 a.m. Classes cost \$6 per session.

Darlene Gaston

April 2023



## Local Advertisers

A black and white photograph showing a caregiver and an elderly woman sitting at a table. The caregiver, a young woman with her hair in a bun, is smiling and looking at the woman. The elderly woman is also smiling and looking towards the caregiver. There are bowls of food and cups on the table. A window with a view of trees is in the background.

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# Senior Wellness Program

## April 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	10-11am Tai Chi (MPR) 12-2pm Chinese Mahjong (L)	10-12pm MOB (CR) 10-12pm Chinese Mahjong (L) 1:15-2pm Virtual Chair Yoga (Z)	10:30-11:15am Hybrid Chair Zumba Exercise (MPR)	6	7	8
9	10-11am Tai Chi (MPR) 12-2pm Chinese Mahjong (L)	10-12pm MOB (CR) 10-12pm Chinese Mahjong (L)	10:30-11:15am Hybrid Chair Zumba Exercise (MPR)	13	14	15
16	10-11am Tai Chi (MPR) 12-2pm Chinese Mahjong (L)	10-12pm MOB (CR) 10-12pm Chinese Mahjong (L) 1:15-2pm Virtual Chair Yoga (Z)	10:30-11:15am Hybrid Chair Zumba Exercise (MPR)	20	21	22
23	10-11am Tai Chi (MPR) 12-2pm Chinese Mahjong (L)	10-12pm MOB (CR) 10-12pm Chinese Mahjong (L)	10:30-11:15am Hybrid Chair Zumba Exercise (MPR)	27	28	29
30						<b>Location:</b> <b>L = VJCC Lounge</b> <b>MPR= VJCC Multipurpose Room</b> <b>Z= Zoom</b> <b>CR = VJCC Conference Room</b>

**Security**

### Securely Planning Ahead

Whether it's financial, housing, or personal, security is an integral part to having a good quality of life. In regards to personal security, preparing oneself for emergencies and natural disasters can bring peace of mind to you and your loved ones.

**6 STEPS to Prepare for a Catastrophic Event**

- STEP 1: Set a place to meet up.** If you have to leave your home or work place during an emergency, decide where you will go and inform your loved ones where that is.
- STEP 2: Get connected.** Figure out how you will receive and share information and updates such as alerts on your phone, via text, National Emergency and Alerts, Administration (NOAA) radios, etc.
- STEP 3: Be informed.** Know local sources of emergency information and resources such as your local community center, church, and neighborhood's emergency plans.
- STEP 4: Know the plan.** Ask about the emergency plans at work, at your children's preschools, school or daycare, or if your family and dependents are in other facilities. Include your pets in your plan.
- STEP 5: Know where your important documents are located.** Scan or take pictures of them and save digital copies. Put them in a place it would be easy to grab or include them in your supply kit.
- STEP 6: Share your plans.** Fill out a planning document and share with family and neighbors.

While we can't prevent catastrophic events, we can prepare ourselves to be equipped with tools, skills, and a productive mindset to help us get through one should we experience it.

For the full article, scan the QR code or visit [bit.ly/3m9v8vz](https://bit.ly/3m9v8vz)

To learn how to get involved with the National Senior Network and how Keiro can host an emergency preparedness presentation for your organization, contact [preps@keiro.org](mailto:preps@keiro.org).

WINTER 2023 ANNUAL PUBLICATION 10

The VJCC Senior Wellness Program along with 32 other non – profit organizations received the 2022 – 2023 Keiro Grant Program cycle! This year, the grant's emphasis will be placed on enhancing one or more of the Quality of Life elements for older adults and their caregivers as defined by Keiro. For more information, visit [www.Keiro.org](http://www.Keiro.org)

All classes and activities are FREE to all VJCC members 60 years and older. Our number one priority is the safety of our participants. All classes and activities still follow strict CDC protocols. e.g., face covering. Participants must be fully vaccinated and had taken first booster shot. Scheduled events can change without notice. Any questions, please contact Gayle Hiramí @ [gayle\\_hiramí@yahoo.com](mailto:gayle_hiramí@yahoo.com). Or the VJCC office at 310. 822.8555.

Use your smartphone camera or a QR code scanning mobile application to read the full contents of the articles throughout this publication!

**Keiro Quality of Life**

Autonomy, Health/Wellness, Purpose, Security, Connectedness

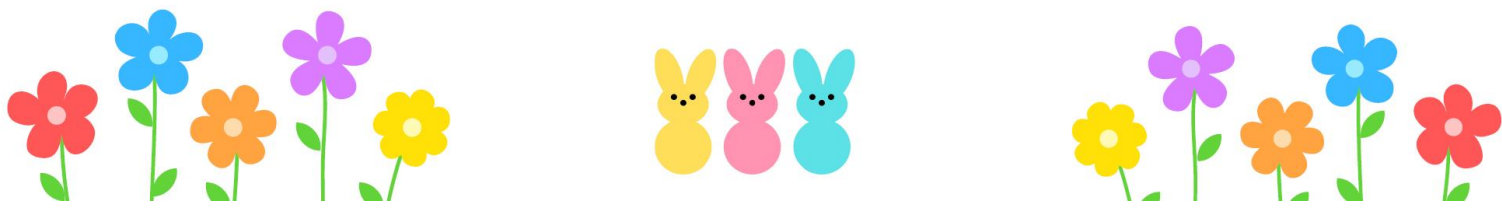
### What is Quality of Life?

In fulfilling our mission, Keiro engages in programs, services, and collaboration to advance the quality of life of older adults, their caregivers, and all who support them in Our Community. We do this through a culturally-sensitive and person-centered approach that incorporates key elements contributing to a high quality of life for older adults and their caregivers.

**In this issue:**

- PAGES 4-8 Health/Wellness**  
A person's health/wellness is defined by their physical, mental, and emotional state of being. It includes both the presence, absence, and/or risk of disease and symptoms, and the individual's perception of their health status.
- PAGES 9-10 Purpose**  
An older adult should have something that brings meaning and joy to their life. Purpose can include family and friends, community engagement, hobbies, and spirituality.
- PAGES 11-13 Connectedness**  
Humans are inherently social and need engagement through their networks to thrive. Connectedness – whether as an individual, family or community – well – is the focus of working.
- PAGES 14-15 Security**  
A sense of safety is necessary for older adults to live a healthy and fulfilling life. Security includes financial stability, consistent housing, access to social networks, and access to high quality, affordable services.
- PAGES 16-18 Autonomy**  
An older adult has the ability to choose how to live the way they want should be maintained as much as possible. Although physical and cognitive impairments may make this difficult, being seen as having an autonomy can lead to a better quality of life.
- PAGES 19-20 Friends of Keiro & Year in Review**  
Check out a few highlights of 2022 and our supporters who made this year's program and services possible.

Keiro April 2023 Security classes are held virtually



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## ☆ベニス空手クラブ☆

今年はいつまでも寒い日が続きますが、夏時間になって、少しずつ暖かい気候の日も増えてきました。日本では、学校は4月から新学期が始まり、職場では新しい年度が始まります。4月は、日本では、色々な意味で新しいことが始まる月です。

3月3日から5日の3日間は、JKA 日本空手協会ロサンゼルス支部主催で、中達也（なか たつや）師範を日本から招いての講習が行われました。当ベニス空手道場からも、大勢参加されました。中師範からの指導で、多くのことを学び、他の支部の人たちとも交流があり、有意義な3日間となりました。

空手クラブでは、4月16日に級テストを予定しています。皆さん、昇級目指して稽古に励んでください。テストの結果は、次号でお知らせさせていただきます。今月は、植田ケルビン先生が先月の記事に追加して、思いを共有してくださいました。

素晴らしい道場訓

植田ケルビン

通常、空手クラブでは、毎月、ニュースレターの記事をクラブのインストラクターが順番に書くことにしています。3月号のニュースレターに記事を投稿した後、すぐに、私が投稿した、「いいTシャツができました。」の中で、私は、Tシャツの後ろに、「心身は、技術よりももっと重要です。」と紹介したことを撤回したいとお願いしました。私は、空手クラブの紫色のTシャツに印刷されているその言葉は、岡崎照之師範によって書かれていると思ったのですが、実際には、この「技術より心術」は、空手の創設者、船越儀珍師範によって書かれた20訓の中の5番目の訓です。20訓というのは、空手の中の大事な20の教えです。道場訓は、空手の稽古の最初と最後に毎回、皆で唱える大事な5つの教えです。道場訓も20訓もどちらも、船越師範によって書かれたものです。これからも、道場訓について、紹介していきますが、いくつかは、英語の記事のほうで紹介させていただきました。

空手クラブでは、毎週月曜日と木曜日の午後4時から5時と、7時から9時15分、多目的教室で稽古をしています。体力づくりを始めたいとお考えの方は、是非、見学にいらしてください。詳細は、VJCCのオフィスにお問い合わせください。

# VENICE KARATE CLUB

April 2023

We hope everyone is doing well. Spring is finally here, and hopefully the brighter days are a sign of things to come. The school and work year turns over in April in Japan, so it is also a month of fresh starts and new beginnings.

During March 3-5, JKA Los Angeles Dojo hosted a 3-day seminar with Shihan Tatsuya Naka, 7th Dan and instructor in Japan. Many of our students attended these seminars and had a great experience training with Naka Shihan and meeting other students from the region.

The Karate Club is scheduled to hold our Kyu Exam on the 16th.

Best of luck to the students that are testing!

This month, instructor Kelvin Uyeda Sensei has kindly shared his thoughts to add on to last month's article:

---

## We've Got the Best Principles! by Kelvin Uyeda

Usually, the assignment of the karate newsletter articles is rotated through the club's Instructor Trainees. I have asked to have this Retraction Article be put in the newsletter immediate after last month's, March newsletter, that contained my article- "We've Got the Best T-Shirts!".

In the T-shirt article I wrote, "Spirit and Mind are more important than technique." I mistakenly thought that these sage words, printed on our purple Venice Karate Club t-shirt, were written by Shihan Sensei Teruyuki Okazaki. This principle, "Gijutsu yori shinjutsu" is, in fact, the 5th principle of the Niju Kun, written by the father of Karate, Master Gichin Funakoshi. The Niju Kun are the twenty subordinate principles of karate. The Dojo Kun are the 5 primary principles that we recite to end every karate training session. Both the Dojo Kun and the Niju Kun were written by Master Funakoshi.

I have been compelled to write this retraction by several seemingly coincidental events that have occurred in my life since writing the T-shirt article.

- I've used the 4th principle of the Dojo Kun, "Reigi o omonzuru koto", Respect Others, in another article contained in this month's newsletter.
- My sensei, Sensei Kei Fukuda, pointed out my mistake in the T-shirt article, he told me to re-read Sensei Okazaki's book, "Perfection of Character: Guiding Principles for the Martial Arts & Everyday Life".
- From Sensei Okazaki's book I read, "Karate practitioners and other martial artists must know that the martial arts are about more than physical development, self-defense, and competition; most importantly, they are about continually striving to perfect one's character."
- Again, from Sensei Okazaki's book, the 8th principle of the Niju Kun, "Dojo nomino karate to omouna", Don't think that what you learn in karate can't be used outside the dojo." Sensei Okazaki writes, "...whatever you learn from karate has applications in every aspect of your life."
- After reading the T-shirt article, Frances Saito wrote me a letter, "I love the articles..., and share them with my sister...Meredith, is 77 and a few years ago...finally received her black belt...We are all very proud of her achievement." Out of respect for Meredith's achievement in her later years, our club will be giving her our latest t-shirt, emblazoned on the back – Respect Others "Reigi o omonzuru koto". Congratulations Meredith. Ossu!

I do not believe in 'seemingly coincidental events', I choose to believe that someone is trying to communicate with me.

The pursuit of Truth...  
Same as the pursuit of God...  
Perfect Character.

---

The Venice Karate Club meets every Monday and Thursday from 4-5pm, and 7:00-9:15pm.

Whether you are continuing your training or are interested in starting something new, our Club will always welcome you.

If interested, please contact the Venice Japanese Community Center office for details.

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# PIONEER PROJECT

April 2023

- March Event **DIM SUM LUNCHEON** Provided lunch with BINGO.
- April 22 Sat. **SOFI STADIUM GUIDED TOUR & Alejo 's Restaurant** – reservation by mail-in flyer.  
Departure – Be at the VJCC parking lot by 11 am for check in.
- April 30 Sun. **THE KING AND I** – Live Broadway show at the La Mirada Performing Arts Theater  
Reservation by mail-in flyer. Departure – Be at the VJCC parking lot by 11:30 for check-in.
- May 23 to 25 **LAS VEGAS TRIP** Tuesday to Thursday  
Reservation – By mail-in flyer Space is limited.

## **PIONEER PROJECT @ VJCC SUMMER FESTIVAL '23**

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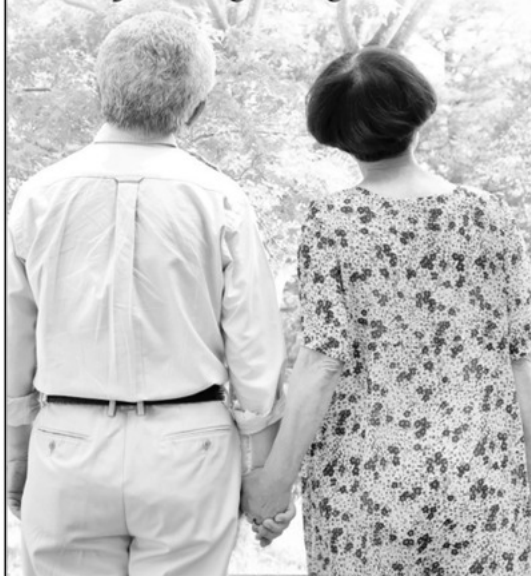
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April 2023

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Join us for our "Fun Friday" activities:

Bingo – every Friday for 10:15 am – 11:30 am

Cake Day – Celebrate birthdays on the 3<sup>rd</sup> Friday of every month except December

Bento Day – last Friday of every month except December

The Garden Market – 1<sup>st</sup> and 3<sup>rd</sup> Mondays (May – November) – share your garden bounty and/or pick up some home-grown vegetables, fruits, herbs, etc. while they are in season.



Meet up with old friends and make new friends. Tina Grammatico, the WLCAC Site Coordinator, and the VJCC Senior Nutrition volunteers work tirelessly to make this program successful and fun.

Also, a great big THANK YOU for the donations we receive from our generous patrons throughout the year. Your donations enable us to continue to provide fun activities as well as nutritional and social programs for our senior community.

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# VENICE JAPANESE COMMUNITY CENTER

## 2023 ONGOING PROGRAMS & CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
▼ 12:30 Taiko 3:30 Virtual Sunday Yoga 5:30 Volleyball Adult 8:00 Basketball Adult	9:00 Pickleball 10:00 Tai Chi (60+) (Senior Wellness Program) 10:30 Sr. Nutrition ▼ 1:00 Craft Workshop 4:00 Basketball VYC 4:00 Karate (Beginner) 6:30 Aikido 7:00 Del Rey H/O (1 <sup>st</sup> Mon) 7:00 Karate	09:00 Adult Zumba 10:30 Sr. Nutrition ▼ 1:00 Virtual Chair Yoga (Sr. Wellness) 4:00 Basketball VYC 7:00 Taiko 7:00 Boy Scouts 7:00 Judo	9:00 Pickleball 10:00 Seigin-Kai 10:30 Sr. Nutrition 10:30 Chair Zumba (Sr. Wellness) ▼ 4:00 Basketball VYC 7:30 JACL (1 <sup>st</sup> Wed) 7:00 Kendo	10:30 Sr. Nutrition ▼ 12:30 Ballroom Dance * 12:45 Ukulele* (Inter.I & II) 4:00 Basketball VYC 4:00 Karate (Beginner) 6:30 Aikido 7:00 Ikebana 7:00 Japanese as Sec. Lang. (Beginner) 7:00 Karate	9:30 Sumi-e 10:30 Sr. Nutrition ▼ 4:00 Basketball VYC 5:30 Hula 7:00 Japanese as Second Language (Intermediate) 7:00 Judo 7:30 Kendo	7:15 Aikido 9:00 Japanese Language (Children's) 9:30 Japanese Dance* 9:30 Basketball VYC ▼ 1:00 Koto* 2:00 Bunka Shodo 2:00 Iaido
Same as Week 1	Same as Week 1 10:00 Watercolor ▼	Same as Week 1	Same as Week 1 ▼ 7:30 VYC Mtg (2 <sup>nd</sup> Wed)	Same as Week 1	Same as Week 1 ▼ 7:00 Bonsai (2 <sup>nd</sup> Fri)	Same as Week 1 3:00 Iaido ▼
Same as Week 1	Same as Week 1	Same as Week 1 ▼ 7:00 Boy Scout Parents 7:00 Photo Club (3 <sup>rd</sup> Tues)	Same as Week 1 ▼ 7:00 CBO (3 <sup>rd</sup> Wed) 7:30 VJCC Exec Council	Same as Week 1 ▼ 7:00 Japanese as Sec. Lang. (Beginner)	Same as Week 1 ▼ 7:00 Japanese as Second Language (Intermediate) 7:00 Karaoke* (3 <sup>rd</sup> Fri. only)	Same as Week 1
Same as Week 1	Same as Week 1 10:00 Watercolor	Same as Week 1 ▼ 7:00 Bonsai (4 <sup>th</sup> Tues)	Same as Week 1 ▼ 7:00 RAP (4 <sup>th</sup> Wed)	Same as Week 1	Same as Week 1	Same as Week 1 3:00 Iaido ▼

Revised 1/31/2023

\* class has not yet resumed

## 2023 REPRESENTATIVES

### Arts & Crafts

Craft Workshop..... Ruby Kita  
 Photo Club..... June Inai  
 Watercolor..... Ko Yoshida

### Boy Scouts

Scoutmaster..... Bill Conroy  
 Parents' Club..... Ted Nishimura

### Exercise

Yoga..... Leslie Masuda  
 Zumba..... Leonore Miller

### Dance

Ballroom Dance..... Gayle Hiram  
 Hula..... Wen-Chia Parker  
 Japanese Odori..... Dianne Fukuwa

**JACL (Venice/WLA)**..... John Saito

### Japanese Culture

Bonsai..... Shig Miya, Shinya Miyakoshi  
 Ikebana..... Satsuki Palter  
 Calligraphy (Japanese Brush Writing)  
 Shodo..... Fusako Ogasawara  
 Sumi-e..... June Lee-Chin

### Japanese Language

Gakuen (Youth)..... Jolyn Brookes  
 Adults (as a 2<sup>nd</sup> language)..... Fusako Ogasawara

### Martial Arts

Aikido..... Tom Scheir  
 Iaido..... Harry Mott  
 Judo..... Trace Nishiyama  
 Karate..... Ron Sugano  
 Kendo..... Kenji Arai

### Music

Karaoke..... William Ota  
 Koto..... Eiko Idota  
 Shigin (Seigin-Kai)..... Kosei Yamamura  
 Taiko (Koshin)..... Lori Miyakawa  
 Ukulele..... Kay Kawano

**Podiatrist (Dr. Kenneth Teshima)**.....

**RAP**..... Carolyn Komoto

### Seniors

Nutrition..... Jae Toyota  
 Pioneer Project..... Eric Inouye  
 Senior Wellness Program..... Gayle Hiram

### Sports

Basketball (Adult)..... Chuan Michael Chang, George Johnston  
 Basketball (VYC)..... Kathy Yamashita/Kazie Kame  
 Pickleball (Adult)..... Mil Kurashige/Ken Rosengrant  
 Volleyball (Adult)..... Stephen Fujimoto

Revised 1/31/2023

FOR CLASS INFO, CALL VJCC OFFICE (310) 822-8885 OR EMAIL OFFICE@VJCC.COM  
 MESSAGES WILL BE RELAYED TO APPROPRIATE PARTIES



## SAVE THESE DATES

**Gym Closure, New Window Install**  
Monday, April 3 – May 4

**Spring Bingo Night - CANCELLED**

**Summer “Natsumatsuri” Festival**  
Saturday, June 24

**Please continue to check VJCC.com for  
the latest updates for the Center.**

## IN THIS ISSUE

**Gym Window Replacement**  
**Board Visions: Bingo Committee**

**Club News:**

Karate Club  
Photo Club  
Pioneer Project  
Senior Nutrition  
Senior Wellness  
Shodo  
Sumi-e

**日本語:**

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